



VETR^{UN}



MASTERS ATHLETICS WA NEWSLETTER

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January 0 - Number 0

MAWA Dinner Dance 2004



FROM THE COMMITTEE

* MAWA ANNUAL GENERAL MEETING 2005.

Please note in your diary that the AGM will be held on Monday 18 April at the Hockey Club Rooms, Perry Lakes, commencing at 7pm. A formal announcement seeking notices of motion and nominations for life membership will appear in the February *Vetrun*.

* We are pleased to acknowledge the support of our major sponsor - **Healthway**, and a supporting sponsor - **BP Refinery (Kwinana)** - for the forthcoming MAWA State Track & Field Championships.

* You are reminded that there are two closing dates for entries for our State Championships - 18 February for the events to be held on 25 & 27 February, and 25 February for the events to be held on 12 & 13 March. The Committee would be most grateful if you would ensure that your entries are received by the Championships coordinator Barbara Blurton by the closing date; late entries - if we are able to accept them - create all sorts of administrative problems and also printing delays.

An Entry Form for the Championships was included in the December *Vetrun*. However additional copies may be obtained from Bob Schickert (Tel. 9330 3803).

* It has been determined that State Walk records can only be set when the event is judged by qualified race walking judges. When this requirement is not met the club member's performance can only be eligible for a club record.

* A message from the WMA President Torsten Carlius may be found on the inside back page.

WEEKEND AWAY AT JARRAHDAL - LABOUR DAY WEEKEND 2005

(From Friday 4 March to Monday 7 March.)

It's time to put your name on the list for the March weekend at Jarrahdale.

Ten cottages have been booked and they sleep four to a cottage. The location is close to Perth (maps will be provided to those interested) and has a swimming pool for those hot days.

Lots of things to do, including the early morning run or walk, our Saturday evening 'Casserole Night' get-together, and the Sunday lunch at the nearby Dot's Café. Followed by an evening barbecue and all the other social activities we enjoy on these weekends.

Please let Margaret Bennett know if you wish to come. The cost will be \$60.00 per person, this includes the hire of the hall for the Saturday evening. A deposit will be required one month in advance and the balance to be paid prior to the weekend.

My number is 9275 0169.
Looking forward to hearing from you.
Margaret.



Healthway is proud to sponsor the MAWA Track and Field Championships 2005 to promote the Be Active health message.

Being active every day is not difficult and doing some form of moderate physical activity has some great health benefits.

There is no need to sweat or strain yourself, examples of moderate physical activity include walking, taking the stairs, going for a bike ride or joining a local sporting club.

Regular activity reduces your risk of major diseases such as heart disease and diabetes and it helps control your blood pressure, cholesterol and weight. It will also make you feel a whole lot better, physically and mentally! So Be Active and remember - you don't have to take exercise seriously, just regularly.



BP Refinery (Kwinana) is located in WA's premier industrial center 50km south of Perth.

The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups and is proud to support the 2005 MAWA State Championships in Perth. They have a particular interest in this event because of employee involvement.

RESULTS IN THIS ISSUE:

- Perry Lakes 28 Nov.
- Mosman Park 5 Dec.
- Canning Caper 12 Dec.
- Boxing Day Run
- Coker Park Track & Field
- UWA Track & Field

HELPERS FEBRUARY

6 February - South Perth

Sue Bullen 9474 3718

Keith Atkinson, Peter & Sue Sanders, Mark Rosen, Veronica Maguire, Glenda Lawrence, Barry Weatherburn, Brian & Alison Aldrich, Tessa Brockwell, Carole Lawson, Barbara & Terry Humphrey.

13 February - Deadly Medley

Graeme Neill 9285 1181

Ron Spencer, Michaela Newman, Ian Lyon, Doug Ashfield, Lesley Romeo, Wayne Taylor, Phillip Bailey, Linda Glass, Bryan Hardy, Jim & Margaret Langford.

20 February - Wireless Hill

Denise Lancaster 9307 1249

Bob Fergie, Nick Miletic, Vic Waters, Pat & Norm Miller, Dalton Moffett, David Muir, Graham Thornton.

27 February - Lake Monger

Trevor Robertson 9275 7485

Gary McLean, Christine Engels, Geoff Mullins, Blakeney Tindall, Neil & Pam van Graan, Jenni Shillington, Denise McMorrow.

6 March - Manning Park

Bob Schickert 9330 3803

Keith & Kate Patterson, Paul Lewis, Laurie Collett, Maggie Flanders, Mal & Diane Hawley, Dorothy Blake, Alan Chambers, Paul & Tanya Burke.

A Big Welcome to our New Members!

670	Kelly Hind	W31
671	Garry Doyle	M57
672	Deborah Gardner	W37
673	Michel Bermudes	M33
674	Ross Wickham	M40

Stop Press!

Boxing Day Yokine Run 6pm

Barrie Thomsett

Weather HOT - BBQ at Sunset

Shorty Turner	M65	00:00	0km
Jakob Keeley	Vis	7:04	1km
Alison Aldrich	W60	11:45	2km
Steve Toohey	M55	12:37	2km
Ray Lawrence	M75	13:17	1Km
Dorothy Whittam	W65	17:33	2km
John Collier	M35	17:24	4km
Merv Moyle	M75	20:00	2km
Paul Buckley	M55	22:13	4km
Colin Smith	M40	24:16	5Km
Bryan Hardy	M60	24:48	5Km
Pamela Toohey	W55	25:21	4km
Jim Klinge	M55	25:39	4km
John Smith	M65	25:39	4km
Maria Antonas	Vis	30:51	3Km
Mitch Loly	M60	30:54	4km
Rex Bruce	M60	31:15	4km
Helen Lysaght	W50	38:09	4km
Shirley Bell	W55	32:15	6 km
Arnold Jenkins	M60	32:18	5Km
Keith Atkinson	M45	28:01	4km
John Byrne	M55	32:56	6 km
Jeff Whittam	M70	33:10	4km
Steve Giles	Vis	34:31	8Km
John Bell	M55	34:41	8Km
Richard Danks	M60	34:40	6Km
Mike Hale	M55	36:32	8Km
Bob Schickert	M60	39:51	8Km
Brian Bennett	M55	39:51	8Km
Robert Sheehy	M55	39:54	8Km
Daryl Howe	Vis	55:34	8Km

Now let's get this report thing correct.

Please understand that anyone running, walking, shuffling, or just sitting in their lounge with a cold lager come all under one category. So if the results seem a little strange, the event is meant to be a social, post Christmas gathering of like minded friends, not a formal run.

In fact to be out in the open at 6pm on a hot evening is to be wondered at, and drew a few strange looks from locals, but from the comments received from members, it seems all had a great time,(well, at the BBQ).

My thanks go to Rex Bruce who arrived at 5pm to put out flags, but due to some fancy driving I was able to do it myself. Anne Turner arrived without Shorty, who stayed home in a cool lounge, with a cold lager.

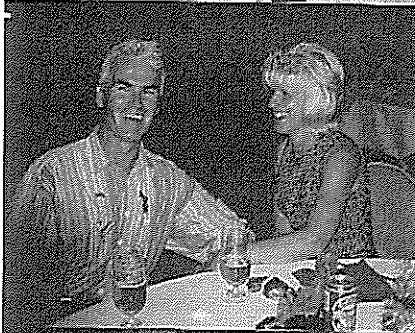
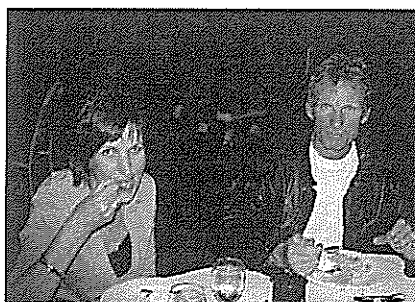
Just to make Anne's evening, nobody was at all interested in turning at the corner where she patiently stood in the

heat, so promptly returned to the shade at the finish.

Julie Keeley recorded the results, while son Jakob went for a run. The flags were collected by Raymond Gimi, who did a thorough job and checked the area in the evening darkness. It was great to see the visitors on such a social occasion, I truly hope you enjoyed it all ,you were most welcome.

Again thank you all, competitors and helpers alike..... **Barrie Thomsett**

More Dinner Dance Pics -



Congratulations Shirley!

In a previous Vetrun we reported on Shirley Bell's preparations for the Ironman Western Australian Triathlon. Some of you will now know that Shirley completed the event in 13hours 57minutes, well within her target of 17 hours! Set out below in her own words is Shirley's account of "her journey".

My Ironman Journey

With a reasonably athletic background, having run in a couple of Marathons, competed in and done well in a few shorter triathlons, then doing my first Half Ironman last year, I knew the training and preparation for a Full Ironman would be a lot more demanding, but every time I talked about doing one, although I would get butterflies, I knew it was something I had to do. I was aware of the training involved, a minimum of at least 5 months, in three disciplines with Intensity and Volume, it was to test my passion and desire, I arranged for a program and was on my way to fulfilling a dream.

My coach prefers training to be done solo and after a few weeks, twice a day, sometimes three, climbing hills 4 - 5 hrs/ doing 6hr rides down the freeway, (not forgetting the drills/speedwork and kms of efforts included in these rides) running hills in Kings Park, or on the track doing sprints, including drills on both of these types of runs and then there were the kms spent swimming, the gym workouts and oh yes!! the days spent indoors for hours on the wind-trainer where I would view previous Ironman videos with tears rolling down my cheeks and once again, spurring me on, oh yes!! I could've easily given it away, I missed riding and running with my friends, but the passion and determination within me was strong.

Every now and then I would bump into my mates on the bikes (when are you coming riding with us again Shirley?) I would just tell them when I finished my Ironman. There was the odd occasion when I would be on my way home and when it wasn't interfering with my training, I would stop and talk to the guys and this was great, as they would ask me questions about the Ironman, and this would get me excited again, (doesn't take much). I must admit there were the days where I was tired, which meant the training was hard and I was looking forward to the day I would ride with them again, but I wasn't going to be deterred from my goal.

There was relief in sight though, once a week I had a day off and this happened to be Friday, so I would show up to the Shorty Turner runs for breakfast, and they would give me the words of encouragement that I so needed (keep up the good work Shirley!!) everybody was fantastic, in fact it kept me going. With all the hard work done and on my way to tapering, the last two weeks were awful, I had feelings of being unfit and that I wasn't doing enough, I had forgotten the days of sweat and tears and was getting anxious - will I be fit enough, have I lost my fitness, I feel fat, all of these crazy thoughts going through my head, until finally it was time to head off to Busselton and put into practice the hard training I had done over the last few months.

A couple of days leading up to the event, there were things of importance that had to be done, like taking your bike over to the transition area, the night before the event, where you had to leave it and not able to access the area again (under any circumstances) and your BIKE and RUN BAG with the necessary gear, making sure everything you needed on these legs was in the bags, which also once you surrendered to the areas designated couldn't be touched again, I was a nervous wreck, HAVE I GOT EVERYTHING I NEED!!!!

After setting the alarm for 2am (on race day) to drink my special solution I needed 4hrs before the swim, I somehow managed a bit of sleep before rising again at 4am to get myself over to the start line by 6am. Double checking everything before I left the room, Bidons (water bottles) with solutions in them, wetsuit, yep!! got everything, off I go, only to find when I get to my bike the tyres need pumping up, OH NO!! my pump, left the pump in the room, find someone to pump them up I told myself, and my goggles!!! Where are my goggles and cap, and so in my usual panic I'm racing around to find my dear friend Karen, in the crowd outside the transition area, (other than competitors no one is allowed in the this area,) finally I find her and she races back to the room and grabs my goggles and cap sitting neatly on my bed, thank god the chalet (where I was staying) was only 200 metres from the start line.

Everything in order now, wet suit on and still time to get down to the waters edge. Water's rough, people chatting and getting nervous, with a couple of announcements from the organizers, the gun is fired and we're off.

What a swim, seemed like forever getting to the first buoy, but before I knew it, the swim was over, 1hr 41min, couldn't believe it (good time for me seeing how I do all my swimming in the pool), out of the water, through the showers (to wash off the salt water) to the marque to slip into my bike gear, grabbed my bike and off, 180km ride in front of me, settled into the seat nicely and then down the road a lot of cheering, GO SHIRLEY!! My avid supporters, they were wonderful, I loved it, it lifted me, and I was focused.

First turn around, 120kms to go, great going out but windy on the way home, everything going to plan.

I actually had some other company, the ABC were following me around as they were doing a story on me and my bike was wired up, so when they weren't there with me asking me questions, I was talking into a mike, which turned out only worked on the first lap, after that I was talking to myself #*\$%# 60kms left, feeling good, still the cheering was happening, with an aid station every 10kms, it was fantastic.

Last lap and I'm on my way in and I feel fine, no flat tyres (always a fear) (6hrs 47min) good ride, off the bike and on with my running gear.

MY LEGS!!! My quads were burning and my back ached, EVERYTHING WILL SORT IT SELF OUT!! But that wasn't to be, I was HURTING, I managed to get my heartrate up, I was feeling fit, but I couldn't get the ache out of my quads, the rises on the footpath, felt like I was running up mountains, but I just kept going as best I could, trying to change my style, but you use your quads regardless, so settled in for my 42km run.

The camera crew were waiting near the jetty as I passed on my first lap managing to run along side of me, wanting to know how I was feeling etc. The second lap I had slowed down so the camera crew didn't have to run as fast, by the third and last lap, I was running between aid stations, which were every 2kms and walking through them, I was in agony, but heading for home. My cheering squad were waiting for me near the jetty café, assuring me I had plenty of time, (cut of time was 17hrs) but I told them I wanted to get under 14hrs(a goal I had set myself) off they headed for the finish, they had waited 5 months to see me cross that line, and they weren't going to miss it for quids, as I turned around the last bend, I had 20min to go, the camera crew were taking last minute shots as I was picking up the pace, they too took off, they wanted that shot that says it all. With my determination and only 7 minutes to go my pace quickened, getting closer, I started to sprint, the pain disappeared, I couldn't believe it, I'm going to make it.

Running down the shoot, I started to slow down as I got closer to the line, taking in the feeling of becoming an Ironman, with the lights and the cheering from the crowd it's something one has to experience, it cannot be explained, I went through in 13hrs 57minutes it was AWESOME, every-one was so wonderful and supportive like I could never have imagined, something I will always remember.

I am an "IRONMAN" or as some insist on calling me, an "IRONLADY". I can't thank everyone enough for all of the encouragement, help and support over the months leading up to the "Busselton Ironman". I want you to know that you all helped me fulfill my dream and for that I am grateful. **Shirley**



Perry Lakes 28.11.04

John Bell

8km Run

Paul Hughes	M50	32:28
Patrick Smith	M40	32:58
Andrew Cook	M35	33:29
John Allen	M45	34:57
Gary McLean	M40	35:07
Ivan Pilton	M60	35:32
David Baird	M60	36:06
Doug Ashfield	M45	36:07
Helen Lysaght	W50	36:42
Ivan Brown	M55	36:50
Simon Jawichre	M35	37:01
Alan Thomiley	M50	37:23
Michaela Newman	W35	37:43
Mike Hale	M55	37:47
Wayne Taylor	M45	37:51
Brian Danby	M55	38:58
Keith Atkinson	M45	39:06
Bob Schickert	M60	39:40
Dee Haines	W45	39:47
Wayne Bates	M60	39:54
Irwin Barrett-Lennard	M75	40:01
Bryan Hardy	M60	40:16
Franz Oswald	M55	40:28
Joe Stickles	M65	40:31
Graeme Neill	M40	40:40
John Brambley	M60	41:33
Karen March	W40	42:20
Richard Danks	M60	42:22
Brian Smith	M65	42:26
Troy Lundgren	M50	42:29
Christine Engels	W45	42:38
John Smith	M65	42:49
Kim Thomson	W30	42:51
Joan Osborne	W55	43:12
Kevin Payne	M45	43:55
Graham Thornton	M60	44:03
John Pellier	M65	44:35
Rhod Wright	M55	44:39
Stan Lockwood	M75	44:44
Roger Walsh	M60	45:00
Margaret Neil	W55	45:34
Brian Hunter	M60	46:08
David Carr	M70	47:57
Jackie Halberg	W55	47:58
Merv Jones	M65	48:07
Vic Beaumont	M70	48:33

4km Run

Jim Klinge	M55	17:00
Ola Ovstedal	M40	17:40
Gary Fisher	M50	19:49
Don Caplin	M65	19:54
Fenella Gill	W40	20:00
Thea Bailey	W45	20:39
Mike Anderson	M55	21:57
Peter Airey	M65	22:38
Wendy Cl. Green	W60	24:14
Paul Buckley	M55	24:18
Bob Sammells	M65	24:51
Christina Rompotis	W45	25:02
Arnold Jenkins	M60	25:17
Val Millard	W55	25:50

Bev Whitfield	W40	26:00
Kirt Johnson	M75	26:12
John Stone	M50	26:26
Keith Forden	M65	27:05
Joan Pellier	W65	30:17
Mary Young	W50	31:43
6km Walk		
Lynne Schickert	W60	44:31
John Carrington	M70	44:33
Mitch Loly	M60	48:36
Jennie Smith	W50	50:46
Jeff Spencer	M60	50:48
Glenda Pontifex	W45	52:08
Patricia Hopkins	W60	54:10
George Schaefer	M70	54:56
Ian Lyon	M65	58:11
Leo Hassam	M70	58:13
Rex Bruce	M60	58:14
4km Walk		
Lesley Romeo	W60	32:17
Ernie Moyle	M75	46:06

Good to see all the bodies moving around the perimeter, as we direct from the center. There is evidence that diabetes in Australia is set to double in the next six years from 2 million to 4 million. Activity is a key issue in prevention, there is evidence that 50 years ago our grandparents walked on average 16 kilometers a day more than us. Run and walk with a group. It is much easier to run or walk briskly when there are other legs moving around you. It's weird. I broke my leg in 2001 when a tree fell on it, and while limping badly it helped so much in recovering, to have others walking around me - in the running and walking clubs, and I am greatly indebted to these companions in helping me keep my spirits up. It takes the pressure off when other legs are also moving in harmony. Thanks again to all my many wonderful magic helpers. Thanks....John Bell

Mosman Park 5.12.04

Paul & Sue Hughes

8.7km Run

Jim Langford	M60	33:26
Brian Bennett	M55	36:34
John Allen	M45	36:52
John Davies	M60	38:17
Doug Ashfield	M45	38:31
David Baird	M60	38:37
Johan Hagedoom	M60	39:28
Helen Lysaght	W50	39:51

Bob Schickert	M60	40:14
Ray Hall	M70	40:15
Raymond Gimi	M40	40:37
Simon Jawichre	M35	40:48
John Mack	M60	40:52
David Muir	M55	41:17
Keith Atkinson	M45	41:24
Mike Hale	M55	41:49
Barry Jones	M45	41:52
Alan Thomiley	M50	42:11
Sean Keane	M40	42:34
Martin Watkins	M55	42:50
Irwin Barrett-Lennard	M75	43:04
Jeanette Tiverios	W45	43:25
Mark Sivyer	M55	43:41
John Ellard	M60	44:51
Karen March	W40	45:14
Phyllis Farrell	W60	45:17

Julie Keeley	W35	45:22
Nick Miletic	M50	45:36
Graeme Neill	M40	45:37
Kim Thomson	W30	47:13
Troy Lundgren	M50	47:24
Frank Usher	M80	48:01
Brian Foley	M60	48:29
Kevin Payne	M45	49:02
Terry Manfred	M65	49:47
Margaret Neil	W55	49:51
Stan Lockwood	M75	49:56
Rhod Wright	M55	50:34
Cecil Walkley	M75	51:46
Lorraine Lopes	W60	52:41
Pamela Toohey	W55	53:08
Merv Jones	M65	54:06
Denise Lancaster	W50	54:54
Jackie Halberg	W55	55:06
Jo Richardson	W50	58:35

5.25km Run

Jim Klinge	M55	21:11
John Collier	M35	21:56
Don Caplin	M65	24:22
Bryan Hardy	M60	25:48
Leonie Jones	W40	27:13
Delia Baldock	W40	27:51
Peter Airey	M65	28:26
Peggy MacIver	W60	28:48
Wendy Clements-Green	W60	29:27
Roger Walsh	M60	29:46
Liz Chandler	W35	31:20
Mary Young	W50	31:25
Sue Bullen	W45	31:31
Arnold Jenkins	M60	32:28
Kirt Johnson	M75	33:11
Val Millard	W55	33:13
Julie Wood	W55	33:27
Pierre Viala	M55	33:28
Debbie Dance	W35	35:23
Dalton Moffett	M70	36:44
Richard Danks	M60	48:35

8.7km Walk

Elaine Dance	W50	68:34
John Dance	M55	68:50
Mitch Loly	M60	71:25
Rosa Wallis	W60	71:55

5.25km Walk

David Brown	M55	36:20
John Carrington	M70	38:50
Lynne Schickert	W60	40:45
Jeff Whittam	M70	42:06
Ian Lyon	M65	43:26
Glenda Pontifex	W45	43:58
Merv Moyle	M75	49:22
Dorothy Whittam	W65	49:39
Maggie Flanders	W65	49:41
Jodi Brauer	W30	52:45
Norm Miller	M70	53:36
Steve Toohey	M55	53:38

It was an unseasonably cool day for the first summer's run for the club which was a nice change for the runners and walkers but not comfortable for the helpers. The course was changed which made it shorter than previous years but tougher due to the extra hill. The reaction from most was they like the run and it is likely the course will remain the same for the future, scenic and testing. A very special thanks to our helpers Paul Martin, Dick Blom, Shelia Maslen, Alex Tiverios (alias Jeanette Tiverios), Dave Roberts, Robin King, Wayne Taylor, Linda Glass, George Innes, Wayne Robinson, Graham Lucas, Paul Buckley and Shirley Bell (The Iron Lady). See you all next year. Paul & Sue Hughes

Canning Caper 12.12.04

Keith Atkinson

6km Run

Jim Klinge	M55	23:30
Ross Parker	M55	24:07
Christopher Coates	M50	24:12
John Collier	M35	24:20
Ola Ovstedal	M40	25:34
Paul Burke	M30	27:46
Mike Anderson	M55	30:24
Brian Foley	M60	30:35
Delia Baldock	W40	31:17
Paul Buckley	M55	33:49
Tanya Burke	W30	35:02
Bev Whitfield	W40	35:02
Kirt Johnson	M75	35:04
Arnold Jenkins	M60	35:45
Julie Wood	W55	38:09
Pierre Viala	M55	40:29
Dalton Moffett	M70	40:46
Mary Young	W50	41:04
Jenni Shillington	W45	41:05
Sheila Maslen	W65	42:46
Mary Heppell	W65	49:23
Jodi Brauer	W30	50:04

10km Run (Open Handicap)

		Final	Hcp
Jackie Halberg	W55	61:00	06:36
Liz Chandler	W35	63:51	11:06
Rhod Wright	M55	65:03	11:56
Robin King	W45	65:04	20:21
Joan Pellier	W65	65:16	04:36
Helen Lysaght	W50	65:21	21:36
John Byrne	M55	65:27	17:36
Johan Hagedoorn	M60	65:30	22:36
Jim Barnes	M60	65:30	14:56
Jeff Spencer	M60	65:39	09:36
Wayne Taylor	M45	65:41	21:36
John Smith	M65	65:44	13:06
Chris Pattinson	W45	65:45	20:36
Raymond Gimi	M40	65:51	20:36
John Mack	M60	65:56	20:56
Wendy Cl. Green	W60	66:15	11:36
Ivan Pilton	M60	66:20	23:56
Bert Carse	M60	66:22	27:56
Kim Thomson	W30	66:24	15:36
Brian Hewitt	M50	66:33	27:06
Troy Lundgren	M50	66:35	13:36
Mike Hale	M55	66:41	24:06
Joan Osborne	W55	66:45	13:36
Jim Langford	M60	66:46	29:06
Chris Frampton	M35	66:46	28:36
Debbie Dance	W35	66:50	00:00
Paul Hughes	M50	67:00	28:36
Mark Sivyier	M55	67:02	20:51
Robert Sheehy	M55	67:12	19:21
Brian Bennett	M55	67:14	26:46
Merv Jones	M65	67:16	07:36
Dee Haines	W45	67:22	20:06
Irwin Barrett-Lennard	M75	67:25	19:16
Bjorn Dybdahl	M50	67:32	28:16
Don Pattinson	M50	67:34	20:36
Sean Keane	M40	67:39	20:51
Alan Thomiley	M50	67:42	00:00
Jo Richardson	W50	67:44	03:46
Andrew Cook	M35	67:54	26:56
Phil Baker	M35	67:55	23:11
Aldo Giacomini	M65	67:56	09:36
David Baird	M60	76:57	24:36
Margaret Warren	W65	68:00	01:36
Richard Danks	M60	68:02	14:36
Bob Sammells	M65	68:03	12:36
Stan Lockwood	M75	68:07	14:36
Bob Schickert	M60	68:08	24:06
Vic Beaumont	M70	68:10	10:36
Colin Francis	M40	68:11	00:00
John Pellier	M65	68:19	16:36
Barry Jones	M45	68:38	21:36
John Allen	M45	68:43	27:06
Pamela Toohey	W55	68:53	9:16
Chris Maher	M50	69:28	31:16
Neil McRae	M50	69:30	27:21
Nick Miletic	M50	69:33	18:36
Patrick Smith	M40	69:39	00:00
Ray Lawrence	M75	69:57	01:36
Denise Lancaster	W50	69:58	09:36
Leonie Jones	W40	70:08	17:51
Brian Danby	M55	70:19	22:36
Margaret Neil	W55	70:38	16:36
Graeme Neill	M40	70:45	20:26

Sue Bullen	W45	71:21	11:26
Margaret Bennett	W60	71:29	00:00
Graham Thornton	M60	71:35	17:46
John Doust	M55	72:12	24:06
Ivan Brown	M60	77:49	25:06
Shirley Bell	W55	81:06	18:06
David Carr	M70	81:07	20:36

6km Walk (Sealed Handicap)

		Clock	Hcp	Final
Ray Hall	M70	44:15	7:00	51:15
Rex Bruce	M60	44:24	7:00	51:24
Beryle Doust	W55	44:16	7:15	51:31
Elaine Dance	W50	45:13	7:00	52:13
John Dance	M55	45:55	6:20	52:15
Ian Lyon	M65	47:34	4:41	52:15
Glenda Pontifex	W45	50:29	1:46	52:15
Lorna Lauchlan	W70	45:51	7:30	53:21
Jeff Whittam	M70	45:59	7:45	53:44
Stan Delandgraft	M75	44:53	9:15	54:08
Dorothy Whittam	W65	47:07	7:15	54:22
Allen Tyson	M75	54:21	1:00	55:21
Pat Ainsworth	W65	60:12	0:00	60:12
Mitch Loly	M60	55:08	6:45	61:53
Merv Moyle	M75	61:59	0:00	61:59
John Mack	M60	62:01	0:00	62:01
Barbara Bailey	W70	62:04	0:00	62:04
John Bailey	M75	62:03	0:30	62:33

Another fabulous event. Lovely morning, not too hot, clear, and sunny. Almost ideal conditions for this time of year.

The course is easy to follow and set up, and as a result no-one got lost.

The 10km race was a handicap, and other than Jacquie Halberg's runaway performance it was pretty close, with about half of the field coming in within a minute either side of the handicapping benchmark. Jacquie will get her reward from the handicapper for her improved performance.

Some great performances in the 6km run, and walk also. A few of the guns that normally do the longer runs, did the 6km instead, so the pace was pretty hot despite not having the normal frontrunner in the shorter event, Ian Davies.

A big thankyou to all of my helpers, without whom these events do not happen. Lorraine, Phyllis, Graeme, Garry, Rob, Ernie, Brian, Sue, Brian, Alison, Mike, Dave and Helen (apologies if I missed anyone).

All going well we will see you next year, and do it all again.

Keith Atkinson

FOR YOUR DIARY:

**MAWA AGM 2005 -
Monday 18 April at
7pm - Hockey Club
Rooms, Perry Lakes.**

Happy Birthday to our January Members!!

Alison Aldrich	62	still W60
Doug Ashfield	48	still M45
Ray Attwell	69	still M65
Wayne Bariolo	37	still M35
Jim Barnes	62	still M60
Peter Bauchop	36	still M35
Les Beckham	72	still M70
Richard Blurton	55	→ M55
Penny Brown	59	still W55
Dee Campbell	49	still W45
Lynne Choate	52	still W50
Sue Clifton	52	still W50
Fraser Deamus	75	→ M75
Gill Edmonds	40	→ W40
Christine Engels	49	still W45
Myles Ferrell	36	still M35
Clive Frost	58	still M55
Fenella Gill	42	still W40
Diane Hawley	50	→ W50
Eileen Hindle	56	still W55
RoseMaree Holloway	50	→ W50
Barb Humphrey	54	still W50
Ruth Johnson	64	still W60
Diane Jones	56	still W55
David Joseph	47	still M45
Jon Kappler	42	still M40
Anne Langford	54	still W50
Jeff Lindhorst	45	→ M45
Lorraine Lopes	65	→ W65
Graham Lucas	50	→ M50
Sheila Maslen	67	still W65
Keith Miller	56	still M55
Robyn Mitsopoulos	54	still W50
Vance Mitsopoulos	54	still M50
David Muir	60	→ M60
Ross Parker	56	still M55
Ivan Pilton	62	still M60
Peter Ryan	55	→ M55
Bob Sammells	68	still M65
Robert Sheehy	59	still M55
Colin Smith	42	still M40
Marg Taylor	54	still W50
Jane Thompson	50	→ W50
Blakeney Tindall	44	still M40
Steve Toohey	56	still M55
Ann Turner	69	still W65
Barry Weatherburn	42	still M40
Christine Wheeler	51	still W50

Apologies to Jacqueline Billington who had a year added to her age in the listing of November Birthdays. Her corrected entry is as follows:

Jacqueline Billington 62 still W60

TRACK & FIELD

Coker Park 02.12.04

400m

Henri Cortis	M55	65.5
David Clive	M65	69.3
Mike O'Reilly	M65	75.0
Ian Sanders	M45	75.5
Leonie Jones	W40	81.4
Barry Jones	M45	92.1

800m

Points	%
C Smith M41 2.26.5	74.48
B Schickert M63 2.48.4	77.80
S Noteboom M35 2.58.5	58.64
B Jones M47 3.00.9	63.05
R King W46 3.04.2	69.42
D Baldock W42 3.05.2	66.72
K Thomson W30 3.20.2	56.38
J Sanders W38 3.31.1	59.46
M O'Reilly M65 3.43.3	59.87
L Schickert W63 4.26.9	56.89

100m

Greg V.Sanden	M45	13.0
Steve Noteboom	M35	13.0
Colin Smith	M40	13.7
David Clive	M65	14.3
Henri Cortis	M55	14.4
Ian Sanders	M45	14.8
Mike O'Reilly	M65	15.5
Leonie Jones	W40	17.3
Jacqui Sanders	W35	17.3

5000m

Bob Schickert	M60	21.03.8
Barry Jones	M45	22.14.8
Helen Lysaght	W50	22.54.4
Leonie Jones	W40	26.17.4

5000m walk

Robin King	W45	29.22.1
Stephen Anthony	M45	29.22.8

Les Beckham T. Jump Pts %

S Noteboom	M35	10.30	57.48
D Clive	M67	9.34	82.80
I Sanders	M46	8.27	54.12
D Baldock	W42	8.25	62.79
K Thomson	W30	6.30	41.72
L Schickert	W63	6.15	65.64

Hammer

Mark Hamilton	M30	33.50
Kevin Webster	M35	26.48
Michael Miller	M35	20.46

Shot

Points	%
M Hamilton M34 11.75	52.93
S Noteboom M35 10.65	47.97
K Webster M37 9.57	43.11
M Miller M39 7.57	35.41
H Cortis M58 6.95	44.58
K Thomson W30 6.47	30.16
C Smith M41 5.89	28.76

Coker Park 09/12/04

*Pending State Record

100yds

Steve Noteboom	M35	12.0
David Clive	M65	12.5
Henri Cortis	M55	12.8
Ian Sanders	M45	13.4
Jacqui Sanders	W35	15.0
David Carr	M70	16.6

1 mile

Brian Hewitt	M50	5.30.0
Micheal Watson	M35	5.47.7
Henri Cortis	M55	5.52.0
Helen Lysaght	W50	6.00.8
David Carr	M70	7.36.3
Jacqui Sanders	W35	8.01.8
Jackie Halberg	W55	8.21.2
Ian Sanders	M45	8.43.6

1 mile Walk

Robin King	W45	7.01.1
Stephen Anthony	M45	8.32.4
Stan Jones	M75	10.48.4
Allen Tyson	M75	14.18.9

400m

Micheal Watson	M35	63.7
Henri Cortis	M55	64.5
David Clive	M65	66.9
Stephen Anthony	M45	71.7
Ian Sanders	M45	78.8
David Carr	M70	86.2
Jacqui Sanders	W35	97.3

3 miles

Brian Hewitt	M50	18.56.0
Bob Schickert	M60	20.21.6
Helen Lysaght	W50	21.41.7

Les Beckham Long Jump

Steve Noteboom	M35	4.70
David Clive	M67	4.56

Discus

Mark Hamilton	M30	42.24*
Michael Miller	M35	23.36

Javelin

Kevin Webster	M35	32.21
Michael Miller	M35	23.59

Coker Park 16.12.04

200m

Points	%
D Clive M67 27.9	91.25
K Webster M37 29.7	68.52
M O'Reilly M65 31.5	79.30
D Baldock W42 33.5	69.85
J Riddell M65 38.4	65.05
D Foley M75 40.0	69.28

800m

Greg V.Sanden	M45	2.23.0
Brian Hewitt	M50	2.23.4
Robin King	W45	3.04.1
David Carr	M70	3.16.8
Kim Thomson	W30	3.17.2
Mike O'Reilly	M65	3.18.2
John Dennehy	M45	3.22.2
Delia Baldock	W40	3.25.3
Jim Riddell	M65	3.32.0

1500m Walk

Points	%
R King W46 7.50.0	81.70
L Schickert W63 10.03.2	74.60
S Jones M79 10.04.6	79.23
S Noteboom M35 11.18.8	46.99

3000m

Bob Schickert	M60	11.55.3
Robin King	W45	13.10.1
Kim Thomson	W30	14.10.6
David Carr	M70	14.11.0

Les Beckham Triple Jump

David Clive	M65	8.93
Derry Foley	M75	6.66

Lynne Schickert W60 6.21

Discus

Mark Hamilton	M30	39.59
Steve Noteboom	M35	28.36
Kevin Webster	M35	27.64
Michael Miller	M35	23.67

Shot

Mark Hamilton	M30	10.72
Kevin Webster	M35	9.72
Michael Miller	M35	8.26

Coker Park 23.12.04

100m

Henri Cortis	M55	13.9
Kevin Webster	M35	14.0
Dirk Klicker	M30	14.4
Mike O'Reilly	M65	14.6
Jim Riddell	M65	17.1
David Carr	M70	17.5

1500m

Points	%
B Hewitt M51 5.00.4	79.33
D Klicker M30 5.05.6	67.96
H Cortis M58 5.19.7	79.21
B Schickert M63 5.44.1	77.25
D Ashfield M47 5.52.3	65.52
D Carr M72 6.00.1	81.91
B Foley M60 6.14.7	68.84
K Thomson W30 6.29.7	59.14
J Dennehy M45 6.50.8	55.34
R Danks M62 7.03.1	62.20
L Schickert W63 9.09.9	55.96

2000m Walk

Stephen Anthony	M45	10.30.9
Stan Jones	M75	13.34.6

200m

Henri Cortis	M55	29.2
Dirk Klicker	M30	29.9
David Carr	M70	33.3
Jim Riddell	M65	36.0
Richard Danks	M60	43.1

800m

Brian Hewitt	M50	2.34.9
Dirk Klicker	M30	2.45.7
Doug Ashfield	M45	2.56.5
David Carr	M70	2.56.6
Mike O'Reilly	M65	3.01.4
Kim Thomson	W30	3.15.8
Richard Danks	M60	3.28.7
Jim Riddell	M65	3.29.5

Les Beckham L. Jump Pts %

S Anthony M45 3.90	52.49
B Hewitt M51 3.63	52.99
D Baldock W42 3.60	56.96
K Thomson W30 2.91	38.70
B Schickert M63 2.82	48.37
L Schickert W63 2.42	51.82
R Danks M62 2.20	37.29

Javelin

Kevin Webster	M35	34.89
Michael Miller	M35	23.72

Hammer

Points	%
M Hamilton M34 33.05	39.69
J Everard M46 31.04	46.90
K Webster M37 25.96	32.52
M Miller M39 18.16	23.71
B Hewitt M51 12.18	18.57

(7)

UWA 30.11.04

*Pending State Record

200m

Myles Ferrell	M35	27.1
Barrie Kernaghan	M60	27.9
Norm Richards	M65	29.1
Keith Edmonds	M35	30.6
Rob Greenhalgh	M50	28.5
Ian Sanders	M45	30.3
Ross Calnan	M60	35.3
Tracy Hough	W40	33.2
Thea Bailey	W45	35.4
Jacqui Sanders	W35	36.4
Pat Carr	W70	46.7

2000m

Myles Ferrell	M35	6.50
Darryl White	M45	6.53
John Collier	M35	7.16
Keith Edmonds	M35	7.34
Colin Chisholm	M40	8.03
Rob Greenhalgh	M50	8.12
Don Caplin	M65	8.21
Nick Bailey	M55	9.00
Barry Newell	M45	9.36
Fiona McAuley	W50	11.00

2000m walk

Robin King	W45	11.08
Val Millard	W55	12.53
Thea Bailey	W45	13.54
Bob Neville	M70	13.57

1500m

Points	%
M Ferrell M35 4.40.3	75.48
C Till M47 4.59.6	77.05
D White M45 5.00.6	75.62
A Gower M49 5.03.5	77.26
B Hewitt M51 5.06.9	77.65
J Schultz M43 5.08.6	72.57
H Cortis M58 5.10.2	81.63
B Schickert M63 5.26.3	81.47
K Edmonds M37 5.35.0	64.04
J Collier M38 5.37.0	64.10
M Ferrell M35 5.31.4	63.84
W Taylor M45 5.35.8	67.70
D Carr M72 5.42.5	86.12
I Brown M60 5.48.4	74.04
L Neville W53 5.56.8	77.39
C Chisholm M40 6.00.2	60.83
R King W46 6.04.6	70.94
D White M45 6.14.0	60.78
T Bailey W49 6.30.4	60.06
K Gower W44 6.34.2	64.47
I Sanders M46 6.55.7	55.10
J Sanders W38 6.57.8	57.85
G Edmonds W39 6.59.7	58.06

600m

Myles Ferrell	M35	1.34.9
Jon Schultz	M40	1.37.5
Campbell Till	M45	1.40.8
Alan Gower	M45	1.47.6
Darryl White	M45	1.50.1
Keith Edmonds	M35	1.54.1
Colin Chisholm	M40	1.57.2
Bob Schickert	M60	2.03.2
Ivan Brown	M60	2.08.2
Barry Newell	M45	2.11.0
Wayne Taylor	M45	2.17.4
Ian Sanders	M45	2.20.3
Jacqui Sanders	W35	2.34.0

(UWA 30.11.04 Cntd)

Les Beckham T. Jump Pts %			
C Till	M47	10.20	67.73
D Wyatt	M53	10.10	73.14
K Edmonds	M37	9.94	57.13
I Sanders	M46	8.28	54.19
H Cortis	M58	7.26	56.54
L Neville	W53	6.97	63.36
D Foley	M75	6.94	69.05
D Carr	M72	5.78	55.10

Discus

Mark Hamilton	M30	40.86*
Mark Staunton	M30	35.70
Rob Shand	M70	19.49
Rae McMillan	W75	17.94
June Streeter	W55	13.11

Shot

Mark Hamilton	M30	11.97
Matt Staunton	M30	10.32
Rae McMillan	W75	7.24
Rob Shand	M70	7.21
June Streeter	W55	6.53

UWA 712.04

*Pending State Record

400m

Barrie Kernaghan	M60	63.7
Peter Gare	M60	66.5
Blakeney Tindall	M40	69.3
Myles Ferrell	M35	74.4
Norm Richards	M65	82.0
Ann Heitman	W35	85.2

800m

Points %		
M Ferrell	M35	2.07.8 81.91
C Till	M47	2.15.5 84.17
H Cortis	M58	2.21.9 88.02
J Collier	M38	2.30.4 71.04
K Edmonds	M37	2.31.4 70.09
D McAuley	M55	2.28.8 81.73
D Carr	M72	2.38.0 91.86
B Schickert	M63	2.40.7 81.53
W Taylor	M45	2.41.6 69.51
D Roberts	M62	2.42.7 79.73
B Tindall	M43	2.54.5 63.44
I Sanders	M46	2.56.1 64.27
I Brown	M60	2.56.4 72.10
R King	W46	3.00.3 70.92
K Thomson	W30	3.10.1 59.38
J Sanders	W38	3.22.9 58.93

100m

Barrie Kernaghan	M60	13.6
Norm Richards	M65	16.5
Gordon Medcalf	M75	16.8
Ian Sanders	M45	14.8
Thea Bailey	W45	16.3
Dave Wyatt	M50	14.1
Ross Calnan	M60	16.7
Jacqui Sanders	W35	16.8
Lynne Schickert	W60	22.6

5000m

Myles Ferrell	M35	17.44.4
Darryl White	M45	18.48.9
Alan Gower	M45	18.58.2
John Collier	M35	20.31.8
Bob Schickert	M60	20.45.9
Dave Roberts	M60	21.52.1
Henri Cortis	M55	22.59.6
Wayne Taylor	M45	23.05.4

Thea Bailey	W45	23.46.2
Kim Thomson	W30	24.41.7
David Carr	M70	25.30.7
Karyn Gower	W40	30.00.7
5000m walk		
Robin King	W45	29.03.1
3000m walk		
Lynne Schickert	W60	22.01.1

Les Beckham Long Jump

Dave Wyatt	M50	4.60
Keith Edmonds	M35	4.44
Jacqui Sanders	W35	3.36
Ross Calnan	M60	3.15

Hammer

Kate Glass	W50	43.27*
June Streeter	W55	20.62
Rob Shand	M70	18.94
Rae McMillan	W75	15.75
Toni Phillips	W30	15.11

Shot

Points %		
K Glass	W50	10.37 58.85
R Shand	M72	7.66 54.33
D Carr	M72	7.13 50.57
T Phillips	W32	7.09 33.05
R McMillan	W75	7.06 79.50
C Till	M47	6.74 37.51
J Streeter	W55	6.51 42.38
I Brown	M60	5.88 35.92
L Schickert	W63	5.12 41.59

UWA 14.12.04

*Pending State Record

200m

Points %		
C Till	M47	26.0 83.96
M Watson	M39	26.3 78.46
B Kernaghan	M64	27.6 89.75
M Ferrell	M35	27.6 72.72
H Cortis	M58	28.1 84.06
R Greenhalgh	M54	27.7 82.85
K Edmonds	M37	29.4 69.22
D Carr	M72	30.1 89.00
B Hewitt	M51	30.2 74.37
I Sanders	M46	29.4 73.74
W Taylor	M45	32.1 67.07
B Schickert	M63	32.8 74.91
I Brown	M60	33.4 71.77
R Calnan	M64	34.7 71.38
J Sanders	W38	35.2 64.35
K Thomson	W30	38.5 56.21
L Schickert	W63	48.0 58.29

800m

Myles Ferrell	M35	2.21.5
Micheal Watson	M35	2.22.1
Patrick Smith	M40	2.24.8
Brian Hewitt	M50	2.26.0
John Collier	M35	2.33.9
Keith Edmonds	M35	2.34.3
Darryl White	M45	2.34.7
Henri Cortis	M55	2.36.0
Rob Greenhalgh	M50	2.37.6
Blakeney Tindall	M40	2.40.5
Keith Martin	M60	2.59.8

1500m Walk

Points %		
R King	W46	7.19.7 87.33
K Hind	W31	7.43.3 74.25
W Taylor	M45	8.18.4 68.42
B Schickert	M63	8.22.4 79.22
L Schickert	W63	9.42.4 77.27
I Brown	M60	9.48.1 65.81

J Sanders W38 10.11.9 59.00

3000m

Ian Davies	M55	10.37.0
Alan Gower	M45	10.37.5
Darryl White	M45	11.10.5
Brian Hewitt	M50	11.16.8
Patrick Smith	M40	11.23.3
Duncan McAuley	M55	11.30.8
Myles Ferrell	M35	11.43.3
John Collier	M35	11.43.8
Keith Edmonds	M35	12.20.3
Blakeney Tindall	M40	12.25.6
Colin Chisholm	M40	12.32.8
Ivan Brown	M60	12.35.9
Bob Schickert	M60	12.48.7
David Carr	M70	13.48.4
Wayne Taylor	M45	14.01.0
Kelly Hind	W30	14.06.1
Karyn Gower	W40	15.57.5
Fiona McAuley	W50	17.04.8

Les Beckham Triple Jump

Matt Staunton	M30	11.05*
Keith Edmonds	M35	9.69
Ian Sanders	M45	8.31
Lynne Schickert	W60	6.32

Discus

Mark Hamilton	M30	38.36
Matt Staunton	M30	34.07
Rob Shand	M70	24.29
Rae McMillan	W75	18.56
Jim McMillan	M75	17.67

Shot

Mark Hamilton	M30	10.99
Matt Staunton	M30	10.73
Rob Shand	M70	7.43
Rae McMillan	W75	7.32
Jim McMillan	M75	5.87

UWA 21.12.04

*Pending State & Australian Record

100m

David Clive	M65	13.4
Rob Greenhalgh	M50	13.5
Henri Cortis	M55	13.6
Peter Gare	M60	13.8
Garry Doyle	M55	14.4
Keith Martin	M60	14.7
Norm Richards	M65	14.8
Blakeney Tindall	M40	15.6
Roger Whalan	M60	15.3
Ross Calnan	M60	15.9
Gordon Medcalf	M75	16.5
Thea Bailey	W45	16.1
Pat Carr	W70	19.2

2000m

Myles Ferrell	M35	6.22.6
Rob Catrall	M45	7.02.2
John Collier	M35	7.11.6
Keith Edmonds	M35	7.22.4
David Carr	M70	7.52.7
Dave Roberts	M60	7.53.6
Rob Greenhalgh	M50	8.04.4
Blakeney Tindall	M40	8.06.9
Frank Gardiner	M55	8.31.8
Thea Bailey	W45	8.56.9

2000m Walk

Robin King	W45	10.32.7
Lynne Schickert	W60	12.47.6
Val Millard	W55	12.52.5

200m

Micheal Watson	M35	26.2
David Clive	M65	27.6
Myles Ferrell	M35	27.9
Henri Cortis	M55	28.2
Keith Edmonds	M35	29.7
Garry Doyle	M55	29.9
Keith Martin	M60	30.7
Roger Whalan	M60	33.2
Ian Davies	M55	30.0
David Carr	M70	31.3
Thea Bailey	W45	35.0
Lynne Schickert	W60	49.7

800m

Ian Davies	M55	2.25.3
Micheal Watson	M35	2.31.1
Rob Catrall	M45	2.31.9
John Collier	M35	2.32.7
Henri Cortis	M55	2.33.5
Keith Edmonds	M35	2.48.0
Blakeney Tindall	M40	2.41.3
Frank Gardiner	M55	2.48.7
Myles Ferrell	M35	2.54.0
Dave Roberts	M60	2.57.1
Robin King	W45	3.03.4
Gill Edmonds	W35	3.28.5

Les Beckham L. Jump Pts %

C Till	M47	5.22 72.20
M Watson	M39	5.15 63.98
D Clive	M67	5.03 91.12
R Greenhalgh	M54	4.40 66.87
K Edmonds	M37	4.30 52.00
H Cortis	M58	3.86 61.96
D Carr	M72	3.64 70.54
P Carr	W72	3.00 73.17
I Brown	M60	2.95 48.60
L Schickert	W63	2.84 60.81

Javelin

Steve Noteboom	M35	41.10
Rob Shand	M70	26.60
Michael Miller	M35	25.06
Ross Calnan	M60	22.10
Kate Glass	W50	21.58
Rae McMillan	W75	16.39*

Hammer

Points %		
K Glass	W54	39.68 84.39
M Hamilton	M34	33.05 39.69
S Noteboom	M35	29.13 34.98
R McMillan	W77	21.04 70.79
M Miller	M39	19.09 24.92
R Shand	M72	18.28 35.27
C Till	M47	9.54 14.72

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From the WMA President Torsten Carlius

First of all I want to congratulate Oceania for an outstanding Oceania Masters Championships in Rarotonga in October. Our WMA Delegate Monty Hacker has circulated a report in which he says that approximately 250 athletes entered with performances on a very high level which also included a number of new world records. I am impressed and do sincerely again regret that I could not attend these Championships as planned.

2004 is a year with Regional Championships in all our six Regions and most have been very successful with Europe as usual as the biggest with more than 3,700 athletes. Africa had some bad luck with its Championships in Cameroon which led to low attendance and some special measures must no doubt be taken in Africa to raise its Championships to the same level as in the other five Regions. Money to cover travelling and accommodation is one very great problem. The Regional Association is fully aware and perhaps one way could be to divide Africa into three zones, i.e. southern Africa, middle Africa and Africa north of the Sahara, and try to organize Championships in each of these zones in order to reduce costs for the athletes. The future for Africa must be a very important issue the next years.

Bidders for 2008 World Indoors

The last day for bids to host the 2008 WMA Championships Indoors was 1 September 2004, and by that time three bidders had given interest to organize these Indoor Championships, i.e. Budapest, Hungary; Glasgow, Great Britain; Lievin, France.

All three cities have wonderful indoor arenas and have experience from previous big meetings. WMA has now planned its inspection visits to the last week of January the next year and after grading of the bidders, they will be invited to present their bids to the Council the days before the Championships in San Sebastian. The two best graded bidders will then be presented at the General Assembly which will finally decide.

Bidders for 2009 World Stadia

1 September 2004 was the last day also for bids to host the 2009 WMA Championships Stadia and by end of the day two bidders had given interest to organize these Championships, i.e.: Lahti, Finland; Aarhus (with Randers and Silkeborg), Denmark.

Also these bidders are very well experienced and will offer wonderful Championships. The procedure is the same as for the Indoor Championships and as there are only two bidders they will both present their bids at the General Assembly in San Sebastian which will decide who will host the 2009 World Masters Championships Stadia.

IAAF Gala in Monaco

The IAAF Gala in Monaco this year was held on 19 September in connection with the GP final. To us masters it was a great moment as IAAF for the first time also invited the best male and the best female master – in this case our best in 2004. Based upon performances during the year Guido Müller, Germany, was chosen as the best male master in 2004 (5 times World Indoor Champion in Sindelfingen, 7 times European Champion in Aarhus and 7 world records) and Jeanette Flynn, Australia, as the best female master in 2004 (world records over 800 meters and one mile).

This IAAF appreciation of our masters performances will hopefully become a tradition so that our best masters will participate at the future IAAF Galas and be honoured for their performances. 2004 was a very good start of this new tradition.

Proposals to the General Assembly in San Sebastian

Proposals to the General Assembly in San Sebastian the next year must be in the hands of the WMA Secretary no later than 90 days before the General Assembly, i.e. no later than 31 May 2005. Information will be circulated well in time before the last day.

The Council will present a number of proposals of which perhaps the removal of our World Championships Non-Stadia is the most important. Our Non-Stadia Committee will soon present its idea how the present Non-Stadia events can be split on the Stadia and the Indoor Championships. Another Council proposal will probably be to add Mountain Running as an official WMA World Championships event. Discussions have started with WMRA (World Mountain Running Association) to see how a cooperation could be built up.

100km World Championships 2005

I would finally like to promote our 100km World Championships. We had the first in Tainan, Taiwan, last year and the next will be in Lake Saroma, Japan, on 26 June next year. These Championships are technically organised by IAU (International Association of Ultrarunners) and I am sure the Championships in Lake Saroma will be on an equally high level as the one in Tainan. We have so far not seen any invitation brochure/booklet but will as soon as we have something post it and hopefully a website address on our WMA website, but those interested in real long-running please reserve 26 June 2005, for a visit to Japan.

Finally I take the opportunity to wish you all a very Merry Christmas and a very Happy and Successful New Athletics Year 2005 !

Torsten Carlius
WMA President

Please make this payment of \$..... for ☐ Membership ☐ Club Social
Function

☐ Clothing ☐ Club Weekend Away ☐ Championship

Entry

by VISA ☐ MASTERCARD ☐ BANKCARD ☐

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

Print Post Approval 644113/00007

If unclaimed please return to:
PO Box 197, SUBIACO WA 6904

**SURFACE
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Running Gear

Contact Maggie Flanders: 9525 2691

Club Clothing in the new Masters livery:

- | | |
|--------------------------|---------|
| ▶ WINDCHEATERS | \$25.00 |
| ▶ COMPETITION SINGLETs | \$25.00 |
| ▶ LONG SLEEVED T-SHIRTS | \$20.00 |
| ▶ SHORT SLEEVED T-SHIRTS | \$18.00 |





VETR^{UN}



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
February 2005 - Number 371

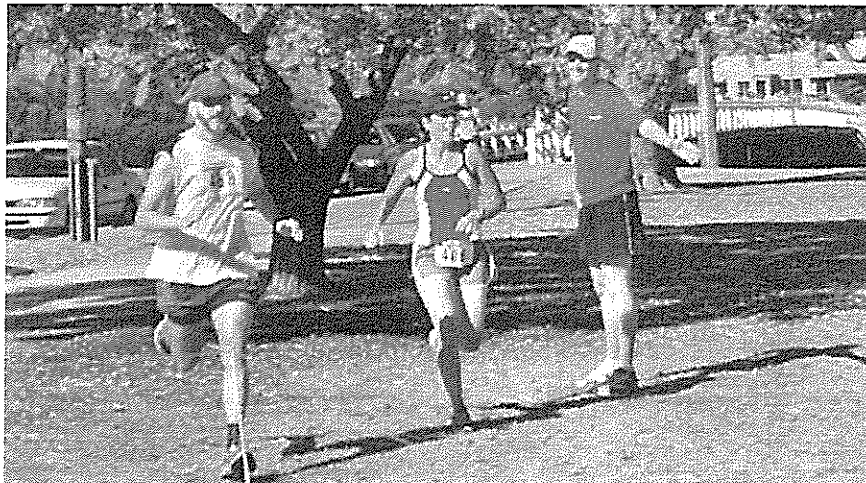
Pics from the Canning Caper:



Elaine Dance



Recorders Phyllis Farrell and Lorraine Lopes



Wayne Taylor and Chris Pattinson - ably marshalled by Graeme Uren

IMPORTANT NOTICE RE STATE TRACK AND FIELD CHAMPIONSHIPS

With the redevelopment of Coker Park taking longer than expected it has been decided to change the events which were programmed for 25 February and 27 February as follows;

- 5km walk and 10km runs to (McGillivray) UWA Sports Oval (subject to confirmation) - still Friday 25 Feb.
- The Pentathlon to Sunday 20 March - still at Coker Park.

Starting times are unchanged.

NOTICE OF ANNUAL GENERAL MEETING

The MAWA Annual General Meeting will be held on Monday 18 April 2005 at 7.00 pm at the Hockey Club Rooms, Perry Lakes. All members are invited to attend.

Committee Nominations

Nominations are called for the committee for 2005-2006:

President
Vice-President
Secretary
Treasurer
Committee Members (4)

Nominations are also called for positions of:

Editor (desirably a member of the committee but not required by the Constitution)
Handicapper
Statistician
Athletic Registrars (2)
Auditor

Nomination Forms are available from the Club Secretary. Proposed changes to the Constitution must be lodged with the Club Secretary (11A Dandenong Road, Attadale 6156 or schickert@bigpond.com) by 20 MARCH 2005.

Life Membership

Recommendations for Life Membership should be forwarded to the Club Secretary by 20 March 2005. Nominations need to be approved by the Committee before the AGM. A recommendation needs to come from at least three (3) members. Before a member can be elected as a Life Member they must have had active and continuous membership for at least ten (10) years and have substantially contributed to progress in the club. No more than two (2) Life Members can be elected in any one year.

Current Life Members are:

Jacqueline Billington	David Carr
Brian Danby	Bob Fergie
Brian Foley	John Gilmour
Jackie Halberg	Robert Hayres
Bill Hughes	Kirt Johnson
Merv Jones	Joan Pellier
Valerie Prescott	Robert Sammells
Robert Schickert	Lynne Schickert
Robert Shand	Barrie Slinger
Graham Thornton	Dorothy Whittam
Jeffrey Whittam	Basil Worner

Bob Schickert
Secretary

VALE FRANK McLINDEN 7.5.31 - 23.1.05

Frank joined in 1982 and as well as being a fine athlete he was soon active in administration. Frank was Treasurer in 1984/5. The main filing cabinet still used to store club documents has the inscription "WAVAC presented by Frank McLinden Treasurer 1984/5".

Injuries resulted in Frank not renewing his membership in recent years but he is well remembered for his athletic results and his friendly manner.



Healthway is proud to sponsor the MAWA Track and Field Championships 2005 to promote the Be Active health message.

Being active every day is not difficult and doing some form of moderate physical activity has some great health benefits.

There is no need to sweat or strain yourself, examples of moderate physical activity include walking, taking the stairs, going for a bike ride or joining a local sporting club.

Regular activity reduces your risk of major diseases such as heart disease and diabetes and it helps control your blood pressure, cholesterol and weight. It will also make you feel a whole lot better, physically and mentally! So Be Active and remember - you don't have to take exercise seriously, just regularly.



HELP WANTED!!!!!!

After many years of looking after Masters' clothing needs, Maggie Flanders has decided it's time to hand over to someone else. On behalf of the Committee and all the members, I'd like to thank Maggie for the tremendous contribution she has made to the Club. So, we are looking for someone to take over clothing sales.

Our Vetrin Editor, Jeff Bowen, has also regrettably said that because of eye problems he will no longer be able to edit the Vetrin as from the AGM in April. Again, I'd like to thank Jeff for his tremendous contribution to the Club. The editor's job is one that goes largely unrecognised, but we all look forward to reading the quality newsletter he publishes each month. If you have computer access and are able to commit your time, please consider taking on this job, either in full or in part. Feel free to talk to Jeff about what the editor's job involves.

Please see me or Bob Schickert if you would like to take on either of these jobs. Remember, the Club relies on its volunteers to function as well as it does. If we are unable to find an Editor, then the Vetrin in its present form may not be possible to produce.

Val Millard

Results in this Issue:

- Alderbury Reserve - East Perth - Friendship Run - Pt Walter.
- Patron's Trophy.
- Coker Park and UWA Track & Field.

URGENT

OFFICIALS AND HELPERS FOR STATE CHAMPIONSHIPS

Members who are able to help at the State Track & Field Championships are asked to contact Barbara Blurton by phone or email, or return the form below:

Dates (please circle as appropriate):

Friday 25 February (evening) Yes / No

Sunday 27 February (morning) Yes / No

Saturday 12 March Yes / No

Sunday 13 March Yes / No

Food Preparation Yes / No

Canteen Yes / No

Name.....

Phone.....

Barbara Blurton 6 Curran Court, Kalamunda 6076

Tel: 9293 0190 < vetrunkers@optusnet.com.au >

Long Jump M30 (5.15, Rob Colton 1996)	Matthew Staunton	6.15m
Triple Jump M30 (10.15, Mark Hamilton 2003)	Matthew Staunton	11.05m
High Jump M30 (1.64, Gavin Hames 1996)	Matthew Staunton	1.75m
Pole Vault M30	Matthew Staunton	3.00m
Javelin M30 (39.09, Mark Hamilton 2003)	Mark Hamilton	40.26m
Discus M30 (39.60, Gavin Hames 1996)	Mark Hamilton	42.24m
Heavy Weight M30 (12.00, Gavin Hames 1996)	Mark Hamilton	13.07m
Heavy Weight M35	Kevin Webster	9.75m
Heavy Weight M35 (8.42, Wayne Bariolo 2003)	Stephen Noteboom	11.36m
10k Road Run M75 (69:16, Merv Moyle 2003)	Irwin Barrett-Lennard	47:35
15k Road Run M75	Merv Moyle	1:44.35
25k Road Run M75 (3:42.20, Allen Tyson 2001)	Irwin Barrett-Lennard	2:10.35
2000m Walk M75 (13:57.0, Dick Horsley 1988)	Stan Jones	13:24.0
15k Road Walk M75 (1:56.46, Jack Collins 1991)	Stan Delandgraft	1:55.30
Half Marathon Walk M70	Dick Blom	2:32:59
Pentathlon M70 (2141 points, Allen Tyson 1996)	David Carr	3226 pts
Pentathlon M40 (2352 points, Campbell Till 2002)	Greg Vander Sanden	2467 pts
Pentathlon M30 (2365 points, Wayne Bariolo 2000)	Matthew Staunton	2489 pts
Decathlon M30	Matthew Staunton	4749 pts
Weight Pentathlon M50	Geoffrey Gee	2935 pts
Weight Pentathlon M50 (2488 pts, Murray Tolbert 2000)	Geoffrey Gee	3094 pts
Weight Pentathlon M70 (3087 pts, Bill Chapman 1987)	Alex Cummings	3233 pts
4x100 relay M45	David Clive, David Carr, Henri Cortis, Campbell Till	52.56

Update of State Records to December 2004

Men

60 metres M45	Greg Vander Sanden	7.80 =
<i>(previous 7.80, John Stone 1998, David Carr 1978)</i>		
60 metres M65	David Clive	8.66
<i>(8.81, Norm Richards 2003)</i>		
100 metres M80	Donald Frearson	18.33
<i>(18.58, Donald Frearson 2002)</i>		
200 metres M75	Gordon Medcalf	34.7
<i>(34.9, Sydney Coleman 1991)</i>		
200 metres M80	Donald Frearson	39.09
<i>(39.19, Donald Frearson 2002)</i>		
1000 metres M70	David Carr	3:47.2
<i>(4:20.0, Allen Tyson 1996)</i>		
3000 metres M40	Jon Kappler	8:54.4
<i>(Open Record)</i>		
5000 metres M30	Paul Mitchell	15:37.9
<i>(15:44.4, Paul Mitchell 2003)</i>		
5000 metres M40	Jon Kappler	15:39.0
<i>(15:49.0, Frank Smith 1983)</i>		
10000 metres M75	Cecil Walkley	54:13
<i>(62:13.1, Frank Hansford-Miller 1993)</i>		
Half Marathon M75	Cecil Walkley	2:00:37
<i>(2:08:04, Arthur Leggett 1995)</i>		
Marathon M75	Cecil Walkley	5:00.47
110 metre Hurdles	Matthew Staunton	21.23
<i>(27.2, Jason Johansson 1999)</i>		
1500 metre Walk M75	Stan Jones	9:28.1
<i>(9:38.6, Stan Jones 2003)</i>		
3000 metre Walk M75	Stan Jones	19:25.5
<i>(21:14.7, Dick Horsley 1989)</i>		

(3)

Women

60 metres W80	Phyllis Head	24.50
<i>(27.16, Phyllis Head, 2002)</i>		
100 metres W60	Peggy Macliver	14.90
<i>(15.3, Dorothy Whittam 1997, Pat Carr 1993)</i>		
200 metres W60	Peggy Macliver	31.09
<i>(32.2, Dorothy Whittam 1996)</i>		
400 metres W60	Peggy Macliver	69.16
<i>(78.9, Noela Metcalf 1995)</i>		
800 metres W60	Peggy Macliver	2:56.46
<i>(3:07.8, Ruth Johnson 2003)</i>		
800 metres W50	Barbara Blurton	2:21.7
<i>(2:24.23, Barbara Blurton 2002)</i>		
Marathon W65	Jill Bower	4:59.44
1500m Walk W45	Lyn Ventris	6:52.67
<i>(8:17.0, Lesley Romeo 1993)</i>		
1500m Walk W60	Luella Jenkins	9:21.9
<i>(9:28.3, Lynne Schickert 2003)</i>		
2000m Walk W45	Robin King	10:23.0
<i>(10:25.0, Rose-Marie Holloway 2002)</i>		
3000m Walk W60	Lynne Schickert	18:59.7
<i>(19:04.0, Valerie Tyson 1987)</i>		
5k Walk W45	Lyn Ventris **	23:56.62
<i>(24:09.44, Lyn Ventris 2002)</i>		
20k Road Walk W45	Lyn Ventris *	104:09.0
<i>(105:20, Lyn Ventris, 2004 note 94:44 unofficial WB)</i>		

Long Jump W55 <i>(D, Dorothy Anderson 1990)</i>	Eileen Hindle	4.12m
Long Jump W80 <i>(P, Phyllis Head 20)</i>	Phyllis Head	0.92m
Discus W50 <i>(230m, Kath Holland 1999)</i>	Kate Glass	26.25m
Discus (1.0kg) W75 <i>(15.92m, Raema McMillan 2003)</i>	Raema McMillan	15.98m
Discus (0.75kg) W75	Raema McMillan	18.56m
Hammer W30 <i>(22.74m, Sharon Maloney 1996)</i>	Tracey Brown	34.10m
Hammer W50 <i>(07.36, Kate Glass 20)</i>	Kate Glass	43.27m
Hammer W55 <i>(previous 24Dorothy Whittam 1992)</i>	Eileen Hindle	26.22m
Hammer (2kg) W75	Raema McMillan	15.75m
Hammer (1.5kg) W75	Raema McMillan	21.04m
Heavy Weight W30 <i>(6.9 Katrina Spilsbury 1998)</i>	Tracey Brown #	12.18m
Heavy Weight W50 <i>(11.9m, Kate Glass 20)</i>	Kate Glass	12.79m
Heavy Weight W55 <i>(24Dorothy Whittam 1992)</i>	Eileen Hindle	9.30m
Javelin W50 <i>(21.0m, Barbara Wilson 20)</i>	Kate Glass	21.65m
Javelin W75 <i>(15m, Raema Mcmillan 20)</i>	Rae McMillan	16.39m
Shot W30 <i>(0.99 m, M. Prior, 1990)</i>	Tracey Brown	10.25m
Shot W50 <i>(0m, Dorothy Whittam 1993)</i>	Kate Glass	10.96m
Shot (3kg) W75 <i>(6.33, Raema McMillan 20)</i>	Raema McMillan	6.38m
Shot (2kg) W75	Raema McMillan	7.32m
15K Road Run W55 <i>(11.4M Margery Forden 20)</i>	Gillian Young	1:13.53
8k Road Walk W55 <i>(0726, Jacqui Billington 20)</i>	Valerie Millard	52:40
8k Road Walk W60	Lynne Schickert	55:33
8k Road Walk W65 <i>(630Dorothy Whittam 20)</i>	Dorothy Whittam	63:06
8k Road Walk W70 <i>(638, Lorna Lauchlan 20)</i>	Lorna Lauchlan	62:33
10k Road Walk W60 <i>(701.2, Lynne Schickert 20)</i>	Lorraine Lopes	67:13
15k Road Walk W55 <i>(08.21, Valerie Millard 20)</i>	Valerie Millard	1:40.32
15k Road Walk W60 <i>(0817, Lynne Schickert 20)</i>	Lorraine Lopes	1:44.35
15k Road Walk W70	Lorna Lauchlan	1:54.58
20k Road Walk W60	Lynne Schickert	2:37:44
Weight Pentathlon W50 <i>(231pts, Eileen Hindle 20)</i>	Kate Glass	3451 pts
Weight Pentathlon W30 <i>(184pts, Sharon Maloney 1996)</i>	Tracey Brown	2422 pts
Pentathlon W70 <i>(20 points, Pat Carr, 20)</i>	Pat Carr	2786 pts
4x400 relay W45 Lyn Ventris, Barbara Blurton	Peggy MacIver, Lynne Choate,	4:52.35

** Australian and World Record
* Australian and World Best
Australian Record

*Et: Where an athlete has improved his/her record two or more times, only the best performance is shown.
The absence of a previous record denotes an inaugural event.*

WEEKEND AWAY AT JARRAHDAL.

