

Vetrun

MARCH
2013
No. 467



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The magazine of Masters Athletics WA

Jodie 3rd in Australian Open 100km Champs



MAWA's W40s are ascendant around the world these days. Following Bernadette Benson's fantastic Coast to Kosciusko success (reported in January), Jodie Osborne flew to Canberra with some trepidation, heading for her first 100km race.

What's more, she would be up against the best senior athletes in Australia – male and female.

Night run

Racing in the Stromlo Forest Park on a 1km circuit overnight, she saw off most of her competitors, finishing third overall in 9h13m18s!

With intermediate splits taken at 50km and 6-hours, she also broke the Australian W40 6-hour record on the way. Immediately after the race she told us:

"This was my first experience of anything like this, and I was amazed – but felt right at home straight away."

Handicap Trophy to change

IN AN attempt to make the club's handicap trophy more competitive, the committee have decided to change the way it's run.

The following arrangements will be in place for the 2013-2014 trophy, which starts with the UWA Track Handicap on Thursday, April 18.

● There will be eight qualifying events for the run handicap trophy. They are: Track Handicap 10k, Aquinas 10k, Sharks 10k, Nedlands 5k, Cliff Bould 10.4k, Canning Caper 10k, East Perth 6.5k, and Woodman Point 5k.

● To qualify for the trophy, members must complete at least five of these runs. Your best five results count towards the trophy. The runner's finishing positions in each of these five events are then totalled. The winner is the person with the lowest score.

● The trophy is NOT gender based.

● There are specific trophies for the Aquinas and Cliff Bould events.

Walkers

The walkers have no overall handicap trophy. They will have three handicap events – Aquinas, Racecourse, Age-Graded – and each of these has a specific trophy for the event.

Pick a date – or two!

IF you're a Sunday morning competitor, joining us for the first time or renewing your membership, you have one important duty to perform!

Please go the new race programme, which runs from May 2013-April 2014, and choose the two dates on which you will help with an event.

A copy of this new programme is on our website.

Please do not select Group Jogs, Christmas Gift, Perth Marathon, 6-hour relay or Track Handicap unless you wish to help – IN ADDITION to your two Sunday mornings.

Thank you.

Gillian Young

AGM – P3

Bernadette in Aussie 24hr team



BERNADETTE Benson, certainly MAWA's top female endurance runner, has been selected for the six-strong Australian team in the 24-hour World Championships.

The 24-hour race is organised by the IAU (International Association of Ultrarunners) and sanctioned by the IAAF. It will take place in Holland on 11-12 May.

Bernadette arrived from her native Canada five years ago and became an Australian national in 2012.

In December she was female winner of the 240km Coast to Kosciusko ultra, in the fastest time ever by an Australian woman. This pedigree has been recognised by the selectors, and she joins

Mandurah-based Dave Kennedy to represent her new country in Holland.

Gotta have rules!

HAVE you entered the Championships? If so, the article in this month's TFNL concerning the rules and etiquette of competing is essential reading. Have a look at it on the website. A copy of the text will also be available at ECAC and WAAS.

You Write... Frozen welcome to the UK

Hi Vic,
ARRIVED safely on January 20, though the taxi ride from Heathrow to our 'exchange home' in Camberley, Surrey was cut short by about 80 metres (sorry 85yards) by our driver, who deemed driving down a steep hill to the front door too dangerous on a frozen road.

So at 5.45am, in the dark, we trundled down the hill, crunching our way on snow, to our abode for a fair slab of the next six months.

Pleased to report that we are in a delightful area. Surrounded by lovely, undulating woodlands, pathways and roads which makes for plenty of variety for the daily jog.

Have done very little running on turf thus far as the 'going' has been extra heavy and muddy. (Thanks for your warning back in December, Vic.)

Have been following the WAMA results with interest via the online magazine, as well as results of road and track. Times appear to be coming down as the State Champs get nearer.

'Legendary Jim'

I WAS vastly impressed to read in the February edition that Jim Langford was able to run 100 miles per week in his 30's. I also was in my (much lesser) prime then too, but was never able to run more than 40 miles per week before complete exhaustion set in!

On this total I achieved a handful of half marathons under 90 minutes and some 10 milers under 65 minutes of which I am (I think justifiably) proud.

Nowadays, approaching the 65-69 age band, I usually do five runs a week totalling about 30kms. I'd be interested to know what kind of distances club members of my age are now doing and whether they're more or less than mine!

