

Vetrun

JULY
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The magazine of Masters Athletics WA

50km RR and 30km RWC Championship

THIS year was the 27th staging of the three-event Road Race Champs – 10km, 15km and 25km for the run; and three-event Road Walk Champs – 5km, 10km and 15km. Four women and 22 men completed the run, with a lesser number of walkers.

For the final events we had a new race director, Mark Hewitt, who had very big shoes to follow in following Wayne Pantall, a long-serving race director and club member.

The course was modified this year to become an out-and-back for the 25km and from the feedback it appears all competitors appreciated that, as they were 'in the run' with other competitors in shorter distances. The weather was fine, but cold, and

there were no concerns with the new course.

10-timers

Congratulations to Brian Bennett and Nick Miletic for achieving their 10th RRC. Bob Schickert and John Pellier are both one year from other major milestones. Lynne Schickert is also close to achieving her 15th RWC.

Well done to our winners Lisa Searle and Kim Thomas for the run and Val Millard and Paul Martin for the walk. They, along with all who competed, will receive a medal on presentation day on 8 September at Miss Maud's in the city.

In the lists shown, the figure on the left is the total completed RRC and/or RWC: on the right is the competitors' average minutes per kilometre.

Richard Blurton/Paul Hughes

Women RRC

2	Lisa Searle	W40	4:18.3
2	Sandra Stockman	W45	4:33.6
1	Trisha Farr	W40	4:49.1
1	Karen Peace	W40	4:51.5

Men RRC

2	Kim Thomas	M35	3:56.8
2	Tony Smith	M35	4:07.0
1	Ante Perdija	M40	4:10.2
4	Peter March	M50	4:10.9
7	Bjorn Dybdahl	M55	4:16.5
13	John Allen	M55	4:24.3
2	Paul Hughes	M60	4:31.8
10	Brian Bennett	M65	4:34.4
8	Wayne Taylor	M50	4:34.7
4	Ross Keane	M50	4:37.0
3	Tristan Bell	M45	4:50.7
2	Charlie Chan	M60	4:54.7
3	Maurice Creagh	M65	4:56.9
7	Milton Mavrick	M55	5:02.9



Lisa Searle, quickest over 50km, averaging 4:18.3; and Kim Thomas, below, cracked the four-minute barrier.



5	Ivan Brown	M65	5:06.5
1	Stuart MacKinnon	M30	5:10.5
2	Raymond Gimi	M45	5:27.7
24	Bob Schickert	M70	5:31.0
1	Jim Farr	M45	5:36.1
19	John Pellier	M70	5:54.9
1	Peter Bath	M70	5:55.1
10	Nick Miletic	M60	5:59.1

Women RWC

13	Valerie Millard	W65	7:23.5
14	Lynne Schickert	W70	7:40.4
7	Elaine Dance	W60	7:42.9
13	Joan Pellier	W70	8:35.2
1	Sofia Carson	W50	9:01.7
16	Ann Turner	W75	9:39.3
12	Margaret Bennett	W70	9:50.1

Men RWC

13	Paul Martin	M70	7:03.6
2	John McDonagh	M60	7:14.4

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MAWA State 10K Walk Championship

JULY 7, 2013

THE MAWA State 10K Walk Championship was held on a chilly morning and saw six Masters walkers set off on a perfect 10km course along very attractive river wetlands.

Five judges kept their eyes on the walkers, and no-one was disqualified. Age group medals were awarded and the results follow. At the finish, all the judges gave the Masters walkers some very helpful advice on walking techniques – which was very well received. Our thanks to Terry Jones for recording, Rosemarie Holloway, the chief judge and their four colleagues. Special thanks also to Terry Jones, whose approach to MAWA made the event possible.

Val Millard

	Age	Time	Place
Garry Hastie	M50	56:22	1st
Tom Lenane	M55	68:05	1st
Valerie Millard	W65	71:11	1st
John McDonagh	M65	75:03	1st
Lynne Schickert	W70	76:31	1st
John Smith	M75	78:31	1st

MASTER'S WEEKEND AWAY

WELL, it's that time of the year again. At the end of September, Friday 27th to Monday 30th, we are heading to Lewana Cottages in Balingup.

It is always a great weekend with lots of fun and laughter, and throw in some running/walking and delicious food.

Please let me know if you are interested in joining us by email gumtree.p.d@optusnet.com.au or chat to me on Sunday mornings.

Regards Denise Viala

Presentation Lunch

THIS year's presentation lunch will be at Miss Maude's again, in the city, on Sunday September 8th from noon until 3pm. It's great value at \$42 per person.

Please book early as places are limited. See Elaine Dance or Gail Castenson to book.

You write ...

On Handicap walks ...

Hi Vic,

IN THE June 2013 edition of the *Vetrun* there was an article written by Ray Hall regarding the Aquinas handicap walking event and listing past winners, particularly multiple winners.

It was obvious to me that Ray didn't research his facts very well. If he had done so, he would have found that I had won the event three times in successive years, 2003-2005.

