

Vetrun

The magazine of Masters Athletics WA

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Gillian puts new name on Patron's Trophy

THIS year's trophy was contested by 17 members, four less than last year. With perennial champion Peggy Macliver injured, the women's contest was hotly fought, with Gillian Young just pipping Cathy McCloskey for the title.

The men also had a closer contest than in recent years, with Giovanni Puglisi pushing David Carr right up to the final 200m. Patron's trophy is a gruelling event, testing our athletes over a full range of track and field events. Congratulations to everyone who completed it.

Women

Gillian Young	707.86
Cathy McCloskey	697.24
Carmel Meyer	693.13
Julie Wilson	647.29
Lynne Schickert	618.89
Julie Willmott	603.74
Sarah Ladwig	530.52
Valerie Millard	519.00
Regina Crouch	495.99

Men

David Carr	710.53
Giovanni Puglisi	702.82
Bob Schickert	666.15
Kim Thomas	653.27
Greg Wilson	615.62
Ante Perdija	593.35
John Dennehy	572.50
Nick Miletic	539.92



Gillian and daughter Melissa in AMA's 2011 1500m Relay competition.

Do you ever run on the track?

DO YOU ever run on the track? If so or if you are thinking of competing at the stadium in the State Championships, please take note of the following:

One of the athletes at WAAS on a Tuesday evening recently walked away with a chunk of track stuck on his spikes – obviously the WRONG sort of spikes. The Mondo track is

designed for blunt spikes which propel a runner forward to maximise their performance. Sharp spikes penetrate the surface and have already begun to contribute to the degeneration of the track surface.

So, please, all MAWA athletes, make sure your spikes are of the correct design.

They can be ceramic or metal but MUST be either

CHAMPS ENTRIES

Closing date Sunday 17 February
ENTRY for the 2013 track and field State championships is now open.

Full details and online entry are on the website. A paper form which can be downloaded is also on the website.

If possible, please use the online method – you will receive instant confirmations for events entered and payment made. However, if any member who has not received a paper form would like one, please contact me on 9293 0190.

With any other queries please phone – or email me at vetrunners@inet.net.au

Barbara Blurton

Oy Santa! Get those whiskers out of your ears; we want to start the Gift Run!

■ More pics – page 7.



Christmas Tree or Pyramid variety.

Maximum length for the track is 7mm and for the field 9mm except for javelin and high jump which can be up to 12mm.

Spikes of the correct variety are on sale at WAAS reception. Please change yours if they are the wrong sort – and you may improve your performance.

You write... Rusted on to Rotto



Joe

Hi Vic
THANKS for publishing the Rottnest Marathon Masters participants. Seven runners have completed all 19 events since 1994:

Brian Danby
Joe Clark-Murphy
Ken Dacre
Steve McGrath
Garry Harris
John Davies
Paul Kelly

I'm looking forward to number 20 next October, hopefully we will all hold together until then.

Love reading the "Vetrun", helps me to keep in touch with my favourite club.

Cheers
Joe & Ursula

... and via Facebook



Julie Keeley

Hi
THANKS ed for the awful pic of me in last newsletter lol. It was actually my number 10 trophy marathon at Rotto this year.

Also thanks for shaving a couple of years off my age but I'm in w45 (I hate to admit!).

Glad you liked the pic Julie; how's this one? VW

Hi John (Oldfield)
THANKS for all your support during the race. I feel like a bit of an odd duck out there on the track with you fast 'sprinters' sometimes, yet at the same time I feel totally welcome and encouraged.

Training with MAWA has been key to my successes in the last year and I'm grateful someone pointed me in your direction.

It's kind of you to put something on ultra-running in the mag.

Cheers
Bernadette

Missing – fallen off the wagon



Bob and Lynne

THURSDAY night at ECAC – no Bob and Lynne?

Instead we were toggged up and off to dinner at the ANZ Sports Star Awards, held in the Ballroom, Crown Perth Hotel on Thursday 13 December.

As officials from Athletics WA, along with Bruce Wilson, walks judge Marion Buchanan and other senior AWA staff, we celebrated the outstanding achievements of our young sports stars.

Nominees from Athletics for the various awards included Alana Boyd (Sports Star), Elizabeth Parnov (Junior Sports Star), Alex Parnov (Coach of the Year) and Cheyne Cream (Emerging Regional Junior Sports Star).

