

Vetrun

JULY
2012
No. 459



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Photo credits: Sandra Stockman P7; Frank Smith P3; Graeme Dahl P2, 4, 8; VW P1, 4, 5, 6, 7.

Long-servers gonged by AA

RECENTLY several MAWA members received Athletics Australia Awards in recognition of their long service as officials.

Athletics Australia's Gold Award, for more than 30 years' service, went to Bob Chalmers, Jackie Halberg and Bruce Wilson.

The AA Australia Silver Award, which acknowledges more than 20 years' service, was received by Kate Glass.

Following more than ten year's service, Henri Cortis, Bob Schickert and Lynne Schickert received Athletics Australia's Bronze Award.

All of us at MAWA join with Athletics Australia to congratulate them on the awards and add our thanks for their invaluable contribution to athletics.

Val Millard

New members – Welcome!

1125 KYLE: John M55
1126 PERDIJA: Ante M40
1127 DE KLERK: Tina W45
1128 PEACE: Karen W40
1129 NORTHEY: Clayton M45
1130 DEAN: Cheryl-Lee W45
1131 TUCKER: Kim M45
1132 TUCKER: Jo W45
1133 MENEGOLA: Ali W50

Have lunch with your medals!

DESPITE a few domestic matters grabbing her attention this year Elaine Dance has organised the Presentation Lunch on 9th September – at Miss Maude's, 12 noon. \$40 and great value, 'cos the medals are free!

Herdsman Start – page 5



MASTERS' HOLIDAY

WELL, it's on again at Leewana Cottages, between Balingup and Nannup, from Friday 28th September to Monday 1st October.

You can look forward to a fun-filled weekend of running, walking, eating and drinking and lots of laughter!

Please see me or email to gumtree.p.d@optusnet.com.au

Denise Viala

How's your constitution?

WELL, I hope. But the Masters' needs a bit of TLC.

According to Secretary Val Millard, the new committee has been giving serious consideration to this matter.

Before our last AGM the club gave members notice that there was to be a vote to change the constitution.

But we didn't get that notice quite right.

So in August, the committee will give official notice that a special meeting will be held in September to consider and vote on amendments to the MAWA Constitution.

On-site

In the meantime, some proposed amendments to the

previously proposed constitution (which was shown on the club web site) have been set out on the web-site for members to review. (The proposed changes are in red).

The changes are technical, relating particularly to: the necessary period for giving notice of meeting; the common seal; and audit.

Members who would like to comment on the amendments should please contact the club Treasurer, Geoff Brayshaw at gfbayshaw@bigpond.com; or by phone to his mobile, 0412 387 233.

Kim Thomas' Bali Half Marathon

HEARING of a marathon in Bali, that would coincide his cousin's the wedding on the island, Kim Thomas and his family, Monique and Mitch, flew north last month.

Their race day began at 4am to arrive near the Safari park for a 5.30am start.

'Kim said he appreciated the very early start in the last 2km of his race,' writes Carolyn.

'Once the sun came up he said it was so hot it just sapped his energy, and he was pleased he only had a short distance to go.'

'Starting in the dark he had to run over rickety wooden bridges and along roads that were not much better than tracks. (Anyone who has been to Bali would understand what the roads are like.)

'Kim ran through rain forests, and tiny villages where the local children along the road were clapping sticks and cheering everyone on. The experience was just wonderful – something he will remember forever.'

Water?

Approaching a water station 12km from the end Kim decided to take an energy shot. He found the tables, but no water, and ran on with the goo in his mouth. At each water station it was the same story.

Later he learned that the organisers had gone out at 2am and set up bottles of water on the tables – but left nobody to man them.

After they left the villagers came out and took all the water!

Prizes

Winner's prize for this inaugural event was US\$20,000, so Bali pulled in a lot of talent, including Olympic-level runners from many countries. In that high-class field Kim ran 15th of 311 competitors – 3rd in his age group – which is a fantastic effort of which his family, and everyone in WA Masters, should be very proud.

Monique and Mitch also competed in the 10km and did very well.

Perth

'Kim also just competed in



Kim with his wife, Monique, in the Perth Marathon. His performances have encouraged the whole family to run with Masters.

the Perth Marathon and was very pleased with his result, coming in 12th overall. His family are so proud of what he has achieved,' writes Carolyn. 'He is an inspiration to us and the reason that Rob, myself and the rest of his family are now running and attending Masters.'

Carolyn Fawcett

You write...

SINCERE THANKS

TO each and everyone of our friends at MAWA we extend a sincere thank you. We were appreciating the friendship and support by way of visits, cards and phone calls but to receive such an unbelievable gift from you all had us both with a tear in our eye. It is wonderful to be part of such a club who embraces life each day be it running, social outings, walking or just being on the other end of the phone. We do appreciate now that we are part of a big family and like all families who face problems we know who to turn to for help. John's accident really does highlight the fact that we do not know from day to day what is ahead of us all and at present we do have a bit of a journey to work through, but what you have done for us will assist us on

that journey and we wish you to know what it really does mean to us.

Thank you seems such a small reply for such a massive gift that you have given us.