It is also a fact that in 2002 I won the event but could not claim the trophy because I was not a financial member at the time (an oversight by my treasurer) and Rex Bruce received the trophy. In 2006 Merv Moyle won the trophy having beaten me by a few seconds and having about 22 minutes handicap advantage on me; but it indicated that the handicapper had done a good job which enabled everyone competing in the event a chance of winning. The point I am making is that if people are going to write articles in public documents, make sure they have all the facts; not doing so could upset people.

5km is too short

In my view the 10km Aquinas walk handicap was an ideal event; the current 5km events are too short for a handicap event and become a 'virtual lottery' and a mad sprint, and very difficult to set meaningful handicaps that give everyone competing an equal chance of winning.

Regards and best wishes

David Brown

Which Tony?

WE now have two Tony Smith's in the club. The latest M40 one joined last week and his number is 1204. The other Tony Smith is 1109 and he is M35.

They will never be in the same age group, so that means we will never mix them up. Oh yeah?

(My only regret is they're too young for me to work an old joke about 'which twin has the Tony' - that only old Poms will remember from TV ads.)

SUNDAY RUN RECOVERY

FIRST, very well done to Karen Peace, Trisha and Jim Farr, Ante Perdija, Stuart Mackinnon and Peter Bath who all completed their first 50km road running championship this year.

Okay, so you have been training hard and trying to get as race-fit as you can. Some Masters runners are clocking up to six runs or more a week in the pursuit of greater fitness and quicker times. We often have a good idea of which long runs, speed sessions and in-between runs have worked for us before and at exactly what time of the week we should do them. We have a tried and true training programme or mix of programmes that we often religiously use.

But how much thought do we really put into our after or post-run recovery? I have noticed one of our members regularly stretch his achilles and calves on that high-tech piece of wood and seen just a few other masters doing various static stretches. The majority of us however do little or nothing at all post-run.

Could we all benefit from some post run stretching as part of our recovery? While there is no hard evidence to say that stretching helps before or pre-run, studies have shown that there is definitely benefit if that stretching is done post-run. We may also find that our ageing bodies are more willing to tackle that 'next day' training run because it is less sore or maybe not even sore at all.

A mix of static stretches improves our flexibility and prevent the lactic acid build-up in the legs which can result from running. I watched Jim Barnes stretch himself into all sorts of positions as part of a regular routine after a 30km training run. I was unable to do no more than the one stretch where you raise your legs up and onto the wooden poles next to the car park at McCallum Park. From there my legs seized up and he had to help me get them back down! I then realised how poor my



Ross is now an accredited Level 2 Coach with Athletics Australia - and though she doesn't want me to mention it, his mentor was the great-ly experienced coach, Marg Saunders. VW

recovery and comparative flexibility was with a man 15 years my senior.

So the moral here is to begin attempting a few simple stretches post-run. Once you get comfortable with your routine you can then add some more stretches to it.

Another more recent phenomenon to assist recovery in sport is the ice bath. The cold water shrinks inflammation in the blood vessels and reduces overall swelling in stressed joints and muscles. Alright; ice baths may not be everyone's cup of tea but why not try dunking your legs in the Swan River which is often sitting adjacent to our runs? In the warmer months I often use the beach after Sunday runs to cool my legs. I noticed a positive difference in the soreness and swelling in my knees. This has allowed me this summer to add a light run with the kids on Mondays for the first time ever. I have also found a new recovery function for the bath which is nearly obsolete in my house. Leaving the bath with about 200mm of water and standing in it while I do my teeth works wonders for sore feet and those blisters which crop up. Your partner may wonder about this particular practice so don't tell them it was my suggestion.

Happy running.

Ross Keane

Perth Marathon

THE weather was superb: three degrees at the start, clear, sunny conditions with no wind.

The course had changed slightly due to work on the boardwalk around one section of the river (Applecross, I think) so the runners had to divert through the streets, up a fairly steep hill.

Sandra Stockman

Kim Thomas	M35	2:49:41
Michihito Muroi	M55	3:07:34
Bob lane	M65	3:07:37
Peter March	M50	3:18:04
Ante Perdija	M40	3:18:52
Lisa Searle	W40	3:19:47
Paul Ankers	M55	3:25:42
Brian Bennett	M65	3:33:47
Tony Smith	M35	3:39:02
Jackson Wong	M45	4:01:38
Jim Klinge	M65	4:15:30
John Batta	M45	4:22:20
Nick Miletic	M60	4:40:17
Bronwyn Smith	W40	4:45:29
John Pellier	M70	4:46:06
Keith Miller	M60	4:54:25

Marathon helpers – thanks!

THE people who helped at the water stops at the Perth Marathon this year braved very cold conditions early on and did a great job.

Coode Street at South Perth was managed by Jackie Halberg with help from Ivan Brown, Janet Jiang, Jim Barnes, Frank Smith, Neil McCrae, Ray Hall, Frank Price, Sylvia Szabo, Sylvia Szabo the younger, Barbara and Richard Blurton.

