

Vetrun

The magazine of Masters Athletics WA

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Oceania names David Carr 'World's Best'

WORLD-beating middle-distance running ace David Carr could be walking soon – along the red carpet in Monaco.

David would follow in the footsteps of another superb WA athlete, Lyn Ventris, who was declared the IAAF Master Athlete of the Year in 2011 and 2012.

Our Oceania region has nominated David for the 2013 honour. Final selection will be made by the WMA next month, when it convenes in Porto Alegre, Brazil, for the world championships.

If successful David would travel to Monaco, where the annual awards are announced and celebrated.

Several WA members will make the crossing to South America and David Carr will almost certainly be among them, defending his top spot in M80 800m and steeplechase.

Picture:

David fronts the M80 'Bolters'! – inspired by the world's



fastest man, Usain Bolt. This M80 squad set a new 4x400m world record of 5:32.29 last November at Southport, Queensland.

Nominating David for the IAAF award, Oceania reminds us:

"An all-round athlete, David has run everything from 100m to marathons and also competed in jumps and throwing events.

"He has set numerous Australian and State records and held M75 World records in

the 800m and 2000m steeplechase.

"As an M80, this year he has repeated these world-beating performances, breaking the M80 steeplechase world record three times over a seven months period."

Summer T&F programme

OUR summer T&F programme is now on the website. It has also been e-mailed to all members with an email address – but some members have not advised us of email changes.

If you have not received the programme by email please advise Barbara, vetrunners@iinet.net.au, of your correct email address.

We have posted or handed out the programme to other members who do not have an email address.

If you have not received a programme or cannot access

it, please contact Barbara by email or on 9293 0190.

For T&F members who have not attended during winter please ensure you have renewed your membership. If you are unsure please contact mawasecretary@gmail.com

Thanks
Richard Blurton

About our membership ...

IT'S always interesting, receiving the updated membership list from Peggy MacLiver. Peg keeps track of everyone, and this includes supplying me with names of new members joining each month.

Her meticulous records show that at August 31 we had 459 members.

The lists supplied to *Vetrun*, and committee members includes a separate list of mem-



bers who are 'non-financial' (because they failed to renew their membership in March).

Continued on Page 2

You write ...

Different strokes – Run for your Life!

Hi, I know there are many Masters who have survived worse, and without wanting to sound too morbid – do you know that strokes are the second most common cause of death in Australia?

One in every six people will experience them; and they can happen to anyone, at any time, regardless of age – including the unborn! – and to marathon runners. Stroke can be completely disabling, if not fatal. The good news is that it is possible to fully recover from them. Some sufferers go on to perform all kinds of amazing feats, run marathons, etc.

It happened to me ... I only discovered these facts after my own recent stroke, which came out of the blue, and was quite a serious one.

Fortunately, the hundreds of kilometres I have run and walked over the years apparently protected me from what should might have been serious disabilities.

Miraculously, it has actually improved my hearing! I have been able to stop using my hearing aids.

So keep up the kilometres, everyone.

Nervous

Currently, my 'age carer' daughter is nervous about letting me out on the roads, either on foot, driving a car, or riding my bike, and – worse – has limited me to only one glass of wine a day! Alcohol can affect the clot busting drugs. I have been practising, round, and around an obstacle course in her tiny back yard, and I am looking forward to competing once again.

So look out fellow-walkers, and keep away from my left

About membership from P1

Those names remain on that list for one year (or until they renew) before disappearing into oblivion. At the end of August around 150 names were listed.

Big numbers

I am sure most members realise that although new mem-

COMMUNICATIONS

Survey is coming to you

OVER the next few weeks the club committee will be carrying out a survey to get your views on how effectively we communicate with members. The survey also includes a question related to the future of Vetrun.

To maximise participation, the survey will take the form of a short face to face discussion at either a Sunday run or a track meet. The survey is anonymous but you can record your name on the response sheet if you wish. Ross Keane (Sundays) and the Thomas family (track) have kindly agreed to carry out the survey.

If you will not be at a club event, the survey questionnaire is available on the web-

site. If you don't have computer access, contact the committee to get a posted copy. You can return your form by email, post or by handing to a committee member: or just email your answers to the club secretary at mawasecretary@gmail.com.

We would like a large response to this survey so that the results are truly representative of members' views; and the survey results will be published.