Michael Anderson



Through ice, snow, and mud – real British cross-country! – Giovanni is spruiking Perth and our forthcoming 2016 World Championships. He's also aiming to pinch a Park Run age-group record.

Park Runs

I joined the Camberley and District AC last week, but there won't be any competition for a while yet. The last of the cross country competition concluded last Saturday. Camberley were sending a team to the Division One fixture which was held in Salisbury.

Sadly there aren't weekly road runs for Masters or Vets over here as there are back in Perth. The closest thing is the Saturday morning Park Run. Nearest for me is the Frimley Lodge Park Run, over 5km. Same course week in, week out! The good thing is that all results are age-graded. Last week was the third anniversary run for FLPR and 262 runners completed the event. The stand out performer is Paula Fudge (W60-64) with a career best of 92.70%.

I hope to make my debut this Saturday and have the

From Facebook ...

MANY of you already use it, and know that the quickest way to keep in touch with members' performances – especially in non-Masters club events – is via our club's Facebook page. It's accessible from the club website.

Here are some postings from the past month.

Busselton Half Marathon

Mickey Muroi 1:28:13, 1st M50;

Frank Gardiner 1:42:14, 3rd M60;

Trish Farr 1:46:27 4th W40;

Karen Hagan 1:48:16 - 10-minute PB;

Jonathon Phillips 1:51:58.

Also Robin King 45:37 in the 10km race, 2nd W50.



Hastie wins Open

Garry Hastie is the WA OPEN men's champion in 10km track walk. He won the event at WAAS on February 3 in a time of 58:29.0. Congratulations to our top male race-walker.

(M60-64) record in my sights. It was set in June 2012 so running in winter might be a bit of an ask but, but hope to give it a real shake when the weather improves. The record is a modest, 19:48 @ 80.91%. Achievable, I think, for a West Aussie Master!

Hope you are continuing to enjoy your running and good luck to all members in their endeavours during the Championships.

Still hope to catch up when you come over. Cheers,

Giovanni 'John' Puglisi

... and more

Hi Vic,
GOOD to hear word from home. I bet you enjoyed sunny Hobart!

I was one of 14 first-time runners at the Frimley Lodge Park Run last Saturday and I received a special mention for having travelled the furthest to attend. "All the way from Perth, Australia, a big welcome for....!"

Sticky running

Wore my blue, Perth 2016 World Masters Championship cap to advertise the event and our state capital.

The run was very slippery and sticky in parts and made settling into a steady rhythm very difficult. Plenty of chopping and changing stride pattern and leaping over puddles, etc

Aimed to give a good account and also become familiarized with the course for future runs. Thought I could be the first in from my age bracket 60-64 and go around in about 21 minutes.

Managed the former and just missed out on the latter score. Pulled up fine and should be improved by the outing. All considered, should manage to climb up the finishing order this Saturday.

Vic, the Frimley Lodge Park Run website is well set out and perhaps some aspects or ideas of this site may be useful for our Masters site back in WA. I understand that having the same course and distance every week helps make comparisons possible, but compared to our fantastic range of courses and distances, the runs here could very quickly become boring.

The option here to try something different is to run another Park Run in an adjoining county. The layout of the course is certainly different, but the distance is constantly 5km.

Regards, Giovanni

Perth's only Park Run, as far as I know, is the fairly new Saturday morning Claisebrook Cove which attracts several of our members. Notable is Sandra Stockman, and we heard that on February 23 she made the best age-graded performance, 83.43%, and was first woman in 19.25. VW

<h1>MAWA and Vetrun</h1>	
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Come and vote on April 24

AGENDA

PLEASE PRINT AND
BRING TO MEETING

(The agenda will also be emailed to all members with an email address on or about 31 March and posted to those members without an email contact.)

■ WELCOME

■ ATTENDANCE/ APOLOGIES

■ MINUTES OF 2012 AGM

■ MATTERS ARISING

■ REPORTS

President
Secretary
Treasurer

■ PRESENTATION OF TROPHIES

Patrons Trophy, Track and
Field, Men and Women

**MASTERS ATHLETICS WA (INC)
ANNUAL GENERAL MEETING
WEDNESDAY 24 APRIL AT 7.00PM
HOCKEY CLUB ROOMS, PERRY LAKES**

Handicap Trophy
Achievement Award
John Gilmour Trophy for Best
Performance
World, Australian and State
Records, +90% performances

■ APPOINTMENT OF OFFICIALS

Patron
Editor
Handicapper
Auditor
Statistician
Registrar
AWA Winter contact

■ ELECTION OF OFFICE BEARERS

President
Vice-President
Secretary
Treasurer
Committee Members (4)

■ LIFE MEMBERSHIP NOMINATIONS

■ SPECIAL RESOLUTIONS

To amend the Constitution as follows:

(a) by removing the existing definition of 'financial year' from clause 2 and replacing it with the following wording:

'Financial year means a period not exceeding 15 months fixed by the Committee, being a period commencing 1 April 2013 and ending 30 June 2014, and thereafter each period commencing 1 July and ending 30 June in the following year; and

(b) replacing the word 'April' with 'July' in clause 16(1)(b).

