

# Vetrun

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## Club Half Marathon – see P3



## 'Winter Throwers' comeback

**AFTER** five years without a home we are able to revive our Winter Throwers group.

This is an informal training group that meets on Saturday mornings and is open to all club members, throwers and anyone who would like to try. Lindsey Glass has kindly offered to coach us again.

There will be five sessions before the season starts – on August 24 and 31; and September 14, 21 and 28.

We will meet at WAAS from 9.30-11.00. Normal WAAS entry fee applies.

Contact Damien Hanson 0407 477 986.

## Meeting and greeting!

**New members join Masters every month. Brian Bennett suggests we could all try harder to welcome newcomers to the club.**

This is a suggestion which I was intending to raise at the AGM but didn't because we ran out of time.

I'm embarrassed to see new people at our runs, who, especially when they come on their own, look really lost and anxious when we who know each other are mingling, laughing and chatting cheerfully.

I think this needs to be addressed, perhaps initially by the committee, and then, if necessary by the members.

One thing I thought of is to ask or nominate one or more members to watch for people who look lost, and to go up to the person and introduce oneself and chat

in an effort to ease their anxiety.

Maybe also we would then introduce him/her to other people, invite the person to have a little warm-up jog while chatting.

The reasons I think there should be more than one person nominated to do this are obvious, I hope.

We don't all go to every run, and the 'nominated' member might be late or busy with other stuff and not see the first-timer. Also, it might be better for some first-timers to be welcomed by someone of the same gender.

I cast my mind back to when I was new to the club

and how anxious I was (even though I'd been running for many years). I honestly think I might not have kept coming if I didn't have Marg with me.

When everyone else seems to be chatting happily to each other, and especially when one is trying to get into running for the first time, and is being ignored, it can be extremely daunting to be standing alone and wishing the bloody race would start!

Well, that was my experience when I first went to a marathon club run more than 20 years ago. Instead, this 'first time' should be a pleasant memory!

## History grant awarded

**LOTTERYWEST** has approved a \$1500 grant towards the publication of Christine Oldfield's book celebrating the 40th anniversary of MAWA.

Thanks are due to Geoff Brayshaw who undertook the task of preparing and submitting the application. The book will be launched on February 9 at McCallum Park. The grant means that the cost of the book can be kept very low.

## You write ...

### After the Marathon ...

Hi Vic,  
THANKS for the July *Vetrun*, which I've just read; full of good stuff, as usual.

However, two comments on the marathon results:

1 - Ed Wall was not included in the results. Maybe his time could be mentioned here? It was 3.20.37, which is very good for 60 years old. He's an inspiration to anyone thinking of running as a means of weight control. A few years ago, as he will tell you, he was overweight and very unfit.

(\*Ed confirms that he used to weigh 100 kilos, in 2009, and now is "almost scrawny, just 75 kilos"!)

And of less importance, I note that the times listed are based on when the gun went off, rather than how long it took to run the race. For the front runners, the difference could be negligible, but for plodders like me it can be up to half a minute. My own times were 3.33.47 (gun time) and 3.33.22 (real time).

Brian Bennett



### New members - Welcome!

1206 KENNY: Adrian M40  
1207 DAVISON: Andrew M45  
1208 MAJOR: Tina W35

### Wayne's PB

Hi Vic,  
JUST back from the Gold Coast Marathon where I had a good run in excellent conditions and did 3:33:18 (PB for me).

Lisa Searle ran the half in 89:33 - a top 10 performance for her age group.  
Wayne (Taylor)

### Ray plumbs the depths...

**WE'VE all too frequently heard or read the phrase "A recent study shows ...", well a current one claims that taking fish oil increases the risk of prostate cancer.**

Different brands tell us to take anywhere from one tablet twice a day to what's shown on my current brand, which is three, three times a day.

One Google entry says that there's no such thing as overdosing.

I never have a 'flu needle, and so you might say that I'm gambling with my health. But at nearly eighty I've already outlived one of my two siblings also my Dad, as well as a number of acquaintances.

When my blood pressure was checked, for no good reason other than that the government told me to, the nurse simply wrote it on my report and when I asked "Well, what was it?" all I got back was "Bloody marvellous!"

#### Bummer

So what has this to do with me having or not having a risky bum?