We appreciate it sincerely and we wish you to know it will assist with John's recovery and the goals he has set himself. I will let him tell you all about those later.

Our love and thanks to you all

John and Elaine

Pudding Club

Vic

Memory worked. I checked the membership list of ten years ago when Ellie Bamber would have been 33. She and her husband, Wilf, were both active members when Ellie had her baby.

Also, at the track last night Jackie Halberg recalled another MAWA mum. She is Roseanne Kemp, who had been a member for several years, and ran in the State T/F Champs when she was

Call for team players!

6 Hour Relay Run/Walk
Saturday 10th November, 2012

by Claire Walkley



AFTER the success of last year's inaugural Six-Hour Relay at Yokine Reserve, John Oldfield encouraged me to give Race Directing a 'go' so we are staging it again this year.

Last year we had a ball. As runners and walkers, you will all know that hard work as a team can bond you together.

The relay is surprisingly tough. You do a 2km single loop around the reserve each in turn, so you are basically doing six hours of interval training but the commitment to not letting down your team members keeps you on your feet and moving at your best pace.

Each team has a maximum of six members and you cannot add people or change the order once started. The game is to get as many kilometres in as you can in the six hours.

It is suited to endurance runners as you have to be able to keep going even after stiffening up in between laps while the other five runners/walkers have their turn. Eating, drinking, stretching are all essential

as is warming up and cooling down so that you can go 'flat out' for your 2km. I only ran seven times, but was more sore the next day than if I'd raced a half marathon. However, there must be something in it as those who did it last year have already started asking me if they can be in it again.

I am planning on a maximum of 10 teams (runners and walkers), so if you are interested in running or helping, please get in touch with me early. I'll be looking for a team leader for each team plus lap counters. You can come with your own team or I'll help put you in touch and get the teams together.

You must commit to the day and the full six hours, the team is depending on you! In the spirit of team camaraderie this is a Club event so we will be involving members only.

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about eight months pregnant. We were all very concerned. That was about ten to 12 years ago.

Bob (Schickert)

Hi Vic

I love reading the Vetrun; I did draw breath though when I read the article about the two girls who are pregnant. Hopefully they are now not pushing themselves but just jogging along.

I know things have changed since my midwifery days but baby needs oxygen too.

Just had to get it off my chest!

Kathy Burr

Thanks Kathy, but don't worry, these are very sensible women. Both have continued enjoying club Sunday mornings, but walking.

VW



Andrea and Melissa

Peter in D-Day Marathon



Hi Vic

On June 10 I ran in the Caen Marathon, commonly known as the D-Day Marathon, in Northern France.

'Le Marathon de la Liberte' is established as one of France's top 10 and is one of the country's most picturesque courses, starting in the beautiful Normandy Beach area of Courseulles-sur-Mur. The race winds along the coast before turning inland through poppy-filled green

Running on Country Roads

I WAS saddened to read in the West of a young woman killed recently whilst running on a country road in our South-West.

There were, in my view, two factors which led or contributed to her death. She was running in the direction of traffic and listening to an iPod. Advice I was given early on in my running was to always run contrary to the direction of traffic when on a country road.

This enables you to see vehicles ahead of you and so you can jump out of the way if they come menacingly close. Second, blocking out the sound of vehicles or bikes coming at you from behind eliminates potential warning of imminent danger.

These contributory factors to the young woman's death should in no way appear to lessen the tragedy. But I do believe there are important lessons here for all of us road runners.

Very best, Michael (Anderson)

Good reminder, Mike.

I would heed your advice, but on the narrow roads around here (Carayac, Fr.) you're always facing, and backing onto, vehicles at the same time! The sideways jump is an essential skill. VW

In My View

by
the Editor

TO appreciate Aus you have to leave it, as countless young Aussies do. Older migrants like me also benefit, occasionally, from a distant view of the lucky continent.

Here in idyllic south-western France the climate is mild. There are fresh fruits and veg growing in our garden. In the forest above, golden girolle mushrooms abound. Organic food and wine food costs no more than the pesticide-laden stuff, and wine prices remind me of the 1990s.

Yet I'm thinking just how lucky we are in Perth to have good running conditions, in excellent locations, all year.

The roads around Carayac are narrow, twisting and hilly – and country people drive fast!

Wild boar and deer are another hazard. A deer threw itself at our host's 1980s Merc tank the other day (must think it's a roo). Luckily they used thicker steel in decades past; but I'm glad I wasn't driving.

En Paris

Running in Paris wasn't much cop either. We stayed at an excellent small hotel in the charismatic left-bank St Germain district, with bars and bistros all around. (By the way, who knew 'bistro' is a Russian word?)

It's two minutes from the Pantheon, the biggest ex-church imaginable, where France's heroes are entombed in splendour; surrounded by University buildings; five minutes walk from Les Jardins de Luxembourg.

But where do you run? Round and round the Jardins.

There's a 2km path around the edge, used by a few, and that's it. Keep passing the gendarmes guarding the Senate and eventually a couple even nod.

have been after a marathon so I figure the significance of the event wasn't lost on me.