■ GENERAL BUSINESS

In My View ...



by the Editor

Wot, no results?

THAT'S right – there will be no State T&F Champs results this year in *Vetrum*.

Instead we're using the power of the internet. The full results will go onto the club website, featured in an edition of TFNL, shortly after the championships finish.

We know that a few members do not have internet access, and so a printed copy of the results will be mailed to you.

Ironman Brian 2nd in Taupo

BRIAN Bennett returned to Taupo, New Zealand, for another successful crack at the Ironman event sponsored by Kelloggs Nutri-Grain.

He was second in the M65 age group in a superb time of 12:29:26, only five minutes or so behind the group winner. His swim time was 1:12:31; the cycle ride took 6:21:00; and the marathon run was completed in 4:34:49. (Transitions added about 21 minutes to Brian's total.)

Now you know why he put in all that pre-race distance in recent Sunday mornings! Congratulations mate.

Goofy and a Half!



HAVE you ever considered doing a half marathon on a Saturday and backing it up with a full marathon the next day? No, few would! But that's the Goofy Race and a Half Challenge, held every January in Disneyland, Florida.

Tracy Koziniec took the challenge this year, ran both the races and now has a just reward – three medals to show, including the prized Goofy Race and a Half Challenge medal.



New Members – Welcome!

1180 WONG: Jackson M45
1181 DOWNEY: Tony M55
1182 INGRAHAM: Todd M35
1183 CHENG: Ching Siang M35
1184 BREMNER: Jeffrey M50

One of my favourite pictures of Brian, taking a lift from team doctor John Bell!

We look forward to the inside story on his latest Taupo adventure sometime soon.



McCallum Lakes

February 10, 2013

Director: Bob Schickert

8.4K RUN

Kim Thomas	M35	32:40
Tony Smith	M35	33:33
Ian Carson	M55	34:00
Jim Langford	M65	35:53
Mark Dawson	M50	36:42
Ross Keane	M50	37:55
V5	39:33	
Mike Hale	M65	39:38
Brian Danby	M60	40:00
Raymond Gimi	M45	40:31
Frank Gardiner	M60	41:14
Charlie Chan	M60	41:18
Martin Watkins	M65	41:26
John Fisher	M50	42:01
Stuart MacKinnon	M30	42:16
Milton Mavrick	M55	43:01
Maree Brown	W45	43:19
Mike Khan	M65	43:49
John Oldfield	M65	43:56
Chris Koemam	M55	44:44
Julie Wilson	W55	44:45
Brian Bennett	M65	46:22
Allan Billington	M50	47:25
Richard Blurton	M60	47:55
Sally Floyd	W45	47:56
Greg Wilson	M65	47:59
V3		50:01
John Pellier	M70	50:16
Mark Rosen	M60	50:19
Sandra Rourke	W45	50:22
Frank Price	M60	51:23
Janet Jiang	W45	51:32
Rochelle Airey	W40	51:34
Geoff Mullins	M65	51:57
Bronwyn Smith	W40	51:58
Theresa Howe	W60	52:03
Richard Danks	M70	54:34
Bob Lane	M65	65:04
Bob Fawcett	M60	65:48
Carolyn Fawcett	W60	65:52

4.2K RUN

Bjorn Dybdahl	M55	16:48
Paul Odam	M50	16:50
Graeme Dahl	M60	17:27
Jim Klinge	M65	17:29
Syd Parke	M60	18:34
Sue Bourn	W45	19:14
Karen Peace	W40	19:19
Margaret Saunders	W55	19:30
Colin Smith	M50	19:55
Maurice Creagh	M65	20:06
Gillian Young	W65	20:35

THE day started on a better note than was expected. With the easterly blowing the temperature was just under 20°C rather than about 25°C. John and Joan Pellier marked the course even though they were not down as helpers for the run. Many thanks also to other helpers David and Jo (on her birthday), Dalton, Hamish, Val, Helen and Keith, John and Andrea, Blakeney, Scott and Ellie, and Shirley.