Remember the amount of poor fish who died supposedly to keep me healthy. I go once annually for a check and the doc. said recently that my reading had even gone down, from 2.1 to 1.4.

### Giovanni - spruiking Perth to the finish!

Hiya Vic,  
HOPE you are well wherever you are. I'm not sure if you are in the UK at the moment or if indeed you have come over at all.

(I did, and still am. VW)

Lesley and I are preparing to leave England - back to Perth after exactly six months away.

I was invited to address a large crowd of approx 500 runners and supporters prior to the start of the Frimley Lodge Park Run last Saturday in what was my farewell run.

Thanked one and all for their hospitality and challenged them to be in Perth during October-November 2016 for the Masters Games and to sample some of our hospitality plus many of the wonderful things Perth and surrounds has to offer.

After the run more than a dozen folk came up to tell me that they will be making every endeavour to come to Perth.

#### How's Jim?

One fellow, Steve Rowlands, a member of the Ranelagh Harriers, had made the trip over from Cranley to take part in the Frimley run that morning, approached me and



Hmm, don't tell the person/persons who completed that 'recent study'.

I once had a French doctor who gave me these suppositories but they tasted awful and for all the good they did me I might as well have stuck them ...

Ray Hall



declared that he hoped to come over in 2016 and wanted to know if I'd heard of, or knew of, a runner in Perth by the name of - JIM LANGFORD!

He was thrilled to learn that Jim's a WA Master amongst other things.

(\*I believe Jim ran for Ranelagh in his early days in London. VW)

The weather finally dried up over here about a month ago and I was able to manage a few niggly injuries to the point, I'm pleased to report, that I managed 19 mins 48 secs for the 5km and claimed the 60-64 years age group record by one second.

#### Phew! Wot a Scorcher

For last Saturday the weather bureau forecasted sunny, HOT conditions.

During the warm up many of the locals were a bit concerned the effect the blazing sun would have on their performance. At the 9am 'off' it was a scorching 19 degrees, easily the hottest morning of the year!

I revelled in the 'extreme' conditions and posted a season's best of 19 mins 36 secs - a fine farewell to Frimley.

Vic, I'm hoping to do at least one Masters running event in the week that I'm in Helsinki. Looking forward to getting back home and racing in some 'cooler' weather in a couple of weeks time.

Regards,  
Giovanni 'John' Puglisi

## 21.1K RUN

### MEN

Stuart MacKinnon	M30	1:43:57
Grahak Cunningham	M35	84:58
Hamish McLeod	M35	97:33
Tony Smith	M35	1:53:30
Tony Smith	M40	85:55
Raymond Gimi	M45	1:45:53
Jackson Wong	M45	1:49:12
Lachlan Marr	M50	86:24
Kim Tucker	M50	89:20
Peter March	M50	91:26
Wayne Taylor	M50	95:34
Mark Dawson	M50	1:47:48
John Fisher	M50	2:03:14
Bjorn Dybdahl	M55	91:54
Paul Ankers	M55	98:49
Milton Mavrick	M55	1:48:59
Ed Wall	M60	91:20
Paul Hughes	M60	93:45
Peter Ritson	M60	1:42:46
Keith Miller	M60	1:43:42
Charlie Chan	M60	1:44:30
Clive Choate	M60	1:46:55
Bob Fawcett	M60	2:59:32
Bob Lane	M65	93:05
Brian Bennett	M65	98:07
Maurice Creagh	M65	1:46:47
Ivan Brown	M65	1:48:47
Bruce Mathieson	M65	1:54:01
John Bell	M65	2:04:14
John Talbot	M65	2:12:47
Greg Wilson	M65	2:27:13
Bob Schickert	M70	1:57:54

### WOMEN

Rebecca MacKinnon	W30	2:58:02
Lisa Searle	W40	94:02
Karen Peace	W40	1:42:33
Rochelle Airey	W40	2:11:33
Sandra Stockman	W45	96:46
Claire Walkley	W45	1:45:16
Janet Jiang	W45	2:21:41
Julie Wilson	W60	1:56:05
Shirley Bell	W60	2:10:32
Lorraine Lopes	W70	1:55:49