At Jeff Joseph Reserve, Applecross, Delia Baldock was manager with help from Ann and Ced Turner, Maurice Creagh, Jan Jarvis, Tristan Bell and daughter Kayla, and Peter Bath. As many times in the past, the half way clock was manned by Bob Schickert.

New members – Welcome!

1201 KOLONIC: Sanja W30
1202 GYARMATHY: Akos M55
1203 McFARLAND: Elizabeth W55
1204 SMITH: Anthony M40
1205: HASSAN: Kem M40



Bardon Bash

June 30, 2013
Director: Sue Bourn

THE weather couldn't have been more perfect for the Bardon Bash, we were very lucky. Congratulations to all the runners and walkers for their great efforts.

This was my first run as race director so was hopeful that it would run smoothly and I think it did pretty much. Hopefully next time I will be better at it. I would like to thank all of the helpers who helped me on the day and a special thanks to Margaret and Brian Bennett who helped me before the day, and also marked the course on the day and manned the drink stations and 7km and 13km turns.

Sue Bourn

Graham Thornton	M70	38:29
Mike Anderson	M65	39:10
Sandra Rourke	W45	39:15
Ray Attwell	M75	39:22
Nick Miletic	M60	39:26
Kylie Mahony	W45	41:02
Geoff Mullins	M65	41:03
Kirstin McGregor	W45	41:17
V2		41:25
V7		42:28
Greg Wilson	M65	42:46
V5		43:08
John Byrne	M65	43:38
Neil McRae	M60	44:22
Suzanne Poulinet	W65	44:33
Merv Jones	M70	44:48
Delia Baldock	W50	44:51
Mark Sivyer	M65	45:10
Robert Poulinet	M65	46:57
Aldo Giacomini	M75	47:09
Kevin Hynds	M45	51:08
V11		51:33
Sheila Maslen	W75	61:01
V12		76:04

13K WALK

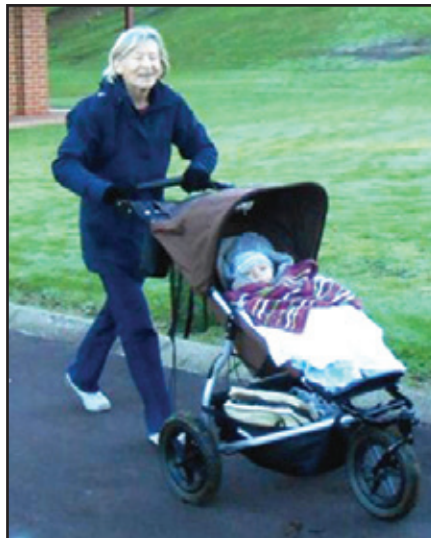
Lee Holliday	M55	75:56
Val Millard	W65	92:43
Lynne Schickert	W70	1:43:42
John Smith	M75	1:43:44
Elaine Dance	W60	1:43:46
Peter Hopper	M65	1:44:44

7K WALK

Paul Martin	M70	49:27
David Brown	M65	55:28
Bob Fergie	M75	61:21
Kirt Johnson	M80	61:22
Lee Chan	W55	65:07
Ann Turner	W75	65:25
Karen March	W50	65:26
V9		66:59
V8		67:01
Mitch Loly	M70	69:35
Gail Castensen	W55	71:44
Elaine Sillery	W80	71:46
Julie Wood	W60	71:47
Sylvia Szabo	W30	72:24
Sylvia Szabo	W55	72:25
John Dance	M60	74:02
Mary Heppell	W75	81:38
Mark Hewitt	M60	81:40

13K RUN

Tony Smith	M40	51:32
Lachlan Marr	M50	52:06
Bob Lane	M65	53:45
Lisa Searle	W40	54:53
Peter March	M50	55:36
Mickey Muroi	M55	55:56
John Allen	M55	56:31
Bert Carse	M70	56:49
Tristan Bell	M45	56:57
Sandra Stockman	W45	57:01
V11		57:10
Chris Reid	M45	57:31
Jim Klinge	M65	58:47
Rod Hamilton	M50	59:26
Mark Dawson	M50	60:13
Stuart MacKinnon	M30	60:48
Wayne Taylor	M50	60:52
Ross Keane	M50	61:09
Charlie Chan	M60	61:37
Brian Danby	M60	62:28
Frank Gardiner	M60	64:25
Martin Watkins	M65	64:40
Raymond Gimi	M45	65:28
Bruce Mathieson	M65	66:46
Bob Schickert	M70	67:32
John Fisher	M50	67:33
Maree Brown	W45	68:05
Mike Khan	M65	68:42
Dee Conibeer	W50	69:25
Gary Fisher	M60	69:40
V6		69:55
Julie Wilson	W60	70:08
V10		70:52
Rochelle Airey	W40	74:49
Melissa Hynds	W35	78:11
Frank Price	M60	79:58
Janet Jiang	W45	80:54



Here's a rare sight: Gillian Young pushing her grandchild, instead of pushing the rest of us down the order.

