

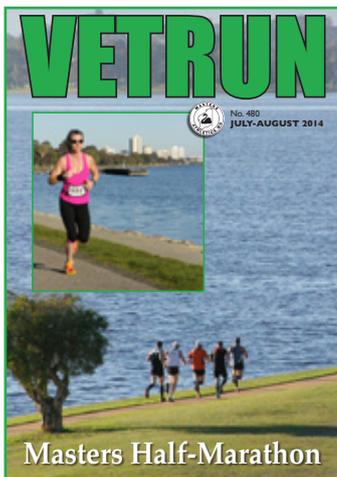
VETRUN



No. 480
JULY-AUGUST 2014



Masters Half-Marathon



Masters Half-Marathon

Cover: main picture, leading group in the club half-marathon.

Inset, Sue Bourn, clear W45 winner in 1:42:21.

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CLUB CONTACTS

Editor:

Victor Waters
vfdwaters@gmail.com

General enquiries:

Email: enquiries@mastersathleticswa.org.au

Website:

www.mastersathleticswa.org

Secretary:

mawasecretary@gmail.com

President:

Paul Hughes
paulljahh@westnet.com.au

Uniforms:

Sandra Stockman
skallio@bigpond.net.au

Patron:

John Gilmour

Are we talking?

DESPITE the following statement, from last year's AGM minutes, the Committee later decided NOT to proceed with appointment of a specific officer to handle communications.

"Vic Waters spoke to the meeting with his views on communications within the Club and whether the Club is doing the best possible job in providing information to members in the way they want it. Vic proposed that the Committee appoint a Communications person to look at the situation and to make suggestions and recommendations as to how to improve communications. All members present agreed that the concept was a good one.

Paul Hughes advised that the Committee will take on board Vic's proposal as part of its continuing commitment to developing a comprehensive communications policy and will liaise closely with him and others involved in the Club's communications outlets."

Instead, the committee organised a survey of members, asking if they were generally satisfied with club communications.

(See Paul's President's report, in this edition.)

However, I understand there may now be plans to appoint someone to take an overview of all aspects of the club's communications.

Online

I recently suggested to the committee that a monthly report of its deliberations might be printed on a special online page (something that was hinted at in the 2013 minutes).

Now *Vetrun* is a bi-monthly magazine it is less effective as a news medium, so the website is the most effective location for these monthly reports.

However it's achieved, this

is good news for club communications.

Emailing *Vetrun*

Less happy is the current method of delivering *Vetrun*.

It seems we no longer send email notices informing people each time an edition is online, ready for downloading or reading.

Some members have told me that they have missed editions, because they were not reminded by email; others have said they rarely read it at all online.

I suggest that everyone would be more likely to read the magazine if it were emailed directly to them.

I know that it is difficult to keep a completely accurate record of members' email addresses.

Peggy Macliver and Barbara Blurton do this, adding new members' addresses, and changed ones, whenever they are informed of such.

Provided members remember to inform the club, there's no reason why anyone should miss *Vetrun*, if we email it directly to them.

I would be willing to handle this emailing, unless someone else will volunteer to take it on?

Most providers have now dumped the old 'dial-up' system, so if we email the magazine, in low-resolution form, it should be easily received by anyone with an email address.

Anyone wanting the high-resolution version as well, would be directed to it on the website.

In My View ...



by the Editor

Be active!

The club's treasurer, Geoff Braysshaw, points out that the fact that several members saying they are not reading *Vetrun* online doesn't mean there is 'a systemic problem with communication'.

I agree; but it does indicate that we are not getting through to everyone.

I know the committee takes any feedback seriously and therefore I assume they will take account of these members' comments.

I reiterate the point I tried to make at last year's AGM.

Expecting people to go looking for information – is 'passive' communication.

It is far less effective than actively delivering words and pictures to a mailbox.

Otherwise, why would local newspapers spend thousands of dollars printing and delivering their free editions?

They depend on advertisers to survive.

And advertisers know that readers don't go online looking for local news.

They pick it off the mat. ■

Club Weekend Away

THE NEXT club weekend away will be held at the Wellington Forrest Cottages, situated in the beautiful Ferguson Valley, located near to Wellington Dam. The weekend starts on Friday night 26th September until Monday 29th September which is the (public holiday for Queen's Birthday).

I will be taking names of people interested in coming along, the cost will be between \$60 to \$70 per person, depending on numbers. Please see me on Sunday, or email me on: mbe37778@bigpond.net.au

Margaret Bennett

Record field make long run

Is this the new era of distance?

AM I overly-optimistic – or are we experiencing a distance-running boom?

Founding club members recall the first surge in marathon running, around the 1970s I believe.

In this millennium, capital city marathons and halves around the world appear to be full, or over-subscribed.

In the UK there are distance events all over the country every weekend.

That's nothing new. But here, the WA Marathon Club reports that a growing number of runners have entered our own Perth Marathon over the past five years.

Records

Around 860 entered this year, and 742 individuals finished; both were records, with 90 or so more finishers than in 2013.

In addition, 193 relay teams finished the race.

WAMC's Eldon George says that club's half-marathons are also drawing greater numbers.

Masters' meetings are certainly attracting lots of visitors too – as can be verified by checking the club accounts on page 11.

Also, we now have more fun, charity events like Run for a Reason, and the 'Saturday morning sprints' – park-runs all around town.

What's it all about?

City to Surf

I think I was first aware of a boost to Perth marathon numbers in the same year the City to Surf added a half and a full marathon.

'Shambolic' is a reasonable description of their organisation.

But they are good at promotion – and their publicity has probably ramped up public running more effectively than all of our established clubs, and the State association, has ever done.

As reported on our website shortly after the race, many



RUNNING a marathon drinks station can be one of the longest, coldest, wettest tasks on our calendar. Luckily, this year the 'wettest' didn't apply, but it was certainly a cold start.

Another record number of runners were engaged, and as this year's event was an out-and-back repeat, each of them passed the water table four times.

So: 742 individuals, times four; plus 193 relay teams, of, let's say four runners per team, times four.

I make that a potential 6056 cups of water distributed at each water-station!