### VISITORS

V17	82:20
V20	96:13
V22	96:36
V26	96:37
V8	1:40:22
V4	1:41:47
V23	1:42:00
V3	1:46:56
V16	4:48:23
V27	1:49:50
V10	1:52:30
V18	1:52:31
V2	1:55:10
V5	1:55:42
V11	1:58:04
V7	1:59:24
V12	2:00:18
V29	2:05:01
V6	2:11:24

## 21.1K WALK

### MEN

Lee Holliday	M55	1:55:54
Peter Ryan	M60	3:04:14
Lui Cecotti	M65	2:21:14
Peter Hopper	M65	3:02:28
John Smith	M75	2:57:54



## Club Half Marathon

July 14, 2013

Director: Jim Klinge

**THE events were very popular this year with record numbers of participants. The run attracted 147 runners and walkers for the half-marathon, 10.5km and 6km events.**

Last year there were only 108 participants. This year 61 runners completed the half-marathon compared to 31 finishers last year. Eight walkers completed the half-marathon compared to only three last year. There was also a record number, 25, visitors.

Once again having a marker at each kilometre proved to be very popular with the runners and walkers and I had a lot of positive feedback.

It turned out to be a perfect day, sunny but cool, with hardly any breeze made for perfect running conditions. The 6km and half-marathon turnarounds were well flagged and nobody had trouble locating them. The course was very accurately measured with a calibrated measuring wheel. Thanks to all of you who competed and especially thanks to the volunteer helpers whose efforts made this a very enjoyable morning.

*Jim Klinge*

### WOMEN

Allison Lilly	W40	3:15:59
Ali Menegola	W50	3:16:00
Val Millard	W65	2:44:27

### 10.5K RUN

Paul Odam	M50	44:54
V9		46:29
Chris Reid	M45	46:46
Tony Bart	M55	47:58
Sue Bourn	W45	48:12



Top, Lachlan Marr on the Causeway; above, Jackson Wong finishing.



*Above, that's the slimmed-down Ed Wall, ahead of Bjorn Dybdahl.*

*Top right, Bob Schickert with a visitor, and John Fisher.*

*Right; John Bell, Julie Wilson, Lorraine Lopes and Mike Khan*



**10.5K RUN Cont.**

Tristan Bell	M45	48:32
Ross Keane	M50	49:48
V14		50:20
V13		50:40
David Baird	M70	51:31
Frank Gardiner	M60	52:34
Sean Keane	M45	52:36
Dee Conibeer	W50	54:39
V30		55:19
Gary Fisher	M60	56:07
Mike Khan	M65	57:13
Prabuddha Nicol	M55	58:05
Mali Hodges	W50	59:37
Sandra Rourke	W45	59:57
Graham Thornton	M70	63:04
John Pellier	M70	63:20
John Byrne	M65	63:56
Melissa Hynds	W35	64:09
V21		64:13
V28		65:13
Merv Jones	M70	67:01
Theresa Howe	W60	67:12
Sarah Ladwig	W60	67:14
Neil McRae	M60	68:25
V1		74:37
Andrea Byrne	W30	75:46
Carolyn Fawcett	W60	84:24
Lee Chan	W55	93:04

**6K RUN**

V15		26:44
V35		28:37
Dante Giacomini	M40	28:42
Gail James	W50	28:57
John Batta	M45	29:01
Margaret Saunders	W55	29:09
Graeme Dahl	M60	29:23
V34		29:45
Mark Hewitt	M60	30:46
Jo Tucker	W45	33:21
Kem Hassan	M40	33:43
Mike Anderson	M65	34:02
Kylie Mahony	W45	34:41
Kirstin McGregor	W45	34:56
Karen March	W50	36:03
Mark Sivyver	M65	37:28
Richard Danks	M70	39:07
Aldo Giacomini	M75	40:59
Lynne Choate	W60	41:05
Steve Clark	M70	42:00
Vic Beaumont	M80	49:43
Sheila Maslen	W75	50:26
Margaret Bennett	W70	53:46
Mary Heppell	W75	66:41

**10.5K WALK**

Paul Martin	M70	76:21
Ray Hall	M75	84:46
V32		1:43:34
V33		1:43:37
V31		1:44:39
V?		1:44:40