The cycle path allowed our 106 athletes to be on a different path to the cyclists but a lot of care was needed at the four cycle path crossings in each 4.2K lap.

With Maree Brown and Sally Floyd agreeing to take on the race director role for Manning Park from 2014 we will be staying with this event.

Bob and Lynne

Bruce Mathieson	M65	20:37
Carol Bowman	W55	20:38
Dave Roberts	M70	20:52
Vic Waters	M65	21:40
Gary Fisher	M60	21:50
Johan Hagedoorn	M65	21:53
Neil McRae	M60	22:36
V1		22:58
Delia Baldock	W50	22:59
Mike Anderson	M60	23:03
Nick Miletic	M60	23:08
V2		24:08
John Talbot	M65	24:23
Peggy MacIver	W65	24:30
Merv Jones	M70	24:57
David Carr	M80	25:55
John Dennehy	M50	26:22
V4		26:31



Lorna Lauchlan, Bob Fergie and Jeff Whitam



Christine Oldfield	W65	27:08
Renee Byatt	W30	28:30
Allison Lilly	W40	29:32
Julie Wood	W60	29:54
Pierre Viala	M65	29:54
Ali Menegola	W50	29:56
Debbie Wolfenden	W45	29:59
Sheila Walsh	W45	30:48
Rebecca MacKinnon	W30	32:01
Gail Castensen	W55	35:32
Sheila Maslen	W75	37:12
Sofia Carson	W50	37:17
Denise Viala	W60	37:24
Mary Heppell	W75	37:26
V9		40:23
V6		40:24

8.4K WALK

Ron Mead	M60	59:17
Elaine Dance	W60	66:36

4.2K WALK

John McDonagh	M60	28:49
Mike Rhodes	M65	29:35
David Brown	M65	32:29
Joan Pellier	W70	33:48
V8		33:57
V7		33:57
Jim Barnes	M70	34:04
Lorna Lauchlan	W80	34:37
Jeff Whittam	M75	34:38
Bob Fergie	M75	34:39
Kirt Johnson	M80	36:13
Rosa Wallis	W65	36:55
Ray Lawrence	M80	37:24
Patricia Hopkins	W70	38:22
Elaine Sillery	W80	38:23
Sylvia Szabo	W55	38:29
Lee Chan	W50	39:13
John Dance	M60	43:21
Dorothy Whittam	W75	44:03
Maggie Flanders	W75	44:07
Vic Beaumont	M80	44:42
Pat Ainsworth	W75	45:31
Leo Hassam	M80	45:32



McCallum Lakes: Sue Bourn, above, followed by Karen Peace finishing the 4.2k. Below, Delia Baldock leads Michael Anderson, Brian Bennett and Nick Miletic, all in the short run – except Brian Bennett of course, who generally does 20km or so every Sunday before starting the long run!



5K RUN

		Time	H'cap	Actual
Sarah Ladwig	W60	33:00	4:42	28:18
Paul Martin	M70	33:40	3:10	30:30
Maurice Creagh	M65	33:49	9:05	24:44
Pierre Viala	M65	33:52	0:00	33:52
Christine Oldfield	W65	33:55	0:59	32:56
Bob Schickert	M70	34:09	9:16	24:53
Richard Danks	M70	34:11	1:15	32:56
Rebecca				
MacKinnon	W30	34:21	0:00	34:21
Ivan Brown	M65	34:28	9:40	24:48
Syd Parke	M60	34:39	10:57	23:42
Margaret Saunders	W55	34:46	10:20	24:26
Carol Bowman	W55	34:56	9:16	25:40
Neil McRae	M60	35:09	6:13	28:56
Gillian Young	W65	35:13	9:59	25:14
Gail James	W45	35:16	7:14	28:02
Irwin				
Barrett-Lennard	M80	35:17	5:51	29:26
Ray Attwell	M75	35:20	4:48	30:32
Graeme Dahl	M60	35:25	12:44	22:41
Allison Lilly	W40	35:41	0:00	35:41
Ali Menegola	W50	35:42	0:00	35:42
Mark Hewitt	M60	36:03	10:41	25:22
Johan Hagedoorn	M65	36:19	9:10	27:09
Peggy MacIver	W65	36:28	6:35	29:53
Nick Miletic	M60	36:36	6:28	30:08
Delia Baldock	W50	37:35	6:28	31:07
Lorraine Lopes	W70	37:37	7:25	30:12
David Carr	M80	37:42	7:49	29:53
Gail Castensen	W55	38:47	0:00	38:47
Julie Wood	W60	38:48	0:00	38:48

Not eligible for handicap

Sheila Walsh	W45			37:34
V3				42:50
V2				32:58
V4				33:01

10K WALK

Ron Mead	M60			76:51
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Handicap winners; runner Sarah Ladwig, above, and walker Lee Chan, right.