When J&J were hostesses with mostest!



hand side, as my visual processing on that side is apparently not too crash-hot.

But at least I can now hear anyone sneaking up behind me! Cheers.

Peter Barrington

Hello Vic I STILL love receiving the Vetrun.

A comment on Brian Bennett's suggestion about 'Meeting and Greeting' new members; this is not a new idea.

When I joined the Vets nearly 30 years ago, both Joan Pellier and I were on the Committee. Our position was 'Hostesses'! We used to meet and greet new members, ask what running/jogging pace they were at and introduce them to members that were running at a similar pace.

Mind you in those days there were only approximately 100 members.

But I am sure there would be quite a few members that could fit the bill of 'host/hostesses'.

I can relate to Brian's feeling when first going to a new club, it's nice to either know someone or made to feel welcome.

Regards
Jacqueline Billington

PS: I often remember when I use to go round to your home and type up the Vetrun for you. Before that time I was also Editor for a while, using the old golf ball typewriter, after Jeff Whittam finished doing it.

Then for many years I did it for Richard Harris! Type, set up and take to printers, then give to Jackie Halberg. All so long ago.

Cheers
JB

In My View ...



by the Editor

Thanks, snappers

OUR new club camera has been well-used by several members. Their work is used on the website (Road gallery) and some is in this Vetrun. Don't have all your names, though I did see Lyn Choate in action at City Rail. Thanks to you all, and to Frank Smith for the City to Surf pix.

Collect your KEYS!

RECENTLY members have become a trifle tardy – in collecting their car-keys.

Long after the Sunday events have finished they linger in the box.

Occasionally keys left in the box have been gathered up with the equipment for the next week's run.

Now, I don't want to name names, but after the City Rail run a pathetic wretch was wandering around, shivering, and regretting. He claimed that after a long absence from Sunday mornings he had forgotten his routine, forgotten to pin his keys to shorts with his old nappy pin.

Director Mike Rhodes was on the phone calling for back-up, when we found, luckily, that Delia had not headed for the hills with the gear, but driven off to collect the club banner. The missing keys were retrieved from the back of her car by a diligent Maurice Creagh. Thanks, mate!

So ... club secretary Val Milard observes:

"All members are reminded that they must retrieve their keys as soon as they have finished their run. It's not the committee's nor the race director's responsibility to chase up owners of keys left in the box."

Quite right; shocking behaviour. VW

VW

Lynne Schickert retires from AMA Board

AFTER 10 years on the AMA Board, Lynne has decided not to re-nominate for 2013-14.

From 2003 to 2009 Lynne – who is also a Life Member of our own club – was AMA President. She remained a board member until this year, her duties including communications and marketing, and she has an on-going commitment to compiling the history of AMA.

For the past seven years she has been involved in production of the AMA Handbook, with husband Bob, and *Vetrin* editor Vic Waters, and will continue with that work.



Oceania

Although stepping back from some involvement in AMA matters, Lynne is still working at the top level of Masters Athletics.

She remains the Oceania Region delegate to World Masters Athletics and is WMA's representative on the Perth 2016 Championship Committee.

Masters Athletics WA offers sincere wishes to Lynne in her continuing endeavours – and thanks her for the enormous contribution she has made to the administration and promotion of Masters Athletics, in our State, in Australia, and internationally.

New Members – Welcome!

1209 HYLAND: Leanne W30
1210 SCHELFHOUT:
Christine W45
1211 DEVEREUX: Kristy W30



If you are looking for a different run combined with company of like-minded athletes from all over the world, sightseeing in the Red Centre and a well-organised race, then the Outback Marathon could be for you.

On July 27th, three WA Masters athletes took on the soft red sandy course which was punctuated with small dunes. The cool morning start changed to a warm run a few hours later amongst the background of desert oaks, and the landmark Uluru and Olga rock formations.

Four courses were on offer; a marathon, half marathon, 11 km and 6.4 km races.

Ninety three runners lined up for the marathon with Clive Choate, in his first 42.2 km race, finishing in 4:18.20 for 27th overall. The event was won in 3:07.32 and Clive was second in the M60 category.

In the half marathon Steve Weller produced a great run, winning the race in 1:26.07. Steve beat a field of 84 runners with a winning margin of 41 seconds in a terrific performance.