At present we have fully booked the 40 places at Jarrahdale. We have several people on the waiting list, therefore would all those who have indicated their interest please pay in full by February 13th, or your place may be filled by someone on the waiting list. Thank you. Margaret Bennett.

Help Wanted - in the Canteen for the State Track & Field Championships - 12 and 13 March 2005

Pam Toohey and Elaine Dance have again kindly offered to run the canteen at Coker Park for the State Champs. They are looking for helpers to prepare the food and attend on the counter. If you can help out for even an hour or so, please let Pam or Elaine know. Tel: 9593 3439 (P) or 9592 1793 (E)

AUSTRALIAN RELAY RECORD ATTEMPT

A team of male 65 years and over runners wish to attempt to break the 4 X 400m Men's Australian Masters relay record which currently stands at 4 min 23 sec.

The current squad is :

David Carr	70+	runs 65 secs
David Clive	65+	runs 62 secs
Barrie Kernaghan	65+	runs 60 secs

We need a fourth male 65 + to run 75 secs or under - so achieving a 4 x 400m time of 4 min 22 sec.

We are looking at forming a squad of runners aged 65+ from which the vital 4th runner and a reserve can be selected

The attempt will be made on either the 20th or 21st of March 2005 in W.A.

If you are interested, please contact Barrie on 9447 6862

We are very pleased to acknowledge the support of the WA Water Corporation for the MAWA State Track & Field Championships.



East Perth Handicap 9.1.05
McCallum Park
J Midolo & D Brown

7km Run	Final	Hcap	Actual
Graham Thornton	M60 43:59	10.52	33:07
Bryan Hardy	M60 44:29	11.20	33:09
Chris Pattinson	W45 44:55	9.28	35:27
Robin King	W45 45:04	15.39	29:25
Kevin Payne	M45 45:16	8.46	36:30
Richard Blurton	M50 45:21	9.56	35:25
Kim Thomson	W30 45:24	10.10	35:14
Merv Jones	M65 45:24	5.16	40:08
Don Pattinson	M50 45:33	14.22	31:11
Brian Danby	M55 45:36	14.50	30:46
Joan Pellier	W65 45:55	4.06	41:49
Pamela Toohey	W55 46:05	5.44	40:21
Robert Sheehy	M55 46:15	13.36	32:39
John Bell	M55 46:25	17.21	29:04
John Mack	M60 46:26	15.25	31:01
John Allen	M45 46:30	18.20	28:10
Ivan Pilton	M60 46:34	17.24	29:10
Sue Bullen	W45 46:35	6.12	40:23
Dee Haines	W45 46:37	14.01	32:36
Richard Danks	M60 46:38	10.10	36:28
Chris Frampton	M35 46:39	19.51	26:48
Michel Bermudes	M30 46:41	20.09	26:32
John Dance	M55 46:42	8.04	38:38
Paul Hughes	M50 46:45	20.09	26:36
Mike Hale	M55 46:45	17.10	29:35
Frank Smith	M60 46:49	17.21	29:28
Doug Ashfield	M45 46:53	16.35	30:18
Terry Manford	M65 46:55	8.46	38:09
Wendy C-Green	W60 46:58	8.46	38:12
Dick Blom	M70 47:00	9.07	37:53
John Byrne	M55 47:01	13.40	33:21
Andrew Cook	M35 47:02	18.48	28:14
Paul Burke	M30 47:04	15.46	31:18
Irwin B-Lennard	M75 47:06	13.33	33:33
Neil McRae	M50 47:06	18.06	29:00
Arnold Jenkins	M60 47:07	4.34	42:33
Mark Sivyver	M55 47:09	10.10	36:59
Darryl White	M45 47:10	19.58	27:12
Barry Jones	M45 47:11	14.40	32:31
Wayne Bates	M60 47:14	13.40	33:34
Mike Anderson	M55 47:15	11.13	36:02
Christopher Coates	M50 47:19	18.51	28:28
Denise Lancaster	W50 47:20	4.55	42:25
Keith Atkinson	M45 47:23	15.46	31:37
Mike Khan	M60 47:23	13.33	33:50
Brian Hunter	M60 47:31	11.27	36:04
Alan Thorniley	M50 47:35	15.30	32:05
John Collier	M35 47:36	18.34	29:02
Stan Lockwood	M75 47:38	9.49	37:49
Bev Whitfield	W40 47:41	4.34	43:07
Mitch Loly	M60 47:42	0.01	47:41
Margaret Warren	W65 47:48	6.40	41:08
Joan Osborne	W55 47:49	9.28	38:21
Karen March	W40 47:49	12.44	35:05
Bjorn Dybdahl	M50 47:50	19.44	28:06
John Smith	M65 47:51	10.10	37:41
Jo Richardson	W50 47:57	2.35	45:22
David Baird	M60 47:59	17.31	30:28
Bob Schickert	M60 48:01	16.35	31:26
Christine Engels	W45 48:07	11.34	36:33
Aldo Giacomini	M65 48:08	6.40	41:28

	Final	Hcap	Actual
Johan Hagedoom	M60 48:11	17.10	31:01
Richard Harris	M65 48:20	9.35	38:45
John Pellier	M65 48:29	11.09	37:20
John Brambley	M60 48:34	12.44	35:50
Helen Lysaght	W50 48:35	16.28	32:07
Leonie Jones	W40 48:36	11.27	37:09
Steve Toohey	M55 48:38	0.00	48:38
Margaret Bennett	W60 48:42	0.00	48:42
Duncan McAuley	M55 48:44	19.16	29:28
Deborah Gardner	W35 48:51	0.00	48:51
Gary McLean	M40 48:59	19.16	29:43
Rhod Wright	M55 49:14	9.49	39:25
Ray Hall	M70 49:23	8.46	40:37
David Scott	M55 49:26	17.52	31:34
David Muir	M60 49:41	17.10	32:31
Roger Walsh	M60 49:54	9.49	40:05
Elaine Dance	W50 50:08	3.52	46:16
Sheila Maslen	W65 50:21	0.00	50:21
Tanya Burke	W30 50:29	4.34	45:55
Vic Beaumont	M75 50:34	6.33	44:01
Jenny Owen	W50 50:47	2.28	48:19
Bob Fergie	M65 50:49	6.50	43:59
Jenni Shillington	W45 51:08	0.22	50:46
Debbie Dance	W35 52:04	3.52	48:12
Ron Spencer	M65 55:27	1.46	53:41
Brian Bennett	M55 55:43	18.55	36:48
Jodi Brauer	W30 56:30	0.00	56:30
Fiona McAuley	W50 58:43	5.16	53:27

7km Walk	Final	Hcap	Actual
Val Millard	W55 47:42	11.30	36:12
Lynne Schickert	W60 49:00	9.00	40:00
John Carrington	M70 49:15	9.45	39:30
Jeff Whittam	M70 55:45	7.40	48:05
Ian Lyon	M65 56:40	7.40	49:00
Glenda Pontifex	W45 60:39	7.45	52:54
Jennie Smith	W50 62:13	7.15	54:58
Beryl Doust	W55 62:14	9.00	53:14

4km Run	Final	Hcap	Actual
Bjorn Dybdahl	M50	15:09	
Dave Roberts	M60	15:59	
Kelly Hind	W30	16:39	
Colin Smith	M40	17:10	
Hamish McGlashan	M65	18:46	
Barbara Blurton	W50	19:04	
Jim Riddell	M65	20:11	
Delia Baldock	W40	20:20	
Kirt Johnson	M75	23:50	
Ray Lawrence	M75	24:43	
Julie Wood	W55	26:48	
Pierre Viala	M55	26:49	
Roma Barnett	W55	28:47	
Phyllis Farrell	W60	31:06	
Frank Usher	M80	34:24	

4km Walk	Final	Hcap	Actual
Lesley Romeo	W60	29:48	
Patricia Hopkins	W60	35:52	
Maggie Flanders	W65	36:31	
Rex Bruce	M60	39:16	
Norm Miller	M70	39:16	
Barbara Bailey	W70	39:38	
John Bailey	M75	39:38	
Ernie Moyle	M75	47:40	

Happy Birthday to our February Members!

Stephen Anthony	M56 still M55
John Bailey	M79 still M75
Delia Baldock	W43 still W40
Michelle Bariolo	W31 still W30
Janet Baxter	W62 still W60
Rex Bruce	M64 still M60
Pat Carr	W73 still W70
Anthea Cheney	W49 still W45
Colin Chisholm	M41 still M40
David Clive	M68 still M65
Henri Cortis	M59 still M55
John Cresp	M54 still M50
Elaine Dance	W54 still W50
Ann Deanus	W65 → W65
Irene Ferris	W53 still W50
Kate Glass	W55 → W55
Karyn Gower	W45 → W45
Clive Hicks	M52 still M50
Jan Jarvis	W60 → W60
Leonie Jones	W45 → W45
Barry Jones	M48 still M45
Dirk Klicker	M31 still M30
Denise Lancaster	W55 → W55
Jim McMillan	M80 → M80
Noela Medcalf	W70 → W70
Dennis Miller	M55 → M55
Stephen Noteboom	M36 still M35
Franz Oswald	M58 still M55
Brian Paxman	M75 → M75
Val Prescott	W61 still W60
Jo Richardson	W53 still W50
Wayne Robinson	M50 → M50
Mark Rosen	M57 still M55
John Smith	M70 → M70
Jeff Spencer	M64 still M60
Alan Thorniley	M52 still M50
Allen Tyson	M80 → M80
Darryl White	M46 still M45
Mary Young	W54 still W50

DRINKING CUPS

A reminder that for health reasons officials giving out drinks at Sunday events should wear the rubber gloves provided. If gloves are unavailable the official should hold the cup at the bottom not at the top and particularly not with a finger in the cup.

Alderbury Reserve Perry Lakes 2.1.05

Brian Foley

8km Run

Chris Maher	M50	29:56
Ross Parker	M55	30:27
Michel Bermudes	M30	31:17
David Willmer	M50	31:27
Chris Frampton	M35	31:47
Bjorn Dybdahl	M50	31:55
Andrew Cook	M35	31:55
John Allen	M45	33:06
Ola Ovstedal	M40	33:22
Christine Engels	W45	33:30
John Collier	M35	33:30
Neil McRae	M50	33:40
Bob Schickert	M60	33:51
David Baird	M60	35:02
John Mack	M60	36:01
Tessa Brockwell	W45	36:12
David Muir	M60	36:19
Robin King	W45	36:27
Keith Atkinson	M45	36:43
Dee Haines	W45	37:12
Mark Sivyier	M55	37:15
Raymond Gimi	M40	37:18
Jeff Lindhorst	M40	37:20
David Carr	M70	38:25
Alan Thorniley	M50	38:33
Graham Thornton	M60	38:45
Irwin B-Lennard	M75	39:00
Robert Sheehy	M55	39:00
John Byrne	M55	39:35
Wayne Bates	M60	40:05
Karen March	W40	40:52
Jim Barnes	M60	40:59
Richard Danks	M60	41:37
Fraser Deanus	M65	42:20
John Pellier	M65	42:35
John Smith	M65	43:12
Terry Manford	M65	43:24
John Dance	M55	43:34
Roger Walsh	M60	43:57
Paul Martin	M60	44:16
Stan Lockwood	M75	44:29
Jeff Spencer	M60	45:31
Richard Harris	M65	47:47
Brian Smith	M65	47:48
Pamela Toohey	W55	48:24
Arnold Jenkins	M60	50:22
Jo Richardson	W50	53:48
Jackie Halberg	W55	56:24
Margaret Bennett	W60	57:01
Ann Deanus	W60	61:38

4km Run

Henri Cortis	M55	16:45
Dave Roberts	M60	16:58
Paul Burke	M30	17:04
Deborah Gardner	W35	17:08
Colin Smith	M40	17:38
Bryan Hardy	M60	18:37
Thea Bailey	W45	18:48
Hamish McGlashan	M65	18:58
Fenella Gill	W40	19:10
Mike Anderson	M55	19:51

Jim Riddell	M65	20:46
Paul Buckley	M55	21:47
Dick Blom	M70	22:07
Bev Whitfield	W40	23:51
Kirt Johnson	M75	24:16
Tanya Burke	W30	24:34
Bob Fergie	M65	24:39
Ray Lawrence	M75	24:46
Michael Faunge	M65	24:59
Steve Toohey	M55	25:25
Margaret Warren	W65	25:33
Elaine Dance	W50	25:34
Vic Beaumont	M75	26:16
David Joseph	M45	27:39
Jenni Shillington	W45	28:07
Sheila Maslen	W65	28:08

2km Walk
Dorothy Whittam W65 16:52
Lorna Lauchlan W70 16:53
Merv Moyle M75 20:22
George Schaefer M70 23:34

4km Walk
Mitch Loly M60 35:10
Jodi Brauer W30 36:24
Shirley Bell W55 36:25
Helen Lysaght W50 36:26
Val Millard W55 40:03

6km Walk
David Brown M55 40:36
Lynne Schickert W60 40:57
John Carrington M70 41:02
Ray Hall M70 44:11
Stan Delandgrafft M75 44:54
Jeff Whittam M70 46:05
Ian Lyon M65 48:25
Rosa Wallis W60 50:57
Jennie Smith W50 50:58
Patricia Hopkins W60 54:03

The first event for the year was held in the parklands surrounding Perry Lakes. The cross country course is well shaded and the early start meant that the running conditions were ideal. The start/finish position was relocated to the hockey club rooms, so that the walk course was closer to the cross-country than in previous years. Approximately 100 runners and walkers took part in the events. The run course is two laps of 4.0 km, and was marked the previous evening. Some of the flags were not easily seen among the trees, and one runner mistook the walk course and joined them for a short section near the finish.

Chris Maher and Ross Parker had a good tussle throughout the event, with Chris pulling away near the finish. Tessa Brockwell won the women's event ahead of Robin King.

Val Millard, David Brown and Lynne Schickert were the leaders in the walk. Thanks to our able team of assistants (Garnet Morgan, John Pressley, John Cresp, Gordon and Noela Metcalf, Frank Smith, Wendy Clements-Green, Mark Rosen and Merv Jones) for helping organise the successful event.

Brian Foley

Friendship Run 16.1.05

John & Joan Pellier

12km Run

Chris Maher	M50	45:09
Colin Francis	M40	45:58
Paul Hughes	M50	47:55
Chris Frampton	M35	47:59
Darryl White	M45	48:38
Andrew Cook	M35	50:17
Bjorn Dybdahl	M50	50:37
John Allen	M45	50:43
David Willmer	M50	51:14
Carole Lawson	W35	51:47
Neil McRae	M50	51:51
Ivan Pilton	M60	52:54
Bob Schickert	M60	53:01
David Baird	M60	53:24
Doug Ashfield	M45	53:28
Colin Chisolm	M40	53:53
Mike Hale	M55	54:06
David Muir	M60	55:14
Johan Hagedoorn	M60	55:19
Robin King	W45	55:29
Don Pattinson	M50	55:33
Mark Sivyier	M55	58:03
Brian Danby	M55	58:24
Keith Atkinson	M45	58:36
John Bell	M55	59:20
Sean Keane	M40	59:29
Robert Sheehy	M55	59:56
John Byrne	M55	59:57
Jeanette Tiverios	W45	60:49
Bruce Haustead	M40	60:53
Mike Khan	M60	61:16
Ray Attwell	M65	63:10
Wayne Taylor	M45	63:30
Karen March	W40	64:39
Christine Engels	W45	65:00
Julie Keeley	W35	65:10
Frances Casella	W50	65:24
Richard Danks	M60	65:31
Paul Martin	M60	65:45
Shirley Bell	W55	66:25
Maree Creighton	W50	66:30
Fraser Deanus	M65	66:50
John Smith	M65	67:44
Joan Osborne	W55	67:53
Kevin Payne	M45	67:59
Cecil Walkley	M75	69:12
Stan Lockwood	M75	69:18
Margaret Warren	W65	73:22
Merv Jones	M65	79:21

Jo Richardson	W50	79:58
Laurie Collett	M70	84:00
Margaret Bennett	W60	88:33
Shorty Turner	M65	88:34

6km Run

Ian Davies	M55	22:14
Michel Bermudes	M30	22:30
Greg V der Sanden	M45	23:10
Brian Hewitt	M50	23:21
Alan Gower	M45	23:27
Christopher Coates	M50	23:55
Jim Klinge	M55	24:07
John Collier	M35	24:57
Duncan McAuley	M55	25:14
Deborah Gardner	W35	26:34
Ivan Brown	M60	26:24
Brian Bennett	M55	26:49
Mal Vernon	M50	27:04
Liz Neville	W50	27:48
Margaret Langford	W55	28:02
Graham Thornton	M60	28:28
Karyn Gower	W40	28:30
Bryan Hardy	M60	29:42
John Brambley	M60	29:45
Anne Jones	W50	30:44
Ray Attwell	M65	30:59
Mike Anderson	M55	31:03
Chris Pattinson	W45	31:37
Peter Airey	M65	31:50
Jim Riddell	M65	31:51
Brian Hunter	M60	32:22
Bob Sammells	M65	32:26
Terry Manford	M65	32:40
John Dance	M55	46:45
Dick Blom	M70	32:56
Bob Hayres	M70	33:19
Roger Walsh	M60	33:34
Sue Bullen	W45	34:15
Richard Harris	M65	34:21
Michael Faunge	M65	35:19
Vic Beaumont	M75	35:39
Fiona McAuley	W50	35:47
Steve Toohey	M55	36:05
Arnold Jenkins	M60	36:12
Bev Whitfield	W40	36:18
Kirt Johnson	M75	36:27
Denise Lancaster	W50	36:58
Pamela Toohey	W55	36:59
Jeff Spencer	M60	37:02
Paul Buckley	M55	37:05
Bob Fergie	M65	38:11
Dalton Moffett	M70	40:01
Debbie Dance	W35	40:27
Ray Hall	M70	41:01
Pierre Viala	M55	41:23
Julie Wood	W55	41:25
Elaine Dance	W50	41:29
Lorraine Lopes	W65	41:43
Sheila Maslen	W65	43:14
Jenni Shillington	W45	43:38
Ron Spencer	M65	44:28
Bob Neville	M70	45:03
Phyllis Farrell	W60	45:13
Mary Heppell	W65	45:26
Elaine Ellard	W60	46:30

(Friendship Run Ctd)

12km Walk

Peter Ryan M55 88:35

6km Walk

Val Millard W55 37:26

David Brown M55 41:00

John Carrington M70 44:38

Lesley Romeo W60 45:50

Jeff Whittam M70 47:28

Ian Lyon M65 47:43

Mitch Loly M60 50:26

Geraldine Carlton W40 51:58

Rex Bruce M60 53:06

Jodi Brauer W30 53:19

Christina Rompotis W45 54:42

Glenda Pontifex W45 54:42

Dorothy Whittam W65 55:34

Maggie Flanders W65 55:37

Pat Ainsworth W65 56:35

Patricia Hopkins W60 56:36

Jill Midolo W55 68:29

Glenice Shanahan W80 83:00

This was to be the last time the Friendship Run would be run on the current course due to new restrictions to be implemented by Kings Park in April this year.

Started in 1979 by Bob Hayres, the course has seen some fine performances over the years. I can remember John Gilmour chasing Frank Smith when the latter was at his peak. They don't seem to run like that anymore!

229 competitors finished this year in abnormally cool conditions. The 12.3km run was won by Belfast visitor Sam Crawford, 17 seconds in front of WAMC member Mike Hicks. Jackie McGovern was first female home followed by Robin King and an ever improving Jeanette Tiverios. Winners in the 6km were Ian Davies and Deborah Gardner. First walkers were Val Millard and David Brown. A minute's silence was held for the Tsunami victims. Many thanks to my helpers and we'll see you on a new course next year.

Jim Barnes

Point Walter 23.1.05

Dave Roberts

11km Run

Gary McLean M40 45:31

Neil McRae M50 46:08

John Allen M45 47:11

Brian Hewitt M50 47:22

Ivan Pilton M60 48:12

David Baird M60 48:32

Doug Ashfield M45 49:10

Johan Hagedoorn M60 50:33

Bob Schickert M60 51:11

Ola Ovstedal M40 51:13

Mark Sivyver M55 53:12

Brian Danby M55 54:02

Alan Thorniley M50 54:21

Sean Keane M40 55:06

Name not recorded 56:14

Nick Miletic M50 57:45

Christine Engels W45 59:21

Karen March W40 59:21

Kim Thomson W30 60:27

John Smith M65 62:25

Joan Osborne W55 63:01

Shirley Bell W55 66:27

Mike Hale M55 68:06

Geraldine Carlton W40 78:39

Elaine Dance W50 78:40

6.2km Run

Jim Klinge M55 24:21

Chris Shenton M35 24:35

Frank Smith M60 25:21

Geoff Barrett M40 26:13

Brian Bennett M55 26:32

Mal Vernon M50 27:22

Paul Burke M30 27:58

Liz Neville W50 28:10

Barry Jones M45 28:57

John Doust M55 30:03

David Carr M70 31:12

John Brambley M60 31:14

Leonie Jones W40 31:21

Mike Anderson M55 31:54

Bob Sammells M65 32:22

Jim Riddell M65 32:38

Paul Lewis M55 32:48

Peter Airey M65 32:56

Brian Foley M60 33:02

John Dance M55 33:07

Dick Blom M70 33:36

Sue Bullen W45 34:12

Roger Walsh M60 34:24

Christina Rompotis W45 34:32

Pamela Toohey W55 34:50

Merv Jones M65 35:12

Paul Buckley M55 35:18

Vic Beaumont M75 35:29

Darry Dahlstrom M50 35:48

Jackie Halberg W55 35:55

Ray Hall M70 36:02

Margaret Warren W65 36:36

Bev Whitfield W40 36:51

Tanya Burke W30 36:51

Arnold Jenkins M60 37:08

Bob Fergie M65 37:22

Ann Turner W65 38:31

Debbie Dance W35 40:27

Julie Wood W55 40:50

Sheila Maslen W65 41:25

Val Millard W55 41:37

Ray Lawrence M75 41:58

Jenni Shillington W45 41:59

Jan Jarvis W55 43:14

Margaret Bennett W60 45:23

Shorty Turner M65 45:23

Bob Neville M70 45:31

Mary Heppell W65 45:48

Jodi Brauer W30 52:44

George Schaefer M70 52:44

11km Walk

Peter Ryan M55 74:50

6.2km Walk

John Carrington M70 43:21

Lynne Schickert W60 45:14

Ian Lyon M65 48:39

Beryle Doust W55 49:11

Lorraine Lopes W65 49:12

Jennie Smith W50 49:15

Christine Wheeler W50 49:47

Mitch Loly M60 50:09

Jeff Whittam M70 50:12

Dorothy Whittam W65 56:33

Lorna Lauchlan W70 56:34

Maggie Flanders W65 56:51

Rex Bruce M60 56:51

Norm Miller M70 58:08

Peter March M45 60:32

Phyllis Farrell W60 60:33

Pat Ainsworth W65 65:30

Telsey Hatwell W65 65:30

Ernie Moyle M75 69:02

Leo Hassam M70 69:02

TRACK & FIELD

UWA 4.1.05

100yds

Campbell Till M45 11.6

Rob Greenhalgh M50 12.1

Henri Cortis M55 12.5

Norm Richards M65 13.3

Ross Calnan M60 14.5

David Carr M70 15.0

Barry Newell M45 13.2

Ian Lyon M65 15.6

Gordon Medcalf M75 16.1

Pat Carr W70 18.2

Lynne Schickert W60 19.7

1 mile

Brian Hewitt M50 5.14.8

Bert Carse M60 5.18.5

Jon Schultz M40 5.23.1

Darryl White M45 5.31.6

John Collier M35 5.41.1

Keith Edmonds M35 5.50.3

Dave Roberts M60 6.06.7

Micheal Watson M35 6.21.5

Ivan Brown M60 6.31.2

Barry Newell M45 7.59.6

Gill Edmonds W35 9.04.2

1 mile walk

Lynne Schickert W60 10.48.3

400m

Campbell Till M45 58.1

Micheal Watson M35 59.4

Henri Cortis M55 60.7

Dave Revell M45 65.7

Jon Schultz M40 66.8

Duncan McAuley M55 62.2

Rob Greenhalgh M50 64.7

Keith Edmonds M35 66.7

David Carr M70 70.0

Barry Newell M45 73.8

Norm Richards M65 81.8

Irwin B-Lennard M75 89.1

3 miles

Bert Carse M60 17.45.5

Darryl White M45 18.31.1

Dirk Klicker M30 19.33.5

Bob Schickert M60 19.42.4

Frank Smith M60 19.49.8

Doug Ashfield M45 19.50.9

John Collier M35 19.56.0

Duncan McAuley M55 20.53.5

Ivan Brown M60 21.20.4

Keith Edmonds M35 22.51.8

Fiona McAuley W50 28.13.1

Les Beckham Long Jump

Keith Edmonds M35 4.83

Ross Calnan M60 3.33

Lynne Schickert W60 2.77

Javelin

Rob Shand M70 26.81

Ross Calnan M60 22.44

Ian Lyon M65 18.09

Rae McMillan W75 16.29

Discus

Ed Carroll M60 41.25

Mark Hamilton M30 40.71

Rob Shand M70 23.81

Ian Lyon M65 22.74

Damien Hanson M50 20.49

Rae McMillan W75 17.02

UWA 11.1.05

*Pending State Record

200m

Colin Smith M40 26.4

Barrie Kernaghan M60 27.4

David Clive M65 27.5

Rob Colton M40 28.3

Matt Staunton M30 26.0

Myles Ferrell M35 27.5

Rob Greenhalgh M50 28.1

Barry Newell M45 29.5

Leon Sander M65 32.5

Peggy MacIver W60 32.9

Ross Calnan M60 35.1

1500m

Brian Hewitt M50 4.48.9

Campbell Till M45 4.55.8

Jon Schultz M40 4.58.5

Patrick Smith M40 4.59.3

Henri Cortis M55 5.01.7

John Collier M35 5.06.2

Rob Colton M40 5.14.8

Blakeney Tindall M40 5.34.3

Myles Ferrell M35 5.30.0

Wayne Taylor M45 5.44.7

Ivan Brown M60 5.45.4

Frank Gardiner M55 6.23.3

Leon Sander M65 7.23.1

Brian Paxman M70 7.57.5

Val Prescott W60 9.30.2

(UWA 11.1.05 Ctd)**1500m Walk**

Lynne Schickert W60 10.24.2

60m

Colin Smith M40 8.0

David Clive M65 8.5

Rob Greenhalgh M50 8.6

Barrie Kernaghan M60 8.6

Matt Staunton M30 7.7

Campbell Till M45 8.1

Gordon Medcalf M75 10.7*

Rob Colton M40 8.5

Barry Newell M45 8.6

Peggy McIver W60 9.9*

5000m

Myles Ferrell M35 16.26.1

Michel Bermudes M30 18.48.2

Alan Gower M45 18.56.3

Brian Hewitt M50 19.19.1

Rob Colton M40 19.56.8

Patrick Smith M40 20.04.6

Duncan McAuley M55 20.17.0

Bob Schickert M60 20.28.4

John Collier M35 20.31.4

Ivan Brown M60 21.36.2

Blakeney Tindall M40 21.40.6

David Carr M70 22.30.1

Wayne Taylor M45 23.24.8

Karen Gower W40 23.25.5

Fiona McAuley W50 28.38.4

Barry Newell M45 29.06.4

5000m walk

Lynne Schickert W60 36.40.2

Les Beckham Triple Jump

Michel Bermudes M30 9.55

Leon Sander M65 8.53

Lynne Schickert W60 6.20

Shot

Matt Staunton M30 11.46

Ed Carroll M60 10.63

Kate Glass W50 10.14

Rob Shand M70 7.63

Rae McMillan W75 7.50

Toni Phillips W30 6.91

Damien Hanson M50 6.66

Heavy Weight

Kate Glass W50 12.58

Mark Hamilton M30 12.32

Ed Carroll M60 11.10

Matt Staunton M30 10.74

Rob Shand M70 8.71

Damien Hanson M50 7.87

Rae McMillan W75 7.38

UWA 18.1.05**100m**

Barrie Kernaghan M60 13.5

Barry Newell M45 14.1

David Carr M70 15.7

Ann Heitman W35 15.4

Val Anderson W50 15.5

Thea Bailey W45 16.5

Bob Neville M70 18.8

800m

Myles Ferrell M35 2.11.3

Jon Schultz M40 2.18.1

Patrick Smith M40 2.22.4

Brian Hewitt M50 2.25.6

Michel Bermudes M30 2.30.0

John Collier M35 2.30.9

Darryl White M45 2.32.4

Henri Cortis M55 2.38.3

Rob Colton M40 2.41.8

Blakeney Tindall M40 2.40.1

David Carr M70 2.45.3

Dave Roberts M60 2.51.8

Ivan Brown M60 2.55.4

Liz Neville W50 2.58.3

400m

Duncan McAuley M55 61.3

Myles Ferrell M35 62.4

Barrie Kernaghan M60 64.8

Jon Schultz M40 67.2

Val Anderson W50 75.9

Thea Bailey W45 78.2

Ann Heitman W35 84.6

Rob Colton M40 64.6

Barry Newell M45 70.9

3000m

Myles Ferrell M35 10.40.0

Michel Bermudes M30 10.44.1

Brian Hewitt M50 10.59.4

Darryl White M45 11.00.2

Patrick Smith M40 11.36.7

Bob Schickert M60 11.49.7

John Collier M35 12.01.2

Frank Smith M60 12.02.5

Duncan McAuley M55 12.14.2

Ivan Brown M60 12.24.7

Henri Cortis M55 12.37.8

Blakeney Tindall M40 12.39.7

Rob Colton M40 12.54.5

Liz Neville W50 13.10.6

David Carr M70 14.00.9

Thea Bailey W45 14.03.8

Fiona McAuley W50 17.08.2

Barry Newell M45 17.08.9

3000m Walk

Lynne Schickert W60 22.13.4

Javelin

Rob Shand M70 25.66

Discus

Rob Shand M70 25.49

Ian Lyon M65 23.95

Pentathlon

(LJ-Jav-200m-Disc-1500m)

Campbell Till M45 2647

{5.40, 25.13, 26.4, 17.85, 5.07.2}

Murray Tolbert M55 2311

{5.02, 35.35, 30.9, 26.65, -}

Matt Staunton M30 1982

{5.91, 38.20, 32.5, 34.06, 5.43.1}

Ross Calnan M60 1254

{3.16, 21.04, 38.3, 17.79, 8.09.2}

Lynne Schickert W60 963

{2.60, 11.12, 52.7, 11.90, 4.29.9}

Wayne Bariolo M35 944

{5.22, 39.97, -, -, -}

UWA 25.1.05**60m**

Campbell Till M45 7.8

Murray Tolbert M55 8.1

Barrie Kernaghan M60 8.2

Rob Greenhalgh M50 8.3

Val Anderson W50 9.8

Peggy McIver W60 9.8

Thea Bailey W45 9.8

Ross Calnan M60 10.0

Ian Lyon M65 10.4

1500m

Myles Ferrell M35 4.55.5

Darryl White M45 5.02.0

Jon Schultz M40 5.05.2

Alan Gower M45 5.06.6

John Collier M35 5.13.4

Blakeney Tindall M40 5.27.7

Keith Edmonds M35 5.31.3

Simon Jawichre M40 5.38.0

Doug Ashfield M45 5.39.1

Ivan Brown M60 5.43.4

Barry Newell M45 7.15.8

1500m Walk

Kelly Hind W30 8.24.8

Ian Lyon M65 11.15.1

300m

Campbell Till M45 40.4

Barrie Kernaghan M60 43.1

Henri Cortis M55 43.6

Rob Greenhalgh M50 44.2

Keith Martin M60 46.6

Keith Edmonds M35 48.2

Barry Newell M45 50.5

Peggy McIver W60 52.1

Val Anderson W50 54.4

Thea Bailey W45 57.3

3000m

Darryl White M45 10.53.8

Duncan McAuley M55 11.17.7

Jon Schulz M40 11.30.5

John Collier M35 11.31.5

Rob Greenhalgh M50 12.06.0

Doug Ashfield M45 12.09.3

Simon Jawichre M40 12.16.8

Blakeney Tindall M40 12.22.9

Keith Edmonds M35 12.47.0

Karen Gower W40 13.35.8

Barry Newell M45 16.34.5

Fiona McAuley W50 17.06.0

3000m Walk

Val Millard W55 20.19.4

Les Beckham Long Jump

Murray Tolbert M55 5.06

Keith Edmonds M35 4.34

Peggy McIver W60 3.40

Ross Calnan M60 3.22

Shot

Mark Hamilton M30 11.84

Matt Staunton M30 10.91

Ed Carroll M60 10.29

Rob Shand M70 7.23

Discus

Ed Carroll M70 40.21

Mark Hamilton M30 39.33

Matt Staunton M30 36.46

Murray Tolbert M55 27.97

Rob Shand M70 23.34

Coker Park 6.1.05**200m**

Colin Smith M40 27.4

Kevin Webster M35 29.2

Guito Dumolard M45 29.2

Mike O'Reilly M65 32.8

Anthea Cheney W45 31.4

Delia Baldock W40 32.9

Bob Schickert M60 37.1

Brian Paxton M70 53.6

1500m

Brian Hewitt M50 5.29.7

Kim Thomson W30 6.43.9

Mike O'Reilly M65 7.28.7

1500m Walk

Bob Schickert M60 8.35.4

Tom Lenane M45 8.59.4

Stan Jones M75 10.06.2

Lynne Schickert W60 10.19.6

Ian Lyon M65 11.24.4

60m

Colin Smith M40 7.7

Mike Edwards M45 8.1

Guito Dumolard M45 8.2

Anthea Cheney W45 8.8

Delia Baldock W40 9.5

Bob Schickert M60 11.3

Lynne Schickert W60 13.1

5000m

Bert Carse M60 18.58.8

Brian Hewitt M50 19.35.5

Bob Schickert M60 21.49.6

Les Beckham Triple Jump

Lynne Schickert W60 5.84

Shot

Kevin Webster M35 8.88

Michael Miller M35 8.84

Heavy Weight

Mark Hamilton M30 12.26

Kevin Webster M35 9.64

Michael Miller M35 6.93

Coker Park 13.1.05**100m**

Colin Smith M40 13.1

Henri Cortis M55 15.4

Bob Schickert M60 18.4

Anthea Cheney W45 14.7

Delia Baldock W40 15.6

Liz Neville W50 16.4

800m

Colin Smith M40 2.45.2

Bob Schickert M60 2.52.0

Neil McRae M50 2.56.7

Mike O'Reilly M65 2.58.9

Liz Neville W50 3.06.2

Jim Riddell M65 3.33.7

400m

Delia Baldock W40 76.6

Bob Schickert M60 78.1

Liz Neville W50 82.4

Jim Riddell M65 89.0

3000m

Bert Carse	M60	11.15.0
Neil McRae	M50	11.50.1
Bob Schickert	M60	12.48.6
Helen Lysaght	W50	14.05.1
Jackie Halberg	W55	16.40.3

3000m Walk

Robin King	W45	16.25.6
Liz Neville	W50	19.31.7

Pentathlon

(LJ-Jav-200m-Disc-1500m)

David Carr	M70	2537
{3.02, 22.36, 32.9, 19.30, 6.27.8}		
Rob Antonioli	M50	2244
{4.57, 15.86, 28.8, 20.00, 5.28.1}		
Wayne Barioli	M35	1889
{5.30, 21.76, 27.8, 24.49, 5.43.7}		
Kevin Webster	M35	1508
{4.35, 36.96, 29.1, 27.23, 7.37.5}		
Michael Miller	M35	1221
{4.15, 39.97, 33.0, 20.00, 7.06.8}		

Coker Park 20.1.05**60m**

Colin Smith	M40	7.8
Kevin Webster	M35	8.5
Michael Miller	M35	9.1
Delia Baldock	W40	9.5

1500m

Brian Hewitt	M50	5.14.6
Henri Cortis	M55	5.21.2
Doug Ashfield	M45	5.43.2
Barry Jones	M45	6.22.1
Brian Foley	M60	6.29.6
Leonie Jones	W40	7.07.6

1500m Walk

Bob Schickert	M60	7.56.4
Stephen Anthony	M40	8.04.6
Tom Lenane	M45	9.02.8
Lynne Schickert	W60	9.55.4
Stan Jones	M75	10.10.1
Ian Lyon	M65	11.25.9

300m

Colin Smith	M40	41.5
Steve Noteboom	M35	44.9
Kevin Webster	M35	47.6
Michael Miller	M35	51.1
Delia Baldock	W40	52.1
Barry Jones	M45	55.5
Leonie Jones	W40	57.0

3000m

Bert Carse	M60	10.54.2
Bob Schickert	M60	12.13.5
Doug Ashfield	M45	12.16.9
Barry Jones	M45	13.26.1
Leonie Jones	W40	15.53.3

3000m Walk

Stephen Anthony	M40	17.08.3
-----------------	-----	---------

Discus

Mark Hamilton	M30	38.53
Steve Noteboom	M35	34.00
Kevin Webster	M35	27.45
Ian Lyon	M65	22.05
Michael Miller	M35	21.84
Eileen Hindle	W55	19.15

Shot

Mark Hamilton	M30	12.02
Steve Noteboom	M35	11.14
Kevin Webster	M35	10.08
Michael Miller	M35	8.37
Eileen Hindle	W55	7.02

Coker Park 27.1.05**100m**

Colin Smith	M40	12.7
Steve Noteboom	M35	12.9
Kevin Webster	M35	13.7
Keith Martin	M60	13.8

Delia Baldock	W40	15.8
Leonie Jones	W40	16.5
Barry Jones	M45	17.3
David Carr	M70	18.3
Bob Neville	M70	20.3

800m

Bob Schickert	M60	2.48.0
David Carr	M70	2.54.2
Brian Foley	M60	2.56.4
Keith Martin	M60	3.03.0
Liz Neville	W50	3.04.0
Barry Jones	M45	3.08.0
Robin King	W45	3.08.8
Leonie Jones	W40	3.19.3
Jim Riddell	M65	3.24.9
Delia Baldock	W40	3.26.2

60m

Colin Smith	M40	7.9
Steve Noteboom	M35	8.0
Mike Edwards	M45	8.3
Kevin Webster	M35	8.4
Barry Jones	M45	9.4
Delia Baldock	W40	9.4
David Carr	M70	10.0
Leonie Jones	W40	10.1
Ian Lyon	M65	10.2
Jim Riddell	M65	10.4

3000m

Bert Carse	M60	10.58.4
Bob Schickert	M60	12.11.2
Liz Neville	W50	13.15.3
Barry Jones	M45	13.27.3
David Carr	M70	14.36.6
Leonie Jones	W40	15.26.0
Jackie Halberg	W55	16.42.5

3000m Walk

Stephen Anthony	M40	16.05.6
Robin King	W45	16.40.2
Tom Lenane	M45	19.42.3
Lynne Schickert	W60	20.32.1
Stan Jones	M75	20.35.5

Les Beckham Triple Jump

Lynne Schickert	W60	6.13
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Javelin

Steve Noteboom	M35	41.43
Mark Hamilton	M30	39.55
Kevin Webster	M35	34.78
Ian Lyon	M65	16.67
Eileen Hindle	W55	15.15

Hammer

Steve Noteboom	M35	29.04
Kevin Webster	M35	27.56
Eileen Hindle	W55	22.48

HELPERS LIST**6 March - Manning Park****Bob Schickert 9330 3803**

Keith & Kate Patterson, Paul Lewis, Laurie Collett, Maggie Flanders, Mal & Diane Hawley, Dorothy Blake, Paul & Tanya Burke, Alan Chambers.

20 March - Teddy Birds**David Muir 9339 6813**

Jeff & Wendy Spencer, Leo Hassam, Frank Usher, Simon Mort, Frances Casella, Marc Evans, Henri Cortis, Kirsty Griffiths, Sue Vetten, John Davies.

27 March - Pleasant Run**Maggie Flanders & Pat Ainsworth 9314 7556**

Keith Atkinson, Dee Haines, David Charlton, Karen Simmons, Christine Wheeler, Mireille Tewfik.

3 April - Membership**Brian Danby 9247 2326**

Chris & Graeme Uren, Phil Baker, Beryle & John Doust, Dee Haines, Roma Barnett, Kevin Payne, Vance & Robyn Mitsopoulos, Don Caplin, Graham Thornton.

10 April - 3 Ps**Val Millard 9315 1642**

Rosa Wallis, Jeff & Wendy Spencer, David Brown & Jill Midolo, Mike Hale, Barbara & Jack Bailey, Gillian Lees, Colin Smith, Brian Hardy.

A Big Welcome to our New Members!

675	Janet Baxter	W61
676	Val Anderson	W53
677	Jack Michail	M50

**BP Refinery (Kwinana)**

is located in WA's premier industrial center 50km south of Perth.

The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups and is proud to support the 2005 MAWA State Championships in Perth. They have a particular interest in this event because of employee involvement.

RESULTS OF THE PATRON'S TROPHY 2004

Tabulated below are the points scores for those athletes who competed in four or more events during the period of the competition. The 'Best 10' column shows the total of each athlete's ten best performances, as prescribed in the competition rules. Congratulations to winners Liz Neville and David Carr.

	3000m	400m	Javelin	5000m	Discus	100m	3kmW	10km	1500m	TJ	800m	Shot	200m	1500W	LJ	HT	Best 10
Delia Baldock	56.29	68.22		59.05		70.00		58.74		62.79	66.72		69.85		56.96		568.62
Barbara Blurton	81.04	88.58		82.28	26.69	84.97											363.56
Robin King	68.23	60.99	33.05	74.88	18.73				70.94		70.92	79.50		87.33		70.79	635.38 2nd
Rae McMillan			56.35		60.89												267.53
Liz Neville	78.00	72.50	18.76	78.14	25.96	80.00	77.95	78.21	77.39	63.36		33.05					650.27 1st
Toni Phillips		75.10	22.54		28.94	82.14											241.77
Jacqui Sanders	55.35	61.27	21.77	57.06		68.71	52.56	56.86			59.46		64.35	59.00			592.47
Lynne Schickert		56.11	24.28	56.96	28.38	63.74	79.39			65.64	56.89	41.59	58.29	77.27	60.81		631.06 3rd
Kim Thomson	59.61	55.38		59.01	21.33	55.75			59.14	41.72	59.38	30.16	56.21		38.70		515.06
Steven Anthony	58.47	66.19					67.65								52.49		244.80
Doug Ashfield	63.80			66.76				67.81	65.52								263.89
Ivan Brown	70.05	34.96		72.53	26.20			74.04	74.04		72.10	35.92	71.77	65.81	48.60		619.82
David Carr	75.96	79.04		81.87	34.25	85.00		78.24	86.12	55.10	91.86	50.57	89.00		70.54		792.73 1st
John Collier	65.17	67.96		65.22					64.10		71.04						333.49
Henri Cortis	75.06	84.62	34.99	77.00	34.77	85.66		74.01	81.63	56.54	88.02	44.58	84.06		61.96		768.56 2nd
Keith Edmonds		68.55							64.04	57.13	70.09		69.22		52.00		381.03
Myles Ferrell	78.87	76.08	31.41	79.96		73.53		77.75	75.48	69.05	81.91		72.72				647.71
Derry Foley		73.17	27.11		34.39	77.20						52.93	69.28				350.20
Mark Hamilton			38.50	52.73												39.69	183.85
Brian Hewitt	78.08	74.50	36.82	78.18	20.96	74.09		76.33	77.65				74.37		52.99	18.57	643.97
Barry Jones	62.30			64.88				61.15									251.38
Duncan McAuley	77.26	83.87		76.03													318.89
Steve Noteboom		64.44	41.97		44.00	81.30				57.48	58.64	47.97		46.99		34.98	477.77
Ian Sanders		65.93				73.13			55.10	54.19	64.27		73.74				386.36
Bob Schickert		75.64		79.86		73.21	71.65	79.10	81.47		81.53		74.91	79.22	48.37		744.96 3rd
Jon Schultz	68.76	81.61		66.87					72.57								289.81
Rob Shand			54.68		49.51							54.33				35.27	193.79
Colin Smith	57.58	78.18	21.79		22.16	81.25					74.48	28.76					364.20
Wayne Taylor	65.45	65.55		65.89		68.03	62.46	64.64	67.70		69.51		67.07	68.42			664.72
Campbell Till	74.29	84.05				84.53			77.05	67.73	84.17	37.51	83.96		72.20	14.72	680.21
Blakeney Tindall	63.19	61.05		64.38							63.44						252.06
Micheal Watson	65.19	76.00										43.11	78.46		63.98		283.63
Kevin Webster					37.22								68.52			32.52	181.37

AMA Appointments – World Masters Athletics Championships – San Sebastian

Australian Masters Athletics is calling for expressions of interest from members in filling the roles of Team Manager and Medical Officer, for the team travelling to the World Championships, August 2005. How many managers are required will depend on the number of athletes competing. The AMA Handbook has outlined some of the details of a team manager appointment, but not the medical officer. It is expected that partial funding of travel and accommodation will be available. The amount of funding provided will be determined by entries and the number travelling with the official AMA travel agent – Jalpak. The AMA Board expect to be in a position to determine appointments at the National Championships in Brisbane at Easter.

The requirements for determining the appointments are for applicants to submit a resume, which addresses the following:

Team Manager(s):

Personal details: name, age, address, etc.
Athletics background.
Masters athletics background.
Management experience in sport or business.
How the applicant is able to fulfil the position.
References for us to contact.

Medical Officer:

Personal details: name, age, address, etc.
Medical qualifications.
Masters athletics background.
Similar team experiences.
How the applicant is able to fulfil the position.
References for us to contact.

Role of Team Manager:

On appointment, send resume to state newsletters.
Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
Arrive early to determine location of events, relative to accommodation.
Meet local organising management.
Attend Managers Meetings.
Organise team meetings, when required to pass on relevant competition information.
Appointment of flag bearer.
Competition team selection.
Deal with competition issues – disqualifications, appeals, Australian records, incorrect entries, etc.
Arrange message board.
Collect result sheets.
Compete yourself in 1-2 events, to be part of the experience.
Have a good time.

Role of Medical Officer:

On appointment, send resume to state newsletters.
Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
Determine if there are any local health issues to publicise.
Determine a suitable place of routine contact for athletes and family to discuss health issues.
To be available at the main track or cross-country venue if hot weather.
Compete yourself in 1-2 events, to be part of the experience.
Have a good time.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or email at bwfoley@bigpond.net.au (note – the email address in the handbook is incorrect). Applications are required by March 15.

AMA previously appointed two managers (one male and one female) and two medical officers for the Gateshead team, but only one manager for Puerto Rico.

Brian Foley

Secretary AMA Inc. 8 Habgood St, East Fremantle WA 6158

Please make this payment of \$..... for ☐ Membership ☐ Club Social Function
☐ Clothing ☐ Club Weekend Away ☐ Championship Entry

by VISA ☐ MASTERCARD ☐ BANKCARD ☐

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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Running Gear

Contact Maggie Flanders: 9525 2691

Club Clothing in the new Masters livery:

- | | |
|--------------------------|---------|
| ▶ WINDCHEATERS | \$25.00 |
| ▶ COMPETITION SINGLETs | \$25.00 |
| ▶ LONG SLEEVED T-SHIRTS | \$20.00 |
| ▶ SHORT SLEEVED T-SHIRTS | \$18.00 |





VETR^{UN}



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
March 2005 - Number 372



Bev Whitfield and Tanya Burke head out on the East Perth Handicap Run with the Swan River and the City giving a beautiful backdrop on a warm and still Sunday morning. (Visitor Ian Randall in the foreground).

IMPORTANT NOTICE - MAWA STATE CHAMPIONSHIPS

With the new Mondo track surface the type of spike allowable is ceramic, 5mm or 7mm. Inspections will be made so that the risk of damage to the track is minimised. See Page 4 of this issue of *Vetr^{un}* for full details.

Championships co ordinator Barbara Blurton (9293 0190) will have some of these spikes before the Championships. RUNNERS WORLD 9227 7281 (Bob Braid) now have a supply.

MEMBERSHIP RENEWAL 2005-6

Memberships expire at the end of this month and renewals will therefore be due on 1 April. I am pleased to announce that the committee has continued to manage the Club in a sound manner and that the proposed fees for 2005-6 are the same as they were in 2004-5.

Would you please complete the membership form attached, indicating the dates you choose to be a 'Helper', and forward it to the Treasurer Roger Walsh or hand it in at an event.

A proposed Program for 2005-6 is also attached - the final Program will be issued after the AGM in April when the office bearers for 2005-6 are known.

Bob Schickert
Secretary

A Reminder!

The MAWA Annual General Meeting will be held on Monday 18 April 2005 at 7.00 pm at the Hockey Club Rooms, Perry Lakes.

All members are invited to attend.

Letter to the Editor

GOT RUN GETS BOOT

In their continuing campaign to keep the public out of their personal preserve, the Kings Park Board and their bureaucracy has now barred the club from the public paths of OUR park. Never mind that the Vets have probably been the most responsible users of their 40 hectares for the past 20 years. We are not even allowed to use the slab paths; someone might place a foot on the precious verge...

Where?

So, this year there will be a new challenge added to the Guess Your Time conundrum.

1. You will be asked to guess where the run is being held, making a selection from the many locations the club has used in the past.
2. Go to your location of choice.
3. If I'm there, you win.

But seriously

I suggest our committee appeals this decision by the Kings Park Board, as Bob Schickert did, successfully, when we were faced with outrageous demands from Melville Council for a \$200 fee for running on their territory. This appeal should be copied to the State department for the Ageing; to Julie Bishop, Federal Minister for the Aged, and to relevant State politicians. It should point out that:

- (1) We are an organisation of responsible, mature adults.
- (2) We are requesting use of public paths, twice a year, for approximately 150 senior runners and walkers.
- (3) We have used Kings Park responsibly - with no complaint from the Board or the public for (to my knowledge) 15 years, and probably far longer.
- (4) Our runs are conducted only on paths open to the public, though we avoid the more popular slab paths, and therefore are less likely to encounter other park users. We also use the park very early in the morning when virtually nobody else is present.
- (5) Our runs do not cross any barriers intended to keep the public from areas of restoration.
- (6) By running through these areas we also avoid traffic. When it's essential to cross roads, signs and marshals are deployed.
- (7) In an environment where everyone is being encouraged to be more active, this action of the Kings Park Board is unnecessarily draconian.

(And if they don't know much about Draconia, we might suggest they all take a fact-finding trip, the longer the better, soon....)

Vic Waters

Results in this Issue:

Age Graded 30.1.05
South Perth Fiesta 6.2.05
Deadley Medley 13.2.05
Wireless Hill 20.2.05
Telstra A-series 400m Masters Hcap
Coker Park and UWA Track & Field.

(2)



Healthway is proud to sponsor the MAWA Track and Field Championships 2005 to promote the Be Active health message.

Being active every day is not difficult and doing some form of moderate physical activity has some great health benefits.

There is no need to sweat or strain yourself, examples of moderate physical activity include walking, taking the stairs, going for a bike ride or joining a local sporting club.

Regular activity reduces your risk of major diseases such as heart disease and diabetes and it helps control your blood pressure, cholesterol and weight. It will also make you feel a whole lot better, physically and mentally! So Be Active and remember - you don't have to take exercise seriously, just regularly.



Refreshing WA Water

Our bodies are eight tenths water which we constantly need to replenish.

Medical professionals recommend you drink at least eight glasses every day for good health. This is even more important when exercising.

That's why Western Australia's Water Corporation is proud to be the official supplier of water for this event. Congratulations to all participants.



WMA 100km World Championships

The WMA 100km World Championships will be held at Lake Saroma, Japan on 26 June 2005. The Lake Saroma venue will also host the IAU (International Association of Ultrarunners) 100km World Cup under patronage of the IAAF.

Masters Ultrarunners will compete in our usual five year age groups for gold, silver and bronze medals.

COMMONWEALTH GAMES MELBOURNE

15.03.06 to 26.03.06

Athletics Australia is seeking sports specific volunteers in various categories i.e. In Stadium, Marathon and Walks. A three page information and application document is held by Bob Schickert.

If you are interested please contact him on 08 9330 3803 or email schickertl@bigpond.com.

Applications close with Athletics Australia on 31.03.2005.

To apply you do not need to be a qualified athletics official.

AMA National Awards 2004.

MAWA nominations:

SPRINTS/HURDLES	MIDDLE DISTANCE
David Clive	Barbara Blurton

DISTANCE	WALKS
Bert Carse	Lyn Ventris

JUMPS	THROWS
David Clive	Kate Glass

MULTI
Kate Glass

MOST OUTSTANDING MALE ATHLETE
David Clive

MOST OUTSTANDING FEMALE ATHLETE
Lyn Ventris

MOST OUTSTANDING INDIVIDUAL PERFORMANCE
Barbara Blurton

ADMINISTRATION/OFFICIAL
Jackie Halberg



BP Refinery (Kwinana) is located in WA's premier industrial center 50km south of Perth.

The refinery produces fuels including LPG, petrol, jet fuel and diesel, as well as bitumen. BP plays an active role in the community by supporting local schools, non-profit organisations and sporting groups and is proud to support the 2005 MAWA State Championships in Perth. They have a particular interest in this event because of employee involvement.

A Big Welcome to our New Members!

678 Rob Cable	M60
679 Geoff Brayshaw	M55
680 Shane Davey	M36
681 Richard Parker	M48



The Deadly Medley - Winning Walkers
Lynne Schickert and Mitch Loly

(3)



Deadley Medley Walkers: Anne Turner & John Carrington,
Maggie Flanders & Val Millard.

Coker Park – The New Track

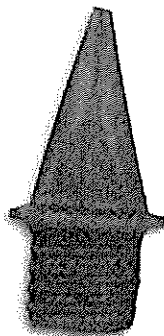
As most would be aware a new Mondo track is being installed at Coker Park. The good news is that it is nearly completed and ready for use. Not only does it look good it feels great underfoot as well.

With all the excitement of a new "state of the art" track there are a few things that the users must bear in mind. The old style "sharp" running spikes will not be allowed on the track for training or competition as they will accelerate the deterioration of the track. The two approved spikes styles are known as "Xmas Tree" or "Pyramid" spikes. The length will be 5 mm or 7mm. The expected cost is to be in the vicinity of \$12 for 16 spikes. MAWA (Barbara Blurton 9293 0190) will have some before the Championships. RUNNERS WORLD 9227 7281 (Bob Braid) now have a supply.



Omni-Lite 5mm or 7mm Xmas Tree Spikes

New style spikes that help track surfaces last longer and reduce the seriousness of injury when a runner gets accidentally spiked. The ceramic material is 1/3 the weight of steel.



Omni-Lite 5mm or 7mm Pyramid Spikes

New style spikes that help track surfaces last longer and reduce the seriousness of injury when a runner gets accidentally spiked. The ceramic material is 1/3 the weight of steel.

At a meeting attended recently by representatives from Little Athletics, AthleticA, Masters and the local senior and little athletics clubs it was explained that the maximum benefit was to be had by having as much of the foot in contact with the track as it would allow better compression of the surface and better rebound for the athlete. The surface actually benefits the heavy athlete and in a 100 metre sprint the athlete will cover the ground in up to 1½ less strides – surely good news for those striving for bigger and better PB's. Another interesting bit of trivia on the track is the 13 tonnes of glue that was required to attach the Mondo surface to the foundation of the track.

Thank you to that loyal group of athletes who have regularly attended the Thursday night competitions on the "cow paddock" for your support. Your patience has paid off and now you have the chance to run on what must be the best track in Australia.

Tom Lenane

OCEANIA MASTERS ATHLETIC CHAMPIONSHIPS - CHRISTCHURCH 14 - 21 JANUARY 2006

If ever there was a time to go to an Oceania Championship, then this is the one to attend. To go on the mailing list so that you can be kept up to date about the event, email your contact details to Peter King (he is on the Local Organizing Committee in Christchurch). Peter's email address is: rayma_k@xtra.co.nz

Christchurch has a very good athletics track that has an atmosphere about it with the surrounding colourful grandstands, a legacy from the Commonwealth Games. The complex incorporates a swimming pool and sports medicine facilities and next door is parkland and a golf course.

I had my first visit to Christchurch in January and I was overwhelmed by the parkland within the city and the amount of things that are available to do, look at or travel to. For any athlete who wants to holiday next January then the Oceania Championships provides a great excuse to enjoy your athletics, catch up with friends or make new ones and then fit in some great holiday experiences. The accommodation options are excellent and will certainly fit all budgets. So put your name on Peter's list and keep up to date with news and information.

See you in Christchurch. I will definitely be going back as I have lots of things to see and do there still and January 14-21 provides the perfect excuse. **Wilma Perkins**

20 Years Ago!

Jim Barnes has forwarded to the Editor the results of the 1985 Club 10km Championships. The masochists among you may like to see the times you were running at that stage of your athletic careers!

Bridges & Mill Point Rd 10km Championships 28 July 1985

1	Jim Langford	M40 1	M40	32.27
2	Frank Smith	M40 2	M40	32.59
3	Chris McConnell		Vis	33.11
4	Don Caplin	M45 1	M45	34.31
5	Peter Versteegen		Vis	35.05
6	Steve Barrie	M45 2	M45	35.17
7	Bob Arcyle		Vis	35.41
8	George Innes	M50 1	M50	35.42
9	Brian Danby	M35 1	M35	35.46
10	Cleve Vincent		Vis	35.52
11	Graham Thornton	M40 3	M40	35.53
12	John Pressley		M40	35.55
13	John Gilmour	M65 1	M65	35.56
14	Max Van Weert		Vis	36.10
15	Joe Yates		M40	36.11
16	Arnold Jenkins		M40	36.34
17	Frank McLinden	M50 2	M50	36.37
18	Dave Hough	M50 3	M50	36.49
19	Name/time not recorded		Vis	
20	Barrie Robinson	M45 3	M45	37.14
21	John Maddison		M45	37.32
22	Morris Johnston		M45	37.49
23	Bob Sammells		M45	37.55
24	Joe Trovata		M45	38.00

25	Dalton Moffett		M50	38.00
26	Keijo Vaalsta		M50	38.10
27	Barry Evans	M55 1	M55	38.11
28	Geoff Hughes	M35 2	M35	38.11
29	John Pellier		M45	38.12
30	Bob Norton		M45	38.14
31	Dave Roberts		M40	38.42
32	Ken Snowden		M40	38.53
33	Morris Warren		M45	39.41
34	Barrie Slinger		M40	39.51
35	Barry Harwood		M40	40.25
36	Terry Tate		M45	41.00
37	Adrian Noordyk		Vis	41.03
38	Tony Speechley		M40	41.20
39	Allen Tyson	M60 1	M60	41.21
40	Joe Stickles		M45	41.38
41	Tuula Vaalsta	W45 1	W45	41.40
42	Bernard Godwin		M45	41.47
43	Dennis Wilmot		M50	41.51
44	Brian Gale		Vis	41.59
45	Rob Shand		M50	42.09
46	Aub Davies		M50	42.09
47	Bob Hayes		M50	42.09
48	Duncan Phillip		M50	42.34
49	John Bennington		M45	42.51
50	Kath Noordyk	W35 1	W35	42.58
51	Merv Moyle	M55 2	M55	43.02
52	Cam Ansell		Vis	43.02
53	Charles McKinnon	M35 3	M35	43.06
54	Keith Forden		M45	43.13
55	George Peet		M50	43.41
56	Brian Aldrich		M50	43.45
57	Colin Walsh		M50	43.53
58	Robert Farrell		M45	44.06
59	James Greenfield		M40	44.08
60	Stan Lockwood	M55 3	M55	44.20
61	Alan Pomeroy		M50	44.29
62	Joan Pellier	W45 2	W45	44.31
63	Joanne Collins	W35 2	W35	44.31
64	Ray Lawrence		M55	45.17
65	Ian Sutherland		M45	45.53
66	Gerry Noordyk	M60 2	M60	46.10
67	Peter Davies		M55	46.22
68	Kevin Martin		M45	46.37
69	Patricia Hayden	W45 3	W45	46.45
70	Phyllis Farrell	W40 1	W40	46.49
71	Ken Whistler		M50	46.49
72	Arthur Leggett	M65 2	M65	46.57
73	Vic Beaumont		M55	47.01
74	Selby Munsie		M50	47.25
75	Dick Horsley	M70 1	M70	47.30
76	Kirt Johnson		M55	47.30
77	Elsa O'Dea		W45	48.09
78	Cliff Bould	M65 3	M65	48.29
79	Duncan Strachan	M60 3	M60	48.30
80	Ernie Moyle		M55	48.55
81	Shirley McGain		Vis	50.21
82	Margaret Warren		W45	50.31
83	John Russell		M50	51.05
84	Carolyn Harrison		Vis	51.35
85	Wilma Vincent		Vis	52.28
86	Carole Cole	W40 2	W40	53.23
87	Gloria Sutherland	W40 3	W40	54.32
88	Pat Spencer		W40	54.39
89	Trish Williams		Vis	55.19
90	Val Lishman		M55	56.56
91	Norma Berry	W55 1	W55	57.40
92	Jill Langdon	W35 3	W35	57.40
93	June Strachan	W60 1	W60	62.31
94	Shirley Cross		W45	65.32
95	Ruby Maddison		W45	75.10
96	Val Tyson	W60 2	W60	75.10

From the WMA President Torsten Carlus

San Sebastian

So has already one quarter of the new year passed and we have only half a year until we meet in San Sebastian, Spain, for our XVI World Masters Athletics Championships Stadia and our General Assembly. This "homestrait" is a period filled with all the necessary preparations both for the LOC in San Sebastian and for the WMA Council – especially for the Secretary of course. There is much to prepare to make the San Sebastian another successful meeting point to the world's master athletes.

As far as we know the preparations for the Championships follow plans and budget very well. I take for granted that you have visited our WMA website and seen the wonderful San Sebastian sports area Anoeta that is one of the best we have ever been invited to.

A big main Stadium, partly covered, and then the B-stadium, Anoeta Mini Stadium, just 50 meters away, is a perfect site for our Championships.

The General Assembly will be held on August 30 with the Regional and Committee meetings on 27 August. As this General Assembly is also an election Assembly it will of course draw much interest from all involved. Our Secretary Monty Hacker has sent out all necessary information for the General Assembly which means that both nominations for Council offices and motions for amendment of Constitution/Bye-Laws/Rules of Competition shall be in his hands not later than 1 June 2005, and he will then send them out to all Affiliates not later than July 15. All information will also be posted on the WMA website.

