

Vetrunk

The magazine of Masters Athletics WA

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MORE helpers needed – Now!

TWO of our April events need helpers – urgently!

The Weir Run has NOBODY – and Aquinas is also desperately short on person-power.

Anyone who is able, please contact Gillian Young and sign up for these Sunday events. Phone 9295 1754.



Sunday competitors

PLEASE select your TWO help dates from the new programme which runs from May 2013-April 2014.

A copy of this new programme is on our website. Please consider the May and June events first as we always struggle to have enough nominations for these early events. 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. As always, your help is greatly appreciated.

Gillian Young

Records fall as entries soar

OUR 32nd MAWA State Track and Field Championships attracted 166 competitors, equalling the second highest entry ever achieved.

The champs spread across six days, from February 26 to March 10. This was much earlier than recent years, as dictated by the early Easter and the timing of the National Junior Championships.

Venues

This year the venues were a little different than previously, with every event except the 10,000m being at WAAS. We enjoyed the superior facilities at WAAS, but some members miss the more intimate atmosphere we enjoyed at ECAC. The pentathlons were at WAAS for the first time and this was out of necessity not choice but significantly increased championship costs.

Performances

There were many competitive races and great sportsmanship between athletes. The performance of the meet was David Carr's 400m – rated at 99.44%. David was presented with the Anne Shaw trophy at the end of the final day. This is not the first time David has received this award and I'm sure it won't be the last. Twenty-one State records were set and four Australian ones are in the pipeline.

The weather was generally kind to us throughout the championships – the forecast storms on the main weekend not materialising.

2013 State Championships

report by
Barbara Blurton



BB received a pen set and an engraved shield noting her decade-long contribution to the club's annual championships.

It was very hot on that Saturday, but we were able to provide sufficient shade for officials and competitors. Unfortunately, as always at WAAS, spectators in the stand suffer the full force of the afternoon sun.

Thanks to our dedicated officials and all the MAWA members who helped, everything went very smoothly and I believe the event was thoroughly enjoyed by all.

I was very honoured to receive recognition from the committee for my 10 years as championships organiser, and I would like to thank the huge number of members who have given me their support over the years. ■

Are we talking?

asks
the Editor

VETRUN used to be much more important to the club than it is today.

Changing technology has spread the communications load. You can find most everything of importance on the club website. Vetrunk itself has changed, and been joined by a new online magazine aimed solely at track and field members.

So, everything is good?
I don't think so.

Despite all this there are communications gaps.

Why?

About a hundred Masters now have a paper Vetrunk posted to them. I think most of them will be reading these words.

Nearly 500 others chose to have Vetrunk emailed to them, or to read it at the website. It's a guess – but I doubt if the majority will read this piece.

Why? Results.

Think about it. When you receive (or used to receive) Vetrunk, where would you start (after a quick glance at the front page)?

For more see 'My View' page 3.

Please renew

MEMBERSHIP renewals must be made by April 30.

If you do not do so, this will be the last posted Vetrunk you'll receive.

You write ... Thanks ... for the memories



Dear Vic,
THANK you for bringing our attention to the vintage Vetruns and to Paul Martin for making them available. They certainly show how far the club and Vetrun has come since those early days, as far and as fast as we ourselves have run.

After some skimming through I found the results of my first run with the club, 8 July 1982: 'Sutherlands Run' which I well remember.

Of the 45 finishers that day, only two others of us seem to be running with any regularity – Mike Khan and Jimmy Barnes, though there are a handful who have graduated to the ranks of the walkers.

Over the last twenty five years or so, I notice that a couple of things have not changed; I still come in two minutes behind David Carr and my time for the Lake Monger run remains almost unchanged, the only difference being that then I ran round three times but last Sunday just twice.