MAWA Patron John Gilmour, a previous Sports Star winner in 1975 was also in attendance and we all had a most enjoyable evening.

All hale, our Greek gods



Irwin



David

Dear Vic,
WHEN does an athlete cease to be spritely and become venerable? Page 3 of the December *Vetrun*, has our Albert Park M80 4X 400 relay team breaking who knows what record in 68.43! Only Greek Gods could do that, but it did look good on the page.

Our time was 6:0.65, but this has since been smashed by 28 secs by three of the same runners, with a formidable contribution from our own spritely and venerable David Carr.

Irwin Barrett-Lennard

I can't seem to read these records right! The 68.43 was the M80 4x100m record, shown in the Handbook immediately above the 4x400m score. VW

Plaudits for results team

Hi Vic
I DON'T know if this matter has been raised in *Vetrun* before but even if it has it deserves repetition.

As I was scanning the website to check how I went on my Sunday Shuffle (why would he even bother I hear you mutter!) I was reminded that we sometimes forget what a fantastic job a small, dedicated group of people do

week in, week out to record, check, collate put on the website the results of at least four events each week. It's usually done in the space of 24 hours and they rarely make a mistake. Well done!

Incidentally would you please forward this email onto the sub-editor or even the assistant sub-editor, since judging by the photo of the Editor in the *Vetrun* he doesn't

New Members – Welcome!

- 1166 IVERS: Dan W30
- 1167 FISHER: John M50
- 1168 MC GLUE: Billy M65
- 1169 RUNNION: Tina W50
- 1170 LEGGO: Alison W50
- 1171 LOURENSZ: Elizabeth W50
- 1172 COX: Deb W45



look as though he can stand up – let alone process an email!

Regards, Roger

Yes, it's an exhausting job. VW

Are You Doing The Long Run?

By Ross Keane

This is first of a series of coaching articles under preparation by Ross and his 'mentor', Marg Saunders.

THE running magazines and training websites all tell us that we should take a long run once a week, usually with a rest day built in on the day before the run. Sometimes the rest day will be on the day after.

This logic seems to apply for pretty much all middle- and long-distance runners, with track sprinters a possible exception. Length and duration of the 'long run' varies depending upon a runner's age, fitness and any specific training programme requirements.

The idea behind the long run is to build up your aerobic fitness. In other words, to improve your lung capacity to deliver oxygen to your muscles and other body bits under load.

This then gives you a base for better fitness, or maybe faster running, or to simply retain your current fitness level and ability.

Now, most of the serious club runners would have built the 'long run' into their weekly training programme long ago.

However, some club runners tell me that our Sunday club run is often their only run for the week! With this in mind I will borrow a line from Bob Schickert:

"Do the long run on Sundays and get your money's worth!"

It may hurt a little at first if Sundays are your only run for the week; but any pain will be eased by running in a big group and amongst friends. Our events are always held in a relatively safe and organised environment.

You will feel satisfied that you have the long one done and dusted before your week gets busy and it could be overlooked.

Happy running!

Bernadette beats Kosciuszko

WITH deep experience of ultra-running, Bernadette Benson is used to the pain and success of endurance events. Distance doesn't scare this athlete, whose latest exploit over two days in December was the Coast to Kosciuszko 240km run.

Aided by a four-strong back-up crew, Bernadette set off from Boydtown Beach at Eden, NSW at 5.30am on Friday December 7. Some 31 hours later she was posing for a photograph at the summit of Mt. Kosciuszko and at 1.19pm on Saturday she crossed the finish line back down at Charlotte's Pass.

Her time of 31h49m21s makes her the second fastest female in the race history, and the fastest Australian woman. Only five men beat her too!

You can read all the trials and successes of the build-up to the race, and her blog of the race itself on a very comprehensive website bernadettebenson.com/ultrarunning.

It's well worth the read.

John Oldfield



Six-inch success for MAWA

ONE of the toughest distance races on the WA calendar is the 6-inch trail 'Marathon' which took place on December 16.

At 46km long it is more than a marathon, and on a mountain bike track running south from North Dandalup to Dwellingup. Hilly, rutted in places and very narrow in others it was challenging running for this year's 150-plus entrants.

Seven intrepid representatives of MAWA took part this year and all finished. Each has a different story to tell. Michael Barton was our first finisher, as last year, in 8th place overall, whilst Jodie Osborne took the 3rd place in the women's section.