The Council will also present a number of proposals for amendment of Constitution/Bye-Laws/Rules of Competition which you in some months will see on our WMA website.

Delegates for the General Assembly in San Sebastian

Please observe that names and addresses of the Delegates for the General Assembly in San Sebastian must be given to our Secretary not later than 31 July. We have had problems the last two Assemblies with many Delegates stopped from voting so I urge you to give your Delegates on time.

The WMA Council will present a proposal to alleviate this rule but for San Sebastian it is there and must be followed.

Bids for 2008 World Masters Indoors

As you already know there are two candidate cities bidding for our 2008 World Masters Indoors, i.e. Glasgow, Scotland, and Lievin, France. I had the pleasure myself to make our inspection visits to the cities in January together with Rex Harvey, our Vice President Stadia. To say the least of our overall impression is that the two cities offer wonderful indoor arenas and the one in Lievin will in time for our Championships get a big upgrading to make it still better. We have had photos of the two arenas on our website in February and you will find these plus some more

now in the "Gallery" on the website. Both cities are committed to make a strong bid and presentation in San Sebastian and we will post our findings on our website as soon as the two bidders have given their OK to our observations.

2006 World Masters Indoors

The city of Linz, Austria, will host the World Masters Indoors the next year and we know this will be another big success. You have no doubt seen the Intersport Arena on our website and the second weekend in February I had the opportunity to visit and see the "rehearsal" in Linz, i.e. a big indoor meeting with youths, juniors, seniors and masters. Some photos are on our website and you will be able to feel the good atmosphere here. Linz will do its utmost to give us the very best and with promises from Sindelfingen that many more countries will participate in Linz the next year (15-20 March) we can look forward to a great manifestation of masters athletics at its best.

Official winter throwing events

In Sindelfingen we had unofficial winter throwing events but the Council has decided to make them official and at the World Masters Indoors in Linz the discus - hammer - javelin will be official Winter World Championships events – of course thrown outdoors. It means that the throwers will have a complete programme with all their five events which I am sure will stimulate to big participation.

Bids for 2007 World Masters Stadia

The inspection visits to the two bidders Lahti, Finland, and Århus, Denmark, will be made in April-May and we will give information and photos on the WMA website. Lahti is a famous sports city in the midnight sun area of Finland – also for skiing – and Århus hosted excellently the European Veterans Championships in 2004. You have seen some photos from the Lahti Athletics Stadium with the ski jumping towers in the background and we will soon also post photos from Århus.

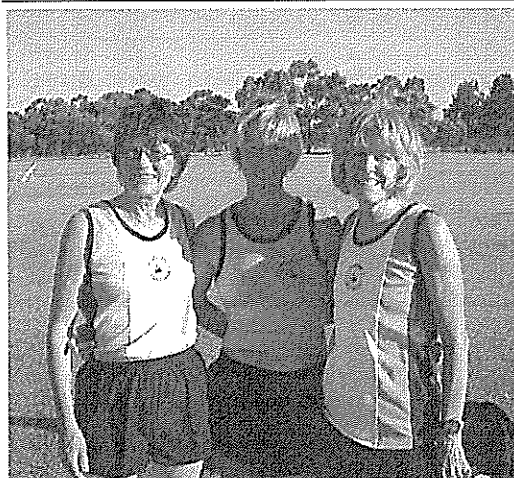
WMA World Masters Championships 100km / Mountain Running

Our 2nd World Masters Championships 100km will be organised in the Japanese city of Lake Saroma on 26 June. We had the inaugural Championships last year in Tainan, Taiwan, with about 150 masters but I would like to use the opportunity to promote these ultra running Championships here.

In this context I can also mention that the WMA Council prepares a proposal to the General Assembly in San Sebastian that WMA adds also mountain running to its world masters championships programme. I am sure that this will be approved so that we can have the first World Championships perhaps already in 2006 organised in cooperation with WMRA.

I use also the opportunity to wish you a good preparation time for San Sebastian and hope to see you all there!

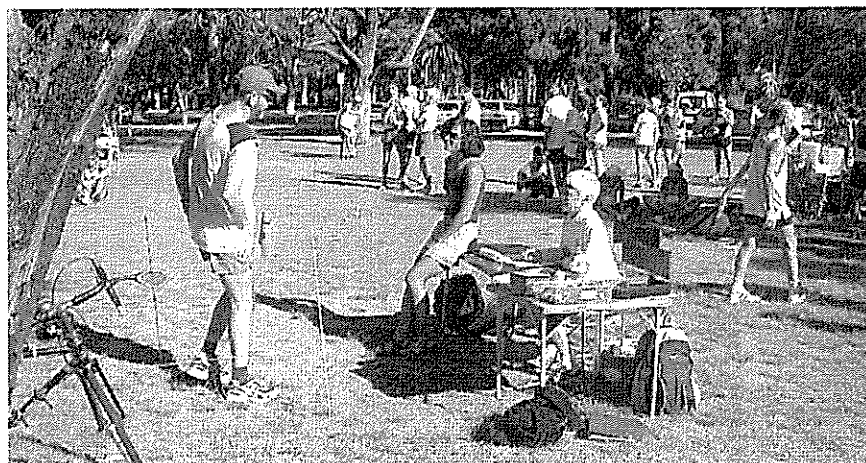
Torsten Carlius



Patrons trophy medallists Lynne Schickert (3rd), Robin King (2nd) and Liz Neville (1st)



The Deadly Medley winning run relay team: Bob Schickert, Delia Baldock, Shirley Bell, Sean Keane.



At the end of the Friendship Run

Point Walter 23.1 05

The results for this run were shown in last month's Vetrun.

The race was well attended considering that it clashed with the Christchurch run.

Well done to all those who ran and walked and a big thank you to the race helpers:

Keith Atkinson, Paul Martin, Paul Hughes, David Muir, Chris Coates, Helen Lysaght, Marie Creighton and Robin King.

Dave Roberts

Age Graded Hcap 31.1.05

McCallum Park

David & Pat Carr

8km Run	Age	Time	Hcap	%	
Bob Schickert	63	40:05	33:02	80.8	1
Paul Hughes	52	40:15	30:40	78.8	4
Jim Klinge	58	40:24	32:06	79.3	3
Margaret Langford	58	40:47	36:12	79.7	2
Ivan Pilton	62	41:30	34:11	77.3	5
David Baird	61	41:50	34:15	76.4	6
Neil McRae	52	41:53	32:18	74.8	8
David Willmer	50	42:16	32:17	73.7	9
Johan Hagedoorn	61	42:31	34:56	75.0	7
David Scott	57	42:58	34:26	73.3	11
Ivan Brown	60	43:02	35:12	73.6	10
John Allen	47	43:23	32:51	70.7	14
Gary McLean	41	43:31	31:59	69.5	15
Brian Bennett	57	43:38	35:06	71.9	12
Geoff Barrett	43	44:39	33:26	67.4	19
John Collier	38	45:21	33:21	65.2	25
Dee Haines	46	45:37	38:52	66.9	22
Mark Sivyver	56	45:40	36:55	67.7	18
Stan Lockwood	75	45:42	42:48	71.9	12
Brian Danby	56	45:50	37:05	67.4	19
Ola Ovstedal	41	46:02	34:30	64.4	33
Graham Thornton	64	46:24	39:37	68.1	17
John Doust	57	46:31	37:59	66.0	24
Jim Barnes	62	46:35	39:16	67.3	21
Alan Thorniley	51	47:05	37:18	64.1	34
Wayne Taylor	45	47:12	36:17	63.1	36
Jeff Lindhorst	45	47:14	36:19	63.1	36
Wendy C-Green	62	47:19	44:06	69.2	16
Barry Jones	47	47:42	37:10	62.5	40
Karen March	43	47:51	39:09	64.8	29
Gary Fisher	52	47:52	38:47	63.0	39
Richard Danks	62	48:09	40:50	64.7	31
Christine Engels	49	48:17	39:15	64.8	29
Sean Keane	40	48:18	36:36	60.3	47
John Pressley	59	48:48	40:44	63.1	36
John Smith	69	48:56	43:41	65.2	25
Joan Osborne	56	49:00	43:49	65.2	25
Richard Blurton	55	49:10	40:11	61.7	43
Vic Beaumont	75	49:12	46:18	66.5	23
Jim Riddell	65	49:28	42:58	63.6	35
Pamela Toohy	59	49:40	45:24	65.0	28
Ray Hall	71	49:41	45:08	64.7	31
Dan Bending	59	50:22	42:18	60.7	45
Leonie Jones	44	50:23	42:12	60.7	46
Terry Manford	66	50:33	44:21	62.1	41
Jackie Halberg	58	51:42	47:07	61.9	42
Kim Thomson	30	52:28	40:01	59.1	48
Roger Walsh	61	52:40	45:05	58.7	49
John Dance	55	53:02	44:03	56.3	51
Kevin Payne	46	53:49	43:07	53.5	59
Merv Jones	65	54:07	47:37	56.1	52
Bob Fergie	69	54:55	49:40	57.4	50

Sue Bullen	45	55:31	47:33	54.2	55
John Ellard	63	55:51	48:48	54.7	53
Sheila Maslen	67	56:06	52:55	61.3	44
Jo Richardson	53	57:22	51:21	54.0	57
Elaine Dance	53	57:22	51:21	54.0	57
Arnold Jenkins	60	58:52	51:02	50.8	61
Steve Toohy	56	59:39	50:54	49.1	62
Shorty Turner	69	59:55	54:40	52.0	60
Margaret Bennett	63	59:56	57:02	54.1	56
Mary Heppell	67	60:07	58:56	55.0	53
Debbie Dance	36	63:28	53:39	46.6	64
Elaine Ellard	63	67:40	64:46	47.7	63

5km Walk

Lorraine Lopes	65	36:39	35:00	77.6	1
Val Millard	58	37:24	34:51	72.4	3
Lynne Schickert	63	37:47	35:34	74.7	2
John Carrington	70	39:59	36:27	69.3	4
Lesley Romeo	60	41:16	38:13	67.6	6
Beryl Doust	56	43:53	39:51	62.1	8
Lorna Lauchlan	74	43:58	43:58	68.9	5
Pat Ainsworth	68	44:20	43:40	64.4	7
Jeff Whittam	70	44:42	41:10	61.3	10
Rosa Wallis	61	45:45	42:59	60.5	12
Alan Pomery	73	45:47	43:09	60.6	11
Patricia Hopkins	62	46:08	43:38	60.2	13
Ian Lyon	67	46:21	42:00	58.2	17
Maggie Flanders	68	47:24	46:44	60.2	13
Dorothy Whittam	68	47:25	46:45	60.1	15
Jennie Smith	50	47:54	42:33	55.1	20
Rex Bruce	63	47:59	42:40	55.0	21
Leo Hassam	74	48:02	45:42	57.9	18
Ann Turner	69	48:20	48:00	59.3	16
Barbara Bailey	74	48:26	48:26	62.7	8
Mitch Loly	64	49:04	43:59	54.1	22
John Bailey	78	49:46	48:49	57.0	19
Norm Miller	73	51:46	49:08	53.2	25
Allen Tyson	79	53:26	52:52	53.4	24
Ernie Moyle	79	53:56	53:16	53.0	26
Glenice Shanahan	80	61:28	61:28	53.7	23

The handicaps send you off according to age. They produce an exciting finish between our top runners and walkers. The real test is found when we compare your real time with the standard international performance. Hence the percentage.

Over the ten years we have conducted the event, Bert Carse has recorded the best performance of 89%. Outstanding competitors have been Anne Shaw, Jim Langford, Frank Smith, Jim Klinge, Bob Schickert, Gary Clarke, Margaret Langford, and John Mison.

This year Lorraine Lopes dominated the walk, but note Lynne Schickert's time. It is 30 seconds faster than she walked at Gateshead six years ago.

Bob Schicket has always taken this race very seriously. he can reflect on a great performance, and compare it with his best of 80.9%.

We will move aside for another race director. We have always had generous help from club members. George Innes has marked the course, marshalled, and collected flags for years. Some of our helpers were regulars. This year, Fiona and Duncan Mc Caulay

served the drinks, Gillian Young and Bob Sammells recorded, Troy Lundgren, Colin Francis, David Reid, Blakeney Tindall and Mark Rosen were marshals. Barrie Thomsett prepared the copy for 'Vetrun'.

David and Patricia Carr

Happy Birthday to our March Members!

Pat Ainsworth	W69	still W65
Thea Bailey	W50	→ W50
Barbara Bailey	W75	→ W75
David Baird	M62	still M60
Dan Bending	M60	→ M60
Barbara Blurton	W55	→ W55
Donna Bocian	W44	still W40
Jeff Bowen	M63	still M60
John Brambley	M63	still M60
Don Caplin	M66	still M65
Gary Carlton	M48	still M45
Ed Carroll	M64	still M60
Frances Casella	W54	still W50
Elaine Ellard	W63	still W60
Mike Faunge	M67	still M65
Brian Foley	M61	still M60
Raymond Gimi	M41	still M40
Rob Greenhalgh	M55	→ M55
Kirsty Griffiths	W31	still W30
Telsey Hatwell	W70	→ W70
Ann Heitman	W40	→ W40
Peter Hill	M57	still M55
Kelly Hind	W32	still W30
George Innes	M70	→ M70
Alan James	M54	still M50
Kirt Johnson	M76	still M75
Sean Keane	M41	still M40
Barrie Kernaghan	M65	→ M65
Lorna Lauchlan	W75	→ W75
Mitch Loly	M65	→ M65
Peggy MacLever	W61	still W60
Fiona McAuley	W54	still W50
Neil McRae	M53	still M50
Nick Miletic	M54	still M50
Keith Patterson	M54	still M50
Toni Phillips	W33	still W30
Margaret Robinson	W67	still W65
Estelle Rogers	W49	still W45
Leon Sander	M68	still M65
Peter Sanders	M60	→ M60
Rob Shand	M73	still M70
Frank Smith	M63	still M60
Tony Speechley	M61	still M60
Wendy Spencer	W60	→ W60
Jo Stone	W60	→ W60
Martin Watkins	M58	still M55
Robyn Watts	W52	still W50
Ross Wickham	M41	still M40

DRINKING CUPS

A reminder that for health reasons officials giving out drinks at Sunday events should wear the rubber gloves provided. If gloves are unavailable the official should hold the cup at the bottom not at the top and particularly not with a finger in the cup.

South Perth Fiesta 6.2.05 Sue Bullen

8.2km Run

Chris Maher	M50	29:17
Michel Bermudes	M30	29:36
Paul Hughes	M50	30:31
Elaine Ellard	W60	30:47
Jodi Brauer	W30	31:16
Andrew Cook	M35	32:05
Chris Frampton	M35	32:08
Ian Lyon	M65	32:09
Gary McLean	M40	32:42
Neil McRae	M50	32:47
John Allen	M45	33:11
Jim Klinge	M55	33:22
Ola Ovstedal	M40	34:10
Deborah Gardner	W35	34:37
Doug Ashfield	M45	34:45
David Scott	M55	34:57
John Davies	M60	35:17
Trevor Robertson	M50	35:29
Ivan Pilton	M60	35:31
Gary Carlton	M45	35:42
Johan Hagedoorn	M60	36:56
Bob Schickert	M60	36:57
Wayne Taylor	M45	37:22
Mark Sivyver	M55	37:23
Jeff Lindhorst	M45	37:26
John Mack	M60	37:43
Dee Haines	W45	38:29
Graham Thornton	M60	38:29
Robin King	W45	39:06
Jim Barnes	M60	39:17
Alan Thurlow	M50	39:18
Karen March	W40	39:50
John Doust	M55	40:06
? (No Number)		40:15
Margaret Langford	W55	40:26
Mike Khan	M60	40:38
Christine Engels	W45	41:06
Julie Keeley	W35	41:23
Alan Thorniley	M50	41:48
Shirley Bell	W55	42:00
John Pellier	M65	42:11
Dan Bending	M60	42:28
Kim Thomson	W30	42:29
Frances Casella	W50	42:47
Richard Danks	M60	43:17
Paul Martin	M60	43:48
John Ellard	M60	43:48
Bob Sammells	M65	44:38
Stan Lockwood	M75	44:42

Wendy Cl-Green	W60	44:47
Roger Walsh	M60	45:12
John Ellard	M60	45:26
Brian Hunter	M60	46:09
Ray Hall	M70	47:14
Aldo Giacomini	M65	47:30
Jackie Halberg	W55	48:05
Vic Beaumont	M75	48:34
Margaret Warren	W65	48:45
Merv Jones	M65	49:36
Bob Fergie	M65	51:15
Jeff Spencer	M60	51:20
Arnold Jenkins	M60	51:21
Bev Whitfield	W40	52:40
Kevin Payne	M45	53:34
Jo Richardson	W50	54:47
No Number	W55	57:22
Sheila Maslen	W65	57:55
Shorty Turner	M65	58:03
Margaret Bennett	W60	69:59

4.2km Run

Ian Davies	M55	14:03
Patrick Smith	M40	15:12
Bjorn Dybdahl	M50	15:28
Dave Roberts	M60	16:42
Amanda Walker	W35	16:56
Colin Smith	M40	17:08
Henri Cortis	M55	17:09
David Baird	M60	17:32
Raymond Gimi	M40	17:56
Liz Neville	W50	18:32
Jim Riddell	M65	20:14
Hamish McGlashan	M65	20:19
Delia Baldock	W40	21:07
Richard Harris	M65	21:41
Lorraine Lopes	W65	22:24
Paul Buckley	M55	22:47
John Stone	M50	23:04
Joan Pellier	W65	23:21
Kirt Johnson	M75	25:15
Ray Lawrence	M75	25:16
Jan Jarvis	W60	25:59
Rob Cable	M60	26:07
Dalton Moffett	M70	26:50
Julie Wood	W55	27:30
Denise Lancaster	W50	27:30

8.2km Walk

Val Millard	W55	58:00
Lynne Schickert	W60	58:03
Rosa Wallis	W60	69:59
Beryle Doust	W55	70:02
Alan Pomery	M70	71:58

4.2km Walk

? (No Number)		27:55
John Carrington	M70	27:58
David Brown	M55	28:02
Bob Neville	M70	30:57
? (No Number)		31:56
Jon Schultz	M40	37:01
Jacqueline Billington	W60	42:02
Ann Turner	W65	42:02
Rex Bruce	M60	46:32
Jill Midolo	W55	46:36
Ernie Moyle	M75	46:36

Sunday 6 February 2005 was a beautiful day and the 120 plus runners and walkers at South Perth enjoyed the excellent conditions on this very attractive course. My thanks to all the helpers especially those who were not booked to help but stepped in when some of the scheduled helpers did not arrive.

I apologise that the advertised morning tea did not eventuate due to a lack of power – sometimes things just happen or in this case do not happen. I have spoken to the Parks Manager at the City of South Perth who also apologises. We know what to do next time.

And to the leaders in the 4.2km race who took a little short cut – Sorry! I learn something every time and I will make the necessary improvements next year.

Good Running!
Sue Bullen

Deadly Medley 13.2.05 Yokine Graeme Neill

Run Relay

49:50
Shirley Bell, Delia Baldock, Bob Schickert, Sean Keane.
50:42
Dee Harris, Karen March
Bob Sammells, Paul Hughes.
50:54
Ray Hall, Bev Whitfield, Andrew Cook, Mal Vernon
52:22
Christine Engles, Gary McLean
John Smith, Dan Bender.
60:14
John Allen, Jodie Brauer, Wayne Bates, Ray Lawrence.

Walk Relay

42:09
Lynne Schickert, Mitch Loly.
43:02
Dorothy Whittam, Janice Malin.
43:59
Anne Turner, John Carrington.
44:01
Maggie Flanders, Val Millard.
46:40
Jenny Smith, Jeff Whittam.

Individual Run 4km

Johan Hagedoorn	M60	27:16
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Individual Run 8km

Neil McRae	M50	32:43
Ivan Pilton	M60	34:20
Alan Thorniley	M50	38:24
Irwin B-Lennard	M75	39:06
John Mack	M60	40:01
Nick Miletic	M50	48:55

A class field assembled for the Deadly Medley this year. The numbers were down a little this year, however the enthusiasm wasn't! The competition was fierce with the lead changing on almost every leg. The eventual winners of the run were Shirley (ironwoman) Bell's team. The walking competition proved to be a close affair with not a lot separating the first four teams. A couple of the walkers had suspect techniques and were considered for disqualification. Lynne Schickert & Mitch Loly held the lead for the majority of the race and were the eventual winners.

The event ran very smoothly this year. The recording of four different events at once was a doddle for Margaret Langford. Also my able helpers - Ron Spencer, Lesley Romeo, Wayne Taylor, Linda Glass, Brian Hardy, Ian Lyon, Phillip Bailey and Jim Langford, I thank you.

I hope to see more of you next year. Cheers!
Graeme Neill

Wireless Hill 20.2.05 Denise Lancaster

9.5km Run

Colin Francis	M40	36:08
Gary McLean	M40	39:11
John Allen	M45	39:54
Neil McRae	M50	40:37
John Collier	M35	41:33
Ivan Pilton	M60	41:54
Trevor Robertson	M50	42:18
Johan Hagedoorn	M60	43:24
John Davies	M60	43:53
David Muir	M60	44:11
Mark Sivyver	M55	44:29
Robin King	W45	44:32
Brian Bennett	M55	44:47
Bob Schickert	M60	44:49
John Mack	M60	44:51
Don Pattinson	M50	44:54
Margaret Langford	W55	45:08
Sean Keane	M40	45:47
Wayne Taylor	M45	46:07
Mal Vernon	M50	46:28

Inwin B-Lennard	M75	48:42	Mitch Loly	M60	42:26	Thea Bailey	W45	10.2	Jackie Halberg	W55	8.04.2
Christine Engels	W45	49:11	Pat Ainsworth	W65	45:43	Ian Lyon	M65	10.3	1500m Walk		
Jim Barnes	M60	50:05	Sue Wells	W50	45:46	John Sutton	M65	10.3	Tom Lenane	M45	9.07.3
Chris Pattinson	W45	50:43	Kirt Johnson	M75	50:20	Pat Carr	W70	12.3	Lynne Schickert	W60	10.00.4
Karen March	W40	50:48				3000m			Stan Jones	M75	10.05.9
Donna Bocian	W40	51:11	<i>What a Great Run!!</i>			Bert Carse	M60	10.34.8	Bob Neville	M70	10.52.9
Ed Barrett-Lennard	M50	51:20	<i>No one got lost!</i>			Michel Bermudes	M30	10.37.7	Robyn Wales (QMA)W50		11.09.7
Kim Thomson	W30	51:36	<i>You will have a new director next year, so keep up the support folks. A huge thank you to my wonderful helpers, I could not do without you.</i>			Alan Gower	M45	10.59.9	400m		
Frances Casella	W50	52:04	<i>Thanks to, Pierre, Dalton, Vic Waters, Bob Neville, Barry Jones, Bob Fergie, Nick, Julie, Margaret Bennett, Pat, Norm, Ann & Lorraine.</i>			Darryl White	M45	11.20.8	Keith Martin	M60	70.2
John Smith	M65	52:51	<i>Denise</i>			Duncan McAuley	M55	11.38.9	David Carr	M70	70.6
John Ellard	M60	53:01				Bob Schickert	M60	11.50.5	Delia Baldock	W40	75.7
John Dance	M55	54:53				Colin Chisholm	M40	12.09.0	Mike O'Reilly	M65	76.4
Geoff Barrett	M40	54:55				Keith Edmonds	M35	12.10.4	Jim Riddell	M65	88.3
Margaret Neil	W55	55:19				Simon Jawichre	M40	12.14.7	5000m		
Stan Lockwood	M75	55:41				Doug Ashfield	M45	12.19.0	Brian Hewitt	M50	19.28.7
Joan Osborne	W55	55:53				Ivan Brown	M60	12.21.5	Neil McRae	M50	20.12.8
Richard Harris	M65	56:22				Blakeney Tindall	M40	12.22.8	Bob Schickert	M60	20.45.7
Aldo Giacomini	M65	57:06				Rob Colton	M40	12.25.2	Liz Neville	W50	22.40.8
Mike Hale	M55	57:40				John Collier	M35	12.33.4	Les Beckham Long Jump		
Margaret Warren	W65	58:50				Wayne Taylor	M45	12.34.1	Colin Smith	M40	4.60
Vic Beaumont	M75	62:02				Peter De Klerk	M45	12.34.6	Shot		
Shorty Turner	M65	67:43				Henri Cortis	M55	12.51.0	Mark Hamilton	M30	11.94
4.8km Run						Myles Ferrell	M35	13.10.3	Kevin Webster	M35	9.95
Michel Bermudes	M30	17:28				Karen Gower	W40	13.30.1	Steve Noteboom	M35	8.89
Greg V-Sanden	M45	17:32				Thea Bailey	W45	14.04.5	Michael Miller	M35	8.61
Brian Hewitt	M50	17:56				Barry Newell	M45	15.36.2	Eileen Hindle	W55	7.02
Jim Klinge	M55	18:54				Fiona McAuley	W50	16.54.9	Robyn Wales (QMA)W50		5.01
Ola Ovstedal	M40	19:06				3000m Walk			Heavy Weight		
Alan James	M50	19:37				Robin King	W45	16.01.3	Mark Hamilton	M30	11.89
Deborah Gardner	W35	19:46				Lynne Schickert	W60	20.20.7	Steve Noteboom	M35	11.00
Colin Smith	M40	20:02				Bob Neville	M70	22.01.8	Kevin Webster	M35	8.98
Paul Burke	M30	20:30				Les Beckham Triple Jump			Eileen Hindle	W55	8.47
Raymond Gimi	M40	21:36				Ross Wickham	M40	12.54	Michael Miller	M35	7.83
Hamish McGlashan	M65	23:29				Michel Bermudes	M30	9.80	Robyn Wales (QMA)W50		5.85
Terry Humphrey	M50	24:32				Keith Edmonds	M35	9.45			
Barbara Humphrey	W50	24:51				Lynne Schickert	W60	6.29	UWA 8.2.05		
Jim Riddell	M65	24:57				Javelin			<i>Apologies - the results for the throws have gone missing!</i>		
Peter Airey	M65	25:26				Mark Hamilton	M30	41.18	200m		
Keith Atkinson	M45	25:51				Rob Shand	M70	25.86	Peter De Klerk	M45	27.2
Brian Foley	M60	26:19				Keith Martin	M60	22.30	David Carr	M70	30.1
Wendy Cl-Green	W60	26:45				Ross Calnan	M60	21.34	Keith Martin	M60	30.2
Bernadette Height	W45	28:27				John Sutton	M65	20.38	<u>Ann Heitman</u>	W35	32.5
Merv Jones	M65	28:40				Rae McMillan	W75	16.25*	Peggy McIver	W60	32.0
Arnold Jenkins	M60	28:59				June Streeter	W55	13.18	<u>Thea Bailey</u>	W45	35.3
Tanya Burke	W30	29:45				Hammer			Barry Newell	M45	29.9
John Stone	M50	29:46				Mark Hamilton	M30	34.10	Ross Calnan	M60	34.1
Elaine Dance	W50	30:39				Rae McMillan	W75	20.96	Pat Carr	W70	47.3
Val Millard	W55	33:16				June Streeter	W55	20.79	1500m		
John Carrington	M70	33:30				Rob Shand	M70	18.43	Jon Schultz	M40	4.51.6
Raymond Gimi	M40	34:32				John Sutton	M65	17.73	Michel Bermudes	M30	4.57.7
Jenni Shillington	W45	35:50				Coker Park 3.2.05			Henri Cortis	M55	4.58.5
Jodi Brauer	W30	36:45				200m			John Collier	M35	5.07.7
Rosa Wallis	W60	38:35				Colin Smith	M40	26.4	Blakeney Tindall	M40	5.15.3
Elaine Ellard	W60	40:14				Steve Noteboom	M35	26.7	Keith Edmonds	M35	5.22.1
Mary Heppell	W65	40:58				<u>Kevin Webster</u>	M35	28.6	Micheal Watson	M35	5.39.0
9.5km Walk						Keith Martin	M60	30.0	Darryl White	M45	2.44.0
Val Millard	W55	69:01				Mike O'Reilly	M65	32.4	Thea Bailey	W45	6.43.6
Ray Hall	M70	72:41				David Carr	M70	32.8	Val Millard	W55	9.52.1
4.8km Walk						David Clive	M65	33.0	Allen Tyson	M80	12.40
John Frost	M65	35:41				1500m			400m		
Lynne Schickert	W60	35:50				Brian Hewitt	M50	5.08.1	Campbell Till	M45	56.4
Beryle Doust	W55	37:12				Liz Neville	W50	6.04.8	Micheal Watson	M35	57.7
Rex Bruce	M60	38:39				Robin King	W45	6.11.5	Peter De Klerk	M45	58.5
Lorna Lauchlan	W70	39:34				David Carr	M70	6.58.0	Duncan McAuley	M55	61.0
Alan Pomery	M70	40:54									

John Collier	M35	65.0
Jon Schultz	M40	65.3
Simon Jawichre	M40	66.4
Keith Edmonds	M35	67.1
David Carr	M70	67.3
Wayne Taylor	M45	82.1
Barry Newell	M45	68.1
Blakeney Tindall	M40	68.1
Peggy McIver	W60	74.8
Ivan Brown	M60	78.2
Thea Bailey	W45	80.1

5000m

Michel Bermudes	M30	18.03.4
Alan Gower	M45	16.12.5
Doug Ashfield	M45	20.27.6
John Collier	M35	20.54.0
Frank Smith	M60	20.56.5
Simon Jawichre	M40	21.42.0
Keith Edmonds	M35	21.42.5
Wayne Taylor	M45	22.47.4
Karyn Gower	W45	23.06.0
Blakeney Tindall	M40	23.28.6
Fiona McAuley	W50	28.08.2

5000m Walk		
Robin King	W45	28.08.7

Les Beckham Long Jump

Keith Edmonds	M35	4.53
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Coker Park 10.02.05

400m

David Clive	M65	1.24.4
Jim Riddell	M65	1.32.0

3000m

Bjorn Dybdahl	M50	11.21.6
Neil McRae	M50	11.31.1
Bob Schickert	M60	12.03.1
Liz Neville	W50	12.53.9
Jackie Halberg	W55	17.01.0
3000m Walk		
Stan Jones	M75	20.34.5
Lynne Schickert	W60	21.21.1
Bob Neville	M70	21.45.0
Robyn Wales (QMA)	W50	23.36.8

100m

Steve Noteboom	M35	12.5
Colin Smith	M40	12.6
Kevin Webster	M37	13.6
David Clive	M65	13.6
Delia Baldock	W40	15.9

800m

Colin Smith	M40	2.33.8
Bjorn Dybdahl	M50	2.36.9
Brian Foley	M60	2.55.4
Jim Riddell	M65	3.21.5
Delia Baldock	W40	3.36.2

Les Beckham Triple Jump

David Clive	M65	9.33
Lynne Schickert	W60	5.95

Hammer

Kevin Webster	M35	27.06
Steve Noteboom	M35	26.29

Javelin

Steve Noteboom	M35	36.62
Kevin Webster	M35	34.07

UWA 15.2.05

400m

Henri Cortis	M55	60.7
Richard Parker	M45	61.5
Peter De Klerk	M45	63.3
Keith Edmonds	M35	68.7
David Carr	M70	71.0
Peggy McIver	W60	73.4

3000m

Rob Catrall	M45	11.04.7
Frank Smith	M60	11.46.2
John Collier	M35	11.50.0
Bob Schickert	M60	11.51.5
Doug Ashfield	M45	12.02.7
Keith Edmonds	M35	12.42.4
Wayne Taylor	M45	13.12.3
Blakeney Tindall	M40	13.43.6
Fiona McAuley	W50	17.49.6

3000m Walk

Val Millard	W55	20.32.7
Lynne Schickert	W60	21.39.3
Bob Neville	M70	21.40.7

100m

Peter De Klerk	M45	13.4
Richard Parker	M45	13.5
Keith Edmonds	M35	14.8

Garry Doyle	M55	14.4
David Carr	M70	15.3
Peggy McIver	W60	15.6
Ross Calnan	M60	16.7
Pat Carr	W70	20.8

Wayne Bariolo	M35	12.7
Murray Tolbert	M55	13.3

800m

Jon Schultz	M40	2.12.7
Duncan McAuley	M55	2.25.2
Rob Catrall	M45	2.31.8
Peter De Klerk	M45	2.35.3
Blakeney Tindall	M40	2.36.0
John Collier	M35	2.36.7
Keith Edmonds	M35	2.49.0
Henri Cortis	M55	2.57.2
Doug Ashfield	M45	3.18.5
Gill Edmonds	W40	3.45.4

Les Beckham Triple Jump

Wayne Bariolo	M35	11.31
Murray Tolbert	M55	10.62
Lynne Schickert	W60	6.11

Javelin

Wayne Bariolo	M35	44.95
Murray Tolbert	M55	38.44
Geoff Brayshaw	M55	27.88
Rob Shand	M70	27.02
Bob Fergie	M65	22.83
Ross Calnan	M60	21.33

Hammer

Bob Fergie	M65	28.59
Murray Tolbert	M55	22.34
Damien Hanson	M50	20.11
Rob Shand	M70	18.76
Geoff Brayshaw	M55	14.65

Coker Park 17.02.05

100m

Steve Noteboom	M35	12.7
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Colin Smith	M40	12.9
David Clive	M65	13.9
Kevin Webster	M35	13.9
David Carr	M70	17.4
Derry Foley	M75	18.1

800m

Micheal Watson	M35	2.26.9
Brian Hewitt	M50	2.31.8
Bjorn Dybdahl	M50	2.59.9
David Carr	M70	3.03.5
Brian Foley	M60	3.04.0
Delia Baldock	W40	3.09.2
Jim Riddell	M65	3.37.5

200m

Colin Smith	M40	26.4
Steve Noteboom	M35	26.7
Micheal Watson	M35	27.5
Kevin Webster	M37	28.4
David Clive	M65	28.9
Delia Baldock	W40	33.0
David Carr	M70	34.8

5000m

Brian Hewitt	M50	18.49.5
Bjorn Dybdahl	M50	19.44.0
Bob Schickert	M60	20.35.1
Frank Smith	M60	20.46.3
Jackie Halberg	W55	27.56.3
David Carr	M70	27.57.2

5000m Walk

Stephen Anthony	M45	29.41.0
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Les Beckham Long Jump

David Clive	M65	4.86
Colin Smith	M40	4.73
Derry Foley	M75	3.02
John Sutton	M65	2.65
Lynne Schickert	W60	2.60

Discus

Ed Carroll	M60	39.35
Mark Hamilton	M30	37.09
Steve Noteboom	M35	33.39
Kevin Webster	M35	29.38
John Sutton	M65	24.83
Jack Michail	M50	23.29
Eileen Hindle	W55	18.42
Derry Foley	M75	17.35

Shot

Mark Hamilton	M30	11.87
Steve Noteboom	M35	10.77
Kevin Webster	M35	10.11
Ed Carroll	M60	10.03
Jack Michail	M50	8.07
John Sutton	M65	7.09
Eileen Hindle	W55	6.36

UWA 22.2.05

*Pending State Record

100m

Wayne Bariolo	M35	12.9
Richard Parker	M45	13.2
David Clive	M65	13.7
Murray Tolbert	M55	13.8
Garry Doyle	M55	13.9
Keith Martin	M60	14.3
Norm Richards	M65	14.7

Lynne Choate	W50	14.9
Ann Heitman	W35	15.4
Pieter De Klerk	M45	15.3
Ross Calnan	M60	15.7
Thea Bailey	W45	16.4
Lynne Schickert	W60	21.4

800m

Jon Schultz	M40	2.11.4
Campbell Till	M45	2.15.4
Henri Cortis	M55	2.19.1
Patrick Smith	M40	2.20.5

Blakeney Tindall	M40	2.25.5
John Collier	M35	2.29.5

Paul Burke	M30	2.31.3
Keith Edmonds	M35	2.32.1

Darryl White	M45	2.35.3
David Carr	M70	2.58.6

Barry Newell	M45	3.02.4
Peggy MacIver	W60	3.05.1

Michelle Bariolo	W30	3.09.9
Nick Bailey	M55	3.18.2

200m

Pieter De Klerk	M45	26.6
Richard Parker	M45	26.8

Keith Edmonds	M35	29.7
Campbell Till	M45	27.2

Wayne Bariolo	M35	27.4
Gary Doyle	M55	30.4

Blakeney Tindall	M40	31.0
David Clive	M65	28.0

Peggy McIver	W60	33.8
Ross Calnan	M60	33.9

Thea Bailey	W45	34.9
Nick Bailey	M55	36.9

5000m

Alan Gower	M45	18.19.2
Darryl White	M45	19.17.8

John Collier	M35	19.57.8
Keith Edmonds	M35	20.48.9

Bob Schickert	M60	21.09.8
Blakeney Tindall	M40	21.33.9

Ivan Brown	M60	21.47.8
Karyn Gower	W45	22.38.1

David Carr	M70	23.06.6
Henri Cortis	M55	23.07.4

Nick Bailey	M55	25.02.3
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3000m walk

Lynne Schickert	W60	19.43.6
Val Millard	W55	20.06.4

5000m walk

Robin King	W45	27.44.0
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Les Beckham Long Jump

Wayne Bariolo	M35	5.61
Murray Talbot	M55	5.13

David Clive	M65	4.95
Keith Edmonds	M35	4.37

Keith Martin	M60	4.13
Ross Calnan	M60	3.31

Lynne Schickert	W60	2.59
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Discus

Mark Hamilton	M30	37.56
Matt Staunton	M30	35.10

Paul Burke	M30	26.89
Bob Fergie	M65	25.30

Murray Tolbert	M55	25.20
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Kate Glass	W50	24.37*	Steve Noteboom	M35	38.13
Rob Shand	M70	23.64	Kevin Webster	M35	34.98
Wayne Bariolo	M35	23.36	Mike Miller	M35	23.57
Damien Hanson	M50	19.33	Toni Phillips	W30	17.85
Rae McMillan	W75	17.53	Kath Holland	W60	17.71
Jim McMillan	M80	17.51	Eileen Hindle	W55	15.55
June Streeter	W55	14.67	Hammer		
Shot			Steve Noteboom	M35	32.47
Mark Hamilton	M30	11.79	Kevin Webster	M35	26.33
Kate Glass	W50	10.37*	Eileen Hindle	W55	23.11
Wayne Bariolo	M35	9.56	Mike Miller	M35	18.60
Murray Tolbert	M55	9.15	Kath Holland	W60	17.14
Bob Fergie	M65	8.30			
Rob Shand	M70	7.36			
Rae McMillan	W75	7.16			
Damien Hanson	M50	6.63			
June Streeter	W55	6.45			
Jim McMillan	M80	6.28			

Coker Park 24.02.05

60m

Colin Smith	M40	7.9
Steve Noteboom	M35	7.9
Kevin Webster	M35	8.1
David Clive	M65	8.5
Micheal Watson	M35	n/t
Keith Martin	M60	8.8
Delia Baldock	W40	9.3
Derry Foley	M75	10.7
Pat Carr	W70	n/t

1500m

Ian Davies	M55	4.46.8
Henri Cortis	M55	5.29.6
Jim Riddell	M65	6.44.0
Jackie Halberg	W55	7.05.0

1500m walk

Ian Lyon	M65	10.58.8
Allen Tyson	M80	12.39.6

600m

Micheal Watson	M35	1.35.2
Brian Hewitt	M50	1.43.0
David Carr	M70	1.48.5
Barbara Blurton	W50	1.52.7
John Dennehy	M45	1.58.9
Mike O'Reilly	M65	1.59.8
Neil McRae	M50	2.00.3
Delia Baldock	W40	2.06.0
Keith Martin	M60	2.12.2

200m

Colin Smith	M40	25.5
Steve Noteboom	M35	25.6
Micheal Watson	M35	27.2
Kevin Webster	M37	28.0
Brian Hewitt	M50	30.0
John Dennehy	M45	32.0
Delia Baldock	W40	33.0
Derry Foley	M75	39.4
Pat Carr	W70	45.7
Allen Tyson	M80	55.3

Les Beckham Triple Jump

David Clive	M65	9.53
Keith Martin	M60	8.43
Derry Foley	M75	7.04

Javelin

Mark Hamilton	M30	39.87
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Steve Noteboom	M35	38.13
Kevin Webster	M35	34.98
Mike Miller	M35	23.57
Toni Phillips	W30	17.85
Kath Holland	W60	17.71
Eileen Hindle	W55	15.55
Hammer		
Steve Noteboom	M35	32.47
Kevin Webster	M35	26.33
Eileen Hindle	W55	23.11
Mike Miller	M35	18.60
Kath Holland	W60	17.14

HELPERS LIST

20 March - Teddy Birds

David Muir 9339 6813

Jeff & Wendy Spencer, Leo Hassam, Frank Usher, Simon Mort, Frances Casella, Marc Evans, Henri Cortis, Kirsty Griffiths, Sue Vetten, John Davies.

27 March - Pleasant Run

Maggie Flanders & Pat

Ainsworth 9314 7556

Keith Atkinson, Karen Simmons, David Charlton, Dee Haines, Christine Wheeler, Mireille Tewfik.

3 April - Membership

Brian Danby 9247 2326

Chris & Graeme Uren, Phil Baker, Beryle & John Doust, Dee Haines, Roma Barnett, Kevin Payne, Vance & Robyn Mitsopoulos, Don Caplin, Graham Thornton.

10 April - 3 Ps

Val Millard 9315 1642

Rosa Wallis, Jeff & Wendy Spencer, David Brown & Jill Midolo, Mike Hale, Barbara & Jack Bailey, Gillian Lees, Colin Smith, Brian Hardy.

17 April - Pagoda Run

Jackie Halberg 9364 4474

Leo Hassam, Mary Heppell, Neil McCrae, Troy Lundgren, Marg & Mike Taylor, Janis Malin, Philip Bailey.

24 April - Reabold Hill

Dirk Blom 9337 7796

Marg Robinson, Paul Hughes, Jim Klinge, Frank Smith, Richard Danks, Damien Hanson, Jeanette Tiverios, John Collier.

28 April 10,000m Track Hcap

Jeff and Dorothy Whittam 9387 6438

Rob Colton, Marg & Keith Forden, John Byrne, Jeff Bowen, Bob Hayres, Gary and Geraldine Cariton.

Pat Carr.
George Innis
Lynne S.
Lima.

URGENT NOTICE!

2005 WMA CHAMPIONSHIPS: SAN SEBASTIAN

PAYMENT OF ENTRY FEES

The San Sebastian organizers have advised Australian Masters Athletics and all other competing countries that they require entries to be paid in bulk by the National Association in each country. This will enable all intending competitors to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required. AMA will then forward a bulk bank draft in Euros to cover entries. To cover the additional expenses involved AMA will require an administration fee of \$35 per entrant, not \$30 as stated previously.

Calculation of entry costs

To convert your entry cost to AUD use the factor of 1.75 times the entry fee in Euros. Another way to check this calculation is to multiply the Euros by 7 and divide by 4.

To the total entry fee add the AMA administration fee of \$35.00 to cover costs for team officials and administration expenses.

Example: an entry fee of 150 Euros, times 1.75 is	\$262.50
Plus AMA administration fee	<u>\$35.00</u>
Total in AUD	\$297.50

Please make cheques or money orders payable to **Australian Masters Athletics Inc.** Credit card payment is not available as AMA has no credit card facility.

OFFICIAL CLOSE OF ENTRIES: 23 May 2005

Your entry form, validation documentation and a cheque or money order for the total fee should therefore reach

Colin Browne,
AMA Entries Clerk
4 Victory Street
Mitcham Vic 3132

no later than 23 April 2005, and preferably by 23 March 2005 to allow validation processing.

Brian Foley
Secretary, AMA Inc
8 Haggood Street, East Fremantle WA 6158
email : bwfoley@bigpond.net.au

Massage

Massage facilities will be provided by Damien Milburn at Coker Park during competition on 12 - 13 March.
Cost: \$10 for 10 minutes.

THROWING IMPLEMENTS

The club's shots, hammers and heavy weights have been repainted according to the colour codes shown on page 24 of the current AMA handbook.
The new implements for W75+ are orange.



VETRUN



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org

April 2005 - Number 373

Was it the new track?

This year's State Track & Field Championships produced a swathe of new records and high level performances. Conditions were hot but favourable winds were generally evident. No less than 1 World Record (pending), 4 Australian Records (pending) and 32 State Records were achieved from a very well attended event.

In addition to these, eight athletes produced 90+ percent age-graded performances - plus two near misses - culminating with Lyn Ventris' Athlete of the Meet effort of a 97.16% in her superb World Record for the 5000m Walk.

It is well worth mentioning, however, that even this performance had been overshadowed the week before at the National Open Championships, where Lyn produced a stunning 100.08% for another World Record in the 20km Road Walk. Very well deserved congratulations Lyn.

Campbell Till



Bjorn Dybdahl on his way to winning the M50 event.



A Big Thank You to the life-savers in the canteen - Pam Toohey, Leonie Jones and Elaine Dance.



Some of the competitors from Bunbury - Carolyn Wills, Carey Dickason, Sharon Moloney, Luella Jenkins.



Paul Mitchell way out in front in the 5000m.

MASTERS ATHLETICS WA ANNUAL GENERAL MEETING Monday 18 April 2005

AGENDA

- 1 WELCOME
- 2 ATTENDANCE / APOLOGIES
- 3 MINUTES OF 2004 AGM - CONFIRMATION
- 4 MATTERS ARISING
- 5 REPORTS:
 - President
 - Secretary
 - Treasurer
- 6 PRESENTATION OF TROPHIES:
 - Patron's Trophy for Track & Field, M & W
 - Handicap Trophy
 - Achievement Award
 - John Gilmour Trophy for Best Performance
- 7 ELECTION OF OFFICE BEARERS
 - President *MULTIMARS*
 - Vice-President *BARBARA BLURTON*
 - Secretary *BOB SCHICKERT*
 - Treasurer *ROGER WALSH*
 - Committee Members (4)
- 8 APPOINTMENT OF OFFICIALS
 - Patron *BILL HUGHES*
 - Editor
 - Handicapper *KENITH ABRINSON*
 - Auditor *JOHN ILLSON*
 - Statistician *CAMPBELL TILL*
 - Registrars for Athletics, summer / winter *IAN PRESCOTT / DAVID CARR*
- 9 LIFE MEMBERSHIP NOMINATION
- 10 GENERAL BUSINESS

Confederation of Australian Sports 2004 Australian Sports Awards

Congratulations to Noela McKinven, Joan Purcell and Lynne Schickert on having been awarded the Masters Team Achievement Award - a recognition of their Gold Medal winning performance in the W60 Team 20km Walk at the WMA Non-Stadia Championships in Auckland last year. Pictured below are Lynne, Noela and Joan - together with Lyn Ventris who was a finalist for the Individual Masters Award.



State Track & Field Championships

The full results for the State Track & Field Championships may be found on pages 5 to 9 of this issue of *Vetrun*. However a summary of the 90% + Age Graded Performances which were achieved at the Championships is given below:

Lyn Ventris	W48	5000m Walk	23:42.5	97.16%
David Carr	M72	800m	2:31.6	95.74%
David Carr	M72	400m	64.2	95.42%
David Clive	M68	100m	13.0	94.46%
Barbara Blurton	W54	400m	64.2	94.08%
Bert Carse	M63	2km Steeple	7:40.4	93.56%
Lyn Ventris	W48	3000m Walk	14:19.6	93.12%
David Clive	M68	Long Jump	5.05m	92.49%
Bert Carse	M63	1500m	4:51.8	92.16%
Lynne Choate	W52	100m	14.1	91.28%
Murray Tolbert	M58	100m	12.7	90.94%
Eric Hope	M54	1500m	4:35.3	90.66%
Tony Heppener	M53	1500m	4:33.5	90.45%
Kate Glass	W55	Hammer	41.46m	89.89%
Keith Martin	M61	100m	13.1	89.85%

A Big Welcome to our New Members

682	Christine Oldfield	W60	R
683	John Oldfield	M61	R
684	Jane Elton	W37	
685	Rosemary Johnson	W30	
686	Dawn James	W44	

(R = rejoined)

Results in this Issue:

Lake Monger 27 February.
Manning Park 6 March.
Teddy Birds Picnic 20 March.
State Track & Field Championships.
Coker Park and UWA Track & Field.

Report by Club Secretary 2004/5

Another successful year with membership finishing at just below 500 and new members joining the club for either tough competition, light competition, jogging/walking around, socializing or a combination in varying degrees of these aspects of club activity. It is a great feature of our club that you can arrange these in the degree that suits you and your lifestyle and you can change them and still obtain lots of benefits from your membership.

The financial position is still very strong with no increase in fees for the year. The cost per week for a couple coming only to Sunday events is about 50 cents per week each. A very low cost when compared to other activities. For track and field members the cost is higher due to the track hire fees but is still great value.

The club could not operate without the committee. For 2004/5 the committee members are Val Millard, Graeme Neill, Bob Schickert, Roger Walsh, Jim Barnes, Barbara Blurton, Jeff Bowen and Damien Hanson. Graeme and Jeff will not be standing for the 2005/6 committee. Many thanks to all of the committee for their contributions.

Sunday events would not be able to be conducted if we did not have race directors and helpers. It is disappointing that some club members who regularly attend Sunday events are not prepared to take on the role of race director. Yes it is demanding, but it is also very satisfying. A big thank you to all who have carried out the work for the club with special mention to Vic and Jacqui Beaumont for their morning tea and drinking cups duties.

Track and field continued under the management of Henri Cortis on Tuesdays at UWA Sports and Tom Lenane on Thursdays at Coker Park. Henri and Tom and their main assistants Gill Edmonds, Val Millard, David and Pat Carr on Tuesdays, and Jackie Halberg, Barbara Blurton and Colin Smith on Thursdays deserve the thanks of all who attended. This year numbers at Coker Park were reduced due to work on the track but there is now a very good AND FAST surface.

Barbara Blurton also deserves a lot of praise for her efforts in the organization of the recent Track and Field Championships. She was assisted by the championships sub committee of Richard Blurton, Bob Fergie, Jackie Halberg, Valerie Millard, Bob Schickert and Lynne Schickert and many hardworking officials including Arena Manager Ross Holland and Canteen Managers Elaine Dance and Pam Toohey. Many others contributed a great deal but there is insufficient space to individually thank them.

Club members continued to receive recognition through the Confederation of Australian Sports Awards. This year the nominees by Australian Masters Athletics were Lyn Ventris for the Masters Athlete of the year and Lynne Schickert as part of the Masters Team of the Year. They are both to be congratulated on these nominations. The Masters Team Award was won by the W60 20K walk Gold medallists at the World Masters Athletics Championships in Auckland in April 2004. Joan Purcell of NSW, Noela McKinven of QLD and Lynne being the team members. MAWA has two previous winners of this team award, Peggy MacIver and Barbara Blurton.

Bob Schickert

10KM TRACK HANDICAP

The 17th running of the 10km Track Handicap will be held on Thursday 28 April 2005, with the first runners off at 7.00pm, at McGillivray Sports Ground.

The weather is usually cool with very little wind, and the event is run under lights. After the event there is a BYO barbecue. Anyone who can help on the night please let Dorothy or Jeff Whittam know. Entry Forms will be available at Club runs, or use the tear-off slip below.

✂.....

ENTRY FORM FOR CLUB 10KM TRACK HANDICAP. To be held 28 April 2005 at 7pm at McGillivray Sports Ground (under lights). ENTRY FEE \$2.00 WITH ENTRY

Name and Age Group..... Best Time in last year (if no handicap).....

Name and Age Group..... Best Time in last year (if no handicap).....

Entries to: Jeff Whittam, 49 Holland St, Wembley, WA 6014. Tel: 9387 6438

Entries close 24 April 2005

Jarrahdale Weekend

We had booked 10 cottages which accommodated 4 people, and we were fully booked. Everyone arrived safely, except for Graham, who was absent, and Graham we really missed our "Sticky Date Pudding" and we also missed you of course. One of our more senior members; who arrived on Saturday, set up his belongings and made himself comfortable, had a little nap, until he was rudely awakened to be told he was sleeping in someone else's bed, (sounds like a fairy tale).

Shorty and Morris worked hard setting the courses, and putting out water, (Steve where were you, we need you), as this was our first time at Jarrahdale, the area was unknown. We were able to have a lovely bush run, 10km on Saturday, and a road run on Sunday with various distances up to 20km. Monday another challenging 10km in the bush. The swimming pool at the camp was great for a cooling off after a run.

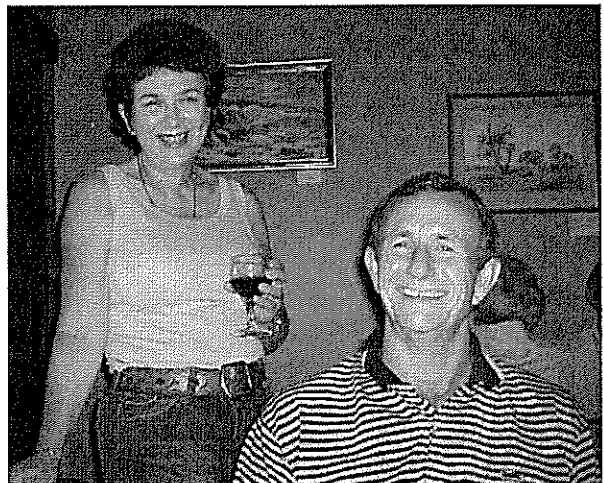
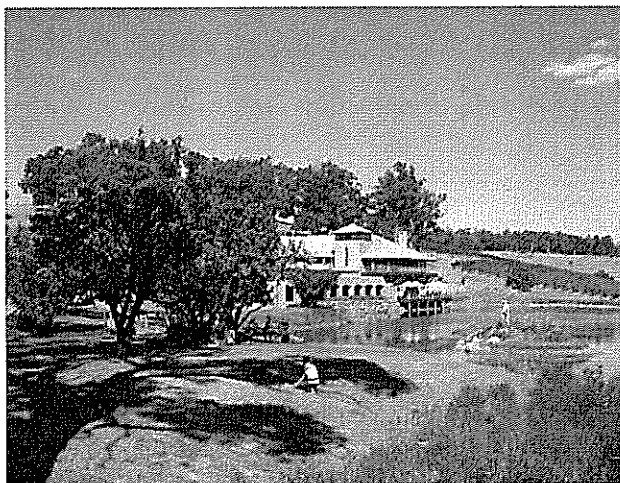
A group of us had a lovely walk along bush tracks to Serpentine Falls, on the way we came across a wild Fig tree, and many figs were enjoyed, we finally reached the falls where someone still young at heart, went for a slide down the falls into the swimming area.

Saturday was the usual "casserole evening" where great food was enjoyed by all. Followed by Sunday lunch at Dots Tea Garden, where there were no left overs for the "dog". Sunday evening BBQ was a success, a certain medical practitioner, who was encouraging everyone to eat more apples, by supplying each cottage with fresh apples, was seen tucking into a very large steak...

All in all everyone enjoyed the weekend, and we are looking at booking for same time next year if possible.

September weekend will be at Lewana, and bookings will be taken when a 50% deposit is paid, the cost will be \$50.00 per person. If for any reason a cancellation is made, the deposit will not be refunded unless a replacement is found.

Margaret Bennett



RESULTS OF THE MAWA TRACK & FIELD CHAMPIONSHIPS 2005

100 Metres

W30

1 Phillips, Toni	W32	13.4
2 Thorn, Sarah	W32	14.7

W35

1 Wills, Carolyn	W35	13.7
2 Heitman, Ann	W39	14.1

W40

1 Moloney, Sharon	W42	14.4
2 Baldock, Delia	W43	15.0

W45

1 Cheney, Anthea	W49	14.3
2 Bailey, Thea	W49	15.4

W50

1 Choate, Lynne	W52	14.1
2 Anderson, Valerie	W54	14.7

W60

1 Jenkins, Luella	W62	16.8
2 Schickert, Lynne	W63	20.0

W70

1 Carr, Patricia	W73	18.4
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M30

1 Staunton, Matt	M31	11.9
2 Burke, Paul	M34	12.4

M35

1 Kennedy, Brendan	M36	11.6
2 Bariolo, Wayne	M37	12.2
3 Davey, Shane	M36	12.7
4 Webster, Kevin	M37	13.4

M40

1 Smith, Colin	M42	11.8
2 Jones, Nigel	M42	12.0
3 Pryce, Ken	M42	13.9

M45

1 De Klerk, Pieter	M45	12.0
2 Van der Sanden, Greg	M46	12.2
3 Till, Campbell	M47	12.4
4 Parker, Richard	M48	12.9
5 Dumolard, Guito	M48	13.1

M50

1 Greenhalgh, Rob	M54	13.0
2 Antonioli, Rob	M53	13.3
3 Michail, Jack	M50	15.8

M55

1 Tolbert, Murray	M58	12.7
2 Cornish, Bruce	M56	14.2

M60

1 Martin, Keith	M61	13.1
2 Kernaghan, Barrie	M64	13.4
3 Oliver, Bernard	M61	15.3
4 James, Lyle	M64	18.1

M65

1 Clive, David	M67	13.0
2 Richards, Norman	M67	13.7
3 Chambers, Don (Vic)	M67	14.1

4 Sander, Leon	M67	14.6
5 Sutton, John	M69	17.5

M75

1 Medcalf, Gordon	M75	16.2
2 Foley, Derry	M75	16.8

M80

1 Frearson, Don	M84	17.7
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200 Metres

W30

1 Phillips, Toni	W32	29.8
2 Thorn, Sarah	W32	33.5

W35

1 Wills, Carolyn	W35	30.2
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W40

1 Moloney, Sharon	W42	31.0
2 Baldock, Delia	W43	31.6

W45

1 Cheney, Anthea	W49	30.8
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W50

1 Choate, Lynne	W52	31.2
2 Anderson, Valerie	W54	32.1
3 Neville, Liz	W53	33.7

W60

1 Jenkins, Luella	W62	37.0
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M30

1 Burke, Paul	M34	26.7
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M35

1 Kennedy, Brendan	M36	24.8
2 Davey, Shane	M36	26.4

M40

1 Pryce, Ken	M42	29.2
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M45

1 Van der Sanden, Greg	M46	25.2
2 De Klerk, Pieter	M45	25.6
3 Parker, Richard	M48	26.6
4 Dumolard, Guito	M48	27.5

M50

1 Greenhalgh, Rob	M54	27.4
2 Antonioli, Rob	M53	32.0

M55

1 Cortis, Henri	M59	27.7
2 McAuley, Duncan	M55	28.0
3 Cornish, Bruce	M56	30.7

M60

1 Kernaghan, Barrie	M64	28.0
2 Gare, Peter	M64	29.9
3 Oliver, Bernard	M61	44.9

M65

1 Richards, Norman	M67	29.6
2 O'Reilly, Michael	M65	30.0
3 Chambers, Don (Vic)	M67	30.3
4 Sander, Leon	M67	37.2

M75

1 Foley, Derry	M75	37.7
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M80

1 Frearson, Don	M84	39.0
2 Tyson, Allen	M80	55.7

400 Metres

W30

1 Phillips, Toni	W32	65.3
2 Thorn, Sarah	W32	71.3

W40

1 Baldock, Delia	W43	72.1
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W45

1 Cheney, Anthea	W49	68.6
2 Bailey, Thea	W49	75.0

W50

1 Blurton, Barbara	W54	64.2
2 Anderson, Valerie	W54	69.4
3 Choate, Lynne	W52	80.0

M30

1 Burke, Paul	M34	57.9
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M35

1 Ferrell, Myles	M36	58.4
2 Collier, John	M38	60.4

M40

1 Pryce, Ken	M42	66.7
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M45

1 Van der Sanden, Greg	M46	54.4
2 De Klerk, Pieter	M45	54.7
3 Till, Campbell	M47	55.2
4 Parker, Richard	M48	60.3

M50

1 Greenhalgh, Rob	M54	60.6
2 Hope, Eric	M54	60.8
3 Antonioli, Rob	M53	62.2
4 Lazarus, Ivan	M53	68.9

M55

1 McAuley, Duncan	M55	59.8
2 Cortis, Henri	M59	60.6
3 Charlton, David	M55	66.7
4 Cornish, Bruce	M56	67.3

M60

1 Kernaghan, Barrie	M64	63.5
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M65

1 Clive, David	M67	66.9
2 O'Reilly, Michael	M65	68.3
3 Richards, Norman	M67	70.7
4 Sander, Leon	M67	72.3

M70

1 Carr, David	M72	64.2
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M75

1 Walkley, Cecil	M75	1:40.2
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800 Metres

W30

1 Thorn, Sarah	W32	3:08.5
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W50

1 Blurton, Barbara	W54	2:36.5
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W60

1 Jenkins, Luella	W62	3:35.1
2 Shillinglaw, Loret	W63	4:15.1

M35

1 Ferrell, Myles	M36	2:06.7
2 Collier, John	M38	2:19.1

(800 Metres Ctd)

M40

1 Schultz, Jon	M43	2:06.4
2 Tindall, Blakeney	M44	2:18.8
3 Smith, Patrick	M41	2:19.4
4 Smith, Colin	M42	2:52.0
5 Pryce, Ken	M42	2:55.4

M45

1 Van der Sanden, Greg	M46	2:09.0
2 Till, Campbell	M47	2:13.7
3 Sullivan, Peter	M46	2:19.7

M50

1 Hope, Eric	M54	2:17.6
2 Heppener, Tony	M53	2:20.7
3 Dybdahl, Bjorn	M51	2:24.2
4 Hewitt, Brian	M51	2:26.1
5 Greenhalgh, Rob	M54	2:29.4

M60

1 Carse, Bert	M63	2:29.5
2 Brown, Ivan	M60	2:51.6
3 Foley, Brian	M60	2:52.0
4 James, Lyle	M64	3:53.7

M65

1 O'Reilly, Michael	M65	2:58.5
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M70

1 Carr, David	M72	2:31.6
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M75

1 Walkley, Cecil	M75	3:28.7
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M80

1 Tyson, Allen	M80	5:27.1
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1500 Metres

W35

1 Keeley, Julie	W38	6:37.6
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W45

1 King, Robin	W46	5:50.2
2 Bailey, Thea	W49	6:07.8
3 Gower, Karyn-Sue	W45	6:10.4

W55

1 Halberg, Jackie	W58	6:59.0
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W60

1 Bennett, Margaret	W63	9:03.0
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M30

1 Mitchell, Paul	M34	4:08.5
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M35

1 Ferrell, Myles	M36	4:18.5
2 Collier, John	M38	4:56.1
3 Edmonds, Keith	M37	5:12.8

M40

1 Smith, Patrick	M41	4:47.5
2 Tindall, Blakeney	M44	4:50.3

M45

1 Van der Sanden, Greg	M46	4:39.4
2 Sullivan, Peter	M46	4:42.1
3 Gower, Alan	M49	4:45.5

M50

1 Heppener, Tony	M53	4:33.5
2 Hope, Eric	M54	4:35.3
3 Hewitt, Brian	M51	4:43.0
4 Dybdahl, Bjorn	M51	4:54.3

M55

1 Cortis, Henri	M59	4:56.3
2 McAuley, Duncan	M55	5:00.0
3 Wilson, Bruce	M59	5:00.2

M60

1 Carse, Bert	M63	4:51.8
2 Schickert, Bob	M63	5:19.0
3 Brown, Ivan	M60	5:39.0
4 James, Lyle	M64	7:22.6

M65

1 O'Reilly, Michael	M65	6:42.0
2 Harris, Richard	M68	7:11.2

M75

1 Walkley, Cecil	M75	6:52.7
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M80

1 Tyson, Allen	M80	11:33.0
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5000 Metres

W30

1 Thorn, Sarah	W32	24:14.6
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W35

1 Keeley, Julie	W38	23:48.6
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W45

1 King, Robin	W46	21:37.9
2 Gower, Karyn-Sue	W45	22:40.8

W50

1 Neville, Liz	W53	21:13.0
2 Humphrey, Barbara	W54	24:30.7
3 McAuley, Fiona	W53	27:56.3

W55

1 Langford, Margaret	W58	22:02.0
2 Halberg, Jackie	W58	26:26.1

W60

1 Shillinglaw, Loret	W63	29:08.0
2 Bennett, Margaret	W63	31:34.3

M30

1 Mitchell, Paul	M34	15:32.8
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M35

1 Ferrell, Myles	M36	17:04.2
2 Collier, John	M38	20:02.8

M40

1 Gimi, Raymond	M40	22:16.0
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M45

1 Sullivan, Peter	M46	17:42.8
2 Gower, Alan	M49	18:18.0
3 Ashfield, Doug	M48	20:21.0
4 Jones, Barry	M48	21:40.3

M50

1 Maher, Chris	M51	17:18.4
2 Heppener, Tony	M53	17:39.6
3 Dybdahl, Bjorn	M51	18:08.3
4 Hewitt, Brian	M51	18:14.3
5 Percic, Mario	M50	19:12.2
6 Lazarus, Ivan	M53	20:43.5

