

Vetr^{un}

DECEMBER 2013
No. 476



The magazine of Masters Athletics WA



New Year brings a new Vetr^{un}

FEWER results, more features – that's the future style for Vetr^{un}.

You will receive it only six times a year, but some editions will carry more pages. Detailed results will only go onto the website, but the magazine will not ignore Sunday events, and notable track and field happenings.

Vetr^{un} will summarise Sunday and T&F highlights, and carry advance descriptions of Sunday courses.

Your own contributions will be welcomed, as ever.

Let us have your ideas on all aspects of the club, and participation in 'non-club' competition. Other members would like to hear about your training groups, too.

Marathoners

Next month I'll reveal Brian Danby's 20-year Rottneest obsession; and talk to Ironclads, Brian Bennett and Shirley Bell; and maybe Milton Mavrick will tell us about his obstacle-course half-marathon?

Regular features will include relevant medical and fitness topics. Rely on John Bell to glean gems from the world's media! Member profiles are on the cards too, with Joan Pellier expanding the interview series she began with her own club history.

So, with a lump in the eye and a tear in the throat, it's goodbye to 476 results-driven Vetr^{uns}. Will you keep reading it? Let us know!

We summoned some ghosts of Christmas Past – well, 2010 – just to remind you of the dress code for this weekend's Gift Run. Bring a low-cost pressie for the tree, and enjoy an extremely non-serious run/walk/stagger!

40th Birthday Party for our club in February

MAWA is 40 years young in 2014, and to mark the occasion there will be a celebration after the McCallum Lakes event on February 9.

All members are invited, and we would love to see Track and Field runners there too. Take this opportunity to chat to Life Members and past Presidents about how the club evolved!

Also, Christine Oldfield will be promoting and selling copies of her new book on the history of the club, which is being published to coincide with the 40th anniversary. (See page 2, this edition.)

Formalities will start after the run, at 8.15, followed by refreshments and birthday cake.

Richard Blurton

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State Championships 2014

ONLINE entry and paper forms will be available from mid January. An information sheet will be issued with the entry form.

Please read this carefully! That's very important because there are major changes in the programme from previous years.

Yokine Reserve Boxing Day – 6pm

TRADITIONAL seasonal do-as-you-like event on the path circuit. In days of yore the Deadly Medley was staged here; more recently, the 6-Hour Relay. Barrie Thomsett used to preside, and a bbq followed.

Alderbury Park Run – CC 8km/4km Walk – road 6km/4km W December 29

WALKERS use the well-trod inner-road circuit; runners take to the grass, starting near the hockey club rooms. Watch for cones and tapes alongside the lake, where potholes lurk.

East Perth Handicap 7km H/ 4km/7km W January 5

RECENT alterations to this long established event reflect the rapid changes to our city. It used to be 4 and 7kms return (as shown in the old programme) but the giant development adjacent to the Albany Highway meant that our preferred path was covered by concrete.

However, everyone now has a choice of 5km or 6.5km. For runners the latter is a handicap.

East Perth remains short and reasonably sweet. Except for grass at the McCallum Park start and finish, and a small section of quiet road, the course is on well-surfaced mixed use paths.

After crossing the Causeway, go under Albany Highway and upstream along the river bank to the drink station at the 5km turnaround are reached. Those going on in the 6.5km have to climb the Nile Street hill, which is steep. From the top a pleasant stretch leads back down to the river bank and from the 5km turn point your return is a reverse of the outward course.

Until recent times we started south of Taylor Street, which meant at least three crossings of the cycle paths. No problem when we had the river bank to ourselves and the few cyclists sedately rode sit-up and beg machines! *John Smith*

EVERY two months *Vetrun* will bring you some pointers to coming events. Knowing the kind of run/walk you can expect could help you plan your own programme of competition. Directors – please let us have descriptions in good time for the next – end of February – *Vetrun*.

Point Walter 11km/6.2km January 12

EVERYONE takes the bike path from start to Troy Park and returns. But about 500m before the start/finish, long event runners will be directed to an uphill brick path, leading to Blackwall Reach. Return down same brick path then turn left to finish. Watch for bikes on winding section after crossing Pt Walter Road.

Age Graded Handicaps 8km R/5km W January 19

THIS event is the one time in the year when the older you are the better your chances. Starting at McCallum Park competitors depart in descending age order crossing to the riverside path heading upstream. Go under the Causeway, past the Burswood outdoor movies and around the back of the Marathon Club.

The turn at 2.5km for the walkers in the 5km handicap, and 5km non-handicap runners, is alongside Burswood Golf Club.