Ali Menegola	W50	88:51
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7K RUN

Tony Bart	M55	30:34
V3		30:55
Maurice Creagh	M65	32:02
Dante Giacomini	M40	33:00
Margaret Saunders	W55	34:08
David Carr	M80	34:45
Maxine Santich	W60	34:49
Johan Hagedoorn	M65	36:11
Carol Bowman	W55	37:25
Sean Keane	M45	38:06
Kem Hassan	M40	38:22

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and

Vetrun

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RRC/RRW Burswood Park

June 2, 2013

Director: Mark Hewitt

25K RUN

Kim Thomas	M35	1:42:44
Tony Smith	M35	1:46:21
Ante Perdija	M40	1:46:23
Peter March	M50	1:46:58
Bjorn Dybdahl	M55	1:49:36
Bob Lane	M65	1:49:39
Lisa Searle	W40	1:51:33
John Allen	M55	1:53:41
Wayne Taylor	M50	1:56:05
Brian Bennett	M65	1:57:10
Sandra Stockman	W45	1:57:34
Jim Klinge	M65	1:57:49
Paul Hughes	M60	1:57:53
V4		1:59:52
Ross Keane	M50	2:00:39
Rod Hamilton	M50	2:01:00
Hamish McLeod	M35	2:01:14
Trisha Farr	W40	2:01:49
Karen Peace	W40	2:03:41
Paul Ankers	M55	2:04:37
Charlie Chan	M60	2:05:01
Tristan Bell	M45	2:06:46
V8		2:07:02
Clive Choate	M60	2:07:07
Maurice Creagh	M65	2:08:05
V12		2:08:15
Jackson Wong	M45	2:08:50
Milton Mavrick	M55	2:09:08
Ivan Brown	M65	2:12:58
Keith Miller	M60	2:14:48
Stuart MacKinnon	M30	2:15:33
John Batta	M45	2:22:49
Jim Farr	M45	2:23:34
Raymond Gimi	M45	2:24:10
Bob Schickert	M70	2:27:46
Frank Price	M60	2:31:17
John Pellier	M70	2:32:00
Peter Bath	M70	2:34:23
Nick Miletic	M60	2:35:08
Rochelle Airey	W40	2:36:50
V1		3:06:48

15K RUN

Niamh Keane	W45	74:13
V2		77:51
Maree Brown	W45	78:13
V14		78:14
Bruce Mathieson	M65	79:02
Mike Khan	M65	80:27
V7		83:28

ON a cool but fine morning, more than 120 keen runners and walkers turned out for the championship race day. Runners had the choice of four distances: 25km, 15km, 10km and 5.2km. Walkers had the choice of three distances: 15km, 10km and 5.2km.

The course this year crossed the Goonoonup (Rail) Bridge following recent repairs at the eastern end. The 25km run was changed from the previous year and comprised a 15km out-in loop and a 10km out-in loop.

Once the events started, the temperature dropped markedly which was ideal for the participants and a bit breathtaking for the helpers! Unusually, the overnight low – just eight degrees – didn't bottom out until 10am!

The times were generally fast and participants in the 25km run and 15km walk are to be congratulated (or maybe they

were just trying to keep warm).

Many thanks to the helpers who shivered through the morning: on turns – Chris Genin (after battling overnight illness), Vic Waters, Ian Carson, and Chris Koeman; at road crossings – Jim Langford and Ray Hall; on drinks – Delia Baldock, Mary Heppell, Gary Fisher and John Dance; and at the start/finish – Jackie Halberg, Carmel Meyer, Gillian Young, Catherine Keane and Jim Barnes. Special thanks to Mike Hale who climbed off his sick bed to offer his help before being sent home to nurse his flu!

Mark

Lorraine Lopes	W70	85:40
Janet Jiang	W45	95:04
Rebecca MacKinnon	W30	1:47:48
Bob Fawcett	M60	2:02:02

10K RUN

V3		38:25
Chris Maher	M60	42:03
Chris Reid	M45	44:22
Sue Bourn	W45	45:41
V16		45:48
Martin Watkins	M65	49:21
Frank Gardiner	M60	52:06
Gail James	W45	52:15
Julie Wilson	W60	52:54
V6		54:14
V13		54:33
David Carr	M80	57:52
Mali Hodges	W50	57:54
Monique Thomas	W35	61:13
Melissa Hynds	W35	61:15
Mark Sivyer	M60	61:22
John Talbot	M65	62:24
Shirley Bell	W60	62:39
Bronwyn Smith	W40	62:40
V5		63:55
Richard Danks	M70	66:41
Brian Smith	M70	68:13
Kathy Burr	W70	73:50
Carolyn Fawcett	W60	75:39



This trio locked step for 25km: Peter March, Ante Perdija and Tony Smith.