5K WALK

		Time	H'cap	Actual
Lee Chan	W50	47:12	0:47	46:25
Elaine Sillery	W80	48:24	1:04	47:20
Kirt Johnson	M80	48:25	5:08	43:17

Woodman Point Handicap

February 17, 2013

Directors: Karen and Peter March

THIS was our last run on this course, due to the opening of the Cockburn Surf Club next month.

We are already marking out the new course for next year's race, to be advised at a later date.

The weather conditions were much more conducive to running today, although it was still very humid.

It was mentioned by a number of runners that the course was a few hundred metres longer than advised. This was a bit of a surprise, as I ran the course a week ago and my Garmin read at 5.01km.

We will make sure the new course next year is spot on or as near as damn it!

We would like to thank all our assigned helpers (Tania Burke drove from Dunsborough to Woodman Point at 4.30am to help) and all who stood in for those absent. As always we could not have directed our race without you.

See you all next year.

Karen and Pete

Sofia Carson	W50	48:26	4:05	44:21
Lynne Schickert	W70	49:33	10:48	38:45
Denise Viala	W60	49:47	4:03	45:44
Bob Fergie	M75	50:01	7:10	42:51
Val Millard	W65	50:12	13:06	37:06
Lorna Lauchlan	W80	50:29	7:28	43:01
Jim Barnes	M70	50:40	8:50	41:50
Phyllis Farrell	W65	55:35	0:00	55:35
Joan Pellier	W70	55:36	7:31	48:05

10K RUN

Ante Perdija	M40	41:28		
Ian Carson	M55	41:53		
Lachlan Marr	M50	42:03		
Mickey Muroi	M55	42:56		
Paul Hughes	M60	45:05		
Tom Tralau	M35	46:16		
Neil Milligan	M50	46:27		
Ross Keane	M50	46:31		
Hamish McLeod	M35	47:19		
Mark Dawson	M50	48:40		
V5		49:19		
Karl Stockman	M50	49:35		
Chris Pattinson	W55	49:41		
Charlie Chan	M60	50:42		
Stuart MacKinnon	M30	51:00		
John Fisher	M50	52:59		
Maree Brown	W45	55:01		
Gary Fisher	M60	55:15		
Julie Wilson	W55	55:28		
John Oldfield	M65	56:43		
Peter Bath	M70	58:38		
Greg Wilson	M65	58:46		
V1		59:47		
Sally Floyd	W45	59:57		
John Pellier	M70	62:43		
Frank Price	M60	63:45		
Janet Jiang	W45	64:31		
Theresa Howe	W60	65:14		
Merv Jones	M70	66:02		

Piney Lakes

February 24, 2013

Director: John Frost



Every starter is in this picture, except the photographer, who took a while to get off the hill! Below, Sandra Stockman flying, second overall, and rightfully elated at her brilliant current form.



PINEY Lakes event followed the same route as in previous years but Bob Schickert has suggested that we reverse the direction as he originally planned it. Another suggestion was to make it into a cross country course by incorporating some of the beautifully landscaped hills in the park – maybe you will see some changes next year.

The skies were blue, the temperature below 20°C and the traditional rain shower nowhere to be seen. Even the ancient boardwalk did not collapse.

The exercising dogs and their owners were well behaved, and we welcomed many visitors (one of whom was Kim Thomas' 12-year-old son, first in by a hefty margin, in the 4km run!).

Many thanks to the willing helpers –



John Frost, backed by Chris Koeman.

Carolyn and Bob Fawcett, Liz Neville, Kim Thomas, Bruce Wilson, Toni Frank, Alan James, Clayton Northey, Steve Hosack, Theresa Howe and also to Karen Peace who pitched in with her family, and the willing volunteers who readily took over odd jobs when necessary.