Handicap runners continue on, across the Windan Bridge. On the far side turn under the bridge and continue upstream about 400m to the 4km turn. Then retrace the route to McCallum Park.

Gillian Young

Ashfield 10km/5km January 26

OUT and back 5km or 10km starts in Cloughton Reserve, Ashfield. Runners start on the grass, walkers start in the car park, with about 100m to traverse before joining the bike path which leads all

under the Tonkin Highway. Keep the river on your left until the turnaround point.

Head behind the houses in Bayswater before coming to Memorial Drive, where you turn left, downhill to the roundabout, then back onto the bike path through the Bayswater Riverside Gardens. Watch out for off-lead dogs here.

Prior to reaching the rowing sheds is the first drink station and the turnaround point for the 5km event. A marshal will direct those doing another 5km across the road and onto the footpath leading under the Garratt Road Bridge. Enjoy the birdlife through the Baigup Wetlands before bracing yourself for the toughest section of the course – a rather steep hill leading up to Swanview Terrace. Once up there, you'll be rewarded with a flat, then downhill section to Tranby House. No need to stop for tea and scones in the tearooms as a drink will be waiting for you under the shady trees beyond. Don't stay there too long as the mosquitoes are ferocious. Turn around and head back home from here. It is always very warm at this time of year, and with sections of the run providing no shelter from the elements, especially the dreaded hill, take care to hydrate well before, during and after the event. Reward yourself with a pie and pav for Australia Day! *Sandra*

McCallum Lakes 8.4km/4.2km February 9

THE new bike path, separate from the pedestrian path, and the bigger car park at the bottom of Ellam Street makes it safer to cross Ellam Street nearer the river.

Start is in Taylor Reserve, opposite Garland Street. Run on grass directly towards the river, cross over bike path (with care) and turn left on

to pedestrian path towards Douglas Street.

At Douglas Street turn left on path and proceed for about 100m, then turn left, with lake on your left, veer left over first bridge then right over second bridge and left at end of second bridge.

Continue on the path to car park access at bottom of Hurlingham Street and turn left back to river pedestrian path, taking care crossing bike path. Turn right on to pedestrian path; return is reverse of outward route.

Bob

Friendship 11km/5.6km February 2

START on grass near intersection of Saw Avenue and May Drive in Kings Park. A clockwise circuit of footpaths next to May Drive, Lovekin Drive and back to May Drive. TAKE CARE AT ROAD CROSSINGS.

Woodman Point Handicap 5km H/ 10km February 16

THIS event is a 5km handicap run (1 lap) with the options of a 5km non-handicap and a 10km (2-lap) run.

The walkers also have a choice – over 5km or 10km. All distances are along smooth bitumen paths with gentle undulations and plenty of ocean views. The course is a quick one with lots of variation. For 2014 it has been altered slightly, eliminating an access road-crossing to the newly-finished surf club. As this is a February event, and potentially hot, there is the useful option of an after-run ocean swim for a cool down if needed. There's also a nice shady area at the start/finish line, great for breakfast. So bring your bathers and enjoy the beautiful water and facilities at Woodman Point.

Pete and Karen

Piney Lakes 8km/4km February 23

CIRCUIT of park on paths, from near Murdoch Drive to near Leach Highway and return making 4km.

Anniversary Book – marks MAWA's 40th birthday

You write ... Have caravan, need park!

Hello Vic
I hope someone can help,
because we are in need of a
home for our 12-foot
caravan!

It is currently sitting on
the driveway at David's
brother's house in
Mandurah – but
unfortunately he has just
sold his house.

So we are in dire need of
a new home for the van and
wondered if it were possible
to make a short appeal in
the *Vetrun*?

We live in Leederville,
and space is at a premium!

Regards, Jo Richardson

New members – Welcome!

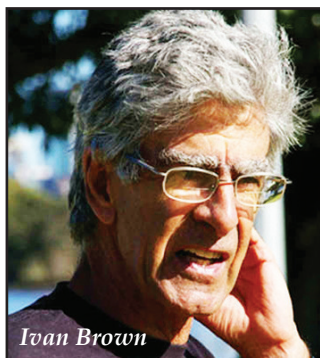
1223 ANDERSON: Chris M45
1224 LANE: Jeremy M35
1225 KELLY: Matthew M30
1226 ADAMS: David M35
1227 CHILCOTT: Steve M30
1228 LIMONAS: Lisa W40

... now, tell us your story

**NEW members – this is your
mission, if you care to accept
it.**

Long-time member Ivan
Brown suggests all new-
comers to the club send me a
brief note about themselves,
by way of introduction. We
know how old you are; how
about telling us how you
found out about Masters
– your running/walking
history – and maybe your first
targets with the club?