Sandra Stockman was delighted with her 7th place in the women's race (32nd overall). Brian Bennett loves these challenging events; we remember his two Ironman successes recently, so it was no surprise that he finished well up the order, as did Karen March.

Equally happy no doubt, were Rachel Evans and Kerriann Bresser. Each came home well having conquered the course and the unique challenge presented by this run. Said Kerriann:

"I came along for the scenery and cruised along the course. I was happy to walk up the hills, and as there were an awful lot of hills I was awfully happy!"

Results

1	James Roberts	3:32:49
8	Michael Barton	3:54:01
21	Jodie Osborne	4:25:48 (3rd female)
32	Sandra Stockman	4:33:32 (7th female)
40	Brian Bennett	4:39:11
54	Karen March	4:51:49 (12th female)
114	Rachel Evans	5:44:14 (33rd female)
141	Kerriann Bresser	6:35:40



Kerriann, above and Jodie below



10.5 RUN

V1		41:38
Ian Carson	M55	43:22
Ante Perdija	M40	43:31
Paul Odam	M50	45:08
John Allen	M55	45:24
Sandra Stockman	W45	46:16
Jim Klinge	M65	46:44
Ross Keane	M50	48:16
Hamish McLeod	M35	49:18
V8		49:53
Karen Peace	W40	50:08
V4		50:10
V5		51:12
Keith Miller	M60	51:38
John Fisher	M50	51:51
Mike Hale	M65	52:14
Chris Pattinson	W55	52:26
Karl Stockman	M50	53:14
Charlie Chan	M60	53:47
Raymond Gimi	M45	54:11
Maree Brown	W45	55:23
Mike Khan	M65	55:30
V2		55:51
Richard Blurton	M60	56:03
Paula Karra	W40	56:13
Julie Wilson	W55	56:23
Milton Mavrick	M55	61:04
V3		62:04
Greg Wilson	M65	63:55
John Talbot	M65	64:40
Rochelle Airey	W40	64:46
Paul Martin	M70	66:26
Bob Lane	M60	66:27
Theresa Howe	W60	66:35
Janet Jiang	W45	68:06
Frank Price	M60	70:59
Richard Danks	M70	72:02

7K RUN




Chris Reid	M45	29:52
Paul Hughes	M60	30:06
Mark Dawson	M50	32:38
Frank Gardiner	M60	33:19
Wayne Taylor	M50	33:37
Mark Hewitt	M60	33:55
Martin Watkins	M65	34:40

Garvey Lakes

December 9, 2012

Directors: Christine & John Oldfield



ONE regular runner had said on the Friday that she wouldn't do our run but would just potter along the river path and thought a few others might elect to do the same.

About 4pm on the Saturday John suggested that we include a special walk course. So we went out immediately and in addition to doing the already planned preliminary route marking we decided on a walk course, checked the rickety bridge (which has had some slats replaced), and measured out the route. That evening we worked out the logistics. Come Sunday morning, at around 6.20am and with most of the set up done, John realised we hadn't thought of water for the walkers! So our existing water station had to be moved at the last minute. But it was all worth it to see the walkers smiling.

It was a glorious morning with herons and spoonbills along the walk route and sacred ibis on the ground around the run path – but did anyone notice these?

All our helpers have already been told how wonderful they were. And, along with us, they were grateful for the appreciation shown to them by so many runners and walkers. This is well summed up in an e-mail we received from one of the marshals on the Sunday afternoon:

"Thanks! I am once again so impressed by this club – the friendliness of the members and the number of people who thank you as they pass is terrific."

Keep it up folks and we'll see you all again next year. *JO & CO*

Dante Giacomini	M40	34:45
Brian Danby	M60	34:48
Gillian Young	W65	34:57
Bob Schickert	M70	35:29
Maurice Creagh	M65	35:30
David Carr	M80	37:09
Johan Hagedoorn	M65	39:10
Neil McRae	M60	39:30
Sally Floyd	W45	40:23
Sandra Rourke	W45	40:45
John Byrne	M60	42:36
Merv Jones	M70	44:36
Roger Walsh	M65	44:51
Jim Barnes	M65	46:36
Bob Fawcett	M60	52:32
Sheila Maslen	W70	63:34