Hamish (McGlashan)

WITH the retirement of all four office bearers at the 2012 AGM a fresh management committee was elected and has had a very busy year managing the club's affairs, under the guiding hand of President Paul Hughes, supported by Vice President Richard Blurton, Treasurer Geoff Brayshaw and myself as Secretary.

Carol Bowman and Colin Smith joined the committee along with re-elected members Gillian Young and Damien Hanson whose knowledge and experience has been invaluable.

Administration

2012/13 was a year of innovation and pro-activity within the club. Your committee guided a new Constitution through acceptance by the members to approval by the Commissioner of Consumer Affairs and this became effective in October 2012. Your treasurer reviewed the club's accounting practices and proposes the members vote at this AGM on a change to the club's financial year, in order that year-end reporting will more accurately reflect the club's financial position.

Your committee is supported by a number of appointed club officers and by many individual members, and I would like to thank you all for your efforts over the past year.

Membership

Current membership stands at 559 compared with 542 at AGM 2012. The greatest growth has been in new track and field members. At the start of the summer athletics season in October, an enormously high level of interest via the website led to many

Secretary's Report 2013

by Val Millard

new members of great talent. That talent was showcased at the State Championships and over 60 athletes are travelling to Canberra to represent WA in the AMA National Championships.

Fees

A substantial revision to the fee structure has been made to more properly reflect the cost of posted Vetrun.

T&F

Track and Field attendances at WAAS and ECAC remained strong, although slightly lower at ECAC, possibly due to the deteriorating condition of the track. Colin Smith provided liaison between the venues and the Committee, while Barrie Kernaghan and Carol Bowman coordinated the programs at WAAS and ECAC respectively. Under the direction of Damien Hansen, the throwers in particular have enjoyed great personal success this year. Equipment stocks were updated in relation to javelin, discus and shotput, as well as an electronic starting gun and megaphone kit.

Patron's Trophy

This competition is held between October and December and the program of events and the numbers participating were reviewed. Your committee decided that the hammer event (with very few competitors) would be replaced with a high jump (great interest in the 2012/13 summer season) to encourage greater participation.

Sunday distance events ran smoothly under the direction of Gillian Young. During the year, the committee reviewed and updated its Race Directors Guidelines and Safety and Risk Management Guidelines. The committee approved changes to several runs to improve safety. One of Gillian's more onerous tasks is allocating helpers to every run, which she does most effectively. Every race director and every Sunday competitor should give their thanks to Gillian.

Other initiatives undertaken by the committee during the year included:

Reviewing the Trophy Register for relevance and retiring two trophies and one medal event from the 2013/14 program.

In consultation with the Handicapper, changing the basis under which the handicap trophy is run to make it more competitive.

Communications

Your committee is reviewing the club's communications and is working on a draft communications policy, which will be progressed by the next committee.

The MAWA Website has been expanded and continually improved. Vice President Richard Blurton has been working closely with the new website manager Hamish McLeod and our technical consultant. The website home page now has a "contact us" button and enquiries from members and the general public reach 12-15 a week at times. Results are posted on the website virtually instantaneously, and the latest news box is continually updated.

Thanks are due to Vic Waters and Graeme Dahl for editing the Vetrun and TFNL respectively.

Your committee meets every month to discuss management issues and how to continue to improve the services offered to members. The committee invites members to raise any issue of concern or to comment, make suggestions, requests or complaints for discussion.

Clothing

Our thanks go to Sandra Stockman for taking over the difficult role of clothing manager and the enthusiasm shown by her.

WMA Perth 2016

Richard and Barbara Blurton, Lynne and Bob Schickert and Geoff Brayshaw have had a number of informal meetings with Eventscorp. A more formal governance structure will be established over the next six months.

Finally, your committee will offer themselves for re-election at the 2013 AGM and are looking forward to another challenging and rewarding year with the continuing support of the members. For my part, I have been fortunate to have been a member of this committee and thank them for their encouragement and guidance during the past year.