Brazilian warm-up

Lynne Choate, who has been doing a few Sunday runs as she prepares for her sprint events in Brazil in October, enjoyed the 6.4km run and in finishing 13th in a field of 41 runners was the first

**by
CLIVE AND LYNNE
CHOATE**



Clive in his first marathon – and he did it in the desert

W60 home in an atmosphere full of friendship and encouragement.

With a total of approximately 300 participants, there was plenty of opportunity to mix with other athletes. A warm-up run on the desert tracks and a welcome-dinner were conducted on the Thursday before the race.

Friday saw most go out early for an Uluru sunrise, then walk around the rock and visit to the interpretive centre.

Later a welcome ceremony was held with traditional dancers and a race briefing which recognised the feats of many entrants – some lining up for their sixth race on six continents – and one runner doing his 26th marathon this year, which equates to one a week!

Saturday was marathon day and buses took runners and supporters out into the desert for the early, very cold start. A didgeridoo started the event which was fitting in the setting. A huge welcome ushered in all finishers, with an informal gathering later that night at the Outback Pioneer Pub.

Kata Tjuta

Many hiked the 'Valley of the Winds' in the Kata Tjuta formation next day before a celebration dinner which was held later that night, in the desert under the stars. Many presentations were made as new friends mixed and shared their experiences of the run. Those with time also visited Kings Canyon which was a full day trip away from Uluru.

How to ...

Logistically direct travel to Uluru is not easy, and to compete you need to take an accommodation package with the race organisers, but the race and supporting events made for a great experience. For more information on this unique event, google Australian Outback Marathon. ■



Main pic – Mark Dawson and Akos Gyarmathy; above and below, Mickey Muroi and Wayne Taylor on City to Surf day. Assuming they're both on the correct side of the fence, it must be the half, or full marathon? Let us know, guys!

5K HANDICAP RUN

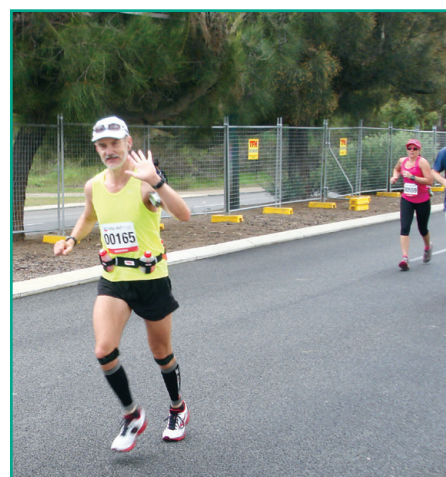
	Time	H'cp	Actual			
Roger Walsh*	M70	30:28	00:00	30:28	Bruce Wilson	M65 45:33
Peter Hopper	M65	30:32	00:05	30:27	Karen March	W50 45:49
David Carr	M80	32:02	07:38	24:24	Keith Miller	M60 46:26
Damien Hanson	M60	32:31	02:37	29:54	Akos Gyarmathy	M55 46:27
Bjorn Dybdahl	M60	32:43	12:30	20:13	Jackson Wong	M45 46:31
Gail James	W50	32:45	08:38	24:07	Jo Clarkson	W55 46:55
Monique Thomas	W35	32:50	2:42	30:08	Clive Choate	M60 47:01
Maurice Creagh	M65	32:56	09:56	22:60	Charlie Chan	M60 47:25
Giovanni Puglisi	M60	33:08	12:00	21:08	Claire Walkley	W45 47:29
Johan Hagedoorn	M65	33:25	8:09	25:16	Raymond Gimi	M45 47:42
Ivan Brown	M65	33:29	09:11	24:18	Brian Danby	M65 48:00
Paul Martin	M70	33:37	02:32	31:05	Graeme Dahl	M60 49:42
Dante Giacomini	M40	33:40	9:46	23:54	Mark Hewitt	M60 49:56
Carol Bowman	W55	34:03	08:05	25:58	Sean Keane	M45 50:12
Dave Roberts	M70	34:26	07:59	26:27	Wayne Taylor	M50 51:04
Aldo Giacomini	M75	34:29	00:32	33:57	Bob Schickert	M70 51:07
Nick Miletic	M60	34:33	04:55	29:38	Bruce Mathieson	M65 52:06
Richard Danks	M70	34:38	01:22	33:16	Lui Cecotti	M65 52:10
Delia Baldock	W50	34:39	04:04	30:35	Julie Wilson	W60 52:21
Neil McRae	M60	34:59	05:46	29:13	V9	52:22
Carolyn Fawcett	W60	35:13	0:00	35:13	Mike Hale	M65 53:06
Bob Fawcett	M60	35:15	00:00	35:15	Maree Brown	W45 53:32
Rebecca MacKinnon	W30	37:36	00:00	37:36	Elizabeth McFarland	W55 53:57
Hamish McGlashan	M75	37:55	05:38	32:17	V5	54:24
Mitch Loly	M70	44:27	0:00	44:27	V11	54:57
Margaret Bennett	W70	47:44	00:00	47:44	Rochelle Airey	W40 56:22
* Ineligible					Anne Jones	W60 56:32
Did not take part in handicap					Gary Fisher	M60 56:33
Graham Thornton	M70		29:44		Mali Hodges	W50 57:10
V8			18:33		V10	57:30
V1			20:35		Sally Floyd	W45 58:11
V7			21:33		John Pellier	M70 58:35
V2			22:30		John Talbot	M65 59:21
V6			32:34		V4	60:31
V12			38:58		John Bell	M65 62:30
					Bob Cavin	M60 62:38
					John Byrne	M65 62:52
					Janet Jiang	W45 63:12
					Brian Bennett	M65 68:25