RRC/RWC continues



Top left, Bob Schickert in his 24th running of the 25km! Top right, Chris Maher was best in the 10km. Below Chris, Bjorn Dybdahl with Bob Lane. Above – prelude to a kiss! It's not all serious; good clubmen take time out to greet the wife. Left, Lisa Searle, who was to finish top woman in the whole 50km saga, with John Allen. And right, Paul Martin checks the wrong side for snakes (see warning sign to the walkers' right?).



5.2K RUN

Amanda Walker	W45	21:36
V10		22:05
Dante Giacomini	M40	23:59
Margaret Saunders	W55	25:20
Johan Hagedoorn	M65	25:43
Carol Bowman	W55	28:06
Mike Anderson	M65	28:47
Neil McRae	M60	28:57
Ray Attwell	M75	29:37
John Byrne	M65	30:23
Kirstin McGregor	W45	30:25
Damien Hanson	M55	30:53
Dennis Hughes	M65	31:06
V15		31:26
Sandra Hughes	W65	33:13
Lynne Choate	W60	34:41
Aldo Giacomini	M75	34:51
Lee Chan	W50	39:52
Julie Wood	W60	39:55
Sheila Maslen	W75	44:23
Jan Jarvis	W65	44:33

15K WALK

Lee Holliday	M55	87:29
Paul Martin	M70	1:48:48
John McDonagh	M65	1:48:49
Val Millard	W65	1:53:03
Peter Ryan	M60	1:54:57
Lynne Schickert	W70	1:55:49
Elaine Dance	W60	1:55:54
John Smith	M75	2:06:31
Joan Pellier	W70	2:09:48
Sofia Carson	W50	2:20:01
Ann Turner	W75	2:28:42
Margaret Bennett	W70	2:28:43

10K WALK

Irwin Barrett-Lennard	M80	80:43
Jeff Whittam	M75	90:05
Bob Fergie	M75	90:07
V11		99:35
V9		99:36

5.2K WALK

Peter Hopper	M65	39:34
David Brown	M65	41:21
Mike Rhodes	M65	43:03
Rosa Wallis	W65	43:46
Jeni Shillington	W55	43:47
Kirt Johnson	M80	45:55
Elaine Sillery	W80	47:39
Sylvia Szabo	W55	48:32
Phyllis Farrell	W65	48:45
Mitch Loly	M70	51:18
Jo Richardson	W60	70:43
Gail Castensen	W55	70:45

15K RUN

Kim Thomas	M35	56:51
V1		59:57
Ante Perdija	M40	60:46
Peter March	M50	62:57
John Allen	M55	64:00
Paul Hughes	M60	64:06
Jim Klinge	M65	67:27
V5		68:13
Hamish McLeod	M35	68:55
Ross Keane	M50	69:03
Brian Bennett	M65	69:26
Wayne Taylor	M50	71:19
Jackson Wong	M45	71:22
Stuart MacKinnon	M30	71:23
Charlie Chan	M60	72:37
Brian Danby	M60	73:25
V9		73:53
Mark Dawson	M50	75:53
Robin King	W50	76:01
Milton Mavrick	M55	76:13
Bruce Mathieson	M65	79:44
Bob Schickert	M70	81:35
John Fisher	M50	84:31
Lorraine Lopes	W70	86:07
John Bell	M65	86:09
V4		86:20
Keith Atkinson	M55	86:27
Rochelle Airey	W40	86:30
Anne Jones	W55	88:01
John Pellier	M70	90:38
Janet Jiang	W45	95:05
John Talbot	M65	1:40:10
Rebecca MacKinnon	W30	1:58:39
Bob Fawcet	M60	2:02:59

7.5K RUN

V7		29:05
V2		31:07
Lee Holliday	M55	32:31
V10		32:36
Bruce Wilson	M65	32:52
Sue Bourn	W45	33:01
Tony Bart	M55	33:33
Tristan Bell	M45	33:36
Duncan McAuley	M60	33:56
Grahak Cunningham	M35	35:41
Margaret Saunders	W55	35:46
Mark Hewitt	M60	36:24
Chris Genin	M40	36:56
Frank Gardiner	M60	36:57
Blakeney Tindall	M50	37:11
Gail James	W45	38:01
Maxine Santich	W60	38:07



Maybe letting speedy Santich back into the club wasn't such a good idea? See her ever-improving times – such as in the Bardon Bash 7km.



Around Herdsman

June 9, 2013

Director: Rod Hamilton

A FEW light showers didn't dampen the spirits of the participants, with this year's race being held in near-perfect conditions.