Support

Crowd support for the race was amazing – from live bands playing music to school groups doing dance routines – the entire 42km seemed to be lined with spectators, which was great.



This was my intro pic when I resumed editing Vetrun in 2005. The beret hasn't aged a day!

That's a good game when running in cities like Paris or London; say g'day to everyone.

It's usually only the old who respond. They're surprised anyone acknowledges they're alive! *Au revoir* VW



Mike and Paula Karra

IN winter Perth I sometimes wonder if we share the city with a different species - one that doesn't register cold.

Rugged up to the ears, I marvel at youngsters in shorts and skimpy tops, oblivious to the chill.

Some fashion conscious ladies take the chance to wear their winter kit, of course.

Mike and Paula Karra epitomised the paradox at Deepwater Point. It was bloody cold, to start. Must have been near freezing when they turned up to mark the course.

So with their thermals, Paula wore boots. Mike? Sandals!

The event itself is extremely well organised and I would thoroughly recommend it. There is also a half marathon and 10K event.

Caen run topped off a fantastic four weeks in France and will certainly be fondly remembered

Cheers
Peter Sullivan

Busselton HALF IRONMAN May 5, 2012

ANOTHER DAY, Another Challenge: at 7am those might have been the thoughts in the minds of 1750 individuals and 500 team members waiting on Busselton Beach for the 1.9k swim leg. The night before, the heavens opened, sending rain and gusty winds over

Busselton, creating huge swells and rough seas. We now contemplated strategy for what was to be a very tough swim.

Kerriann and Shirley

I looked around and spotted the familiar face of Kerriann Bresser, competing in her first Half Ironman. Any tips, she asked as we looked out to sea. Stay calm, was my response, and just remember, everyone else has to do what you have to do, cross the finish line.

Elite and open competitors were first into the waters, then the siren sounded again and Kerriann, myself and the W35+ women took to the churning waters. Others followed in their allocated order, some to tackle what they had never experienced before.

If the rough seas weren't enough, there was being kicked in the face, the flaying of arms either pushing your legs further down in the water, other people swimming over the top of you. I was certain they were trying to drown me!

After what seemed like ages (59 minutes to be exact, and I'm sure I swam further) I exited the water, relieved the swim was over.

Bike time

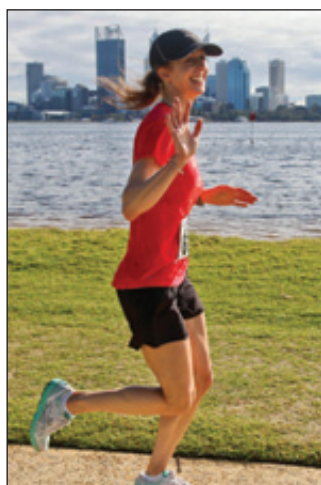
Considering the conditions I didn't feel too bad and raced to my bike. Once free of the wetsuit I headed off, out of transition and down Geographe Bay Road for 90km (two laps) through the forest. The skies were blue and a reasonably clear day was in prospect.

I had a great ride. A short shower and the gusty winds were both a hindrance and a help, depending on which way you were cycling.

I was feeling strong and passed both my rivals, Kaye and Marilyn, leading my age

THIS YEAR was the 26th staging of the club's longest event, albeit conducted in three stages: 10km, 15km and 25km. Of 23 men and 11 women who completed the 50km, 16 were first-timers.

Photo-finishes are expected over 100m, but not 50km! Yet in a very close women's competition, W55 Chris Pattinson pipped W35 Kim Cook for the bronze medal by less than 0.1 seconds. In the men's event, M35 Tony Smith was a mere 0.5 seconds ahead of M50 Paul Odam for silver, whilst less than 0.5 seconds separated 7th, 8th and 9th places.



Lisa Searle

Winners

We saw new overall winners in both events and congratulations are due to Lisa Searle and Kim Thomas, both competing in their first RRC. Kim's win ended a five-year winning streak by Brett Roach (sidelined by injury this season) while Lisa usurped Gillian Young.

Congratulations to Brian Danby for his 10th completion, and Ann Turner for 15 (including 4 as a walker). Brian Bennett and Julie Keeley have both completed nine championships.

group and feeling good.

I'm afraid my lead was short lived! On the second lap of the run my body started to stress and at the turn around breathing difficulties began, probably the result of a cold a week earlier.

I went on slowly, catching my breath, when who should run along side of me but Kerriann.

Are you OK, Shirli?

In the results table, each athlete's completed RRC and/or RWC is shown in the first column. Everyone who finishes all stages earns a medal, to be awarded at Presentation Day on September 9.