Helpers

It was a long day for our valiant helpers. Jackie Halberg's team at Coode Street (some pictured here) were Frank Price, Neil McRae, Janet Jiang, Frank Smith, Maurice Creagh and Sarah Ladwig.

Delia Baldock organised our other table, with the help of Ced and Anne Turner, Sue Lloyd and Joseph Patroni, Lorraine Lopes and Michelle Mison.



Trio leading this group are Masters' Ante Perdija (blue top); and Peter March (orange) just ahead of Bob Lane.

MAWA athletes completed the Perth Marathon this year.

Bob Lane again won the Jim Barnes age-graded trophy, first M65 in 3:12:23, which is an 84.61% performance.

Kim Thomas was second in the very large M40 group, while our M65 athletes almost made a clean sweep of their group. Bob Lane was first; Brian Bennett third; Keith

Miller fourth; and Jim Klinge fifth. Also, Mickey Muroi was second M55.

Special mention for Tony Smith who joined the sub-3 club, with 2 hours, 59 minutes, 59 seconds!

* Tony – seek me out one Sunday morning. A few years ago I produced some Sub-Club badges, and I'll keep one in the kit-bag for you! Vic.

2014 Perth Marathon

Name	Age	Time
Karen Peace	W40	4:12:47
Maree Brown	W45	3:48:56
Sam Farman	W50	4:38:22
Carol Bowman	W55	4:40:18
David Adams	M35	3:33:52
Grahak		
Cunningham	M35	3:36:47
Douglas Lintott	M35	3:49:33
Kim Thomas	M40	2:49:25
Tony Smith	M40	2:59:59
Ante Perdija	M40	3:14:17
Dan Baldwin	M40	3:45:29
John Batta	M45	4:35:29
Peter March	M50	3:21:17
Mickey Muroi	M55	3:17:49
Paul Ankers	M55	3:33:09
Simon Leonard	M55	4:21:28
Wayne Taylor	M55	4:33:57
Eamonn McNulty	M55	4:36:00
Bob Lane	M65	3:12:23
Brian Bennett	M65	3:50:35
Keith Miller	M65	4:01:06
Jim Klinge	M65	4:11:57

It's in the genes



Ross Langford, Jim's son, had a great race. Ninth overall, and fifth in the very competitive M35 section, Ross ran 2:41:57.

Unfortunately he didn't renew MAWA membership this year, so we can't claim him as 'one of ours'!



This one's for Tony!

DUE to construction work the footpath between the Causeway and Trinity College has been closed intermittently over the preceding month. This construction work is ongoing and will not be finished for several years. Therefore the previous course can no longer be used.

I originally designed a new out-and-back course between Burswood Park and the University in Nedlands. Unfortunately this course clashed with the new Swan River Fun Run.

In addition the footpath between the Narrows Bridge and the Canning Bridge was also closed. Therefore, for this year only, the new course was a two-lap event between Burswood Park and the Narrows Bridge.

Next year a new out-and-back route will be possible between the Burswood Park and the Canning Bridge following the footpaths along the Swan River and Canning River.

Perfect!

Sunday morning turned out to be a perfect day – a sunny but cool day with only a light breeze made perfect running conditions. The 6km, 10.5km



Early field-leader Darren Bottomley finished second in the 10.5km. Photo: Frank Smith.

Club Half-Marathon Championships July 13, 2014

and half-marathon turn-arounds were well flagged and nobody had trouble locating them.

The run attracted 139 runners and walkers. This includes a record 33 visitors. Thanks to all of you who competed and especially thanks to

the volunteer helpers whose efforts made this a very enjoyable morning.

Tony Smith ran strongly to take first place in half-marathon. The first half-marathon female runner was Clare Wardle. The top half-marathon female walker was Wend

Farrow and the top half-marathon male walker was Peter Ryan.

The trophies will be presented before a Sunday Run. The date of the presentation will be announced on the club website.

Jim Klinge



Jo tops age-graded Albany Half

JO CLARKSON ran an amazing time at the Elleker half marathon on 1st June, in a time of 1:34:30 which put her in 91.6% in the F50 category on the WAVA scale. So she placed fifth female and took overall first place in the age graded awards, with 4:28 min/km pace.

Jo, who is now 59, has come back to running from having a Haglund's deformity (bony growth on the heel) removed which just shows her determination to keep going!

It was a cold clear day, perfect for running. Jo and Ursula Clarke, who MAWA will remember as members for many years, were marshalling and are active local members of the Albany Athletics Club, which does a fabulous job of hosting the event.

The course is a pleasant, relatively flat route around Grassmere Lake, travelling through picturesque karri forests and farmland.

Claire Walkley



Around Herdsman June 8, 2014

THE event once again proved popular with members and this year also saw twenty six visitors finishing in the various categories. A welcome respite from the rain in the week leading up to the race meant good conditions underfoot on the limestone pathways and forest tracks. The cool weather was perfect for the runners and walkers.

Tony Smith headed the field in the 15km run with a solid sub-60 time. Peter March took the honours in the 7.5km run, in spite of being in taper-mode for the marathon a week later. Peter Ryan, Julie Wilson and Peter Hopper won the long, medium and short walks respectively.

A final thank-you to all my helpers who once again ensured that all the competitors remained on-course, were well hydrated and then accurately recorded at the end.

Rod Hamilton

AS LORD Nelson would have said: "Masters Athletics needs every Race Director to do his duty."

After the most horrendous weather conditions I have ever experienced in an event, I would like to say a massive thank-you to all the helpers who braved the elements and got us through the race.