M55

1 Wilson, Bruce	M59	19:13.6
2 Charlton, David	M55	19:39.0
3 Klinge, Jim	M58	19:52.2

(6)

M60

1 Carse, Bert	M63	18:26.3
2 Smith, Frank	M62	19:35.4
3 Schickert, Bob	M63	20:17.1
4 Pilton, Ivan	M62	21:00.4
5 Brown, Ivan	M60	21:17.2
6 James, Lyle	M64	26:33.9

M65

1 Harris, Richard	M68	26:11.8
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M70

1 Simmonds, David	M70	22:12.9
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M75

1 Barrett-Lennard, Irwin	M75	23:07.0
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10000 Metres

W35

1 Keeley, Julie	W38	49:49.0
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W45

1 Gower, Karyn-Sue	W45	46:39.5
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W50

1 Neville, Liz	W53	43:57.0
2 McAuley, Fiona	W53	59:35.5

W55

1 Langford, Margaret	W58	47:18.6
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W60

1 Bennett, Margaret	W63	65:36.8
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M30

1 Bermudes, Michel	M33	37:36.8
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M35

1 Ferrell, Myles	M36	35:05.6
2 Collier, John	M38	42:10.7

M40

1 Smith, Patrick	M41	39:53.1
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M45

1 Sullivan, Peter	M46	37:10.5
2 Gower, Alan	M49	37:48.1
3 Ashfield, Doug	M48	42:05.0
4 Jones, Barry	M48	46:31.5

M50

1 Maher, Chris	M51	36:01.3
2 Dybdahl, Bjorn	M51	39:21.4

M55

1 Davies, Ian	M57	38:03.0
2 McAuley, Duncan	M55	42:48.5

M60

1 Carse, Bert	M63	37:58.8
2 Smith, Frank	M62	40:48.2
3 Schickert, Bob	M63	41:58.6
4 Brown, Ivan	M60	44:39.4

M65

1 Harris, Richard	M68	56:14.7
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M75

1 Barrett-Lennard, Irwin	M75	47:59.3
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2000 Metres Walk

W30

1 Hind, Kelly	W31	10:56.2
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W45

1 Ventris, Lyn	W48	9:11.2
2 King, Robin	W46	10:43.6

(2000 Metres Walk Ctd)

W50
1 Hollaway, Rose-Marie W5012:39.0

W60
1 Schickert, Lynne W63 13:18.9

M45
1 Lenane, Tom M48 12:20.7
2 Anthony, Stephen M46 13:15.5

M55
1 Cornish, Bruce M56 12:34.2

M60
1 Jenkins, Arnold M60 14:07.2
- Schickert, Bob M63 DQ

M65
1 Turnbull, Jim M68 14:16.1
2 Lyon, Ian M67 14:26.3
3 Chalmers, Bob M66 15:39.3
- Sutton, John M69 DNF

M70
1 Carrington, John M70 13:11.6
2 Neville, Bob M71 13:52.3
3 Whittam, Jeffrey M70 15:16.2

M75
1 Jones, Stanley M79 13:19.2

3000 Metres Walk

W45
1 Ventris, Lyn W4814:19.6
2 King, Robin W46 16:48.9

W50
1 Hollaway, Rose-Marie W50 19:13.4

W55
1 Millard, Val W58 20:09.5

W60
1 Schickert, Lynne W63 20:53.6

M45
1 Lenane, Tom M48 19:11.3
- Anthony, Stephen M46 DNF

M55
1 Wilson, Bruce M59 16:29.9
2 Cornish, Bruce M56 19:33.6

M65
1 Lyon, Ian M67 22:48.9

M70
1 Carrington, John M70 20:12.6
2 Neville, Bob M71 21:27.8
3 Whittam, Jeffrey M70 23:49.8

M75
1 Jones, Stanley M79 20:39.4

5000 Metres Walk

W45
1 Ventris, Lyn W48 23:42.4
2 King, Robin W46 26:48.0

W50
1 Hollaway, Rose-Marie W5032:42.4

W55
1 Millard, Val W58 33:50.2

W60
1 Schickert, Lynne W63 34:22.6

M45
1 Lenane, Tom M48 31:49.1

M70
1 Carrington, John M70 33:27.4
2 Neville, Bob M71 36:16.0
3 Whittam, Jeffrey M70 39:03.0

M75
1 Jones, Stanley M79 34:27.5
2 Delandgrafft, Stan M78 36:25.1

80 Metres Hurdles

W40
1 Edmonds, Gill W40 15.9
2 Baldock, Delia W43 16.3

W60
1 Jenkins, Luella W62 18.6

M75
1 Medcalf, Gordon M75 24.4

100 Metres Hurdles

W30
1 Phillips, Toni W32 19.0

W35
1 Heitman, Ann W39 20.5

M65
1 Chambers, Don (Vic) M67 19.9

110 Metres Hurdles

M30
1 Staunton, Matt M31 20.0

300 Metres Hurdles

M60
1 Gare, Peter M64 56.9

M65
1 Chambers, Don (Vic) M67 54.8
2 Richards, Norman M67 61.4

400 Metre Hurdles

W40
1 Baldock, Delia W43 1:25.3

2000 Metres Steeplechase

W60
1 Schickert, Lynne W63 13:52.1

M60
1 Carse, Bert M63 7:40.4
2 Schickert, Bob M63 8:25.2
3 James, Lyle M64 11:13.9

M70
1 Simmonds, David M70 8:52.3

M75
1 Walkley, Cecil M75 11:25.6

3000 Metres Steeplechase

M30
1 Bermudes, Michel M33 11:25.6
2 Burke, Paul M34 14:20.7

M40
1 Smith, Patrick M41 12:10.3
(7)

M45
1 White, Darryl M46 12:07.3

M50
1 Dybdahl, Bjorn M51 11:53.5

M55
1 Wilson, Bruce M59 13:20.3

High Jump

W35
1 Wills, Carolyn W35 1.55m

W40
1 Edmonds, Gill W40 1.30m

W55
1 Jarvis, Dorothy W55 1.10m

W60
1 Jenkins, Luella W62 1.05m
2 Mercer, Erica W61 1.03m

M30
1 Staunton, Matt M31 1.75m

M35
1 Webster, Kevin M37 1.45m

M45
1 Anthony, Stephen M46 1.40m

M50
1 Gee, Geoffrey M51 1.35m
2 Michail, Jack M50 1.35m
3 Antonioli, Rob M53 1.30m

M60
1 610 Martin, Keith M61 1.36m

M65
1 Chambers, Don (Vic) M67 1.15m
2 Fergie, Bob M69 1.10m
3 Sutton, John M69 0.80m

Long Jump

W35
1 Wills, Carolyn W35 4.67m
2 Heitman, Ann W39 4.22m

W40
1 Baldock, Delia W43 4.06m
2 Edmonds, Gill W40 3.96m

W42
3 Moloney, Sharon W42 3.74m

W60
1 Jenkins, Luella W62 3.40m
2 Schickert, Lynne W63 2.57m

W70
1 Carr, Patricia W73 3.12m

M30
1 Staunton, Matt M31 5.85m
2 Burke, Paul M34 5.28m

M35
1 Bariolo, Wayne M37 5.64m
2 Edmonds, Keith M37 4.49m

M40
1 Smith, Colin M42 5.06m
2 Pryce, Ken M42 4.44m

M45
1 Till, Campbell M47 5.24m
2 Edwards, Mike M48 5.00m
3 Anthony, Stephen M46 4.64m

(Long Jump Ctd)

M50

1 Greenhalgh, Rob	M54	4.54m
2 Antonioli, Rob	M53	4.38m

M55

1 Tolbert, Murray	M58	5.36m
2 Brayshaw, Geoff	M55	4.51m
3 Cornish, Bruce	M56	4.21m

M60

1 Martin, Keith	M61	4.72m
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M65

1 Clive, David	M67	5.05m
2 Sander, Leon	M67	4.14m
3 Chambers, Don (Vic)	M67	3.92m
4 Sutton, John	M69	2.39m

M75

1 Foley, Derry	M75	3.06m
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Triple Jump

W35

1 Wills, Carolyn	W35	9.50m
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W40

1 Baldock, Delia	W43	8.55m
2 Moloney, Sharon	W42	7.62m

W60

1 Schickert, Lynne	W63	6.32m
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M30

1 Staunton, Matt	M31	11.35m
2 Burke, Paul	M34	10.04m

M40

1 Pryce, Ken	M42	9.31m
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M50

1 Antonioli, Rob	M53	7.32m
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M55

1 Tolbert, Murray	M58	11.19m
2 Cornish, Bruce	M56	8.48m
3 Brayshaw, Geoff	M55	8.05m

M60

1 Martin, Keith	M61	8.38m
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M65

1 Clive, David	M67	9.63m
2 Sander, Leon	M67	8.64m
3 Chambers, Don (Vic)	M67	8.43m
4 Sutton, John	M69	5.59m

M75

1 Foley, Derry	M75	7.27m
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Shot Put

W30

1 320 Phillips, Toni	W32	6.93m
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W35

1 350 Wills, Carolyn	W35	9.25m
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W40

1 Moloney, Sharon	W42	8.41m
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W55

1 Glass, Kate	W55	10.01m
2 Jarvis, Dorothy	W55	7.44m
3 Hindle, Eileen	W56	7.09m
4 Streeter, June	W55	6.54m

W60

1 Holland, Kathleen	W64	7.38m
2 Jenkins, Luella	W62	7.31m
3 Mercer, Erica	W61	5.89m

W65

1 Whittam, Dorothy	W68	6.96m
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W70

1 Lauchlan, Lorna	W74	5.69m
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W75

1 McMillan, Raema	W77	7.34m
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M30

1 Hamilton, Mark	M34	12.16m
2 Staunton, Matt	M31	11.23m

M35

1 Webster, Kevin	M37	9.61m
2 Davey, Shane	M36	8.50m

M45

1 Everard, John	M46	8.36m
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M50

1 Michail, Jack	M50	7.66m
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M55

1 Tolbert, Murray	M58	9.83m
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M60

1 Carroll, Edmund	M63	10.79m
2 Young, Rob	M60	10.34m
3 Jenkins, Arnold	M60	8.32m

M65

1 Fergie, Bob	M69	8.46m
2 Chambers, Don (Vic)	M67	8.45m
3 Chalmers, Bob	M66	8.30m
4 Sutton, John	M69	6.63m

M70

1 Cummings, Alex	M73	8.63m
2 Shand, Robert	M72	7.40m
3 Whittam, Jeffrey	M70	7.33m

M80

1 McMillan, James	M80	6.28m
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Discus

W30

1 Phillips, Toni	W32	21.57m
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W35

1 Wills, Carolyn	W35	23.48m
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W40

1 Moloney, Sharon	W42	24.32m
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W50

1 Choate, Lynne	W52	14.88m
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W55

1 Glass, Kate	W55	24.09m
2 Hindle, Eileen	W56	19.17m
3 Jarvis, Dorothy	W55	18.60m
4 Streeter, June	W55	13.75m

W60

1 Holland, Kathleen	W64	19.90m
2 Jenkins, Luella	W62	16.48m
3 Mercer, Erica	W61	12.73m

W65

1 Whittam, Dorothy	W68	13.35m
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(8)

W75

1 McMillan, Raema	W77	16.90m
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M30

1 Hamilton, Mark	M34	39.29m
2 Staunton, Matt	M31	31.76m
3 Burke, Paul	M34	28.51m

M35

1 Webster, Kevin	M37	28.72m
2 Davey, Shane	M36	22.44m

M45

1 Everard, John	M46	23.24m
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M50

1 Michail, Jack	M50	24.12m
2 Antonioli, Rob	M53	22.03m

M55

1 Cornish, Bruce	M56	28.56m
2 Tolbert, Murray	M58	24.23m

M60

1 Carroll, Edmund	M63	39.80m
2 Young, Rob	M60	31.35m
3 Foley, Brian	M60	21.28m
4 James, Lyle	M64	13.39m

M65

1 Sander, Leon	M67	29.37m
2 Fergie, Bob	M69	25.42m
3 O'Reilly, Michael	M65	24.64m
4 Chambers, Don (Vic)	M67	22.32m
5 Sutton, John	M69	22.08m
6 Turnbull, Jim	M68	20.66m
7 Chalmers, Bob	M66	20.54m

M70

1 Cummings, Alex	M73	30.03m
2 Shand, Robert	M72	24.57m
3 Whittam, Jeffrey	M70	18.78m

Javelin

W35

1 Wills, Carolyn	W35	24.36m
2 Heitman, Ann	W39	21.34m

W40

1 Moloney, Sharon	W42	25.84m
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W55

1 Glass, Kate	W55	24.06m
2 Hindle, Eileen	W56	15.80m
3 Streeter, June	W55	13.24m
4 Jarvis, Dorothy	W55	12.55m

W60

1 Holland, Kathleen	W64	19.08m
2 Jenkins, Luella	W62	18.66m
3 Mercer, Erica	W61	15.21m

W65

1 Whittam, Dorothy	W68	15.59m
2 Heppell, Mary	W67	12.07m

W70

1 Lauchlan, Lorna	W74	13.35m
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W75

1 McMillan, Raema	W77	16.82m
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M30

1 Staunton, Matt	M31	43.48m
2 Hamilton, Mark	M34	39.40m

(Javelin Ctd)**M35**

1 Webster, Kevin	M37	34.50m
2 Davey, Shane	M36	30.39m
3 Bariolo, Wayne	M37	16.54m

M50

1 Michail, Jack	M50	30.24m
2 Hanson, Damien	M51	25.03m

M55

1 Tolbert, Murray	M58	36.21m
2 Cornish, Bruce	M56	29.21m

M60

1 James, Lyle	M64	12.87m
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M65

1 Fergie, Bob	M69	24.50m
2 Sander, Leon	M67	23.71m
3 Chambers, Don (Vic)	M67	22.93m
4 Chalmers, Bob	M66	22.07m
5 Sutton, John	M69	20.65m

M70

1 Shand, Robert	M72	26.38m
2 Whittam, Jeffrey	M70	15.90m

M80

1 McMillan, James	M80	17.67m
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Heavy Weight**W40**

1 Moloney, Sharon	W42	6.72m
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W55

1 Glass, Kate	W55	12.70m
2 Hindle, Eileen	W56	8.54m
3 Streeter, June	W55	5.69m

W60

1 Jenkins, Luella	W62	8.55m
2 Holland, Kathleen	W64	8.09m

W65

1 Whittam, Dorothy	W68	9.57m
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W75

1 McMillan, Raema	W77	9.38m
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M30

1 Hamilton, Mark	M34	12.52m
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M35

1 Webster, Kevin	M37	9.26m
2 Bariolo, Wayne	M37	8.40m
3 Davey, Shane	M36	7.52m

M45

1 Everard, John	M46	7.24m
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M50

1 Michail, Jack	M50	7.79m
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M55

1 Tolbert, Murray	M58	9.44m
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M60

1 Young, Rob	M60	8.84m
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M65

1 Fergie, Bob	M69	10.22m
2 Sutton, John	M69	6.90m

M70

1 Whittam, Jeffrey	M70	9.32m
2 Shand, Robert	M72	7.78m

Hammer**W40**

1 Moloney, Sharon	W42	23.47m
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W55

1 Glass, Kate	W55	41.46m
2 Hindle, Eileen	W56	23.99m
3 Jarvis, Dorothy	W55	21.23m
4 Streeter, June	W55	20.45m

W60

1 Holland, Kathleen	W64	19.17m
2 Jenkins, Luella	W62	17.16m
3 Mercer, Erica	W61	8.34m

W65

1 Whittam, Dorothy	W68	22.07m
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W75

1 McMillan, Raema	W77	19.23m
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M30

1 Staunton, Matthew	M31	31.52m
2 Hamilton, Mark	M34	30.94m

M35

1 Webster, Kevin	M37	25.19m
2 Davey, Shane	M36	21.18m

M45

1 Everard, John	M46	32.69m
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M50

1 Michail, Jack	M50	18.06m
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M55

1 Tolbert, Murray	M58	24.98m
2 Cornish, Bruce	M56	23.75m

M60

1 Jenkins, Arnold	M60	24.58m
2 Young, Rob	M60	23.60m
3 Carroll, Edmund	M63	20.68m

M65

1 Fergie, Bob	M69	27.97m
2 Turnbull, Jim	M68	20.42m
3 Sutton, John	M69	16.88m
4 Chambers, Don (Vic)	M67	16.15m

M70

1 Cummings, Alex	M73	30.20m
2 Whittam, Jeffrey	M70	22.48m
3 Shand, Robert	M72	17.56m

Pentathlon**W30**

1 Phillips, Toni	W32	1853
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W35

1 Wills, Carolyn	W35	2070
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W40

1 Moloney, Sharon	W42	1610
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W50

1 Dickason, Carey	W54	1403
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W60

1 Jenkins, Luella	W62	2569
2 Schickert, Lynne	W63	1329

M30

1 Staunton, Matt	M31	2620
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M35

1 Davey, Shane	M36	1583
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M40

1 Jones, Nigel	M42	1966
2 Pryce, Ken	M42	1429

M45

1 Van der Sanden, Greg	M46	2885
2 Till, Campbell	M47	2697

M50

1 Antonioli, Rob	M53	2443
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M60

1 Calnan, Ross	M64	1511
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M65

1 Sander, Leon	M67	2762
2 Fergie, Bob	M69	1259

Weight Pentathlon**W40**

1 Moloney, Sharon	W42	2270
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W55

1 Glass, Kate	W55	3888
2 Hindle, Eileen	W56	2517
3 Jarvis, Dorothy	W55	2232
4 Streeter, June	W55	1855

W60

1 Jenkins, Luella	W62	2431
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W65

1 Whittam, Dorothy	W68	3180
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W75

1 McMillan, Raema	W77	4240
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M30

1 Hamilton, Mark	M34	2651
2 Staunton, Matthew	M31	2419

M35

1 Webster, Kevin	M37	2014
2 Bariolo, Wayne	M37	1798
3 Davey, Shane	M36	1392

M45

1 Everard, John	M46	2059
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M50

1 Gee, Geoffrey	M51	2872
2 Michail, Jack	M50	1774
3 Hanson, Damien	M51	1615

M65

1 Fergie, Bob	M69	2630
2 Sutton, John	M69	1930

M70

1 Cummings, Alex	M73	2825
2 Shand, Robert	M72	2218
3 Whittam, Jeffrey	M70	2072

The full results for the Pentathlon and the Weight Pentathlon will be published in the next edition of *Vetrun*.

Summary of State Records from the State T & F Championships 2005

Men

100m	M75	Gordon Medcalf	16.2=	(previous 16.2, Syd Coleman, 1991)
100m	M80	Donald Frearson	17.7	(18.33, Donald Frearson, 2004)
800m	M75	Cecil Walkley	3:28.7	(3:39.5, Jack Shepherd, 1982)
1500m	M75	Cecil Walkley	6:52.7	(7:23.8, Jack Shepherd, 1982)
5000m	M30	Paul Mitchell	15:32.8	(15:37.9, Paul Mitchell, 2004)
10,000m	M75	Irwin Barrett-Lennard	47:59.3	(54:13.0, Cecil Walkley, 2004)
80m Hurdles	M75	Gordon Medcalf	24.4	(inaugural)
110m Hurdles	M30	Matt Staunton	20.0	(21.23, Matthew Staunton, 2004)
2km St'chase	M70	David Simmonds	8:52.3 AR	(9:46.6, Cecil Walkley, 2000)
3km St'chase	M30	Michel Bermudes	11:25.6	(11:43.9, Stephen Dunn, 1998)
2000m Walk	M75	Stan Jones	13:19.2	(13:24.0, Stan Jones, 2004)
High Jump	M60	Keith Martin	1.36m	(1.35, Norm Richards, 1998)
Long Jump	M65	David Clive	5.05m=AR	(5.05, David Clive, 2003)
Hammer	M45	John Everard	35.76m	(33.64, Bob Fergie, 1985)
Javelin	M80	James McMillan	17.67m	(7.90, Fred Watson, 2000)
Pentathlon	M30	Matt Staunton	2620 points	(2489, Matthew Staunton, 2004)
Wt Pentathlon	M35	Kevin Webster	2014 points	(2011, Wayne Bariolo, 2003)
4x400 Relay	M65	Mike O'Reilly, Norm Richards, Barrie Kernaghan, David Carr	4:25.8	(inaugural)

Women

80m Hurdles	W60	Luella Jenkins	18.6	(19.0, Luella Jenkins, 2003)
2000m Walk	W30	Kelly Hind	10:56.2	(12:16.0, Cath Holland, 1988)
2000m Walk	W45	Lyn Ventris	9:11.2	(10:23.0, Robin King, 2004)
5000m Walk	W45	Lyn Ventris	23:42.5 AR & WR	(23:55.6, Lyn Ventris, 2005)
High Jump	W35	Carolyn Wills	1.55m	(1.49, Eileen Hindle, 1985)
High Jump	W55	Dorothy Jarvis	1.10m=	(1.10, Dorothy Anderson'90, Dot Nicholaidis'94)
Hammer	W55	Kate Glass	41.46m	(40.25, Kate Glass, 2005)
Heavy Weight	W55	Kate Glass	12.70m	(9.30, Eileen Hindle, 2004)
Heavy Weight	W75	Raema McMillan	9.71m	(inaugural)
Javelin	W40	Sharon Moloney	25.84m	(25.14, Kath Holland, 1994)
Javelin	W55	Kate Glass	24.06m	(21.32, Kate Glass, 2005)
Javelin	W75	Raema McMillan	16.82m AR	(16.25, Raema McMillan, 2005)
Shot	W75	Raema McMillan	7.59m	(7.32, Raema McMillan, 2004)
Wt Pentathlon	W40	Sharon Moloney	2270 points	(2205, Sharon Moloney, 2003)
Wt Pentathlon	W55	Kate Glass	3888 points	(2732, Dorothy Whittam, 1992)

In addition, of special note:

20km Walk W45 Lyn Ventris (in Sydney) 99:09 AR & WB (104:09, Lyn Ventris, 2004)

A Happy Birthday to our April Members!

Irwin Barrett-Lennard	M76	still M75	Guito Dumolard	M49	still M45	Gary McLean	M42	still M40
Nathalie Bond	W33	still W30	Gary Fisher	M53	still M50	Barry Newell	M49	still M45
Jill Bower	W67	still W65	Derry Foley	M76	still M75	Jim Shaw	M57	still M55
Sid Bowler	M72	still M70	Jackie Halberg	W59	still W55	Pam Smith	W66	still W65
Gareth Brunt	M54	still M50	Mike Hale	M58	still M55	Joe Stickles	M67	still M65
Paul Buckley	M56	still M55	Malcolm Hawley	M52	still M50	Wayne Taylor	M46	still M45
Bill Chapman	M81	still M80	Patrica Hopkins	W63	still W60	Jeanette Tiverios	W48	still W45
John Collier	M39	still M35	Tom Lenane	M49	still M45	Murray Tolbert	M59	still M55
			Chris Maher	M52	still M50	Amanda Walker	W40	→ W40
			Lachlan Marr	M45	→ M45	Cecil Walkley	M76	still M75
			Hamish McGlashan	M68	still M65	Micheal Watson	M40	→ M40
				(10)		Rob Young	M61	still M60

More on Jarrahdale.....

Firstly, a big thank you to Margaret Bennett for her organisation of our March long weekend at Jarrahdale. Everyone had a great weekend in lovely surroundings. The facilities and location were an excellent choice. Secondly, thanks to Shorty Turner and his helper(s) for organising the runs/walks each morning. As usual the runs were quite challenging, especially the Sunday one.

After the runs/walks the swimming pool provided very welcome relief for many - it was a bit cool for some though.

Some of the highlights of the weekend (also organised by Margaret) were the casserole dinner on Saturday night with entertainment provided by Arthur Leggett with one of his great recitations, and Jan and Ray with some rock and roll. On Sunday we had (an enormous) lunch at Dots, followed by a barbecue in the evening.

Some of us who walked had a most enjoyable walk along the Kittys Trail on Saturday afternoon and some arrived too early and a few too late for the start of the walk and were unable to find the way onto the designated trail. There were many other short walks for us and it was very pleasant walking in the bush. Many found the Olde Shop/Cafe a great place for a caffeine fix and the Old Post Office was most interesting with the history of the area.

Then there was one incident that began with an X. The said X appeared on the mud map of the facility and was given to an esteemed senior club member who arrived on Saturday morning. After missing the turn into the camp, the member drove into Jarrahdale and caught up with a group of the coffee drinkers at the Olde Store/Cafe. After refreshing himself with a coffee our member clutching the map marked with an "X" drove off to the camp. Subsequently our esteemed gent entered "his" cottage, made a sandwich and a cuppa and then retired for a much earned rest on the couch - only to be disturbed and sternly asked - who was he and what was he doing there! Oops wrong cottage.

It was good to see Merv Moyle and Maurice Warren making good recoveries and both looking very pleased with themselves.

Lorraine Lopes

PS The following, written by Beryle Doust well and truly sums up what the weekend was about:

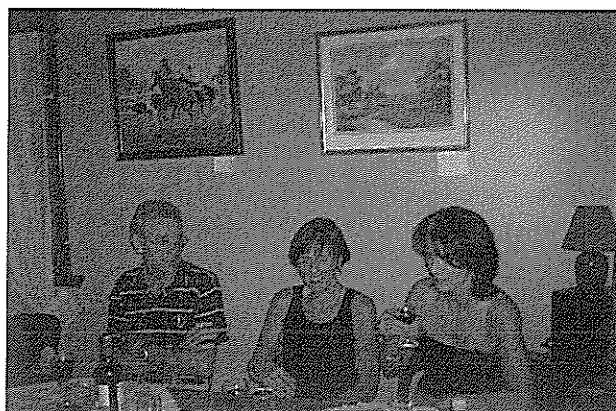
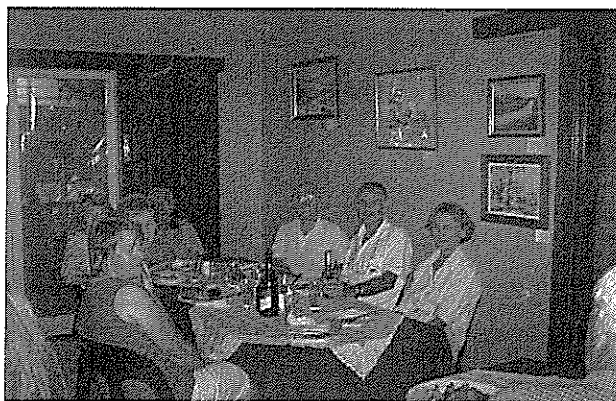
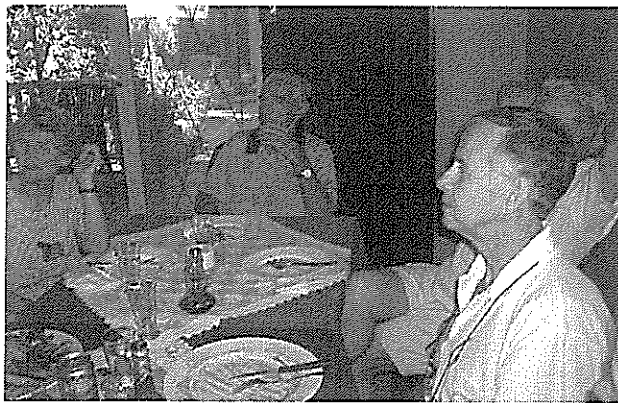
So down to Jarrahdale they came
The fit, reasonable and the lame
In search of personal gain
Disregarding any pain

They soldiered on to greater heights
Forging ahead with all their might
Thru the trees - flags in sight
To the end of the course, in full flight

A dip in the pool - Oh so cool!
Evening dinners, full of grinders
Storytelling, good wine and sinners

Millbrook Winery in all its finery
And the General Store with coffee galore
"Kittys Trail": not one for the frail
Daredevil antics from one of the Vet frantics
At Serpentine Falls, did amuse us all

And through all this came
The spirit of true friendship, once again. (11)



Lake Monger 27.2.05

Trevor Robertson

10.5km Run

Paul Hughes	M50	39:07
Andrew Cook	M35	41:17
Neil McRae	M50	42:55
David Willmer	M50	43:16
John Allen	M45	43:36
Ivan Pilton	M60	44:57
Doug Ashfield	M45	45:20
Johan Hagedoorn	M60	46:57
David Scott	M55	47:26
Brian Danby	M55	48:11
John Mack	M60	48:38
Mal Vernon	M50	49:22
Wayne Taylor	M45	50:51
John Doust	M55	51:05
Bob Schickert	M60	51:06
Nick Miletic	M50	51:35
Steve Barrie	M65	51:40
John Byrne	M55	51:49
Keith Atkinson	M45	52:03
Dan Bending	M60	52:42
John Pellier	M65	53:08
Alan Thorniley	M50	53:18
Richard Danks	M60	54:17
John Brambley	M60	54:36
Jim Barnes	M60	55:22
Wayne Bates	M60	55:24
John Smith	M70	57:11
Kevin Payne	M45	57:12
Wendy Cl-Green	W60	58:53
Vic Beaumont	M75	61:33
Mike Hale	M55	62:40
Jackie Halberg	W55	62:45
Richard Harris	M65	64:51
Denise Lancaster	W55	65:32
Sheila Maslen	W65	74:22
Margaret Bennett	W60	74:33
Shorty Turner	M65	74:34

7km Run

Bjorn Dybdahl	M50	27:17
Ralph Henderson	M55	29:46
Geoff Barrett	M40	29:51
David Reid	M50	31:13
Simon Jawichre	M40	31:35
Barry Jones	M45	32:10
Gary Fisher	M50	32:13
Margaret Langford	W55	33:15
Terry Humphrey	M50	34:52
Hamish McGlashan	M65	35:23
Ray Attwell	M65	35:38
Barbara Humphrey	W50	36:04
John Dance	M55	37:02
Joan Osborne	W55	37:04
Roger Walsh	M60	37:50
Pamela Toohey	W55	39:39
Aldo Giacomini	M65	40:03
Merv Jones	M65	40:23
Arnold Jenkins	M60	41:51
Bev Whitfield	W40	43:09
Julie Wood	W55	46:30
Elaine Dance	W50	46:32
Dalton Moffett	M70	48:54

Irene Ferris	W50	49:25
Rosa Wallis	W60	55:02
Mary Heppell	W65	55:03

3.5km Run

Greg V.der Sanden	M45	11:54
Liz Neville	W50	15:04
Ivan Brown	M60	15:27
Barbara Blurton	W50	15:45
Irwin Barrett-Lennard	M75	16:23
Christine Wirth	W50	17:07
Barbara Humphrey	W50	17:14
Leonie Jones	W45	17:19
Peter Airey	M65	17:25
Delia Baldock	W40	17:47
Bob Sammells	M65	18:12
John Stone	M50	18:41
Michael Faunge	M65	19:09
Ray Hall	M70	20:45
Tanya Burke	W30	21:02
Rhod Wright	M55	21:14
Ray Lawrence	M75	22:03
Jan Jarvis	W60	22:04
Kirt Johnson	M75	22:13
Ian Lyon	M65	23:34
Jodi Brauer	W30	26:03

10.5km Walk

Val Millard	W55	73:48
Lynne Schickert	W60	74:55

7km Walk

Beryle Doust	W55	52:54
Mitch Loly	M60	56:07
Alan Pomery	M70	58:19
Rex Bruce	M60	60:18
Nola Bending	W55	63:59
Pat Ainsworth	W65	64:00
Patricia Hopkins	W60	64:01
Jill Midolo	W55	73:35
Ann Turner	W65	75:22
Telsey Hatwell	W65	75:22

3.5km Walk

Bob Neville	M70	26:22
Dorothy Whittam	W65	27:33
Lorna Lauchlan	W70	28:09
Maggie Flanders	W65	31:49
Barbara Bailey	W70	36:32
John Bailey	M75	36:33

Manning Park 6.3.05

Bob & Lynne Schickert

7.5km Run (Hcap)

		Final	Act.
Dan Bending	M60	47:36	40:50
Andrew Cook	M35	49:13	32:42
John Oldfield	M60	49:30	37:29
Deborah Gardner	W35	49:35	34:34
Michel Bermudes	M30	50:05	31:26
Geoff Barrett	M40	50:14	34:10
Terry Humphrey	M50	50:21	50:21
Barry Jones	M45	50:22	38:02
Nick Miletic	M50	50:26	41:17
I Barrett-Lennard	M75	50:34	39:40
Doug Ashfield	M45	50:41	36:18
John Dance	M55	50:47	45:31
John Ellard	M60	50:53	42:44
John Mack	M60	51:27	37:56
Ivan Pilton	M60	51:41	36:10
Hamish McGlashan	M65	51:44	41:13

Pamela Toohey	W55	51:53	49:07
Margaret Langford	W55	52:12	38:56
David Carr	M70	52:15	40:29
Merv Jones	M65	52:20	49:34
John Ellard	M60	52:30	44:21
Jeff Spencer	M60	52:45	47:44
Jim Barnes	M60	52:45	43:36
Roger Walsh	M60	52:58	47:42
Arnold Jenkins	M60	53:13	51:42
Mike Hale	M55	53:23	38:07
Liz Chandler	W35	53:39	46:31
John Byrne	M55	53:52	42:36
Ray Hall	M70	54:04	49:18
Paul Martin	M60	54:04	46:10
Vic Beaumont	M75	54:18	51:17
Barbara Humphrey	W50	54:26	54:26
Terry Manford	M65	54:47	48:46
Bob Fergie	M65	56:09	52:38
Wayne Taylor	M45	56:16	42:22
Christine Oldfield	W60	56:17	56:17
Paul Buckley	M55	57:28	50:42
Sheila Maslen	W65	60:15	60:15
Milton Mavrick	M50	65:52	53:51

5km Walk (Hcap)

Patricia Hopkins	W60	48:21	43:06
Lynne Schickert	W60	49:20	34:10
Ian Lyon	M65	49:33	38:53
Dorothy Whittam	W65	50:33	41:43
Jeff Whittam	M70	51:55	41:05
Rosa Wallis	W60	51:20	41:05
Rex Frost	M65	51:36	37:51
Rex Bruce	M60	52:54	39:24

5km Run

Bob Sammells	M65	31:07
Aldo Giacomini	M65	34:45
Elaine Dance	W50	36:27
Leonie Jones	W45	38:22
Dalton Moffett	M70	38:43
Elaine Ellard	W60	41:21
Dean Campbell	M40	41:24
Debbie Dance	W35	42:27
Rhod Wright	M55	43:12

A new venue and those who had not been to this Park before were pleasantly surprised by the lovely area. New member John Oldfield got under the guard of the handicapper but it is probably the last time he will do so.

Thanks to helpers: Paul and Tanya Burke, Maggie Flanders, Brian Smith, Jim Langford and Steve Toohey. Kirt Johnson did his weekly assistance with the shute and Rex Bruce and Lynne Schickert helped with the setting up and putting away.

Although it was a long weekend and the Jarrahdale camp there were over 60 starters.

Maybe we should include this venue in our next program.

Bob Schickert

Don't Forget!

Our AGM - on Monday
18 June, Perry Lakes.

Teddy Birds 20.3.05

David Muir

15.2km Run

Michel Bermudes	M30	59:39
Ross Parker	M55	59:59
Gary McLean	M40	65:44
Neil McRae	M50	66:30
David Baird	M60	70:13
Mike Hale	M55	71:46
Brian Bennett	M55	46:45
Ola Ovstedal	M40	71:49
Brian Danby	M55	72:51
Doug Ashfield	M45	76:21
Ed Barrett-Lennard	M50	78:09
Alan Thorniley	M50	78:26
Christine Engels	W45	78:56
Terry Humphrey	M50	82:25
Dan Bending	M60	82:33
Karen March	W40	83:30
Jim Barnes	M60	84:18
Milton Mavrick	M50	101:15
Vic Beaumont	M75	105:08
Jo Richardson	W50	109:00

7.6km Run

Bruce Wilson	M55	30:59
Jim Klinge	M55	32:13
Bob Schickert	M60	34:35
Ivan Brown	M60	35:10
Raymond Gimi	M40	35:11
Sean Keane	M40	35:38
Barry Jones	M45	36:33
Dee Haines	W45	36:47
Irwin Barrett-Lennard	M75	36:59
Ray Attwell	M65	38:36
Anne Jones	W50	38:37
John Brambley	M60	38:57
Mike Anderson	M55	39:21
Paul Martin	M60	39:36
Kim Thomson	W30	39:44
Leonie Jones	W45	40:03
Terry Manford	M65	41:04
Peter Airey	M65	41:12
Kirt Johnson	M75	49:59
Jennie Smith	W50	52:11
Roma Barnett	W55	52:28
Sheila Maslen	W65	53:33
Ron Spencer	M65	55:03
Merv Jones	M65	55:03
Ray Lawrence	M75	56:02
Ian Lyon	M65	56:20
Dalton Moffett	M70	56:23
Jenni Shillington	W45	56:34
Shorty Turner	M65	56:55
Ray Hall	M70	57:44
Mary Heppell	W65	57:55

7.6km Walk

Lorraine Lopes	W65	37:32
John Carrington	M70	37:33
Rex Bruce	M60	37:51
David Brown	M55	38:44
Jeff Whittam	M70	39:25
Mitch Loly	M65	39:26
Dorothy Whittam	W65	40:06

(Teddy Birds Ctd)		
Lorna Lauchlan	W75	40:08
Maggie Flanders	W65	45:40
Allen Tyson	M80	51:48

Teddy Birds Picnic Run,
2 laps @ 7.6km = 15.2 km.
Conditions: Warm and humid.

Due to competing events with
the Darlington half marathon, a
triathlon and Bike the Freeway,
rather a small field of runners
and walkers this year braved the
humid conditions to run from the
children's playground, through
Kings Park, around UWA and
back up the long hill to the
Broadwalk.

Although the course was slightly
modified this year, we couldn't
avoid the hill. However those
who did compete may see
themselves on Channel 31 on
April 1 at 6pm as we were
fortunate to attract a
distinguished visiting runner I
had met on a fishing trip the
week earlier. Achim Heukemes
(aged 54) from Germany plans
to run from Perth to Sydney in 45
days covering 105km per day to
raise money for Oxfam and the
Tsunami Appeal. He sets out
from Perry Lakes in Perth on
April 2 and joined our run to keep
up his training. He came with his
support crew and cameraman
and provided information about
his special shoes and sports
drinks.

Most people opted for the one
lap rather than two in the warm
conditions. But Achim found it a
breeze and followed in the
leaders in a respectable time of
64 mins. A few runners got
rather confused by extra white
flags at the back of UWA put out
by groundsmen and lost the
course. Apologies to those
concerned. More red flags will
be used next year and put out
after dawn.

Thanks this year to the following
helpers:- Jim Barnes, Jeff and
Wendy Spencer, John and Beryl
Doust, Leo Hassam, Frank
Usher, Simon Mort and Barry
Thomsett on the recording
table/results. Helpers were in
short supply so some had extra
duties but willingly responded to
the call.

David Muir

TRACK & FIELD

UWA 1.3.05

*Pending State Record

60m

Richard Parker	M45	8.4
Murray Tolbert	M55	8.4
Barry Newell	M45	8.5
Norm Richards	M65	9.1
Lynne Choate	W50	9.1
David Carr	M70	9.3*
Peggy MacIver	W60	9.4
Thea Bailey	W45	9.8
Pat Carr	W70	11.6
Peter Gare	M60	8.8
Ross Calnan	M60	9.6
Ian Lyon	M65	10.3

1500m

Michel Bermudes	M30	4.46.6
Jon Schultz	M40	4.47.0
Alan Gower	M45	4.50.4
Campbell Till	M45	4.54.1
Darryl White	M45	4.54.8
Rob Colton	M40	5.01.7
John Collier	M35	5.05.2
Blakeney Tindall	M40	5.14.1
Keith Edmonds	M35	5.16.4
Bob Schickert	M60	5.36.6
Wayne Taylor	M45	5.43.3
Ivan Brown	M60	5.45.4
Karyn Gower	W45	6.20.7
Thea Bailey	W45	6.30.0
Barry Newell	M45	6.51.5
Fiona McAuley	W50	8.12.5
Allen Tyson	M80	11.41.1

1500m Walk

Robin King	W45	7.42.0
Lynne Schickert	W70	9.17.1
Val Millard	W55	10.39.1
Ian Lyon	M65	11.01.8

600m

Henri Cortis	M55	1.39.6
Michel Bermudes	M30	1.41.9
Darryl White	M45	1.46.9
Rob Colton	M40	1.49.1
John Collier	M35	1.44.7
Keith Edmonds	M35	1.47.5
Alan Gower	M45	1.57.7
Wayne Taylor	M45	2.01.3
Bob Schickert	M60	2.02.6
Peggy McIver	W60	2.08.5
Robin King	W45	2.11.9
Barry Newell	M45	2.21.5

200m

Richard Parker	M45	26.3
Duncan McAuley	M55	28.2
Rob Colton	M40	29.9
David Carr	M70	30.0
Peter Gare	M60	30.4
Alan Gower	M45	27.9
Keith Edmonds	M35	29.7
Blakeney Tindall	M40	29.9
Norm Richards	M65	31.2
Bob Schickert	M60	36.2

Barry Newell	M45	29.6
Peggy McIver	W60	31.8
Thea Bailey	W45	34.8
Bob Schickert	M60	35.8
Pat Carr	W70	47.3

Les Beckham Triple Jump

Ross Wickham	M40	11.94
Murray Talbot	M55	10.51
Keith Edmonds	M35	9.64

Javelin

Matt Staunton	M30	40.76
Murray Tolbert	M55	34.38
Rob Shand	M70	26.48
Bob Fergie	M65	25.06
Jack Michail	M50	24.66
Ross Calnan	M60	21.98
Kate Glass	W55	21.32*
Jim McMillan	M80	17.89
Rae McMillan	W75	15.90

Hammer

Kate Glass	W55	40.25*
Matt Staunton	M30	33.96
Bob Fergie	M65	30.09
Murray Tolbert	M55	23.80
Rae McMillan	W75	19.41
Rob Shand	M70	18.97
Jack Michail	M50	18.20

Coker Park 3.3.05

400m

Colin Smith	M40	55.2
Henri Cortis	M55	60.3
David Carr	M70	65.0
Mike O'Reilly	M65	69.9
Delia Baldock	W40	72.7
Bob Schickert	M60	74.7
Ivan Brown	M60	78.2

1500m

Brian Hewitt	M50	4.49.0
Blakeney Tindall	M40	4.54.4
Bjorn Dybdahl	M50	5.08.8
Barbara Blurton	W50	5.42.4
Henri Cortis	M55	5.43.4
John Dennehy	M40	6.09.2

1500m Walk

Tom Lenane	M45	9.00.4
Stan Jones	M75	9.54.3
Ian Lyon	M65	10.55.3
Allen Tyson	M80	12.26.5

100m

Colin Smith	M40	12.4
Steve Noteboom	M35	12.4
Mike Edwards	M45	12.8
Kevin Webster	M37	13.5
David Clive	M65	14.0
Mike O'Reilly	M65	14.5
Delia Baldock	W40	15.2
Pat Carr	W70	20.2
Allen Tyson	M80	24.6

3000m

Bjorn Dybdahl	M50	10.49.0
Bob Schickert	M60	11.34.4
Ivan Brown	M60	12.03.8
David Carr	M70	13.09.0
Nick Bailey	M55	14.03.0
Blakeney Tindall	M40	14.19.7

Jackie Halberg	W55	15.22.0
Gill Edmonds	W40	15.56.6

3000m Walk

Stephen Anthony	M40	17.08.0
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Les Beckham Long Jump

David Clive	M65	4.74
Stephen Anthony	M40	4.43
Gill Edmonds	W40	4.00
Pat Carr	W70	2.96

Shot

Steve Noteboom	M35	9.85
Kevin Webster	M35	9.72
Mike Miller	M35	8.26
Kath Holland	W60	7.44
Eileen Hindle	W55	7.07

Discus

Steve Noteboom	M35	35.63
Kevin Webster	M35	27.99
Mike Miller	M35	23.26
Kath Holland	W60	19.45
Eileen Hindle	W55	19.45

UWA 8.3.05

400m

Henri Cortis	M55	61.0
Rob Colton	M40	63.3
Barrie Kernaghan	M60	64.8
Blakeney Tindall	M40	64.8
Barry Newell	M45	67.5
Peter Gare	M60	70.2
Norm Richards	M65	70.4
Thea Bailey	W45	76.8

1500m

Jon Schultz	M40	4.48.0
Michel Bermudes	M30	4.55.4
John Collier	M35	5.01.9
Alan Gower	M45	5.10.4
Rob Colton	M40	5.11.3
Bob Schickert	M60	5.25.4
Ian Davies	M55	5.48.9
Thea Bailey	W45	6.35.8
David Carr	M70	7.31.7
Lynne Schickert	W70	8.56.3

1500m Walk

Bob Neville	M70	10.28.7
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100m

Richard Parker	M45	13.2
Peter Gare	M60	14.8
Blakeney Tindall	M40	15.0
Ann Heitman	W35	14.8
Ross Calnan	M60	16.2
Gordon Medcalf	M75	17.2
Murray Tolbert	M55	13.3
Norm Richards	M65	14.1
Garry Doyle	M55	14.3
Lynne Choate	W50	14.7
Rob Colton	M40	13.8
Thea Bailey	W45	16.1
Bob Neville	M70	18.6
Pat Carr	W70	19.6

3000m

Michel Bermudes	M30	10.21.6
Ian Davies	M55	10.40.8
Alan Gower	M45	10.58.7
Duncan McAuley	M55	11.12.5
John Collier	M35	11.23.1

Frank Smith	M60	11.23.9
Doug Ashfield	M45	11.52.5
Rob Colton	M40	12.14.0
Wayne Taylor	M45	12.32.6
Henri Cortis	M55	12.39.2
Ivan Brown	M60	12.45.2
Nick Bailey	M55	14.12.6

3000m Walk

Lynne Schickert	W60	20.15.2
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Les Beckham Long Jump

Murray Talbot	M55	5.34
Ross Calnan	M60	3.33
Pat Carr	W70	2.94
Lynne Schickert	W60	2.71

Shot

Mark Hamilton	M30	11.77
Murray Tolbert	M55	9.79
Bob Fergie	M65	8.39
Jack Michail	M50	7.98
Rob Shand	M70	7.68
Rae McMillan	W75	6.96
Jim McMillan	M80	5.71

Discus

Mark Hamilton	M30	38.56
Murray Tolbert	M55	27.54
Bob Fergie	M65	26.60
Rob Shand	M70	25.58
Damien Hanson	M50	21.20
Jack Michail	M50	18.76
Jim McMillan	M80	17.59
Rae McMillan	W75	16.60

Coker Park 10.3.05

800m

Henri Cortis	M55	2.22.5
Brian Hewitt	M50	2.26.6
David Carr	M70	2.34.2
Leonie Jones	W45	3.28.8
Allen Tyson	M80	5.49.0

100m

Colin Smith	M40	12.8
Steve Noteboom	M35	13.7
John Dennehy	M45	15.3
Delia Baldock	W40	15.6
Peggy Macliver	W60	15.9
Leonie Jones	W45	16.6
David Carr	M70	19.0

2000m

Brian Hewitt	M50	7.01.1
Neil McRae	M50	7.04.9
Leonie Jones	W45	9.58.4
Bob Schickert	M60	9.59.9

2000m Walk

Lynne Schickert	W60	12.51.6
Ian Lyon	M65	14.44.5
Allen Tyson	M80	17.12.7

200m

Kevin Webster	M35	28.6
John Dennehy	M45	31.5
Bob Schickert	M60	42.6
David Carr	M70	31.4
Delia Baldock	W40	31.9
Peggy Macliver	W60	32.8
(Coker 10.3.05 - 200m Ctd)		
Leonie Jones	W45	35.8

Lynne Schickert	W60	49.2
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Les Beckham Triple Jump

Lynne Schickert	W60	6.28
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Heavy Weight

Mark Hamilton	M30	10.98
Kevin Webster	M35	10.56
Eileen Hindle	W55	8.62

Javelin

Mark Hamilton	M30	40.46
Kevin Webster	M35	33.64
Eileen Hindle	W55	15.06

UWA 15.3.05

400m

Henri Cortis	M55	2.22.4
Alan Gower	M45	2.22.9
Rob Colton	M40	2.24.2
Michel Bermudes	M30	2.29.7
Darryl White	M45	2.31.2
Keith Edmonds	M35	2.34.5
John Collier	M35	2.32.8
Ivan Lazarus	M50	2.46.3
Bob Schickert	M60	2.48.6
Karyn Gower	W45	3.09.8

100m

Richard Parker	M45	13.3
Barrie Kernaghan	M60	13.8
Rob Greenhalgh	M50	13.9
Keith Edmonds	M35	14.3
Rob Colton	M40	14.5
Norm Richards	M65	14.4
Lynne Choate	W50	14.8
Ann Heitman	W40	15.0
Val Anderson	W50	15.8
Ross Calnan	M60	16.2
Bob Schickert	M60	16.8
Bob Neville	M70	18.0
Pat Carr	W70	19.8
Lynne Schickert	W60	22.8

2000m

Michel Bermudes	M30	6.50.3
Darryl White	M45	7.00.8
Alan Gower	M45	7.10.1
John Collier	M35	7.34.5
Duncan McAuley	M55	7.34.8
Rob Colton	M40	7.41.4
Jon Schultz	M40	7.42.2
Keith Edmonds	M35	7.46.8
Ivan Lazarus	M50	7.47.9
Bob Schickert	M60	7.52.6
Ivan Brown	M60	8.02.7
David Carr	M70	8.45.7
Karyn Gower	W45	8.48.3
Nick Bailey	M55	9.14.3
Fiona McAuley	W50	11.20.5

2000m walk

Val Millard	W55	14.26.5
Lynne Schickert	W60	14.27.0

200m

Rob Greenhalgh	M50	27.8
Keith Edmonds	M35	28.6
Duncan McAuley	M55	31.8
Ann Heitman	W40	31.4
Bob Schickert	M60	33.7
Bob Neville	M70	35.8

Karyn Gower	W45	37.0
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Lynne Schickert	W60	48.6
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Les Beckham Triple Jump

Ross Wickham	M40	11.48
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Lynne Schickert	W60	6.07
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Javelin

Rob Shand	M70	25.32
Ross Calnan	M60	24.13
June Streeter	W55	13.07

Discus

Rob Shand	M70	22.78
Damien Hanson	M50	21.33
June Streeter	W55	15.10

Coker Park 17.3.05

200m

Henri Cortis	M55	28.0
David Carr	M70	29.9
Mike O'Reilly	M65	29.9
Bob Schickert	M60	35.5

Delia Baldock	W40	31.4
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Leonie Jones	W45	34.2
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Bob Neville	M70	36.3
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Pat Carr	W70	43.2
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1500m

Brian Hewitt	M50	4.47.4
Rob Catrall	M45	4.49.2
Ian Davies	M55	5.22.5
Bob Schickert	M70	5.40.2
Liz Neville	W50	5.42.3
Barry Jones	M45	5.58.5
Leonie Jones	W45	6.52.6
Gill Edmonds	W40	7.07.8

1500m Walk

Lynne Schickert	W60	9.49.1
Stan Jones	M75	9.53.6

400m

Henri Cortis	M55	60.6
Barbara Blurton	W50	64.4
David Carr	M70	65.1
John Dennehy	M45	67.0
Mike O'Reilly	M65	70.6
Rob Catrall	M45	67.5
Barry Jones	M45	72.3
Delia Baldock	W40	72.7
Bob Schickert	M60	74.7
Leonie Jones	W45	82.6
Brian Foley	M60	85.4

3000m

Rob Catrall	M45	11.13.1
Blakeney Tindall	M40	11.17.8
Bob Schickert	M60	12.15.3
Liz Neville	W50	12.17.5
Barry Jones	M45	12.45.1

Les Beckham Long Jump

Pat Carr	W70	2.95
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Lynne Schickert	W60	2.70
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Javelin

Eileen Hindle	W55	14.73
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Shot

Eileen Hindle	W55	6.89
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Discus

Damien Hanson	M50	23.19
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Eileen Hindle	W55	19.28
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(14)

HELPERS LIST

10 April - 3 Ps

Val Millard 9315 1642

Rosa Wallis, Jeff & Wendy Spencer, David Brown & Jill Midolo, Mike Hale, Barbara & Jack Bailey, Gillian Lees, Colin Smith, Brian Hardy.

17 April - Pagoda Run

Jackie Halberg 9364 4474

Marg & Mike Taylor, Janis Malin, Leo Hassam, Mary Heppell, Neil McCrae, Troy Lundgren, Philip Bailey.

24 April - Reabold Hill

Dirk Blom 9337 7796

Marg Robinson, Paul Hughes, Jim Klinge, Frank Smith, Richard Danks, Damien Hanson, Jeanette Tiverios, John Collier.

28 April - 10,000m Track

Handicap (at UWA)

Jeff and Dorothy Whittam

9387 6438

Rob Colton, Marg & Keith Forden, John Byrne, Jeff Bowen, Bob Hayres, Gary and Geraldine Carlton.

Jarrahdale

At the camp at Jarrahdale, a hat was left in cottage no 3 and a pair of glasses in cottage no 4.

If you are missing either of these items, please contact the Institute of Human Devt on 9525 5227, or email on ihdjarrahdale@bigpond.com.au.

Also a small casserole dish - square, white with flowers in base - was left behind; please contact Margaret Bennett (tel 9275 0169) if this belongs to you.

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If you have kept your *Vetrans* in good condition, you can have them bound into attractive hard cover books in the Club colours of gold and black.

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Laurie Green

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North Beach WA 6020

Tel. 9447 1146 Email <ozdew@inet.net.au>

(Order through Wendy Clements-Green)

13th Oceania Championships - Christchurch 2006

A big Hi There to all you masters athletes in Australia. This is the first of a series of newsletters from the Local Organising Committee for the 13th Oceania Track & Field Championships with information about the event and about the venue. As many of you will already know the Championships will be held in Christchurch from the 14th to the 21st of January 2006 and this first newsletter lets you know a bit about Christchurch but particularly tries to outline some of your options for travel to Christchurch and getting about once you are there.

Christchurch is the main city in the South Island and is the key entry point for tourists visiting the island. With over a million overseas tourists each year as well as a large number of local travelers Christchurch has a much wider range of facilities for visitors than one would expect from the population of 350,000.

Included in the facilities is a modern international airport with direct flights to and from the major cities of east coast Australia. If you are coming from Melbourne, Sydney or Brisbane you have the choice of a variety of connections operated by Air New Zealand, Freedom Air, Pacific Blue, Qantas and Emirates. These Tasman routes are very competitive and airfares have come down dramatically in the last two years. This means there are usually some excellent deals available and generally these are most readily accessed through the internet direct from the websites of the airlines. From Adelaide and Perth the main options are via one of the east coast cities or via Auckland.

If you want the freedom and flexibility of a car when they are in Christchurch there is an enormous range of options. All the major international full service companies have airport locations but there are many independent operators offering a wide range of services and prices. Although these smaller operators do not have airport locations many are close by and will arrange to pick you up and return you to the airport. Again the websites of the individual companies are the best way to book a rental car and a useful way to find these sites is via <www.searchnz.co.nz> where a "rental cars Christchurch" search turns up dozens of options. If you are travelling as a group many of these companies can provide "people mover" vehicles with room for eight or more people. And if you are intending to do some touring before or after the Championships some of them rent campervans or motor homes as well.

If you do not need the flexibility of a car the extensive Christchurch bus system provides good public transport. Several of the bus routes provide services direct to the Championship head quarters at Queen Elizabeth II Stadium. This means there are a number of areas within Christchurch where you can stay and have direct access to the event. We will cover this in our next newsletter which will give you the low down on accommodation options.

In the meantime keep up the training and we will see you all in Christchurch 2006.

The Christchurch Local Organising Committee

Please make this payment of \$..... for ☐ Membership ☐ Club Social Function
☐ Clothing ☐ Club Weekend Away ☐ Championship Entry

by VISA ☐ MASTERCARD ☐ BANKCARD ☐

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

Print Post Approval 644113/00007

**If unclaimed please return to:
PO Box 197, SUBIACO WA 6904**

**SURFACE
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Running Gear

Contact Barrie Thomsett: 9276 6446

Club Clothing in the new Masters livery:

- | | |
|--------------------------|---------|
| ▶ WINDCHEATERS | \$25.00 |
| ▶ COMPETITION SINGLET | \$25.00 |
| ▶ LONG SLEEVED T-SHIRTS | \$20.00 |
| ▶ SHORT SLEEVED T-SHIRTS | \$18.00 |



MASTERS ATHLETICS WA - 2005-6 PROGRAM

Please use for nomination of helping dates when completing membership form which is attached. Final program to be issued after AGM.

Date	Event - Distance	Venue	Start	Director
2005				
1 May	Around Herdsman 8k/5k	Pony Club	8.00	J & M Langford
8 May	Aquinas	Jon Sanders Dr Aquinas College Mt Henry Rd Salters Point.	8.00	A Cook H M T
15 May	Southern River Sojourn 8k/5k	Wilkinson Homestead Homestead Rd, Gosnells	8.00	L Marr
22 May	Weir 10k/5k RRC 10k; RWC 5k	Kent St Weir Wilson	8.00	C Coates T
29 May	Deepwater Pt 16k/7.2k RWC 7.2k	The Esplanade Mt Pleasant	8.00	D. Moffitt
5 Jun	Uni RRC 15k/8k RWC 15k	J Abrahams Res The Avenue Nedlands	8.00 7.30	G Fisher T M
12 Jun	Joondalup 10k/5k	Neil Hawkins Park Boas Ave	8.00	M & M Warren
19 Jun	25k RRC, 10k RWC & Age Graded	Burswood Park Resort Dr	8.00	W Pantell M T(W)
26 Jun	Darlington Dash 16k/8k	Darlington Park Pine Terrace Darlington	8.00	F & G Gardiner & D Baldock T M
3 Jul	Perth Marathon & Relay	WAMC Club Rooms Resort Dr, Burswood		WAMC
10 Jul	Bardon Bash 13k/8.7k/5k	Bardon Park Bardon Pl, Maylands	8.00	B & M Bennett
17 Jul	Club Cross Country Champs 8k (Other races 5.4/2.7k)	Jorgensen Park Crescent Rd Kalamunda	9.00	Committee M C
24 Jul	Sharks 10k/5k	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin
31 Jul	Club Half-Marathon 21.1k/10k/6k Walk 21.1k	Burswood Park Resort Dr	8.00	B Samnells M C
7 Aug	State Cross Country Champs 10k Run & Walk 5k	Arthur Farrell Playground May Dr Kings Park	8.00	R Henderson C
14 Aug	Mill Point Rd Champs	Burswood Park	8.00	M Mavrick
21 Aug	Racecourse 10.57/5.5k	Burswood Park	8.00	G McLean, C Engles
29 Aug	City to Surf			
4 Sep	Herdsman Lake 10k/5k	Pony Club Jon Sanders Dr	8.00	J & D Whittam M
11 Sep	Bassendean 10k/5k	Sandy Beach Res West Rd, Bassendean	8.00	J Billington
18 Sep	Bibra Lake 12k/6k	Progress Dr Bibra Lake	8.00	R Harris
25 Sep	Cliff Bould Trophy 10.4k Walk 5.2k	McCallum Park Victoria Park	8.00	I Brown H M T
2 Oct	Wireless Hill 10k/5k	Almondbury Rd Booragoon	8.00	B & L Jones
4 Oct	Track & Field commences (see separate program in Vetrut)			
9 Oct	Mallagarup Run 10k/5k	Burswood Park Resort Dr, Burswood	8.00	W Pantell
16 Oct	Guess Own Time 10k/5k GOT Walk 5k	TBA	8.00	V Walters T
23 Oct	Mullaloo Beach 13k/5k	Mullaloo SLSC Oceanside Promenade	8.00	M Anderson & J Hagerdoorn
30 Oct	Garvey Gallop 10k/6k	Garvey Park Fauntleroy Av, Redcliffe	8.00	A Leggett
6 Nov	Safety Bay 10k/5k	Foreshore Res Cnr Malibu/Safety Bay Rds	7.30	P & S Toohy
13 Nov	Gwelup Lake 9k/5k	Huntress Rd Karrinyup	7.30	J Klinge
20 Nov	Recovery 7k/5k	Pelican Pt Res Australia II Dr,	7.30	Committee
27 Nov	Perry Lakes 8k/4k Walk 6k	Crawley Hockey Pavilion Off Perry Lakes Dr	7.30	J Bell M
4 Dec	Mosman Park 8.7k/5.2k	Perrott Reserve McCabe St	7.00	P & S Hughes
11 Dec	Canning Caper 10k/6k	Riverton Bridge Fern Rd, Wilson	7.00	K Atkinson H
18 Dec	Christmas Gift 6k/4k	McCallum Park Victoria Park	7.30	L & B Schickel M
26 Dec	Boxing Day 8k/4k	Yokine Reserve Wordsworth Av, Menora	18.00	B Thomsen B
2006				
2 Jan (Mon)	Alderbury PK CC 8k/4k Walk 6k	Hockey Pavilion Off Perry Lakes Dr	7.00	B Foley
8 Jan	East Perth 7k/4k	McCallum Park Victoria Park	7.00	J Midolo, D Brown H M T(W)
15 Jan	Ashfield 10k/5k	Claughton Res Kalamang Av Ashfield	7.00	D Lancaster
22 Jan	Point Walter 11k/6.2k	Point Walter Bicton	7.00	D Roberts
29 Jan	Age Graded Events 8K Run/5K Walk	McCallum Park Victoria Park	7.00	J Richardson & G Young
5 Feb	South Perth 8k/4k	Sir James Mitchell Park, Esplanade, South Perth	7.00	S Bullen
12 Feb	Deadley Medley 8k/4k Teams/Relay 12k	Yokine Res Wordsworth Av, Menora	7.00	G.Neill
19 Feb	Friendship 11.2k/5.6k with WAMC	Saw Ave Kings Park	7.00	J Barnes
26 Feb	Woodman Pt 7.5k/5k	Nyerbup Cir Coogee	7.00	E & J Dance H
5 Mar	Lake Monger 10.4k/7k/3.5k	Dodd St Glendalough	7.30	T Robertson
12 Mar	Teddy Birds Picnic 15.2k/7.6k Walk 10k/5k	Arthur Farrell Playground May Dr Kings Park	7.30	D Muir
19 Mar	Kalamunda Railway 8k/4k	Mundaring Weir & Railway Rd	7.30	B & B Carse
24 Mar (Fri)	Slate T&F Champs 10k; 5k Walk	Coker Park	18.00	Committee C
26 Mar	Membership 11.6k 5k	Burswood Park Resort Dr	7.30	B Darby
26 Mar	Slate T&F Champs Pentathlon	Coker Park	8.00	Committee C
1/2 Apr (Sat/Sun)	Slate T & F Champs	Coker Park	8.00	Committee C
9 Apr	3PS 16k/8k/5k	Pt Waller	8.00	V Millard
14-17 Apr	Australian Masters T & F Championships	Canberra		
16 Apr	Piney Lakes 8k/4k	Murdoch Drive Winthrop	8.00	J & J Smith J Osborne
23 Apr	Pagoda 18k/10k/5k	McCallum Park Victoria Park	8.00	J Halberg M
27 Apr (Thurs)	Track Handicap 10k	UWA Sports Park McGillivray Rd	19.00	D & J Whittam B T
30 Apr	Rebould Hill CC 8k/5k Walk 6k/8k	Perry Lakes Dr Floreat	8.00	D Blom



VETR^{UN}



MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes - President: Val Millard - Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156
Editor: Jeff Bowen - jeffbowen@westnet.com.au - Website: www.mastersathleticswa.org - enquiries@mastersathleticswa.org
May 2005 - Number 374

Pleasant Run, Deepwater Point



Success in Brisbane

Some of WA's leading contenders for medals were unable to compete at the AMA T & F Championships in Brisbane over the Easter weekend. However the relatively small contingent of 17 athletes was successful in bringing home a total of 38 medals: 17 Gold, 10 Silver and 11 Bronze. The most prolific winners were David Carr and Irwin Barrett-Lennard, each with 3 Gold medals, while 90% + age-graded performances were registered by Barbara Blurton, David Carr and Henri Cortis. Full results may be found on page 5.



MASTERS ATHLETICS WA
MINUTES of ANNUAL GENERAL MEETING
Monday 18 April 2005
Hockey Club Rooms, Floreat

MEETING OPENED: The meeting commenced at 7.02 pm. It was noted that the Agenda was in the April *Vetrun*.

ATTENDANCE: As per the attendance book, there were 45 members present, and 10 apologies.

MINUTES OF PREVIOUS MEETING: Moved Cecil Walkley seconded by Chris Maher that the minutes of the 2004 Annual General Meeting as published in the May 2004 *Vetrun* newsletter be accepted as correct. Carried.

MATTERS ARISING FROM MINUTES: Nil.

REPORTS

President: The President's report to the meeting thanking the many members who had contributed to the success over the year. Significant developments during the year included the following. At Sunday events the provision of a finish chute (thanks to Kirt Johnson) and chest numbers (Jim Barnes) both of which have greatly assisted in reducing delays. The growing number of younger members at track and field. The redevelopment of Coker Park which when work was underway caused a downturn in numbers but should result in an increase in the future. Commencement of track events at Coker each Thursday evening (6pm start) during the April to September period.