Though this was my first time as race director for the Herdsman event, I was ably assisted by my helpers Morland Smith, Ian and Sofia Carson, Bob Cavin, Karen Peace and Theresa Howe. A special thanks also to John Allen, Jim Barnes

and Maurice Creagh, who stepped forward and provided valuable assistance on the day. The option of doing the 15km walk as three laps of the 5km route was offered for the first time and proved popular with those walkers who prefer to remain on sealed paths. Parking remains a problem at this event and it's something we'll have to try to manage better next year for the sake of good relations with our neighbours at the Pony Club. **Rod**

Vic Waters	M65	38:08	Kirstin McGregor	W45	45:01
Maurice Creagh	M65	38:09	V3		45:06
Maree Brown	W45	38:37	Sarah Ladwig	W60	45:19
Johan Hagedoorn	M65	38:45	Paul Martin	M70	45:31
V7		39:09	Damien Hanson	M55	45:32
Julie Wilson	W60	39:23	Kylie Mahony	W40	45:50
V13		39:41	Geoff Mullins	M65	45:51
Peter Bath	M70	40:02	Brian Smith	M70	45:53
V12		40:03	Fiona McAuley	W60	46:24
V11		40:03	Dennis Hughes	M65	46:45
Dave Roberts	M70	41:22	Delia Baldock	W50	46:54
Carol Bowman	W55	41:56	V6		48:01
Shirley Bell	W60	42:05	John Brambley	M70	49:56
Ray Attwell	M75	42:07	Sandra Hughes	W65	50:55
Mike Anderson	M65	42:58			
Sandra Rourke	W45	43:06			
Melissa Hynds	W35	43:06			
Nick Miletic	M60	43:23			
John Byrne	M65	43:45			
Mark Sivyver	M60	43:55			
Neil McRae	M60	44:53			
			5K RUN		
			V7		29:05
			V2		31:07
			Lee Holliday	M55	32:31
			V10		32:36
			Bruce Wilson	M65	32:52
			Sue Bourn	W45	33:01



Herdsman was given an extra-special touch this year when the Sri Chinmoy Torch Relay came to Perth. Our world-best ultra runner Grahak Cunningham is pictured with Brian Smith before the start.

Tony Bart	M55	33:33
Tristan Bell	M45	33:36
Duncan McAuley	M60	33:56
Grahak Cunningham	M35	35:41
Margaret Saunders	W55	35:46
Mark Hewitt	M60	36:24
Chris Genin	M40	36:56
Frank Gardiner	M60	36:57
Blakeney Tindall	M50	37:11
Gail James	W45	38:01
Maxine Santich	W60	38:07
Vic Waters	M65	38:08
Maurice Creagh	M65	38:09
Maree Brown	W45	38:37
Johan Hagedoorn	M65	38:45
V7		39:09
Julie Wilson	W60	39:23
V13		39:41
Peter Bath	M70	40:02
V12		40:03
V11		40:03
Dave Roberts	M70	41:22
Carol Bowman	W55	41:56
Shirley Bell	W60	42:05
Ray Attwell	M75	42:07
Mike Anderson	M65	42:58
Sandra Rourke	W45	43:06
Melissa Hynds	W35	43:06
Nick Miletic	M60	43:23
John Byrne	M65	43:45
Mark Sivyver	M60	43:55
Neil McRae	M60	44:53
Kirstin McGregor	W45	45:01
V3		45:06
Sarah Ladwig	W60	45:19
Paul Martin	M70	45:31
Damien Hanson	M55	45:32
Kylie Mahony	W40	45:50
Geoff Mullins	M65	45:51
Brian Smith	M70	45:53
Fiona McAuley	W60	46:24
Dennis Hughes	M65	46:45
Delia Baldock	W50	46:54
V6		48:01
John Brambley	M70	49:56
Sandra Hughes	W65	50:55
15K WALK		
Val Millard	W65	1:51:99
Irwin Barrett-Lennard	M80	1:54:57
Lynne Schickert	W70	1:58:24
John Smith	M75	1:58:25
Elaine Dance	W60	1:58:39
Peter Ryan	M60	2:05:17
Roger Walsh	M70	2:05:18
Jeff Whittam	M75	2:09:17
7.5K WALK		
Mike Hale	M65	67:54
Gail Castensen	W55	76:13
Elaine Sillery	W80	77:06
Julie Wood	W60	77:40
5K WALK		
Peter Hopper	M65	34:43
Ray Hall	M75	40:07
Kirt Johnson	M80	42:33
V8		43:53
Ann Turner	W75	44:54
Ray Lawrence	M85	45:19
Lee Chan	W50	45:24
Patricia Hopkins	W70	46:02
Joan Pellier	W70	46:35
Mitch Loly	M70	51:12
Maggie Flanders	W75	52:32
Dorothy Whittam	W75	53:44