John Frost

8K RUN

Ian Carson	M55	31:27
Sandra Stockman	W45	32:00
V7		33:29
Tom Tralau	M35	33:44
V1		33:45
V63		34:52
Ross Keane	M50	34:53
V14		36:18
Wayne Taylor	M50	36:36
Stuart MacKinnon	M30	37:37
V2		38:00
Karl Stockman	M50	38:04
Charlie Chan	M60	38:54
Gillian Young	W65	39:21
Bob Schickert	M70	40:13
John Oldfield	M65	40:14
Chris Koeman	M55	40:28
Maree Brown	W45	40:31

Julie Wilson	W55	41:41
John Fisher	M50	42:10
Milton Mavrick	M55	42:51
Richard Blurton	M60	43:17
Gail James	W45	43:22
Greg Wilson	M65	43:36
Mali Hodges	W50	43:39
Sally Floyd	W45	43:57
Peter Bath	M70	44:18
Irwin Barrett-Lennard	M80	45:02
V10		45:05
V8		47:53
Geoff Mullins	M65	47:56
Rochelle Airey	W40	47:57
Frank Price	M60	48:07
Paul Martin	M70	48:14
Kylie Mahony	W40	48:34
Richard Danks	M70	50:17
Janet Jiang	W45	50:49
Sheila Maslen	W75	70:27

4K RUN

V3		15:24
Paul Odam	M50	15:43
Paul Hughes	M60	16:06
George Fish	M65	16:50
Chris Reid	M45	17:36
Margaret Saunders	W55	18:07
Mark Hewitt	M60	18:27
Maurice Creagh	M65	18:31
John Collier	M45	19:06
Carol Bowman	W55	19:11
V12		19:29
Gary Fisher	M60	19:33
V13		19:51
Bruce Mathieson	M65	19:53
Dante Giacomini	M40	20:25



Ian Carson, first in the 8km

Neil McRae	M60	20:44
Vic Waters	M65	21:10
(*76 seconds h/cap)		
Nick Miletic	M60	21:16
Lorraine Lopes	W70	21:28
Hamish McGlashan	M75	21:42



Piney Lakes Cont.

Tom Tralau won the race for the line with our Woodstock visitor.

Peggy Macliver	W65	21:58
Sean Keane	M45	22:19
Delia Baldock	W50	22:28
V4		22:36
Ray Attwell	M75	22:48
V5		23:31
David Carr	M80	24:08
Jim Barnes	M70	24:33
John Brambley	M70	25:06
Christine Oldfield	W65	25:11
Rebecca MacKinnon	W30	26:02
Steve Clark	M70	26:05
Sheila Walsh	W45	26:27
V9		27:00
Allison Lilly	W40	27:15
Ali Menegola	W50	27:17
Gail Castensen	W55	27:26
Aldo Giacomini	M75	27:29
Andrea Byrne	W30	28:45
Jan Jarvis	W65	33:25

8K WALK

Ron Mead	M60	56:56
Val Millard	W65	58:15
Lynne Schickert	W70	60:09
Peter Ryan	M60	61:04
Bob Fergie	M75	66:55
Jeff Whittam	M75	67:29
Peter Barrington	M75	68:11
Denise Viala	W60	73:37

4K WALK

John Dennehy	M50	26:09
Mike Rhodes	M65	27:02
Ray Hall	M75	30:48
Kirt Johnson	M80	33:49
Ray Lawrence	M80	35:47
Patricia Hopkins	W70	35:57
Elaine Sillery	W80	36:27
V6		38:53
V11		39:39
Pat Ainsworth	W75	39:43
Ann Turner	W75	39:45
Dorothy Whittam	W75	42:17
Michele Mison	W65	42:18
Ced Turner	M75	44:54
Pierre Viala	M65	44:55
Mary Heppell	W75	44:59
Leo Hassam	M80	45:00

10.5 RUN

Grahak Cunningham	M35	41:04
Ante Perdija	M40	42:37
Sandra Stockman	W45	43:26
Mickey Muroi	M55	44:09
Paul Ankers	M55	44:16
John Allen	M55	45:35
Rod Hamilton	M50	47:58
V23		48:21
V18		48:30
Stuart MacKinnon	M30	50:25
Raymond Gimi	M45	50:41
Wayne Taylor	M50	51:27
V19		51:50
Charlie Chan	M60	52:01
Claire Walkley	W45	52:05
V5		52:53
John Fisher	M50	53:53
Mike Hale	M65	54:42
V8		55:40
Milton Mavrick	M55	56:46
Frank Price	M60	63:56
John Talbot	M65	64:19
Shirley Bell	W60	66:03
Bronwyn Smith	W40	63:04
Janet Jiang	W45	67:10
Brian Smith	M70	70:20
Theresa Howe	W60	71:01
Rochelle Airey	W40	71:02