Secretary: The Secretary's report was published in the April 2005 *Vetrun* newsletter. Moved by Vic Beaumont seconded by Barbara that the Secretary's report be accepted. Carried

Treasurer: The Treasurer's report showing receipts for year \$43,059.90 and payments \$42,852.69 (excluding \$15,000 transferred to a club term deposit) was presented along with the Auditor's report. Moved Roger Walsh seconded Dorothy Whittam that both reports be accepted. Carried. It was noted that the club is still in a strong financial position.

TROPHIES

Patron's Trophy - this is awarded annually for the track and field points competition.

- **Men** David has won 12 of the 19 times held **David Carr**
2nd Henri Cortis 3rd Bob Schickert

- **Women** First win **Liz Neville**
2nd Robin King 3rd Lynne Schickert

Handicap Trophy **Helen Lysaght**

Equal 2nd Jim Langford and Kim Thomson

Achievement Award **Henri Cortis**

Nominees who meet criteria of significant improvement of athletic performance and significant contribution to the administration of the club. Henri Cortis, Jeff Whittam and Johan Hagerdoorn.

John Gilmour Trophy most outstanding performance during 2004/5 **Lyn Ventris**

18 performances 11 athletes over 90% during the year were announced.

Best 20K walk 99.09, 100.08% W48

Athlete of the Meet (WA Track & Field Championships) **Lyn Ventris**

(W48 5K walk 23.42.5 97.16%)

In the 12 months 112 State records were set, 8 Australian records (Tracey Brown, Lyn Ventris, Dave Simmons, David Clive, Raema McMillan) and 3 World records by Lyn Ventris.

Thanks to Campbell Till, Club Statistician for these details.

ELECTION OF OFFICE BEARERS

	Nominee	Nominated	Seconded
President	Val Millard	Jim Barnes	Bob Schickert
Vice President	Barbara Blurton	Val Millard	Bob Schickert
Secretary	Bob Schickert	Jim Barnes	Val Millard
Treasurer	Roger Walsh	Bob Schickert	Damien Hanson
Committee	Jim Barnes	Val Millard	Barbara Blurton
	Damien Hanson	Bob Schickert	Roger Walsh
	Jackie Halberg	Val Millard	Lynne Schickert
	Helen Lysaght	Bob Schickert	Val Millard

Nominations were accepted by all members present at meeting and all office bearers were elected unopposed.

APPOINTMENT OF OFFICIALS

The following people were appointed to these positions by the meeting.

Patron	Bill Hughes	Statistician	Campbell Till
Newsletter production	-	Registrar, AthleticA summer	Valerie Prescott
Handicapper	Keith Atkinson	Registrar, AthleticA winter	David Carr
Auditor	John Mison	(2)	

(Minutes of MAWA AGM Ctd.)

LIFE MEMBER

Jim Barnes nominated by Bob Schickert, Valerie Millard and Lynne Schickert.
Val Millard nominated by Jackie Halberg, Bob Sammells and Keith Atkinson.
Both nominations had been approved by the committee. Carried

NOTICES OF MOTION

No notices of motion were received to amend the Constitution.

GENERAL BUSINESS

As there has been no nomination this year for the position of *Vetrun* editor on a voluntary basis the President presented a proposal from club member Vic Waters (a former voluntary editor) to carry out the editors role on a paid basis as that is the type of work he does in his employment. The rate he would charge MAWA is less than half his normal rate to clients. The extra cost has been estimated at about \$320 per month which is about \$7.50 per member per annum. Proposed by Val Millard seconded Paul Hughes that a three or four month trial be conducted on the basis of the Vic Waters proposal and that the committee review and decide on the future basis at the end of that time. Carried

Bob Schickert pointed out to members present that the program for 2005/6 provided in the March *Vetrun* was a draft only for use by members when indicating the dates they would act as a helper. The final program will be included with the May *Vetrun* and will show details of the new committee. There is at least one change of date from the draft ie membership run and State T/F Champs swap due to arrangements at Coker Park.

Mark Rosen queried why a number of winter events start from Burswood Park when the superior facilities are available at the Water Sports Centre which is also the WAMC clubrooms. The committee undertook to investigate.

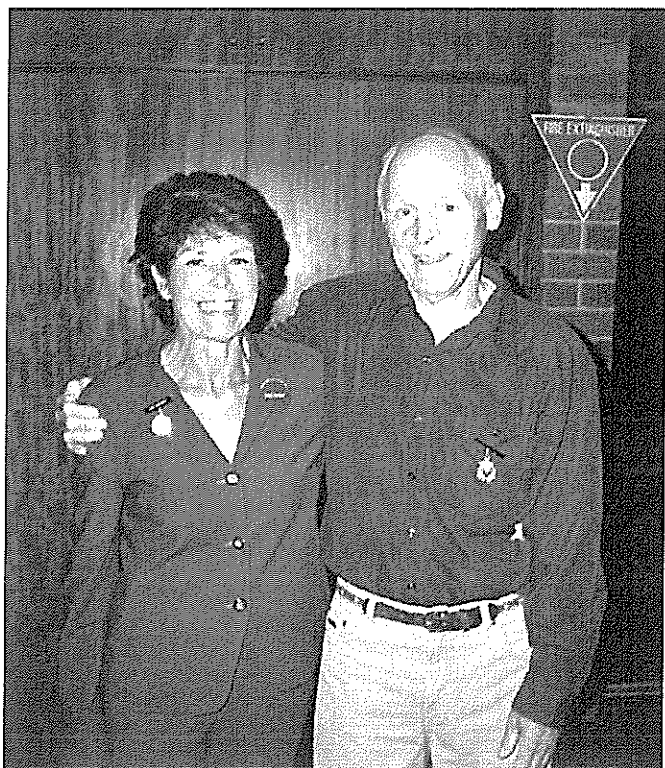
Jeff Whittam queried the sequence of the events in the RWC asking for the 10K to be before the 15K. Agreed that this will be investigated by the committee for the 06/07 program.

Jeff Whittam proposed a vote of thanks to the outgoing committee. Carried.

As there was no more business, the President thanked the members for their contribution and closed the meeting at 8.29 pm.

Bob Schickert

Secretary, Masters Athletics WA 19.04.2005



New MAWA Life Members Val Millard and Jim Barnes



Racewalker Lyn Ventris receives her trophy for Best Athletic Performance for the 2004 - 5 Year from John Gilmour at the MAWA AGM

MASTERS ATHLETICS WA

Summary of Receipts & Payments 2004-2005

Receipts		Payments	
10km Handicap	\$73.00	Badges	\$127.88
Badges	\$24.00	Bank Fees	\$1,399.42
Clothing Receipts	\$3,013.00	Chest Numbers	\$2,750.00
Dinner Dance	\$1,750.00	Clothing Purch.	\$6,371.40
Donations	\$40.00	Dinner Dance	\$1,760.00
Donnelly River	\$2,230.00	Donnelly Rvr. camp	\$1,990.00
Hire Facilities	\$880.00	Drinking Cups	\$309.84
Interest	\$1,021.50	Equipment Repair	\$390.32
Jarrahdale Weekend	\$2,220.00	Equipment Purch.	\$3,103.75
Jorgensen Park	\$2,100.00	Jarrahdale W/knd	\$1,990.78
Membership Fees	\$14,830.00	Jorgensen Park	\$2,287.00
Presentation Day	\$1,640.00	Medals/Trophies	\$2,643.95
Refund Deposits-Venues	\$1,000.00	Nat. Affiliation Fees	\$3,598.00
Sponsorship	\$2,000.00	Postage/Stationery	\$672.69
State Championships	\$5,085.20	Presentation Day	\$1,620.00
Sundries	\$222.50	State Champs	\$1,412.39
Track & Field	\$3,640.75	Sundries	\$191.98
Visitors Fees	\$1,309.95	Telephone	\$42.55
Total Receipts	\$43,059.90	Travel	\$1,208.40
		Venue Costs	\$2,371.00
		Vetrun Postage	\$1,761.56
		Vetrun Print	\$4,623.30
		Website Costs	\$226.48
		Total Operating Payments	\$42,852.69
		Add Transfer to Term Deposit	\$15,000.00
		Total Payments	\$57,852.69

Cash on hand as at 31 March 2005:

Bankwest cheque account	\$10,947.41
Term Deposit 035-698506.7	\$13,272.49
Term Deposit 05558066-9	\$21,751.07
Total Cash	\$45,970.97

Clothing Stock on Hand
as at 31 March 2005 \$3,674.00

Roger Walsh , Treasurer 18.04.05

Autumn - Winter - Spring Track Sessions at Coker Park

We have obtained permission from Canning Council to use the Coker Park track each Thursday evening (except for 2 June) to the end of September.

Our sessions will start at 6.00pm; club members will be charged \$3 for participating and visitors \$5.

Each month's program will be published in *Vetrun*; the program for May is as follows:

5 May

300m - 60m - 200m - 5000m run & walk

12 May

100m - 600m - 200m - 3000m run & walk

19 May

60m - 1000m r & w - 100m - 5000m r & w

26 May

200m - 800m - 300m - 3000m run & walk

Tea, coffee and biscuits will be provided - but bring your own mug!

Any queries please to Barbara Blurton on 9293 0190

A Plea from the Recorders

This is a plea from those who have the job of establishing, at the end of a Sunday run:

- what the competitor's number is (often the chest number is missing or obscured);
- whether the competitor has run or walked (most people slow to a walk in the shute);
- what distance the competitor has run or walked.

These things are not immediately apparent to those at the table - especially when there's a mass finish! In spite of your tiredness at the end of the course, please ensure that the recorders are left in no doubt as to your number and the event in which you competed.
Thank you.

Get Well Soon Morris!

Morris Warren recently had an argument with a truck, while riding his bike. We gather that his helmet was a write-off - but Morris is gradually recuperating at home and hopes to be back participating at Sunday runs soon.

A Big Welcome to our New Members!

687 Scott Claxton	M36
688 Debbie Wolfenden	W41
689 Sandra Kallio	W40

Results in this Issue:

- Pleasant Run, 27 March
- Membership Run, 3 April
- Point Walter Run, 10 April
- Pagoda Run, 17 April
- National T & F Championships, Brisbane, 25-28 March
- State T & F Championships (Full results of Pentathlon/Wt Pentathlon)
- Coker Park Track 14 & 21 April

2005 AMA Championships WA Performances in Brisbane

100m

W50

1 Choate, Lynne W52 14.31 89.94%

W70

1 Carr, Patricia W73 18.70 84.87%

M35

2 Kennedy, Brendan M36 11.96 83.36%

7 Davey, Shane M36 12.94 77.05%

200m

W50

3 Choate, Lynne W52 30.71 84.70%

M35

2 Kennedy, Brendan M36 24.71 81.71%

M55

7 Cortis, Henri M59 27.87 85.54%

M70

1 Carr, David M72 29.80 89.26%

400m

W50

3 Choate, Lynne W52 77.11 76.85%

W55

1 Blurton, Barbara W55 64.68 94.29%

M55

6 Cortis, Henri M59 59.70 88.01%

M65

3 Sander, Leon M68 73.31 77.93%

M70

1 Carr, David M72 64.60 94.83%

800m

W55

1 Blurton, Barbara W55 2:31.66 89.39%

M40

4 Schultz, Jon M43 2:10.43 84.88%

M55

3 Cortis, Henri M59 2:18.39 91.08%

M60

5 Brown, Ivan M60 2:46.93 76.19%

7 Foley, Brian M61 2:50.18 75.48%

M65

2 Sander, Leon M68 2:58.43 77.49%

M70

1 Carr, David M72 2:31.66 95.70%

1500m

M55

3 Cortis, Henri M59 4:53.08 88.84%

M60

4 Brown, Ivan M60 5:37.22 77.87%

5 Foley, Brian M61 6:15.22 70.54%

M65

2 Sander, Leon M68 6:18.03 74.12%

M70

2 Carr, David M72 5:58.66 81.91%

5000m

M60

4 Brown, Ivan M60 21:11.57 74.72%

M70

1 Simmonds, David M70 22:56.46 76.77%

M75

1 B-Lennard, Irwin M75 23:20.25 80.55%

8km Cross Country

M60

3 Schickert, Bob M63 36:03.0h 74.08%

5 Brown, Ivan M60 38:42.0h 66.99%

- Foley, Brian M61 DNF

M75

1 B-Lennard, Irwin M75 40:47.0h 75.48%

10000m

M60

3 Schickert, Bob M63 44:46.70 75.34%

M75

1 B-Lennard, Irwin M75 47:43.19 81.50%

5000m Walk

W55

1 Millard, Valerie W58 33:34.88 75.14%

W60

3 Schickert, Lynne W63 33:58.37 78.21%

10km Road Walk

W55

1 Millard, Valerie W58 1:09:10.0 74.23%

W60

3 Schickert, Lynne W63 1:11:00.0 76.12%

2000m Steeplechase

W60

1 Schickert, Lynne W63 12:56.67 66.67%

M60

2 Schickert, Bob M63 8:32.15 84.10%

M70

2 Simmonds, David M70 9:33.48 83.30%

Men 4x100m Relay 160+

5 WA 'A' 51.98

Davey 36, Kennedy 36, Cortis 59, Carr 72

Men 4x400m Relay 220+

3 WA 'A' 4:15.26

Kennedy 36, Schickert 63, Cortis 59, Carr 72

Long Jump

W60

1 Macliver, Peggy W60 3.86m 74.95%

2 Schickert, Lynne W63 2.64m 53.99%

W70

1 Carr, Patricia W73 3.16m 77.83%

M35

5 Davey, Shane M36 4.85m 57.60%

M65

7 Sander, Leon M68 3.77m 69.05%

Triple Jump

W60

1 Schickert, Lynne W63 5.99m 64.00%

Shot Put

M35

4 Davey, Shane M36 8.41m 36.38%

Discus Throw

M35

4 Davey, Shane M36 23.39m 31.57%

M65

4 Sander, Leon M68 24.03m 43.73%

Hammer Throw

M35

2 Davey, Shane M36 25.04m 29.14%

(5)

Javelin Throw

M35

5 Davey, Shane M36 29.42m 31.68%

M65

6 Sander, Leon M68 26.25m 47.37%

Weight Throw

M35

2 Davey, Shane M36 7.90m 31.74%

Pentathlon

M35

4 Davey, Shane M36 1701

M65

4 Sander, Leon M68 2798

Weight Pentathlon

M35

3 Davey, Shane M36 1469

Happy Birthday to our May Members!

Mike Anderson M57 still M55

Michel Bermudes M34 still M30

David Brown M58 still M55

Tanya Burke W34 still W30

Maree Creighton W55 → W55

Pieter De Klerk M46 still M45

Chris Frampton M40 → M40

Peter Gare M65 → M65

Aldo Giacomini M69 still M65

John Gilmour M86 still M85

Bryan Hardy M62 still M60

Leo Hassam M75 → M75

Bernadette Height W48 still W45

Judi Hill W57 still W55

Paul Hughes M53 still M50

Arnold Jenkins M61 still M60

Allyson Joseph W45 → W45

Fred Langford M59 still M55

Ray Lawrence M77 still M75

Carole Lawson W38 still W35

Erica Mercer W62 still W60

Pat Miller W67 still W65

John Mison M58 still M55

David Morgan M52 still M50

Colin O'Sullivan M50 → M50

Alan Pomery M74 still M70

Glenda Pontifex W49 still W45

John Pressley M60 → M60

Jim Riddell M66 still M65

Glenice Shanahan W81 still W80

Paul Slyth M63 still M60

Jennie Smith W51 still W50

Neil Van Graan M54 still M50

Roger Walsh M62 still M60

Vic Waters M61 still M60

Sue Wells W54 still W50

David Willmer M51 still M50

Bruce Wilson M60 → M60

Silvio Wirth M57 still M55

Dave Wyatt M54 still M50

Pleasant Run 27.3.05**Maggie Flanders & Pat Ainsworth****7.5km Run**

Paul Hughes	M50	?
Darryl White	M45	?
Ian Davies	M55	?
Geoff Barrett	M40	?
John Allen	M45	27:24
John Collier	M35	27:29
Gary McLean	M40	28:00
Deborah Gardner	W35	28:39
Michel Bermudes	M30	28:40
Ola Ovstedal	M40	28:41
Mike Hale	M55	29:11
Doug Ashfield	M45	29:14
Johan Hagedoorn	M60	29:22
Paul Burke	M30	29:29
Colin Chisolm	M40	29:49
David Baird	M60	29:58
Brian Danby	M55	30:09
David Muir	M60	30:11
Tessa Brockwell	W45	30:41
John Mack	M60	31:00
Barry Jones	M45	31:36
Andrew Cook	M35	31:43
John Oldfield	M60	31:52
Gary Fisher	M50	32:41
Brian Bennett	M55	32:51
Sean Keane	M40	33:00
Wayne Bates	M60	33:42
Neil McRae	M50	33:48
John Brambley	M60	34:12
Wayne Taylor	M45	34:16
Julie Keeley	W35	34:19
Alan Thorniley	M50	34:31
John Ellard	M60	34:35
Karen March	W40	34:44
Christine Engels	W45	34:49
Paul Martin	M60	35:14
Helen Lysaght	W50	35:20
Mike Anderson	M55	35:22
Leonie Jones	W45	36:02
Jim Barnes	M60	36:20
Jim Riddell	M65	36:33
Liz Chandler	W35	36:53
Terry Manford	M65	36:54
John Dance	M55	36:57
Bob Sammells	M65	37:05
Wendy Cl-Green	W60	37:06
John Smith	M70	37:07
Richard Harris	M65	37:17
Stan Lockwood	M75	37:25
Graham Thornton	M60	37:47
Michael Faunge	M65	38:02
Aldo Giacomini	M65	38:31
Ray Hall	M70	38:32
Brian Smith	M65	38:51
Pamela Toohey	W55	39:29
Merv Jones	M65	39:44
Vic Beaumont	M75	40:47
Arnold Jenkins	M60	41:57
Bob Fergie	M65	42:20
Tanya Burke	W30	42:30
Christine Oldfield	W60	42:39

Jo Richardson	W50	44:12
Jennie Smith	W50	45:32
Ray Lawrence	M75	46:04
Julie Wood	W55	46:16
Elaine Dance	W50	46:18
Sheila Maslen	W65	46:33
Margaret Bennett	W60	48:10
Shorty Turner	M65	48:10
Steve Toohey	M55	48:12
Bev Whitfield	W40	48:42
Dalton Moffett	M70	49:31
Mary Heppell	W65	49:31
Debbie Dance	W35	50:27
Ian Lyon	M65	51:28
Ron Spencer	M65	52:20
Jodi Brauer	W30	55:15
Jenni Shillington	W45	55:16

7.5km Walk

John Carrington	M70	50:57
Lorraine Lopes	W65	50:58
John Frost	M65	52:53
Dick Blom	M70	52:54
Jeff Whittam	M70	54:54
Dorothy Whittam	W65	56:44
Mitch Loly	M60	58:27
Mike Taylor	M50	62:16
Ann Turner	W65	63:16
Patricia Hopkins	W60	63:16
Rex Bruce	M60	63:48
Norm Miller	M70	63:55
Leo Hassam	M70	63:59
George Schaefer	M70	63:39
Allen Tyson	M80	64:49

This was our Easter Sunday run, and it turned out to be a beautiful morning. We had 104 runners/walkers including 10 visitors. Parking was a problem for some, and they had to park some distance from the start. and as a consequence, the run had started when they arrived. For this we apologise. We decided, for safety reasons, to do one circuit of the Bridges this year, as one walkway of Mt Henry Bridge was closed. Most seemed to enjoy themselves, and a great big thank you to our helpers, namely, Jim Barnes, David Charlton, Christine Wheeler, Mireille Tewfik, Keith Atkinson, and Pat Miller. Next year the run is moving to Piney Lakes. Thanks to everyone...

Maggie and Pat

Membership Run 3.4.05**Brian Danby****11.6km Run**

Geoff Barrett	M40	46:46
Jim Klinge	M55	47:39
Neil McRae	M50	48:12

Mike Hale	M55	50:36
Dave Muir	M60	51:09
Mark Sivyer	M55	51:50
John Mack	M60	51:53
Bob Schickert	M60	52:40
David Reid	M50	53:13
Johan Hagedoorn	M60	53:30
Sean Keane	M40	53:32
Gary Fisher	M50	54:24
John Doust	M55	55:55
Don Pattinson	M50	55:56
Brian Bennett	M55	56:21
Karen March	W40	56:47
Jim Barnes	M60	56:48
Mike Khan	M60	57:32
Helen Lysaght	W50	58:01
Nick Miletic	M50	58:11
Wayne Bates	M60	58:14
Mike Anderson	M55	58:32
David Carr	M70	59:26
Paul Martin	M60	61:09
John Smith	M70	61:09
John Dance	M55	61:36
Wendy Cl-Green	W60	63:24
Liz Chandler	W35	63:40
Bob Sammells	M65	64:07
Ray Hall	M70	64:41
Pamela Toohey	W55	66:41
Sue Bullen	W45	66:47
Joe Stickles	M65	67:53
Merv Jones	M65	70:15
Rhod Wright	M55	70:15
Jeff Spencer	M60	70:15
Joan Pellier	W65	71:09
Vic Beaumont	M75	73:24
Steve Toohey	M55	75:44
Sheila Maslen	W65	78:11
Shorty Turner	M65	79:31
Margaret Bennett	W60	79:56
Jenni Shillington	W45	79:56
Debbie Dance	W35	79:57

5km Run

Chris Coates	M50	19:34
Bernard Mangan	M50	19:48
Henri Cortis	M55	21:24
Ivan Pilton	M60	21:25
Bill Jones	M55	22:16
Barbara Blurton	W55	22:27
Vic Waters	M60	23:38
Frank Smith	M60	23:39
Hamish McGlashan	M65	23:52
John Pressley	M55	24:00
John Dennehy	M45	24:41
Jim Riddell	M65	24:49
Chris Pattinson	W45	25:50
Delia Baldock	W40	25:57
Michael Faunge	M65	27:12
Arnold Jenkins	M60	27:14
Brian Foley	M60	27:30
Aldo Giacomini	M65	27:47
Bev Whitfield	W40	29:11
Jackie Halberg	W55	29:17
Kirt Johnson	M75	29:35
Julie Wood	W55	32:19
Pierre Viala	M55	32:20

Jennie Smith	W50	32:24
Elaine Dance	W50	32:29
Dalton Moffett	M70	33:55
David Brown	M55	34:06
Ray Lawrence	M75	35:13
Mary Heppell	W65	37:32
Phyllis Farrell	W60	37:33
Paul Hughes	M50	44:20
Darryl White	M45	45:55

11.6km Walk

Lynne Schickert	W60	79:10
John Carrington	M70	79:36
Lorraine Lopes	W65	81:23

5km Walk

Val Millard	W55	34:04
John Frost	M65	37:05
Dick Blom	M70	37:06
Dorothy Whittam	W65	39:16
Lesley Romeo	W60	39:17
Beryle Doust	W55	39:18
Rex Bruce	M60	39:19
Mitch Loly	M65	40:01
Jeff Whittam	M70	40:01
Ann Turner	W65	44:05
Patricia Hopkins	W60	44:05
Leo Hassam	M70	46:03
Norm Miller	M70	46:04
Maggie Flanders	W65	46:31
Alan Pomery	M70	46:32
John Bailey	M75	49:44
Barbara Bailey	W75	49:44
Ernie Moyle	M75	53:54
Jacqueline Billington	W60	55:23

Point Walter 10.4.2005**Val Millard****16km Run**

Paul Hughes	M50	62:59
Gary McLean	M40	64:53
Alan James	M50	65:58
Jim Klinge	M55	66:32
John Allen	M45	67:55
Graeme Uren	M35	69:43
Gary Carlton	M45	70:00
Ola Ovstedal	M40	70:16
Johan Hagedoorn	M60	71:48
David Baird	M60	72:14
John Bell	M55	72:33
David Muir	M60	72:38
Brian Danby	M55	72:47
Bob Schickert	M60	72:58
Mark Sivyer	M55	73:29
David Reid	M50	74:45
Neil McRae	M50	74:53
Robin King	W45	75:08
Don Pattinson	M50	75:09
John Mack	M60	75:54
Irwin B-Lennard	M75	76:04
Gary Fisher	M50	77:22
Jeanette Tiverios	W45	77:40
Robert Sheehy	M55	77:46
Keith Atkinson	M45	79:25
Terry Humphrey	M50	79:34
Helen Lysaght	W50	80:17
Wayne Taylor	M45	80:51

Graham Thornton	M60	80:57	Leonie Jones	W45	25:05	you all and see you again next year. Val Millard			John Bocian	M50	49:24	
Wayne Bates	M60	80:59	Peter Airey	M65	25:24				John Waters	M60	50:06	
Jim Barnes	M60	81:03	Jim Riddell	M65	25:27				Sandra Kallio	W40	50:48	
Christine Engels	W45	81:42	Barbara Humphrey	W50	25:56	Pagoda Run 17.4.05			Mike Khan	M60	51:06	
Karen March	W40	81:46	Roger Walsh	M60	27:01				J Halberg	Mike Anderson	M55	51:15
Mike Khan	M60	82:28	Damien Hanson	M50	29:17				16km Run	Chris Pattinson	W45	52:07
Nick Miletic	M50	82:46	Kirt Johnson	M75	30:07	Rob Cattrall	M45	60:36	Terry Manford	M65	53:27	
Julie Keeley	W35	83:15	Julie Wood	W55	31:06	Chris Maher	M50	61:10	Wendy Cl-Green	W60	54:34	
Shirley Bell	W55	83:41	Jackie Halberg	W55	31:07	Ross Parker	M55	62:09	Bob Sammells	M65	55:00	
John Brambley	M60	84:02	Ray Lawrence	M75	32:37	Paul Hughes	M50	63:22	Roger Walsh	M60	56:15	
John Pellier	M65	84:16	Ron Spencer	M65	34:37	Andrew Cook	M35	65:10	Ray Hall	M70	58:07	
John Smith	M70	84:34	Elaine Ellard	W60	35:10	Gary McLean	M40	65:13	Arnold Jenkins	M60	59:33	
Chris Pattinson	W45	84:46	Vic Beaumont	M75	35:40	Geoff Barrett	M40	66:56	Bev Whitfield	W40	61:45	
John Ellard	M60	88:17	Phyllis Farrell	W60	37:34	Mike Hale	M55	69:26	Irene Ferris	W50	62:02	
John Dance	M55	88:18	16km Walk			Trevor Robertson	M50	70:00	Jennie Smith	W50	66:24	
Stan Lockwood	M75	89:56	Lorraine Lopes	W65	124:29	Gary Carlton	M45	70:50	Sheila Maslen	W65	66:43	
Liz Chandler	W35	92:38	John Carrington	M70	124:29	Colin Chisolm	M40	71:09	Debbie Dance	W35	71:48	
Richard Harris	M65	92:42	8km Walk			David Baird	M60	71:15	5km Run			
Reece Waldock	M50	92:44	Dick Blom	M70	59:01	Johan Hagedoorn	M60	71:18	Dirk Klicker	M30	17:37	
Robert Thomson	M55	92:49	Jeff Whittam	M70	62:59	Robin King	W45	72:48	Ian Davies	M55	17:54	
Sue Bullen	W45	95:18	Dorothy Whittam	W65	63:30	Bob Schickert	M60	73:18	Stephen Dunn	M35	20:14	
Kevin Payne	M45	95:42	Patricia Hopkins	W60	66:16	David Reid	M50	73:34	Henri Cortis	M55	20:18	
Pamela Toohey	W55	96:49	Mitch Loly	M65	66:32	Don Pattinson	M50	74:22	Amanda Walker	W35	20:20	
Merv Jones	M65	99:03	Alan Pomery	M70	67:46	Brian Danby	M55	74:43	Raymond Gimi	M40	21:53	
Joan Pellier	W65	105:26	Rex Bruce	M60	68:01	John Mack	M60	75:20	Ivan Brown	M60	22:33	
Jo Richardson	W50	111:00	Sue Wells	W50	72:53	Graeme Neill	M40	75:25	Hamish McGlashan	M65	23:52	
Shorty Turner	M65	113:29	Norm Miller	M70	76:23	Brian Bennett	M55	76:27	Leonie Jones	W45	24:59	
Margaret Bennett	W60	113:29	5km Walk			Ed Bt-Lennard	M50	76:38	Barry Jones	M45	25:00	
Peter Ryan	M55	121:19	John Frost	M65	35:44	Irwin Bt-Lennard	M75	76:41	Jim Riddell	M65	25:12	
8km Run			Beryle Doust	W55	36:47	Graham Thornton	M60	77:26	Peter Airey	M65	25:46	
Michel Bermudes	M30	28:34	Mike Taylor	M50	43:10	John Bell	M55	77:38	Michael Faunge	M65	26:39	
Ian Davies	M55	28:41	Maggie Flanders	W65	44:52	Sean Keane	M40	77:40	Delia Baldock	W40	27:06	
Jim Langford	M60	32:01	Pat Miller	W65	48:38	Terry Humphrey	M50	77:57	Damien Hanson	M50	27:40	
Vance Mitsopoulos	M50	32:46	Ernie Moyle	M75	54:26	Robert Sheehy	M55	78:39	Liz Chandler	W35	28:43	
Frank Smith	M60	32:51	Lorna Lauchlan	W75	57:24	Keith Atkinson	M45	79:49	Julie Wood	W55	29:56	
John Collier	M35	33:57	The weather was perfect for the first of the year's longer distance runs, sunny and cool. A total of 164 runners and walkers competed over the 5km, 8km and 16 km courses and some excellent times were recorded. A large number of visitors entered the event, including about 15 students from Aquinas College, who added great interest to the 5km race. I think the boys were surprised at the good runners we have in the Club. Hopefully, some of the visitors will have enjoyed the run so much they'll return and join as members.			Wayne Taylor	M45	80:57	Kirt Johnson	M75	29:58	
Robyn Mitsopoulos	W50	35:46				Christine Engels	W45	80:57	Elaine Ellard	W60	34:55	
John Pressley	M55	38:26				Jim Barnes	M60	81:14	Roma Barnett	W55	36:32	
Dan Bending	M60	38:50				John Pellier	M65	82:04	Phyllis Farrell	W60	37:52	
Vic Waters	M60	39:02				Karen March	W40	82:38	Glenice Shanahan	W80	73:32	
Mike Anderson	M55	39:11				Paul Martin	M60	83:16	16km Walk			
Paul Martin	M60	43:17				John Ellard	M60	84:48	Val Millard	W55	112:27	
Bob Sammells	M65	43:27				John Smith	M70	86:10	John Carrington	M70	117:17	
Wendy Cls-Green	W60	43:43				David Carr	M70	86:13	Lorraine Lopes	W65	117:21	
Terry Manford	M65	44:10				John Dance	M55	88:08	Lynne Schickert	W60	119:29	
Ray Hall	M70	46:18	Stan Lockwood	M75	88:10	10km Walk						
Arnold Jenkins	M60	46:30	Jane Elton	W35	89:01	David Brown	M55	66:56				
Irene Ferris	W50	47:48	Richard Harris	M65	89:39	Dick Blom	M70	73:35				
Jennie Smith	W50	52:36	Mary Young	W50	91:48	Dorothy Whittam	W65	80:25				
Sheila Maslen	W65	52:55	Sue Bullen	W45	93:16	Rex Bruce	M60	80:46				
Jenni Shillington	W45	55:39	Pamela Toohey	W55	94:34	Patricia Hopkins	W60	83:17				
Mary Heppell	W65	57:05	Jeff Spencer	M60	99:56	Mitch Loly	M65	83:22				
5km Run			Merv Jones	M65	99:57	Alan Pomery	M70	87:15				
Rob Cattrall	M45	17:40	Joan Pellier	W65	101:47	5km Walk						
Diane Hawley	W50	18:00	Vic Beaumont	M75	102:24	Sue Wells	W50	43:29				
Patrick Smith	M40	18:19	Jo Richardson	W50	110:52	Maggie Flanders	W65	44:53				
Deborah Gardner	W35	19:45	Elaine Dance	W50	110:53	Lorna Lauchlan	W75	45:40				
Stephen Dunn	M35	19:58	10km Run			Pat Ainsworth	W65	45:45				
Dave Roberts	M60	20:33	Jim Klinge	M55	40:33	Barbara Bailey	W75	50:40				
Raymond Gimi	M40	21:39	Jim Langford	M60	41:11	John Bailey	M75	50:41				
David Carr	M70	21:46	Frank Smith	M60	41:24	Ernie Moyle	M75	55:29				
Barbara Blurton	W55	22:03	Ralph Henderson	M55	41:48	122 athletes set off in overcast conditions to tackle the Pagoda run. The route of this run seems to change slightly almost each						
Henri Cortis	M55	22:06	David Muir	M60	45:31							
Hamish McGlashan	M65	23:30	Bill Jones	M55	46:08							
John Dennehy	M45	24:39	Gary Fisher	M50	47:56							

year. Again we had to cross a couple of potentially busy roads. Thanks to our marshals at these points – Ron Spencer, John Brambly and Troy Lundgren – and to you the runners – we negotiated these crossings without problems.

Apologies to those members who went to Burswood for the start, but thanks to Jim Barnes for putting up a sign and for being there himself to direct you to McCallum Park.

Some good times were recorded and I heard a number of athletes say "that's the first time I've run that distance".

Well done to you all!

Many thanks to my helpers, both those on my rostered list and those who answered my call for help: Patricia Carr, Barrie Thomsett, Ron Spencer, John Brambly, Merv Moyle, Christina Rompotis, Troy Lundgren, Jeff Whittam, Neil McRae, Janis Malin, Leo Hassam, Steve Toohey, and special thanks to Mary Heppell who helps to put out the flags, and then doubles up at a drink station.

See you next year at McCallum Park.
Jackie Halberg.

IMPORTANT STATEMENT

That particular health food fanatic at Jarrahdale camp who was seen tucking into a pie, has requested that we print the fact that he was seen eating an apple at Point Walter after the 15km run.

He states that on the rare occasions he has eaten a steak or sprinkled salt, he has been seen by all and sundry; no subterfuge has been entered into.

Coker Park 14.4.05

100m

Colin Smith	M40	13.0
Richard Parker	M45	13.5
David Clive	M65	14.0
Brian Hewitt	M50	14.9
Roy Fearnell	M60	13.7
Delia Baldock	W40	14.9
Bob Schickert	M60	16.6
David Carr	M70	18.3
Patrick Smith	M40	14.5
Jim Riddell	M65	17.2
Pat Carr	W70	19.3
Lynne Schickert	W60	23.4

600m

Campbell Till	M45	1.33.7
Patrick Smith	M40	1.39.2

Brian Hewitt	M50	1.47.6
Barbara Blurton	W55	1.48.4
Richard Parker	M45	1.54.2
John Dennehy	M45	1.54.7
Bob Schickert	M70	1.56.4
Toni Phillips	W30	1.58.1
Tom Lenane	M45	2.05.4
Roy Fearnell	M60	2.12.1
Delia Baldock	W40	2.16.7
Jim Riddell	M65	2.30.4

200m

Colin Smith	M40	26.6
Richard Parker	M45	27.3
David Clive	M65	27.8
Brian Hewitt	M50	30.8
Bob Schickert	M60	35.2
Delia Baldock	W40	32.6
Jim Riddell	M65	39.6
Pat Carr	W70	42.9
Lynne Schickert	W60	46.3

3000m

Patrick Smith	M40	11.07.5
Bob Schickert	M60	11.46.8
David Carr	M70	12.42.5
Campbell Till	M45	13.13.1
Richard Parker	M45	14.56.2

3000m Walk

Tom Lenane	M45	18.50.4
Val Millard	W55	19.23.0
Lynne Schickert	W60	19.35.1

Coker Park 21.4.05

*Pending Australian Record

100m

Colin Smith	M40	12.6
Richard Parker	M45	13.1
David Clive	M65	14.9
Delia Baldock	W40	15.1
David Carr	M70	16.9
Jim Riddell	M65	17.0
Pat Carr	W70	19.3

1500m

Ian Davies	M55	4.54.0
Richard Parker	M45	5.52.4
Gill Edmonds	W40	7.22.9

1500m Walk

Lynne Schickert	W60	9.38.3
Stan Jones	W75	9.46.0

400m

Henri Cortis	M55	62.2
Barbara Blurton	W55	63.3*
John Dennehy	M45	68.3
Jim Riddell	M65	83.1
David Carr	M70	87.6
Colin Smith	M40	55.8
Campbell Till	M45	56.5
David Clive	M65	62.8
Richard Parker	M45	62.9
Roy Fearnell	M60	63.4
Toni Phillips	W30	64.7
Delia Baldock	W40	72.6

3000m

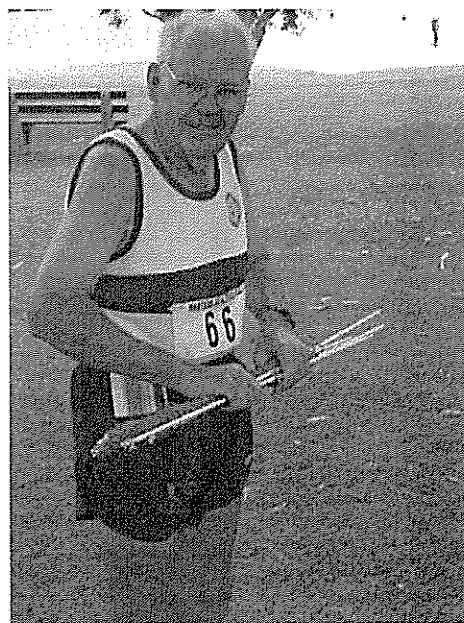
Bob Schickert	M60	11.45.5
Henri Cortis	M55	12.31.5
Richard Parker	M45	14.49.2
Gill Edmonds	W40	16.49.3

Lost Competition Singlet

Patrick Smith lost his MAWA competition singlet - bearing the competitor number 410 - at the State T & F Championships at Coker Park.

If anyone has picked up the singlet could they please either contact Patrick, or give it to a committee member who will return it to the absent minded owner.

Patrick can be contacted on Tel. 041 892 1848 or email <smithp@iinet.net.au>



Kirt packing up after the Pleasant Run

Helpers list for May

8 May Aquinas

Andrew Cook 9443 1491

Peter & Sue Sanders, Jane Elton, Jodi Brauer, Jackie Halberg, Rex Bruce, Dalton Moffett, Ernie Moyle.

15 May Southern River

Lachlan Marr 041388106

Clive Frost, Wayne Bates, Ray Hall, Sid Bowler, Dan & Nola Bending.

22 May Weir Run

Chris Coates 9256 1004

Sean Keane, Mal Vernon, Merv Jones, John & Beryle Doust, David Reid, Sid Bowler, Gareth Brunt.

29 May Deepwater Pt

Dalton Moffett

Alan & Dawn James, Leo Hassam, Barry & Leonie Jones, Maggie Flanders, Ray Lawrence, Ann & Shorty Turner, Reece Waldoock.

NEWS FROM AROUND AUSTRALIA

@behalf of the AMA Board I am pleased to provide an update on current AMA activities.

Participation in masters athletics in Australia is growing and entry figures at recent State Masters Track and Field Championships and at the AMA national championships in Brisbane confirm this view.

AMA National Championships

With over 500 competitors entered, congratulations go to host club Queensland Masters Athletics and their team headed by Stan Perkins for coordinating our major annual event.

Today's requirements are such that a professional, well organized event at a top level venue is expected. QMA raised the benchmark yet again and during the four days at Easter we saw many outstanding performances with World, Australian and State records broken across a range of disciplines.

Congratulations go to these outstanding performers and to all athletes competing and achieving their personal goals. Our thanks also to the many officials who participated during the four days and to Telstra and Asics for their sponsorship support.

During the championships, attendance and participation was high at both the coaching forum and the athletes forum. Amongst the issues raised at the athletes forum were the overall length of the championship program and the introduction of a call room, used for the first time in Brisbane at an Australian masters championship event. It was recognized that a call room provided significant benefits in relation to timing, safety and flow of athletes to start/competition sites. Some athletes felt they were being 'over-organised' but overall the call room system was appreciated by officials and most athletes.

The awards dinner function on the Sunday evening was another very successful night with a "bush dance" theme totally changing the officials' room into an attractive venue. The highlight of the evening was the announcement of the AMA awards for 2004, sponsored again by Asics and many of the award winners were present.

The judging criteria for this year's AMA awards included consideration of all outstanding performances, not necessarily winning performances in both masters and open competition throughout the 2004 season. Eleven areas of performance excellence were recognized and the award winners listed below were presented with Asics clothing and a certificate of commendation.

Sprints/Hurdles	Gianna Mogentale	W40	New South Wales
Middle Distance/Steplechase	Kevin Solomon	M55	Victoria
Distance	Carol Baird	W55	ACT
Walks	Lyn Ventris	W45	Western Australia
Jumps	Fred O'Connor	M80	New South Wales
Throws	Heather Doherty	W70	Queensland
Multi Events/Relays	Don Fraser	M65	ACT
Most Outstanding Individual Performance	Ruth Friith	W95	Queensland
Most Outstanding Male Athlete	Rob McCubbin	M40	Victoria
Most Outstanding Female Athlete	Jeanette Flynn	W50	Queensland
Administrator/Official of the Year	Judy Cooper		Queensland

Congratulation to all these worthy winners, many of whom have already set new performance levels for 2005.

Australian Sports Awards

Australian Masters Athletics was again well represented at the 25th Australian Sports Awards held in Sydney in March. Lyn Ventris was a finalist in the Individual Masters award and for the fourth consecutive year, the AMA nomination won the Masters Team Achievement award.

Congratulations to Noela McKinven and Joan Purcell who competed with me in the gold medal W60 walk team at the WMA Non-Stadia Championships in Auckland.

Australian Athletic Federation

Following the review of Athletics Australia in 2004, it was recommended that the Australian Athletic Federation (AAF) be disbanded as it was not seen to be operating effectively. As a member of the AAF, AMA has been represented at two meetings held to develop and implement a new constitution and a streamlined structure which will enable all parties to work towards unity in athletics and to ensure our great sport is recognized as having a viable and valued pathway from "cradle to grave".

AAF partners and their member clubs are still covered for Public Liability insurance in 2005 but individual members of our masters state clubs are not covered for personal injury insurance. For just \$10, the Running Australia Card provides this insurance and many other benefits for the running community. To obtain an application form, call 1300 737 437 or check the Athletics Australia website: < www.athletics.org.au >

Update: WMA Championships – San Sebastian, August 2005

Competition may have finished for the summer season, but not the training. Australia will be well represented by over 100 athletes at the forthcoming WMA Championships in San Sebastian in August and all will be training hard during the next few months in preparation. If you have not attended a world competition previously, enjoy the experience. Two team managers, Judy Cooper and Bob Schickert, have been appointed by the AMA Board. Contact details for the team managers and an update on facilities and general organization of the championships will be provided to all athletes prior to departure.

General Assembly

AMA will be represented by nominated delegates at the General Assembly in San Sebastian and all athletes are eligible to attend sessions of interest. Voting will be held for a new WMA President, and AMA is pleased to advise that Stan Perkins has nominated for this position. Good luck, Stan.

For those traveling to San Sebastian, the following information may be useful.

Registration Fee

The E30 registration fee includes entry to the stadia (for which accreditation will be provided) as well as limited travel on the local buses for both accredited athletes and companions who have registered and paid the registration fee.

Accommodation

Virtually all rooms within the city limits of San Sebastian in the low to moderate cost categories are fully booked. Five areas within 12-25 kms of the city will meet further demands for lower-priced accommodation such as bed & breakfast, hostels, camping. Where athletes are housed outside the city area, buses will be provided to local train stations from 7-10am and in the evening. Transportation at no cost will be available between the station and the Anoeta stadium station. Trains depart every 15-20 minutes. The higher category hotels within San Sebastian still have rooms available including some in the triple- and quad-occupancy category. These range from 90 to 120 Euros per person.

Oceania Masters Athletics Championships – Christchurch, January 2006

For those members who are unable to travel to Spain in August, consider a NZ holiday and regional competition next January. Details have been published recently in state newsletters and entry forms are now available from your club secretary. We look forward to the challenge of strong competition from other Oceania athletes.

In conclusion, my thanks to all masters committee members around Australia for their dedication to our great sport and to ensuring well organized, safe competition is provided for all levels of participation.

Lynne Schickert

President, AMA



Relaxing after the Pleasant Run

STATE CHAMPIONSHIPS 2005 - PENTATHLON

* State Record

Women	LJ	JT.	200	DT	800	Total
W30 Toni Phillips	4.70	13.55	28.9	19.67	2:57.6	
	479	170	544	272	388	1853
W35 Carolyn Wills	4.60	24.13	29.1	26.61	3:11.7	
	498	366	529	413	264	2070
W40 Sharon Moloney	3.40	23.32	31.3	25.79	3:59.1	
	250	392	498	435	35	1610
W50 Carey Dickason	2.96	13.15	39.0	16.44	3:29.2	
	244	251	297	304	307	1403
W60 Luella Jenkins	3.37	19.33	37.5	16.70	3:34.6	
	535	548	590	398	498	2569
W60 Lynne Schickert	2.54	11.64	45.9	13.56	4:02.9	
	242	295	198	306	288	1329
Men	LJ	JT	200	DT	1500	Total
M30 Matt Staunton	5.94	38.04	25.4	34.20	5:05.0	
	574	414	553	548	531	2620*
M35 Shane Davey	4.50	20.88	26.1	23.52	6:34.4	
	330	185	572	339	157	1583
M40 Nigel Jones	4.48	18.07	25.5	22.76	5:52.3	
	377	166	703	324	396	1966
M40 Ken Pryce	4.30	20.31	30.3	18.48	6:16.5	
	339	201	353	244	294	1429
M45 Greg V. Sanden	5.02	24.85	24.8	19.78	4:39.3	
	567	307	843	286	882	2885
M45 Campbell Till	4.88	27.64	25.7	18.07	4:54.1	
	533	355	766	253	790	2697
M50 Rob Antonioli	4.53	17.04	27.9	22.38	5:14.2	
	519	186	667	317	754	2443
M60 Ross Calnan	3.35	22.29	34.7	16.99	7:59.8	
	348	342	365	255	201	1511
M65 Leon Sander	3.72	25.11	30.4	25.74	6:40.2	
	542	463	698	508	551	2762
M65 Bob Fergie	2.77	19.78	45.8	23.67	8:24.4	
	257	336	21	457	188	1259

Website for Linz

The next WMA Indoor Championships will be held in Austria at Linz, 15 - 20 March 2006.

The web site is: < www.linz2006.com >

STATE CHAMPIONSHIPS 2005 - WT PENTATHLON

* State Record

Women	HT	SP	DT	JT	H.Wt Total
W40 Sharon Moloney	24.13	8.43	24.55	22.80	6.46
	523	522	409	381	435 2270*
W55 Kate Glass	39.47	10.13	24.00	23.08	11.54
	1027	886	547	584	844 3888*
W55 Eileen Hindle	24.27	6.89	19.52	16.32	8.41
	566	560	425	386	580 2517
W55 Dorothy Jarvis	21.64	7.46	17.32	12.85	7.14
	488	617	366	286	475 2232
W55 June Streeter	19.03	6.13	17.58	11.17	5.62
	410	484	373	238	350 1855
W60 Luella Jenkins	16.42	7.11	17.54	17.46	7.67
	387	656	423	486	479 2431
W65 Dorothy Whittam	23.18	7.21	14.43	17.65	10.11
	705	761	384	562	768 3180
W75 Rae McMillan	20.88	7.59*	14.86	15.86	9.71* ##
## Points not yet available for new W75 implements					
Men	HT	SP	DT	JT	H.Wt Total
M30 Mark Hamilton	32.66	12.37	37.30	40.81	12.01
	393	629	610	454	565 2651
M30 Matt Staunton	34.92	10.47	35.76	38.39	10.45
	430	514	579	419	477 2419
M35 Kevin Webster	25.26	9.77	28.11	34.94	9.71
	275	472	427	391	449 2014*
M35 Wayne Bariolo	20.93	9.64	24.64	40.32	6.99
	207	464	360	472	295 1798
M35 Shane Davey	22.75	7.95	23.07	18.82	7.23
	235	363	330	156	308 1392
M45 John Everard	35.76*	8.35	24.19	23.17	7.93
	551	443	375	277	413 2059
M50 Geoffrey Gee	30.51	12.42	31.70	32.18	13.44
	440	743	498	459	732 2872
M50 Jack Michail	19.29	8.86	19.88	30.00	7.49
	231	495	270	419	359 1774
M50 Damien Hanson	20.13	6.71	19.85	25.18	8.51
	246	348	269	330	422 1615
M65 Bob Fergie	26.63	8.38	22.04	25.48	9.55
	548	626	417	472	567 2630
M65 John Sutton	16.67	6.88	22.26	18.75	7.34
	293	493	422	312	410 1930
M70 Alex Cummings	31.09	7.97	27.30	17.49	11.08
	678	508	635	307	697 2825
M70 Rob Shand	18.24	7.63	21.61	25.13	7.33
	341	481	475	498	423 2218
M70 Jeff Whittam	22.63	7.09	17.31	16.01	9.09
	455	439	357	270	551 2072

Please make this payment of \$..... for ☐ Membership ☐ Club Social Function
☐ Clothing ☐ Club Weekend Away ☐ Championship Entry

by VISA ☐ MASTERCARD ☐ BANKCARD ☐

Card Number:

Expiry date: Cardholder's name.....Signature.....



PURPOSE:

The objective of the club is to encourage and promote masters athletics, general fitness and to provide training and competition. Membership is available to men and women 30 years and older.

We have a comprehensive annual programme that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. The social aspect is also important

and many members enjoy a picnic breakfast after the Sunday races.

The format of the events allows contestants to be as competitive or as social as they choose. Competition is structured in gender and age groups which go in five yearly increments, starting at W30 and M30.

The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time recorders and helpers of all kinds.

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Club Clothing in the new Masters livery:

- | | |
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| ▶ LONG SLEEVED T-SHIRTS | \$20.00 |
| ▶ SHORT SLEEVED T-SHIRTS | \$18.00 |



Vetrun

JUNE
2005
No. 375



The magazine of Masters Athletics WA

Inside...

Results:	
Reabold Hill	P2
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Coker Park T&F	P7

Lyn Ventris takes Open 5k record

NOT many Masters athletes make their mark in Open competition. But every so often someone special comes along to startle the young. Lyn Ventris is one of them.

She recently realised that a couple of her Pbs exceeded the best-ever WA State Open times. Alerted, our club statistician Campbell Till promptly submitted Lyn's 5k & 10k Track Walk times to Athletica.

Athletica has accepted her 10k mark - 46:35.95 on February 9, 2002 in Canberra, when she was a 45-year old; but not the 5k submission, which was set at Coker where they could not be sure of IAAF conditions.

Race Directors - tell us what we don't know!

YOUR event is all over, thank god. It wasn't a complete disaster (or maybe it was; I can remember a few.)

Now you can reflect on it, and tell us the story behind the brave front.

What were the hitches this year - helpers didn't show? - flat tyre at 5am? - snakes on the course? Maybe someone poisoned the water (it often tastes like it.)

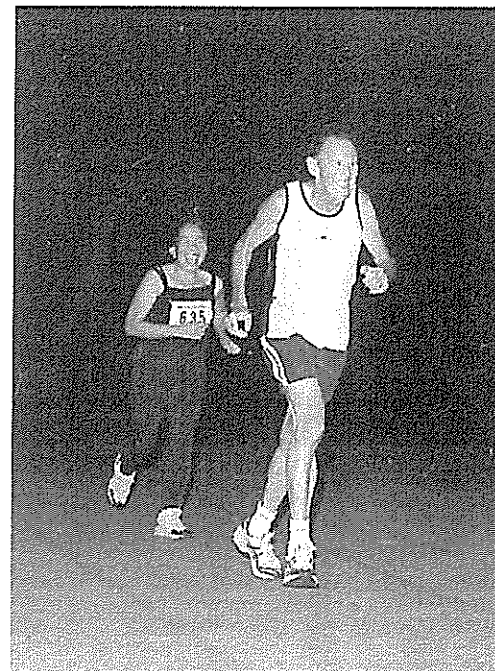
In other words - tell us

something we don't know.

We can read the results list, so there's no need to say how many were there, or who won.

New records, outstanding performances? Of course we want to know.

Changes to the course?



Smith family dual winners

RACING to the finish (but probably not to marital harmony) John and Jenni Smith duelled for 10K Track Handicap honours. (Report, page 5.)

Jorgensen Park Lunch

ON July 17 you can take part in one of our most sociable events. An early lunch - starting at 11am - follows the run. Cost is just \$16; see Helen Lysaght for a ticket, and please book early so she can organise the catering.

It's a very relaxed affair. I fondly recall sitting ON, rather than AT, a table to eat my own lunch a few years back, nursing what turned out to be a broken ankle. Ah, wonderful Jorgensen, the most perilous course on our cross-country calendar! VW

HAVE YOU RENEWED? (Your membership, that is!)

IF not, this is the final Vetrun you'll receive. And of course, you will have to pay as a visitor next time you come to a Sunday run.

Please check the address label on this Vetrun. If 'NF' appears there, you have NOT renewed your membership.

You'll also find another 2005/6 renewal form inside. We hope you DO want to remain a Masters member; we will be pleased to receive your application. Should you have decided not to renew, the committee thanks you for your participation in the club.

We hope you decide to rejoin at some future date.

Life Members

Life Members who have not submitted a 2005/6 form will also find one enclosed; and your address label is marked 'L'.

Bob Schickert

**CONTACT
THE CLUB?**
► back page ►

HELPERS – WE NEED YOU!

WITHOUT helpers there would be no events.

Race directors can't manage alone.

They should not have to call you. When you see you are listed to help at an event, please call the director and confirm that you are available.

Also, if your phone number has changed, let the club know.

(After all, we might just need it in an emergency.)

Were you there? See this picture on the club website in colour. If you have the technical ability you could download it and blow yourself up! Quality is good enough – I have checked. VW

REABOLD HILL – the class of 2005!



ABOUT 80 runners turned up to try out the new course in Bold Park. Sorry about the 725 metres walk up the hill; there is not enough parking space up top, but it is a good warm-up for the run. And I promise that there will be more toilet facilities next year!

Thanks to all my helpers on the day, it would not be the same without them.

Dick Blom

Reabold Hill CROSS-COUNTRY April 24, 2005

*Conditions:
fine, moderate
temperature,
dry underfoot*

This new 5kms route through Bold Park's limestone trails is an all-hills course without a single level stretch. 10kms runners get to enjoy it twice. Walkers had an alternative, down on the flat around the lakes. It's a superb facility between the ocean and Perry Lakes. Let's make the most of it before the Kings

Park Board change their minds again!

Barrie Thomsett beseeches:

"My apologies for unknown 10k Runners, I was given 71 names and 74 times. The recorders did their part, but some people did not stay in the queue. This is essential if we are to give accurate race reports."

VW

10KM RUN

Ian Davies	M55	40:26	Bob Sammells	M65	57:03	Michael Faunge	M65	29:48
John Allen	M45	41:02	Stan Lockwood	M75	57:04	Barbara Humphrey	W50	30:29
Gary McLean	M40	42:14	Kevin Payne	M45	57:17	Ray Hall	M70	30:50
Neil McRae	M50	42:38	Joan Osborne	W55	62:25	Merv Jones	M65	31:06
Mike Hale	M55	43:05	???		64:18	Arnold Jenkins	M60	32:02
Ola Ovstedal	M40	44:20	???		72:26	Val Millard	W55	32:26
David Baird	M60	44:47	???		72:30	Jennie Smith	W50	33:05
Rhod Wright	M55	45:06	Glenice Shanahan	W80	81:49	Pierre Viala	M55	33:55
Bob Schickert	M60	45:19	5KM RUN			Julie Wood	W55	34:26
David Muir	M60	46:20	Patrick Smith	M40	19:40	Debbie Dance	W35	35:43
John Mack	M60	47:18	Deborah Gardner	W35	21:25	Jenni Shillington	W45	36:07
Sean Keane	M40	49:11	Johannes Hagedoorn	M60	22:17	Ron Spencer	M65	39:16
Allen Tyson	M80	49:19	Dave Roberts	M60	22:23	8KM WALK		
Keith Atkinson	M45	50:29	Ivan Brown	M60	23:05	Rex Bruce	M60	66:30
Martin Watkins	M55	50:56	John Doust	M55	23:44	Jeff Whittam	M70	66:30
Terry Humphrey	M50	51:04	Raymond Gimi	M40	23:58	6KM WALK		
Julie Keeley	W35	52:15	Robin King	W45	24:06	Beryle Doust	W55	49:47
Christine Engels	W45	52:47	David Carr	M70	24:16	Patricia Hopkins	W60	51:46
Nick Miletic	M50	52:51	Dee Haines	W45	24:52	Ian Lyon	M65	54:14
Sandra Kallio	W40	53:00	Vic Waters	M60	25:28	Leo Hassam	M70	64:00
Wayne Bates	M60	53:15	Irwin Barrett-Lennard	M75	25:34	Ernie Moyle	M75	65:00
Helen Lysaght	W50	53:34	Hamish McGlashan	M65	25:40	4KM WALK		
Karen March	W40	53:36	Ray Attwell	M65	26:45	John Bailey	M75	40:36
John Smith	M70	54:23	Mike Anderson	M55	27:24	Barbara Bailey	W75	40:36
John Dance	M55	56:23	Richard Harris	M65	28:49	George Schaefer	M70	41:55
Terry Manford	M65	56:57	Wendy Clements-Green	W60	28:55			
			Joe Stickles	M65	29:42			

Training Tips and Racing Secrets

ALWAYS arrive late on Sunday morning, so you have the challenge of overtaking the entire field.

John Bell

■ Avoid injury at all costs.

Basil Worner (who holds the Albany falling-down record; three tumbles in a 6kms cross-country.)

■ You can do a marathon with a broken big-toe. You don't use your big toe much when you're running.

Bob Schickert

■ Falling off a roof shouldn't interrupt your training.

John Pellier

■ Nice and easy does it every time.

Brian Bennett

■ Don't believe any doctor who says you'll never run again.

Margaret Langford, Joan Pellier (and how many more?)

Most contributions to this column are welcomed. Don't let veracity stand in the way of a good story.

It's nice to be back...

by Vic Waters

'Inside this edition' (see front page) was suggested by Frank Smith and is particularly useful for those who keep Vetrun and want to compare performances year by year.

Members biographies – suggested by Neil McRae. They'll be back, shorter and sharper, so we can carry more in each edition.

Action pictures – Dave Carr's idea. So if you see me with a camera, keep moving!

Complaints

If you want to make a suggestion, or a complaint, this recent picture will help you find the editor. Good luck.



Torndado aftermath – but show goes on

WHAT a difference a day makes.

If the destructive weather front of May 16 had been just 24 hours earlier the races would probably have been abandoned. As it was, the wind was strong and in your face over the last 5K but (as predicted by Brian

BUNBURY 2005

Kennedy) the rain held off until just after the presentation ceremony.

We all had a good time at Bunbury and, as always, were made very

welcome by the Bunbury Runners Club – and by John and Lynne Ventris at their own venue, Henry's Café. Many thanks to Race Director Brian Kennedy and the other key organisers and all the helpers.

Bob Schickert

FIFTY KILOMETRES

M45 Gary Carlton 1st
4.10.49
M50 Don Pattinson 3rd
4.43.14

MARATHON

M45 Gary Carlton	10th	3.28.12
M60 John Davies	19	3.44.06
M60 Jim Barnes	23	3.46.40
M50 Don Pattinson	29	3.49.39
M55 John Bell	32	3.57.34
M65 John Pellier	43	4.12.43
W35 Jane Elton	53	4.39.53
M60 Lyle James	64	5.49.56

HALF MARATHON

M35 Myles Ferrell	1	1.15.01
M40 Gary McLean	17	1.32.15
M60 David Baird	24	1.37.58
W45 Robyn King	27	1.39.15
M60 Johan Hagerdoorn	30	1.41.57
M40 Bruce Haustead	31	1.42.40

M55 Brian Danby	33	1.43.37
M50 Dave Reid	36	1.44.30
M60 Graham Thornton	39	1.44.57
M50 John Bocian	44	1.47.45
M55 John West	45	1.47.59
W50 Helen Lysaght	49	1.49.16
M40 Sean Kean	50	1.49.28
M55 Rob Sheehy	53	1.50.01
M50 Nick Miletic	63	1.53.07
M55 Frank Gardiner	64	1.53.43
W45 Chris Pattinson	65	1.53.49
M60 Mike Khan	66	1.54.01
M45 Keith Atkinson	67	1.54.18
M50 Terry Humphrey	68	1.54.48
W45 Dee Haines	70	1.55.37
W55 Shirley Bell	73	1.56.29
W70 John Smith	74	1.56.42
W50 Frances Casella	79	1.58.24
M60 Dan Bending	80	1.58.41
W40 Geraldine Carlton	83	2.00.40
W45 Christine Engels	89	2.03.55
M75 Cecil Walkley	94	2.05.23

W60 Marge Forden	95	2.02.26
W35 Julie Keeley	96	2.05.43
W55 Wendy Duncan	98	2.07.11
W50 Barb Humphrey	102	2.10.19
M65 Merv Jones	107	2.13.32
M60 Bob Schickert	109	2.15.39
M70 Vic Beaumont	117	2.19.29
W65 Joan Pellier	119	2.29.39
W60 Margaret Bennett	121	2.34.08
M65 Shorty Turner	122	2.34.08

HALF MARATHON WALK

W45 Lynne Ventris	1	1.52.36
M55 Bruce Cornish	2	2.30.50
W55 Valerie Millard	3	2.31.52
W65 Lorraine Lopes	4	2.38.38
W60 Lynne Schickert	5	2.39.09
M55 Pierre Viala	6	3.06.19
W60 Wendy Spencer	7	3.06.20
W65 Ann Turner	8	3.15.00
W65 Jacqui Beaumont	9	3.15.06

Well, for a start, the date is a mistake...

HAD this run been scheduled for 1 April rather than 1 May, it would all have made sense. However, as I constantly tell my children, when everything goes according to plan, it makes for a dull report. The stuff-ups and disasters provide the most entertaining reading.

These are the things that could and did go wrong on Sunday 1 May:

Scheduled helpers not available, resulting in:

■ no drink stop on a warm day

■ telephone numbers provided for two of the helpers were incorrect

■ no toilet paper in the loos (necessitating a frenzied trip home around 7.30am to gather the necessary)

■ the big clock decided to have a sickie

■ the stop clock registered the results but didn't issue a print out, which is why we have no times

Herdsman Run

May 1, 2005

Conditions: fine, warm

■ the 5 km runners did not have a well marked return route

■ the 5km run wasn't. It was more like 5.5km.

The good news?

There were no head on collisions as runners approached the finishing line from both directions; the 8km runners seemed to really enjoy the course; everyone was good natured about the chaos at the end of the run; the weather was glorious after the rain (for which we take full credit); our helpers remained admirably calm while runners and walkers appeared from all directions.

So does this mean Jim and I are deemed totally incompetent to direct a run? I suspect

we won't escape so easily. Perhaps we just need more practice. Most of the above was out of our control and we have discussed problems relating to the clock, with Bob; and helpers, with Vic (please see this month's helpers' list.)

On the other hand, we will work on the ones that were our responsibility, and in particular, re-think the finishing procedure.

Grateful thanks to Jodie and Jenni for recording, Barry for his assistance with the results, Bernadette for operating the clock and Roger our ever reliable traffic controller.

Two other people who deserve a mention are Kirt, who always arrives early and pitches in to help; and John Cresp, who wasn't a scheduled helper but volunteered to help set the course then acted as a marshall before heading off to collect flags.

Margaret Langford

8KM RUN

Ian Davies	M55
Paul Hughes	M50
John Allen	M45
Gary McLean	M40
Neil McRae	M50
Ralph Henderson	M55
Dave Roberts	M60
Mike Hale	M55
Johannes Hagedoorn	M60
Bob Schickert	M60
David Baird	M60
Ivan Lazarus	M50
Doug Ashfield	M45
Jim Klinge	M55
Brian Danby	M55
John Mack	M60
Bill Jones	M55
Frank Smith	M60
Scott Claxton	M35

Gary Fisher	M50
John Doust	M55
Milton Mavrick	M50
Dee Haines	W45
Graham Thornton	M60
Helen Lysaght	W50
Paul Martin	M60
Vic Waters	M60
Ray Attwell	M65
Shirley Bell	W55
Fenella Gill	W40
Nick Miletic	M50
Hamish McGlashan	M65
Jim Barnes	M60
Sandra Kallio	W40
Steve Barrie	M65
John Ellard	M60
Marc Evans	M40
John Smith	M70
Karen March	W40

Troy Lundgren	M50
Terry Manford	M65
John Byrne	M55
John Dance	M55
Liz Chandler	W35
Bob Sammells	M65
Stan Lockwood	M75
Kevin Payne	M45
Ray Hall	M70
Michael Faunge	M65
Wendy Clements-Green	W60
Mick Malone	M50
Dick Blom	M70
Pamela Toohey	W55
Joan Osborne	W55
Arnold Jenkins	M60
Merv Jones	M65
Kelly Hind	W30
Rhod Wright	M55
Bev Whitfield	W40
Jo Richardson	W50
Julie Wood	W55
Elaine Dance	W50
Jennie Smith	W50
Debbie Dance	W35
Margaret Bennett	W60
Ray Lawrence	M75
Dalton Moffett	M70

5KM RUN

John Collier	M35
Barry Jones	M45
Mike Anderson	M55
Peter Airey	M65
Leonie Jones	W45
Delia Baldock	W40
Brian Foley	M60
Peter March	M45
Jackie Halberg	W55
Bob Fergie	M65
Ann Turner	W65
Allen Tyson	M80

The WHO, WHAT, WHERE and WHEN of our 10,000m Track Handicap Statistics

by Jeff Whittam

After this years event I was asked for a few statistics about the event - ie, who had competed most often, etc. Here are a few of them.