10K RUN

Kim Thomas	M35	38:29
Tony Smith	M40	39:25
Rod Hamilton	M50	41:02
Paul Hughes	M60	41:50
Paul Odam	M50	41:55
V13		42:35
Sandra Stockman	W45	42:50
John Allen	M55	42:58
Mickey Muroi	M55	43:23
V3		43:53
Ross Keane	M50	44:22
Ian Carson	M60	44:42
Stuart MacKinnon	M30	45:04
Mark Dawson	M50	45:10
Sue Bourn	W45	45:21

5K WALK

John McDonagh	M65	38:14
Val Millard	W65	38:24
Lynne Schickert	W70	40:35
Bryan Hardy	M70	40:36
Ray Hall	M75	42:19
Jeni Shillington	W55	42:47
Bob Fergie	M75	42:48
Jeff Whittam	M75	42:49
Lorna Lauchlan	W80	42:56
Kirt Johnson	M80	42:57
John Smith	M75	43:01
Joan Pellier	W70	44:10
Ray Lawrence	M85	44:59



Lynne Schickert and Bryan Hardy in Nedlands 5km walk.

Patricia Hopkins	W70	45:03
V14		46:28
V15		46:29
V16		46:30
Elaine Sillery	W80	48:07
Jim Barnes	M70	48:08
Julie Wood	W60	50:29
Gail Castensen	W55	50:32
Ann Turner	W75	50:52
Pat Ainsworth	W75	50:53
Dorothy Whittam	W75	52:08

THE weather was almost perfect and some said even too hot. As per usual the combination of efficient helpers, marshals and chalk ensured that no one got lost and everyone got recorded. This year there were no clashes with the Marathon Club so that made things easier.

Linda and I have decided that after about 25 years this will be our last as race directors so thank you to everybody who has helped or run with us during that time.

PS If keys are not taken out of the box before packing up starts they may end up in Timbuktu! *Mike*



Mike and Linda – thanks for all the runs!

10.7K RUN

Kim Thomas	M35	42:08
V7		42:38
Tony Smith	M40	42:43
Bob Lane	M65	42:54
Rod Hamilton	M50	44:28
Paul Hughes	M60	44:32
Paul Odam	M50	44:38
Sandra Stockman	W45	44:40
Jim Langford	M65	45:19
Ian Carson	M60	45:24
Giovanni Puglisi	M60	45:56
John Allen	M55	45:58
V4		48:21
Ross Keane	M50	48:22
Stuart MacKinnon	M30	48:24
Hamish McLeod	M35	48:48
Jo Clarkson	W55	49:07
Sue Bourn	W45	49:51
Claire Walkley	W45	50:08
Tony Bart	M55	50:16
Brian Danby	M65	50:23
Clive Choate	M60	50:34
Karen Peace	W40	50:45
Charlie Chan	M60	50:50
Raymond Gimi	M45	50:52
V1		52:49
Wayne Taylor	M50	54:14
Brian Bennett	M65	55:03
Mike Hale	M65	55:05
Bob Schickert	M70	55:20
Mike Khan	M65	55:53
Chris Genin	M40	55:55
Gary Fisher	M60	56:41
Lorraine Lopes	W70	57:41
Richard Blurton	M60	59:43
Rochelle Airey	W40	61:50
Vic Waters	M65	62:16
Sandra Rourke	W45	62:17
Ray Attwell	M75	62:20
Irwin Barrett-Lennard	M80	63:28
Theresa Howe	W60	64:38
John Pellier	M70	65:30
Janet Jiang	W45	66:44
Frank Price	M60	70:24
Richard Danks	M70	70:32