The heroes were Monique and Kim Thomas, Trish Knox, Dave Roberts, Charlie Chan, Paul Hughes, John Batta, Colin James, and Tanya and Dan

Sharks July, 2014

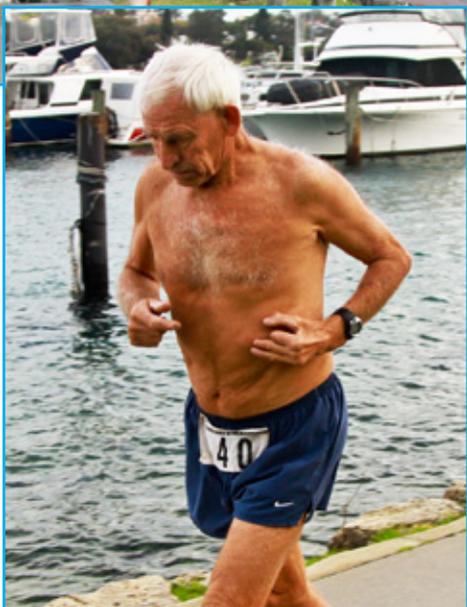
Baldwin. Congratulations also to all 80 competitors who completed the run, an incredibly large number considering the conditions. Hope to see everybody again next year; surely the weather can't be this bad again?!

Paul Martin



Bob Schickert says that while the walkers at Kent Street battled floods, he and the Sharks field dealt with hailstones. That wouldn't have bothered 'Super Pellier' of course, who wouldn't wear a shirt even if it snowed.

Photos: Graeme Dahl.



MAWA 10km Road Walk Champs

NINE Masters walkers competed this year over the Kent Street course at Wilson, which is very good.

But, together with the younger athletes, we battled through some horrible weather – thunder, lightning and then the very heavy rain which made it difficult for both walkers and the poor judges who were hiding under trees for shelter. Roads flooded and passing cars gave us a shower as we slogged along in the rain. All in all, quite an 'adventure'.

Lynne Schickert

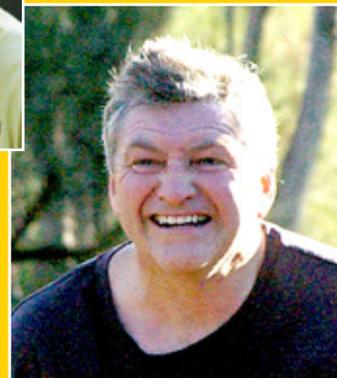
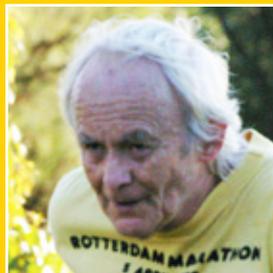


Wireless Hill
It's really in-your-face!



INSPIRATION for our Wireless Hill event might have been the 1965 British-made film by Sidney Lumet 'The Hill', named for the sandy slope used to inflict brutal discipline on soldiers.

Some of our warriors put on a brave face as they neared the line. Guess which ones did the short run!



High flying Frank

FRANK USHER towered above most of us, in his educational career, and compassionate approach to people and life. Needless to say the analogy extends to Frank's physical stature; he could see over most crowds.

Some Masters know of his lofty work achievements, as a leading school Principal and also with the State's education department.

But none seemed to know of his other high-flying, until the July 10 funeral service at Karrakatta.

Fun flying

Frank's son Brian – who first encouraged his dad to begin running – says Frank's private pilot's log book reveals he started learning in March 1971 and first flew solo in August that year.

Frank retained that flying licence until 1990, and his last logged flight was in May 1982.

Brian says: "This is a bit surprising, because at that time he would have been almost 59 years old and my personal recollection



Always a supportive clubman, Frank regularly attended Sunday events, long after he stopped running and walking in events.

Right, he was always distinctive in that colourful track-suit. His sartorial style was expressed in everyday life too. A work colleague tells us that Frank was the only delegate at school Principals' conferences who would not dress in suit and tie. In earlier times, his winklepicker shoes impressed pupils mightily!

was that he flew when older than that."

What we do know is that he always had a lot of fun in the air. A work colleague recalled him buzzing a camp-site after they had dropped off supplies – all in the line of educational duties, of course!

Frank was born in 1933 in WA's south-west, his father a timber worker.

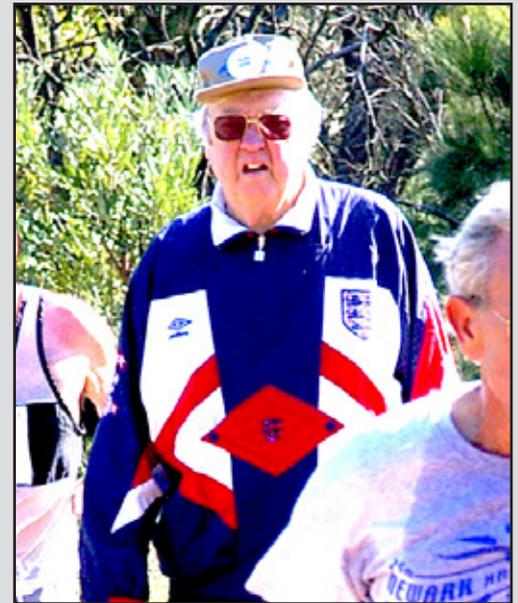
His early career in country schools eventually led

to Hamilton SHS, where as Principal he introduced the innovatory 'Schools within Schools' concept, which encouraged student responsibility.

Later, at the education department, he represented school Principals in the Better Schools programme.

Two years WW2 service, in intelligence, built enduring friendships. He would regularly march on Anzac Day.

VALE



Frank Usher

Frank's last moments were spent with club colleagues at their regular, Tuesday morning, Perry Lakes meeting, where he suffered his heart attack.

David Carr, one of many clubmates who attended his funeral, together with a committee representative, spoke at the funeral of Frank's marathon running career, which began when he joined the Vets in 1977.

Wellness

with Dr John Bell

John's conclusion from the following is:

Eat more leaves, less seeds. When we eat chlorophyll – it has magnesium in the centre of the large porphyrin chain. Eat food, mostly plants, and not too much.