But what ISN'T recorded is the number of helpers who have volunteered to help at all of the events. I hope they'll accept this brief mention as a tribute; without you there would be no statistics.

■ Jim Langford, winner in 1995, is the only athlete to triumph off the back mark!

■ Jacqueline Greenfield (Billington) won the inaugural run, in (To come).

■ Alan Chambers is the only dual winner - 1993 and 1996.

■ John Pellier placed 2nd in 2002, and 2003; and was 3rd in 1989.

■ Margaret Bennet was 2nd in 2001, 3rd in 2005.

■ Heather Sanderson ran 2nd twice, in 1993 and 1996.

■ Husband and wife, John & Jennie Smith battled for first place this year (2005). It was the closest finish ever, with John just pipping Jennie. (He claims he didn't know she was also finishing!)

■ Smallest fields, just 14 starters, were in 1944 and 1996.

■ Biggest field was this year - 32 starters.

Shorty Turner	M65
Glenice Shanahan	W80

8KM WALK

Lynne Schickert	W60
Jeff Whittam	M70
Rex Bruce	M60
Leo Hassam	M70

5KM WALK

Val Millard	W55
John Carrington	M70
Lorraine Lopes	W65
John Frost	M65
Beryle Doust	W55
Pat Miller	W65
Lyn Ventris	W45
Phyllis Farrell	W60
Pat Ainsworth	W65
Christine Engels	W45
Norm Miller	M70
Barbara Bailey	W75
John Bailey	M75

Glucosamine tales - who's on what?

DRUG-taking is rife in our club. Of course I don't mean 'performance-enhancing' drugs. Though, where should the line be drawn? Isn't a knee-reconstruction an aid to performance? Ask Norm Miller; or Jeff Whittam.

How about heart bypass surgery, or replacement hips?

The latest wonder-powder is glucosamine, the joints and ligaments cure-all that appears to be doing the trick for some of us.

I've heard of several runners and walkers finding some solace here, but as I have promised Merv Jones

not to postulate any half-baked health and fitness theories I shall wait for members to write of their experiences!

If you do have positive, or negative, advice to share with your fellow athletes, please let me know.

(Maybe we can make some bulk purchases and save a few dollars?) VW

Runner	Events	Best	Year
(*Indicates PB)			
Brian Danby	12	39:32	1984
John Pellier	10	38:03	1989
David Carr	10	41:19	1995
Frank Smith	10 (1 DNF)	34:26	1989
Graham Thornton	8 (Win '04)	37:42	1989
John Bell	9 1 (Win '02)	41:01	2003
Milton Mayerick	7	40:06	1997
John Pressley	6 (Win '92)	36:10	1992*
Bob Schickert	6	36:44	1991
Bob Sammells	6	41:32	1995
Frank Gardner	6	41:01	2003
Ann Turner	4	53:12	1995
Jackie Halberg	4 (Win '99)	49:59	1999*
Robin King	4	40:43	1996
Heather Sanderson	3	47:39	1996
Margaret Bennet	3	60:46	2001

(Fastest time: Jim White 33:40, in 1992)

10km Track Handicap

McGILLIVRAY OVAL

April 28, 2005

Conditions: fine

		Clock	H/cap	Actual
John Smith	M70	63:02	11:20	51:42
Jennie Smith	W50	63:03	0:00	63:03
Margaret Bennett	W60	64:55	0:00	64:55
Frank Gardiner	M55	65:18	21:36	43:42
Jim Barnes	M60	65:33	16:21	49:12
Ian Davies	M55	65:47	28:01	37:46
Frank Smith	M60	65:49	24:56	40:53
Clement Schmidt	M50	65:59	30:36	35:23
Graham Thornton	M60	66:16	21:00	45:16
Don Pattinson	M50	66:26	20:56	45:30
Chris Pattinson	W45	66:36	16:06	50:30
Bob Schickert	M60	66:42	23:46	42:56

David Carr	M70	66:51	20:16	46:35
Ola Ovstedal	M40	66:54	25:06	41:48
Barry Jones	M45	66:55	21:01	45:54
Mike Hale	M55	67:00	24:56	42:04
Michel Bermudes	M30	67:03	29:26	37:37
Karyn Gower	W45	67:10	19:36	47:34
Alan Gower	M45	67:10	28:36	38:34
Brian Danby	M55	67:21	22:06	45:15
Chris Maher	M50	67:29	30:36	36:53
Karen Riley	M50	67:32	22:00	45:32
Robin King	W45	68:02	23:36	44:26
Helen Lysaght	W50	68:02	20:06	47:56
Ivan Lazarus	M50	68:11	25:30	42:41
Joan Osborne	W55	68:32	10:06	58:26
Ivan Brown	M60	68:37	22:36	46:01
John Bell	M55	68:53	24:51	44:02
Jo Richardson	W50	68:59	3:26	65:33
David Baird	M60	69:23	25:06	44:17
Terry Humphrey	M50	70:11	22:00	48:11
Bob Hayres	M70	71:44	15:06	56:38

RUN WITH A RIVER VIEW

ANDY Wright was the club handicapper and the Aquinas College run was named in his memory after he died in a car accident. Fittingly, the long run has always been a handicap event.

Runners and walkers have the choice of five or ten kilometres and - this year - an

Andy Wright Run

AQUINAS COLLEGE

May 8, 2005

Conditions: fine, warm

up-close view of the huge works adding new lanes to the Mount Henry Bridge. Athletes going the longer distance continue their journey

around the bridges for a picturesque 7.2km loop of the Canning River, before returning to the school campus.

It's hard to believe that this spectacular patch of ground was given to the Christian Brothers back in 1932 to entice them way from the old Terrace site in the City. What a snap!

Aquinas College students' marshalling was greatly appreciated by our runners and walkers. However,

Marathon Club runners might have been less happy. Some of them followed the directions of our young marshals and were sent right off course!

Several parents and students of Aquinas ran as visitors on the day and a hearty morning tea in the pavilion was enjoyed by all before departing on their Mothers' Day visits.

Andrew Cook

(#570 - and maths teacher!)

10K RUN

	Clock	H/cap	Actual
Vic Beaumont	M75	62:05	4:16 57:49
Elaine Dance	W50	62:17	1:36 60:41
Ray Hall	M70	64:43	10:56 53:47
Rhod Wright	M55	65:02	9:36 55:26
Liz Chandler	W35	65:08	13:06 52:02
Shirley Bell	W55	65:09	15:36 49:33
Jennie Smith	W50	65:13	3:36 61:37
Neil McRae	M50	65:19	25:36 39:43
Pamela Toohey	W55	65:30	8:36 56:54
John Ellard	M60	66:01	15:06 50:55
Richard Blurton	M55	66:12	15:06 51:06
Bev Whitfield	W40	66:16	4:36 61:40
John Dance	M55	66:18	12:01 54:17
Margaret Bennett	W60	66:22	0 66:22
Irwin Barrett-Lennard	M75	66:47	18:36 48:11
Jim Barnes	M60	66:53	17:36 49:17
Nick Miletic	M50	66:55	16:46 50:09
Merv Jones	M65	67:09	7:46 59:23
Brian Danby	M55	67:23	21:56 45:27
Karen March	W40	67:29	16:06 51:23
John Pellier	M65	67:36	15:46 51:50
Terry Humphrey	M50	67:39	19:56 47:43
Keith Atkinson	M45	67:41	21:06 46:35
Debbie Dance	W35	67:45	0 67:45
Helen Lysaght	W50	67:48	19:41 48:07
John Doust	M55	67:50	22:06 45:44
Arnold Jenkins	M60	67:52	8:36 59:16
Johannes Hagedoorn	M60	67:54	24:01 43:53
Wayne Bates	M60	67:58	17:56 50:02
Bob Sammells	M65	67:59	12:26 55:33
Bernadette Height	W45	68:02	0 68:02
Martin Watkins	M55	68:04	21:06 46:58
Mike Khan	M60	68:05	17:36 50:29

Henri Cortis	M55	68:17	22:36 45:41
Brian Hunter	M60	68:27	1:26 67:01
Bob Schickert	M60	68:30	23:46 44:44
John Smith	M70	68:54	14:36 54:18
Sandra Kallio	W40	69:02	17:36 51:26
Hamish McGlashan	M65	69:10	18:36 50:34
John Talbot	M55	69:24	0 69:24
Gary Fisher	M50	69:30	21:06 48:24
Sheila Maslen	W65	69:33	0 69:33
Mike Anderson	M55	69:35	17:06 52:29
Mike Hale	M55	69:46	24:36 45:10
Sue Bullen	W45	69:51	9:16 60:35
Brian Smith	M65	69:51	14:36 55:15
Doug Ashfield	M45	70:23	25:06 45:17
Jim Langford	M60	70:46	28:06 42:40
John Brambley	M60	71:03	15:36 55:27
Dan Bending	M60	71:25	18:36 52:49
Shorty Turner	M65	71:28	0:01 71:27
Bill Jones	M55	72:03	22:06 49:57
Jenni Shillington	W45	72:18	0:36 71:42
Lachlan Marr	M45	73:08	28:26 44:42
Peter Ryan	M55	75:48	3:36 72:12
David Carr	M70	76:15	20:41 55:34

5K RUN

David Willmer	M50	17:38
Colin Smith	M40	18:54
Ivan Lazarus	M50	19:05
Dave Roberts	M60	19:21
David Baird	M60	19:26
Raymond Gimi	M40	21:19
Barbara Blurton	W55	21:38
Jim Riddell	M65	25:27
Peter March	M45	25:35
John Dennehy	M45	25:40

Peggy MacIver	W60	26:39
Damien Hanson	M50	27:52
Bob Fergie	M65	30:34
Sue Lake	W40	31:29
Pierre Viala	M55	32:01
Kirt Johnson	M75	33:32
Ray Lawrence	M75	35:02
Elaine Ellard	W60	35:53
Brian Foley	M60	56:48

10K WALK

	Clock	S-Hcp	Time
David Brown	M55	65:18	35:30 100:48
Val Millard	W55	66:34	37:00 103:34
Lorraine Lopes	W65	69:36	35:00 104:36
Lynne Schickert	W60	69:43	34:00 103:43
Alan Pomery	M70	85:29	17:00 102:29
Mitch Loly	M65	86:15	19:00 105:15
Rex Bruce	M60	95:00	no handicap
Leo Hassam	M70	95:00	no handicap

5K WALK

John Frost	M65	36:07
Beryle Doust	W55	39:09
Rosa Wallis	W60	41:19
Sue Wells	W50	43:31
Nola Bending	W60	44:09
Allen Tyson	M80	44:16
Pat Ainsworth	W65	44:20
Maggie Flanders	W65	45:35
Norm Miller	M70	46:36
Phyllis Farrell	W60	47:12
Pat Miller	W65	50:04
Denise Lancaster	W55	50:04

At Easter this year I was one of the WA contingent at Brisbane for the Nationals.

As usual, no medals for me - but it was an enjoyable four days except for the cross-country on Easter Monday. It was so humid that I lost three kilo's over the 8km course, and was forced to spend the rest of the day recovering over a long lunch at the spectacular Sirromet Winery.

Part of our justification for the Brisbane trip was to visit my son Marcus and his new wife Melody, at Chapel Hill, which is seven k's west of Brisbane. Marcus is back in training, and at age 29 still hopes to break 30 minutes for 10km, after producing a 14:55 5000m in February. His current PB of 30:26 was set in the 1997 Zatopek.

Trainer Pat

Marcus works with Suncorp in Brisbane and trains with the University of Queensland squad coached by Pat Clohessy. I had the opportunity of meeting Pat at the track the week after

Meeting Pat Clohessy

- Patron of Masters Athletics Australia

by Ivan Brown

Easter, when he was apologetic for not attending the Nationals in his home State. His daughter and son-in-law had insisted he attend a family celebration in Tasmania; fair enough, I said. (Daughters have very powerful influences on dads!).

Pat kindly agreed to autograph my copy of 'The Self Coached Runner', which was written by Allan Lawrence with a foreword by Pat, in his capacity as Australia national coach of distance running from about 1983 until 1998. The book is now out of print but was my 'bible' in the days I was running sub-40 mins for 10,000m.

Pat told me he is still in contact with Allan Lawrence who now lives in the USA. Allen won bronze for Australia in the 10,000m at the 1956 Olympics in Melbourne - the famous race won by Vladimir Kuts of USSR.

NCAA Champ

Pat, while studying in the USA, in 1961 won the three-mile NCAA Championship in 13.47. Although now in his mid-60s Pat takes an active role as coach and has under his guidance a large group of young Queensland athletes, including Peter Nowill who ran the 3000m steeplechase for Australia at the Athens Olympics. He has the advantage of a top class artificial surface track at the University plus excellent running trails along the bank of the nearby Brisbane River.

Pat is a delightful person; in physical appearance he resembles our own Bob Sammells. Pat asked me to convey his best wishes to Lyn Schickert and all WA Masters athletes.

News in brief...

GET well soon, John Stone, who runs our website. Just back from an overseas trip, where he must have been shot-put training, John is about to undergo a shoulder reconstruction. Well, it makes a change from all those knees. John will be posting pictures and Vetrin pages on the site again soon.

You want MEMBERS' PROFILES? We got 'em.

BEFORE deciding which club members should be exposed in Vetrin I thought to check the back numbers. Many have already been featured and when space permits I'll print the list. In the meantime, if you want to read about someone, but don't have all the back numbers, give me a call (9245 3169.)

June - Members' Birthdays

Brown Tracey	W32	Hamilton Mark	M35	Ovstedal Ola	M42
Cable Rob	M61	Hough Tracey	W45	Reid David	M55
Carr David	M73	Jones Anne	W52	Sanders Ian	M47
Clements-Green Wendy	W63	Jones Bill	M57	Sanders Jacqui	W39
Coates Chris	M52	Kelly Chris	M53	Sivyer Mark	M57
Collett Laurie	M74	Lees Gillian	W43	South Bec	W35
Danks Richard	M63	Lysaght Helen	W53	Streeter June	W56
Davies Ian	M58	Mack John	M64	Talbot John	M59
Davies John	M61	Mahony Kylie	W37	Thomsett Barrie	M65
Elton Jane	W38	Mantell Mick	M50	Turnbull Jim	M69
Evans Marc	M43	Milligan Shirley	W68	Webster Kevin	M38
Frank Toni	W60	Neill Graeme	M50	Whitfield Bev	W44
Gardner Deborah	W38	Osborne Joan	W57	Wirth Christine	W55

Keeping Vetrins?

IF, like me, you keep your back numbers in a shoe box in the shed, shame on you. Get 'em bound up, in club-coloured gold and black hard cover books. Laurie Green does the job, and Wendy Clements-Green takes the orders. Phone: 9447 1146 or see Wendy. A twelve-issues book costs \$15; two-year volume \$20.

8K RUN

Ian Davies	M55	29:06
Andrew Cook	M35	31:09
Neil McRae	M50	31:15
John Allen	M45	31:55
Jim Klinge	M55	32:10
Bjorn Dybdahl	M50	35:29
Gary Fisher	M50	36:45
Sandra Kallio	W40	38:50
Mike Hale	M55	39:29
David Carr	M70	40:11
John Byrne	M55	40:20
Paul Martin	M60	40:50
John Dance	M55	41:46
Bob Sammells	M65	42:59
Pamela Toohey	W55	43:16
Brian Foley	M60	44:52
Arnold Jenkins	M60	47:06
Jennie Smith	W50	48:05
Bev Whitfield	W40	48:08
Elaine Dance	W50	50:54
Debbie Dance	W35	51:33

Southern River Sojourn

May 15, 2005

(No report yet!)

Sheila Maslen	W65	52:46
Jenni Shillington	W45	57:38

8K WALK

Jeff Whittam	M70	62:15
Mitch Loly	M65	67:38
Sue Wells	W50	68:46

5K RUN

Patrick Smith	M40	18:36
Kate Glass	W55	18:48
Christopher Coates	M50	20:16
Henri Cortis	M55	21:41
Raymond Gimi	M40	22:02

Barbara Blurton	W55	22:57
Margaret Langford	W55	23:47
Jim Riddell	M65	25:29
Richard Blurton	M55	25:51
Peggy MacIver	W60	26:07
Peter Airey	M65	26:29
Delia Baldock	W40	26:56
Richard Harris	M65	27:29
John Dennehy	M45	28:35
Sue Lake	W40	31:31
Kirt Johnson	M75	33:06
Dalton Moffett	M70	36:13
Stan Jones	M75	36:35

5K WALK

Dorothy Whittam	W65	45:29
Lorna Lauchlan	W75	45:37
Maggie Flanders	W65	45:57
Pat Ainsworth	W65	46:01
Debbie Wolfenden	W40	46:02
Graham Ainsworth	M45	46:28
Leo Hassam	M70	47:49
Rex Bruce	M60	47:50

Track and Field

COKER PARK

(Visitors' performances are NOT listed;
* indicates pending State record.)

April 28, 2005

200M

Jim Riddell	M65	36.5
Bev Sheard	W49	47.9

1500M

Campbell Till	M47	5:24.4
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1500MWALK

Tom Lenane	M49	9:38.3
Bev Sheard	W49	12:43.8

100M

Delia Baldock	W43	15.3
Jim Riddell	M65	17.3

400M HURDLES

Campbell Till	M47	1:03.5
Toni Phillips	W33	1:19.1
Delia Baldock	W43	1:25.8
Gill Edmonds	W40	1:42.9
Tom Lenane	M49	1:31.1

May 5, 2005

300M

Richard Parker	M45	42.1
Roy Fearnall	M60	43.9
David Clive	M65	44.0
Henri Cortis	M55	44.4
Barbara Blurton	W55	45.0
Brian Hewitt	M50	47.6
Toni Phillips	W30	51.3
Delia Baldock	W40	52.2
Jim Riddell	M65	56.9

60M

Colin Smith	M40	7.4
David Clive	M65	8.4
Brian Hewitt	M50	9.1
Richard Parker	M45	8.1
Roy Fearnall	M60	8.3
Delia Baldock	W40	9.2
Jim Riddell	M65	10.5
Bev Sheard	W45	11.3

2000M STEEPLECHASE

Campbell Till	M45	8:15.2
Bob Schickert	M60	8:36.4
Tom Lenane	M45	9:37.6
Toni Phillips	W30	*10:06.4

200M

Richard Parker	M45	27.0
Roy Fearnall	M60	27.9
Barbara Blurton	W55	29.0
Brian Hewitt	M50	29.3
Delia Baldock	W30	32.1
Jim Riddell	M65	37.1
Bev Sheard	W45	43.5

5000M

Ian Davies	M55	17:54.6
Bob Schickert	M60	21:27.0
David Carr	M70	21:38.1
Ivan Brown	M60	22:02.3
John Dennehy	M45	24:49.0

3000M WALK

Robin King	W45	17:59.3
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2000M WALK

Bev Sheard	W45	17:34.0
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May 12, 2005

100M

Colin Smith	M40	12.5
Richard Parker	M45	13.0
Roy Fearnall	M60	13.3
David Clive	M65	13.4
Delia Baldock	W40	15.6
Jim Riddell	M65	16.9
Bev Sheard	W45	19.9

600M

Colin Smith	M40	1:41.7
Henri Cortis	M55	1:42.6
Richard Parker	M45	1:44.0
Barbara Blurton	W55	1:44.9
David Carr	M70	1:46.1
Toni Phillips	W30	1:54.2
John Dennehy	M45	1:55.3
Delia Baldock	W40	2:09.7
Robin King	W45	2:11.3
Jim Riddell	M65	2:20.4

200M

Colin Smith	M40	26.1
Richard Parker	M45	27.4
Roy Fearnall	M60	27.4
David Clive	M65	27.8
David Carr	M70	30.8
Delia Baldock	W30	33.4
Jim Riddell	M65	35.1
Bev Sheard	W45	42.9

3000M

Ian Davies	M55	10:21
Neil McRae	M50	10:50
John Dennehy	M45	13:53
Richard Parker	M45	14:39
Gill Edmonds	W40	15:27

3000M WALK

Robin King	W45	16:14
Tom Lenane	M45	19:04
Lynne Schickert	W60	19:51
Stan Jones	M75	19:57

2000M WALK

Bev Sheard	W45	17:59
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May 19, 2005

400M HURDLES

Toni Phillips	W30	75.8
Tom Lenane	M45	88.5

60M

Colin Smith	M40	7.7
Richard Parker	M45	8.1
David Clive	M65	8.3
Roy Fearnall	M60	8.3
Rob Antonioli	M50	8.4
Delia Baldock	W40	9.2
Jim Riddell	M65	10.4

1000M

Ian Davies	M55	2:59.4*
Colin Smith	M40	3:01.4
Brian Hewitt	M50	3:03.6
Henri Cortis	M55	3:04.3
David Carr	M70	3:23.4*
Barbara Blurton	W55	3:24.3*
Bob Schickert	M60	3:29.2
Rob Antonioli	M50	3:30.7
John Dennehy	M45	3:34.9
Robin King	W45	3:45.4
Ivan Brown	M60	4:07.8
Delia Baldock	W40	4:08.4
Jim Riddell	M65	4:24.8
Keith Edmonds	M35	4:42.1
Gill Edmonds	W40	4:42.7



IAN Davies, winner of the Reabold Hill Run, pictured crossing the line. Now he's set a 1K track record.

ON TRACK FOR RECORDS

EXPERIMENTING with 'out-of-season' T&F on the Coker Park surface is producing record results. Although participation levels are down, the quality is up, as the pending State records nestling among May results show (see this page).

Ian Davies is one potential record-holder, his ever-lengthening run of successes now including a 1km time of 2:59.4. The 5kms specialist is also winning consistently over 8kms on Sunday mornings. What's the next step-up Ian, half-marathon?

1000M WALK

Lynne Schickert	W60	6:20.6
-----------------	-----	--------

100M

Colin Smith	M40	13.2
Richard Parker	M45	13.1
Roy Fearnall	M60	13.2
David Clive	M65	13.3
Rob Antonioli	M50	13.7
Delia Baldock	W30	15.5
Jim Riddell	M65	16.9

5000M

Brian Hewitt	M50	19:24.2
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3000M

Bob Schickert	M60	12:13.5
Ivan Brown	M60	12:34.2

3000M WALK

Robin King	W45	16:15.7
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June 5 UNI RRC/RRW

Director: Gary Fisher –
9472 7062

Helpers: Cassandra Zervos,
Mike Hale, Ola Ovstedal,
Rosa Wallis, John & Barbara
Bailey, Sue Wells, (Rhod
Wright,) John Talbot.

June 12 Joondalup X/C

Directors: M&M Warren –
9304 1105. Helpers: Graeme
& Christine Uren, Ivan
Lazarus, Mike Anderson.
Terry & Barbara Humphrey,
Brian Danby.

COMING EVENTS and helpers list

June 19 Burswood 25k

Director: Wayne Pantall –
9362 3715

Helpers: Barry & Leonie
Jones, Dave Reid, Chris Kelly,
Debbie Dance, Arnold
Jenkins, Sandra Kallio, Joe
Stickles, Vance Mitsopoulos.

June 26 Darlington Dash X/C

Director: Delia Baldock –

9250 1650

Helpers: Dee Haines, Joe
Stickles, Pat & Norm Miller,
Mike Khan, John Mack,
Richard Danks.

July 3 Perth Marathon

Director: call 9459 2617

Helpers: Peter Airey, Liz
Chandler.

July 10 Bardon Bash

Directors: Brian and Marg

Bennett – 9275 0169

Helpers: Colin O'Sullivan,
Mike Khan, Norm & Pat
Miller, Brian Smith, Ann &
Shorty Turner, Karen
Sexton, Ed Barrett-Lennard,
Pat Ainsworth, Telsey
Hatwell, Denise Lancaster.

Coker Park T&F, June

9th: 200, 60, 400, 5000

16th: 1500, 100, 600, 3000

23rd: 100, 800, 60, 5000

30th: 200, 2000 S, 300, 3000

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2005
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More race directors needed

RECENTLY some of our long-serving race directors have elected to pass the marshall's baton to newer members. Dalton Moffatt has decided after 22 years organising the Deepwater Point meeting that it's time to give someone else a chance to manage the event.

Other changes of late include Leo Hassam, who Andrew Cook has replaced; David Carr handing over to Joe Richardson and Gillian

CHANCE FOR NEW FACES

Young; Norm and Pat Miller's run being taken up by Gary McLean and Christine Engles. Also, John and Joan Pellier have handed over to Jim Barnes, and George Schaefer to David Muir.

Now the committee wants to hear from people willing to gain the experience and help the club maintain our Sunday

morning meetings.

We need YOU!

Sincere thanks are due to these retiring race directors, who have given so much to the club. We also thank the race directors who are continuing the good work. MAWA could not operate the Sunday program without them. The committee look forward to hearing from you with an offer of assistance. Please contact Jim Barnes, 94592617; or Bob Schickert, 9330 3803.



Irwin finishing the RRC 25K.

Miles of Records

BARBARA'S Blurton's new mile record for W55 is 6:09.4, which eclipses the 6:20.0 Peggy Macliver set in 1999. At the same meeting Irwin Barrett-Lennard set an inaugural M75 record of 7:12.4.

Other recent records:

- Myles Ferrell (M35) ran 20 Miles in 1:55:57, toppling Jeff Joyce's mark of 1:56:10 set in 1977!

- Barbara Blurton (W55 800m) in 2:27.9, beating her own time of 2:31.66 set earlier this year.

WEEKEND AWAY TO LEWANA

FROM Friday September 23 to Monday September 26 you can enjoy this lovely place for a running/walking weekend away, with the usual, eating, drinking, having fun, relaxing, all included!

The timber cottages sleep eight people. Deposits are now being taken for bookings so please see Margaret Bennett in a Sunday morning; or phone her on 9279 4258 for more information.

See you there?



Above: start of the Joondalup race, and 10K first-home Jim Langford.

Far left: June 19, 15K race walk winner David Brown; and left, 3rd placed Jeff Whittam.



Multi-marathons for Karras abroad

Hi Vic

We hope you are well. I was just reading the latest Vetrun online, a great improvement and a lot more user friendly.

We are happy to see that most of the Vets (Masters) we know are still running. Our running has been spasmodic however we are finally getting our stuff together. We completed a local marathon here on Sunday. Check out the pictures. (See the web-site.Ed)

We have been here in Canada for 18 months now. The cold weather is very interesting to run in and we will have a lot of stories to tell you when we return. We will return to Perth around the end of November this year just in time for summer.

We have three marathons to run before we come home, Calgary, Edmonton and New York.

We were thinking that if you (i.e. the club) wanted some shots of the club logo/banner in any or all of the locations where we will be completing marathons, please let us know. We have the New York marathon in early November, then followed by a small holiday there and Boston for 2 weeks, then straight home.

Well that's it for now, take it easy and say hi to everyone at the club.

Regards, Mike and Paula

You can find the wisdom of Calvin and Hobbes in the West's Today section every day.

CALVIN AND HOBBS



LETTERS

Kyboshed

Hi Vic,

Many many thanks for putting the 'kybush' (or is it 'kybosh?') on me.

It's been six years since I was told by a sports doctor my running days were over. In Bunbury I thought he may be right as my knee locked up at 9k. I managed to sand shoe shuffle the last 12k and was rewarded with yet another PW.

Anyway not being able to do much running (I think that's what it's called) since then I went to see my physio, which I might add, I don't do very often.

"Sports' injury" I told her new receptionist.

"Do you play Lawn Bowls?" I was asked.

There followed two minutes of silence whilst I lifted my jaw off the counter and said "No, not there just yet, but getting pretty close."

So I wondered if Margaret Langford might want to join me in a spot of bowling? I think we'd look quite cute in our white dresses and boaters. I'll be waiting for your reply Margaret...

Joan Pellier

We cross-country fans normally suffer the 'ky-bush', Joan. And don't knock the bowlers; they're looking younger all the time. VW

Stirrers

Hi Vic

Great to see you back as editor of the Vetrun. Congratulations on your first 'new format' production. Excellent lay out and reading.

Newsletters tend to become just results lists - boring. Injecting some life into the



Ray Hall (15K walker) waves Robyn King (25K runner) on to the line at Burswood Park.

results as suggested by your 'tell us something we don't know' is a good approach.

Well done, Margaret, (Langford) for your contribution. I have not contributed much to the newsletter in the past (afraid of getting some facts not quite right, afraid of what people might think etc however here goes.

What about a 'stirrer's corner'?

This may generate some comments from members, whether in favour or not. I will start it off with:

'Should the name of the Vetrun be changed?'

'Should some sort of penalty be imposed on people who never help at a run?'

'Should the club fees be increased next year?'

Thumbs?

And, how about a 'thumbs up, thumbs down' section?

A thumbs down is not having a halfway drink, at both the 10k RRC and 16k Deepwater Point runs.

If you were down to help and did not turn up FEEL GUILTY.

Thumbs up to Jimmy Barnes for saving the day on the 16k run by closing the drink station on one side and turning up on the other side with Jenni in tow to hand a drink to a very thirsty runner - me.

Lets keep on running,

Irene Ferris

HELD OVER...

THANKS to everyone who made a contribution to this edition. Space limits meant we couldn't carry everything, but I'll keep trying to balance the essential with the entertaining.

Results held over to be included in August are the Joondalup event, Coker Park results from June 16, and last Sunday's (June 19) RRC/RWC.

Short results...

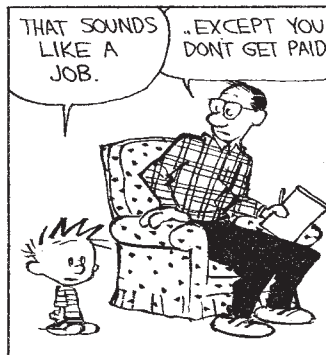
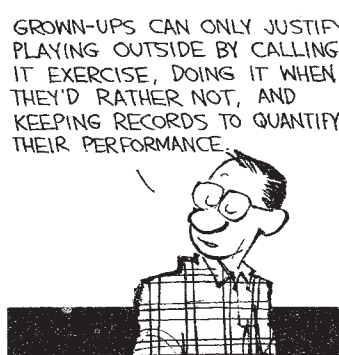
AT Joondalup, Jim Langford won the 10K in 39:23; Bernard Mangan the 5K in 19:24. Walkers: Lynne Schickert won the 8.8K in 66:51, and Rex Bruce the 5K in 44:21.

Open success

LYN Ventris was 4th overall in the Federation Cup 10 Mile road walk at Lake Burley Griffin, Canberra, on Sunday June 12! As well as that superb open place, Lyn was (naturally!) first Master in, ahead of Annette Major.

Members renew

TOTAL club membership is now around 390, including life members. This is expected to grow after winter when more T&F members usually rejoin the Masters.



Training tips and Racing Secrets

DAVID Carr is an outstanding Masters athlete. Holder of numerous records at State and national level, he has also set age group world records for the 800m. Perhaps his greatest achievement is consistency. He seems to avoid injury and peaks for championship meetings, up to three times a year.

This month I persuaded him to share his experience and accumulated wisdom. No matter their level of fitness or involvement, all members will find useful advice here. VW

Basic

Establish and maintain an aerobic base. Plenty of running at 'conversation' level. If you can't run for an hour, you can't do track or speed work – which requires that much time, or more. Vary this base-setting, by venue, terrain, company and pace.

Company

It's easier in a group. About ten come to Perry Lakes on Saturday morning, fewer on Tuesday. Running intervals seems almost normal in company of other sufferers.

Diary

Keep a detailed diary one to record training, racing, injuries and excuses. Later, use it to discover causes of injury, response to treatment, and causes of good or bad results.

Prevent injuries

Good shoes – think \$200 and hope for change. Add good quality Sorbethane inserts to new shoes.

Surface – even good shoes won't prevent impact from concrete. I have run even on a steel aircraft deck, but synthetic, bush track or grass is preferred.

Overdoing it - walk before you can run; no rapid, sharp increases in distance or speed or effort.

Posture – point your feet forward and stand up.

(Stand back and watch at a Sunday run. Most runners are orthodox. Some lean, flap arms, run on tiptoes; some overstride. I try not to shuffle, by imitating neater runners.)

Going faster

Do some training at race pace, or faster.

At first this might just be hurrying up between a couple of trees on your long run. Later (if you're a 20-year old elite Kenyan) you run 400m in 58secs, rest 20 sec, run 400m. After 10 of these you do some faster work!



“You can move from desire, to belief, to expectation of victory.”

David in this year's 10K Track Handicap; but 800m is his current world-class event.

I do two fastish track days per week.

Progression

Use short-term goals.

Leading to San Sebastian this year I have set weekly targets.

Example: ten weeks out could be 300m in 46 secs; 400m in 67; 600 in 1:46, 1,000 in 3:24. Will try to hit one of these targets on a Thursday evening at Coker. If I miss, go back to the plan and find out why.

Final target is 2:24 for 800m.

Balance

Preparing for championships I do eleven sessions a week.

Race – Thursday. Track – two. Sunday run – easy. Gym – three. Jog – twice, on grass. Fast – one on grass. Total time in spikes 15 minutes a week.

Summary

(Details of David's 'peaking training' for championships and a sample month's training sheet are available from Vetrin.)

In the mind

Mental preparation for key races is vital, he suggests.

“As a youth I ran at the back, at Leederville oval. As a young man I ran at the back in B-grade in Sydney.

“I played baseball. When Masters (Vets) athletics began I ran 12secs for 100m; 53.9secs for 400m; 2hrs 58mins for marathon. At first, couldn't get a medal in Australian Championships final, but eventually made it to gold.

“At world level I have battled from not making the final, to expecting to win. You can move from desire, to belief, to expectation of victory.

“Consider these quotes:

H. Cheng – ‘Desire and passion, rather than talent, are the essential ingredients for achieving high levels of excellence’; and:

Henry Ford – ‘Whether you think you can or think you can't, you are probably right.’”

News in brief...

Missing from the action...

NOTABLE absentee from our race leaders for three months or more is Bert Carse, suffering a stress fracture (foot). We hope to see him running again soon.

* Please contact the editor if you have any news of members 'missing from the action'.

WINTER THROWERS

OUR winter throwing season began in June, with meetings at Perry Lakes every Saturday, 9.30 to 11.30am. Format is similar to last year with training in two implements each week and trials in three implements every fourth Saturday. The season will end with a weight pentathlon.

Contact Damien Hanson on 9383 4406, or just show up any Saturday.

Let's be accurate

WOULD all involved in race results – recorders, directors and the inimitable Barry try to have a look for obvious errors.

We have had queries. Good. That means people are reading the mag. One asks if Lyn Ventris really came 7th at Herdsman. I don't know.

And one Bunbury competitor thinks he underwent a sex change on the run.

See below.

VW

From:

<johnwilliam_smith@goodyear.com>

Subject: GenderBender

Vic

In the June edition of the Vetrin, the Bunbury half marathon results defined me as 'W70'. At the finish I do remember mentioning that I was knackered. However, this should have been taken figuratively and not as an admission I had undergone a gender change.

Regards, John



Kent Street

WEIR RUN

May 22, 2005

Conditions: fine, still

A large field tested the new Kent St Route and voted it in for next year. Paul Hughes (106) is in good form: 2nd here and 1st M50 in the Albany half-marathon (see page 5.)

10K

Chris Maher	M50	37:05
Paul Hughes	M50	37:27
John Allen	M45	39:15
Neil McRae	M50	39:27
Bruce Wilson	M55	39:36
Andrew Cook	M35	39:58
Gary McLean	M40	40:14
Stephen Dunn	M35	40:33
Jim Klinge	M55	40:39
Ralph Henderson	M55	40:58
Frank Smith	M60	41:33
David Baird	M60	41:50
Mike Hale	M55	42:05
Johannes Hagedoorn	M60	42:57
Bob Schickert	M60	43:37
David Muir	M60	44:02
John West	M55	44:14
Don Pattinson	M50	44:20
Brian Danby	M55	44:29
Keith Atkinson	M45	45:08
Mark Sivyer	M55	45:22
Ed Barrett-Lennard	M50	45:33
Graham Thornton	M60	45:43
Gary Fisher	M50	45:53
Irwin Barrett-Lennard	M75	46:16
Helen Lysaght	W50	46:22
Mark Rosen	M55	46:54
Hamish McGlashan	M65	47:14
Robert Sheehy	M55	47:15
Wayne Taylor	M45	47:48
Shirley Bell	W55	47:49
Joan Pellier	W65	48:26
Dan Bending	M60	48:28
Sandra Kallio	W40	48:29
Jim Barnes	M60	48:36
Nick Miletic	M50	48:41
Karen March	W40	48:44
Mike Khan	M60	49:48
John Pellier	M65	50:08
Julie Keeley	W35	50:20
Chris Pattinson	W45	50:25
John Mack	M60	50:49
Richard Blurton	M55	50:56
Liz Chandler	W35	51:19
John Ellard	M60	51:38
John Smith	M70	51:53
Christina Rompotis	W45	52:34
Jane Elton	W35	52:38
Bob Sammells	M65	52:59

'Old Kent route' takes new direction

A NEW course this year due to the closure of the weir bridge; after a stormy week weather-wise, I was hoping for some pleasant late autumn weather for the run, and it arrived on cue.

A good turn out with many pbs being set for the year. Thanks for all the positive feedback about the new course. Your vote after the race looks like we will keep it.

Thanks to my helpers on the day who made my job an easy one. Your contribution was what made it a good event. Special thanks to Jim Barnes for coming along to suggest and measure the new course. He also marked some of the course - and managed to get in a good run too!

Cheers Everyone,

Chris Coates

David Carr	M70	53:11
Vic Waters	M60	53:12
Paul Martin	M60	53:13
Christine Engels	W45	53:15
John Dance	M55	53:20
Pamela Toohey	W55	53:42
Richard Harris	M65	54:01
Marg Forden	W60	54:16
Barbara Humphrey	W50	54:39
John Bell	M55	55:25
Wendy Clements-Green	W60	55:28
Vic Beaumont	M75	58:36
John Talbot	M55	59:44
Irene Ferris	W50	59:45
Ann Turner	W65	60:22
Bev Whitfield	W40	61:02
Jennie Smith	W50	63:18
Debbie Dance	W35	63:33
Jo Richardson	W50	63:54
Elaine Dance	W50	63:55
Jenni Shillington	W45	67:42
Sheila Maslen	W65	68:03
Margaret Bennett	W60	69:50
Shorty Turner	M65	69:50
Jeff Spencer	M60	69:51
Mitch Loly	M65	88:12

5K

Bernard Mangan	M50	19:31
Amanda Walker	W35	19:56
John Cresp	M50	19:59
Colin Smith	M40	20:46
Raymond Gimi	M40	20:48
Barbara Blurton	W55	22:29
Henri Cortis	M55	22:31
Jim Riddell	M65	24:23
Mike Anderson	M55	24:26
John Dennehy	M45	24:30
Peter Airey	M65	25:07
George Schaefer	M70	26:42
Arnold Jenkins	M60	27:03
Brian Foley	M60	27:12
Dick Blom	M70	27:15
Keith Forden	M65	28:08
Joan Pellier	W65	30:19
Kirt Johnson	M75	31:12
Ray Lawrence	M75	33:18
Dalton Moffett	M70	33:19
Julie Wood	W55	33:59
Pierre Viala	M55	34:00
Phyllis Farrell	W60	38:00

5K WALK

David Brown	M55	31:39
Lynne Schickert	W60	32:15
Ray Hall	M70	33:26
Lorraine Lopes	W65	33:29
John Carrington	M70	34:41
John Frost	M65	37:23
Dorothy Whittam	W65	38:24
Jeff Whittam	M70	38:33
Rosa Wallis	W60	38:45
Patricia Hopkins	W60	40:48
Lorna Lauchlan	W75	42:08
Roger Walsh	M60	44:31
Richard Danks	M60	44:54
Maggie Flanders	W65	45:10
Denise Lancaster	W55	45:11
Jodi Brauer	W30	46:00
Rex Bruce	M60	46:01
Pat Ainsworth	W65	46:26
Merv Moyle	M75	47:34
Norm Miller	M70	47:35
Graham Ainsworth	M45	47:46
Barbara Bailey	W75	48:30
John Bailey	M75	48:31
Nola Bending	W60	49:04
Sue Wells	W50	50:53

Deepwater Point

May 29, 2005

Conditions: fine, still

DM's final run a fine tribute

A FINE winters day greeted 111 starters, including 24 walkers, on the banks of the Canning River for two events of 7.5km and 16km. Many visitors increased our numbers to what could well be a record for our Deepwater Point meeting.

The meeting began in 1984, with many records dating back quite a while.

This year, the in-form Ian Davies with 26:31 almost set a record for the short event; and there were many other good times, thanks in part to ideal weather conditions.

As with all our Sunday mornings, officials are a vital part of the scene. But special thanks must go to Jim Barnes, who marked the course, and did both drink stations. Also, thanks go to Ray Lawrence, Leo Hassam, Marg Taylor, Alan James, Leonie Jones, Maggie Flanders, Ray Lawrence, and Ann Turner. Again, my thanks to you all.

Dalton Moffett

16K

Andrew Cook	M35	64:26
Iain Morshead	M40	64:27
John Allen	M45	64:55
Neil McRae	M50	65:00
Bjorn Dybdahl	M50	67:41
Trevor Robertson	M50	67:47
Mike Hale	M55	68:13
David Baird	M60	68:25
Ola Ovstedal	M40	69:29
David Muir	M60	69:50
John Doust	M55	71:34

ROAD WALK CHAMPIONSHIP

7.2K LEG

David Brown	M55	46:50
Lynne Schickert	W60	48:38
John Carrington	M70	48:40
Lorraine Lopes	W65	49:27
Ray Hall	M70	51:38
Stan Delandgraft	M75	55:46
Jeff Whittam	M70	56:59
Rex Bruce	M60	58:53
Beryle Doust	W55	58:54
Rosa Wallis	W60	59:18
Mitch Loly	M65	59:22
Mike Taylor	M50	60:52
Alan Pomery	M70	61:18
Debbie Wolfenden	W40	61:24
Jodi Brauer	W30	61:52
Patricia Hopkins	W60	63:33
Pat Ainsworth	W65	63:33
Sue Wells	W50	63:34
Nola Bending	W60	67:46
Graham Ainsworth	M45	67:46
Merv Moyle	M75	76:37
Ernie Moyle	M75	81:06



New members in their first Deepwater Point – and Dalton's last as director. Andrew Cook (left) is also new director of the Aquinas Run; with him is 16K winners Iain Morshead.

Johannes Hagedoorn	M60	71:57
John Bocian	M50	73:31
Gary Fisher	M50	74:04
Irwin Barrett-Lennard	M75	74:08
Noel McKenney	M50	74:52
Helen Lysaght	W50	75:22
Brian Danby	M55	75:30
Keith Atkinson	M45	75:50
Wayne Taylor	M45	80:47
Dan Bending	M60	80:49
Noel McKenney	M50	80:52
John Ellard	M60	82:11
Shirley Bell	W55	82:43
John Smith	M70	85:03
Julie Keeley	W35	85:22
John Dance	M55	86:08
Christina Rompotis	W45	88:29
Pamela Toohey	W55	88:57
Kevin Payne	M45	89:46
Richard Harris	M65	1:35:40
Merv Jones	M65	1:36:05
John Talbot	M55	1:38:09
Vic Beaumont	M75	1:38:51
Irene Ferris	W50	1:39:16
Elaine Dance	W50	1:46:05
Jo Richardson	W50	1:46:41
Margaret Bennett	W60	1:52:34
Shorty Turner	M65	1:52:48

16K WALK

Val Millard	W55	1:55:17
Peter Ryan	M55	2:01:05

7.2K

Ian Davies	M55	26:31
Paul Hughes	M50	26:40
Michel Bermudes	M30	26:53
Jim Langford	M60	28:17
Christopher Coates	M50	28:34
Bruce Wilson	M55	29:10
Jim Klinge	M55	29:15
Ralph Henderson	M55	29:34
Frank Smith	M60	29:39
Raymond Gimi	M40	31:29
John West	M55	32:03
Bob Schickert	M60	32:42
Bill Jones	M55	32:58
Ivan Brown	M60	33:00
John Collier	M35	33:34
Margaret Langford	W55	33:44
Sean Keane	M40	33:46
Vic Waters	M60	34:42

Albany ELLEKER 2005

June 5, 2005

Conditions: fine, mild

HALF MARATHON

Michel Bermudes	M30	1:20:22 4th
Paul Hughes	M50	1:22:05 8th
Rosemary Johnson	W30	1:31:58 13th
Trevor Robertson	M50	1:34:39 18th
John Bell	M50	1:36:57 20th
John Bocian	M50	1:44:11 32nd
Julie Keeley	W30	1:54:50 47th (11th/F)
Jane Elton	W30	2:00:57 53rd
Wendy Duncan	W50	2:04:01 (15th/F)
Cecil Walkley	M70	2:04:01 56th

10K

Deborah Gardner	W30	40:16 3rd (1st/F)
Vic Waters	M60	48:20 8th
Sue Hughes	W50	1:04:03 26th (7th/F)
Basil Worner	M70	1:13:21 28th (walk)
Jim Shaw	M50	1:45:38 35th(walk)

Any takers for bus trips to regional meets?

SPEED-weekend in Albany drew veteran and vintage vehicles and a good sprinkling of veteran athletes, too. The Albany A.C. has cleverly built up attendance at its Elleker Half by scheduling it for the long weekend when the city reverberates to the round-the-houses roar of the Classic Motor Event.

A few years ago just 15 runners took part; this year there were 99. Ten came from Esperance and the Marathon Club coach delivered a lot more. The local club is very welcoming, and organises a lavish post-race morning tea, and lunch to follow.

Maybe Masters could organise our own bus for next year? If you think this is a goer, please let the committee have your 'registration of interest'!

VW

Hamish McGlashan	M65	35:04
Don Caplin	M65	36:06
Nick Miletic	M50	36:31
Paul Martin	M60	36:53
Peter Airey	M65	38:11
David Carr	M70	38:16
Mike Anderson	M55	38:26
Bob Sammells	M65	39:17
Michael Faunge	M65	39:41
John Dennehy	M45	40:11
Richard Blurton	M55	40:20
Dick Blom	M70	40:21
Brian Foley	M60	40:34
Arnold Jenkins	M60	40:58
Sue Bullen	W45	42:06
Liz Chandler	W35	43:57
Bev Whitfield	W40	44:59
Julie Wood	W55	46:31
Debbie Dance	W35	46:56
Sheila Maslen	W65	48:29
Jenni Shillington	W45	52:59

ROAD RACE CHAMPIONSHIP

(15K-LEG)

Iain Morshead	M40	56:27
Chris Maher	M50	57:30
Ross Parker	M55	58:08
Gary McLean	M40	59:41
Neil McRae	M50	59:49
Bev Whitfield	W40	60:39
John Allen	M45	61:31
Darryl White	M45	62:21
Stephen Dunn	M35	63:17
Jim Klinge	M55	63:20
David Baird	M60	64:23
Ivan Pilton	M60	65:49
Bob Schickert	M60	66:48
Colin Chisolm	M40	67:04
John Doust	M55	67:07
Robin King	W45	67:09
Johannes Hagedoorn	M60	67:37
John Mack	M60	69:07
Helen Lysaght	W50	70:19
Keith Atkinson	M45	70:28
Irwin Barrett-Lennard	M75	70:50
Don Pattinson	M50	70:51
Mark Sivyver	M55	71:05
Ed Barrett-Lennard	M50	71:15
Wayne Taylor	M45	74:00
Shirley Bell	W55	74:33
Mark Rosen	M55	74:36
Nick Miletic	M50	75:09
Karen March	W40	75:23
Hamish McGlashan	M65	75:40
Ray Attwell	M65	75:59
Paul Martin	M60	76:13
Mike Khan	M60	76:23
John Pellier	M65	76:45
Dan Bending	M60	76:59
Noel McKenney	M50	76:59
Jim Barnes	M60	78:16
John Smith	M70	78:29
Christine Engels	W45	78:38
John Ellard	M60	79:23
Christina Rompotis	W45	79:28
Kevin Payne	M45	80:47
Terry Humphrey	M50	81:42
Barbara Humphrey	W50	81:43
John Dance	M55	81:54
Pamela Toohey	W55	82:01
Marg Forden	W60	82:45
Richard Harris	M65	85:03
Brian Smith	M65	85:07
Bob Sammells	M65	85:26
Merv Jones	M65	89:12
Vic Beaumont	M75	94:10
Irene Ferris	W50	95:53
Elaine Dance	W50	98:52
Jo Richardson	W50	98:55
Shorty Turner	M65	1:44:46
Margaret Bennett	W60	1:44:47
Jeff Spencer	M60	1:44:48

5K RUN

Brian Foley	M60	28:08
George Schaefer	M70	28:51
Keith Forden	M65	30:23
Joan Pellier	W65	33:54
Roma Barnett	W55	33:59
Dalton Moffett	M70	39:14

Uni RRC & RWC

June 5, 2005

Conditions: fine

CONGRATULATIONS to all competitors who took part. For the walkers, I trust that the 10km course, starting in a different direction to the runners, created some benefits for you. I understand that the change from previous years distance of 15km was so that the walkers would have a progressive increase in distance through the three stages of the road walking championship.

It was my privilege to once again present the Fred Hagger trophy to the first male and female in the 15km run. The winners this year are Robin King and Ian Morshead who I believe has only just joined the club. Judging by this effort he will certainly be a new face at the front of the pack.

Once the early morning mist lifted it was a magnificent winter's day. Hopefully it led to some fast times and certainly was welcome by all of my helpers – who again I would like to thank most sincerely.

Gary Fisher

8K RUN

Jim Langford	M60	31:09
Frank Smith	M60	32:38
Amanda Walker	W35	33:49
John Cresp	M50	34:13
Raymond Gimi	M40	34:20
Frank Gardiner	M55	35:32
Scott Claxton	M35	36:00
Barry Jones	M45	36:47
Sean Keane	M40	37:47
Margaret Langford	W55	38:35
Fenella Gill	W40	39:32
John Byrne	M55	40:10
Steve Barrie	M65	40:28
Mike Anderson	M55	41:13
John Dennehy	M45	41:58
Michael Faunge	M65	44:12
Wendy Clements-Green	W60	45:21
Arnold Jenkins	M60	45:30

JULY BIRTHDAYS

Bell John	M60	Martin Paul	M60
Bell Shirley	W55	Moyle Ernie	M80
Bending Nola	W55	Payne Kevin	M45
Brauer Jodi	W35	Selby Stan	M60
Carse Bridget	W60	Selby Gail	W50
Chalmers Bob	M65	Sexton Karen	W45
Choate Clive	M50	Slinger Joan	W60
Doyle Garry	M55	Till Campbell	M45
Forden Marg	W60	Uren Christine	W35
Green Stanley	M80	Waldhuter Brian	M65
Heppell Mary	W65	Wolfenden Debbie	W40
James Lyle	M65	Fergie Bob	M70
Manford Terry	M65	Jones Merv	M65
March Karen	W40	Whittam Dorothy	W65

ROAD WALK CHAMPIONSHIP

(10K-LEG)

David Brown	M55	62:52
Ray Hall	M70	65:04
Lynne Schickert	W60	65:04
Lorraine Lopes	W65	66:00
John Carrington	M70	67:23
John Frost	M65	73:54
Beryle Doust	W55	74:24
Peter Ryan	M55	74:39
Jeff Whittam	M70	76:53
Dorothy Whittam	W65	79:58
Jennie Smith	W50	81:11
Mitch Loly	M65	81:46
Rosa Wallis	W60	81:59
Pat Ainsworth	W65	82:52
Patricia Hopkins	W60	83:36
Sue Wells	W50	85:43
Graham Ainsworth	M45	85:44
Nola Bending	W60	88:07
Merv Moyle	M75	94:54

Dick Horsley Age-Graded Walk Trophy June 5, 2005

MEN

- 1 Ray Hall (M71) 80.64%
- 2 John Carrington (M70) 77.86%
- 3 David Brown (M58) 73.09%

WOMEN

- 1 Lorraine Lopes (W65) 83.69%
- 2 Lynne Schickert (W63) 83.07%
- 3 Dorothy Whittam (W68) 71.49%

Liz Chandler	W35	45:36
Sue Bullen	W45	46:02
Roger Walsh	M60	49:57
Ann Turner	W65	49:59
Debbie Dance	W35	50:12
Sheila Maslen	W65	53:60
Ken Whistler	M70	55:01

Water, water!

DON'T you wonder at the ever-changing and contradictory medical 'discoveries' that make news? Wait long enough and you'll hear that everything is bad for you, right?

Dead right. Now it's water.

According to the New England Journal of Medicine many runners swig so much during an event they risk 'dizziness, fainting and, in extreme cases, brain damage or death'.

After the 2002 Boston Marathon 488 runners were blood-tested. Thirteen per cent had clear signs of hyponatremia; three were at danger level. Hyponatremia occurs when drinking excessively dilutes the blood's salt content. Then excess fluid is absorbed from bloodstream into body cells – including brain cells – making them swell. Pressure inside the skull can cause permanent damage, even death.

I know other members, like me, have finished marathons feeling uncomfortably full of water. Seems the message is moderation.

Track and Field

COKER PARK

(* Pending State Record)

May 26, 2005

200M

Colin Smith	M40	25.6
Richard Parker	M45	26.2
Roy Fearnall	M60	26.7
David Clive	M65	27.1
Delia Baldock	W40	31.5
Jim Riddell	M65	35.2

800M

Henri Cortis	M55	2.23.4
Rob Cattrall	M45	2.24.8
Colin Smith	M40	2.27.4
Barbara Blurton	W55	2.27.9*
Brian Hewitt	M50	2.28.1
David Carr	M70	2.30.5
John Dennehy	M45	2.36.8
Toni Phillips	W30	2.44.8
Robin King	W45	2.48.1
Delia Baldock	W40	3.05.0
Jim Riddell	M65	3.14.8
Gill Edmonds	W40	3.16.3

300M

Colin Smith	M40	41.8
Richard Parker	M45	42.1
Roy Fearnall	M60	43.2
David Clive	M65	46.5
Toni Phillips	W30	49.9
Delia Baldock	W40	54.0
Greg Byrne	M40	56.9
Jim Riddell	M65	64.3

3000M

Ian Davies	M55	10.06.9
Rob Cattrall	M45	10.12.5
Neil McRae	M50	11.00.9
Brian Hewitt	M50	11.38.3
Bob Schickert	M60	11.43.9
Ivan Brown	M60	12.19.9
Greg Byrne	M40	15.49.1

3000M WALK

Robin King	W45	15.51.6
Lynne Schickert	W60	19.20.2
Stan Jones	M75	20.01.3

June 6, 05

200M

Henri Cortis	M55	28.8
Patrick Smith	M40	29.2
Barbara Blurton	W55	30.3
David Carr	M70	30.9
John Dennehy	M45	31.8
Jim Riddell	M65	36.6

60M

Roy Fearnall	M60	8.8
Mike Edwards	M45	8.9
Patrick Smith	M40	9.0
Greg Byrne	M40	9.1
Toni Phillips	W30	8.8
Jim Riddell	M65	10.3

400M

Patrick Smith	M40	62.1
Henri Cortis	M55	62.8
Roy Fearnall	M60	63.1
Toni Phillips	W30	65.2



Barbara Blurton (pictured) and Irwin Barrett-Leonard each set age-group mile records at Coker in June.

FUTURE EVENTS

January 2006 – 13th Oceania Championships Christchurch NZ, Saturday 14/01/2006 to Saturday 21/01/2006

ENTRY forms, events timetable, local information re accommodation etc are available from Bob Schickert (Ph: 9330 3803 or email to schickertl@bigpond.com) "At previous Oceania Championships in exotic locations such as Norfolk Islands (2000) and Cook Islands (2004) the contingent from WA had a great time both on and off the track." says Bob. "To be involved you don't need to be a top athlete. Your prime reason for coming can be to have a holiday with friends which involves little or no strenuous competing. Ask Pierre Viale, who came to the Cook Islands! I look forward to receiving your inquiry."

The MILDURA MASTERS GAMES are on from August 13-21 this year; track events take place on the 21st. For more information, please contact Kim Lyell: Ph: 03 5018 8391; Fax 03 5023 7961.

Barbara Blurton	W55	65.1
Mike Edwards	M45	66.0
David Carr	M70	66.6
John Dennehy	M45	69.4
Jim Riddell	M65	80.5
Robin King	W45	84.0

3000M

Tom Lenane	M45	13.54
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5000M

Bob Schickert	M60	20.40.7
---------------	-----	---------

COKER PARK MILES

June 2, 2005

Full results, including the elite events, can be found on the AthleticA website.

Men 50 - 59

Ian Davies	5.07.7
Brian Hewitt	5.18.0
Chris Coates	5.27.5
Henri Cortis	5.29.1

Women 50 - 59

Barbara Blurton	6.09.2 (State Record)
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Men 40 - 49

Patrick Smith	5.18.0
Colin Smith	.19.0
Campbell Till	6.05.1

Women 40 - 49

Robin King	6.01.9
Delia Baldock	7.07.3

Men Open C Grade

John Collier	5.37.2
--------------	--------

Women Open C Grade

Toni Phillips	6.06.5
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Men 60+

Bruce Wilson	5.34.1
Bob Schickert	5.48.0
David Baird	5.56.4
David Carr	6.00.1
Ivan Brown	6.17.2
Irwin Barrett-Lennard	7.12.4
Cecil Walkley	7.35.9

Women 60+

Lynne Schickert	9.03.6
Margaret Bennet	9.08.0
Ann Turner	9.56.4

**JULY 17
JORGENSEN**

Director: Committee

Kevin Martin, Jo Stone, John Byrne, Karen & Peter March, John West,

Ivan Pilton, John & Joan Pellier, Dan & Nola Bending, Barbara Blurton

**JULY 24
SHARKS,
EAST FREMANTLE**

Director: Paul Martin - 9339 1648

Paul Hughes, David Charlton, Dirk Blom, Aldo Giacomini
MORE HELP NEEDED.

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

**JULY 31 BURSWOOD
HALF MARATHON**

Director: Bob Sammells - 9309 2293

Henry Cortis, John Frost, Amanda Walker, Dan & Nola Bending, Ivan Pilton, Janis Malin, Lorna Lachlan, Franz Oswald

**AUGUST 7
KINGS PARK CC**

Director: Ralph Henderson - 9401 3115

Jeff Bowen, Henry Cortis, Ann Jones, Elaine & John Ellard, John Byrne, Franz Oswald

**AUGUST 14
MILLPOINT
BURSWOOD RUN**

Director: Milton Mavrick - 9227 1559

Frances Casella, Scot Claxton, Andrew Cook & Bev Whitfield, Sue Wells, Bill Jones, Jodi Bauer, Glenda Lawrence

**AUGUST 21
RACECOURSE RUN**

Directors: Gary McLean, Chris Engles - 9383 9161

Keith Miller, Patrick Smith, Brian & Alison Aldrich, Colin Chisholm, Jo Richardson & David Baird

**AUGUST 28
CITY TO SURF**

Coker Park

T&F, July

July 7th 60, 400 + 400H, 100, 5000

July 14th 60, 600, 200, 5000

July 21st 200, 800, 100, 3000

July 28th 300, 1500, 200, 3000

Aug 4th 60, 400, 100, 5000

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Val Millard

Patron:

Bill Hughes

Vetrun

AUGUST
2005
No. 377



The magazine of Masters Athletics WA

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Perth 2005 Marathon

PICTURED here are some of the 29 Masters who swelled the Perth Marathon field. Results: page 4.



Jim Barnes



Julie Keeley



Nick Miletic

Lewana trip

CALL Margaret Bennett on 9279 4258 to book for the Lewana weekend (Friday Sept 23-26). Accommodation is eight-person timber cottages.

Masters club officials picked for 2006

CONGRATULATIONS to club members Bob Chalmers and Brian Foley and six other Western Australians appointed as officials for the 2006 games in Melbourne. Brian Foley is a call room judge; Bob Chalmers, field judge.

Commonwealth Games

Others – no doubt as a result of the experience gained in working for Masters WA – include

Jeanette Robertson, Dianne York, Anne Stingemore, Jacqui Cattermole, Fiona Brown and Warren Davey.

M75 hits a six!

FROM the mile to the Marathon, Irwin Barrett-Leonard has set six M75 State Records in six weeks. Since reaching 75 (15 months ago) Irwin has set 12 WA State Records in all, culminated in his recent Perth Marathon time 4:08:20. His phenomenal 'six in six' are:

10k Road	46:16	May 22	15k Road	70:50	June 6
16k Road	74:08	May 29	25k Road	2:00:51	June 19
Mile	7:12.4	June 2	Marathon	4:08:20	July 3



First-timers Christine Engels and Karen March (above) did well but finished eight minutes after W60 champion Marge Forden (below).



Lunching with Rosie?

THE club's Presentation Lunch is at Rosie O'Grady's, James Street, Northbridge on Sunday September 11, noon to 3pm. The cost of tickets is \$22 per head. Please see Helen Lysaght any Sunday for tickets. Alternatively contact her on 0423138047 or (work ph.) 94273257; or at hlysgaht@LISWA.wa.gov.au

Masters hope to reign in Spain

MAWA athletes entered for World Masters Athletics Championships in San Sebastian, Spain (22 August to 3 September) are:

Barbara Blurton, Ivan Brown, David Carr, Lynne Choate, John Doust, Bjorn Dybdahl, Roy Fearnall, Brian Foley, Kate Glass, Robin King, Jim Langford, Bob and Lynne Schickert, Lyn Ventris, Roger Whalan and Ross Wickham, Barrie Kernaghan or Norm Richards.

Best of luck to them all.



John Allen, M45 X/C champ

August Birthdays

Beer Syd	M60
Bennett Brian	M55
Carrington John	M70
Carse Bert	M60
Danby Brian	M55
Dance Debbie	W35
Dance John	M55
Doust John	M55
Dunn Stephen	M35
Dybdahl Bjorn	M50
Flanders Maggie	W65
Halliday Jim	M60
Hanson Damien	M50
Henderson Ralph	M55
Hughes Bill	M75
Jones Stan	M80
Kennedy Brendan	M35
Langford Jim	M60
Lawrence Glenda	W45
Martin Keith	M60
Medcalf Gordon	M75
Midolo Jill	W55
Mison Michele	W55
Mort Simon	M45
Napier Fred	M80
Richards Norm	M65
Sanders Susan	W50
Sutton John	M70
Turner Shorty	M70
Viala Pierre	M55
West John	M55
Whittam Jeff	M70
Wood Julie	W55

CLUB XC CHAMPIONSHIP

JORGENSEN PARK

July 17, 2005

M30

Michel Bermudes	34:11
M40	
Patrick Smith	35:39
Gary McLean	36:11
Sean Keane	39:33

M45

John Allen	36:31
Wayne Taylor	42:31

M50

Paul Hughes	34:17
Neil McRae	36:49
Alan Thurlow	41:22
Terry Humphrey	45:31
Nick Miletic	45:41
Milton Mavrick	46:27

M55

Ian Davies	39:17
David Reid	39:26
Mike Hale	39:30
Brian Danby	41:11
Martin Watkins	43:45
Mike Rhodes	45:38
John Dance	50:17
John Talbot	53:23

M60

Jim Langford	35:25
Bob Schickert	38:00
David Baird	38:18
Johannes Hagedoorn	38:18
Ivan Brown	39:28
David Muir	40:37
Bryan Hardy	43:39
Jim Barnes	49:01
Arnold Jenkins	53:17

M65

John Kallio	
(Vis. Victoria)	36:20
John Pellier	45:46
Brian Smith	50:06
Richard Harris	50:29
Mike O'Reilly	51:57
Dennis Miller	52:28
Merv Jones	53:44

M70

David Carr	48:27
John Smith	48:39
Ray Hall	52:26
John Carrington	59:26
John Russell	63:29
Jeff Whittam	71:11

W30

Kris Adrian	51:42
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W35

Deborah Gardner	37:06
Julie Keeley	47:10
Debbie Dance	60:54

W45

Dee Haines	43:16
Christine Engels	46:53
Leonie Jones	49:34

W50

Barbara Humphrey	50:26
Jo Richardson	59:59
Elaine Dance	60:25

W55

Pamela Toohey	51:08
Val Millard	59:08
Jackie Halberg	60:08

W60

Peggy MacIver	48:52
Lynne Schickert	62:39
Elaine Ellard	74:15

5.4K RUN

Henri Cortis	M55	26:52
Pierre Viala	M55	41:23
Julie Wood	W55	41:48
Dalton Moffett	M70	47:19
Ray Lawrence	M75	48:52
Mitch Loly	M65	50:51
Rex Bruce	M60	51:36
Graham Ainsworth	M45	51:38

2.7K RUN

Sue Wells	W50	27:52
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News in brief...