City Rail

September 8, 2013

Directors: Mike & Linda Rhodes

The Bardon Park Effect...

It brings out the sacre bleu, or something! This isn't the first time I've snatched 'Let us pray' pictures here; and a few years ago I took Brian and Marg Bennett's wedding shots in the same location. VW



7.3K RUN

Jim Klinge	M65	32:01
Lee Holliday	M55	32:57
Tristan Bell	M45	33:13
Maurice Creagh	M65	33:28
Mark Hewitt	M60	34:22
Margaret Saunders	W55	35:04
Frank Gardiner	M60	36:11
V2		38:00
Carol Bowman	W55	38:08
Johan Hagedoorn	M65	40:15
David Carr	M80	42:16
Kylie Mahony	W45	42:22
Mike Anderson	M65	42:35
V8		43:21
Hamish McGlashan	M75	43:32
Roger Walsh	M70	45:45
Neil McRae	M60	46:36
V3		47:15
Steve Clark	M70	49:35
Delia Baldock	W50	50:21
Rebecca MacKinnon	W30	52:53
Sheila Maslen	W75	62:44
Jan Jarvis	W65	63:57
Mitch Loly	M70	66:17

10.7K WALK

Lynne Schickert	W70	84:15
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7.3K WALK

John McDonagh	M65	53:56
Paul Martin	M70	53:57
David Brown	M65	57:36
Jeni Shillington	W55	62:29
Bob Fergie	M75	62:31
Kirt Johnson	M80	62:32
Jim Barnes	M70	62:33
Lorna Lauchlan	W80	62:54

Jeff Whittam	M75	64:16
Allison Lilly	W40	65:11
Ali Menegola	W50	65:12
Rosa Wallis	W65	65:39
Ann Turner	W75	65:40
Sylvia Szabo	W30	65:50
Joan Pellier	W70	66:35
Ray Lawrence	M85	67:00
Patricia Hopkins	W70	69:54
Elaine Sillery	W80	80:02
Julie Wood	W65	80:04
Ced Turner	M75	83:52
Sofia Carson	W50	84:24

It's great to be back; now, where are my keys?





Start of City Rail, above, under the shady trees; later some of us felt the heat! The group (top right) is led by Hamish McGlashan, Kylie Mahony and Chris Genin (who, sadly, will be deserting us soon and moving to Brisbane).

Right, our lovely model Lilly Allison sold loads of World Champs shirts!

10K RUN

Bjorn Dybdahl	M60	40:56
John Allen	M55	42:16
Sandra Stockman	W45	42:35
Ian Carson	M60	42:50
Mark Dawson	M50	44:19
Hamish McLeod	M35	46:37
Akos Gyarmathy	M55	46:41
Giovanni Puglisi	M60	46:57
Charlie Chan	M60	47:18
Brian Danby	M65	47:24
Michael Lee	M60	47:29
Ross Keane	M50	47:40
Karen Peace	W40	47:46
Jennifer Williams	W65	47:56
Martin Watkins	M65	49:18
Gail James	W50	49:36
Maxine Santich	W60	49:57
Bob Schickert	M70	50:59
Richard Blurton	M60	52:12



Whiteman Park

September 1, 2013

Director: Bryan Hardy



Main Whiteman pic features Giovanni Puglisi and Hamish McLeod, with Charlie Chan; inset is Brian Danby followed by Michael Lee.

Above, nobody knows why, but Martin Watkins can't resist showing off his navel!