3.5K RUN



Margaret Saunders	W55	16:11
Dave Roberts	M70	17:11
Carol Bowman	W55	17:32
Bruce Mathieson	M65	18:06
Delia Baldock	W50	19:40
V6		20:06
Nick Miletic	M60	20:52
Irwin Barrett-Lennard	M80	21:14
V7		22:55
Bronwyn Smith	W40	23:28
Brian Smith	M70	23:39
Aldo Giacomini	M75	24:54
Carolyn Fawcett	W60	25:10
Andrea Byrne	W30	27:01
Gail Castensen	W55	28:50
Julie Wood	W60	28:50
Margaret Bennett	W70	31:16

6K WALK

John McDonagh	M60	44:01
Val Millard	W65	44:16
Lynne Schickert	W70	47:00
Bob Fergie	M75	51:28
John Smith	M75	51:33
Rosa Wallis	W65	56:04
Sofia Carson	W50	57:31
Lee Chan	W50	58:15
Sylvia Szabo	W30	58:45
Sylvia Szabo	W55	58:46

4K WALK



Beryle Doust	W60	31:08
Lesley Romeo	W65	31:22
Bob Neville	M75	37:42
Graham Thornton	M70	46:42

2K WALK

John Ellard	M70	30:22
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6K RUN



		Time	H'cap	Actual
John Oldfield	M65	33:28	06:46	26:42
Milton Mavrick	M55	36:45	07:04	29:41
Christine Oldfield	W65	37:39	00:00	37:39
Theresa Howe	W60	37:44	05:25	32:19
Wayne Taylor	M50	38:24	11:48	26:36
Maurice Creagh	M65	38:27	09:35	28:52
Bob Schickert	M70	38:36	10:06	28:30
Bert Carse	M70	38:47	12:26	26:21
John Talbot	M65	38:55	04:11	34:44
Sarah Ladwig	W60	39:13	05:10	34:03
Gillian Young	W65	39:40	10:30	29:10
Giovanni Puglisi	M60	39:48	14:45	25:03
Julie Wilson	W55	39:49	08:49	31:00
Sally Floyd	W45	39:58	07:25	32:33
Genevieve Schreyvogel	W40	40:08	06:39	33:29
Jochen Schreyvogel	M45	40:12	06:28	33:44
Mike Anderson	M60	40:20	06:45	33:35
Carol Bowman	W55	40:25	10:33	29:52
Mark Hewitt	M60	40:26	12:03	28:23
John Brambley	M70	40:37	01:14	39:23
Tom Tralau	M35	40:38	14:07	26:31
Johan Hagedoorn	M65	40:39	09:44	30:55
Maree Brown	W45	41:15	09:52	31:23
Delia Baldock	W50	41:38	06:58	34:40
Hamish McGlashan	M75	42:13	07:26	34:47
Lorraine Lopes	W70	42:36	08:26	34:10
Kathy Burr	W70	42:43	00:00	42:43
Allison Lilly	W40	43:21	00:00	43:21
Ali Menegola	W50	43:23	02:38	40:45
Carolyn Fawcett	W60	44:49	00:00	44:49
Arnold Jenkins	M65	45:11	00:00	45:11
David Carr	M80	46:05	09:26	36:39
Toni Frank	W65	46:50	00:00	46:50
Jane Stanbrook	W45	47:32	02:59	44:33
Melissa Hynds	W35	51:41	00:00	51:41
Sheila Maslen	W70	52:50	00:00	52:50
Andrea Byrne	W30	53:26	00:00	53:26
Did not compete in handicap:				
Monique Thomas		W35	35:42	
Kylie Mahony		W40	37:55	
Genevieve Schreyvogel		W40	40:08	
V2			52:49	

Canning Caper

December 16, 2012

Director: Keith Atkinson

WHAT a perfect day for a run. I hope you all enjoyed it.

The run handicap was over 6km again this year, the second time. Judging by the number of participants it seems a success. We had a comparatively small bunch doing the full ten, and no walkers doing the long event.

Although judging from the amount of members taking advantage of the café afterwards you could have assumed more did the 10km, with the rehydrating, and reloading of carbs going on. I had said to the café owners that about 30 might buy a coffee or cake.

But I think it was more like 50-60. That's what makes this event so good though, it's such a nice spot.

Thanks to Mark, and Michelle for stepping in at the last moment to help out on the day, as we were a little tight for helpers. Thanks also for the support from the previously volunteered group of, Richard, Helen, Chris, Aldo, Dante, John, Garry. I will see you all, same place roughly, same time next year. *Keith*

FEELING ITCHY?