Corrections...
(see No 376, P2)

Herdsmen gremlins bite again...

"WELL it was either Lyn Ventris 270, or Maggie Flanders 210 who was 7th at Herdsmen. Yep, I should have picked that one. My excuse, either a sloppy 7 or cur Looking at other numb written on the day, it w tainly a 1.

"I'm now "edicated". Inimitable indeed; wot a big word. I shall take it as a compliment."

Barrie Thomsett

Not worldly...

"FINE production. Like those action and athletic pics. Correction: I have not achieved a world record."

David Carr

OK, sorry, that's my mistake. I thought David set a world 800M age group record in his sixties. VW

Miles adjusted

RESULTS given us for the July Vetrin were incorrect for the M40-49 age group. The times have been re-estimated, and are:

Patrick Smith	5:10
Colin Smith	5:11
Campbell Till	5:20

Membership keeps growing

WE have now passed 400 again. Last year (from April 1/04 to March 31/05 we reached 484. So we are well on the way, with a number of track and field people very slow to renew, as usual.

Bob Schickert

Massage your hamstring injury

A PULLED or strained hamstring is a very common injury. Some basic, simple sports massage techniques that can be used to treat and prevent hamstring strains are:

TECHNIQUE 1: LIGHT STROKING (EFFLEURAGE)

Aim is to warm up the area in preparation for deeper techniques. The hands are stroked lightly but firmly upwards from just above the back of the knee to the top of the hamstring muscle and then lightly down the sides. Pressure is always applied upwards towards the heart as

(Forwarded by John Bell;
origin Mike Waldren on -
www.sportsinjuryclinic.net)

this is the direction of blood flow. The other way can damage veins. The movement is repeated trying to cover as much of the area as possible and continued for 2/5 minutes.

TECHNIQUE 2: KNEADING (PETRISSAGE)

Aim of kneading movements are to manipulate and loosen the muscle fibres further. The hands apply a firm, kneading technique pulling

half the muscle towards you with the fingers of one hand whilst pushing half the muscle away with the thumb of the other hand. Work up and down the muscle, trying to cover as much of the surface as possible. Technique is applied for around five minutes, alternating with light stroking (as above) occasionally.

TECHNIQUE 3: STRIPPING THE MUSCLE

Aim to apply sustained pressure to the muscle, ironing out any lumps, bumps and knots. With the thumb

deep sustained pressure is applied along the full length of the muscle. This technique should be slow and deliberate to 'feel' the muscle underneath. This is repeated 3/5 times in a row, alternating with petrissage for five to ten minutes, or as required.

50K ROAD RUNNING CHAMPIONSHIP

22 MEN and 11 women completed all three races this year, compared to 27 men and 10 women in 2004.

OVERALL WINNERS:

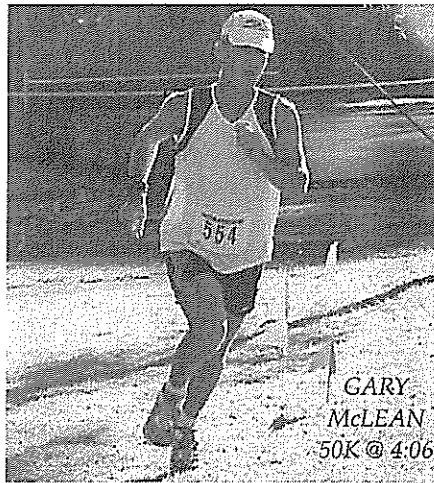
Men – Gary McLean (M40) averaging 4mins 6sec per K.

Women – Helen Lysaght (W50), averaging 4mins 46sec per K.

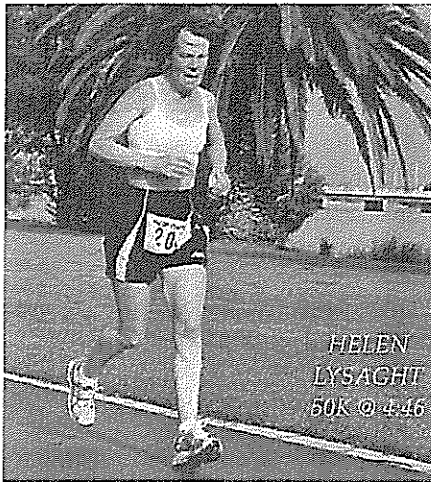
	Weir (10K)	Uni (15K)	Burswood (25K)	Av/K -time
--	---------------	--------------	-------------------	---------------

MEN

Gary McLean (M40)	40:14	59:41	1:44:43	4.06
Neil McRae (M50)	39:27	59:49	1:47:53	4.08
John Allen (M45)	39:15	61:31	1:46:42	4.09
Stephen Dunn (M35)	40:33	63:17	1:50:05	4.17
David Baird (M60)	41:50	64:23	1:52:23	4.22
Johannes Hagedoorn (M60)	42:57	67:13	1:53:49	4.29
Bob Schickert (M60)	43:37	66:48	1:58:38	4.35
Don Pattinson (M50)	44:20	70:51	1:59:19	4.41
Ed Barrett-Lennard (M50)	45:33	71:15	2:00:47	4.45
Erwin Barrett-Lennard (M75)	46:16	70:50	2:00:51	4.46
Mark Sivyer (M55)	45:22	71:05	2:02:55	4.47
John Mack (M60)	50:49	69:07	2:02:54	4.51
Wayne Taylor (M45)	47:48	74:00	2:06:36	4.58
Nick Miletic (M50)	48:41	75:09	2:08:58	5.03
Mark Rosen (M55)	46:54	74:36	2:11:40	5.04
Jim Barnes (M60)	48:36	78:16	2:10:26	5.09
John Pellier (M65)	50:08	76:45	2:10:55	5.09
Dan Bending (M60)	48:28	76:59	2:18:18	5.17
John Smith (M70)	51:53	78:29	2:17:45	5.22
John Dance (M55)	53:20	81:54	2:20:42	5.31
Richard Harris (M65)	54:01	85:03	2:45:18	6.05
Shorty Turner (M65)	69:50	1:44:46	3:08:43	7.16



GARY
McLEAN
50K @ 4:06



HELEN
LYSAGHT
50K @ 4:46

WOMEN

Helen Lysaght (W50)	46:22	70:19	2:01:58	4.46
Shirley Bell (W55)	47:49	74:33	2:12:31	5.06
Karen March (W40)	48:44	75:23	2:13:46	5.09

RACE WALKING CHAMPIONSHIP

SIX women and five men completed the 2005 RWC, well up on last year (2004 4 women, 2 men).

OVERALL WINNERS:

Women – Lynne Schickert (W60), average 6mins 41sec

Men – David Brown (M55), average 6mins 23sec

	5k	7.2k	15k	10k	Av
--	----	------	-----	-----	----

WOMEN

Lynne Schickert	32:15	48:38	1:42:52	65:04	6.42
Lorraine Lopes	33:29	49:27	1:44:12	66:00	6.49
Patricia Hopkins	40:48	63:33	2:10:35	83:36	8.34
Rosa Wallis	38:45	59:18	2:20:37	81:59	8.38
Pat Ainsworth	46:26	63:33	2:12:16	82:52	8.45
Sue Wells	50:53	63:34	2:12:19	85:43	8.47

MEN

David Brown	31:39	46:50	96:04	62:52	6.23
Ray Hall	33:26	51:38	1:55:36	65:04	7.09
Jeff Whittam	38:33	56:59	2:10:17	76:53	8.11
Graham Ainsworth	47:46	67:46	2:12:18	85:44	8.58
Merv Moyle	47:34	76:37	2:20:52	94:54	9.41

Christine Engels (W45)	53:15	78:38	2:13:46	5.19
Pamela Toohey (W55)	53:42	82:01	2:22:03	5.33
Margery Forden (W60)	54:16	82:45	2:25:33	5.39
Christina Rompotis (W45)	52:34	79:28	2:31:08	5.40
Irene Ferris (W50)	59:45	95:53	2:55:11	6.37
Elaine Dance (W50)	63:55	98:52	2:50:21	6.40
Jo Richardson (W50)	63:54	98:55	2:51:27	6.41
Margaret Bennett (W60)	69:50	1:44:47	2:59:36	7:05

10K RUN

Jim Langford	M60	39:23
Bjorn Dybdahl	M50	42:08
Syd Beer	M50	44:12
Bob Schickert	M60	45:05
John Mack	M60	45:23
Doug Ashfield	M45	45:25
Johannes Hagedoorn	M60	45:28
Sean Keane	M40	46:09
Mike Hale	M55	48:26
Wayne Taylor	M45	49:37
Dee Haines	W45	49:38
John Byrne	M55	52:11
Mal Vernon	M50	53:26
Wayne Bates	M60	54:36
Brian Smith	M65	55:04
Bob Sammells	M65	56:13
Michael Faunge	M65	56:40
Jim Barnes	M60	57:03
Wendy ClementsGreen	W60	58:20
Merv Jones	M65	60:46
Ken Whistler	M70	69:47
Shorty Turner	M65	71:57
Margaret Bennett	W60	71:58

5K RUN

Bernard Mangan	M50	19:24
John Cresp	M50	21:03
Raymond Gimi	M40	21:19
Barbara Blurton	W55	22:17
Margaret Langford	W55	23:08
Vic Waters	M60	23:56

Roos vandalise chute!

THE weather the previous week was wet and windy, which does not inspire race directors. However we did manage to get the show on the road (and do sympathise with Margaret Langford's 'Herdsman' comedy of errors.) The morning was showery but the course is protected from the wind. Most runners and walkers enjoyed the bush track alongside the lake.

At least they got warm. The helpers remained cool-to-frozen! Many thanks to them – Christine Uren, Barry Thomset, Mike Anderson and Kirt Johnston (who put the chute up before the kangaroos

Liz Chandler	W35	24:39
John Dennehy	M45	24:51
Peter Airey	M65	25:19
Arnold Jenkins	M60	25:26
Delia Baldock	W40	25:59
Roger Walsh	M60	28:16
Jackie Halberg	W55	29:18
Julie Wood	W55	31:14
Pierre Viala	M55	31:14
Val Millard	W55	31:15
Sheila Maslen	W65	33:03
Kirt Johnson	M75	33:12
Denise Lancaster	W55	34:32

Joondalup Neil Hawkins Park

June 12, 2005

Conditions: showery, cold

went through the park and pulled it down.)

Walkers have a new distance – 8.8km – on a good soft and solid path most of the way. Lynne Schickert did this walk in 66.51mins and Rex Bruce the 5km in 44.21mins. Morris did the work with the flags on the course and stayed at the 71/2km turn. See you all again next year.

M&M Warren

Bob Fergie	M65	35:26
Dalton Moffett	M70	37:06

8.8K WALK

Lynne Schickert	W60	66:51
John Carrington	M70	66:52
Jeff Whittam	M70	71:05
Dorothy Whittam	W65	73:44

5K WALK

Rex Bruce	M60	44:21
Graham Ainsworth	M45	44:22
Patricia Hopkins	W60	44:36
Ann Turner	W65	46:55
Pat Miller	W65	46:55

Master's Myles first home in Perth Marathon

MAWA members Jane Thompson (W50), Marge Forden (W60), John Smith (M70) and Irwin Barrett-Lennard (M75) won their age groups; and Myles Ferrell also won the event outright. The winning relay team included members Chris Maher, Amanda Walker and John West. (How good to see John West running strongly again!) On what looked like a perfect day for the long run - cool and dry - 277 runners finished the main event.

Perth Marathon

July 3, 2005

Conditions: fine

		Pos.	Time
Myles Ferrell	M35	1st	2:37:08
Iain Morshead	M40	7th	2:48:28
Colin Francis	M40	8th	2:48:58
Gary McLean	M40	30	3:10:17
Eric Emmett	M45	47	3:21:45
Bjorn Dybdahl	M50	50	3:23:35
Mark Speechley	M35	62	3:29:42
Graeme Uren	M35	65	3:30:27
Carl Ciccirelli	M40	88	3:39:40
Jane Thompson	W50	116	3:48:28
Don Pattinson	M50	130	3:51:10
Brian Danby	M55	161	3:59:07
John Pellier	M65	162	3:59:14
Keith Miller	M55	186	4:06:50
Jim Barnes	M60	187	4:07:41
Irwin Barrett-Leonard	M75	189	4:08:20
Stephen Dunn	M35	191	4:08:37
John W Smith	M70	192	4:08:44
Nick Miletic	M50	210	4:17:17
Marge Forden	W60	214	4:18:48
Karen March	W40	220	4:26:08
Christine Engels	W45	221	4:26:08
Jane Elton	W35	237	4:33:33
Silvio Wirth	M55	241	4:34:57
Julie Keeley	W35	250	4:43:56
Pamela Toohey	W55	254	4:47:06
Dan Bending	M50	262	4:55:17
Elaine Dance	W50	273	5:19:57
Johannes Hagedoorn	M60	275	5:35:39

Missing from the action...

Hi Vic

Usually when reading the Coker Park results one often sees the name Colin Smith. Suddenly his name went missing. Young Colin has not been running - on medical advice. Is it because he has been running too fast? Well, yes: he had been running too fast on the football field.

Colin decided to play 'no rules' Aussie Rules Masters Football. In one game an opponent decided to stop his speed by throwing him on his head into the ground. The result was a head injury, and if he competed it could get worse.

Hence the little 'Angry Ant' was out of action and off work for about six weeks. Let us hope he has seen the light and will confine his activities to athletics in future.

Rob Antonioli

Burswood Park

25K RRC & 15K RWC

June 19, 2005

IT WAS a dark and stormy night, but the cliches end here. A combined field of 92 competitors braved the classic mid-winter morning and the ghostly shadow of Jim Barnes appeared from the gloomy dawn and was out on the course with flags and tables.

The spring-like enthusiasm of the Barnett, Warren, Beaumont, Kelly and Jones partnerships, coupled with selfless club commitment by Jackie Halberg, Barbara Blurton, Debbie Dance, Arnold Jenkins, Clive Hicks, Dave Reid and

Brian Bennett, ensured the day was bright. Thanks to you all. (The invigorating shower during the race, as with last year, was compliments of Shorty Turner.)

Well done, everyone.

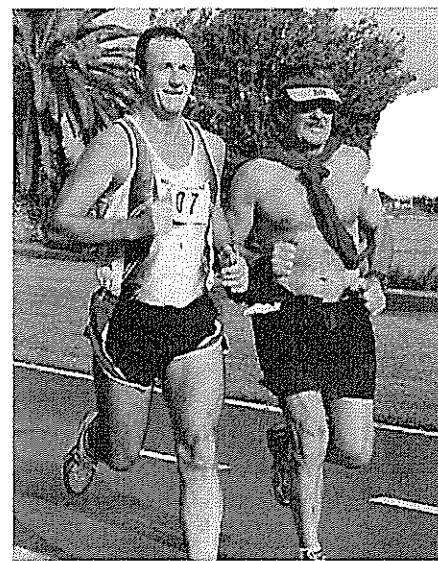
Wayne Pantall

25K RUN

Iain Morshead	M40	1:43:35
Bjorn Dybdahl	M50	1:43:46
Gary McLean	M40	1:44:43
John Allen	M45	1:46:42
Neil McRae	M50	1:47:43
Stephen Dunn	M35	1:50:05
Mike Hale	M55	1:51:35
Graeme Uren	M35	1:51:57
David Baird	M60	1:52:23
Johannes Hagedoorn	M60	1:53:49
Robin King	W45	1:55:31
Bob Schickert	M60	1:58:38
Don Pattinson	M50	1:59:19
John Doust	M55	1:59:20
Brian Danby	M55	2:00:17
Liz Chandler	W35	2:00:47
Irwin BarrettLennard	M75	2:00:51
Colin Chisolm	M40	2:01:09
Helen Lysaght	W50	2:01:58
Mark Sivyver	M55	2:02:05
Frank Gardiner	M55	2:02:30
John Mack	M60	2:02:54
Keith Miller	M55	2:04:23
Wayne Taylor	M45	2:06:36
Nick Miletic	M50	2:08:58
Jim Barnes	M60	2:10:26
John Pellier	M65	2:10:55
Mark Rosen	M55	2:11:40
Dee Haines	W45	2:11:40
Shirley Bell	W55	2:12:31
Karen March	W40	2:13:46
Christine Engels	W45	2:13:46
Chris Pattinson	W45	2:15:23
John Smith	M70	2:17:45
Dan Bending	M60	2:18:18
Kevin Payne	M45	2:18:19
Geraldine Carlton	W40	2:19:12
John Dance	M55	2:20:42
Pamela Toohey	W55	2:22:03
Brian Smith	M65	2:23:37
Marg Forden	W60	2:25:33
Jane Elton	W35	2:28:47
Christina Rompotis	W45	2:31:08
Cecil Walkley	M75	2:34:36
Merv Jones	M65	2:41:32
Richard Harris	M65	2:45:18
Elaine Dance	W50	2:50:21
Jo Richardson	W50	2:51:27
Irene Ferris	W50	2:55:11
Margaret Bennett	W60	2:59:36
Shorty Turner	M65	3:08:43

10K RUN

Paul Hughes	M50	37:37
Ralph Henderson	M55	40:44
Jim Klinge	M55	41:17
Dave Roberts	M60	42:50
Syd Beer	M50	43:06
Sean Keane	M40	45:27
Gary Fisher	M50	46:01



Don Pattinson and John Doust finish the 25K.

Christine Uren	W30	47:17
Bill Jones	M55	47:33
Vic Waters	M60	48:35
Fenella Gill	W40	48:41
Paul Martin	M60	50:25
Mike Khan	M60	50:27
Mike Rhodes	M55	50:47
Mike Anderson	M55	51:43
Jeff Spencer	M60	53:45
Liz Chandler	W35	53:52
Keith Forden	M65	55:49
Wendy ClementsGreen	W60	56:34
John Talbot	M55	60:23
George Schaefer	M70	62:20
Sheila Maslen	W65	69:18

15K WALK

David Brown	M55	96:04
Lynne Schickert	W60	1:42:52
Lorraine Lopes	W65	1:44:12
Ray Hall	M70	1:55:36
Jeff Whittam	M70	2:01:17
Patricia Hopkins	W60	2:10:35
Pat Ainsworth	W65	2:12:16
Ann Turner	W65	2:12:16
Graham Ainsworth	M45	2:12:18
Sue Wells	W50	2:12:19
Jennie Smith	W50	2:14:39
Beryle Doust	W55	2:14:39
Rosa Wallis	W60	2:20:37
Merv Moyle	M75	2:20:52

10K WALK

Val Millard	W55	71:48
Rex Bruce	M60	83:45
Alan Pomery	M70	86:27
Mitch Loly	M65	88:43
Pat Miller	W65	96:18

June 16, 2005

1500M

John Collier	M35	5.25
Richard Parker	M45	6.02
Jim Riddell	M65	7.02

1500M WALK

Tom Lenane	M45	8.37
Lynne Schickert	W60	9.36

100M

Richard Parker	M45	12.2
Barrie Kernaghan	M65	13.1
Roy Fearnall	M60	13.3

Keith Edmonds	M35	14.3
Tom Lenane	M45	15.0
Delia Baldock	W40	15.2

600M

Henri Cortis	M55	1.43.5
Barbara Blurton	W55	1.44.7
John Collier	M35	1.47.0
John Dennehy	M45	1.50.1
Keith Edmonds	M35	1.51.4
Toni Phillips	W30	1.52.2
Delia Baldock	W40	2.13.0

3000M

Bjorn Dybdahl	M50	11.05.1
Bob Schickert	M60	11.55.2
Keith Edmonds	M35	12.25.8
John Collier	M35	13.22.3
Tom Lenane	M45	13.56.8
Delia Baldock	W40	14.39.9
Gill Edmonds	W40	15.02.9
Richard Parker	M45	15.10.1

June 23, 2005

100M

Roy Fearnall	M60	13.6
Barrie Kernaghan	M65	13.7
Norm Richards	M65	13.8
Lynne Choate	W50	14.6
Rob Antonioli	M50	14.0
Delia Baldock	W40	15.6
Jim Riddell	M65	16.8

FREMANTLE MASTERS GAMES

THE third biennial Fremantle Masters Games run from 16/20 September with athletics on Saturday 17 September. Programme will be as in 2003 (did you keep your copy?!) with a X/C run and road walk in the morning; and track and field in the afternoon. Registration booklets are available at Sunday runs. For general info call our own Damien Hanson on 9383 4406, or Fremantle Masters Games on 9432 9724; or visit www.fremantlemastersgames.com.au

Track and Field

COKER PARK

FULL summer T&F programme will appear in September. See Coming Events - back page - for August and September meetings.

800M

Henri Cortis	M55	2.23.9
John Collier	M35	2.26.0
Barbara Blurton	W55	2.29.7
David Carr	M70	2.31.0
John Dennehy	M45	2.33.8
Keith Edmonds	M35	2.35.8
Rob Antonioli	M50	2.47.4
Toni Phillips	W30	2.44.7
Robin King	W45	2.53.2
Delia Baldock	W40	2.58.2

60M

Roy Fearnall	M60	8.3
Barrie Kernaghan	M65	8.5
Norm Richards	M65	8.8
Lynne Choate	W50	8.9
Rob Antonioli	M50	8.5
Keith Edmonds	M35	8.9
Delia Baldock	W40	10.0
Jim Riddell	M65	10.4

5000M

Ian Davies	M55	17.48.2
Bjorn Dybdahl	M50	19.24.4
Bob Schickert	M60	20.35.0
Keith Edmonds	M35	20.59.3
Ivan Brown	M60	21.31.0
John Collier	M35	24.03.3

3000M

Gill Edmonds	W40	15.58.8
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3000M WALK

Robin King	W45	18.52.5
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June 30, 2005

200M

Richard Parker	M45	26.5
Barrie Kernaghan	M65	26.6
Roy Fearnall	M60	26.9
Henri Cortis	M55	27.5
Lynne Choate	W50	29.5
John Dennehy	M45	29.8
David Carr	M70	30.2
Delia Baldock	W40	32.8
Peggy Macliver	W60	33.4
Bob Schickert	M60	33.9
Jim Riddell	M65	34.7
Lynne Schickert	W60	47.9

200M HURDLES

Toni Phillips	W30	34.1
Gill Edmonds	W40	42.1
Toni Phillips	W30	34.6
Tom Lenane	M45	42.2

1500M

Robin King	W45	5.41.9
Ivan Brown	M60	5.45.2

1500M WALK

Tom Lenane	M45	9.01.3
Val Millard	W55	9.39.1

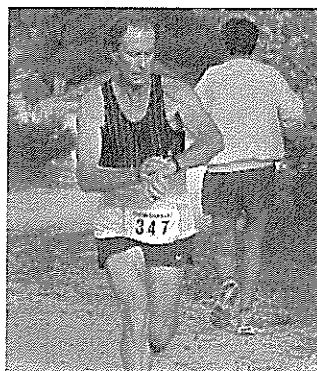
300M

Richard Parker	M45	41.9
Roy Fearnall	M60	42.9
Barrie Kernaghan	M65	43.0
Henri Cortis	M55	43.7
Norm Richards	M65	46.8

David Carr	M70	46.8
John Dennehy	M45	47.4
Lynne Choate	W50	54.2
Delia Baldock	W40	51.0
Peggy Macliver	W60	53.3
Jim Riddell	M65	57.4

3000M

Patrick Smith	M40	10.03.1
Ian Davies	M55	10.07.3
Jim Langford	M60	10.53.0
Neil McRae	M50	11.07.4
Bob Schickert	M60	12.00.3
Greg Byrne	M40	15.31.9
Gill Edmonds	W40	15.32.1



Neil McRae - 3000m in 11:07
(Pic: at Bold Park Run)

3000M WALK

Robin King	W45	17.50.7
Lynne Schickert	W60	19.56.5
Stan Jones	M75	20.05.5

July 7

60M

Roy Fearnall	M60	8.1
Barrie Kernaghan	M65	8.3
Lynne Choate	W50	8.3
Norm Richards	M65	8.5
Rob Antonioli	M50	8.4
Bruce Cornish	M55	9.1
Delia Baldock	W40	9.4
Jacqui Sanders	W35	10.0
Jim Riddell	M65	9.9
Jacqui Sanders	W35	10.5
Pat Carr	W70	11.6
Lynne Schickert	W60	12.7
Elaine Ellard	W60	14.0

400M HURDLES

Toni Phillips	W30	72.5
Rob Antonioli	M50	80.2
Delia Baldock	W40	84.8
Gill Edmonds	W40	92.4

400M

Roy Fearnall	M60	60.1
Henri Cortis	M55	61.4
Barrie Kernaghan	M65	64.6
Rob Antonioli	M50	67.6
Barbara Blurton	W55	63.6
David Carr	M70	64.8
John Dennehy	M45	66.4
Norm Richards	M65	70.6

Bruce Cornish	M55	70.2
Lynne Choate	W50	71.8
Robin King	W45	80.3
Jim Riddell	M65	80.4

100M

Roy Fearnall	M60	13.1
Barrie Kernaghan	M65	14.0
Henri Cortis	M55	14.1
Rob Antonioli	M50	13.9
Norm Richards	M65	14.2
Lynne Choate	W50	14.4
John Dennehy	M45	14.8
Bruce Cornish	M55	15.2
Delia Baldock	W40	15.8
Jim Riddell	M65	16.9
Jacqui Sanders	W35	17.6
Pat Carr	W70	20.9

5000M

Jim Langford	M60	18.12.9
Bjorn Dybdahl	M50	18.48.9
Bob Schickert	M60	20.13.3
John Ellard	M60	24.15.3

3000M

Ian Davies	M55	10.13.5
Ivan Brown	M60	12.17.9
Gill Edmonds	W40	16.22.5
Colin Smith	M40	16.22.6
Elaine Ellard	W60	21.15.7

3000M WALK

Robin King	W45	17.10.5
Bruce Cornish	M55	19.31.5
Lynne Schickert	W60	19.52.5

July 14, 2005

*Pending State Record

60M

Rob Antonioli	M50	8.4
Lynne Choate	W50	8.4*
Barrie Kernaghan	M65	8.5
Norm Richards	M65	8.7
Delia Baldock	W40	9.5
Pat Carr	W70	11.3
Lynne Schickert	W60	13.2

600M

Henri Cortis	M55	1.40.1
Barbara Blurton	W55	1.43.5
Colin Smith	M40	2.10.3
Rob Antonioli	M50	2.10.4
Bob Schickert	M60	1.57.4
Delia Baldock	W40	2.04.5
Jim Riddell	M65	2.24.2

200M

Rob Antonioli	M50	28.0
Norm Richards	M65	28.7
Lynne Choate	W50	28.9
Henri Cortis	M55	30.0
Delia Baldock	W40	32.2
Bob Schickert	M60	33.5
Jim Riddell	M65	36.4
Pat Carr	W70	45.9

5000M

Bjorn Dybdahl	M50	19.09.3
Ivan Brown	M60	21.25.5

3000M

Colin Smith	M40	13.50.4
Rob Antonioli	M50	14.06.1
Gill Edmonds	W40	15.10.6

3000M WALK

Lynne Schickert	W60	20.05.4
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WELL I had so many compliments about the run I guess I will have to take credit for the stunning weather and fabulous scenery! However, the successful running of an event relies on all the wonderful helpers – too many to mention; but you know who you all are so thanks again! Frank Gardiner did a great job, remarking the course after we moved the start slightly to the top of the oval so avoiding the bottom end and the treacherous mud. Thanks to all my brave road marshals and thanks so much to those people who came up to offer their help on the day we always need more helpers! As I sat at the recording table I also got praised for finishing so fast! I was being mistaken for first runner home Deborah Gardner, who flew over the 8km course, while her partner Michel Bermudes took out the 16K. So they were winners of the Dick Horsley Trophy, awarded to the best-performing couple over the Dash. No I didn't run; but you can mistake me for Deborah anytime! Thanks also to the helpers for morning tea which I think everyone enjoyed while soaking up the sun. Hope to see you all again next year!

Delia Baldock

16K RUN

Michel Bermudes	M30	63:43
Darryl White	M45	65:57
Gary McLean	M40	66:37
John Allen	M45	67:38
Graeme Uren	M35	69:10
Trevor Robertson	M50	69:18
Mike Hale	M55	69:49
David Baird	M60	70:23
Colin Chisolm	M40	70:42
Robin King	W45	72:11
Graham Ainsworth	M45	72:21
David Reid	M55	73:19
Bob Schickert	M60	75:00
Johannes Hagedoorn	M60	75:09
Don Pattinson	M50	75:25
Helen Lysaght	W50	78:03
Gary Fisher	M50	78:09
Wayne Taylor	M45	80:25
Noel McKenney	M50	80:56
Nick Miletic	M50	81:00
Shirley Bell	W55	82:25
Chris Pattinson	W45	82:32
Graham Thornton	M60	84:12
Jim Barnes	M60	84:55
Julie Keeley	W35	86:13
Jane Elton	W35	86:28
John Smith	M70	86:29
Frances Casella	W50	88:03
John Dance	M55	88:42
Christina Rompotis	W45	90:22
Pamela Toohey	W55	91:17
Richard Harris	M65	95:07
Ray Hall	M70	96:44
Merv Jones	M65	97:33
Val Millard	W55	1:49:16
Elaine Dance	W50	1:52:13
Jo Richardson	W50	1:52:13
Margaret Bennett	W60	1:52:23
Shorty Turner	M65	1:52:24

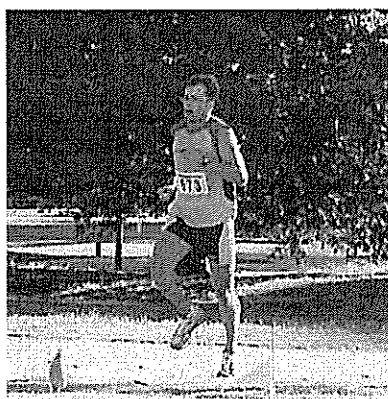
Darlington Dash

June 26, 2005
Conditions: sunny, cool



Start of Darlington Dash (above). Below, left, 16K winner Michel Bermudes; and 8K winner Deborah Gardner. Is this a first – two outright winners also taking the Dick Horsley Trophy?

DICK HORSLEY TROPHY



Michel Bermudes M30 63:43
Deborah Gardner W35 32:10
Total: 95:53

Gary McLean M40 66:37
Christine Engels W45 40:40
Total: 107:17

Graeme Uren M35 69:10
Christine Uren W30 38:25
Total: 107:35

Johannes Hagedoorn M60 75:09
Julie Wood W55 49:08
Total: 124:17

Bob Schickert M60 75:00
Lynne Schickert W60 55:12
Total: 131:12

John Smith M70 86:29
Jennie Smith W50 64:38
Total: 151:07

Shorty Turner M65 1:52:24
Ann Turner W65 1:12:49
Total: 185:13



8K RUN

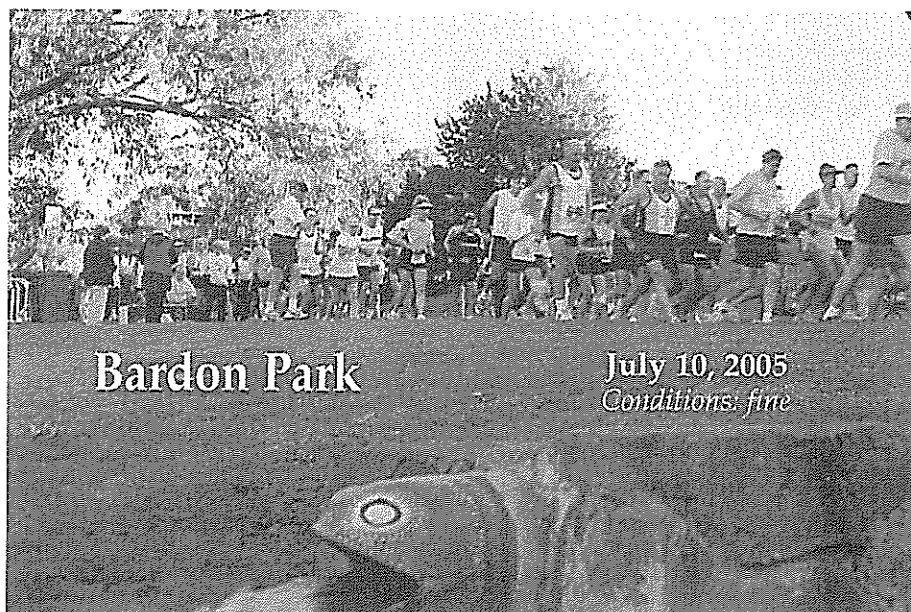
Deborah Gardner	W35	32:10
Sean Keane	M40	35:13
Mal Vernon	M50	38:13
Christine Uren	W30	38:25
Mike Rhodes	M55	38:38
Vic Waters	M60	38:51
Karen March	W40	39:48
Christine Engels	W45	40:40
John Ellard	M60	40:51
Liz Chandler	W35	41:35
Peggy MacIver	W60	41:44
Bob Sammells	M65	43:08
Arnold Jenkins	M60	45:02
Kris Adrian	W30	45:10
Sue Bullen	W45	45:55
John Talbot	M55	46:38
Vic Beaumont	M75	46:46
Roger Walsh	M60	47:02
Jackie Halberg	W55	48:27
Julie Wood	W55	49:08
Pierre Viala	M55	49:27
Lynne Schickert	W60	55:12
Jenni Shillington	W45	63:14
Dalton Moffett	M70	68:34

8K WALK

Lorraine Lopes	W65	60:47
John Carrington	M70	60:48
Jeff Whittam	M70	63:57
Dorothy Whittam	W65	64:30
Jennie Smith	W50	64:38
Mitch Loly	M65	69:42
Ann Turner	W65	72:49
Sue Wells	W50	73:49
Denise Lancaster	W55	72:50
Pat Ainsworth	W65	72:50
Rex Bruce	M60	76:52
Leo Hassam	M75	76:53
Telsey Hatwell	W70	88:56
Merv Moyle	M75	88:57

WE had a beautiful morning for the event this year, and thanks to our wonderful team of helpers, it was a breeze. Thanks to Colin O'Sullivan, Mike Khan, Norm & Pat Miller, Brian Smith, Karen Sexton, Ed Barrett-Lennard, Pat & Graham Ainsworth, Telsey Hatwell, Denise Lancaster and Pierre Viala. Thanks to Kirt for setting up the finish, however, we have decided next year to have the finishing line straight down the pathway, which will make it much easier for the fast finishing runners, not to have to make a sharp turn left at the finishing line. So this will be an improvement on what appeared to be a very enjoyable event for everyone. Thanks to everyone who came along, see you next year.

Margaret and Brian Bennett



Aquatic theme to the Bardon run with aboriginal artwork and fountains. Above, the start.

Below, good 8.7K finish from Wendy Clements-Green.



13K RUN

Jim Langford	M60	50:47
Bjorn Dybdahl	M50	52:25
Neil McRae	M50	52:35
John Allen	M45	53:17
Gary McLean	M40	53:45
Graeme Uren	M35	54:24
David Baird	M60	54:50
Syd Beer	M50	56:26
Colin Chisolm	M40	56:34
Johannes Hagedoorn	M60	56:47
John Bell	M60	58:58
Wayne Taylor	M45	59:15
Doug Ashfield	M45	59:38
Bob Schickert	M60	59:39
John West	M55	60:29
Helen Lysaght	W50	60:36
John Collier	M35	60:43
Christine Uren	W30	62:38
Mal Vernon	M50	62:52
Noel McKenney	M50	63:26
John Ellard	M60	64:50
Shirley Bell	W55	64:57
Paul Martin	M60	65:01
Karen March	W40	65:12
Nick Miletic	M50	65:20
Julie Keeley	W35	66:22
Christine Engels	W45	67:04
John Byrne	M55	67:35
John Smith	M70	68:03
Milton Mavrick	M50	68:29
Mike Hale	M55	69:03
Jim Barnes	M60	69:16
John Dance	M55	69:46
Graham Thornton	M60	70:39
John Pellier	M65	70:44
Marg Forden	W60	70:48
Pamela Toohey	W55	70:54
Richard Harris	M65	72:03
Kevin Payne	M45	73:39
Merv Jones	M65	76:00
John Talbot	M55	77:09
Jackie Halberg	W55	79:22
Debbie Dance	W35	83:07
Elaine Dance	W50	83:58
Jo Richardson	W50	85:01

8.7K RUN

Ralph Henderson	M55	34:55
Sean Keane	M40	37:28
Ivan Brown	M60	38:13
Bill Jones	M55	38:38
Margaret Langford	W55	39:16

Irwin BarrettLennard	M75	41:25
Richard Blurton	M55	43:30
Mike Rhodes	M55	43:41
Jeff Spencer	M60	47:07
Michael Faunge	M65	47:48
Wendy ClementsGreen	W60	48:01
Stan Lockwood	M75	48:21
Bob Fergie	M70	56:14
Julie Wood	W55	58:20
Jenni Shillington	W45	62:28

5K RUN

Ian Davies	M55	17:44
Bernard Mangan	M50	19:48
Amanda Walker	W35	20:12
John Cresp	M50	20:43
Raymond Gimi	M40	21:08
Dave Roberts	M60	21:26
Barbara Blurton	W55	22:03
Chris Frampton	M40	22:05

David Carr	M70	22:12
Bryan Hardy	M60	23:46
Vic Waters	M60	23:57
Henri Cortis	M55	24:43
Mike Anderson	M55	24:49
John Dennehy	M45	24:54
Leonie Jones	W45	24:59
Barry Jones	M45	25:01
Delia Baldock	W40	25:03
Jim Riddell	M65	26:02
Sue Bullen	W45	26:28
Arnold Jenkins	M60	26:58
Keith Forden	M65	27:23
Brian Foley	M60	27:24
Roger Walsh	M60	28:26
Vic Beaumont	M75	29:05
Aldo Giacomini	M65	29:42
Paul Buckley	M55	30:05
Joan Pellier	W65	31:57
Phyllis Farrell	W60	35:32
Ray Lawrence	M75	37:07
Elaine Ellard	W60	40:45
Mary Heppell	W65	41:08
Dalton Moffett	M70	41:10

13K WALK

Ray Hall	M70	90:25
Lorraine Lopes	W65	92:35
John Carrington	M70	92:36
Peter Ryan	M55	93:56

8.7K WALK

Val Millard	W55	58:23
Lynne Schickert	W60	58:57
Rex Bruce	M60	66:20
Beryle Doust	W55	67:20
Jeff Whittam	M70	67:32
Jennie Smith	W50	68:58
Dorothy Whittam	W65	69:20
Mitch Loly	M65	71:26
Ann Turner	W65	77:02
Merv Moyle	M75	82:17
Alan Pomery	M70	83:54

5K WALK

David Brown	M55	35:58
Patricia Hopkins	W60	41:45
Debbie Wolfenden	W40	42:09
Rosa Wallis	W60	45:35
Barbara Bailey	W75	49:33
Keith Atkinson	M45	49:34
John Bailey	M75	51:14

**AUGUST 14
MILLPOINT
BURSWOOD RUN**
Director: Milton Mavrick -
9227 1559

Frances Casella, Scot
Claxton, Andrew Cook &
Bev Whitfield, Sue Wells,
Bill Jones, Jodi Bauer,
Glenda Lawrence

**AUGUST 21
RACECOURSE RUN**

Directors: Gary McLean,
Chris Engles - 9383 9161
Keith Miller, Patrick Smith,
Brian & Alison Aldrich,
Colin Chisholm, Jo
Richardson & David Baird.

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

**AUGUST 28
CITY TO SURF**

**SEPT 4
HERDSMAN**

Directors: Jeff & Dorothy
Whittam - 9387 6438
Moreland Smith, Hamish
McGlashen, Bernadette
Height, Mike Faunge, Sheila
Maslen, Lorraine Lopes,
Fenella Gill, John Cresp.

SEPT 11 BASSENDEAN

Director: Jacqueline
Billington - 9751 1804
John Mack, Kirt Johnson,
Wayne Bates, Irene Ferris,
Brian & Margaret Bennett,
Alan Thornley, Pierre Viala,
Wendy Duncan, Christine
Rompoits, Trevor Robertson

SEPT 18 BIBRA LAKE

Director: Richard Harris -
9457 6102

John Bramley, Dennis &
Margaret Miller, John &
Elaine Dance, Aldo
Giacomin, Karen & Peter
March, Bob Sammells, Steve
& Pam Toohey, Don & Chris
Pattinson, Sid Beer

COKER PARK

Aug 4th 60, 400, 100, 5000
Aug 11th 200, 1000, 60, 3000
Aug 18th 100, 600, 300, 5000
Aug 25th 400 + 400H, 1500,
200, 3000
Sept 1st 60, 800, 100, 5000
Sept 8th 100, 1000, 300, 3000
Sept 15th 200, 1500, 60, 5000
Sept 22nd 60, 600, 200, 3000
Sept 29th 100, 1500, 400, 5000

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Bill Hughes

Vetr^un

SEPTEMBER
2005
No. 378



The magazine of Masters Athletics WA

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Jumping for...jellybeans!



Alan Pomery is one of the most enthusiastic Masters and well-deserved winner of the 'exhilaration prize' at this month's Racecourse Run (see page 4.)

Club numbers must be worn

IT'S time to get serious about wearing your club number.

This fairly new system saves queuing after the events and should also ensure totally accurate results, because your number automatically conjures up your personal details from the computer data base.

That's great; but computers are only as good as the information we put in. If you give the wrong number when you reach the finish, the system is stuffed.

Outcome is interminable post-mortems for Barrie and Bob; e-mails flying all around the ether; and some disgruntled members who don't see their name in the right place in the results.

Solutions

There are a few possible solutions – including 'No Number – No Run'?

That's a bit drastic – but it could come into force if we don't make an effort.

PLEASE – if you're not sure of your number – DON'T GUESS!

Ask the recorder to look you up in the book.

PLEASE – if you leave your number at home, either make up a temporary one – or write it on your hand.

Just make sure YOU know your correct number before you reach the finish.



Pictured well to the fore in last week's City to Surf, the in-form Ian Davies was probably first Masters's member over the line. Results unavailable as we go to press; but many pictures were posted on the club website on race day.

There's more info on the website

IT'S difficult to include everything of interest in Vetr^un's eight pages a month. So, thanks to John Stone, who runs the site, we have begun a 'Vetr^un Extra' section on the web. There you'll find that extra information that doesn't make the magazine.

Also, look for a new 'Archives' section, which will be used to store information of lasting value. For instance, this month I have added a list of members' profiles, indicating the Vetr^un edition number in which the profile appeared.

Pictures and archive information will stay on-site for some months, depending on available space.

News in brief...

ANTagonising Rob

ROB ANTONIOLLI points out that he was misquoted in our last. Colin Smith is not the Angry Ant, Rob is. This vital fact was lost in translation of AA's handwritten note.

Missed at Jorgensen

PAT Ainsworth, 1st W65, and Ann Turner, 2nd W65, were missed from the Jorgensen cross country results in the August Vetrin. No times are available for the pair, who came in after the clock was turned off (but in time for lunch!)

Indoor fun

THE 2006 World Masters Indoor Championships will be in Linz, Austria from March 15-20. Timetable and the hotel reservation system are online now, at

www.linz2006.com/eng/news_timetable_and_hotels_now_online.htm (English)

For throwers...

AMA Winter Throwing Championships entry forms are available from Damien Hanson: phone - 9383 4406; or email hansond@iprimus.com.au



THEY GOT'M

Roger Walsh and Elaine Ellard – 2004 winners of the priceless Timeless Trophies. It's OK, we know where they live.



Above: fine finish for Liz Chandler and John Pellier; and below, Rex Bruce, all at Racecourse Run (P4)



Want your pictures?

MANY of the photographs shot at club meetings – plus those used in Vetrin – are now on our website, in full colour. It's quite easy to download and print them out if you wish. Pictures from the current edition are on the same web page as the full Vetrin. Others are on the 'Photographs' page.



Above: Jeanette Tiverios, Dee Haines, John Ellard and Kirt Johnson; Half-Marathon (P5)

Below: Jacqui Halberg; Racecourse Run (P4)

Venue Change – GOT it?

OUR Guess Own Time (GOT) run on October 16 will be at Hale School, at 8am, as shown in the new programme. I won't labour the point, and risk being known as an even grumpier old man, but it's all down to the Kings Park Board!

Hale's campus is huge, so be sure you go to COBB Street, on the north side of the grounds. Park on the verge next to the school fence and enter on foot through the pedestrian gate. Head across to a very prominent, green-roofed cricket pavilion, where the event starts and finishes.

There are two runs, and two trophies.

Long run is 9.51K; short run is 6.34K.

About half the course is bush, the rest over playing fields.

There is no separate walk course.

Guessing game

The GOT run tests your ability to judge your own pace. For most, it's harder to do so over off-road - and that's why it's a cross-country.

When you arrive, find your name on the printed lists that will be available at the pavilion and write in your estimated time, for ONE event only, 6.34K OR the 9.51K.

The winners are those whose estimate comes closest to their ultimate finishing time. SO...as you finish, listen carefully for the time the officials will holler at you.

If it's close to your guess, front up and put in a claim!

Vic Waters



Mike Anderson complained that I never use his pictures. I told him to win something to get into Vetrin. Damn...see page 4!

Sharks Run – John Tonkin Park



Sharks Run: Bob Schickert, Beryl Blurton and others near the first turn. (Lady with dog DNF!) Below, chute tussle won by David Baird from Geoff Barrett.

July 24, 2005

Conditions: fine

10K RUN

Gary McLean	M40	40:04
John Allen	M45	41:13
David Baird	M60	42:23
Geoff Barrett	M40	42:24
Syd Beer	M50	43:34
Mike Hale	M55	43:45
Johannes Hagedoorn	M60	41:22
Scot Claxton	M35	44:59
Barry Jones	M45	45:13
David Muir	M60	45:27
Bob Schickert	M60	45:45
Wayne Taylor	M45	47:13
Helen Lysaght	W50	47:17
Sean Keane	M40	48:33
Jeanette Tiverios	W45	49:08
Milton Mavrick	M50	49:42
John Pellier	M65	50:06
Mike Rhodes	M55	50:17
Nick Miletic	M50	50:33
Karen March	W40	50:36
Richard Blurton	M55	51:08
Jim Barnes	M60	51:24
Peggy MacIver	W60	51:28
Christine Engels	W45	51:36
Terry Humphrey	M50	52:25
Barbara Humphrey	W50	52:25
John Dance	M55	53:41
Robert Sheehy	M55	54:01
Jeff Spencer	M60	54:41
Reece Waldock	M50	54:49
Michael Faunge	M65	54:59
Cecil Walkley	M75	55:07
Pamela Toohey	W55	55:18
Elaine Dance	W50	60:05
Jackie Halberg	W55	60:44
Debbie Dance	W35	63:42
Jo Richardson	W50	67:03

5K RUN

Alan James	M50	19:07
Jim Langford	M60	19:24
Henri Cortis	M55	20:17
Raymond Gimi	M40	20:49
Ivan Brown	M60	22:19
Barbara Blurton	W55	22:14
Irwin Barrett-Lennard	M75	22:08
Margaret Langford	W55	23:03
Hamish McGlashan	M65	23:09
John Dennehy	M45	23:54
Mike Anderson	M55	24:37



Leonie Jones	W45	24:52
Barry Jones	M45	24:54
Arnold Jenkins	M60	25:41
David Carr	M70	26:06
Keith Atkinson	M45	26:11
Brian Foley	M60	26:21
Sue Bullen	W45	26:58
Damien Hanson	M50	28:19
Vic Beaumont	M75	28:34
Pierre Viala	M55	29:52
Julie Wood	W55	29:54
Joan Pellier	W65	30:19
Bob Fergie	M70	30:20
Sheila Maslen	W65	34:17
Denise Lancaster	W55	34:18
Phyllis Farrell	W60	36:54
Mary Heppell	W65	38:43

10K WALK

David Brown	M55	65:12
John Carrington	M70	71:22
Dorothy Whittam	W65	81:44
Beryle Doust	W55	85:03
Jenni Shillington	W45	85:05
Pat Miller	W65	93:30
Norm Miller	M70	93:32

5K WALK

Lynne Schickert	W60	35:37
John Frost	M65	37:18
Roger Walsh	M60	39:15
Mitch Loly	M65	41:06
Rosa Wallis	W60	41:06
Jeff Whittam	M70	41:05
Graham Ainsworth	M45	42:46
Rex Bruce	M60	42:47
Merv Moyle	M75	44:40
Barbara Bailey	W75	48:23
John Bailey	M75	48:23
Leo Hassam	M75	50:02
George Schaefer	M70	50:02

Mill Point Road Championships

August 14, 2005

10K RUN

M35

Stephen Dunn	M35	39:32
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M40

Gary McLean	M40	39:16
Geoff Barrett	M40	41:18

M45

John Allen	M45	39:24
Lachlan Marr	M45	40:45
Doug Ashfield	M45	42:17
Wayne Taylor	M45	44:29
Keith Atkinson	M45	47:29
Barry Jones	M45	52:24

M50

Bjorn Dybdahl	M50	38:09
Christopher Coates	M50	38:55
David Willmer	M50	39:07
Alan James	M50	39:35
Neil McRae	M50	40:57
Don Pattinson	M50	45:46
Gary Fisher	M50	46:18

M55

David Reid	M55	42:46
Mike Hale	M55	42:51
Duncan McAuley	M55	43:27
Brian Danby	M55	44:12
Mark Sivyer	M55	46:56
John Byrne	M55	50:06
Robert Sheehy	M55	50:55
Franz Oswald	M55	51:15
John Dance	M55	52:04

M60

Johan Hagedoorn	M60	42:06
Bob Schickert	M60	42:23
David Baird	M60	42:30
Dave Roberts	M60	43:48
John Bell	M60	44:23
John Mack	M60	44:53
John Davies	M60	45:39
Bryan Hardy	M60	47:14
Mike Khan	M60	48:11
Paul Martin	M60	48:48
John Ellard	M60	49:09
Jim Barnes	M60	51:03
Jeff Spencer	M60	51:42
Dan Bending	M60	52:55
Wayne Bates	M60	53:23
Graham Thornton	M60	54:05
John Brambley	M60	55:38

M65

Hamish McGlashan	M65	47:58
John Pellier	M65	48:38
Michael Faunge	M65	54:22
Bob Sammells	M65	54:56
Richard Harris	M65	55:23
Aldo Giacomini	M65	58:52

M70

John Smith	M70	51:22
Bob Fergie	M70	62:17

M75

Vic Beaumont	M75	57:38
Ray Lawrence	M75	78:08

W30

Kris Adrian	W30	52:06
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W35

Julie Keeley	W35	48:43
--------------	-----	-------

Mill Pt Rd Champs...

Liz Chandler	W35	51:09
Jane Elton	W35	54:09
Debbie Dance	W35	62:36

W40

Karen March	W40	47:57
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W45

Kay Burt	W45	44:33
Christine Engels	W45	50:45
Leonie Jones	W45	52:22
Sue Bullen	W45	55:27
Jenni Shillington	W45	68:58



Elaine Dance

W50

Helen Lysaght	W50	45:04
Elaine Dance	W50	60:53
Jo Richardson	W50	71:11

W55

Shirley Bell	W55	49:44
Jackie Halberg	W55	56:47
Julie Wood	W55	63:03

W60

Peggy Macliver	W60	49:10
Elaine Ellard	W60	76:21

W65

Joan Pellier	W65	64:03
Sheila Maslen	W65	68:59

5K RUN

Henri Cortis	M55	20:00
Ivan Brown	M60	22:57
Jim Riddell	M65	24:41
John Dennehy	M45	24:54
Peter Airey	M65	26:37
Damien Hanson	M50	27:06
Arnold Jenkins	M60	27:52
David Carr	M70	27:59
Richard Danks	M60	29:30
Ray Hall	M70	29:54
Fiona McAuley	W50	29:56
Gillian Young	W55	30:17
Kirt Johnson	M75	30:18
Jennie Smith	W50	34:26

10K WALK

Mike Rhodes	M55	66:41
John Carrington	M70	70:20
Lorraine Lopes	W65	70:25
Val Millard	W55	88:11
Margaret Bennett	W60	88:12
Merv Moyle	M75	88:24
Ann Turner	W65	88:33
Rex Bruce	M60	95:23
Leo Hassam	M75	95:24

5K WALK

Lynne Schickert	W60	40:48
Roger Walsh	M60	40:48
Alan Pomery	M70	41:42
Nola Bending	W60	43:20
Patricia Weston	W65	71:29
George Schaefer	M70	71:30

THE weather showed us a little early spring, blue skies, no wind with ambient temperature; perfect conditions for some great times in preparation for the City to Surf. Distance may have been a fraction longer than 10km stated, with the top-guns conveying their thoughts that predicted times were a wee bit longer than expected. Thanks to all our helpers – Jo and David at the drink station, Chris Frampton at the 5km turn-around, Ian Morshead at 2.5km and Colin Chisolm directing runners from the footpath to the roadway. A special mention to Keith Atkinson who volunteered with the stop watch timer; and to my lovely lady Christine who neatly registered all the race numbers and distances run or

10K RUN

Bernard Mangan	M50	39:29
Geoff Barrett	M40	39:50
John Allen	M45	40:03
Neil McRae	M50	41:51
Ralph Henderson	M55	41:51
John Puglisi	M50	42:37
Trevor Robertson	M50	42:58
Andrew Cook	M35	43:12
Doug Ashfield	M45	43:21
David Reid	M55	43:27
Mike Hale	M55	43:34
Bill Jones	M55	44:43
John Bell	M60	45:10
Brian Danby	M55	45:12
Wayne Taylor	M45	45:50
Helen Lysaght	W50	45:54
John Mack	M60	46:06
Mark Sivyer	M55	46:45
Irwin Barrett-Lennard	M75	46:59
John Davies	M60	47:21
Noel McKenney	M50	48:04
Hamish McGlashan	M65	48:55
Fenella Gill	W40	49:13
John Ellard	M60	49:27
Sean Keane	M40	49:48
Peggy Macliver	W60	50:16
Mike Khan	M60	50:19
Milton Mavrick	M50	50:49
Jim Barnes	M60	51:10
Nick Miletic	M50	51:35
Frances Casella	W50	51:47
Shirley Bell	W55	52:10
Dan Bending	M60	52:13
John Smith	M70	52:23
Liz Chandler	W35	52:58
Terry Humphrey	M50	53:00
Barb Humphrey	W50	53:02
John Pellier	M65	53:03
Michael Wilkin	M55	53:11
Franz Oswald	M55	53:22
Leonie Jones	W45	53:37
Barry Jones	M45	53:42
John Dance	M55	54:13
John Byrne	M55	54:35
Michael Faunge	M65	54:48
Lorraine Lopes	W65	55:41
Pamela Toohey	W55	55:46
Jackie Halberg	W55	56:36
Sue Bullen	W45	57:01
Gillian Young	W55	57:21
Stan Lockwood	M75	57:25
John Talbot	M55	57:33
Aldo Giacomini	M65	59:34
Elaine Dance	W50	59:58
Bev Whitfield	W40	61:39
Margaret Bennett	W60	65:06
Mitch Loly	M65	75:29
Elaine Ellard	W60	75:55

Racecourse Run

August 21, 2005

walked. In addition she helped me mark/flag the course.

Thanks to Jimmy Barnes who is a real support with his unselfish help to all, especially to new race directors like us.

This being our inaugural event we handed out some jellybeans to the most elated male and female crossing the finish line. This may continue next year, but to find out you'll have to run the course again in 2006!

Gary McLean and Christine Engels

7.5K RUN

Mike Anderson	M55	40:50
---------------	-----	-------

5K RUN

Darryl White	M45	19:37
Henri Cortis	M55	19:44
John Cresp	M50	20:16
Duncan McAuley	M55	20:19
Dave Roberts	M60	20:31
Gary Fisher	M50	20:40
Raymond Gimi	M40	20:48
Ivan Lazarus	M50	21:05
Colin Smith	M40	21:43
Vic Waters	M60	22:30
Alan Thurlow	M50	23:40
Jim Riddell	M65	24:32
Delia Baldock	W40	24:42
Peter Airey	M65	25:51
Damien Hanson	M50	26:00
John Dennehy	M45	26:53
Bob Sammells	M65	27:23
Richard Danks	M60	28:13
Fiona McAuley	W50	28:59
Richard Harris	M65	30:18
Joan Pellier	W65	31:12
Pierre Viala	M55	33:07
Allyson Joseph	W45	35:36
Brian Bennett	M55	36:54
Dalton Moffett	M70	36:55
Ray Lawrence	M75	36:55
Steve Toohey	M55	38:28
Roma Barnett	W55	42:20
Jacqueline Billington	W60	42:20
Allen Tyson	M80	47:08

10K WALK

Mike Rhodes	M55	64:36
John Carrington	M70	71:08
Peter Ryan	M55	71:45
Ken Whistler	M70	71:57
Jeff Whittam	M70	76:59
Alan Pomery	M70	78:55
Ann Turner	W65	82:14
Val Millard	W55	84:54
Pat Miller	W65	86:02
Norm Miller	M70	87:23

5K WALK

Rex Bruce	M60	38:43
Roger Walsh	M60	39:24
Dorothy Whittam	W65	40:32
Jodi Brauer	W35	42:11
Graham Ainsworth	M45	44:10
Sue Wells	W50	44:11
Pat Ainsworth	W65	44:12
Maggie Flanders	W65	46:02
Ernie Moyle	M80	55:54

21.1K RUN

M35

Stephen Dunn	M35	87:58
Graeme Uren	M35	92:53

M45

Wayne Taylor	M45	1:40:26
Kevin Payne	M45	1:54:17

M50

Bjorn Dybdahl	M50	84:07
Neil McRae	M50	92:15
Don Pattinson	M50	1:43:03
Nick Miletic	M50	1:50:29
Milton Mavrick	M50	1:52:08
Terry Humphrey	M50	2:03:49

M55

Ross Parker	M55	83:35
Mike Hale	M55	93:47
John Doust	M55	97:15
David Reid	M55	97:27
Brian Danby	M55	99:53
Keith Miller	M55	1:42:44
John Talbot	M55	3:14:03

M60

David Baird	M60	92:57
Syd Beer	M60	95:07
Johannes Hagedoorn	M60	95:09
Bob Schickert	M60	97:42
David Muir	M60	99:23
John Bell	M60	1:42:36
John Ellard	M60	1:47:38
Jim Barnes	M60	1:47:58
Bryan Hardy	M60	1:53:13

M65

John Pellier	M65	1:49:51
Brian Smith	M65	2:00:34

M70

Irwin Barrett-Lennard	M75	1:43:01
Cecil Walkley	M75	2:09:49

W35

Julie Keeley	W35	1:57:57
W40		

W40

Karen March	W40	1:52:42
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W45

Jeanette Tiverios	W45	1:47:35
Dee Haines	W45	1:47:37
Christine Engels	W45	1:52:43
Chris Pattinson	W45	1:54:32

W50

Helen Lysaght	W50	1:41:05
Barb Humphery	W50	1:57:54
Wendy Duncan	W50	2:07:59
Irene Ferris	W50	2:11:51
Elaine Dance	W50	2:20:11
Jo Richardson	W50	2:23:50
W55		
Maree Creighton	W55	1:52:37
Pamela Toohey	W55	2:01:46
W60		
Marg Forden	W60	1:59:37

21.1K WALK

M70

John Carrington	M70	2:30:35
Ray Hall	M70	2:36:47

W35

Christine Uren	W35	2:47:42
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W55

Beryle Doust	W55	3:15:05
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W65

Lorraine Lopes	W65	2:32:31
Ann Turner	W65	3:15:06

Club Half-Marathon Championship Burswood Park

31 July, 2005

Conditions: fine

THE course used in the last few years for the 'Half' had to be modified this year due to work on the old Narrows Bridge. This didn't seem to trouble those doing this distance but any feedback would be useful for planning next year's event.

Congratulations to our new Club Champions and, in particular, John Carrington and Lorraine Lopes, who set new Championship records.

I do apologise to the first 25 runners to finish. Some of their times may be incorrect.

10K RUN

Chris Coates	M50	39:37
Ralph Henderson	M55	40:10
Scot Claxton	M35	44:33
John Collier	M35	45:57
Gary Fisher	M50	46:01
John West	M55	47:47
Mike Rhodes	M55	48:00
Keith Atkinson	M45	48:09
Mike Khan	M60	48:18
Paul Martin	M60	48:47
Hamish McGlashan	M65	48:53
John Byrne	M55	49:43
Peggy Macliver	W60	50:09
Peter March	M45	50:10
Barry Jones	M45	51:40
Kris Adrian	W30	51:44
John Dance	M55	54:46
Michael Faunge	M65	55:03
Stan Lockwood	M75	55:12
Sue Bullen	W45	57:04
Doug Hazell	M50	59:16
Vic Waters	M60	59:17
Vic Beaumont	M75	62:28
Joan Pellier	W65	63:55
Margaret Bennett	W60	70:48
Sheila Maslen	W65	70:48
Mary Heppell	W65	73:11
Elaine Ellard	W60	73:12
Mitch Loly	M65	79:04

9.4KM (APPROX)

Ian Davies	M55	32:53
Thomas Waumsley	M30	32:55
Thomas Waumsley	M30	34:31

5K RUN

Chris Frampton	M40	22:37
Raymond Gimi	M40	22:39
Mike Anderson	M55	23:21
David Carr	M70	23:23
John Mack	M60	25:34
Delia Baldock	W40	25:38
Arnold Jenkins	M60	26:17
Dick Blom	M70	26:19
Damien Hanson	M50	26:41
Brian Foley	M60	26:42
Aldo Giacomini	M65	26:49
Paul Buckley	M55	27:37
Bob Fergie	M70	27:49
Pierre Viala	M55	27:50

(nb: Thanks to the research by Barrie Thomset and Bob Schickert the results are now as accurate as possible.)

As for the 10K results, the times shown for Ian Davies and Thomas Waumsley flatter only but to deceive. They both ran less than 10K. Then Thomas went and did it again! Try the longer distance next year, Thomas.

My sincere thanks, and yours, go to my helpers, who are: Nola and Dan Bending, and Debbie Dance, John Frost and Merv Moyle on the drink stations; Amanda Walker, Henry Cortis and Ivan Pilton who marshalled and Franz Oswald, recorder. I was short-handed so I was particularly grateful to Debbie and Merv, who weren't rostered to help.

Finally, the performance level percentages will no longer be shown in these and future results. Recording relevant data at the finish is no longer practicable. Please contact me on rsammell@bigpond.net.au for the tables and you can then calculate them yourselves.

Bob Sammells

HAPPY BIRTHDAY

to all September members – and apologies; our usual birthday list isn't available this month.

Roger Walsh	M60	27:51
Kirt Johnson	M75	27:03
Paul Buckley	M55	30:38
Jenni Shillington	W45	30:44
Denise Lancaster	W55	30:46
Michaela Newman	W35	33:02
Ray Lawrence	M75	38:46
Dalton Moffett	M70	39:20

10K WALK

David Brown	M55	64:15
Dorothy Whittam	W65	79:18
Jeff Whittam	M70	79:59
Patricia Hopkins	W60	86:44

5K WALK

Alan Pomery	M70	39:21
Norm Miller	M70	40:51
Graham Ainsworth	M45	41:01
Pat Miller	W65	41:12
Sue Wells	W50	45:47
Pat Ainsworth	W65	45:48
Telsey Hatwell	W70	45:49

Post-mortem!

NEW member Thomas Waumsley (No. 701, M30) intended running the half but turned early, in error. He then made a special effort, and immediately ran a second, solitary almost-10km, in 34:31.

Unfortunately this was still not the end of it.

Organisers later discovered that both he and Ian Davies had not even reached the 10km turn, but had headed back once they reached the water stop, about 300m short of the 10km turn point!

It shows the value of listening carefully to pre-race instructions. But Thomas' combined time of 67:26 for 20km suggests his next half-marathon will be impressive.