Women RRC min/km

1	Lisa Searle	W35	4:28
5	Karen March	W50	4:39
1	Chris Pattinson	W55	4:55
1	Kim Cook	W35	4:55
2	Lorraine MacLennan	W45	5:11
1	Maree Brown	W45	5:17
1	Julie Wilson	W55	5:37
1	Sally Floyd	W45	5:59
9	Julie Keeley	W45	6:21
1	Tracey Koziniec	W65	6:29
12	Valerie Millard	W65	6:42

Men RRC min/km

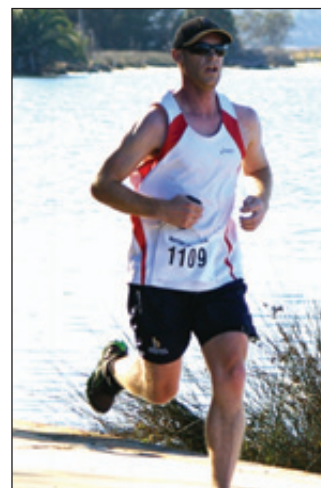
1	Kim Thomas	M35	3:58
1	Tony Smith	M35	4:12
1	Paul Odam	M50	4:12
1	Rod Hamilton	M50	4:14
12	John Allen	M50	4:18
1	Ian Carson	M55	4:29
3	Peter March	M50	4:39
1	Joe Clark Murphy	M65	4:39
4	Tom Tralau	M35	4:39
9	Brian Bennett	M60	4:40
2	Tristan Bell	M45	4:43
3	Ross Keane	M45	4:54
5	David Baird	M65	4:58
10	Brian Danby	M60	4:59
5	Bert Carse	M70	5:03
1	Rob Badenoch	M55	5:12
1	John Batta	M45	5:21
1	Scott Winn	M40	5:25
12	Mike Khan	M65	5:32
23	Bob Schickert	M65	5:34
7	Irwin Barrett-Lennard	M80	5:52
18	John Pellier	M70	5:55
6	Milton Maverick	M55	6:15

Couldn't breath, I said. So Kerriann walked with me until I recovered, then she ran off to finish the 21km.

By this time my rival Kaye had passed me looking good. I continued on to finish second in our group.

Experience

With experience of these endurance events, I can say that not one has been the same. It doesn't matter how



Tony Smith

30km Road Walking Championships

This was also conducted over events, 5km, 10km and 15km. Six women and eight men completed the 30km event, with two walkers competing for the first time.

The women's competition was won by Lynne Schickert with a very close victory over Michele Mison, reversing the order from last year. Garry Hastie was a clear men's winner, making it two consecutive wins.

Richard Harris has just one to go to reach the coveted 10 completions.

Women RWC min/km

13	Lynne Schickert	W70	7:30
11	Michelle Mison	W60	7:31
12	Joan Pellier	W70	8:38
1	Fiona Cousins	W40	9:31
11	Margaret Bennett	W70	9:37
11	Ann Turner	W75	9:40

Men RWC min/km

2	Garry Hastie	M50	5:29
2	David Smyth	M40	5:47
12	Paul Martin	M70	6:58
7	Wayne Taylor	M50	7:04
1	John McDonagh	M60	7:21
7	Bob Fergie	M75	8:25
12	Jeff Whittam	M75	8:41
9	Richard Harris	M75	9:19

fit you are, or how good all your equipment is, it will depend on the day. And for any event, you must put in the training.

Finally I'll take this opportunity to thank Kerriann for the support she showed me on the day and to congratulate her for competing and finishing her first Half Ironman. Thanks Kerriann,

Shirley Bell

Around Herdsman

June 10, 2012

Directors: Jim & Margaret
Langford



15K RUN

Lachlan Marr	M50	60:38
John Allen	M50	63:14
Bjorn Dybdahl	M55	64:00
Ian Carson	M55	64:44
Tom Tralau	M35	69:35
Kim Cook	W35	70:32
Ross Keane	M50	72:34
Keith Miller	M60	73:47
Hamish McLeod	M35	74:14
Charlie Chan	M60	76:50
Claire Walkley	W45	80:15
Mike Hale	M65	82:07
Graham Thornton	M70	83:23
Julie Wilson	W55	83:27
Milton Mavrick	M55	85:34
Jim Barnes	M65	85:56
John Pellier	M70	86:31
Irwin Barrett-Lennard	M80	88:10
Jo Richardson	W60	1:48:17

7.5K RUN

Michael Barton	M40	27:46
Paul Hughes	M60	30:24
Bernard Mangan	M55	31:26
Lisa Searle	W35	32:11
Mark Dawson	M50	33:30
Duncan McAuley	M60	33:48
Sue Bourn	W45	34:15
V2		34:48
Mark Hewitt	M55	35:09
Margaret Saunders	W55	35:45
John Mack	M70	36:11
Lorraine MacLennan	W45	36:27
Gary Fisher	M60	36:59
Mark Sivyer	M60	37:02
Bob Cavin	M55	37:45
Carol Bowman	W55	37:49
Gillian Young	W60	37:53
Vic Waters	M65	37:57
Wayne Taylor	M50	38:58
Nick Miletic	M60	39:29
Sean Keane	M45	39:53
Genevieve Schreyvogel	W40	40:12
Bob Schickert	M70	40:39
Delia Baldock	W50	41:17
Ray Attwell	M75	41:25
Johan Hagedoorn	M65	43:04
Neil McRae	M60	43:10
John Byrne	M60	43:57
V1		44:21
Bronwyn Smith	W40	46:28
Fiona McAuley	W60	46:32
Allison Lilly	W40	54:12
V3		54:12

With instructions like these, how could
anyone get lost?
Below, maybe she'd just had a perm?