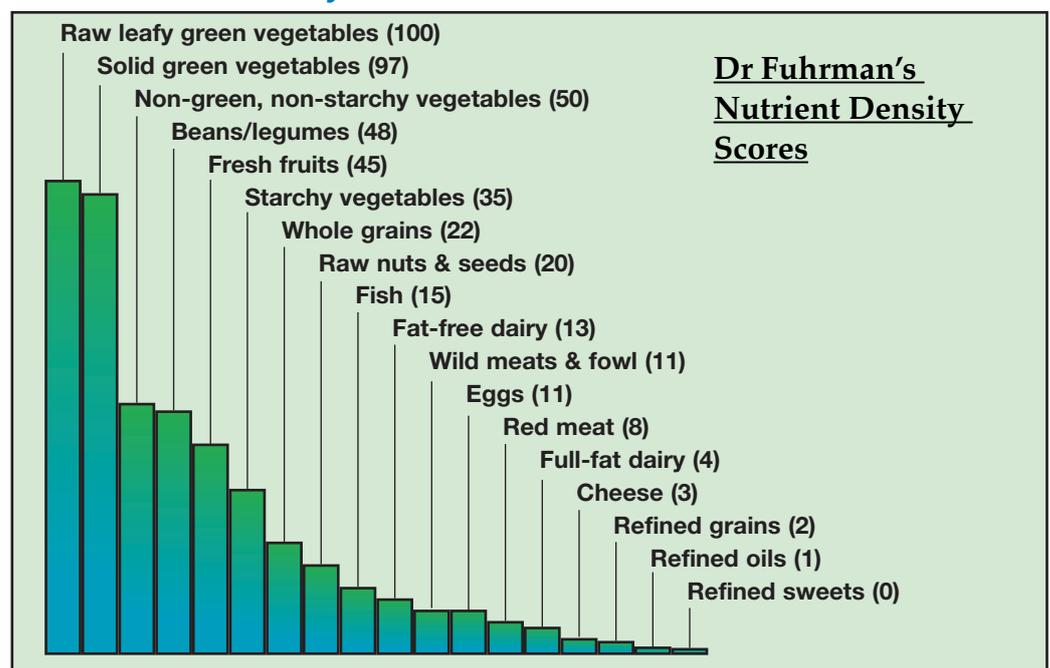
Fruit and veg with a vengeance ...!

Dr Joel Fuhrman, who is regarded as one of the USA's leading nutritional experts, has analysed food groups and ranked them on a scale of 0-100, based on their ratio of nutrients to calories.

He calls this ratio 'nutrient density'.

The more nutrition per calorie, the higher a food will score.

Nutrient Density – means More Nutrition Per Calorie!



**Dr Fuhrman's
Nutrient Density
Scores**

SOMEONE I've wanted to interview for some time is Margaret Saunders. I have known her for many years, mainly for her coaching, going back to the 80s.

One of Marg's most notable athletes was Ray Boyd, WA's top distance runner of the '80s and '90s.

When running with a group of Vets I would often see her in Kings Park where she would be training her athletes. So, was I surprised to see her at a Masters club run in 2007!

All I could think to say was "How's Ray going?" A quick reply "very well" – Margaret wanted to stay incognito and I respected her wishes.

Just recently we had lunch together and she outlined her history in athletics, focusing mainly on her experiences as a coach.

Pre-teens

Margaret was only nine or ten when her parents first took her to Perry Lakes to watch her brother compete in athletics. She and her sister were often bored just watching, but one day volunteers were requested.

They had to run and get the timekeepers' sheets, take them to the recorders' table, then to the announcer (no computers in those days). Both sisters volunteered, and kept this up for several years until old enough to join an athletics club, at age 12.

In this way Margaret was able to learn track etiquette, how to judge, use a stop watch, and many other aspects of the sport from some wonderful officials.

Mt Lawley

She joined the Mt Lawley Athletics Club. In the '60s women were only allowed to do limited events. Many such as triple jump, steeplechase, and pole vault were considered unsuitable for them – and distance running was considered unsafe for women under the age of 16.

Marg's longest race was 150m! Hardly her best distance, but she loved the companionship of the other athletes.

Scarborough

When her family moved to Karrinyup, Margaret joined the Scarborough Women's Athletic Club. Her parents later approached distance

Top coach Marg is here to help

PROFILE



Marg Saunders
by
Joan Pellier

coach George Tempest and at 16 she joined his squad.

Margaret's first State team cross-country appearance came in 1976 when WA won a silver team medal. They won bronze in 1977 and her own best run was in 1979, when she just missed selection for the Australian team to compete against New Zealand in the Nationals.

Coaching

When aged 17 Margaret was asked to coach a group of Little Aths where she met some wonderful young athletes, one of whom – Sally Hamilton – went on to represent Australia.

During teacher training Margaret coached the Perth College school team and when she completed her teaching qualification was sent to Bridgetown.

The town had a small athletics club and as she was a physical education teacher, Marg became the coach. A year later she was transferred to Margaret River High School, and again was asked to organise training sessions and to coach at a bigger club. All this at the age of just 22!

Morley – and Ray Boyd

Two years later Marg was transferred back to Perth, to Morley Senior High School, again coaching the athletics team. In her eight years there the team climbed from E grade to A grade.

It was at Morley Marg met Ray Boyd, then a young year 8 boy who loved running.

She was to coach him during his entire career!

In year 8 he struggled to make the school team. Two years later he made the state team but came last at the Nationals.

However, Ray showed a different character to most athletes when he said "I have a tracksuit that says Western Australia", and he never made an excuse for coming last.

Of course, Ray went on to gain national titles and represented Australia many times. His first was in the World Junior Cross Country Championship. He competed in World Cross Country Championships, World Marathon Championships.

Twice Ray qualified for the Olympic team. Despite great times the selectors ranked him fourth: only three were selected.

In 1982 Margaret suffered what was believed to be chronic fatigue. She spent some time in hospital, so running was suspended for a while.

She was approached to be club coach of Karrinyup which was accepted due to her inability to compete. A few years later she moved to be distance coach of Stirling Swans athletics club, a position she held until a couple of years ago when personal circumstances prevented her from coaching.

Qualifications

With Ray improving so quickly, Marg knew she needed to have more qualifications, up to Level III (now Level 5 with the restructuring of coaching courses). Coaching courses were supported by the Rothman Foundation and she remembers attending a seminar at AIS and walking into a room with Lyn Foreman and Pam Turney.

They were the only women, among about 80 men!