Over to you! **VW**



Ivan Brown

THE book you've all been waiting for is all but
finished and will be launched at the special
birthday run on Sunday February 9 at McCallum
Park, the venue once known as 'Club HQ'.

I have spent more
than two years delving
into MAWA's past and
my main difficulty has
been condensing all the
gathered information into
a sensibly-sized book.

The resulting 168 pages
in eleven chapters cover all
aspects of the club over the
forty years of its existence
– with many quotes and
anecdotes to amuse you.

There are also thumbnail
photographs of founders, first
year members, life members,
over 80s, presidents, world
record breakers and other
movers and shakers who
have significantly contributed
to club development.

Thanks to a contribution
from Lotterywest the cost has

been kept very low – just \$15.
Even better, there is an 'Early
Bird' price of \$10 for anyone
who orders and pays cash by
Sunday February 2.

You can elect to pick up
your copy at the special run,
pay \$2.50 to have it posted
to you or arrange to collect
it at some other time. And it
will still be a great buy at \$15
after February 2. You could be
mentioned – read it and find
out.

And if you know of any
former members who may
be interested in buying a
copy, please pass on the
information.

To order, see me, Christine
Oldfield or make contact on
0434 191 611 or at oldfield.jc@
gmail.com

Saturday Park-Runs draw more Masters

MAWA members are taking to the 5km Park-Runs in
increasing numbers. They have the choice of running
at Claisebrook Cove, Canning River, Aveley or
Rockingham each Saturday morning at 8am.

First-timers I noticed in
the past month include life
members Merv Jones and
Graham Thornton, plus W75
Sheila Maslen. Sheila now
proudly holds the W75 club
best, which she took from
Jacqui Beaumont!

Every week there seems to
be a new club-best set by one
of the 40 or so members that
now take part. In addition,
many of the age-group
records for these events are
held by our club-mates.

New one

On January 11 another Park-
Run makes a Perth debut, at
Pioneer Park, Gosnells. With
Bunbury and Kalgoorlie and
this makes seven in WA. Why
not give it a try? Stop me on
a Sunday and I'll tell you
all about this latest running
phenomenon.

John Oldfield



*Sheila Maslen has lifted
Jacqui Beaumont's W75 best-
time.*

In My View ...



by the Editor

70 is the spur

STOPPING John Oldfield on
a Sunday (see the Park-Run
story) might be easier said
than done. He hammered
in at the finish of Canning
Caper's 10km handicap last
Sunday at such a rate that I
was forced to quiz him.

Just the day before he'd set
the Park-Run M70 best time,
and was obviously still on a
high.

Apparently, turning 70
is spurring him. He and
Christine have set themselves
a target, of grabbing the M70
and W65 bests at every Park-
Run.

John has form in this. On
reaching 65 he set new life-
time PBs in all his events,
bar the 10km. Presently he's
good for 47 minutes 10km on
the track, and in the heat last
Sunday managed 49:47.

I imagine all the long-
distance training put in during
the UK sojourn this year hasn't
done him any harm, even
though he's now decided that
ultras are not his forté.

Mates on the move

MEMBERSHIP levels ebb
and flow every year but it's
always sad when established
characters depart the ranks.
This month we say goodbye
to Bruce Mathieson, the
cheery kiwi, and to Chris
Genin, who's not bad for a
pom.

Bruce has grandchildren
over in Victoria and he wants
to spend time with them
while he can still run and kick
a ball.

Chris has been promoted to
his company's top spot, in
Brisbane, and moved this
month with Niamh, young
Sean, and (expected soon,
Molly, probably!).

He is still responsible for
the Perth office though, so we
may see him some Sundays.
All the best, boys.

Perry Lakes

November 24, 2013

Director: John Bell

10.8K RUN

Tony Smith	M40	44:31
Ian Carson	M60	45:17
Mark Dawson	M50	49:48
Stuart MacKinnon	M30	50:37
Jo Clarkson	W55	51:08
Ross Keane	M50	52:38
Akos Gyarmathy	M55	53:10
Raymond Gimi	M45	55:56
Milton Mavrick	M60	57:14
Mike Hale	M65	57:38
John Oldfield	M70	57:45
V1		58:42



Bruce Mathieson will be sorely missed, but takes our warm wishes on his move to be with family in Mildura, Victoria.