**6K WALK**

Rosa Wallis	W65	49:16
Kirt Johnson	M80	49:23
Denise Viala	W60	53:13
V25		53:14
V24		53:41
Jeni Shillington	W55	53:45
Ray Lawrence	M85	54:55
Lorna Lauchlan	W80	56:01
Patricia Hopkins	W70	56:02
Jo Richardson	W60	56:15
Joan Pellier	W70	56:16
Elaine Sillery	W80	57:57
Gail Castensen	W55	57:58
Sylvia Szabo	W55	60:17
Sylvia Szabo	W30	60:18

### 10K RUN

Kim Thomas	M35	38:36
V10		39:53
Bjorn Dybdahl	M55	42:29
Peter March	M50	42:30
Paul Hughes	M60	42:59
Ross Keane	M50	43:19
Chris Reid	M45	44:20
Tony Bart	M55	46:23
V9		46:30
V3		47:11
Karen Peace	W40	47:54
Claire Walkley	W45	48:25
Charlie Chan	M60	49:20
Wayne Taylor	M50	49:49
V2		49:54
Sean Keane	M45	50:34
Martin Watkins	M65	50:43
Milton Mavrick	M55	50:46
Raymond Gimi	M45	50:49
Bruce Mathieson	M65	51:38
Dee Conibeer	W50	51:48
Bob Schickert	M70	51:55
Mike Hale	M65	52:08
John Fisher	M50	52:13
Julie Wilson	W60	52:32
Gary Fisher	M60	52:49
Maree Brown	W45	53:10
Elizabeth McFarland	W55	54:00
Clive Choate	M60	54:19
David Carr	M80	56:09
Mali Hodges	W50	56:11
Sandra Rourke	W45	56:49
Sally Floyd	W45	57:12
V6		57:28
Jane Elton	W45	59:29
Frank Price	M60	59:45
Kirstin McGregor	W45	60:36
Sarah Ladwig	W60	61:18
John Byrne	M65	61:50
John Talbot	M65	61:55
Theresa Howe	W60	61:59
Janet Jiang	W45	64:22
Greg Wilson	M65	65:32
John Bell	M65	70:32

### 6.8 K RUN

Jim Klinge	M65	30:33
Karen March	W50	31:54
Maurice Creagh	M65	33:34
Ivan Brown	M65	33:45
Brian Bennett	M65	34:05
Maxine Santich	W60	34:10
Blakeney Tindall	M50	34:40
Johan Hagedoorn	M65	36:20
Anne Jones	W60	38:10
Dave Roberts	M70	38:10
Ray Attwell	M75	39:47
Lorraine Lopes	W70	40:08
Kylie Mahony	W45	40:11
Irwin Barrett-Lennard	M80	40:23
V4		41:12
Melissa Hynds	W35	41:14
Monique Thomas	W35	41:30
Neil McRae	M60	42:53

### 3.7K RUN

Jeff Bremner	M50	16:10
Dante Giacomini	M40	16:56
Margaret Saunders	W55	17:16
Graeme Dahl	M60	17:24
Mark Hewitt	M60	18:27
Nick Miletic	M60	20:52
John Dennehy	M50	20:57
Delia Baldock	W50	21:56
V1		22:11
Peggy Macliver	W65	23:29

## New Perry Lakes

July 21, 2013

Directors: Jeff and Dorothy Whittam

**ON A very cold morning, 102 runners and walkers turned out to try and get warm by going various distances around Perry Lakes Reserve.**

Owing to the work going on for the new housing estate the road we normally use had been fenced off at the end of the boardwalk, and this meant we had to include about 150m of grass. Okay for the runners but not so good for the walkers, though there were no complaints. Paul must have enjoyed his walk as he did an extra 500m by coming back to the finish in the middle of his walk.

We would like to thank all our helpers, Lorna, Sheila, Patricia, Michele, Janet, Elaine, Merv and Mark who volunteered on the morning and also Maurice for the timing equipment.

See you all again next year?