"Outside of WA, at that time it was very rare for females to be coaching," she says. "But we were shown great respect and I have never felt that being a female held me back in my coaching."

Pippa Hendon, another of Marg's athletes made the Australian team for steeplechase in the World Junior Championships.

Also, Lauren Gardiner (daughter of MAWA club member Frank Gardiner), and Aaron Patterson ran in the World Schools Cross Country Championships. Among her many WA-representative athletes was Marcus Brown, Ivan Brown's son.

Marg also coached a number of Masters athletes before she joined MAWA herself. Some great names here include Tess Brockwell, Karen Gobby, Ann Shaw, Niamh Keane, Ivan Brown, Brian Bennett, Scott Tamblin and John Ferris.

Crash

In 2003 Margaret was involved in a car crash and was unable to work for 14 weeks.

Then in 2004 after an operation on her leg she thought her running days were over. In 2007 Marg joined MAWA, to be a social runner.

Niamh Keane became the driving force that brought her back to the track; and Bob and Lynne Schickert took her under their wings and convinced her to look beyond WA Masters state championships.

Anyone who has followed our reports since will know that this led to hugely successful competition at State, Australian and World Masters Championship level.

A real surprise for Marg was her steeplechase gold in Brazil – in her first ever competitive run in that event. But she does say that being a hurdler in her early days helped!

As for the future, she plans to go to Lyon, France, for next year's World Masters Championships. And, of course, she is in the process of organising yet another coaching squad.

Margaret has shown enormous courage and resolve to overcome health issues and continue in athletics, as both competitor and coach.

Thanks, Margaret – you are an inspiration to us all. ■

Race Report

* This report was submitted in good time but missed from June Vetrin – sorry.

Xpagoda April 27 2014



THE long awaited rain came, and it was a bit churlish of me to complain, but organising a run in the rain is not much fun. So it was good to see Sunday dawn fine and sunny.

130 members and visitors had a choice of three distances to run or walk and off they went! Then those tell-tale clouds rolled in and down came the rain. Our brave recorders had to move into the shelter. Those even braver souls out on the path, continued on regardless, as did my marshals. To make matters even worse, runners doing the 10 and 15kms found themselves ankle deep in water as they ran under the Causeway. Everyone arrived home in sunshine, so all was well.

Thank you to all my helpers. Some of you have been working on this run for a number of years. Your experience makes my job much easier.



Keith Atkinson, Ray Atwell, Brig Cheek, Mary Hephell, Sandi Hodge, Janet Jjang, Sean Keane, Neil McRae, Kylie Mahony, Norm and Pat Miller, Geoff Mullins, Syd Parke.

Special thank you to those members who helped Leo who fell after the finish line.

Jackie Halberg

The Volunteers need YOU!

THIS month's AGM is a good time to stick your hand up.

I don't just mean to vote.

As well as voting for the officers and committee members who will guide the club through another year, you might even consider joining them.

Volunteers make this club work. You might be surprised to know just how many of your fellow members give up countless hours so you can run, walk, throw and jump all year round.

Committee

First, consider the committee. They are only the top of the iceberg. Paddling along below the surface are dozens more!

The committee's workload has grown steadily, year by year.

Perhaps we should remember that when slip-ups happen.

Right now we have **Damien Hanson** and **Colin Smith**, concentrating mostly on T&F administration; assisted by **Carol Bowman**, who also looks after Sunday visitors (and the club camera pictures for the internet).

Then there is **Richard Blurton**, who is fortunate to have the help of wife **Barbara** (previously a four-term club president). Between them the Blurtons co-ordinate T&F programming, the annual championships, and organise our annual Sunday events programme.

Richard is of course the current Vice-President with all the general admin tasks that entails, in collaboration with President **Paul Hughes**.

Paul claims he has little to do except co-ordinate everybody else; but we'll take that with the proverbial pinch of salt.

Finance

Geoff Brayshaw is Club Treasurer, overseeing all aspects of income and expenditure and keeping an experienced eye on our corporate responsibilities.

Club Secretary – currently a vacant seat, but occupied with great efficiency during the past year, firstly by **Val Millard**, and then by **Carmel**



Damien Hanson



Colin Smith

Mayer – handles general admin, meeting agendas and minutes, and official notices.

Finally, Gillian Young organises our Sunday events, dealing with local councils and other bodies who allow us to run over their territory. But she also co-ordinates all our race directors, gives them help and instructions, and sets up the helpers roster. It's one of the biggest jobs in the club, and one that has grown more and more complex.

More helpers

With so many activities to oversee, the committee relies on help from other members.

Race directors are the most obvious.

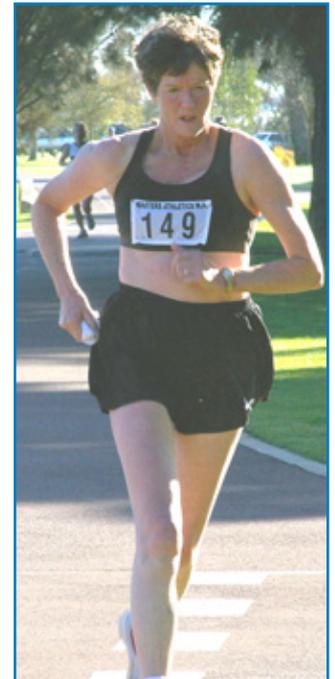
You see one every Sunday, with their helpers. Some have done the job for years, but it's pleasing that we regularly see new members stepping up to take over runs.

There are others who are less obvious.

Jackie Halberg is an instance.

Having taken on most club tasks over the years, she's still everywhere, directing events, standing in when others take holidays.

She co-ordinates our Perth Marathon water stations;



Jackie Halberg

posts *Vetrin* when **Jeff Bowen** is absent; writes up the Sunday results for the handicapper and website, when Lorraine is away.

Lorraine Lopes quietly attends every Sunday (and is one of the last to leave) to collect the results. The job often drags on into the next day though, when she has to decipher the lists, sort out errors, email and phone members (as well as 'identity experts' Jackie Halberg and Bob Schickert) to work out who was really there!