Julie Wilson	W60	54:01	Peggy MacIver	W65	30:46
Robin King	W50	56:48	Neil McRae	M60	31:32
Mike Hale	M65	58:19	V1		31:40
Elizabeth McFarland	W55	58:42	Delia Baldock	W50	31:49
Irwin Barrett-Lennard	M80	58:50	Julie Wood	W65	38:03
John Pellier	M70	60:05	Pierre Viala	M65	38:04
Graham Thornton	M70	60:29	Mitch Loly	M70	40:49
Brian Bennett	M65	61:03			
John Bell	M65	61:04			
Theresa Howe	W60	62:28			
Lorraine Lopes	W70	62:29			
John Byrne	M65	63:47			
Andrea Byrne	W30	71:19			

5K RUN

Jim Klinge	M65	20:55
Graeme Dahl	M60	21:25
Frank Gardiner	M60	21:41
Maurice Creagh	M65	21:47
Johan Hagedoorn	M65	24:04
Carol Bowman	W55	25:10
Roger Walsh	M70	29:22

10K WALK

Lynne Schickert	W70	74:32
Ann Turner	W75	82:51

5K WALK

Val Millard	W65	36:14
Denise Viala	W60	40:35
Jim Barnes	M70	41:40
Kirt Johnson	M80	41:41
Jeff Whittam	M75	41:42
Bob Fergie	M75	41:43
Margaret Bennett	W70	48:44
Joan Pellier	W70	48:46
Sofia Carson	W50	50:10

A BURST of sunshine in between days of seemingly endless rain greeted the Dash runners this year which meant the course was still hazardous but not quite impassable.

Twelve hours earlier I thought I might have to abandon the course or else hand out flippers at the start. I did have to shorten the turn a few metres though. The local bakery had even closed down (although they do have a nice coffee shop now) and so we had to go further afield to supply our traditional morning tea fare. Thanks again to Jacqui and Vic Beaumont for their sterling job in the tea-rooms and all those that helped – it was greatly enjoyed by all.

Well done to everyone who made it up the hill and back or even twice and I hope you managed to enjoy the scenery on the way. We couldn't hold this event however, without some very dedicated helpers – thanks to Irwin and Berwine Barrett-Lennard, Richard Blurton, Kerriann Bresser, Ray Hall, Dennis and Sandra Hughes, John Mack and Milton Mavrick.

Dick Horsley Trophy



Karen takes home the trophy, again. Presentation by Paul Hughes, left and Val Millard.

WE had great number of competitors for the Dick Horsley Trophy this year- but once again the amazing Peter and Karen March were the champions and they just seem to get faster. Congratulations everyone.

Time: Short & Long Run:
1:32:14 Karen & Peter March
1:46:57 Colin Shaw & Robin King
1:50:33 Akos Gyarmathy & Elizabeth McFarland
1:55:12 Rebecca & Stuart MacKinnon
2:04:27 Greg & Julie Wilson
2:17:01 Margaret & Brian Bennett
2:18:03 Lynne & Bob Schickert

Darlington Dash

September 15, 2013

Director: Delia Baldock

14K RUN

Bjorn Dybdahl	M60	58:50
Ian Carson	M60	60:07
Peter March	M50	60:11
John Allen	M55	60:28
Bob Lane	M65	60:54
Mickey Muroi	M55	61:18
Ross Keane	M50	61:57
Sandra Stockman	W45	62:44
Giovanni Puglisi	M60	63:15
Stuart MacKinnon	M30	65:56
Brian Danby	M65	67:24
Tristan Bell	M45	67:25
Hamish McLeod	M35	69:46
V1		69:56
Charlie Chan	M60	70:00
Frank Gardiner	M60	70:46
Gail James	W50	71:13
Robin King	W50	73:39
Brian Bennett	M65	74:54
Bob Schickert	M70	76:48
Elizabeth McFarland	W55	77:49
Julie Wilson	W60	78:55
V6		81:48
John Talbot	M65	86:29
V8		97:06