Jeff & Dorothy Whittam



Lynne Choate	W60	24:10
V5		24:23
V8		24:26
Bob Fawcett	M60	25:33
Carolyn Fawcett	W60	26:14
Aldo Giacomini	M75	26:23
Graham Thornton	M70	26:58
Debbie Wolfenden	W50	27:36
Julie Wood	W60	28:18
V7		29:15
Cecil Walkley	M80	31:03
Margaret Bennett	W70	31:15
Pierre Viala	M65	31:15
Vic Beaumont	M80	31:23

### 10K WALK

Val Millard	W65	75:32
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### 6.8K WALK

Paul Martin	M70	51:29
Lynne Schickert	W70	55:47
Denise Viala	W60	59:53
Rosa Wallis	W65	61:12
Jeni Shillington	W55	61:12
Kirt Johnson	M80	61:32
Bob Fergie	M75	61:33
Phyllis Farrell	W65	68:31

### 3.7K WALK

Peter Hopper	M65	26:37
David Brown	M65	28:49
Roger Walsh	M70	29:59
Gail Castensen	W55	33:35
Jim Barnes	M70	33:36
Pat Carr	W80	34:28
Ray Lawrence	M85	34:29

## State Cross Country Championships

July 27, 2013

Director: Committee

**A PERFECT day (cool and cloudy, but no rain) saw about 80 runners tackle 1, 2 or 3 laps of this wonderful cross country course in Kalamunda which involves crossing a creek twice each lap and a fairly challenging uphill finish.**

Congratulations to overall winners Kim Thomas (35:12) and Sue Zlany (41:25). For the State Championship Cross Country distance of 8km, medals were awarded to winners and place-getters in each age group. Many thanks to John Pellier for marking the course again this year and to all the helpers who made sure the event ran smoothly and safely.

After the run, a superb breakfast was enjoyed by all and thanks go to the team of ladies, led by Jacqui Beaumont, who each year put on this wonderful spread. Traditionally, this run has been organised by the Committee but they have decided to appoint a race director for next year.

Val Millard

### 8K RUN

#### MEN

Kim Thomas	M35	35:12
Rob Colton	M45	38:14
Chris Reid	M45	40:58
Tristan Bell	M45	41:14
Peter March	M50	38:22
Ross Keane	M50	39:20
Mark Dawson	M50	40:44
John Fisher	M50	48:14
Bjorn Dybdahl	M55	39:18
John Allen	M55	39:29
Lee Holliday	M55	39:35
Ian Carson	M55	42:21
Giovanni Puglisi	M60	38:11
Paul Hughes	M60	38:31
Charlie Chan	M60	44:26
Brian Danby	M60	47:22
Frank Price	M60	58:10
Jim Langford	M65	38:47
Jim Klinge	M65	40:02
Bruce Wilson	M65	41:34
Brian Bennett	M65	42:15
Maurice Creagh	M65	43:42
Ivan Brown	M65	44:41
Bruce Mathieson	M65	46:23
Mike Hale	M65	46:53
John Byrne	M65	54:28
John Talbot	M65	55:45
Greg Wilson	M65	62:01
Bob Schickert	M70	49:13
John Pellier	M70	56:01
Jeff Whittam	M75	78:00
Irwin Barrett-Lennard	M80	53:52

## WOMEN

Sylvia Szabo	W30	82:51
Monique Thomas	W35	56:05
Melissa Hynds	W35	59:25
Karen Peace	W40	43:35
Sue Bourn	W45	42:54
Claire Walkley	W45	44:35
Sandra Rourke	W45	50:25



Sue Zlnay	W50	41:25
Karen March	W50	45:00
Gail James	W50	45:36
Carol Bowman	W55	51:28
Maxine Santich	W60	45:56
Julie Wilson	W60	49:52
Theresa Howe	W60	54:09
Sarah Ladwig	W60	56:19
Denise Viala	W60	76:41
Shirley Bell	W65	52:19
Jean Hampson (QMA)	W65	54:30
Lorraine Lopes	W70	51:40
Lynne Schickert	W70	76:05
V2		42:13
V1		52:20

## 5.4K RUN

Jochen Schreyvogel	M45	41:08
Graeme Dahl	M60	31:23
Neil McRae	M60	43:37
Bob Fawcett	M60	44:51
Peter Ryan	M60	57:57
Johan Hagedoorn	M65	34:25
Pierre Viala	M65	62:57
Genevieve Schreyvogel	W40	41:07
Sofia Carson	W50	62:40
Sylvia Szabo	W55	57:24
Carolyn Fawcett	W60	45:03
Margaret Bennett	W70	62:56
V4		23:24
V5		28:03