Jeff Bowen's *Vetrin* role is completely invisible to most members. At one time he would hand out the magazine on Sundays. Now he collects, addresses and mails it to the dwindling band of newsprint-lovers.

Webmaster **Hamish Mcleod** also has a hand in *Vetrin*, placing two versions online for all to see.

Reps

It's stretching it to describe the Schickerts as 'behind the scenes', given their past catalogue of club roles – **President Lynne** and **Secretary Bob**, for instance.

But currently they represent MAWA at national, regional and international levels via Australian Masters Athletics, Oceania Masters Athletics and World Masters Athletics!

and even more ...

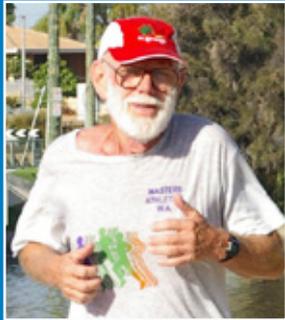
Some simply show up early week after week, on Sundays or at the track, to offer help.

You want more?

Handicapper – Tristan Bell;
Morning tea – Jacqui and Vic
Beaumont; Club uniforms
and kit – Sandra Stockman;
Statistics – Campbell Till;
Registrar – Peggy Macliver.



Peggy Macliver



Vic Beaumont



Campbell Till

I could name many more (apologies if I have overlooked you) but there are so many club members performing the tasks that make our athletic experience better.

Bigger committee?

Perhaps our committee should be expanded to ease the burden on the eight people who have overall charge of the club?

Or perhaps we might set up a register of members who are happy to be called up when needed for specific tasks – such as the imminent 2016 World Championships. That event is going to need plenty of helpers!

It all could be considered at the AGM.

Whatever you think about these possibilities, I hope many members will attend, have a say, and offer help. ■

Club AGM 27th August 2014

MAWA's Annual General Meeting is on Wednesday, August 27, 7pm at the Hockey Club Rooms, Perry Lakes Drive, Floreat. That's the building adjacent to where our Sunday Perry Lakes events always start. All members are strongly encouraged to attend.

Committee

Nominations

Nominations are called for the Committee for 2014/15.

Positions are those of President, Vice-President, Secretary, Treasurer and committee members. Our Constitution rules that the club must have a minimum of four ordinary committee members – but more can be elected if the meeting chooses to do so. Nomination forms are available from Carol Bowman; or you can ask for one, via email to the 'Contact MAWA' link on the club's website homepage.

Life Memberships

Recommendations for life membership nominations in 2014 are now closed.

However, for 2015, recommendations for life membership can be submitted at any time. A recommendation must come from at least three; then be approved by the Committee; and later by a two-thirds majority of the members present at the AGM. Eligibility for life membership requires the person recommended to have had continuous membership for at least 10 years and made a substantial contribution to club progress.

President's Report 2013/14



'This is what Masters is all about' says Paul Hughes, with friends at the Mill Point Road run.

OUR club has completed a very successful year with high membership numbers, good attendance at our club events, a very successful Track & Field State Championships and very good attendance and performance at the year's National, Regional and World Championships.

Admin

We have made important administrative changes to the club, firstly to change the financial year to July 1 to June 30, and secondly to change the membership year to align with the calendar year. These will eliminate distortions in our financial reporting, and remove a range of problems that were caused when membership renewal coincided with State and National Championships. We also added a \$10 joining fee to cover the one-off admin costs for new members, and to act as an incentive for members

to renew on time. Implementing these changes has been quite complex and thanks go to Geoff Brayshaw, Peggy Macliver and Barbara Blurton for making it happen.

Communication

Following debate at last year's AGM on the subject of communication, the club initiated a major survey seeking your opinion on how well we communicate. We were gratified that nearly 70 per cent of you rated our communication good or very good. We noted your comments and instigated three improvement measures – publicise commit-

AGENDA

WELCOME;
ATTENDANCE/
APOLOGIES;
MINUTES OF 2013 AGM

The Minutes and reports from 2013 are available at our Masters Athletics website. Click on the 'Our Club' tab at the top of the homepage; then click on 'About Us' from the drop down menu.

Any member who cannot access the internet – please request a copy of 2013 Minutes from a committee member.

Matters Arising

Reports:

President

Treasurer

Trophy Presentations

John Gilmore Trophy for Best Performance

World, Australian and State Records, +90% performances

Appointment of officials

Patron

Editor

Handicapper

Auditor

Statistician

Registrar

AWA Winter Contact

Election of office bearers

President

Vice-President

Secretary

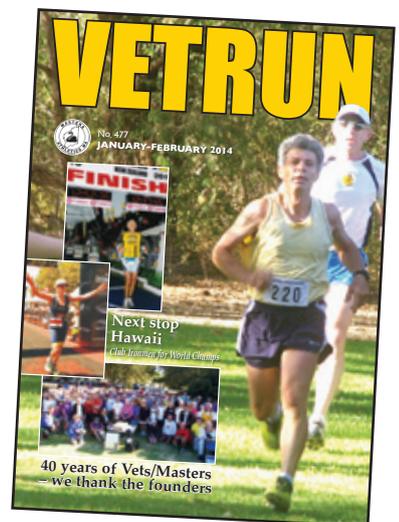
Treasurer

Committee Members

Life Membership

Award(s)

General Business



Vetrun: after a face-to-face survey with members the monthly magazine became a bi-monthly. Sunday results were dropped.

tee decisions directly affecting members, send important information out by email, and have club flyers available at Sunday runs to give to members of the public. Thanks to Hamish McLeod, our website has been further improved making it very simple to access information, results and archives.

Also supported by survey results we changed to bi-monthly *Vetrun* with more focus on interesting articles. The numbers of members using online membership and online State Champs entry continues to rise, reducing the admin burden of Treasurer, Registrar and Championship Director.

During the year we forged a strong relationship with parkrun and this has led to new members and a big increase in the numbers of visitors at our runs, with a record 29 at Herdsman.