Melissa Hynds



10K RUN		Time	H'cap	Actual
Melissa Hynds	W35	67.06	7.52	59.14
Stuart MacKinnon	M30	67.40	18.53	48.47
Milton Mavrick	M55	67.48	17.00	50.48
David Carr	M80	67.59	14.09	53.50
Sally Floyd	W45	68.06	11.16	56.50
Gary Fisher	M60	68.08	16.53	51.15
Sandra Rourke	W45	68.10	7.59	60.11
Theresa Howe	W60	68.14	10.20	57.54
Janet Jiang	W45	68.39	6.00	62.39
Bruce Mathieson	M65	68.43	15.43	53.00
Jane Stanbrook	W45	69.13	0.00	69.13
Bob Lane	M65	69.29	23.57	45.32
Claire Walkley	W45	69.35	18.27	51.08
Graham Thornton	M70	69.41	14.37	55.04
Bjorn Dybdahl	M55	69.39	25.08	44.31
Maurice Creagh	M65	69.47	18.41	51.06
Frank Price	M60	70.02	7.40	62.22
Damian Staude	M50	70.07	18.26	51.41
Brian Bennett	M65	70.16	21.58	48.18
John Talbot	M65	70.23	7.48	62.35
Jim Klinge	M65	70.36	24.21	46.15
Rebecca MacKinnon	W30	70.38	0.00	70.38
Raymond Gimi	M45	71.07	19.50	51.17
Maree Brown	W45	71.16	16.20	54.56
Sandra Stockman	W45	71.20	25.54	45.26
John Allen	M55	71.30	25.41	45.49
Merv Jones	M70	72.48	5.54	66.54
Karl Stockman	M50	72.51	19.03	53.48
Greg Wilson	M65	73.41	10.04	63.37

Nedlands retrospective

WAS this a vision of the future for the club?

Repairs to the pathway near Australia 11 Drive meant that the course had to be altered to 'laps' to and from Tawarri.

Given that councils appear to see us as a revenue stream, road crossings are becoming more difficult to manage given the safety concerns and the ever-present lack of available helpers could see this style of race becoming the norm.

The pre-race commentary each Sunday now appears to have a regular plea for more helpers and to me this is very disappointing given the number of members and regular injuries to all and sundry.

On a brighter note I extend my thanks to all of my helpers and congratulations to all that took part on the day.

I look forward to next year when hopefully we can revert to the regular course and I will be flooded with helpers.

Good running, walking to all.

Gary

Sharks Handicap

July 7, 2013

Director: Paul Martin

John Pellier	M70	74.40	11.09	63.31
Bob Fawcett	M60	81.31	0.00	81.31

Did not compete in handicap:

V1				69.22
V6				69.56
V5				56.53
V12				59.50
V2				65.34

5K RUN

Bjorn Dybdahl	M55	20:30		
John Allen	M55	21:02		
Chris Reid	M45	21:31		
Ross Keane	M50	22:02		
Bruce Wilson	M65	22:20		
V3		22:27		
Jeff Bremner	M50	22:32		
Karen Peace	W40	22:51		
Alan James	M60	23:30		
Grahak Cunningham	M35	24:16		
Ivan Brown	M65	24:21		
Graeme Dahl	M60	24:31		
Margaret Saunders	W55	24:38		
Johan Hagedoorn	M65	25:10		
John Fisher	M50	25:19		
Julie Wilson	W60	25:26		
Kem Hassan	M40	26:29		
Lorraine Lopes	W70	28:09		
John Byrne	M65	28:42		
V8		28:54		
V7		29:32		
Damien Hanson	M55	29:33		
Kirstin McGregor	W45	29:37		
V4		30:04		
Delia Baldock	W50	30:05		
John Brambley	M70	32:01		
Mike Hale	M65	32:52		
Richard Danks	M70	34:01		
Kathy Burr	W70	35:50		
Ali Menegola	W50	36:06		
Allison Lilly	W40	36:14		
Andrea Byrne	W30	36:30		
Bob Schickert	M70	36:48		
Neil McRae	M60	41:03		
Sheila Maslen	W75	45:49		
Vic Beaumont	M80	49:31		
10K WALK				
Lee Holliday	M55	58:11		
Irwin Barrett-Lennard	M80	75:08		
Elaine Dance	W60	78:28		
5K WALK				
Peter Hopper	M65	33:46		
Rosa Wallis	W65	40:58		
Michele Mison	W65	42:14		
Kirt Johnson	M80	42:17		
Ray Hall	M75	42:18		
Jeff Whittam	M75	42:37		
V9		45:05		
Elaine Sillery	W80	46:33		
V10		46:48		
V11		47:24		
Jo Richardson	W60	48:36		
Joan Pellier	W70	48:37		
Mark Hewitt	M60	48:38		
Pat Ainsworth	W75	53:25		
John Dance	M60	55:53		
Dorothy Whittam	W75	56:57		