## 2.7K RUN

Ian Cotton	M45	13:49
Jeff Bremner	M50	12:56
Nick Miletic	M60	17:20
Cecil Walkley	M80	31:53
Andrea Byrne	W30	20:36
Delia Baldock	W50	18:26
Debbie Wolfenden	W50	21:34
Peggy Macliver	W65	20:08
V3		19:14



## Race Course

August 4, 2013

Director: Bruce Matheson

## 10K RUN

Tony Smith	M40	39:34
Paul Hughes	M60	41:42
John Allen	M55	43:04
Sue Bourn	W45	44:43
Ian Carson	M55	44:46
Hamish McLeod	M35	44:52
Mark Dawson	M50	45:18
Christopher Coates	M55	45:48
Stuart MacKinnon	M30	45:51
Peter Ritson	M60	46:15
Ross Keane	M50	46:18
V1		46:20
Karen Peace	W40	47:19
Raymond Gimi	M45	47:46
Charlie Chan	M60	47:50
Brian Danby	M60	48:09
Mike Hale	M65	48:39
Jennifer Williams	W65	48:57
Graeme Dahl	M60	48:57
Maxine Santich	W60	49:33
Bob Schickert	M70	50:12
Oswald Igel	M60	50:26
Mike Khan	M65	50:46
Wayne Taylor	M50	51:03
Dee Conibeer	W50	51:06
Julie Wilson	W55	51:08
Gary Fisher	M60	51:16
Elizabeth McFarland	W55	53:03
David Carr	M80	53:05
Mali Hodges	W50	54:15
Brian Bennett	M65	57:37
Theresa Howe	W60	57:51
Rochelle Airey	W40	57:53
John Pellier	M70	58:05
Frank Price	M60	58:32
John Byrne	M65	62:05
Greg Wilson	M65	62:59
Jane Stanbrook	W45	64:05
John Bell	M65	64:09
Janet Jiang	W45	64:29
Merv Jones	M70	65:13
Graham Thornton	M70	66:50
Kathy Burr	W70	73:12
V3		84:39

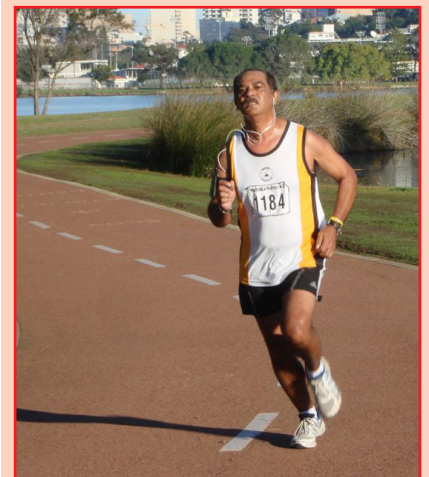
## 5K RUN

V5		21:17
Jeff Bremner	M50	21:43
Ralph Henderson	M60	22:40
Dante Giacomini	M40	23:03
Ivan Brown	M65	23:08
Margaret Saunders	W55	23:43
Johan Hagedoorn	M65	24:49
Kem Hassan	M40	25:27



Above, new member Kem Hassan;  
below, Delia Baldock and Jeff  
Bremner.

Next page, from left, Ian Carson with  
Sue Bourn; Cat Keane and Andrea  
Byrne; and Hamish McLeod.



# State Cross Country Championships

July 27, 2013

Director: Committee

ALTHOUGH I got a bit wet marking out the course, thankfully the rain cleared well before the run and the conditions were perfect with, as they say in racing parlance, a good firm track.

The numbers were down, presumably due to a clash with the Perth Half Marathon Championships, but there still seemed to be plenty of close competition between those who did run. I heard that the walkers enjoyed their course, which I can confirm is 6.7km, not 6.

I would like to thank my nominated helpers, Carmel, Tracey, Bob, Mali, Lee and Alan. Thanks also Jackie, Jim, Ray and Tom who volunteered in response to my last minute plea for additional help. A willingness of some members to step forward when needed is what makes a race director's job a lot easier and as a result we ended up with a very successful event. I trust everyone enjoyed themselves and will, I hope, be back next year.