Jackie Halberg	W65	56:42
Bruce Mathieson	M65	56:42
David Carr	M75	56:45
Bob Fawcett	M60	60:00
Rebecca MacKinnon	W30	64:21

10K RUN

Tony Smith	M35	39:09
Paul Odam	M50	39:27
Chris Maher	M55	39:47
Ian Carson	M55	39:54
Bjorn Dybdahl	M55	40:44
Paul Hughes	M60	40:49
John Allen	M50	41:24
V3		42:15
Graeme Dahl	M60	42:51
Jim Langford	M65	43:38
Lisa Searle	W35	44:04
Brian Bennett	M60	44:13
Michael Karra	M45	44:23
George Fish	M60	45:08
V7		45:11
Kim Cook	W35	45:14
Ross Keane	M50	45:41
Sandra Stockman	W45	46:02
Brian Danby	M60	47:00
Mark Hewitt	M55	47:44
Rob Badenoch	M55	47:47
Charlie Chan	M60	47:50
Wayne Taylor	M50	48:11
Lorraine MacLennan	W45	48:16
Claire Walkley	W45	49:28
Sean Keane	M45	49:55
Graham Thornton	M70	50:10
Carol Bowman	W55	50:15
Mike Khan	M65	50:18
Maree Brown	W45	50:58
Dee Conibeer	W50	51:32

5K RUN

Val Millard	W65	39:30
Pierre Viala	M60	44:51

15K WALK

Marie Fitzsimons	W45	97:35
Lynne Schickert	W70	1:57:52
Peter Ryan	M60	2:01:12
Alan Jennings	M70	2:02:13
Bob Fergie	M75	2:08:23

7.5K WALK

Jeff Whittam	M75	62:25
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5K WALK

John Dennehy	M50	40:45
Joan Pellier	W70	44:52
Elaine Sillery	W75	51:23
Ann Turner	W75	51:24
Andrea Byrne	W30	60:35
Melissa Hynds	W35	60:35

Race Course

June 24, 2012

Director: Bruce Matheson

Valentine Yapp	M45	51:37
Mike Hale	M65	51:47
Julie Wilson	W55	52:38
Chris Koemam	M50	53:07
Gary Fisher	M60	53:31
Sally Floyd	W45	53:44
Richard Blurton	M60	53:57
Paula Karra	W40	54:00
Irwin Barrett-Lennard	M80	54:53
Milton Mavrick	M55	55:47
Shirley Bell	W60	56:15
Ray Attwell	M75	57:01
Geoff Mullins	M65	57:46
Neil McRae	M60	58:09
David Carr	M80	58:27
Lorraine Lopes	W70	58:27
Bronwyn Smith	W40	58:49
V5		59:00
John Byrne	M60	60:35
Jane Stanbrook	W45	62:42
John Talbot	M65	62:48
Janet Jiang	W45	63:21
V6		65:01
John Ellard	M70	65:21
V10		67:18



RRC/RRW BURSWOOD PARK

June 3, 2012

Director: Wayne Pantall

WAYNE Pantall came over all emotional at QE2's Diamond Jubilee this weekend, and waxed even more lyrical than usual.

He found especial inspiration in kind-hearted Charle Chan turning back to look for his wife, Lee, when she missed the 5km turn and lost her way.

Wayne then became bleary-eyed over newly-weds Geneveive and Jochen Schreyvogel and in a feeble attempt to carry the nuptial theme through to an horrific conclusion, continued his report to pair up numerous close-finishing couples right through the race-card.

Obviously there was only one place for this drivell, and in hard-bitten editorial style, I spiked it.

Good try Wayne - but save all that personality mush for the bush ballads!

Thanks for putting on this multi-faceted event once again - and special thanks to your patient team of helpers, who do all the yakka while you pursue your muse.

VW

25K RUN

Kim Thomas	M35	1:40:01
Bob Lane	M60	1:47:02
Tony Smith	M35	1:47:14
Mickey Muroi	M50	1:47:19
Paul Odam	M50	1:49:16
Rod Hamilton	M50	1:50:01
V7		1:51:25
John Allen	M50	1:51:47
Ian Carson	M55	1:54:42
Chris Maher	M55	1:55:28
Lisa Searle	W35	1:55:52
V2		1:55:55
Tom Tralau	M35	1:57:17
Keith Miller	M60	1:57:57
Brian Bennett	M60	1:59:06
Joe Clark-Murphy	M65	1:59:31

Peter March	M50	2:00:17
Karen March	W50	2:00:26
Tristan Bell	M45	2:04:39
Chris Pattinson	W55	2:07:01
Ross Keane	M50	2:09:05
Kim Cook	W35	2:09:33
Bert Carse	M70	2:09:55
David Baird	M65	2:10:20
Brian Danby	M60	2:10:32
V9		2:12:37
Jim Farr	M45	2:13:26
Lorraine MacLennan	W45	2:13:38
Maree Brown	W45	2:14:43
Rob Badenoch	M55	2:16:50
Mike Hale	M65	2:20:58
John Batta	M45	2:21:45
Don Pattinson	M55	2:22:11