10K RUN

Grahak Cunningham	M35	39:09
V1		39:52
Bjorn Dybdahl	M55	41:26
Paul Hughes	M60	41:31
Paul Odam	M50	41:36
Ross Keane	M50	41:42
Lisa Searle	W40	42:19
Peter March	M50	42:33
John Allen	M55	42:44
Chris Reid	M45	43:06
Sandra Stockman	W45	43:12
Bob Lane	M65	43:12
Tristan Bell	M45	43:44
Bert Carse	M70	44:25
Steve Hossack	M50	44:53
V6		45:38
Brian Bennett	M65	45:49
Mark Dawson	M50	46:14
Wayne Taylor	M50	46:26
Tony Bart	M55	46:34
Sue Bourn	W45	46:57
Hamish McLeod	M35	47:00
Maurice Creagh	M65	47:10
Trisha Farr	W40	47:22
Brian Danby	M60	47:28
Charlie Chan	M60	47:30
Claire Walkley	W45	47:37
Raymond Gimi	M45	47:48
Alan James	M60	47:55
V4		48:09
Ivan Brown	M65	48:17
Bob Schickert	M70	49:49
Gail James	W50	50:11
Mike Hale	M65	51:14
Mike Khan	M65	51:22
John Fisher	M50	51:36
Kate Sommerville	W40	52:10
Maree Brown	W45	52:46
Gary Fisher	M60	52:48
V7		53:08
Julie Wilson	W60	53:20
Lorraine Lopes	W70	53:32
Richard Blurton	M60	53:42
Rochelle Airey	W40	55:11
Sean Keane	M45	56:35
Sally Floyd	W45	56:44
Mali Hodges	W50	57:09
Frank Price	M60	57:22
Mark Sivyer	M65	58:16
Peter Bath	M70	59:06
Melissa Hynds	W35	59:08
John Talbot	M65	60:04
Janet Jiang	W45	61:52
David Carr	M80	67:36
Merv Jones	M70	67:45

Mill Point Road

June 23, 2013

Director: Milton Mavrick

Ali Menegola	W50	68:20
Andrea Byrne	W30	69:08

5K RUN

V3		20:36
Lee Holliday	M55	21:14
Frank Gardiner	M60	22:13
Jeff Bremner	M50	22:28
Dante Giacomini	M40	23:46
Johan Hagedoorn	M65	25:40
Dave Roberts	M70	25:47
Carol Bowman	W55	25:56
Karen Peace	W40	26:07
V2		26:16
Graeme Dahl	M60	26:39
Mike Anderson	M65	27:21
Bob Cavin	M55	27:43
Graham Thornton	M70	27:53
Sandra Rourke	W45	27:55
Neil McRae	M60	27:56
Kirstin McGregor	W45	29:23
Hamish McGlashan	M75	29:26
John Byrne	M65	29:31
V5		30:12
Peggy Macliver	W65	30:23
Dennis Hughes	M65	30:32
Delia Baldock	W50	30:33
Greg Wilson	M65	31:57
Sandra Hughes	W65	32:40
Genevieve Schreyvogel	W40	33:37
Jochen Schreyvogel	M45	33:37
Lynne Choate	W60	33:41
Clive Choate	M60	33:42
Aldo Giacomini	M75	34:16
V10		39:20
Jan Jarvis	W65	40:41
Vic Beaumont	M80	41:03
V8		41:34
Sheila Maslen	W75	42:00
Margaret Bennett	W70	42:22
Mary Heppell	W75	48:54

10K WALK

John McDonagh	M65	72:12
Val Millard	W65	72:13
Irwin Barrett-Lennard	M80	73:17
Lynne Schickert	W70	76:58
John Smith	M75	77:00
Elaine Dance	W60	77:26
Peter Ryan	M60	78:13

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.

Helpers and Events

21 JULY

NEW PERRY LAKES

Race Directors: Dorothy & Jeff Whit-tam - 9387 6438

Merv Jones, Michele Mison, Patrica Hopkins, Lorna Lauchlan, Jan Jarvis, Elaine Sillery, Sheila Maslen

28 JULY

STATE CC CHAMPS JORGENSEN

Race Directors:

Committee Darryl White, Leo Has-sam, John Pellier, Joan Pellier, Keith Martin, Robert Poulinet, Suzanne Poulinet, Elaine Ellard, John Ellard, Jane Stanbrook, Bridget Cooke

4 AUGUST

RACECOURSE

Race Director: Bruce Mathieson - 9359 0607

Michael Lee, Kirstin McGregor, Mag-gie Flanders, Tristan Bell, Jim Barnes, Alan Jennings, Chris Frampton

11 AUGUST

KINGS PARK CC

Race Director: Ralph Henderson - 9401 3115

Mali Hodges, Carmel Meyer, John Fisher, Hamish McLeod, Tracey Koziniec, Bob Cavin, Alan Thorniley, Lee Holliday

18 AUGUST

NEDLANDS

Race Director: Frank Gardiner - 9295 4246

Lorraine Lopes, Rob Badenoch, Karen Peace, Genevieve Schreyvogel, Jo-chen Schreyvogel, Allan Billington, Julia Mackay-Koelen, Neil Milligan, Prabuddha Nicol

5K WALK

Paul Martin	M70	35:29
David Brown	M65	38:43
Kirt Johnson	M80	41:25
Denise Viala	W60	42:22
Debbie Wolfenden	W45	43:20
Karen March	W50	43:21
Bob Fergie	M75	43:41
Jeff Whittam	M75	43:41
V9		44:42
Ray Lawrence	M85	47:02
Pat Ainsworth	W75	47:35
Mitch Loly	M70	49:08
Elaine Sillery	W80	50:23
Julie Wood	W60	50:24
Margaret Saunders	W55	50:37
Sylvia Szabo	W30	51:21
Sylvia Szabo	W55	51:22
Maggie Flanders	W75	51:45