Bruce Mathieson	M65	59:20
Richard Blurton	M60	60:00
Brian Bennett	M65	60:09
Elizabeth McFarland	W55	60:17
Vic Waters	M65	60:41
V8		61:49
Graham Thornton	M70	63:23
Bob Schickert	M70	65:08
Rochelle Airey	W40	65:29
Irwin Barrett-Lennard	M80	65:34
John Fisher	M50	68:05
John Byrne	M65	68:27
John Talbot	M65	68:40
David Carr	M80	70:03
Theresa Howe	W60	70:48
Kirstin McGregor	W45	71:17
Andrea Byrne	W30	73:20

7.2K RUN

Paul Hughes	M60	30:42
Paul Odam	M50	30:45
Rod Hamilton	M50	30:48
V9		34:34
David Baird	M70	35:18
Karen Peace	W40	35:58
Brian Danby	M65	37:15
Maree Brown	W45	38:25
V2		38:51
Anne Jones	W60	40:23
Dave Roberts	M70	40:24
V5		41:34
Mali Hodges	W50	42:40
V4		43:01
Kylie Mahony	W45	43:11
Merv Jones	M70	46:09
Mark Sivyer	M65	47:16



My favourite pic of director John Bell

Jackie Halberg	W65	47:38
Sarah Ladwig	W60	48:31
Ali Menegola	W50	48:55
Irene Ferris	W60	49:01
Paul Martin	M70	50:28
Melissa Hynds	W35	56:16
Sheila Maslen	W75	63:44

3.6K RUN

V6		16:04
Margaret Saunders	W55	17:15
Maxine Santich	W60	17:43
Ivan Brown	M65	17:57
Dante Giacomini	M45	18:08
Carol Bowman	W55	18:52
V3		19:42
Ray Attwell	M75	21:36
Nick Miletic	M60	22:58
John Pellier	M70	23:40
Neil McRae	M60	24:28
Christine Oldfield	W65	24:30
Aldo Giacomini	M75	24:51
Delia Baldock	W50	25:00
V		25:17
Rebecca MacKinnon	W30	25:18
Allison Lilly	W40	28:28
Vic Beaumont	M80	30:27
Jan Jarvis	W65	32:13
Cecil Walkley	M80	33:44

6K WALK

Marie Fitzsimons	W45	39:51
John McDonagh	M65	45:57
Ray Hall	M75	47:58
Lynne Schickert	W70	49:24
Jim Barnes	M70	49:25
Bob Fergie	M75	51:55
Kirt Johnson	M80	51:56
Denise Viala	W60	52:05
Lorna Lauchlan	W80	52:45
Alan Jennings	M70	53:39

4K WALK

Val Millard	W65	30:01
John Smith	M75	31:19
Michele Mison	W65	33:50
V7		35:35
Joan Pellier	W70	35:36
Ray Lawrence	M85	37:56
Elaine Sillery	W80	38:48
Phyllis Farrell	W65	44:52
Rosa Wallis	W65	45:05
Leo Hassam	M80	45:06

2K WALK

Gail Castensen	W60	19:15
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Mosman Park

December 1, 2013

Director: Paul Hughes

IT WAS our first 7am run for the year and only a couple of members forgot to check the programme for the early start.

Conditions were cooler than previous years but the humidity was still high and fortunately, or unfortunately, depending on your love of hills, the course is still hilly, testing and enjoyable and not a PB.

All runners and walkers enjoyed the course and I appreciated members' compliments on the organisation of the run and for that a special thanks are due to my helpers. They are: Paul Martin, Dick Blom, David Roberts, Tony Bart, John Brambley, Charlie and Lee Chan, Trish Lopes, Akos Gyarmathy, Elizabeth McFarland, Shelia Maslen, Ante Perdija.

See you all next year.

Paul Hughes

10.5K RUN

V12		43:24
Tony Smith	M40	43:56
Ian Carson	M60	44:18
John Allen	M55	46:52
Grahak Cunningham	M35	48:14
Ross Keane	M50	48:25
Bjorn Dybdahl	M60	48:44
Stuart MacKinnon	M30	48:58
Mark Dawson	M50	49:10
V6		49:28
Jim Klinge	M65	50:33
V5		51:59
Frank Gardiner	M60	55:36
Milton Mavrick	M55	57:18
Steve Cook	M35	57:51
Jackson Wong	M45	59:01
Bruce Mathieson	M65	59:26
V3		60:09
V2		60:34
V4		60:35
Bob Schickert	M70	62:32
Peter Bath	M70	64:09
Mark Sivyer	M65	66:13
John Talbot	M65	66:37
David Carr	M80	67:29
Andrea Byrne	W30	67:59
John Byrne	M65	68:37
Theresa Howe	W60	68:50
John Oldfield	M65	69:07
Mike Hale	M65	72:11
Irene Ferris	W60	74:32



Irene Ferris is running regularly with MAWA again – and looks like she's enjoying it.