V1		71:18
Allison Lilly	W40	72:45
V9		72:46
Kathy Burr	W70	74:56
V8		75:39
Mary Heppell	W70	82:23

5K RUN

Amanda Walker	W45	20:23
John Puglisi	M60	21:16
Dante Giacomini	M40	21:56
Karen Peace	W40	22:01
Raymond Gimi	M45	23:32
V5		25:39
Nick Miletic	M60	25:48
Peggy MacIver	W65	26:01
Johan Hagedoorn	M65	26:03
Delia Baldock	W50	27:23
Sandra Rourke	W45	29:00
John Dennehy	M50	29:35
Peter Bath	M70	29:50
Richard Danks	M70	30:06
V2		31:03
Kylie Mahony	W60	31:44
Aldo Giacomini	M75	31:45
Jackie Halberg	W65	32:37
Margaret Saunders	W55	32:38
Geneveive Schreyvogel	W40	32:44
Arnold Jenkins	M65	32:46
Val Millard	W65	34:12
Mitch Loly	M70	34:49
Julie Wood	W60	39:01
Cecil Walkley	M80	39:22

Sheila Maslen	W70	39:45
Pierre Viala	M60	39:45
Margaret Bennett	W70	44:14

10K WALK

Marie Fitzsimons	W45	64:05
Paul Martin	M70	64:45
John McDonagh	M60	71:24
John Smith	M75	75:30
Ray Hall	M75	81:17
Bob Fergie	M75	85:35
Jeff Whittam	M75	85:35
Elaine Sillery	W75	94:18
Ann Turner	W75	94:19

5K WALK

David Brown	M65	36:52
Michele Mison	W60	37:23
Jeni Shillington	W50	41:08
Patricia Hopkins	W70	44:43
Ray Lawrence	M80	45:44
Sofia Carson	W50	46:55
Denise Viala	W60	48:41
Elaine Ellard	W70	48:48
Maggie Flanders	W75	49:36
Keith Atkinson	M55	49:57
Sylvia Szabo	W50	50:05
Sylvia Szabo	W30	50:06
Andrea Byrne	W30	51:24
Melissa Hynds	W35	51:24
Leo Hassam	M80	52:32
Pat Miller	W70	56:48
Norm Miller	M80	59:40
V4		88:29

5K RUN

Bernard Mangan	M55	20:18
Amanda Walker	W45	20:38
Dante Giacomini	M40	22:24
Margaret Saunders	W55	23:16
Raymond Gimi	M45	23:52
Chris Koemam	M50	26:00
Janice Mathews	W40	27:01
V11		27:20
Damien Hanson	M55	28:08
Roger Walsh	M65	29:33
Neil McRae	M60	29:45
V6		29:48
Aldo Giacomini	M75	31:14
V10		33:56
Cecil Walkley	M80	35:02
Rebecca MacKinnon	W30	35:22
Allison Lilly	W40	35:39
Arnold Jenkins	M65	37:34
Sheila Maslen	W70	38:29
John Ellard	M70	38:53
Carolyn Fawcett	W60	41:13
Julie Wood	W60	41:44
V4		46:14

Scott Winn	M40	2:22:57
Karl Stockman	M50	2:23:23
Mike Khan	M65	2:25:00
Julie Wilson	W55	2:25:32
Bob Schickert	M70	2:27:26
Jim Barnes	M65	2:31:28
John Pellier	M70	2:32:07
Irwin Barrett-Lennard	M80	2:34:58
Sally Floyd	W45	2:37:04
Milton Mavrick	M55	2:41:39
Julie Keeley	W45	2:44:24
Janet Jiang	W45	2:51:44
Val Millard	W65	2:53:08
Tracey Koziniec	W40	2:55:53
V1		3:37:37

15K RUN

Charlie Chan	M60	75:00
Geneveive Schreyvogel	W40	86:48
Jochen Schreyvogel	M45	86:49
Jo Richardson	W60	1:49:39
Bob Fawcett	M60	2:05:12

10K RUN

V3		35:59
Paul Hughes	M60	40:05
Graeme Dahl	M60	46:12
Sue Bourn	W45	46:30
Bruce Wilson	M65	48:01
Mark Hewitt	M55	48:15
V5		48:25
Hamish McLeod	M35	49:17
John Mack	M70	50:47
Claire Walkley	W45	50:58
Gary Fisher	M60	51:05
Gillian Young	W60	52:35
Mark Sivy	M60	52:37
David Carr	M75	53:54
Dee Conibeer	W50	53:55
Richard Blurton	M60	54:00
Sean Keane	M45	54:29
Nick Miletic	M60	54:30
Peggy MacIver	W65	55:06
Johan Hagedoorn	M65	59:00
V8		62:57
John Byrne	M60	63:21
Bronwyn Smith	W40	63:35
Ursula Clark-Murphy	W60	67:15
Mary Heppell	W70	86:14
Bev Hewitt	W55	96:06



Deepwater Point

May 27, 2012

Directors: Mike & Paula Karra

A REVAMPED course and perfect conditions greeted over 90 competitors at Deepwater Point. Although heading in the opposite direction, most competitors enjoyed the new course and appreciated its few undulations. Despite the hype of the HBF run being held concurrently, the number of participants was particularly encouraging. A big thank you to all helpers who assisted on the day and also to those who offered.