IF SO ... and you go off scratch in a handicap event instead of your handicap – please don't go through the chute!

Our ace recording team spent three days sorting out the results of the Caper, because some members did the handicap distance, but did not go off their handicap time. To be fair to them, some told the table recorders so, but that info was missed. So the fail-safe method is – don't go into the chute in a handicap if you don't run/walk off your proper handicap.

Thanks – you'll help us produce accurate results much more easily.

10K RUN

V4		36:45
Ian Carson	M55	40:29
Ante Perdija	M40	40:36
Bjorn Dybdahl	M55	42:11
Paul Hughes	M60	42:51
Mickey Muroi	M50	43:03
Jim Klinge	M65	43:40
Neil Milligan	M50	44:48
Kim Thomas	M35	44:50
V7		44:56
Ross Keane	M50	44:59
V8		45:10
Karen Peace	W40	46:45
Mike Hale	M65	50:34
Charlie Chan	M60	50:38
John Fisher	M50	50:40
John Mack	M70	51:49
Richard Blurton	M60	52:48
Bruce Mathieson	M65	53:48
Shirley Bell	W60	54:28

6K WALK



		Time	H'cap	Actual
Val Millard	W65	58:11	15:56	42:15
John McDonagh	M60	58:38	17:49	40:49
Graham Thornton	M70	59:15	00:00	59:15
Rosa Wallis	W65	59:17	07:16	52:01
Lesley Romeo	W65	59:18	13:27	45:51
John Smith	M75	59:21	13:53	45:28
Jeni Shillington	W55	59:22	09:22	50:00
Lynne Schickert	W70	59:33	14:21	45:12
Bob Fergie	M75	59:37	10:24	49:13
Ray Hall	M75	59:39	12:21	47:18
Lorna Lauchlan	W80	59:40	09:51	49:49
Jeff Whittam	M75	59:41	09:54	49:47
Lee Chan	W50	60:16	04:04	56:12
Ray Lawrence	M80	60:34	03:06	57:28
Sofia Carson	W50	60:35	05:53	54:42
Dorothy Whittam	W75	62:04	00:00	62:04
Joan Pellier	W70	62:13	09:57	52:16
Ann Turner	W75	62:35	07:32	55:03
Sylvia Szabo	W30	64:38	07:23	57:15
Sylvia Szabo	W55	64:39	01:14	63:25
Leo Hassam	M80	74:19	00:00	74:19
Did not compete in handicap:				
Margaret Saunders	W55	54:04		
Elaine Dance	W60	54:05		
V3		54:25	00:00	
<hr/>				
V1				55:10
Greg Wilson	M65			58:57
Geoff Mullins	M65			60:25
Frank Price	M60			60:55
John Byrne	M60			61:09
Neil McRae	M60			61:22
V5				61:48
John Pellier	M70			62:36
Tracey Koziniec	W40			62:37
Merv Jones	M70			62:43
Janet Jiang	W45			62:52
Richard Danks	M70			66:17
Bronwyn Smith	W40			66:39
Brian Smith	M70			66:58
Bob Fawcett	M60			76:27

6K WALK

V3		46:00
John Smith	M75	49:11
Lynne Schickert	W70	49:38
Jim Barnes	M65	52:29
Lorna Lauchlan	W80	53:27
Rosa Wallis	W65	55:07
Debbie Wolfenden	W45	55:08
Jeff Whittam	M75	57:25

4K WALK

John McDonagh	M60	31:15
Val Millard	W65	32:46
Ray Hall	M75	35:42
Kirt Johnson	M80	40:05
Ray Lawrence	M80	40:06
Bob Fergie	M75	40:07
Lorraine Lopes	W70	42:27
Joan Pellier	W70	42:33
Lee Chan	W50	43:37
Marg Forden	W70	44:16
Ann Turner	W75	44:18

2K WALK

Elaine Sillery	W80	24:11
Mary Heppell	W75	24:12

Alderbury Park Cross Country

December 30, 2012

Director: Wayne Taylor



Above, Wayne on trombone.
Below, 'sort it out, which way are we going?'

Lower, Chris Koemam leads Bob Lane; and Paul Odam with Bjorn Dybdahl. Bottom, the start; and next page, Ross Kean with Paul Hughes.