Ralph Henderson

## 10K RUN

Tony Smith	M40	42:31
Chris Frampton	M45	43:19
V7		44:02
Paul Odam	M50	45:05
John Allen	M55	45:46
Ian Carson	M60	46:36
Mark Dawson	M50	47:24
Giovanni Puglisi	M60	47:59
Ross Keane	M50	48:07
Stuart MacKinnon	M30	48:14
Karen March	W50	49:37
Keith Miller	M60	50:47
Bruce Mathieson	M65	52:32
Gail James	W50	52:41
Maxine Santich	W60	53:54
Bob Schickert	M70	55:24
Mark Hewitt	M60	56:15
Carol Bowman	W55	56:37
Mike Khan	M65	56:42
Dave Roberts	M70	57:13
Chris Genin	M40	59:02
Peter Bath	M70	61:12
Brian Bennett	M65	63:17
David Carr	M80	63:18
Genevieve Schreyvogel	W40	63:21
Jochen Schreyvogel	M45	63:22
John Byrne	M65	63:30
Kirstin McGregor	W45	64:37
John Pellier	M70	64:48
Frank Price	M60	67:11
Janet Jiang	W45	68:21

## 5K RUN

V1		23:04
Duncan McAuley	M60	23:39
Margaret Saunders	W55	24:57
Graeme Dahl	M60	25:32
Frank Gardiner	M60	26:09
Julie Wilson	W60	27:13

Johan Hagedoorn	M65	27:39
Kem Hassan	M40	28:54
Gary Fisher	M60	29:39
Ray Attwell	M75	29:57
Neil McRae	M60	30:22
Kylie Mahony	W45	31:13
Nick Miletic	M60	31:25
Delia Baldock	W50	32:06
Paul Martin	M70	32:44
Roger Walsh	M70	34:09
Ali Menegola	W50	34:25
Aldo Giacomini	M75	35:44
Andrea Byrne	W30	38:06
Rebecca MacKinnon	W30	40:03
Julie Wood	W60	42:05
Pierre Viala	M65	42:06
Mitch Loly	M70	45:50

## 6.7 WALK

V5		41:01
Val Millard	W65	53:46
Peter Hopper	M65	56:46
Lynne Schickert	W70	58:18
John Smith	M75	60:08
Michele Mison	W65	60:26
Denise Viala	W60	61:55
Bob Fergie	M75	62:18
Jeff Whittam	M75	62:19
Lorna Lauchlan	W80	62:35
Kirt Johnson	M80	62:36
Patricia Hopkins	W70	66:00
V3		66:08
V2		66:09
V4		67:34
Ann Turner	W75	71:11
Lorraine Lopes	W70	71:12
Sylvia Szabo	W30	71:16
Sylvia Szabo	W55	71:17
Elaine Sillery	W80	71:49
Gail Castensen	W55	71:50



Carol Bowman	W55	25:52
Chris Genin	M40	26:39
Mike Anderson	M60	26:55
Irwin Barrett-Lennard	M80	28:19
Peggy Macliver	W65	29:48
Neil McRae	M60	29:50
Delia Baldock	W50	30:24
V4		31:01
Jackie Halberg	W65	31:49
Richard Danks	M70	32:35
Roger Walsh	M65	32:40
Aldo Giacomini	M75	33:16
Steve Clark	M70	33:41
Andrea Byrne	W30	34:50
V2		34:51
Ali Menegola	W50	36:58
Rebecca MacKinnon	W30	37:00
Allison Lilly	W40	37:01
V7		39:31

Julie Wood	W60	39:33
Pierre Viala	M65	39:33
Sheila Maslen	W75	41:19
Margaret Bennett	W70	45:10

## 5K WALK

Peter Hopper	M65	36:28
John McDonagh	M60	36:53
David Brown	M65	39:01
Michele Mison	W65	41:52
Jeni Shillington	W55	41:56
Bob Fergie	M75	42:48
Mitch Loly	M70	44:51
Ray Lawrence	M80	45:06
Andrew Ward	M50	47:29
Gail Castensen	W55	47:29
Patricia Hopkins	W70	47:59
Joan Pellier	W70	48:00

## AGE GRADED 10K WALK

### MEN

Paul Martin	M72	67:55	77.75%
Lee Holliday	M58	58:35	77.14%
John Smith	M78	77:47	73.94%
Ray Hall	M79	79:14	73.73%
Jeff Whittam	M78	85:20	67.40%

### WOMEN

Ann Turner	W77	87:56	76.89%
Val Millard	W66	75:07	74.73%
Sylvia Szabo	W55	87:57	55.54%
Sofia Carson	W52	89:09	53.08%

Not Eligible

V8		91:59
V9		92:00
V10		92:54

# 'Correct intensity ensures improvement'

advises

Marg Saunders

MY last article focussed on the one important principle of training – recovery. This month I am discussing more of the general principles of training.