Mike and Paula

15K RUN

Lachlan Marr	M50	61:53
Paul Odam	M50	62:41
Bob Lane	M60	63:01
Mickey Muroi	M50	63:35
Brian Bennett	M60	70:13
Tom Tralau	M35	71:11
Keith Miller	M60	71:42
V6		72:28
David Baird	M65	72:31
Bert Carse	M70	73:46
Brian Danby	M60	75:26
Lorraine MacLennan	W45	75:37
Charlie Chan	M60	76:15
Peter March	M50	78:03
Karen March	W50	78:04
John Bell	M65	85:42
V4		85:57
V5		85:57

Jim Barnes	M65	86:44
John Pellier	M70	88:23
Milton Mavrick	M55	96:11
Janet Jiang	W45	97:35

7.5K RUN

V2		30:59
Paul Hughes	M60	31:02
Bernard Mangan	M55	31:34
George Fish	M60	32:12
V7		32:13
Lisa Searle	W35	32:35
Christopher Coates	M55	32:48
Jim Klinge	M65	32:55
Giovanni Puglisi	M60	34:02
Graeme Dahl	M60	34:32
Dante Giacomini	M40	34:53
Bruce Wilson	M65	35:01
Chris Pattinson	W55	35:34
Don Pattinson	M55	35:35
Raymond Gimi	M45	35:59
Jennifer Williams	W65	36:22
Margaret Saunders	W55	36:28
John Mack	M70	36:31
V3		36:52
Gillian Young	W60	37:13
Vic Waters	M65	37:30
Ivan Brown	M65	37:38
Gary Fisher	M60	37:43
Carol Bowman	W55	37:56
David Carr	M75	39:28
Dee Conibeer	W50	39:33
Genevieve Spiro	W40	39:35
Peggy MacIver	W65	39:42
Richard Blurton	M60	39:47

MAWA helpers at the Marathon

HALF way clock - Bob Schickert; two drink stations - Delia Baldock, Anne and Shorty Turner, Pat and Norm Miller, Elaine Sillery, Michele Mison, Jan Jarvis, Dante Giacomini, Lorraine Lopes, Mary Heppell, Carol Bowman, Louise and Peter Van Duren, Sarah Ladwig, Jackie Halberg.



Rare picture: Jim Barnes sitting down, John Pellier with a beer!

Julie Wilson	W55	40:02
Frank Gardiner	M60	40:20
Hamish McGlashan	M75	40:24
Sean Keane	M45	41:08
Nick Miletic	M60	41:11
Janice Mathews	W40	41:12
Mike Anderson	M60	41:13
Shirley Bell	W60	41:52
Robert Poulinet	M65	44:54
Roger Walsh	M65	46:01
Theresa Howe	W60	46:29
Suzanne Poulinet	W60	46:54
John Byrne	M60	47:03
Aldo Giacomini	M75	48:32
Neil McRae	M60	49:54
Jo Richardson	W60	55:53
Rebecca MacKinnon	W30	57:24
V8		57:48
Allison Lilly	W40	58:10
Vic Beaumont	M80	58:32
Sheila Maslen	W70	59:09
Mary Heppell	W70	60:35
Margaret Bennett	W70	62:12
Bev Hewitt	W55	79:44

15K WALK

Peter Ryan	M60	1:58:05
Lynne Schickert	W70	1:58:12
Bob Fergie	M75	2:06:41

7.5K WALK

John McDonagh	M60	55:36
David Brown	M65	56:13
Peter Hopper	M65	60:37
Alan Jennings	M70	61:06
John Smith	M75	61:10
Jeni Shillington	W50	62:13
Lorna Lauchlan	W80	65:59
Jeff Whittam	M75	66:01
Ann Turner	W75	67:13
Lee Chan	W50	68:42
Kirt Johnson	M80	68:44
Joan Pellier	W70	68:45
Sofia Carson	W50	72:12
Elaine Sillery	W75	73:57
Melissa Hynds	W35	76:20
Elaine Ellard	W70	83:37

BURSWOOD RRR/RRW - concludes

15K WALK

Garry Hastie	M50	84:13
David Smyth	M40	88:41
Wayne Taylor	M50	1:48:06
Paul Martin	M70	1:48:36
John McDonagh	M60	1:49:25
Lynne Schickert	W70	1:52:39
Michele Mison	W60	1:54:36
John Smith	M75	1:59:51
Alan Jennings	M70	2:02:45
Bob Fergie	M75	2:06:54
Bridget Carse	W65	2:07:28
Peter Hopper	M65	2:13:17
Joan Pellier	W70	2:14:25
Jeff Whittam	M75	2:14:26
Richard Harris	M75	2:20:48
Margaret Bennett	W70	2:24:52
Ann Turner	W75	2:24:53
Fiona Cousins	W40	2:26:57