MAWA and Vetrun

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We are all getting younger!

by Vic Waters

CLUB membership stood at 583 in March this year, an increase of almost 60 compared with January 2010 when we last published an age-group breakdown.

At that time Masters had 524 members, 190 women and 334 men.

Then, the average age of Masters men was 59, that of women 54.

Now, those averages are men 55 and women 52.

Group	March 2013	January 2010
W30	19	10
W35	12	17
W40	28	23
W45	14	14
W50	25	24
W55	18	26
W60	27	30
W65	25	23
W70	13	16
W75	11	4
W80	4	3
W85	1	
Total	197	190

Group	March 2013	January 2010
M30	5	9
M35	21	13
M40	28	28
M45	39	29
M50	35	44
M55	37	37
M60	53	47
M65	47	51
M70	36	30
M75	23	19
M80	19	12
M85	2	5
M90	2	2
M95		1
Total	386	334

Track runners – winter is coming!

WINTER track season starts on April 9. Programme and details are on website. If you can't gain access to the information and would like it posted, please ring Barbara on 9293 0190.

Most M60s

In 2013 the M60s take over as the most numerous – just – with 53, with M65 close behind at 47.

(In 2010 the largest group was M65, with 51.)

Today we have very encouraging growth in the M35 and M45 groups.

Among the women, W60s remain most numerous, and again, the younger categories are increasing their totals.

T&F Members

My guess is that the proportion of Masters who join us solely for track and field competition is growing – and swelling the 'young' sector!

It's not possible to make an accurate comparison of T&F numbers because we didn't keep a separate list until recently.

But we now have a 'T&F only' list, of people who do not have to help on Sunday mornings.

They number 182, making up about one-third of the club, and are fairly evenly spread through the age groups – W30 to W80; and M30 to M90.

Largest single age group is M40, which has 20 members. A few other age groups have double figures, between 10 and 15 members.

Here's a breakdown of our total membership by age and sex, at March this year. Alongside is the count at February 2010.

New members – Welcome!

1185 FROST: Paul M55

1186 DEARDEN: Barbara W55

1187 SAMARASEKARA-MUDIYANSELAGE: Sam M50

1188 STAUDE: Damian M50

1189 HAYWARD: Angela W35

1190 McGREGOR: Kirstin W45

1191 RITSON: Peter M60

1192 SHAW: Colin M45

Are we talking?

When *Vetrun* was the only game in town, you would go to the results, find your name, and start to compare the performances of yourself and your peers.

Results were the lifeblood of *Vetrun*!

Once readers had absorbed that lot, most looked at the other news and announcements.

Online is faster!

Now there's no need to wait a month, because the Sunday results are often available within 24 hours online. So – if you don't need to open *Vetrun* for results there's far less incentive to read it 'for the news and features'.

(Sounds like a Playboy reader? But I digress.)

Around 180 members are "T&F" only. Mostly they are interested in their own results, of course. Those are available in full in TFNL. So they have even less incentive to look at *Vetrun*.

Future

We need to get important messages out to EVERYONE.

We can no longer rely on *Vetrun* for that.

In My View ...



by the Editor

New officer

At the April AGM I shall be suggesting the club appoints a new officer, to co-ordinate all our different communications methods.

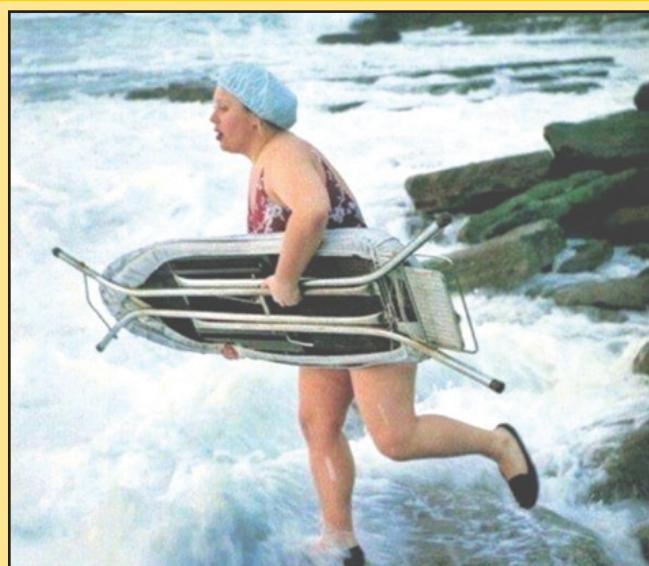
That officer would look at what we're doing now and research better ways to communicate with ALL members.