7K RUN

V14		28:56
Paul Hughes	M60	29:02
Tom Tralau	M35	30:41
Mark Dawson	M50	32:39
Brett Roach	M40	33:01
V15		33:04
Hamish McLeod	M35	33:06
Tristan Bell	M45	33:29
V13		35:25
Chris Koemam	M55	36:07
Lorraine Lopes	W70	37:00
David Carr	M80	37:03
Bob Schickert	M70	37:23
Gary Fisher	M60	37:28
Maree Brown	W45	37:41
Sean Keane	M45	39:21
Hamish McGlashan	M75	40:58
Geoff Mullins	M65	41:27
V10		41:47
Kylie Mahony	W40	42:21
Paul Martin	M70	42:54
V12		43:22
Merv Jones	M70	43:36
V17		46:17
Jim Barnes	M70	47:39
Bob Fawcett	M60	50:18
Carolyn Fawcett	W60	50:24
Allison Lilly	W40	51:47
Rebecca MacKinnon	W30	51:49
Sheila Maslen	W75	61:43
V16		65:59

3.5K RUN

Ross Keane	M50	13:44
Paul Odam	M50	13:49
Jim Klinge	M65	14:22
John Collier	M45	14:39
Tony Downey	M55	15:24
Margaret Saunders	W55	15:55
Mark Hewitt	M60	16:33
Ivan Brown	M65	16:39
Vic Waters	M65	16:46
Carol Bowman	W55	17:11
Dave Roberts	M70	17:12
Bruce Mathieson	M65	17:51
Kate Sommerville	W40	18:34
Gillian Young	W65	18:56
Mike Anderson	M60	18:58
Neil McRae	M60	19:07
V23		19:17
V1		19:27

Lake Monger

March 3, 2013

Director: Richard Danks

WHAT a great day greeted us this morning. Nice and cool and a gentle breeze to refresh the competitors. All this and a well marked course, a level pathway and beautiful outlook! What excellent conditions to aim for a PB!

Or so we thought. Humidity soon rose to a sticky 57% and every man and his dog (almost literally) also wanted to take advantage of these idyllic conditions. There were bikes, prams, walkers, joggers, dogs, children, and swans all going in different directions on various parts of the footpath. Undeterred by the variety of obstacles our sturdy competitors rose to the occasion and put in some excellent performances

Whilst the baby boomers are raising the average age of participants we are also playing host to a number of younger visitors, from the Keane, Thomas and Roach families, all of whom are showing outstanding potential.

Many thanks to all the helpers, last minute volunteers, and transporters of equipment – too many to mention individually. You each did a fantastic job to ensure another successful event. **Richard**

Delia Baldock	W50	19:35
V4		19:45
Monique Thomas	W35	21:00
John Byrne	M65	21:15
Peter Hopper	M65	22:23
Aldo Giacomini	M75	23:29
Steve Clark	M70	23:32
Toni Frank	W65	24:57
V9		26:49
Cecil Walkley	M80	31:38
V11		32:58
Jacqueline Billington	W70	33:10

10.5 WALK

Ron Mead	M60	76:09
Val Millard	W65	77:59
Peter Ryan	M60	78:28
Peter Barrington	M75	91:00

7K WALK

Mike Rhodes	M65	52:55
Lynne Schickert	W70	54:23
Ray Hall	M75	57:39
Roger Walsh	M65	58:01
Rosa Wallis	W65	61:57
Jeff Whittam	M75	61:57
Lorna Lauchlan	W80	61:58
Bob Fergie	M75	61:59
Kirt Johnson	M80	62:00
Keith Atkinson	M55	64:04
V21		69:08
V22		69:08

V3		33:26
Karen Peace	W40	33:27
Lee Chan	W50	33:37
Leo Hassam	M80	35:43
Maggie Flanders	W75	36:32
Dorothy Whittam	W75	36:33
V7		37:49
V6		37:50

The need for speed

HAVING sorted out your long run for the week we can now think about your fast, or speed, session. Just as the long run maintains or builds our aerobic lung capacity the speed session can also improve lungs, fitness and important race times too.

Running fast enough to be puffing hard and barely able to talk means you're stretching your lungs and pushing them to new limits. Blood flow is increased, not only to your lungs, but also to the muscles and ligaments. This pushes us up into the zone of anaerobic exercise – the ability to exercise at high heat rates without recovered breathing.