Canning Caper

December 15, 2013

Director: Keith Atkinson

KEITH had a wealth of helpers – perhaps it was easier than running – but they did a fine job, especially at the water-station. Thanks to you all. Compiler Lorraine Lopes and handicapper Richard Danks earn especial praise for producing the results so quickly, and helping have the *Vetrun* up-to-date and in your hands as soon as possible. Pictures from the Canning Caper are on page 8. VW

10K RUN



Handicap winner Greg Wilson

10K RUN

	Time	H'cap	Actual
Greg Wilson	M65 65:26	4:10	61:16
Jackson Wong	M45 65:31	19:02	46:29
Nick Miletic	M60 66:17	7:57	58:20
Milton Mavrick	M60 66:23	17:12	49:11
Liz Neville	W60 66:37	11:31	55:06
Mike Hale	M65 67:26	16:37	50:49
Irene Ferris	W60 67:32	0:00	67:32
Stuart MacKinnon	M30 67:42	22:11	45:31
Peter Bath	M70 68:06	9:49	58:17
Eamonn McNulty	M55 68:25	11:10	57:15
Akos Gyarmathy	M55 68:26	20:02	48:24
Rochelle Airey	W40 68:28	10:48	57:40
Elizabeth McFarland	W55 68:38	13:12	55:26
Merv Jones	M70 68:52	3:42	65:10
Graham Thornton	M70 68:56	11:20	57:36
Irwin Barrett-Lennard	M80 69:04	8:41	60:23
Tony Smith	M40 69:06	27:31	41:35
Mark Dawson	M50 69:25	22:52	46:33
Janet Jiang	W45 70:50	5:01	65:49
John Pellier	M70 76:23	8:35	67:48
Bob Fawcett	M60 80:56	0:00	80:56
Kim Thomas	M35 81:06	28:28	52:38
Carolyn Fawcett	W60 83:42	0:00	83:42
Frank Price	M60 84:24	8:15	76:09
Did not compete in handicap:			
John Oldfield	M70 63:31	13:44	49:47
Adrian Kenny	M40 65:44	13:00	52:44
V3	40:59		
V5	83:44	28:28	55:16

6K RUN

Paul Hughes	M60	24:38
Bjorn Dybdahl	M60	25:02



Clockwise, from above: Determined uphill walker Lynne Schickert ahead of Ray Hall; history book writer Christine Oldfield; Pierre Viala and Joan Pellier; Melissa Hynds; Stuart Mackinnon; and Mali Hodges.



5.25K RUN

V1	23:57	V8	36:55
Prabuddha Nicol	M55 23:59	Neil McRae	M60 37:12
V11	25:09	Rebecca MacKinnon	W30 37:34
Jeff Bremner	M50 25:38	Melissa Hynds	W35 37:35
Graeme Dahl	M60 25:54	Ali Menegola	W50 39:20
Ivan Brown	M65 26:03	Allison Lilly	W40 39:22
Margaret Saunders	W55 26:46	Christine Oldfield	W65 40:18
Mark Hewitt	M60 27:07	Aldo Giacomini	M75 45:26
Maree Brown	W45 27:18	Joan Pellier	W70 45:44
Carol Bowman	W55 28:04	Pierre Viala	M65 45:45
V7	29:05	5.25K WALK	
Eamonn McNulty	M55 29:31	Elaine Dance	W60 41:01
Sally Floyd	W45 29:33	Peter Hopper	M65 41:48
Lorraine Lopes	W70 29:50	Lynne Schickert	W70 41:49
Rochelle Airey	W40 30:34	Ray Hall	M80 41:50
Irwin Barrett-Lennard	M80 31:02	John Smith	M75 42:48
Mali Hodges	W50 31:27	Michele Mison	W65 44:58
Kirstin McGregor	W45 31:51	V10	47:02
Mike Anderson	M65 32:05	Jim Barnes	M70 47:04
Merv Jones	M70 32:59	Kirt Johnson	M80 48:43
Gillian Young	W65 33:00	Bob Fergie	M75 48:45
Hamish McGlashan	M75 33:01	Elaine Sillery	W80 50:34
Roger Walsh	M70 33:12	Rosa Wallis	W65 53:30
V9	33:18	Pat Ainsworth	W75 53:31
Sarah Ladwig	W60 33:24	Noela Medcalf	W75 55:21
Janet Jiang	W45 35:20	Patricia Hopkins	W70 55:22
John Pellier	M70 35:38	Sofia Carson	W50 58:05

IT'S always a pleasure to welcome the runners, walkers and spectators of MAWA to our annual Garvey Lakes outing. The run is mixed terrain, using the varied features of Garvey Park – grass, lakeside limestone trails, woodland, rickety bridges and the cycle path along the beautiful River Swan. A special course is provided for walkers using the firm cycle path only.