THE post-Christmas cross-country run (and separate road walk) under the trees at Perry Lakes is always popular and this year we had a record (at least in my time as race director) 105 finishers despite the hot conditions.

The starting temperature at 7am was 29 degrees, which may also be a record. All runners and walkers were cautioned to stay hydrated and take it easy – even so, several finishers suffered after getting a little over-heated on the back-end, shadeless part of the course. Last year a few runners had the unpleasant experience of falling into one of several grass-covered holes. However this year, thanks to the efforts of Vic Waters and Frank Smith, those tricky spots were well flagged and runners managed to avoid them. We also put out 200 additional yellow marker flags around the running course – so no one had an excuse to get lost or run on the bitumen.

Many thanks to all my helpers, especially Paul Ankers who helped me lay out the course on the previous evening.
Wayne

8K RUN

Kim Thomas	M35	32:27
Ian Carson	M55	33:12
Tony Smith	M35	33:39
Ante Perdija	M40	33:49
Bjorn Dybdahl	M55	34:12
Paul Odam	M50	34:16
V?		34:45
John Allen	M55	35:07
Jim Klinge	M65	35:33
V5		37:34
Prabuddha Nicol	M55	37:43
Hamish McLeod	M35	38:02
Brian Bennett	M65	38:13
Karen March	W50	38:22
V11		38:43
Tristan Bell	M45	38:48
Ross Keane	M50	39:45
Bruce Wilson	M65	39:47
Karen Peace	W40	40:12
Mike Hale	M65	40:51
Sean Keane	M45	41:15
V12		42:16
Bob Schickert	M70	42:35
Brian Danby	M60	42:36
Frank Gardiner	M60	42:38
John Mack	M70	42:39
Bob Lane	M60	42:41
V12		42:43
Raymond Gimi	M45	43:04
Milton Mavrick	M55	43:31



Alderbury – continues



Ross Keane, left, has provided this month's training tip (page 3).

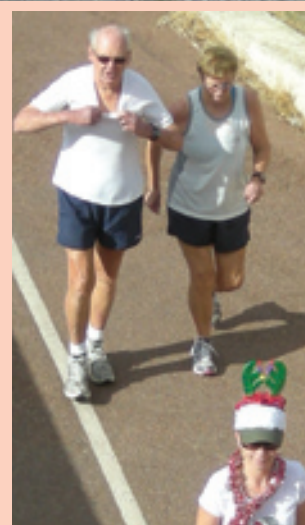
Charlie Chan	M60	43:46
Lui Cecotti	M65	43:59
John Bell	M65	46:09
Julie Wilson	W55	46:22
V13		47:55
Greg Wilson	M65	51:49
Rochelle Airey	W40	53:13
Frank Price	M60	53:41
John Pellier	M70	54:07
John Byrne	M65	54:32

4K RUN

Andrew Brooker	M40	15:53
V7		17:00
Peter March	M50	17:08
Tom Tralau	M35	17:19
Paul Hughes	M60	17:23
???		18:50
Maurice Creagh	M65	19:31
Mark Hewitt	M60	19:35
Martin Watkins	M65	19:37
Margaret Saunders	W55	19:46
Dave Roberts	M70	20:23
Carol Bowman	W55	20:25
V9		20:28
Gillian Young	W65	20:32
V3		21:22
Carmel Meyer	W50	21:33
Maree Brown	W45	21:45
Chris Koemam	M55	22:36
Sally Floyd	W45	22:47
V6		22:54
Johan Hagedoorn	M65	23:01
Nick Miletic	M60	23:25
Delia Baldock	W50	24:01
Irwin Barrett-Lennard	M80	24:24
V2		24:27
David Carr	M80	24:44
Merv Jones	M70	25:17
Paul Martin	M70	25:23
John Talbot	M65	25:34
Kylie Mahony	W40	25:37
Roger Walsh	M65	25:43
Neil McRae	M60	25:50
V8		26:20
John Dennehy	M50	26:22
Steve Clark	M70	27:47
Brian Smith	M70	27:57
Christine Oldfield	W65	28:44
Melissa Hynds	W35	29:30
V10		30:31
Chris Genin	M40	30:32
Richard Danks	M70	30:38
Rebecca MacKinnon	W30	30:39
Bob Fawcett	M60	30:59
Carolyn Fawcett	W60	31:26



Christmas Gift 2012



Over-size Marathon

I AM still pondering your first question as to whether I enjoyed the event.