T&F

Our track and field athletes had another successful year. Twenty-one athletes travelled to Brazil for the World Championships and brought back 39 medals, while our athletes won a massive total of 97 medals at the Oceania Championships in Bendigo.

I would like also to recognise our two world record breakers during the year, **Byrony Glass** in the Weight Throw, and **David Carr** in the 800m and 2000m Steeplechase.

Throwers

The club supported our throwers in a motion to AMA to ensure that pentathlons are always included in National championships. This was supported in a national survey, and AMA now proposes that Nationals will be a four-day event with pentathlons. The number of our throwers has diminished in the last two years, but with the re-establishment of the winter throws group, Damien Hanson is keen to rebuild.

Handicapper

This year **Richard Danks** will relinquish his role as Handicapper and we welcome his replacement **Tristan Bell**. Richard has worked hard on the handicaps systems and made them as fair as possible. We also farewell clothing official Sandra Stockman, who has done an excellent job over two years

to promote the full range of the club clothing that we offer.

We appointed Elaine Dance to the new role of social official. Numbers at our social events have declined in the last few years and we are sure that Elaine will re-ignite interest in this very important element of the club's activities.

World Championships in Perth

The Perth 2016 team reports that considerable background work has already been completed, but that negotiations are continuing to obtain approvals and funding required for the upgrade of the second track at ECAC to a standard required by World Masters Athletics.

It is expected that these negotiations will be finalised in the near future. The Perth 2016 team is also working closely with Athletics WA on the competition management and other WMA requirements to ensure the event will be a success.

The members of the team – **Geoff Brayshaw, Richard Blurton, Bob and Lynne Schickert** – will be at the AGM and members can ask any questions of them.

The club reached its 40th year in 2014 and to celebrate we held a special breakfast after the McCallum Lakes run in February, which also marked the launch of Christine Oldfield's book on the club, *Right from the Start*.

Thanks

Finally I wish to thank all members of the committee for their efforts this year but it was disappointing that two very hard working and competent club Secretaries resigned. There are many other members of our club who assist but appreciation and special thanks to **Barbara and Richard Blurton, Hamish McLeod, Gillian Young and Vic Waters**.

I also urge the younger members of our club to consider nominating for the committee, as they are the future of our club, and I ask the older members to support and assist the young members in this regard.

I also ask that all members make an effort to attend the AGM to be held on the 27th August 2014.

Paul Hughes
President

TREASURER'S REPORT

15-months to
30 JUNE, 2014

State Champs turn a profit

DUE to the change to the period end to June 2014, comparisons between this 15-month period report and my previous 12-month report to 31 March 2013 are extremely difficult.

This is exacerbated by the inclusion of both the remainder of the 2013 State Championships costs and all of the 2014 costs, offset by the inclusion of a proportion of the 2013 membership fees, as well as the 2014 membership fees.

Transition

This is a transition situation and from this year onwards, with consistent 12-month periods, comparisons should be much more meaningful and constructive.

We have operated the 15-month period with a small operating deficit, on a cash basis, of \$3,137, and ended at June 30 with funds totalling \$63,287. Significantly, in all major events where we look to achieve at least a break-even result, we have achieved that or better.

Visitors

We are particularly pleased to have operated the major track and field State Championships with a small surplus.

Our revenue from visitors' fees to our Sunday events was also a marked increase, which points to the popularity of these events.

Comparison

Comparison of membership fee income is difficult – because of, firstly, the historic overlap of fee income and period end.

Also, this year, to enable the membership fee period to be altered to a January-December period, the year's fees members paid were for only nine months – or 75% of normal annual fees.



Every step a winner; athletes and organisers made our 2014 State Championships profitable.

In fact, our fee income has increased slightly each year as our member numbers grow, and we increase fees by a small amount each year.

Simply through timing, our results this year include two years of national affiliation fees, which reflects the almost two years of member revenue.

Costs associated with *Vetrun* have remained constant, despite a reduction from publishing monthly to bi-monthly, due primarily to the increased content.

This is likely to reduce over time as *Vetrun* content is refined further.

Our bank fee costs are a cause of concern, particularly for processing credit card transactions and this is being reviewed.

Apart from some normal replacement costs, our major equipment purchase this year was a new Seiko sports timing clock costing \$4,543. The track and field costs of \$4,896 include three payments to Canning Council; whereas revenue of \$3,250 relates to only 15 months.

A full summary of receipts and payments (subject to audit) are printed in this edition of *Vetrun*. These will also be placed on the website, as will the audit report when available, and both will be available at the AGM.

Geoff Brayshaw
Treasurer

MAWA

Summary of Receipts and Payments (Subject to Audit)

for the 15 Month Period ended 30 June 2014

Receipts	2014	2013
	\$	\$
Membership Income		
Membership Fes – 2013	15,196	17,977
Membership Fees – 2014	13,599	0
Visitors Fees	3,983	2,125
<i>Visitors – Welcome!</i>		
Total Fees	\$32,778	\$20,102
Surplus/(Deficit) on Membership	\$8,018	(\$1,111)

Events	2014	2013
Dwellingup Weekend	2,475	3,150
Lewana Weekend	1,900	2,360
Morning tea receipts	0	42
Presentation day	1,806	440
State Championships 2014	11,405	11,207
Track & Field	3,250	3,347
10K Handicap	147	66
Total receipts Events	\$20,983	\$20,612
Surplus/(Deficit) on Events	(\$6,721)	\$3,179

Other	2014	2013
Clothing Receipts	4,748	3,412
Sundries	50	59
Refund Deposits – Venues	0	450
Interest	2,210	2,510
Lotteries West Contra	1,500	0
Total Receipts Other	\$8,508	\$6,431
Surplus/Deficit on Other	(\$4,434)	(\$654)
Total Operating Receipts	\$62,269	\$47,145
Operating Surplus/(Deficit)	(\$3,137)	\$1,414
Total Receipts	\$62,269	\$47,145
Overall Surplus/(Deficit)	(\$3,137)	\$1,414

Cash on Hand	2014	2013
Bankwest Cheque Account	9,270	15,617
Term Deposit	21,016	19,209
Term Deposit	33,001	31,598
Total Cash on Hand	\$63,287	\$66,424
Clothing Stock on Hand	\$2,995	\$6,040