Likely responsibilities would include:

- liaison with the committee, to ensure their doings are publicised;
- co-ordination of information to *Vetrun*, TFNL, and the club website manager;
- emailing news bulletins on urgent matters to as many members as possible.

Your say

If you would like to comment, please contact *Vetrun*, or a committee member. Even better, come to the AGM so we can communicate!



New Iron-Woman Event

Wayne Pantall to Vic Waters: As you know, I abhor this kind of humour.

Vic to Wayne: Of course. But I feel our readers would appreciate the IRONY. Can you send it bigger?

Wayne: Sorry, that's all there is. Perhaps it will have to go by the BOARD this time.

Vic: Deadline's pressing, I'll wring something out.



OKAY, so the organisers claim that the Buller Gorge Marathon is the most scenic athletic event in the country which is a pretty big claim as those who have visited New Zealand know just how beautiful it is.

Well, having just completed the event on February 9, I can report it would have to go pretty close to being just that.

The course starts in The Buller Gorge which is near the town of Westport on the north west coast of the South Island. The event includes a half marathon and marathon relay. All competitors are bussed out to the Buller Gorge start line which, for the marathon runners, is at Hawks Crag. The run actually heads a fur-

BULLER GORGE MARATHON

by
Peter Sullivan

ther 8km up the gorge to the Berlins Hotel before heading back all the way to Victoria Square in Westport.

The Gorge is certainly a stunning setting for a run and the scenery definitely takes your mind off the 'undulations' along the way. I can say that I didn't find the gorge part of the course exceptionally hilly as it felt you were generally heading downhill.

"**THIS is only a training run," I kept reminding myself in the week leading up to the race. Perhaps that kept things marginally in perspective, but the adrenaline was still flowing as I arrived with my crew (Christine) at Lark Hill.**

50km is further than I have ever run before, and the target time of between 5.5 and 6 hours seemed immense. Seeing the rough, cambered track on our trek up the hill to the start did little to reduce the awe at the task ahead of me. The furthest I have ever raced off-road previously is a 12km cross-country race thirty years ago.

This event was on March 2, with a 7pm start and a finish around 1am the next day.

The banter and camaraderie at registration settled me down, and I even managed a smile at pre-race photos with Karen Hagan. Greeting a few others, who I know from hills training, also helped put me at ease and by gun time I was raring to go. I say 'gun' time, but the laid-back nature of this race meant that the start

I found the hardest part was when you ran out of the gorge thinking all the work was done but you still had 12km of flat running to get to Westport – and definitely the biggest hill was at about 38km (think Reabold Hill) which certainly took the sting out of my legs. Once I recovered from that it was plain sailing through the town and finish at Victoria Square.

This is an extremely well run and organised event – ferrying the competitors to the start went like clockwork and the Buller Gorge Road was blocked off to vehicles which made for safe running and there were more than enough drink stops.

Crowd support was great along the whole course and was greatly appreciated

Some points to note:

Accommodation in Westport is extremely difficult to find due to the event and another big event (The Coast to Coast Adventure Challenge) is on the same weekend.

In fact I couldn't find any so we stayed in Greymouth which meant a very early 100km drive to Westport to be on time for the bus to the start.