These principles apply equally to the elite athlete who competes against the best in the world – and to the casual jogger. They should be applied by any athlete who wishes to achieve his or her potential. They are relevant to athletes of all ages.

If improvement is not occurring, or you are getting injured, then check as to which general principle is not being adhered to.

Two general examined here are specificity and overload.

## Specificity

The needs of the particular area of the sport must be looked at and the training must be specific to these demands.

Obviously sprinters need speed training and distance athletes focus on endurance. However, although an endurance athlete needs to have an aerobic base, speed is required for certain sections of a race. This may be the start of the race to break up the pack, a surge during the race or the sprint to the finish line.



Training tips

Similarity must exist between training and the event in competition, both in muscle groups used and the energy sources utilised. The movement patterns must be duplicated as closely as possible. Flexibility and strengthening exercises should mimic the requirements for the event.

## Overload

The body is capable of adapting to training loads and these must place demands on the body. Training loads of the correct intensity will ensure improvement.

It is essential to stress the athlete to a load slightly beyond that normally encountered. This will give the body cause to adapt and improve its functional ability. As these changes occur and the body adapts, the stress can again be progressively increased until further adaptation occurs.

However it is difficult to know how much to stress the

body and this is frequently where errors are made in writing and undertaking training programmes.

It is important gradually increase the training load.

Sudden elevation in the intensity may produce chronic fatigue rather than adaptation. Conversely, if the training load is too light then performance will not improve.

If large training loads are completed very close together, then overtraining symptoms may occur. If training with a group it's important to remember that each athlete might respond differently to the training session. So you would change subsequent training sessions, after having assessed the individual reactions to the training load.

Interval training sessions are an excellent way of overloading the athlete. Typical sessions will be discussed in a future article. ■

## 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

1 SEPTEMBER - WHITEMAN PARK

Race Director: Bryan Hardy - 6162 9443

Mike Khan, Elaine & John Ellard, Mark Hewitt, Sandra Rourke, Margaret Saunders, Alan Thorniley, John Mack, Tony Smith

8 SEPTEMBER - CITY RAIL

Race Directors: Linda & Mike Rhodes - 9228 9706

Sylvia Szabo (740), Margaret Langford, John Talbot, Karen & Peter March, Maxine Santich, Bridget Cooke, Akos Gyarmathy, Elizabeth McFarland

15 SEPTEMBER - DARLINGTON DASH

Race Director: Delia Baldock - 0418 935 040

Kerriann Bresser, Kirstin McGregor, Darryl White, Barbara & Richard Blurton, Irwin & Berwine Barrett-Lennard, Stan Delandgrafft, Milton Mavrick, Dennis & Sandra Hughes, Ray Hall, John Mack

22 SEPTEMBER - MATTAGARUP

Race Directors: TBA

Sylvia Szabo (740), Mike Anderson, Chris Koeman, Merv Jones, Michele Mison, Carol Bowman

29 SEPTEMBER - MULLALOO

Race Directors: Mike Anderson - 0407 940 520

Johan Hagedoorn - 9401 3280

John Collier, Ross Langford, Dalton Moffett, Ray Lawrence, Keith Miller, Martin Watkins, Denise Viala, Ali Menegola, Allison Lily

6 OCTOBER - GUESS YOUR OWN TIME

Race Director: Vic Waters - 9341 3464

Frank Smith, Andrea Byrne, John Byrne, Regina Crouch, Chris Genin, Raymond Gimi, Neil McRae, Alan Jennings, Irene Ferris

13 OCTOBER - WIRELESS HILL

Race Director: Chris Reid - 6189 1430

Bob Fergie, Morris & Margaret Warren, Dalton Moffett, Graeme Dahl, Peggy Macliver, Mali Hodges, Sylvia Szabo (1027), Kem Hassam

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## Holiday job for editor ...



I hoped to snag a job reading the BBC news, but waiting tables on this train had its moments!