Payments	2014	2013
	\$	\$
Running Costs		
National Affiliation Fees	7,084	3,990
Drinking Cups	528	436
Bank Fees (Credit Cards)	2,611	1,786
Travel	869	909
Venue Costs	1,412	1,075
Vetrun Postage	871	1,008
Vetrun Production	8,777	7,910
Postage/Stationery	1,206	1,157
Website Costs	472	1,792
Medals/Trophies	930	1,150
Total Running Costs	\$24,760	\$21,213

Events	2014	2013
Dwellingup Weekend	2,475	3,150
Lewana Weekend	1,900	2,350
Morning Tea	0	134
Jorgensen	0	142
Presentation Day	1,625	440
State Champs – 2014	10,209	7,610
State Champs – 2013	6,599	0
Track & Field	4,896	3,607
10K Handicap	0	0
Total Payments Events	\$27,704	\$17,433

Other	2014	2013
Clothing Purchases	3,317	2,391
Sundries	1,542	721
Deposits in Advance	960	0
Equipment Purchases	5,623	3,973
Lotteries West Contra	1,500	0
Total Payments Other	\$12,942	\$7,085
Total Operating Payments	\$65,406	\$45,731
Total Payments	\$65,406	\$45,731



NOTE: the above financial statements are subject to audit.



HELPERS

Be there – or
phone your
director!

Special attraction at Nedlands, well caught by camera artist Vic Beaumont last year, was Maurice Creagh 'dancing?' after the event. His young partner seems to be leading!

3 AUGUST 2014 RACECOURSE

Race Directors: Claire Walkley - 0410 434 257 & Jo Clarkson - 0403 527 495

Jon Storey, Tina Runnion, Tristan Bell, Mike Karra, Paula Karra, Jim Barnes, Nick Miletic, Gail Castensen, Chris Frampton, Carole Schaefer

10 AUGUST 2014 KINGS PARK CROSS COUNTRY

Race Director: Ralph Henderson - 9401 3115

Robyn Dunlop, Mike Khan, John Fisher, Melinda Fisher, Anne Jones, Alan Thorniley, Merv Jones, Steve Hossack, Kees Maatman, Andrea Byrne, John Byrne

17 AUGUST 2014 NEDLANDS

Race Director: Frank Gardiner - 9295 4246

Wendy Farrow, Irwin Barrett-Lennard, Carolyn Fawcett, Bob Fawcett, John Brambley, Ginny Mulvey, Jo Clarkson, Kirstin McGregor, Lorraine Lopes, Trish Lopes, Chris Coles, Danielle Coffey

24 AUGUST 2014 WHITEMAN PARK

Race Directors: Margaret & Brian Bennett - 9275 0169

Robin King, Colin Shaw, Alan Thorniley, Margaret Saunders, John Mack, Sam Farman, Tony Smith (1109), Philip Webb, Carol Bowman

31 AUGUST 2014 CITY TO SURF

7 SEPTEMBER 2014 CITY RAIL

Race Directors: TBA Paul Ankers, Mark Hewitt, Michael Lee, Karen & Peter March, Gail Castensen, Chris Frampton, Mike & Linda Rhodes, Katrina Tyza

14 SEPTEMBER 2014 DARLINGTON DASH

Race Director: Delia Baldock - 0418 935 040

Max & Tracy Sulejmani, Kerriann Bresser, Barbara & Richard Blurton, Mike Anderson, John Mack, Bob Lane

21 SEPTEMBER 2014 MULLALOO MAGIC

Race Directors: Mike Anderson - 0407 940 520 & Johan Hagedoorn - 9401 3280

Suzi Graves, Tony Smith (1204) Dalton Moffett, Martin Watkins, Denise & Pierre Viala, John Collier, Ray Lawrence, Ed Wall

28 SEPTEMBER 2014 MATTAGARUP

Race Director: Chris Koeman - 0407 873 001

Michele Mison, Pat Ainsworth, Lesley Romeo, Mike & Linda Rhodes, Tracey Jerard, Kem & Melissa Hassan, Carole Schaefer, Tony Smith (1109) Rochelle Raffa

Monday

POINT Walter evening road run has been established for many years. Contact Dick Blom – who is a very well-respected ex-member of Vets/Masters for details, at 1959blom@ozemail.com.au

Tuesday

T&F – see website

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club rooms; a circuit is set-up by Marathon club man Jon Kappler.

Wednesday

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 4.30pm there's usually a group running from 15 to 21km.

"It's mostly slow, people in the 60s age groups," says John Bell.

Call John Bell for more info: 9386 6975.

Friday

ROAD: 6am start most of the year, for an hour-long run or walk at various points along Swan River from UWA to Bassendean.



Marg

Marg Bennett organises a programme every four months; her phone number is 9275 0169; or email mbe37778@bigpond.net.au

Saturday

ROAD runs early every Saturday morning, mainly around the western suburbs and Fremantle, are co-ordinated by Dick Blom, who emails time and location details weekly. Contact Dick to go on his list, at 1959blom@ozemail.com.au Or contact Paul Hughes

Where
they're
running

IF YOU can add to this list, please email me vfd-waters@gmail.com with details, including dates, times, locations and distances involved.

* The club's regular Tuesday and Thursday T&F sessions are NOT shown here. For full details of these please check the club website.

for more information, on 0412 513 348 or email paul@wjhi.com.au

* Dick also still organises a Monday night road run at Point Walter – see Monday, above.

5KM PARKRUNS happen every Saturday morning at several locations in or near Perth. Go to parkrun.com.au/events for details.

Saturday

TRACK-based: David Carr's 'Saturday Group' meets weekly.

8am start – 9.45am finish at WAAS (the new track).

Cost: \$3, pay at the door.

If the track is closed, David notifies you by email and everyone meets at a nearby ground.



"The sessions cater for runners of any age, over any distance," he says.

"Programme consists of intervals or repetitions over distances from 40 metres to 400 metres."

All are welcome. Contact: davidcarr6@bigpond.com ■