Temperature at the starting line was around 18 degrees and a bit humid but it warmed up appreciably (mid 20's) on the flat with lots of sun so be prepared for that.

And the final verdict – it is easily the most scenic and testing marathon I have done and I would thoroughly recommend it. ■

50km is no lark – and quite a 'training run'



by
John Oldfield

was indicated by Race Director David Kennedy quietly saying "Right; let's go".

He was running too. So surprised was everybody that the timekeeper was a couple of seconds late starting the electronic timing. Bonus!

Lark Hill is alongside the Lark Hill Sports Complex, Port Kennedy.

The 50km comprises 17 laps of a cunningly measured 2.941176km loop. The surface is for the most part com-

pacted limestone with a loose gravel covering, cambered at the edges. This made a head torch vital with a 7pm start. About 400m is soft sand along a fire-break; the whole course gently undulates, with a steep 70m climb to the aid station at the end of each lap.

Undulations, cambers, softness of sand and steepness seem to increase markedly as the race progresses.

The race itself seems almost to have gone from my memory. My crew's list of lap times showed that it went (almost) according to plan. Six minute kilometres for the first three laps to get myself warmed up, then gradually slowing to seven minutes by halfway. Then try to hold on as I move into completely uncharted territory. The lap times show that laps 12 to 15 saw it drop to around 8 minutes. I am sure that it would have been faster walking in some places, but I rejected that option and ran throughout each lap.

I have always found during track 10km races that I can lift

my game over the final few laps. I was stunned to realise that I could do this on an ultra as well. The penultimate lap (16) was three minutes quicker than lap 15. Then lap 17 went with a flourish, back at almost 6 minute kilometres. Average time for the whole distance was a tad over 7 minutes per km at 5:51:01.

However, it is not all about times. I finished. I ran with lots of elite runners and discovered what a fantastic group of people they are. No matter how badly they were feeling there were always words of encouragement and friendly smiles. It was an exhilarating experience and one that I would not have missed for the world.

Two people stand out: David Kennedy who organised the whole event, and also found the time to run the 50km race, and Rolf Schatzmann of Race Ready timing who did such a fantastic job. Thanks also go to the crews

Continues P5

10K RUN
V2

40:28



10km winner Paul Odam

Paul Odam	M50	42:05
Ross Keane	M50	43:12
Rod Hamilton	M50	43:58
Brian Bennett	M65	45:02
Stuart MacKinnon	M30	48:15
Charlie Chan	M60	49:40
Peter Ritson	M60	50:18
Bob Schickert	M70	51:45
John Fisher	M50	51:47
Chris Koeman	M55	52:36
Bruce Mathieson	M65	52:40
Paul Frost	M55	55:22
Frank Price	M60	59:18
Merv Jones	M70	64:40
Brian Smith	M70	65:19

8K RUN

V4		32:06
Kim Thomas	M35	32:08
Ian Carson	M55	32:27
Peter March	M50	34:27
John Allen	M55	35:04
Ross Keane	M50	35:54
Paul Frost	M55	38:00
Stuart MacKinnon	M30	39:08
John Fisher	M50	39:32
Charlie Chan	M60	40:58
Vic Waters	M65	41:27
Bruce Mathieson	M65	43:26
Chris Koemam	M55	44:24
Bronwyn Smith	W40	49:04
John Pellier	M70	49:29
Theresa Howe	W60	50:56
Brian Smith	M70	54:01
Rebecca MacKinnon	W30	58:58

4K RUN

Paul Odam	M50	16:32
Paul Hughes	M60	16:43
Jim Langford	M65	17:20
Chris Reid	M45	17:37
Maurice Creagh	M65	18:49
Damian Staude	M50	18:54

CHAMPION Lakes? Where on earth is that? Such comments were overheard before we actually went ahead with this new run.

I am extremely pleased to say that even with a few getting a bit lost on the way, an unexpectedly large group turned up and the conditions were perfect! I received some very favourable comments with people saying it is a good run for a PB!