This year Garvey turned on its best for us. The weather was pleasantly cool at 7am, with just the lightest of breezes. Almost 100 finely-tuned athletes toed the two separate start lines and most seemed to enjoy their morning exercise.

Canning Caper continues

Chris Frampton	M45	25:07
V1		26:29
Ross Keane	M50	27:05
Sue Bourn	W45	27:45
Jeff Bremner	M50	28:39
Colin Smith	M50	29:45
Mark Hewitt	M60	30:13
Maree Brown	W45	30:38
Maxine Santich	W60	31:19
Vic Waters	M65	31:20
Carol Bowman	W55	31:33
Johan Hagedoorn	M70	31:40
Bob Schickert	M70	32:46
Sally Floyd	W45	33:09
Julie Wilson	W60	33:23
Kylie Mahony	W45	34:59
Mike Anderson	M65	35:25
Theresa Howe	W60	35:28
Sandra Rourke	W45	35:37
Monique Thomas	W35	36:50
V2		39:11
Jackie Halberg	W65	39:28
Christine Oldfield	W65	40:48
V4		40:54
Andrea Byrne	W30	40:57
Ali Menegola	W50	42:31
Steve Clark	M70	42:43
Neil McRae	M60	45:55
Marg Forden	W70	46:28
Sheila Maslen	W75	51:17

10K WALK

Peter Ryan	M60	80:50
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6K WALK

Marie Fitzsimons	W45	36:32
John McDonagh	M65	43:58
Lynne Schickert	W70	47:25
John Smith	M75	47:55
Delia Baldock	W50	48:02
Ray Hall	M80	48:04
Jim Barnes	M70	50:48
Rosa Wallis	W70	52:15
Lorna Lauchlan	W80	53:17
Bob Fergie	M75	53:19
Kirt Johnson	M80	53:21
Bob Neville	M80	53:26
Jeff Whittam	M75	53:45
Gail Castensen	W60	57:29
Elaine Sillery	W80	57:30
Lee Chan	W55	59:52
Charlie Chan	M60	60:29
Sylvia Szabo	W30	61:04
Sylvia Szabo	W55	61:05
Ann Turner	W75	68:30
Joan Pellier	W70	68:31

Garvey Lakes

December 8, 2013

Directors: Christine & John Oldfield

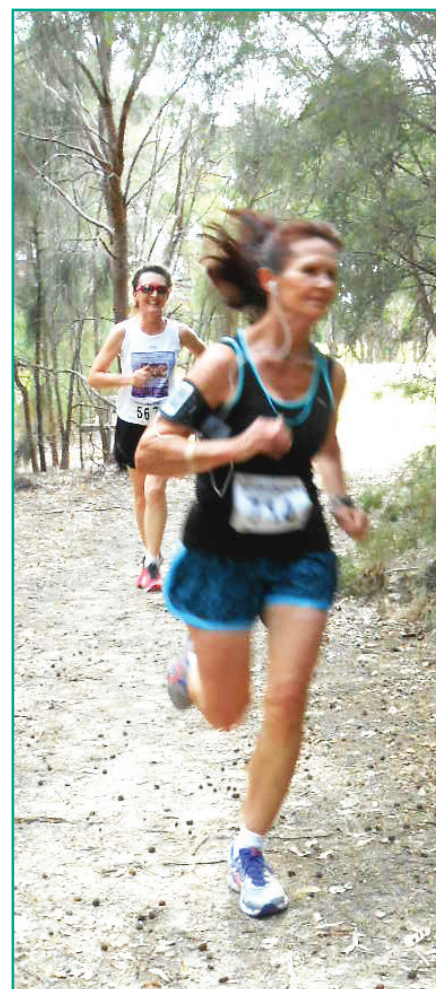
Post-event relaxation was a two-centre affair; there was the usual social interaction around the picnic sites as we all caught up with friends for a weekly chat. Many others took advantage of the kiosk overlooking the river for a leisurely coffee and breakfast.