10K WALK

Ray Hall	M75	83:52
Sofia Carson	W50	98:10

5K WALK

David Brown	M65	37:14
Jeni Shillington	W50	40:37
Rosa Wallis	W65	40:45
John Dennehy	M50	41:15
Lorna Lauchlan	W80	42:08
John Frost	M70	43:47
Patricia Hopkins	W70	45:23
Elaine Sillery	W75	47:19
Kirt Johnson	M80	47:23
Ray Lawrence	M80	48:00
Sylvia Szabo	W30	50:31
Maggie Flanders	W75	50:42
Sylvia Szabo	W50	50:52
Pat Ainsworth	W75	53:17
Elaine Ellard	W70	63:42

Marathon Michy Makes it 159

THOUGH he's one of Masters' newest, M50 Michihito Muroi is a veteran Perth endurance runner and a well-credentialled member of the 100 Marathon Club.

Perth 2012 was Michy's 159th marathon in a career that started in Yamaguchi, Japan in 1977. His debut took 2:42:17; and seven years and 38 races later his 2:23:53 pb came up in Fukuoka.

Michi has achieved 13 outright marathon wins, five of them in Australia, the others in Japan.

His hundredth race was run in 1993, again in Japan.

Figures from the 100 Club show that he averaged 2:36:59 over his first 100!

Ninety-eight of them were under three hours; 18 were sub 2hrs 30mins.

Michi was in the top ten 50 times; on the podium 23 times; and he won eight of that first 100.

Recovery

Michi's recovery capacity is tough to comprehend. In 1984 he ran twelve marathons; in 1985, eleven; 1986, ten.

Fair do's, he has eased back during the 2000s, even registering zero races some years.

But the he came back, to perform eight times in 2011.

Judging by this year's Perth event, Michi seems to be on form again. Winning his M50 category in 3:01:07, he was also 34th overall out of 615 runners.



Michi Muroi

2012 PERTH MARATHON

Bob Lane won the Jim Barnes trophy with his outstanding age-graded performance rated at 85.65 per cent.

Overall position	Age-group position			
12	5	M35	Kim Thomas	2:51:35
34	1	M50	Michihito Muroi	3:01:07
42	1	M60	Bob Lane	3:06:09
104	6	W35	Lisa Searle	3:26:04
137	3	W40	Jodie Osborne	3:32:00
151	5	M55	Prabuddha Nicol	3:35:37
203	1	W50	Karen March	3:42:08
204	14	M50	Peter March	3:42:09
256	5	M60	Keith Miller	3:50:23
258	52	M35	Tom Tralau	3:50:46
284	32	M45	Tristan Bell	3:56:25
403	38	M45	John Batta	4:14:13
467	33	M50	Karl Stockman	4:32:25
479	14	W45	Julie Keeley	4:35:23
492	4	M65	Jim Barnes	4:37:44
503	1	M70	John Pellier	4:39:33
508	80	M40	Scott Winn	4:40:28
552	87	M40	Michael Barton	4:55:14
588	1	W65	Valerie Millard	5:18:58
603	58	M45	Stephen Dunn	5:41:00

Perth Marathon field is growing

I COULDN'T recognise many Masters this year but did spot the following results.

Michihito Muroi, 1st M50 in 3:01:07, and 34th overall out of 615 finishers.

Karen March, 1st W50, 3:42:09

Peter March 3:42:09

John Pellier 1st M70, 4:39:33

Val Millard 1st W65, 5:18:58 (about 3/4 hour ahead of the next W65!)

There was a Stephen Dunn M45 mentioned but 'our' Stephen returned to the E.S. didn't he?

Yes Ray, Steve must have a WA visa – good to see him here. VW

In 2004 I beat about 17 out of 253; this year there were 615 finishers.

John Pellier that year ran 4.37.17, and 4:39:33 this time.

His gear stick must only show GO and Stop.

Ray Hall



Another PB for Bob Lane, plus the Jim Barnes Trophy

COMING EVENTS – HELPERS

JULY 15 CLUB HALF MARATHON

Race Director: Jim Klinge - 9294 4029

Ray Attwell, David & Pat Carr, Karl Stockman, Rebecca Mackinnon, Michihito Muroi, Michael & Janet Walter, John McDonagh

JULY 22 CITY RAIL

Race Directors: Mike & Linda Rhodes - 9228 9706B

Bob Cavin, Jim and Margaret Langford, Karen & Peter March, Keith Miller, Peter Ryan, John Talbot, Bob Lane

JULY 29 MILL POINT ROAD

Race Director: Milton Mavrick - 0417 972 435

Sarah Ladwig, Giovanni Puglisi, Lis Basia, Allan Billington, Mike & Thien Hale, Robert & Suzanne Poulinet, Sue Bullen, Duncan & Fiona McAuley

AUGUST 5 STATE CROSS COUNTRY -

JORGENSEN PK

Race Director: Committee John & Joan Pellier, Darryl & Wendy White, Kathy Burr, Mike & Penny Horsfall, Robert & Suzanne Poulinet, Jane Stanbrook, Colin Chisholm

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.