Having a good anaerobic capacity will assist you to better conclude your races, and to produce the sprint finish, or maybe surges, when you desire. I remember speaking to John Mack before running my marathon. He told me he ran a speed workout consisting of 800 metre repetitions on grass in the last week of his training before his first marathon. He did little else for the week and was able to run well under 3hr 50 at the age of 60.

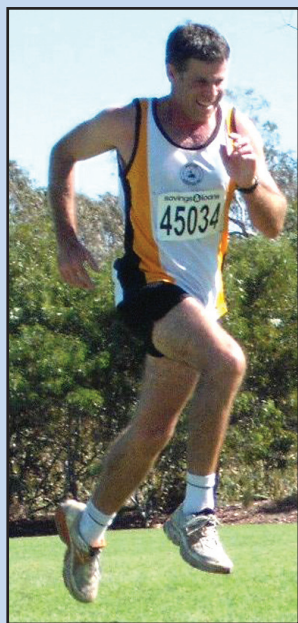
Along with other runners I also ran a regular weekly speed workout in my preparation for the marathon and feel sure that it helped me. So it appears that even your marathon training can very likely benefit from these speed workouts.

Speed sessions do vary in

Training Tips

by

Ross Keane



their structure and there are many different sessions to choose from. One common example of a good all round short session is 8-10 x 400 metre repetitions with a 1 to 3 minute stationary rest or walk between each 400. Another example of a session which would be longer is 5 or 6 x 1km repetitions, with the same break as before between each repetition. This would suit those runners who are looking at attempting a longer distance target race such as the 12k City to Surf or similar.

Helpers and Events

MARCH 9/10
STATE CHAMPIONSHIPS

MARCH 17
MANNING PARK CC
Race Directors: Julie and Greg Wilson - 9339 8626

Gillian Young, Mark Sivyver, Trish Knox, Lorraine Lopes, Bruce Wilson, Sally Floyd, Alison Lilly, Maree Brown

Mark a circuit

All you need is a track, oval or even just a public open space or path. It is preferable to have a marked athletics track but that is really not essential if you are able to measure out the target distance yourself.

The speed session can be hard going mentally when done by yourself so I recommend you do it in a group with others to help share the pain!. There are a few groups who regularly run speed sessions in Perth. The largest group I'm aware of run a session every Tuesday at Perry Lakes. It is well-organised and starts right on 6pm. This session is varied each week but it is always somewhere between 3.5 and 5km in total distance. It is completed on a firm and even grass surface for those worried about injury. Happy running!

(Keyed by Catherine!)

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.

MARCH 24
CHAMPION LAKES
Race Director: Sarah Ladwig - 9390 2056

Maurice Creagh, Regina Crouch, Geoff Mullins, Kylie Mahony, Barbara & Richard Blurton

MARCH 31
JOONDALUP
Race Directors: Denise & Pierre Viala - 9307 1249

Brian & Margaret Bennett, Johan Hagedoorn, Julie Wood, Jan Jarvis, Dalton Moffett, Brian & Bronwyn Smith, Ann & Ced Turner, Martin Watkins, Pat Ainsworth

APRIL 7
MEMBERSHIP
Race Director: Brian Danby - 9247 2326

Lachlan Marr, Greg & Julie Wilson, Alan James, Simon Mort, Michael Lee, Karen Peace, Dennis & Sandra Hughes

APRIL 14
3 Ps
Race Directors: Carol Bowman 9414 8561 & Nick Miletic 9419 7890
Geoff Bailey, Leonie Edwards, Gail Castensen, William McGlue, Mike & Paula Karra



Black Swan Event FINANCIAL PLANNING

Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2013 MAWA State Championships.

Health and wealth

One of the key challenges of retirement is to make sure our income lasts as long as we do.

As a masters athlete, you put a lot of time and effort into maintaining a healthy body. But is your financial situation equally healthy?

If you can be confident that your income will be ongoing, whatever happens in financial markets, then you can plan and act with certainty and peace of mind, says John Cameron, Principal of Black Swan Event Financial Planning.

"In the 30 years I have been in financial planning and associated areas, many companies have tried various ways

to provide that certainty of income – mostly without success," John says.

"Now, a major institution has come up with a radical new solution which, for a reasonable cost, guarantees income for life. It is transparent and flexible, so you can make capital withdrawals (but they will affect your income), with no loss of capital on death."

If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at www.blackswanevent.com.au

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