We were, as always, superbly supported by an enthusiastic and smiling band of volunteers. They received warm thanks from many runners and walkers, to which we add our gratitude. We hope to see you all again next year.

Jo & CO

10.5 RUN

Kim Thomas	M35	40:35
Tony Smith	M40	41:44
V12		42:17
Ian Carson	M60	42:33
John Allen	M55	45:44
Hamish McLeod	M35	47:01
Mark Dawson	M50	47:24
Ross Keane	M50	47:30
Stuart MacKinnon	M30	47:32
Sue Bourn	W45	50:04
Claire Walkley	W45	53:44
Mike Hale	M65	54:56
Mike Khan	M65	55:36
Frank Gardiner	M60	55:39
Sean Keane	M45	55:44
V9		55:54
Bob Schickert	M70	58:22
John Fisher	M50	58:23
Bruce Mathieson	M65	58:49
Graham Thornton	M70	60:35
Irwin Barrett-Lennard	M80	61:19
Peter Bath	M70	62:35
Mark Sivyer	M65	62:55
John Talbot	M65	63:23
David Carr	M80	63:27
Theresa Howe	W60	64:42
John Byrne	M65	67:37
Janet Jiang	W45	68:02
Irene Ferris	W60	70:39



It's the Flying Nurse! Carol Bowman, captured by John Oldfield, who took all the Garvey pics, once he got the hang of the club camera. Below, Nick Miletic leads.

7K RUN

V6		25:11
Paul Odam	M50	28:56
Paul Hughes	M60	28:59
Jim Klinge	M65	30:47
David Adams	M35	31:35
V5		31:46
Mark Hewitt	M60	33:38
Brian Danby	M65	33:58
Ivan Brown	M65	34:03
Dante Giacomini	M45	34:53



Bob Fergie and Kirt Johnson



3.5K RUN

Margaret Saunders	W55	16:03
Carol Bowman	W55	17:53
Dave Roberts	M70	17:59
Mike Anderson	M65	19:58
Neil McRae	M60	20:23
Nick Miletic	M60	20:54
V1		20:54
V10		20:56
Delia Baldock	W50	21:56
Graeme Dahl	M60	22:34
Aldo Giacomini	M75	23:56
Kevin Hynds	M45	25:37
Carolyn Fawcett	W60	26:45
Vic Beaumont	M80	29:21
Cecil Walkley	M80	32:47

6K WALK

Marie Fitzsimons	W45	36:07
John McDonagh	M65	46:09
Lynne Schickert	W70	46:20
Ray Hall	M80	49:22
Bob Fergie	M75	52:22
Kirt Johnson	M80	52:23
V7		52:25
Jim Barnes	M70	53:38

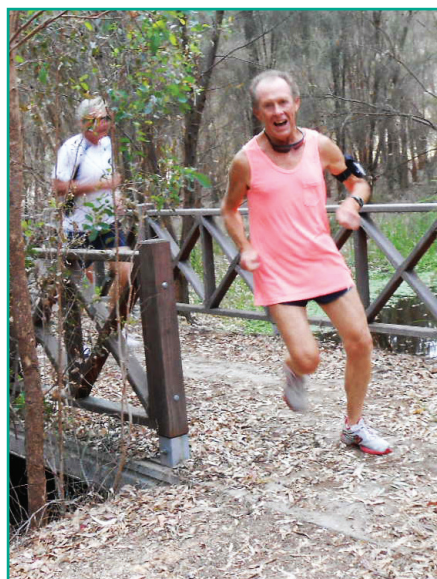
Ann Turner	W75	57:27
Joan Pellier	W70	57:28
V4		57:53
V3		57:55
Sylvia Szabo	W30	60:21
Sylvia Szabo	W55	60:23

4K WALK

Bob Neville	M80	37:33
Ray Lawrence	M85	39:31
Sofia Carson	W50	41:04
Gail Castensen	W60	41:43
Julie Wood	W65	41:43
Leo Hassam	M80	43:49



Very new member – David Adams



Far left, and in the pink? Your editor.

Veteran of the UK Great North Run, Mike Khan



Paul Odam leads the Pres., Paul Hughes

Below, keep in step please Melissa!