Some constructive criticism was well received and very helpful for the next one in 2014. Someone had a birthday and many of us enjoyed cake and champagne and a few of us also tried a kayak on the lake afterwards. Thanks to Dave (birthday boy) and Jo and no-one fell in!

Many thanks to Maurice who did a great deal to help me from 6am, Barbara and Richard, Mark and Gillian, Geoff and Kylie and also to Dalton who turned up to help on the day. It all went



5km winner Lachlan Marr

Champion Lakes

March 23, 2013

Director: Sarah Ladwig

incredibly smoothly with your expert assistance.

It was interesting to see runners and walkers progressing on the far side of the lake from our location. Well done to everyone. I have been asked if I could include a 15k or 20k next year and I am sure this will be possible. Nice to hear you want to go four times around the lake!

We were not perturbed by the traffic heading onto the island for the Dragon Boat racing and it made it all more interesting I think.

Venues West were very helpful and supportive, ensuring toilets and gates were open on time and checking to see we were happy with everything.

See you all next year I hope.

Sarah

5K RUN

Lachlan Marr	M50	19:19
Jim Langford	M65	20:45
V1		21:31
Mark Hewitt	M60	22:56
John Oldfield	M65	23:05
Dante Giacomin	M40	23:20
David Baird	M70	24:10
Carol Bowman	W55	24:16
Colin Smith	M50	25:58
Neil McRae	M60	26:25
Johan Hagedoorn	M65	26:46
Shirley Bell	W60	27:20
Mike Anderson	M60	27:35
Lorraine Lopes	W70	27:56
Nick Miletic	M60	28:47
Bronwyn Smith	W40	28:57
Delia Baldock	W50	29:17
John Byrne	M65	29:29
Irwin Barrett-Lennard	M80	30:09

Manning Park Cross Country

March 17, 2013

Directors: Greg & Julie Wilson

Mark Hewitt	M60	19:00
Ivan Brown	M65	19:12
Dave Roberts	M70	19:52
Dante Giacomin	M40	19:57
Carol Bowman	W55	20:02
Gary Fisher	M60	22:00
Nick Miletic	M60	22:28
Gail James	W45	22:33
Neil McRae	M60	23:06
David Carr	M80	23:17
Sarah Ladwig	W60	23:18
V2		24:18
Monique Thomas	W35	24:19
V1		24:20
Irwin Barrett-Lennard	M80	24:38
John Byrne	M65	25:09
Janet Jiang	W45	25:30

5.6K WALK

John McDonagh	M60	39:07
Val Millard	W65	39:12
Roger Walsh	M65	41:49
Elaine Dance	W60	42:04
Rosa Wallis	W65	45:08
Bob Fergie	M75	45:45
Kirt Johnson	M80	45:46
Joan Pellier	W70	47:40
Simon Mort	M55	49:43
Gail Castensen	W55	50:27
Elaine Sillery	W80	50:28
Ann Turner	W75	50:29

2.8K WALK

Sofia Carson	W50	23:51
Lee Chan	W50	25:19
Phyllis Farrell	W65	29:48



Membership

April 7, 2013

Director: Brian Danby

12K RUN

Ian Carson	M55	48:26
Mickey Muroi	M55	49:35
John Allen	M55	50:41
Paul Odam	M50	50:43
Paul Hughes	M60	51:05
Hamish McLeod	M35	53:08
Karen March	W50	53:13
Peter March	M50	53:13
Ross Keane	M50	53:59
Jim Klinge	M65	54:24
Brian Bennett	M65	55:11
Jackson Wong	M45	55:56
Raymond Gimi	M45	57:20
Claire Walkley	W45	57:53
Charlie Chan	M60	58:09
Stuart MacKinnon	M30	58:59
Mike Hale	M65	59:51
John Batta	M45	59:53
Maree Brown	W45	61:31
John Fisher	M50	61:46
Bruce Mathieson	M65	62:46