I think I'll enjoy it more next year (I must have enjoyed it if I'm prepared to do it again!) as I'll be better prepared and know what I'm in for.

It was tough going but a great challenge all the same. You had to be constantly alert or you'd miss a turn and end up off-course. It was always a relief to see an arrow marked in flour on the ground as I knew I was still on track.

Walk, not jog

The spectators were great, cheering everyone on at various spots and offering lollies and encouragement. My main difficulties were running with a backpack/bladder and getting up some of the steep hills; I found it easier to walk quickly than jog slowly up them.

Hurdling and ducking

But it was beautiful running along the trails, hurdling over logs, ducking under branches, scooting down the hills and finally hearing the cheers of supporters and those already finished at the end; oh, and the glass of champers went down a treat.

Recovery-wise, I pulled up surprisingly well, with no soreness in the legs over the next two days. I put this down to running on softer surfaces than a 'normal' marathon, which is usually run on concrete or bitumen.

Sandra Stockman

Race directors: update our maps

As a course map for each event is now available on our website, race directors are asked to ensure the information for their event is kept up to date.

Changes can occur for many reasons but once you are satisfied the course has been tried and tested please give a copy of the map to Jim Klinge (our map expert) or to me at one of our Sunday runs. Thanks.

Gillian Young

East Perth January 6, 2013

Director: John Smith

6.5K RUN

	Time	H'cap	Actual
Karl Stockman	M50 43:22	10:53	32:29
Sandra Stockman	W45 43:32	16:00	27:32
Maurice Creagh	M65 43:35	11:16	32:19
Merv Jones	M70 43:42	02:39	41:03
Ante Perdija	M40 43:45	17:04	26:41
Martin Watkins	M65 43:46	11:16	32:30
Raymond Gimi	M45 43:48	11:23	32:25
Mike Khan	M65 43:53	09:56	33:57
Ian Carson	M55 44:05	17:21	26:44
Frank Gardiner	M60 44:11	13:02	31:09
Bronwyn Smith	W40 44:21	02:28	41:53
Greg Wilson	M65 44:21	05:36	38:45
Mike Hale	M65 44:23	12:06	32:17
Paul Hughes	M60 44:31	16:20	28:11
Tristan Bell	M45 44:34	14:45	29:49
Jim Klinge	M65 44:35	15:46	28:49
Wayne Taylor	M50 44:39	13:40	30:59
Milton Mavrick	M55 44:42	10:26	34:16
Vic Waters	M65 44:46	05:50	38:56
Janice Matthews	W40 44:46	06:13	38:33
Ivan Brown	M65 44:47	10:07	34:40
Bob Schickert	M70 44:48	11:30	33:18
Richard Blurton	M60 44:58	08:59	35:59
Carmel Meyer	W50 45:00	10:44	34:16
Julie Wilson	W55 45:01	09:41	35:20
Karen Peace	W40 45:07	13:54	31:13
John Talbot	M65 45:10	04:45	40:25
Bjorn Dybdahl	M55 45:11	17:11	28:00
Bruce Mathieson	M65 45:12	8:58	36:14
John Allen	M55 45:18	17:06	28:12
Theresa Howe	W60 45:27	07:33	37:54
Steve Clark	M70 45:32	00:55	44:37
Gillian Young	W65 45:33	11:42	33:51
Jim Langford	M65 45:34	16:00	29:34
Kim Thomas	M35 45:35	18:58	26:37

5K RUN

Amanda Walker	W45 21:57
Chris Maher	M55 21:57
Bruce Wilson	M65 22:48
Dante Giacomini	M40 24:52
Dave Roberts	M70 26:02
Delia Baldock	W50 28:36
Roger Walsh	M65 30:51
Christine Oldfield	W65 32:55
Jane Stanbrook	W45 34:17
Aldo Giacomini	M75 35:00
Stuart MacKinnon	M30 36:17
Rebecca MacKinnon	W30 37:44
Sheila Walsh	W45 38:24
Kathy Burr	W70 38:29
Gail Castensen	W55 40:53
Sheila Maslen	W75 44:09
Mary Heppell	W75 51:54
Val Millard	W65 38:40