7K CONTINUES

V13		35:30
Johan Hagedoorn	M70	37:02
V11		37:33
Vic Waters	M65	37:41
Liz Neville	W60	38:09
Kem Hassan	M40	39:03
Julie Wilson	W60	39:53
Ray Attwell	M75	40:53
V8		41:24
Sarah Ladwig	W60	43:02
John Pellier	M70	43:38
Merv Jones	M70	43:41
Jackie Halberg	W65	43:51
Paul Martin	M70	43:56
V2		43:58
Andrea Byrne	W30	44:03
Steve Clark	M70	48:06
Melissa Hynds	W35	50:33
Rebecca MacKinnon	W30	52:17
Bob Fawcett	M60	52:19



Helpers and Events

Shape of lists to come!

FROM now on you will have two-months' helpers' lists to peruse in each *Vetrun*. Check them carefully and if your name is here, contact your race director in good time. ALSO – note the events that need MORE HELPERS. Volunteer if you can, and do it early.

29 DECEMBER – ALDERBURY PARK CROSS COUNTRY

Race Director: Wayne Taylor – 0415 863 871

Stan Lockwood, Frank Smith, Richard Danks, Peter Hopper, Theresa Howe, Arnold Jenkins, Anne Jones, Mark Rosen, Bruce Wilson, Ross Keane, Peter Ryan, Eamonn McNulty

5 JANUARY – EAST PERTH

Race Director: John Smith – 0421 216 569

Stan Lockwood, Dalton Moffett, David Brown, Frank Gardiner, Ralph Henderson, Mark Rosen, Jackie Halberg, Sanja Kolonic, Mike and Paula Karra, Frank Price, Brian Danby

12 JANUARY – PT WALTER

Race Director: Dave Roberts – 9472 8636

Berwine Barrett-Lennard, David Brown, Chris Coates, Gary Fisher, Toni Frank, Paul Hughes, Alan James, Monique Fountain

Traffic Controllers: Wayne Taylor and Paul Martin

19 JANUARY – AGE GRADED HANDICAPS

Race Directors: Gillian Young – 9295 1754/Mark Sivoyer - 95721895

Steve Clark, Peter Cunningham, Bob and Carolyn Fawcett, Rod Hamilton, Linda and Mike Rhodes, Jeni Shillington, Kim and Monique Thomas, Neil Milligan, Kate Sommerville

26 JANUARY – ASHFIELD

Race Directors: Sandra Stockman – 9375 5294

Dalton Moffett, Renee Byatt, Ange Hayward, Chris Koeman, Norm & Pat Miller, Bronwyn & Brian Smith, Tony Smith (1109), Ann & Ced Turner, Kirt Johnson, Lee Gray, Ginny Mulvey, Lisa Searle

2 FEBRUARY – FRIENDSHIP

Race Director: Brett Roach – 0406 422 378

Jim Barnes, John and Joan Pellier, Lui Cecotti, Steve Clark, Jim and Trisha Farr, Anne Jones, Paul Odam, Janet and Michael Walter, Mark Dawson, Monique Fountain, Tina Major, Berwine Barrett-Lennard

Traffic Controllers: Irwin Barrett-Lennard and Paul Martin

9 FEBRUARY – McCALLUM LAKES

Race Director – Lynne & Bob Schickert - 9330 3803

Dalton Moffett, Geoff Bailey, David Baird, Jo Richardson, Renee Byatt, Andrea Byrne, John Byrne, Fiona Cousins, Scott Winn, Helen Lysaght, Hamish McGlashan, Blakeney Tindall, Keith Atkinson

16 FEBRUARY – WOODMAN PT

Race Directors: Karen & Pete March - 9418 8770

Mitch Loly, Rochelle Airey, John Brambley, John Dance, Hongi Laing, Rhod Wright, Rosa Wallis, Eamonn McNulty
MORE HELPERS NEEDED PLEASE

23 FEBRUARY – PINEY LAKES

Race Director: Chris Koeman – 0407 873 001

Alan James, Julie Keeley, Bruce Wilson, Rhod Wright, Peter Ryan

MORE HELPERS NEEDED PLEASE

2 MARCH – LAKE MONGER

Race Director: Kim Thomas – 0414 362 473

Bob and Carolyn Fawcett, Kylie Mahony, Geoff Mullins, Sandra Rourke, Jeni Shillington, Jane Stanbrook, Monique Thomas, Blakeney Tindall, Sanja Kolonic, Tony Smith (1204), Tina Major



No Caper!

MOST of the mad dogs and Englishmen were at the WACA, and our own Gunga Dins were stretched to cope with demand. Yes, it was hot at Canning lastweek, even for the best of us like Ross Keane (below). Peter Ryan (below, left) was the only walker game enough for 10km; while (inset) John Oldfield seemed to have a good day.

But medical man Peter Bath (left) pondered afresh whether the club needs a heart-starter machine.



MAWA and Vetrun

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