Champion Lakes

Mike Rhodes	M65	31:35
Christine Oldfield	W65	31:40
Aldo Giacomin	M75	32:41
Rebecca MacKinnon	W30	35:02
Toni Frank	W65	36:58
Julie Wood	W60	41:37
Margaret Bennett	W70	41:38
Vic Beaumont	M80	45:21
John Ellard	M70	45:32

10K WALK

John McDonagh	M60	71:46
Lynne Schickert	W70	79:43
Bob Fergie	M75	83:51
Ray Lawrence	M80	97:14

5K WALK

Peter Hopper	M65	36:02
Elaine Dance	W60	38:37
Ray Hall	M75	40:55
Peter Barrington	M75	40:55
Lee Chan	W50	46:44
Ann Turner	W75	48:52
Pat Ainsworth	W75	48:52
Maggie Flanders	W75	51:28
Leo Hassam	M80	51:30
John Dance	M60	53:28
Elaine Ellard	W70	53:37
V3		53:38
Ced Turner	M75	58:28

Frank Gardiner	M60	62:48
Milton Mavrick	M55	63:52
Robin King	W50	66:01
Richard Blurton	M60	66:09
John Pellier	M70	66:59
Bob Schickert	M70	68:02
Peter Bath	M70	68:25
Frank Price	M60	72:37
Shirley Bell	W60	72:38
Bronwyn Smith	W40	72:39
Theresa Howe	W60	73:24
Janet Jiang	W45	73:32
Merv Jones	M70	74:39
David Carr	M80	77:09
Lorraine Lopes	W70	77:10
V5		77:25
Brian Smith	M70	78:15
V3		80:19
Kathy Burr	W70	90:49

9.1K RUN

Mark Hewitt	M60	44:14
Maurice Creagh	M65	44:40
Martin Watkins	M65	44:54
Sue Bourn	W45	45:01
Chris Koeman	M55	45:58
Sally Floyd	W45	51:03
Sarah Ladwig	W60	52:13
V6		55:30
Vic Waters	M65	55:32
Richard Danks	M70	58:04
Irene Ferris	W60	60:13
Jane Stanbrook	W45	61:34
Penny Horsfall	W50	72:36

5K RUN

V4		21:04
Brett Roach	M40	21:26
V2		21:35
Dante Giacomin	M40	23:02
Tony Bart	M55	23:18
Ivan Brown	M65	23:31
Damian Staude	M50	24:29
Carol Bowman	W55	24:31
Dave Roberts	M70	24:37
Johan Hagedoorn	M65	24:53
Gary Fisher	M60	25:09
Carmel Meyer	W50	25:25
Hamish McGlashan	M75	26:34
Mike Anderson	M60	27:04
Keith Atkinson	M55	27:34
Neil McRae	M60	28:01

Nick Miletic	M60	28:13
Sean Keane	M45	28:20
Ray Attwell	M75	28:35
Margaret Saunders	W55	28:36
Kirstin McGregor	W45	28:43
Irwin Barrett-Lennard	M80	29:06
Kylie Mahony	W40	30:06
Geoff Mullins	M65	30:07
Delia Baldock	W50	30:48
John Byrne	M65	31:11
John Brambley	M70	32:05
Aldo Giacomin	M75	32:06
Peter Hopper	M65	32:30
V1		32:56
Jim Barnes	M70	33:00
Rebecca MacKinnon	W30	35:36
Lee Chan	W50	37:32
Jennie Lee	W55	39:33
Peter Barrington	M75	39:35
Jan Jarvis	W65	41:06
Vic Beaumont	M80	41:15
Julie Wood	W60	42:31
Margaret Bennett	W70	42:34
Cecil Walkley	M80	46:47
Gail Castensen	W55	46:49