7K RUN

V5		29:26
Karen March	W50	32:03
V4		32:25
Maurice Creagh	M65	32:35
Akos Gyarmathy	M55	32:44
Sue Bourn	W45	33:16
Colin Shaw	M50	33:18
Mark Hewitt	M60	34:11
Ivan Brown	M65	34:33
Johan Hagedoorn	M65	36:37
Carol Bowman	W55	36:49
Sandra Rourke	W45	38:58
Lorraine Lopes	W70	41:30
Kylie Mahony	W45	41:35
John Pellier	M70	42:36
Theresa Howe	W60	42:47
Merv Jones	M70	44:43
V2		45:06
Greg Wilson	M65	45:32
Steve Clark	M70	46:18
V7		48:24
Brian Smith	M70	49:02
Rebecca MacKinnon	W30	49:16
Val Millard	W65	50:15
V3		55:01
Lynne Schickert	W70	61:15
Margaret Bennett	W70	61:16

14K WALK

Peter Ryan	M60	2:07:07
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7K WALK

Kirt Johnson	M80	59:39
Lorna Lauchlan	W80	59:40
Bob Fergie	M75	59:41
Jim Barnes	M70	59:42
Sofia Carson	W50	76:54
Denise Viala	W60	76:55
Ann Turner	W75	76:56

● More pictures – back page.



Good thinking, Milton; that's the way to slow the traffic – fetch a mate with a pitchfork!



Director Delia's announcement: "and now, on my right, my lovely assistant will demonstrate how to eat a sandwich."

No, Hamish. You can't catch her by flying. Or, did you fall in the stream – just drying the shirt?



Looking for fresh motivation?

OKAY, by now all the big winter runs are done and dusted for the year and if you are also a track and field athlete this season has yet to get fully going so you are left in this 'in-between' zone.

Sometimes this leaves you lacking motivation and focus in your running.

I certainly feel this way after winter and have decided to make two changes for this period of the year. Maybe you could take something from these?

Melbourne Half

Firstly, I entered the Melbourne half-marathon (marathon too far for me!) in October which I've never done before. This will be a different experience and has kept me running three to four times a week regularly. I have to do this because I need to stay fit enough to go the distance.

Other events such as the Fremantle half marathon, Rottneest marathon and the Masters Oceania championship in Bendigo Victoria could be options for you – and they also come up in the next couple of months.

Secondly, I have decided to back off.

I have also dropped my 'energy-intensive' Tuesday speed/ interval session for a while and am deliberately running more slowly in general.

I have been setting out to enjoy my runs more and also, sometimes, leave that satellite watch in the drawer.

Making the enjoyment and not the time, the prime motivator has me running more relaxed.

I feel enthusiastic about my running for the week again. I am less tired after each run, so have been recovering more quickly for the next run.

Training is not shaping up as a chore and my motivation issues have flown out the door!

Happy running!

Ross

Training Tips



with
ROSS KEANE



Not everyone chooses to dash down the Darlington track! Jim Barnes and Kirt Johnson lead Lorna Lauchlan and Bob Fergie (above, left) while Brian Bennett is dashing as ever (above). Below, one of our newer members, Stuart MacKinnon.



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

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 MacIver, Mali Hodges, Sylvia Szabo (1027), Kem Hassam, Maria & Pieter De Klerk

20 OCTOBER – GWELUP LAKE
Race Director: Richard Danks – 9355 1570

Ray Lawrence, Roger Walsh, Paul Ankers, Geoff Bailey, Bert & Bridget Carse, John Fisher, Patricia Hopkins, Jim Klinge, Bob Lane, Ross Langford, Genevieve & Jochen Schreyvogel, David Scott, Renee Byatt, Irene Ferris

27 OCTOBER – CLIFF BOULD TROPHY
Race Director: Ivan Brown
– 9384 8582

Bob Fergie, Morris & Margaret Warren, Sue Bourn, Raymond Gimi, Mary Heppell, Alan James, Julia Mackay-Koelen, Rebecca & Stuart MacKinnon, Peter Sullivan, Mark Dawson, Kem Hassan

3 NOVEMBER – BIBRA LAKE
Race Directors: Paul & Tanya Burke – 6460 6423

Rochelle Airey, Maree Brown, Regina Crouch, Aldo and Dante Giacomini, Paul Odam, Sylvia Szabo (1027), Sally Floyd

10 NOVEMBER – KALAMUNDA RAILWAY
Race Directors: Bridget & Bert Carse – 9293 4934

Paul Ankers, Richard & Barbara Blurton, Kerriann Bresser, Peter Cunningham, Bjorn Dybdahl, Debbie Wolfenden, Bob Lane, Christine & John Oldfield, Sean Keane, Sarah Ladwig, John Talbot, Margaret Langford



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