5K WALK

Keith Miller	M60 45:36	14:44	30:52
Chris Pattinson	W55 45:38	11:45	33:53
Charlie Chan	M60 45:42	12:16	33:26
Frank Price	M60 45:49	03:37	42:12
Nick Miletic	M60 45:50	08:16	37:34
David Carr	M80 45:51	10:22	35:29
John Pellier	M70 45:56	06:33	39:23
Paul Martin	M70 46:03	05:13	40:50
Carol Bowman	W55 46:07	11:36	34:31
Mike Anderson	M60 46:14	07:25	38:49
Lorraine Lopes	W70 46:42	09:16	37:26
Mark Dawson	M50 47:01	14:54	32:07
Janet Jiang	W45 47:20	04:07	43:13
Irwin			
Barrett-Lennard	M80 47:35	7:28	40:07
Richard Danks	M70 47:37	03:12	44:25
Mark Hewitt	M60 47:37	13:14	34:23
John Fisher	M50 47:45	11:24	36:21
Brian Bennett	M65 48:53	14:55	33:58
Margaret Saunders	W55 50:03	12:49	37:14
Bob Fawcett	M60 50:06	00:00	50:06
Carolyn Fawcett	W60 50:19	00:00	50:19
Neil McRae	M60 53:26	11:18	42:08

6.5K WALK

	Time	H'cap	Actual
John McDonagh	M60 47:17	19:34	66:51
Sylvia Szabo	W55 65:51	01:21	67:12
Elaine Dance	W60 56:05	11:20	67:25
Lynne Schickert	W70 52:10	15:46	67:56
Lorna Lauchlan	W80 57:31	10:52	68:23
Jeff Whittam	M75 57:47	10:53	68:40
Ray Hall	M75 55:11	13:34	68:45
Lee Chan	W50 64:21	04:28	68:49
Bob Fergie	M75 57:49	11:25	69:14
Elaine Sillery	W80 66:29	02:50	69:19
Regina Crouch	W40 56:05	13:48	69:53
Dorothy Whittam	W75 70:05	0:00	70:05
Margaret Warren	W75 66:09	5:51	72:00
Sylvia Szabo	W30 65:42	08:07	73:49
Morris Warren	M75 64:20	10:49	75:09
Jim Barnes	M65 52:12	11:50	64:02
Margaret Bennett	W70 67:41	0:00	67:41

Peter Barrington	M75 41:44
Debbie Wolfenden	W45 42:18
Joan Pellier	W70 44:19
Kirt Johnson	M80 45:15
V5	45:18
Sofia Carson	W50 45:47
Ray Lawrence	M80 48:26
Pat Ainsworth	W75 48:31
Keith Atkinson	M55 48:32
Leo Hassam	M80 55:53

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.

JANUARY 13 POINT WALTER

Race Director: Dave Roberts - 9472 0039

David Brown, Chris Coates, Bob & Liz Neville, Lesley Romeo, Gary & Miriam Fisher, Paul Martin, John Bell, Jennifer Williams, Maree Creighton, Steve Hossack

JANUARY 20 AGE-GRADED

Race Directors: Mark Sivyer - 9572 1895 & Gillian Young - 9295 1754

Rod Hamilton, Mike & Linda Rhodes, Jeni Shillington, Mike & Paula Karra, Duncan & Fiona McAuley, Neil Milligan

JANUARY 27 ASHFIELD

Race Directors: Sandra & Karl Stockman - 9375 5294

Chris Koeman, Norm & Pat Miller, Dalton Moffett, Tony Smith, Brian & Bronwyn Smith, Kirt Johnson, Rebecca Mackinnon, Gail Castensen, Peter Barrington (More helpers needed for this event please)

FEBRUARY 3 FRIENDSHIP

Race Director: Brett Roach - 0406 422 378

Steve Clark, Mark Dawson, Keith

Miller, Paul Odam, John & Joan Pellier, Wayne Taylor, Pierre & Denise Viala, Paul Martin, Tom Tralau, Tom Clarke, Michael & Jane Walter, Sheila Walsh

FEBRUARY 10

McCALLUM LAKES

Race Director: Bob Schickert - 9330 3803

David Baird, Dee Conibeer, Fiona Cousins, Helen Lysaght, Hamish McGlashan, Dalton Moffett, Jo Richardson, Blakeney Tindall, Scott Winn, Keith Atkinson, Val Millard, Lynne Schickert, John & Andrea Byrne