12K WALK

Val Millard	W65	89:38
Peter Ryan	M60	95:41
John McDonagh	M60	65:22
Bob Fergie	M75	79:16
Jeff Whittam	M75	79:16

9.1K WALK

Mike Rhodes	M65	35:53
David Brown	M65	39:43
Lesley Romeo	W65	39:44
Ray Hall	M75	41:02
Roger Walsh	M65	42:13
Sofia Carson	W50	42:31
Jeni Shillington	W55	42:32
Kirt Johnson	M80	42:33
Rosa Wallis	W65	43:56
Joan Pellier	W70	43:56
John Smith	M75	44:07
Patricia Hopkins	W70	44:53
Jacqueline Billington	W70	45:49
Margaret Warren	W75	46:40
Elaine Sillery	W80	46:49
Ray Lawrence	M80	47:08
Sylvia Szabo	W30	49:13
Sylvia Szabo	W55	49:14
Maggie Flanders	W75	51:39
Phyllis Farrell	W65	55:12
Leo Hassam	M80	55:13

Stressed it? Rest it

RECENT stress fractures to some of our Masters athletes make this a topical issue. A stress fracture is a small incomplete crack in a bone. The most common sites are in the weight bearing bones of the foot and lower leg.

It is often difficult to determine you have a stress fracture as the injury cannot be seen and initial pain is very mild. However the following may be warning signs. There is pain in the foot, leg or other location when exercising but not when resting. This pain starts to occur earlier when exercising and becomes more intense and is even sore when resting or undertaking normal daily duties. Finally there is one area of the bone which will become tender and painful to touch.

Stress fractures frequently develop from over-use as the muscles become over-tired and are no longer able to lessen the shock of repeated impacts. This stress is then transferred to the bones. Frequently these injuries occur when an athlete has an increase in the intensity of training, the length of time training or frequency of training.

People who are new to the sport are at a higher risk if they increase their training load quickly. Generally only increase by 10 per cent per week and then maintain this for several weeks before in-

Training Tips

by
Marg Saunders



creasing again. Changes in the surface, incorrect footwear and poor technique can also be causes.

Female athletes are more at risk than males. Osteoporosis reduces bone density and this can increase the risk. Any athlete taking medication that affects bone density also has a higher risk.

Helpers and Events

APRIL 7

MEMBERSHIP

Race Director: Brian Danby - 9247 2326

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

If you suspect you may have a stress fracture stop all activity and consult a sports specialist doctor. If there is swelling an ice pack may help. Taking ibuprofen may help reduce any swelling or pain but may inhibit the bone from healing.

If you ignore the pain the bone may fracture completely. X-rays will generally not pick up a stress fracture until healing is occurring but an MRI scan may be used to determine the severity. Some stress fractures require surgery in order to heal.

A break from weight bearing exercises of six to eight weeks is recommended. To maintain aerobic fitness, swimming or water running is recommended. Cycling may be appropriate depending on the site of the injury. Once you have a clearance from the doctor that the stress fracture has healed, plan a gradual return to training and alternate days of activity with rest days. Slowly increase the duration, frequency and intensity.

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.

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, Gail James

APRIL 21 ATHLETICS WA GALLIPOLI RUN

APRIL 28 X PAGODA

Race Director: Jackie Halberg - 9364 4474

Ian and Sofia Carson, Geoff Bailey, Mary Heppell, Janet Jiang, Lorna Lauchlan, Neil McRae, Elaine Sillery, Pat and David Carr, Alan James, Norm and Pat Miller, Barb & Terry Humphrey

MAY 5 WEIR RUN

Race Director: Sean Keane 0412 180 823 & Neil McRae 9332 4072

No members have registered to help at this event to date. Helpers needed please.

MAY 12 AQUINAS

Race Director: Lachlan Marr 0424 136 862

Peter Ritson, Amanda Walker, Chris Maher, Sean Keane
More helpers needed please.



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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