VW

10K RUN**M30**

Thomas Waumsley	M30	38:03
Michel Bermudes	M30	39:50

M35

Mark Speechley	M35	43:26
Graeme Uren	M35	43:43
Scot Claxton	M35	47:08

M40

Iain Morshead	M40	37:39
Chris Frampton	M40	40:37
Geoff Barrett	M40	41:39
Gary McLean	M40	42:05
Colin Chisolm	M40	44:37
Simon Lorimer	M40	50:03

M45

Darryl White	M45	41:23
John Allen	M45	42:27
Doug Ashfield	M45	45:56
Wayne Taylor	M45	48:41
Keith Atkinson	M45	57:03
Peter March	M45	51:58
Kevin Payne	M45	63:38

M50

Bjorn Dybdahl	M50	40:28
Paul Hughes	M50	41:21
Neil McRae	M50	44:00
Christopher Coates	M50	44:34
John Puglisi	M50	46:42
John Bocian	M50	47:09
Noel McKenney	M50	50:02
Troy Lundgren	M50	54:20
Milton Mavrick	M50	54:36
Doug Hazell	M50	57:38
Stefan Frodsham	M50	59:33



*M50 Champion and consistent performer,
Bjorn Dybdahl*

M55

Ian Davies	M55	39:54
Duncan McAuley	M55	46:19
Mike Hale	M55	46:23
Bill Jones	M55	47:10
Mark Sivyver	M55	49:12
Martin Watkins	M55	50:35
Mike Rhodes	M55	57:17
John Dance	M55	57:42
Mike Wilkin	M55	57:47
John Talbot	M55	61:55

M60

Bob Schickert	M60	44:21
David Baird	M60	44:55
Johan Hagedoorn	M60	45:10
Syd Beer	M60	46:12
David Muir	M60	47:17
John Mack	M60	48:40
Wayne Bates	M60	58:00

State X-Country Kings Park

August 7, 2005

Conditions: fine

YET another change in the course, caused by the Kings Park Authority not allowing us to use the sand tracks. However, all the feedback after the run seemed to be positive. So let me know what you think of the new course. Should we use it again or look for a course elsewhere?

Perhaps send an e-mail to Vic to put in the Vetrunk. As usual, the odd hitch occurred, with the front runners crossing the road at the wrong place and all following like sheep, despite my specific instructions! At least the walkers seem to have enjoyed their 'Orchid Walk' without any problems. I need to thank all my willing helpers: Jeff Bowen and Elaine Ellard, (manual)timekeeping; John Ellard, recording; Ann Jones, Peter Airey, Ken Whistler and John Byrne, marshalling; Franz Oswald and Henry Cortis, drinks. Particular mention needs to be made of the amazing job that Elaine did in manually recording everyone's time off the clock, after the stopwatch decided to misbehave again. The medals will be presented at the Presentation Lunch in September, so check the results here to see if you have won a place in your age group. Hope to see you all again next year, somewhere!

Ralph Henderson

M65

Hamish McGlashan	M65	52:22
Steve Barrie	M65	55:20

M70

Bob Fergie	M70	66:39
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M75

Irwin Barrett-Lennard	M75	49:27
Cecil Walkley	M75	59:36

W30

Amanda Magraith	W30	65:48
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W35

Christine Uren	W35	50:38
Jane Elton	W35	58:54
Liz Chandler	W35	59:19
Debbie Dance	W35	68:27

W40

Karen March	W40	52:50
Fenella Gill	W40	53:30
Claire Walkley	W40	55:16
Anne Clear	W40	55:24

W45

Karyn Gower	W45	51:44
Christine Engels	W45	52:21
Ann Clear	W45	55:17

W50

Helen Lysaght	W50	49:58
Barb Humphrey	W50	55:35
Lynn Harrop	W50	59:36
Elaine Dance	W50	66:54
Jo Richardson	W50	68:44

W55

Pamela Toohey	W55	59:30
Jackie Halberg	W55	65:52

W60

Peggy MacIver	W60	52:03
Margaret Bennett	W60	70:12

5K RUN

Bernard Mangan	M50	20:02
Blakeney Tindall	M40	21:02
John Collier	M35	22:06
Raymond Gimi	M40	23:27
Kay Burt	W45	23:42
Dee Haines	W45	23:52
Gary Fisher	M50	24:20
David Carr	M70	25:44
Bryan Hardy	M60	26:02
Dan Bending	M60	26:09
Ray Attwell	M65	26:15
John Dennehy	M45	26:19
Mike Anderson	M55	26:30



M60s - Johan Hagedoorn and Syd Beer

Robert Sheehy	M55	26:44
Jim Riddell	M65	26:53
Delia Baldock	W40	27:23
Sean Keane	M40	27:26
Ed Barrett-Lennard	M50	28:08
Bob Sammells	M65	28:44
Arnold Jenkins	M60	28:56
Michael Faunge	M65	29:54
Aldo Giacomini	M65	30:54
Fiona McAuley	W50	31:12
Vic Beaumont	M75	31:44
Denise Lancaster	W55	32:04
Joe Stickles	M65	32:05
Paul Buckley	M55	32:50
Julie Wood	W55	34:16
Pierre Viala	M55	34:17
Jodi Brauer	W35	47:12

5K WALK

Lorraine Lopes	W65	41:22
John Carrington	M70	41:39
Lynne Schickert	W60	44:01
Jeff Whittam	M70	44:06
Dorothy Whittam	W65	44:39
Mitch Loly	M65	44:54
Alan Pomery	M70	45:21
Pat Ainsworth	W65	47:15
Debbie Wolfenden	W40	47:16
Norm Miller	M70	48:15
Pat Hopkins	W60	48:17
Graham Ainsworth	M45	48:22
Pat Miller	W65	49:46
Sue Wells	W50	49:47
Nola Bending	W60	50:01
Ann Turner	W65	50:01
Kirt Johnson	M75	50:10
Roger Walsh	M60	50:10
Maggie Flanders	W65	53:24
Ray Lawrence	M75	53:55
Phyllis Farrell	W60	53:56
Leo Hassam	M75	54:28
Rex Bruce	M60	54:29
Merv Moyle	M75	55:24
Telsey Hatwell	W70	55:24

July 21, 2005

*Pending State Record

200M

Barrie Kernaghan	M65	26.7
Roy Fearnall	M60	26.8
Norm Richards	M65	29.7
Delia Baldock	W40	31.7
Roger Whalan	M55	32.5
Jim Riddell	M65	35.2
Lynne Schickert	W60	42.2
Elaine Ellard	W60	46.5

200M HURDLES

Toni Phillips	W30	32.8
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800M

Henri Cortis	M55	2:21.1
Barbara Blurton	W55	2:27.6*
Bob Schickert	M60	2:38.8
John Dennehy	M45	2:57.7
Peggy Macliver	W60	2:57.7
Delia Baldock	W40	3:03.6
John Ellard	M60	3:17.2



Peggy McLiver

100M

Mike Edwards	M45	12.8
Barrie Kernaghan	M65	13.2
Norm Richards	M65	13.7
Roy Fearnall	M60	15.1
Delia Baldock	W40	15.6
Bob Schickert	M60	16.8
Jim Riddell	M65	16.5
Lynne Schickert	W60	21.5
Elaine Ellard	W60	23.7

3000M

Neil McRae	M50	11:14.0
John Dennehy	M45	13:26.5
John Ellard	M60	13:50.4
Gill Edmonds	W40	15:15.1
Elaine Ellard	W60	20:11.7

3000M WALK

Tom Lenane	M45	18:06.4
Lynne Schickert	W60	19:54.8
Stan Jones	M75	20:14.5

July 28, 2005

300M

Colin Smith	M40	40.9
Barrie Kernaghan	M65	42.6
John Dennehy	M45	47.4
Delia Baldock	W40	50.8
Milton Mavrick	M50	51.7

Track and Field COKER PARK

CONGRATULATIONS to Stan Jones, who celebrated his 80th birthday with a new State walk record; commiserations to Beryl Blurton, who would have been in Spain but for an untimely injury.



Milton Mavrick

1500M

Henri Cortis	M55	5:02.0
Bob Schickert	M60	5:22.8
David Carr	M70	5:31.6
Toni Phillips	W30	5:54.6
Milton Mavrick	M50	6:11.6
Peggy Macliver	W60	6:11.9
Delia Baldock	W40	7:04.6

1500M WALK

John Frost	M65	10:48.0
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200M

Colin Smith	M40	26.3
Barrie Kernaghan	M65	26.8
John Dennehy	M45	30.0
Delia Baldock	W40	32.6
Milton Mavrick	M50	37.6

3000M

Neil McRae	M50	11:29.3
Milton Mavrick	M50	14:23.2
Gill Edmonds	W40	14:44.4

3000M WALK

Stan Jones	M75	20:05.5
John Frost	M65	21:56.4

August 4, 2005

60M

Colin Smith	M40	7.8
Mike Edwards	M45	7.9
Barrie Kernaghan	M65	8.4
Roger Whalan	M60	9.2
Milton Mavrick	M50	9.4
Jim Riddell	M65	10.1
Pat Carr	W70	11.4

400M

Colin Smith	M40	58.0
Barrie Kernaghan	M65	61.3
Henri Cortis	M55	61.9
Toni Phillips	W30	64.0
David Carr	M70	65.4
John Dennehy	M40	66.8
Delia Baldock	W40	72.4
Milton Mavrick	M50	72.9
Peggy Macliver	W60	73.6
Roger Whalan	M60	79.4
Jim Riddell	M65	81.5

100M

Colin Smith	M40	12.9
Mike Edwards	M45	13.1
Lynne Choate	W50	13.9
Henri Cortis	M55	14.1
John Dennehy	M45	15.1
David Carr	M70	15.1
Milton Mavrick	M50	15.2
Delia Baldock	W40	15.6

Jim Riddell	M65	16.6
Pat Carr	W70	19.4

5000M

Patrick Smith	M40	17:33.7
Alan Gower	M50	19:15.1
Karyn Gower	W45	22:58.3
Milton Mavrick	M50	24:25.4

3000M

Bob Schickert	M60	11:54.3
Gill Edmonds	W40	15:17.8

3000M WALK

John Frost	M65	21:37.5
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August 11, 2005

200M

Colin Smith	M40	25.9
Barrie Kernaghan	M65	27.6
Roy Fearnall	M60	28.7
Norm Richards	M65	29.3
David Clive	M65	28.8
Rob Antonioli	M50	29.4
Roger Whalan	M60	31.0
Delia Baldock	W40	31.8
Jim Riddell	M65	35.1
Patricia Carr	W70	43.9

200M HURDLES

Toni Phillips	W30	31.9
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1000M

Henri Cortis	M55	3:06.4
David Carr	M70	3:20.1
Colin Smith	M40	3:29.3
John Dennehy	M45	3:30.3
Rob Antonioli	M50	3:49.2
Ivan Brown	M60	3:49.2
Toni Phillips	W30	3:55.7
Brian Foley	M60	4:10.1



Brian Foley

Delia Baldock	W40	4:11.1
Jim Riddell	M65	4:17.0

60M

Colin Smith	M40	7.8
Mike Edwards	M45	8.0
Barrie Kernaghan	M65	8.5
Norm Richards	M65	8.6
David Clive	M65	8.5
Rob Antonioli	M50	8.5
Roger Whalan	M60	9.7
Jim Riddell	M65	9.9
Toni Phillips	W30	8.6
Delia Baldock	W40	9.5
Patricia Carr	W70	11.6

FREMANTLE MASTERS

ENTRIES close tomorrow - September 5, but late entries may be accepted with an extra fee. This year massage students from TAFE will be on hand to help iron out the kinks between events.

"It will be a great day so hurry up register," says Damien Hanson. "We still need some helpers, especially for the cross country, so if you are interested please call me, on 9383-4406."

3000M

Bjorn Dybdahl	M50	10:37.2
Michael Watson	M40	11:19.4
Bob Schickert	M60	11:34.2
Ivan Brown	M60	12:42.0
Milton Mavrick	M50	13:19.4
Gill Edmonds	W40	15:03.1

3000M WALK

Tom Lenane	M45	17:49.1
Stan Jones	M75	20:02.7

August 18, 2005

* State record

100M

Colin Smith	M40	12.7
David Clive	M65	13.8
Milton Mavrick	M50	14.8
John Dennehy	M45	14.9
Delia Baldock	W40	15.5
Jim Riddell	M65	16.3

600M

Henri Cortis	M55	1:41.9
Colin Smith	M40	1:49.1
Toni Phillips	W30	1:53.3
Delia Baldock	W40	2:03.9
Peggy Macliver	W60	2:05.1
Milton Mavrick	M50	2:15.8
Jim Riddell	M65	2:18.9

300M

Colin Smith	M40	42.6
Henri Cortis	M55	45.2
David Clive	M65	45.9
John Dennehy	M45	49.1
Roger Whalan	M60	52.5
Milton Mavrick	M50	57.2
Toni Phillips	W30	52.0
Peggy Macliver	W60	53.6
Jim Riddell	M65	55.4

300M HURDLES

Toni Phillips	W30	52.0
Delia Baldock	W40	60.0
Gill Edmonds	W40	65.9

3000M

Gill Edmonds	W50	14:56.1
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5000M

Chris Coates	M50	19:00.2
Alan Gower	M50	19:01.3
John Puglisi	M50	19:51.5
Karen Gower	W45	22:35.4
Milton Mavrick	M50	23:29.0

5000M WALK

Stan Jones	M8034:08.5 *
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OCTOBER
2005
No. 379



Vetrun

The magazine of Masters Athletics WA

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Lyn wins Spanish gold and UK Open Championship

AUSTRALIANS did very well in San Sebastian, coming home with 23 gold, 27 silver and 17 bronze medals.

GOLD

Foremost among our own, WA, individual medal winners is the outstanding W45 Lyn Ventris, who won gold in both the 5K and 10K walks.

She then backed up with a trip to the UK, to win the British OPEN 20k Walk Championships on September 4th.

UK Open 2005 Champion: what an achievement!

SILVER

David Carr (M70 800M) and Barry Kernaghan (M65 400M) won silver in their favourite events, Barry following this with a third place in the 200M. Also a bronze winner was Lynne Schickert

(W60 2K Steeple). (Overcoming hurdles runs in this family!)

TEAM WINNERS

Lynne Choate was part of two silver-medal winning teams, W50 4x100M and 4x400M. Barry Kernaghan performed well all-round, winning silver as part of the 4x400M M65 team, and in his age group's 4x100 M65 quartet. Roy Fearnall and David Carr were in the bronze-winning M60 4x400 team.

More team success came from our female competitors, Robin King (8K C/C W45) and Lynne Schickert (10K walk W60) each helping their teams to bring home bronze.

More members reading Vetrun on website

USE of our website is encouraging, judging by the August statistics from John Stone.

Vetrun is available in full on the site each month and in August it was downloaded 165 times. Were all these downloads made by club members? Not likely, but it would be useful to know.

If YOU tend to look at the magazine online, how about emailing me and letting us know? I'm at:

vicwaters@iprimus.com.au

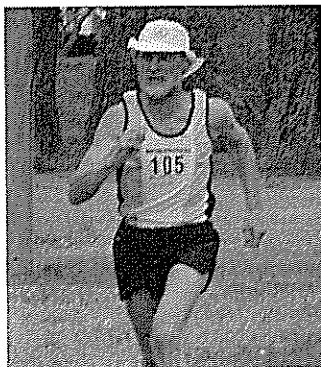
VISITS

On average, 30 visits are made to the Masters' site every day. In August they totalled 930. Apart from Australia, site users were in Canada, UK, Austria, Germany, NZ, Norway, Spain, Malta, India, Sweden, France, Slovenia, Holland, and more.

Of these, 137 people added our site to their favourites/bookmarks lists.

3rd place for C/C team

MAWA finished third in the 2005 AthleticA Cross Country Relay Championships. Michel Bermudes, John Collier, Brian Hewitt, Paul Mitchell, Patrick Smith, Campbell Till and Bruce Wilson represented the club in four of the five winter relay events this winter. It was a great effort against tough opposition. Full results are on the AthleticA website. <http://www.waathletics.org.au/>



Bruce Wilson

CORRECTED TIMES

CLUB HALF-MARATHON

July 31

John Talbot ran the distance in 2:14:03



John Talbot

SHARKS RUN

August 24

5K RUN

Alan James	M50	19:07
Jim Langford	M60	19:25
Henri Cortis	M55	20:17
Raymond Gimi	M40	20:50
Ivan Brown	M60	21:19
Barbara Blurton	W55	22:13
Irwin Barrett-Lennard	M75	22:58

10K RUN

Johan Hagedoorn	M60	44:22
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Letters...

Vic

How can you call it Track and Field at Coker Park in July and August when there is no FIELD? Come on; be honest and call it as it is.

Regards, Rob Shand
(yes I am still around!)

City to Surf

IAN Davies (M58) did very well with 45:54. However he was pipped by South West member and M50 age bracket winner Eric Hope (M54) with a 45:46.

Third Master over the line was Patrick Smith in 46:05, and we had fine performances by Bruce Wilson (49:56, 2nd M60); Irwin Barrett-Lennard (58:55, 1st M70); and Allen Tyson (1st M80+).

All times are gun times only, due to a partial equipment malfunction. So all real times would be a bit quicker – unless you were up the front next to Monna at the start!

Campbell Till

IT's still a T&F meeting even without field events; just as a tree falling in the forest still makes a noise even if nobody's there to listen. FULL T&F programme begins this month. VW

WHO'S ROB?

FOR newer members: Rob earns the right to be a grumpy old man by virtue of being one of our earliest members. The first ten are:

- 1 Cliff Bould (deceased 2002)
- 2 David Carr
- 3 John Gilmour
- 4 Robert Hayres
- 5 Colin Junner
- 6 Garnet Morgan
- 7 Stan Lockwood
- 8 Bill Hughes
- 9 Rob Shand
- 10 Merv Moyle

David, Stan and Merv are still Sunday morning regulars and Rob will no doubt be found at the track (on the field) this season.

September birthdays

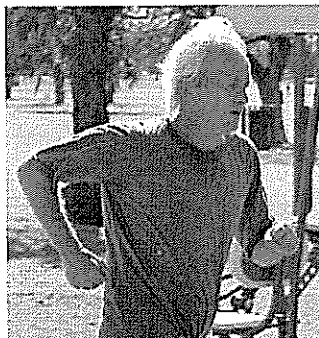
Aldrich	Brian	M75
Barnett	Roma	W55
Beaumont	Jacqi	W65
Bennett	Margaret	W60
Blom	Dick	M70
Bullen	Sue	W45
Cook	Andrew	M40
Cornish	Bruce	M55
Doust	Beryle	W55
Edmonds	Keith	M35
Frost	John	M65
Gardiner	Gail	W55
Kennedy	Brian	M70
King	Robin	W45
Langford	Margaret	W55
Leggett	Arthur	M85
Lockwood	Stan	M75
McAuley	Duncan	M55
Morshead	Iain	M40
O'Reilly	Mike	M65
Pantall	Wayne	M50
Pattinson	Don	M50
Scott	David	M55
Sheard	Bev	W50
Stone	John	M50
Uren	Graeme	M35
Usher	Frank	M80
Warren	Morris	M65
Whalan	Roger	M60
Wilson	Barbara	W50
Wilson	Bruce	
	(Albany)	M55
Wright	Rhod	M55
Hayres	Bob	M70
Worner	Basil	M70

Welcome back...

SIMON Mort: let's hope his appalling holding-hands walk style exhibited at Bassendean doesn't catch on.

David James: so keen to reunite with club members he attended the Bassendean event two weeks in a row, albeit by bike.

Frank Smith: back from Darwin and sighted honing his elbows-out distance skills on West Coast Highway ready for a Masters' onslaught – soon?



Paul Martin

Paul Martin: now recovering from the lurgi and brief hospitalisation.

WHAT'S YOUR HANDICAP?

APART from the handicapper, that is.

It's a thankless task – so let's not thank him.

Instead, let's have some creative suggestions to make handicapping a more creative task. The handicapper should be first on the scene at every h/c event, checking every competitor as he/she arrives. Asking whether we slept well – and if so, with whom; how much was drunk the night before; were any extra substances ingested (apart from the usual medications.)

After a quick run-through, the handicapper would then

adjust our basic handicap according to observed form. Bribes should be considered.

I did contemplate saliva testing after the event, but decided this would lead to abusive behaviour and language.

These tests may not be the ultimate solution to the monstrous inequities perpetrated by the succession of power-crazed computer geeks (no offence intended) who dominate the handicapper's post.

Any other suggestions?

VW

October birthdays

Airey	Peter	M65
Allen	John	M45
Barnett	Ray	M60
Barrett-Lennard	Berwine	M75
Bates	Wayne	M60
Bocian	John	M55
Brayshaw	Geoff	M55
Burke	Paul	M35
Byrne	Greg	M40
Dennehy	John	M45
Dougall	Rob	M55
Edwards	Mike	M45
Everard	John	M45
Farrell	Phyllis	W60
Haines	Dee	W45
Hunter	Brian	M60
Klinge	Jim	M55
Lake	Sue	W40
Lyon	Ian	M65
Malone	Mick	M55
March	Peter	M45
Morgan	Garnet	M80
Newman	Michaela	W35
Oldfield	John	M60
Parker	Richard	M45
Pellier	John	M65
Roberts	Dave	M60
Robertson	Trevor	M50
Romeo	Lesley	W60
Shenton	Chris	M35
Shillington	Jenni	W45
Simmonds	Dave	M70
Ventris	Lyn	W45
Vernon	Mal	M50
Waldock	Reece	M50
Schickert	Lynne	W60
Schickert	Bob	M60
Thornton	Graham	M65

Sept 1, 2005

60M			
Colin Smith	M40	8.0	
Milton Ma vrick	M50	9.3	

800M			
Henri Cortis	M55	2:22.0	
Colin Smith	M40	2:27.4	
Milton Ma vrick	M50	2:55.8	
Jim Riddell	M65	3:14.3	

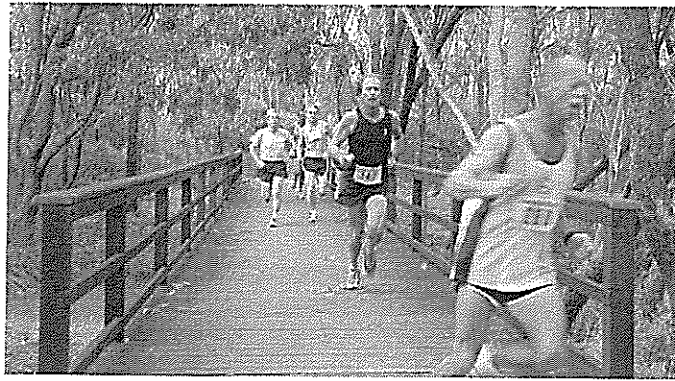
100M			
Colin Smith	M40	12.7	
Mike Edwards		13.4	
Milton Ma vrick	M50	14.7	
Jim Riddell	M65	16.2	

5000M			
Alan Gower	M50	19:10.0	
John Puglisi	M50	19:23.0	
Milton Ma vrick	M50	22:55.5	
Karen Gower	W45	22:59.1	
Delia Baldock	W40	24:25.1	

Sept 8, 2005

THIS meeting was held in wet windy and cold conditions, with only the very keen present. Thanks to Gill Edmonds, Henri Cortis, Jim Riddell and Richard Harris who bravely

Track and Field COKER PARK



Henry Cortis leads Neil McRae, John Puglisi and Duncan McRae at the Herdsman Run.

held the fort while the regular officials were tied up elsewhere – no, not necessarily in front of a warm heater!

Jacqui Halberg

100M			
Colin Smith	M40	13.2	
Keith Edmonds		15.2	
Jim Riddell	M65	17.4	

300M			
Colin Smith	M40	41.1	
Henry Cortis	M55	46.6	
Keith Edmonds		48.3	
Toni Phillips	W30	50.8	
Jim Riddell	M65	58.6	

1000M			
Henri Cortis	M55	3:27.6	

Delia Baldock	W40	3:57.3
Colin Smith	M40	4:12.1
Jim Riddell	M65	4:35.0

1000M WALK			
Stan Jones	M80	6:30.4	

3000M			
John Puglisi	M50	11:29.2	

Sept 15, 2005

200M			
Colin Smith	M40	24.2	
Delia Baldock	W40	32.5	
Peggy Macliver	W60	32.6	
Toni Phillips	W30	33.5	

1500M			
Henri Cortis	M55	5:03.7	
Delia Baldock	W40	6:42.9	
Jim Riddell	M65	6:43.0	

60M			
Colin Smith	M40	7.8	
Delia Baldock	W40	9.7	
Peggy Macliver	W60	9.7	

3000M			
Gill Edmonds	W40	14:52.0	

5000M			
Neil McRae	M50	19:17.6	

AROUND the mountains of Nevada it's largely dry, hot, treeless desert.

Small towns scattered across the empty countryside are home to enthusiastic teams which emerge to compete in an assortment of athletic events. Competitors often drive for hours to take part, and one of the most notable is the Race to the Angel – for mountain bikes, road bikes, runners and walkers. And what a challenge it is!

The race begins at the fire station in Wells before climbing almost 3000 feet through the Humboldt National Forest to finish at Angel Lake, a glacial body of water high in the Ruby Mountains.

13-MILER

The half-marathon course (just over 13 miles of course, this being the US) rises at an average of 5 per cent. From the five to 5.5 mile marks the gradient is 11 per cent; for the final 4.4 miles it's eight per cent.

With little shade – the forest seems to be a treeless one – the course is rugged; not tough enough though, to deter about 120 competitors each year.

Eight members of 'our club' (the Ruby Mountains Running Club from Elko,



RACE TO THE ANGEL

By Mike and Linda Rhodes

Long-time Masters' members Mike and Linda are now back in Perth. You can read more of their north American reminiscences, with pictures, on the club website. VW

Nevada) competed in 2004 year, the event's nineteenth. We were three runners, a walker and four bike riders – two on a tandem, one solo and one pulling a high tech trailer with a two year-old passenger!

Mike and I left home at 5.30am and as we drove the 50 miles from Elko we watched the temperature rise from 33F (1 degree above freezing) to 58 degrees, a comfortable temperature for running. Before the race was over, the temperature had reached 80-plus degrees and dehydration was causing some competitors to fall by the wayside with thirst and muscle cramps.

Race start was 7am, the walkers first off. Mike was with them, having decided he had no hope of running this distance well.

Runners left the fire station at 7.30 followed 30 minutes

later by the bike riders. Just to deceive newcomers, the first mile (2km) is flat.

After the first turn out of town, the incline begins and the road just goes up and up. Despite their start, the walkers were soon passed by the runners, and the runners by the bike riders.

OLD AND NEW

An 84-year old runner in bright green Speedos admitted defeat after five miles – as he apparently does every year – but the young mother pushing her baby in a high tech pram made it all the way – despite having had a Caesarean only six weeks earlier.

Though the early start was meant to avoid the heat still common at this time of year (autumn) it was not long before the temperature was creeping towards 80F.

The walk became the most competitive section of the



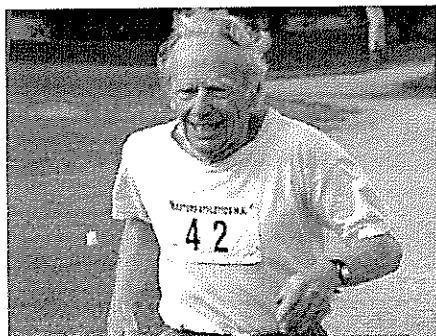
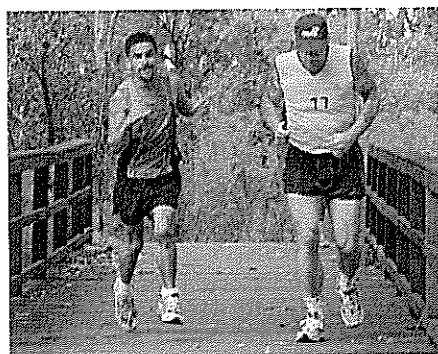
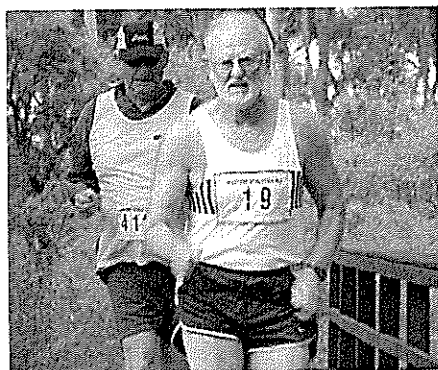
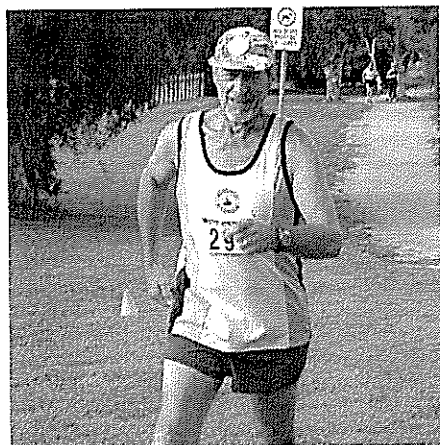
event. As the winners from the previous two years battled each other, Mike stuck to their heels but the advantage drawn from knowledge of the course saw them pull away at the 5-mile point where the first steep climb began.

HEAT TOLL

Then the weather began to play a role, the rising temperature taking its toll as the sun rose higher. By the 9-mile point the 2003 champion was struggling with cramps. At 11 miles, as his chief foe collapsed with fatigue and heat exhaustion, so did he. Unfortunately for the young man following, the collapsed walker was his father-in-law and he felt duty bound to stay and help, thus sacrificing his chance to win the race.

This also allowed Mike, who had been steadily gaining on the leaders, the chance to stride past. While I stayed to help the fallen, Mike pushed up the long incline to win the event in a time of 2 hours 47 minutes.

It was an amazing race that will be long remembered. The 2005 race was scheduled for September 9. We will watch from a distance and with many regrets that Mike is not able to be there to defend his hard-won title.



From top: John Frost won the Walk in 37:34.

Bob Sammells on the long run; start of the event; Arnold Jenkins with our regular WAMC visitor, Daryl; and Dalton Moffett.

Herdsman Lake Run

September 9, 2005

Conditions: fine

IT IS said the 'sun shall shine upon the righteous', and it did for the Herdsman Run, although there were a few anxious moments.

Jeff and Dorothy landed me with composing a thank you to all our helpers. So their thanks go to all the helpers - from memory, Kirt Johnson, tent and shute; Lorna, Fenella, and me at finish; marshals John, John, Graham and Mike.

Now a few little bits of scandal. Just as Lorna was saying how easy it was, recording only numbers and distance, and how fast people proceeded through the 'Kirt Johnson' (shute) when, you guessed it:

"Sorry, I have forgotten my number."

"Sorry I think it is (etc)."

"Oops, it is in my pocket (etc)."

Ah well, another good day shot to pieces. But the club has a new time recorder, (electrical, not human) so that might encourage helpers.

Barrie Thomsett

NEW COURSE RECORDS

5K RUN:

Ian Davies (M55 17:38)

Quote... "wonderful to break the great man's (Bert Carse) record."

Irwin Barret-Lennard (M75 22:56)

5k Walk

Graham Ainsworth (M45 44:31)

10k Run Stan Lockwood (M75 60:20)



Race Directors Dorothy and Jeff Whittam

5K RUN

Ian Davies	M55	17:38
Paul Hughes	M50	18:49
Alan Gower	M50	20:00
Henri Cortis	M55	20:03
Ralph Henderson	M55	20:16
Duncan McAuley	M55	20:28
Dave Roberts	M60	21:11
Barry Jones	M45	22:55
Gary Fisher	M50	22:37
Don Caplin	M65	22:54
Irwin Barret-Lennard	M75	22:56
Karyn Gower	W45	23:30
Mike Rhodes	M55	24:46
Jim Riddell	M65	25:04
Leonie Jones	W45	25:16
Mike Anderson	M55	25:36
Doug Hazell	M50	26:08
Sue Bullen	W45	26:31
Peter Airey	M65	26:36
Damien Hanson	M50	26:47
Arnold Jenkins	M60	27:27
Pamela Toohey	W55	27:42
Ray Hall	M70	27:57
Richard Danks	M60	28:06
Paul Buckley	M55	28:48
Mick Malone	M50	29:00
Fiona McAuley	W50	29:08
Denise Lancaster	W55	32:03
Debbie Dance	W35	32:59
Jennie Smith	W50	33:41
Julie Wood	W55	34:09
Pierre Viala	M55	34:10
Steve Toohey	M55	34:13
Dalton Moffett	M70	36:17
Kirt Johnson	M75	38:04
Elaine Ellard	W60	38:20
Shorty Turner	M70	39:06
Jodi Brauer	W35	40:15

5K WALK

John Frost	M65	37:34
David Brown	M55	39:52
Val Millard	W55	39:53
Pat Ainsworth	W65	40:54
Sue Wells	W50	44:28
Pat Miller	W65	44:29
Patricia Hopkins	W60	44:31
Graham Ainsworth	M45	44:31
Maggie Flanders	W65	46:03
Merv Moyle	M75	47:10
Ann Turner	W65	47:11
Leo Hassam	M75	48:07
Jill Midolo	W55	50:51

Bibra Lake run

September 18, 2005

MASTERS Athletics organised a top quality event for the Bibra Lake Fun Run in association with the City of Cockburn.

We were gratified to see a big field of more than 200 runners, many of them youngsters, and several older runners, who asked for information about the Masters Club. Members of the public had to pay to run but Masters members ran free, the City of Cockburn paid their \$4 per head fees.

The event comprised the 6km public fun run and the normal 12km Masters event. Cockburn City Council organised serious prize money for first and second place-getters in the four categories, 12 years and under, 17 years and under, Open and Masters, with a mounted trophy. All well worth having. How much? - you ask. Well, I'm not going to tell you - that's not what it's all about - but it was a worthwhile amount. Those who attended were told about it. For the others, come next year and see for yourself.

Competitors got a free drink and a sausage sizzle dog, with onion and tomato sauce at the finish.

The event started on the road. We had the roads closed, Dennis Miller marshalling at one point with his Stop/Go lollipop and a walkie talkie radio, and Steve Toohey and Sid Beer at the other end, with a walkie-talkie and a lollipop, and backed up by the city ranger in his vehicle.

Basically, it was one lap around the lake. Jim Barnes got there early and measured it all out, flagged it and placed some kilometre markers. Then ran the 12 km himself; he looked good coming in, the old warhorse. I'm betting there's at least another 15 marathons in Jim.

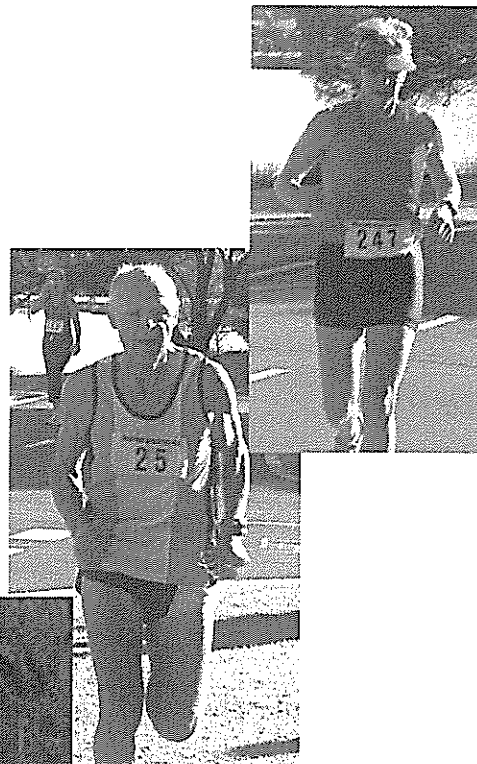
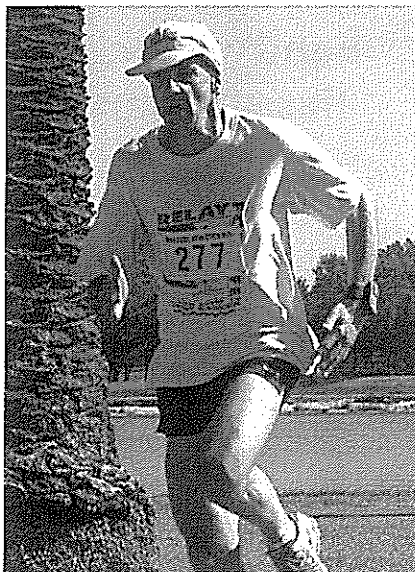
As Race Director, I asked the runners to compete in the spirit of a community fun run - doing their best to enjoy the run while being good sports to each other in victory and defeat.

Don Pattinson started them with a loud pistol shot, which left us all wreathed in gunsmoke. Keith Atkinson worked the big clock and Christine Pattinson timed everybody in. Bob Sammells, Pam Toohey, Elaine Dance, Lorna Lauchlan and Barry Thomsett recorded everybody in, with Pam and Bob identifying the category winners. Karin March organised the drink stop half way round the course and Keith Atkinson supervised drinking water at the finish.

The City of Cockburn provided massive support and plan to publish the results in the community newspaper. They also provided a first-aid officer.

Overall, it was a highly satisfactory event, in the tradition of the Masters at their best, and will maintain our profile and reputation in the City of Cockburn. Good PR for us.

Richard Harris



Clockwise, from top:

John Allen was first clubman in;
Shirley Bell, first W55 in 60:33;

Jim Barnes 'the old warhorse'; and
6K runners Bob Fergie, Joan Pellier.

12K RUN

John Allen	M45	48:24
Gary McLean	M40	48:25
Andrew Cook	M40	49:26
Geoff Barrett	M40	50:24
Neil McRae	M50	49:29
Mike Hale	M55	51:41
Bill Jones	M55	52:36
Johan Hagedoorn	M60	52:43
Helen Lysaght	W50	54:57
Mark Sivyer	M55	57:08
John Ellard	M60	57:16
Nick Miletic	M50	59:47
Barb Humphrey	W50	60:22
Terry Humphrey	M50	60:28
Shirley Bell	W55	60:33
George Schaefer	M70	60:42
Franz Oswald	M55	61:03
Christine Engels	W45	62:22
Michael Wilkin	M55	63:49
John Smith	M70	67:19
Jackie Halberg	W55	67:19
John Talbot	M55	67:47
Ray Hall	M70	71:48

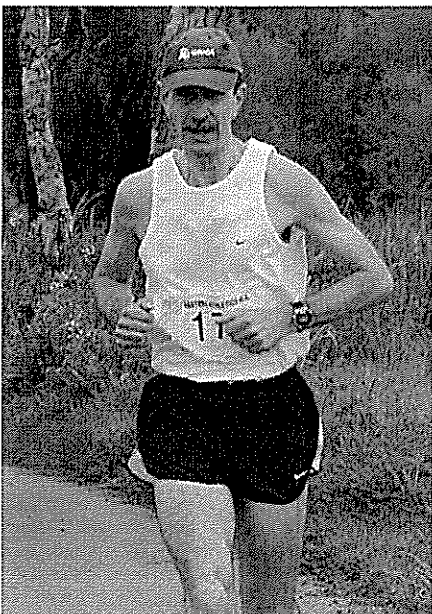
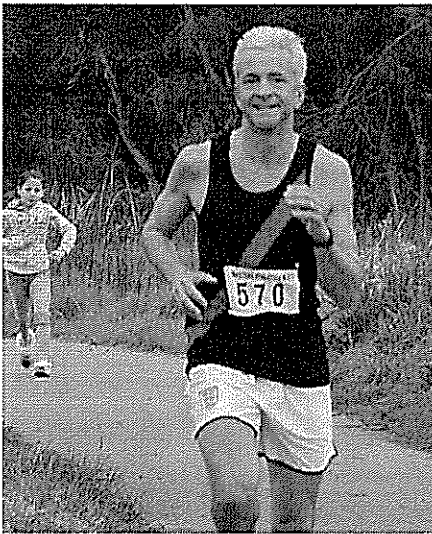
6K RUN

Christopher Coates	M50	22:36
John Puglisi	M50	23:25
Duncan McAuley	M55	25:14
Malcolm Hawley	M50	25:40
Kay Burt	W45	25:46
David Muir	M60	25:56
Hamish McGlashan	M65	27:54
Mike Rhodes	M55	28:06
Julie Keeley	W35	28:29
Gillian Young	W55	28:53
Paul Martin	M60	29:51
John Brambley	M60	30:02
Bruce Mathieson	M60	30:03
John West	M55	31:44
John Pellier	M65	31:44

John Dance	M55	32:04
Lorraine Lopes	W65	32:11
Arnold Jenkins	M60	32:34
Fiona McAuley	W50	34:33
Vic Beaumont	M75	34:37
Pierre Viala	M55	35:36
Julie Wood	W55	35:37
Denise Lancaster	W55	35:38
Bob Fergie	M70	36:17
Joan Pellier	W65	37:22
Kirt Johnson	M75	37:36
Jennie Smith	W50	37:44
Debbie Dance	W35	37:45
Bev Whitfield	W40	38:20
Margaret Bennett	W60	41:05
Elaine Ellard	W60	42:51
Jenni Shillington	W45	44:00
Jodi Brauer	W35	44:25
Dalton Moffett	M70	44:35
Ray Lawrence	M75	44:49
Shorty Turner	M70	45:06
Bev Wilkin	W50	48:29

6K WALK

John Frost	M65	44:25
Val Millard	W55	44:48
Dorothy Whittam	W65	47:23
Jeff Whittam	M70	47:36
Linda Rhodes	W45	49:19
Mitch Loly	M65	50:49
Pat Ainsworth	W65	51:16
Merv Moyle	M75	52:05
Ann Turner	W65	52:12
Sue Wells	W50	52:13
Pat Miller	W65	53:18
Graham Ainsworth	M45	53:18
Maggie Flanders	W65	55:23
Patricia Hopkins	W60	55:24
Liz Chandler	W35	59:23
Barbara Bailey	W75	59:27
John Bailey	M75	59:28



From top:
Not quite, Gary McLean – but 2nd place is good too!

Andrew Cook was third, in 40:50; Ralph Henderson, director of the Kings Park 10K Championship event, was fourth in 40:56.

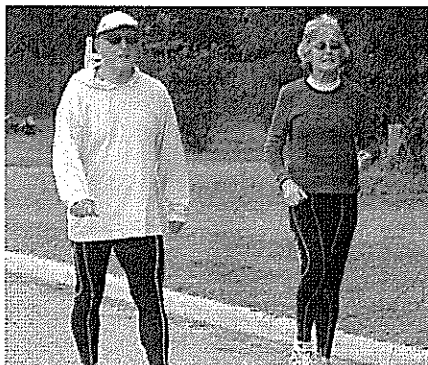
Sandy Beach Bassendean

September 11, 2005

Conditions: fine,
especially for mosquitoes

10K RUN

347	Neil McRae	M50	40:15
554	Gary McLean	M40	40:35
570	Andrew Cook	M40	40:50
178	Ralph Henderson	M55	40:56
105	Bruce Wilson	M60	40:58
253	Doug Ashfield	M45	42:24
262	Johan Hagedoorn	M60	42:40
697	Syd Beer	M60	43:27
468	Wayne Taylor	M45	45:20
454	Mark Sivyer	M55	45:26
207	Helen Lysaght	W50	45:38
227	Gary Fisher	M50	46:28
442	Dee Haines	W45	46:44
286	John Ellard	M60	47:33
455	Sean Keane	M40	47:35
669	Alan Thornily	M50	47:57
198	Keith Atkinson	M45	48:15
708	Bruce Mathieson	M60	49:18
650	Karen March	W40	49:39
477	Terry Humphrey	M50	49:59
392	Nick Miletic	M50	50:11
288	Gillian Young	W55	50:26
608	John Byrne	M55	50:51
476	Barb Humphrey	W50	50:53
247	Shirley Bell	W55	50:58
625	Franz Oswald	M55	51:09
447	Liz Chandler	W35	51:21
155	Mike Rhodes	M55	52:00
366	Dan Bending	M60	52:22
553	Christine Engels	W45	52:50
267	Michael Faunge	M65	54:10
340	John Dance	M55	54:19
156	John Smith	M70	54:48
351	Pamela Toohey	W55	54:49
265	Sue Bullen	W45	55:27
19	Bob Sammells	M65	55:43
242	Ray Hall	M70	58:50
40	John Pellier	M65	58:57
690	John Talbot	M55	60:16
448	Rhod Wright	M55	62:35
149	Jackie Halberg	W55	63:33
339	Elaine Dance	W50	65:00
571	Bev Whitfield	W40	65:57
409	Jenni Shillington	W45	67:45
285	Elaine Ellard	W60	74:18
37	Mitch Loly	M65	77:19
115	Shorty Turner	M70	77:39



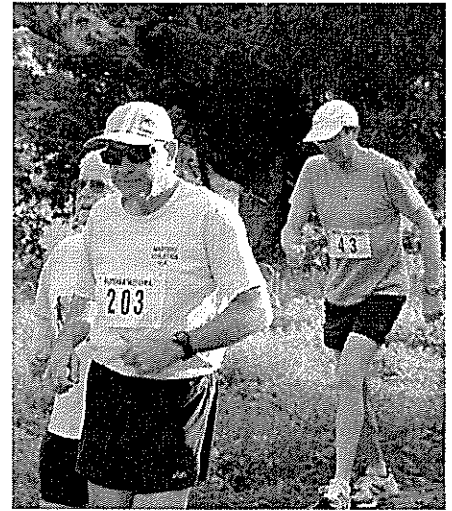
The Walking Warrens – Morris and Margaret, who direct the Joondalup Run.



Race Director Jacqui Billington, who now travels up from Bunbury to do her duty.

5K RUN

707	John Puglisi	M50	21:23
491	Barry Jones	M45	23:24
184	Doug Hazell	M50	26:18
244	John Brambley	M60	26:50
174	Mike Anderson	M55	26:53
492	Leonie Jones	W45	27:01
376	Damien Hanson	M50	28:43
627	Richard Blurton	M55	28:58
596	Richard Danks	M60	29:32
77	Arnold Jenkins	M60	30:07
47	Joan Pellier	W65	33:36
11	Bob Fergie	M70	33:37
295	Julie Wood	W55	34:35
635	Jennie Smith	W50	34:41
352	Steve Toohey	M55	35:10
440	Alan Thurlow	M50	40:05
668	Jodi Brauer	W35	41:20
24	Ray Lawrence	M75	41:39
42	Dalton Moffett	M70	49:04



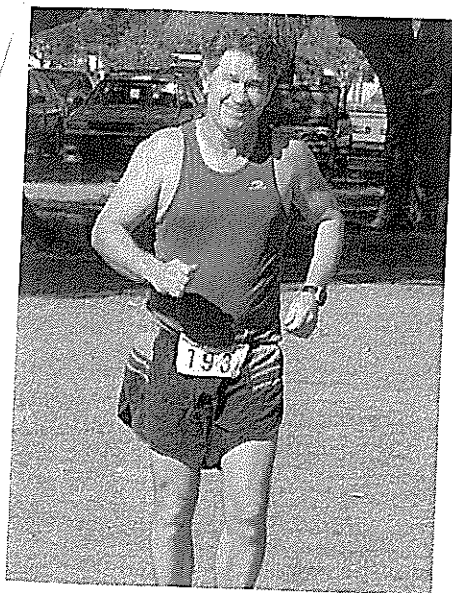
Walk winner David Brown and second placed Roger Walsh, at the start.

10K WALK

188	Val Millard	W55	78:00
520	Lorraine Lopes	W65	78:46
431	Janis Malin	W55	78:47
20	Jeff Whittam	M70	78:53
31	Dorothy Whittam	W65	81:15
693	Graham Ainsworth	M45	84:42
114	Ann Turner	W65	87:54
205	Pat Ainsworth	W65	87:55
109	Pat Miller	W65	90:48
108	Norm Miller	M70	90:49

5K WALK

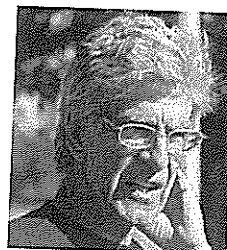
203	David Brown	M55	37:43
43	Roger Walsh	M60	42:58
594	Sue Wells	W50	45:55
307	Patricia Hopkins	W60	45:58
212	Linda Rhodes	W55	47:40
210	Maggie Flanders	W65	49:48



Cliff Bould Trophy

September 25, 2005

Conditions: fine



Race Director
Ivan Brown
complete with
Spanish suntan

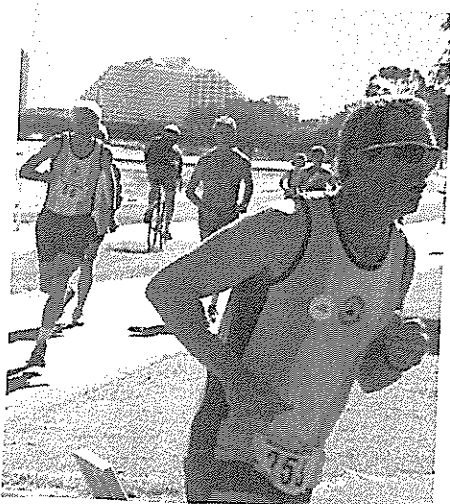
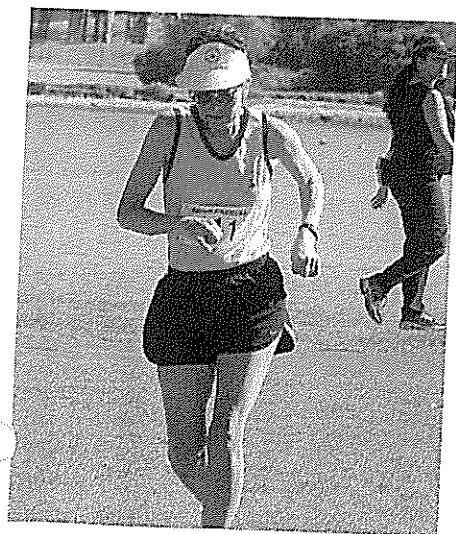
OUTSTANDING work by Ivan and his helpers overcame the snags on a brilliant, cold morning that warmed up nicely by the time most of us finished. Ivan returned from Europe the previous day and had to make some hasty adjustments to the course when the entry gate to the kangaroo enclosure on Heirisson Island was found to be locked.

Many short distance runners, going off scratch, were first to miss an improvised turn inside the enclosure. That was put right before most of the championship, 10.4K performers, reached it. Jim Langford filled the breach, while Phyllis Farrell and Mary Heppell were the gatekeepers.

Doubling up?

It was a surprise to see Bjorn Dybdahl lining up with we scratch starters. His plan was to run the 5K and be back in time to go off his handicap time in the 10.4K. Good idea - but I don't see him in the 10.4K list!

Maybe on this occasion we could bend the rule that says runners can only take part in one event?



10.4K RUN

		Time	H'cap time	Net time
Milton Mavrick	M50	66:40	14:22	52:18
Colin Chisolm	M40	66:53	24:07	42:46
Gillian Young	W55	67:2	17:11	49:51
Bruce Mathieson	M60	67:54	17:00	50:54
Geoff Barrett	M40	67:55	27:24	40:31
Nick Miletic	M50	67:57	17:42	50:15
Mark Sivyver	M55	68:1	22:44	45:17
Kevin Payne	M45	68:6	14:19	53:47
Fiona McAuley	W50	68:11	6:36	61:35
Rhod Wright	M55	68:13	8:41	59:32
Jim Barnes	M60	68:15	18:13	50:02
Mike Rhodes	M55	68:21	14:56	53:25
Chris Frampton	M40	68:28	29:29	38:59
Margaret Langford	W55	68:31	21:00	47:31
John Allen	M45	68:37	28:11	40:26
John Brambley	M60	68:40	13:22	55:18
Keith Atkinson	M45	68:42	22:12	46:30
Mark Rosen	M55	68:46	21:00	47:46
Neil McRae	M50	68:54	27:35	41:19
Noel McKenney	M50	68:55	21:00	47:55
Stephen Dunn	M35	68:59	29:19	39:40
Doug Ashfield	M45	69:1	25:51	43:10
Hamish McGlashan	M65	69:3	20:08	48:55
Franz Oswald	M55	69:4	19:29	49:35
Irwin BarrettLennard	M75	69:6	21:00	48:06
John Puglisi	M50	69:7	27:56	41:11
Helen Lysaght	W50	69:16	22:33	46:43
Ralph Henderson	M55	69:32	27:04	42:28
Karen March	W40	69:56	19:05	50:51
John Talbot	M55	69:58	9:23	60:35
Paul Martin	M60	69:59	15:58	54:01
Mike Hale	M55	70:13	25:51	44:22
Gary Fisher	M50	70:21	22:12	48:09
Syd Beer	M60	70:22	25:14	45:08
Martin Watkins	M55	70:31	22:12	48:19
Bob Schickert	M60	70:37	24:59	45:38
Michael Faunge	M65	70:46	13:27	57:19

Kay Burt	W45	70:50	24:12	46:38
Mike Anderson	M55	71:41	16:40	55:01
Arnold Jenkins	M60	71:57	10:15	61:42
Jane Elton	W35	71:58	14:24	57:34
Michael Wilkin	M55	72:21	11:30	60:51
Duncan McAuley	M55	72:23	27:19	45:04
Bryan Hardy	M60	72:29	21:20	51:09
John Smith	M70	73:30	17:06	56:24
Vic Beaumont	M75	73:43	9:12	64:31
John Pellier	M65	73:58	16:40	57:18
Frank Gardiner	M55	74:14	23:15	50:59
Thomas Waumsley	M30	74:47	34:10	40:37
Ray Hall	M70	74:48	11:38	63:10
Jim Klinge	M55	77:28	27:56	49:32
Robin King	W45	77:30	24:07	53:23

5.2K WALK

Maggie Flanders	W65	52:44	5:00	47:44
Alan Pomery	M70	54:14	11:15	42:59
John Carrington	M70	54:19	18:00	36:19
Dorothy Whittam	W65	54:34	13:30	41:04
Jeff Whittam	M70	54:36	14:00	40:36
Lesley Romeo	W60	55:45	16:30	39:15
Leo Hassam	M75	57:7	2:00	55:07
Lynne Schickert	W60	62:0	17:30	44:30
Ernie Moyle	M80	65:11	0:00	65:11

NO H/CAP 5.2K WALK

Stephen Doherty	M45	48	53
Debbie Wolfenden	W40	52	19
Malcom Hawley	M60	54	53
Bev Wilkin	W50	57	32
Linda Rhodes	W55	57	47

5.2K RUN

Bjorn Dybdahl	M50
Dave Roberts	M60
Colin Smith	M40
Raymond Gimi	M40
John Collier	M35
Don Caplin	M65
Delia Baldock	W40
Vic Waters	M60
Mike Khan	M60
Brian Foley	M60
Bob Fergie	M70
Dalton Moffett	M70
Bruce Wilson	M60
Jodi Brauer	W35
Carmine Waumsley	W30

From top:

Milton Mavrick is back on form, winning the Trophy event; Allen Tyson and Ernie Moyle enjoyed the walk; Lyn Schickert in a hurry, despite the weight of two enormous Spanish bronze medals; and Doug Ashfield leads a pack, showing why handicap runs produce such great racing.

TRACK AND FIELD
6pm: full programme,
includes Patron's Trophy
point-score events.

COKER PARK
Oct 6, 13, 20, 27
Nov 3, 10, 17, 24
McGILLIVRAY
Oct 4, 11, 18, 25
Nov 1, 8, 15, 22, 29

OCT 23
MULLALOO
Directors: Mike Anderson,
Johan Hagedoorn - 9401 3280
Graham & Chris Uren,
Martin Watkins, John Frost,
Terry & Barb Humphrey, Ian
Lyon, Peter Drinkwater, John

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

Collier, Michaela Newman,
Chris Maher, Noel McKenny

OCT 30
GARVEY GALLOP
Director: Arthur Leggett -
9279 9340

Kirt Johnson, Lesley Romeo,
Doug Ashfield, Ray & Roma
Barnett, Alan Pomery, Brian
Smith, Pat Ainsworth, Colin
Chisholm

NOV 6 - SAFETY BAY
Directors: Pam & Steve Toohey
- 9593 3439

Sean Keane, Ray Hall, Dennis
& Margaret Miller, Ray Atwell,
Murray Tolbert, John & Elaine
Dance

NOV 13 - GWELUP
Director: Jim Klinge -
9294 4029
Roger Walsh, Martin Watkins,
Mike Faunge, Pat Hopkins, Ed

Barrett-Lennard, Peter
Drinkwater, Ross Parker,
Dave Scott, Wendy
Clements-Green, Bryan
Hardy, Bob Sammells

NOV 20 - RECOVERY
Director: Jim Barnes -
9459 2617
Karen Sexton, Terry
Manford, Janis Malin

NOV 27 - PERRY LAKES
Director: John Bell -
9386 6975
Ron Spencer, Terry Manford,
Gordon & Noela Medcalf,
Sue Bullen, Cecil Walkley,
Peter Ryan, Marg & Brian
Bennett, Garnett Morgan,
Christine Wheeler

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President:
Val Millard

Patron:
Bill Hughes

COKER PARK

Sept 8th 100, 1000, 300, 3000
 Sept 15th 200, 1500, 60, 5000
 Sept 22nd 60, 600, 200, 3000
 Sept 29th 100, 1500, 400, 5000

SEPT 11**BASSENDEAN**

Director: Jacqueline Billington
 - 9751 1804

John Mack, Kirt Johnson,
 Wayne Bates, Irene Ferris,
 Brian & Margaret Bennett,
 Alan Thornley, Pierre Viala,
 Wendy Duncan, Christine
 Rompoits, Trevor Robertson

SEPT 18**BIBRA LAKE**

Director: Richard Harris -
 9457 6102

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

John Bramley, Dennis &
 Margaret Miller, John & Elaine
 Dance, Aldo Giacomini, Karen &
 Peter March, Bob Sammells,
 Steve & Pam Toohey, Don &
 Chris Pattinson, Sid Beer

SEPT 25**CLIFF BOULD TROPHY**

Director: Ivan Brown - 9384 8582
 Jeff Bowen, Stan Lockwood,
 Ann Jones, Darryl White, Ian

Davies, Phyllis Farrell, Mary
 Heppell, Keith Miller

OCT 2**WIRELESS HILL**

Director: Barry & Leonie Jones -
 9364 187.?????

Bill Jones, Alan & Dawn James,
 Merv Jones, Vic Waters, Mitch
 Loly, Bob Fergie, Chris Maher,
 George Schaefer, Margaret Neil

OCT 9**MATTAGARUP**

Director: Wayne Pantall -
 9362 3715

Peter & Sue Sanders, Jane
 Elton, John Bramley, Stan
 Lockwood, Scot Claxton,
 Clive Hicks, Rose & Phil
 Holloway, Jim Shaw

OCT 16**GUESS YOUR****OWN TIME**

Director: Vic Waters - 9341
 3464

Helen Lysaght, Jim Langford,
 Grahame Neill & Mary
 Young, Irene Ferris, Neil
 McCrae, Joan Osbourne, Mark
 Sivyer, Simon Mort

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Val Millard

Patron:

Bill Hughes

Vetrun

The magazine of Masters Athletics WA

NOVEMBER
2005
No. 380



Inside...

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AUS RECORDS SET IN SPAIN

AUSTRALIAN records were set by two relay teams.

The M65 4x100 team, including our own Barrie Kernaghan, set the AR at 52.76 seconds to take second place in the event. Barrie, and Norm Richards, were then in the M65 4x400 that set a new mark of 4:14.67 and again were second overall.

As mentioned last month, Lyn Ventris had particular success. It's believed that her UK victory is unique. While some club members have performed well in open competition prior to becoming Masters (or Vets) it is probably the first time anyone has won an open event while a member.

Correction: Lynne Choate and the W50 team won bronze, not silver, in the 4x400m relay.

SAFETY AT RISK

LACK of Sunday helpers poses real danger for competitors. Without enough road marshals and water providers, Race Directors are entitled to call off a run or walk. Why should they be responsible for people suffering injury or serious dehydration?

Every member **MUST** help twice a year.

Some do so EVERY week. They are committee members – like Jacqui, Jim, Val, Keith and more – and other stalwarts, like Kirt.

So – is help just twice a year too much to expect? Low membership fees, Sunday races and T&F EVERY week of the year – this club does a lot for its members.

Excuses

What do we hear?

"It's OK for them, they're all retired."

Wrong; most of the active members still work too.

"I don't run on Sundays."

Without helpers, Masters can't operate, on road or T&F.

Action

Lists of helpers are in Vetrun each month. Helpers must contact their Race Director – especially if they CAN'T help, so he/she can

find other helpers.

No-shows will then be allocated another event.

Reports

Problems crop up, of course. Work commitments, sickness, holidays and so on; sometimes people can't do their duty.

Beginning this month I shall add their names to race reports, to remind them to call Jim Barnes for another slot in the race calendar.

Saved

Events are often saved because injured members turn up and volunteer. Sometimes, fit members give up their own run or walk, to stand in for no-shows. This shouldn't ever be necessary.

Please, take responsibility. Help Masters remain the friendly, co-operative outfit it has been for so long.



Johan's the Director and says it's that way - Kirt doesn't look convinced.

Full Mullaloo results, and story from co-director Mike Anderson – page 7.



KANGAROO rescue is all part of the game in rogaining. This veteran's duo (over 40) managed 33rd place despite the time lost untangling the 'roo.

Barrie Thomsett, our stalwart Sunday morning scorer, is also a volunteer helper with the Rogaining Association of WA, and sent this report after a 12-hour event in October. See page 2.

Fancy a 400?

National Series Perry Lakes, Sunday December 18

THE 400M handicap for Masters is a crowd-pleasing annual event on the Perry Lakes track, part of the National Series meet.

Men and women, 35-plus, take part. How about you – like to have a run in the 400? You get: an audience, free

ticket and maybe a drink and something to eat!

You need some form, so that we can handicap you. So let Bob Schickert, Campbell Till or me, David Carr, know if you are interested. Firm commitments are required by December 4th so Athletica can issue invitations and tickets.

OCEANIA REMINDER

OCEANIA Masters Athletics Championships will be in Christchurch, NZ, on January 14-21, 2006 and entries must reach the organisers by December 10. Payment is by NZ Bank draft so give yourself plenty of time to get organised. Check the website: www.OMAC2006.org.nz

Bob Schickert has plenty of entry forms and other information.

Spring weekend in Lewana



LEWANA was the venue for the Masters' annual long weekend and it was a great success for around 40 club members who attended.

Having booked a berth, late Friday afternoon saw this writer among the merry group en route in the old white Volvo. The weather looked promising and there were references to items like sunglasses in anticipation of the weekend ahead. The only point of contention was how many cups of coffee it would take to reach the destination. 'Real' coffee, not instant. Only one, and Donnybrook was the choice (to drink it).

On getting out of the car there was a sharp intake of breath. The air was 'fresh'. References were made to socks and gloves and such. Even in the dimming light of early evening it was clear that the Southern Region was enjoying a lush season after all the rain.

A sociable fun weekend was in prospect – with a bit of running and walking. At 7.30 am on Saturday virtually the whole group set out, with

gloves and goosebumps. The sun was up and the air was crisp – but the main topic of the day was football and later the keen watchers headed off to Bridgetown. Fortunately, the outcome of THAT match didn't dampen our spirits!

Next day there was another early start and 26km for those who dared and 13km for the others. There were islands in the mist, mobs of kangaroos, and galahs stripping the pines. A delicious lunch at Tathra followed, watched over by an array of birds and a frazzled waitress. Coffee at Nannup was a good follow-up.

We were back at Lewana for the evening bbq, quizzes and karaoke. Monday dawned and those who wanted ran and walked the previous day's route. And there was a hill; before the last uphill battle for the weekend...the journey home.

Janis Malin

Veterans go Rogaining

'Yea Vic, Jim Langford is Rogaining Assoc. President; Bob Fergie and Dick Blom made up a two-man team and won the Ultra Vets (over 65) men's title. John Frost took his grand children out for a few hours. The 12hr event began at 10am. There's a penalty of 10 points for every minute you finish after the 12-hour deadline, up until 30mins; then it's 'Disq'. Teams can be up to five persons, the category depending on youngest person in team; men's, womens and mixed categories.

This event was on a mixture of farmland and State forest. My son was 5th overall and first male vet in a two-man team, covering a distance of 65Km in a straight line on the map (so God knows what they actually covered!)

Jim Langford took his daughter Jemma along and wore her out.. she was a lovely young lady before teaming up with dad! We had a 170 teams enter, averaging about 3 people per team, ranging from

small children to over 80 years.

Food is provided by a team of about 10 people – who prepare, serve, and clean up – from 4-11pm and then next morning for breakfast. Hot meals, salads, soups etc. All you can eat. Every one is asked to volunteer to do some job at end of event, and most do something.

For anyone who wants to learn more, the website with pics, history, results is wa.rogaine.asn.au

SUPERB running conditions for the sixth Bassendean run despite the mosquitoes (as Vic mentioned; I must remember the Aerogard next year!!). Considering there was a half marathon run on the same day, a good number (82) plus visitors turned up.

The Club has some keen runners. Two in particular; Wendy dragged Irene early out of bed for a run before helping me with my event. Jim Barnes gave a fleeting visit to pass on some paperwork before heading back to run the half – what a dedicated committee member is our Jim. I also had a new helper this year – Alan Thornley, who was very keen; he may at some time down the track be a possible race director.

The race could not be held without the helpers. Thanks, especially to Kirt for picking all the gear up the week before and marking the course. Alan Thurlow – also helped mark the course;

Bassendean Run

*report from
Jacqueline Billington*

Denise – timing; Irene – finish chute; Margaret and Brian – water station; Christine at the top of the steps (otherwise she would have been carried away by the mozzies); John Mack, Alan Pomery, Trevor Robertson, and Pierre for marshalling and Alan Thornley for set up at the start.

A number of the runners mentioned how much they enjoyed the course. Luckily this year it fell on the same day as the presentations so I had the chance to catch up with so many of you. I really enjoy being the director of the Bassendean run and will be travelling up from Busselton to do it again next year.

Results: See Vetrin 379.

First-footers...

LAST month we listed the club's first ten members. Here's the next batch of double-digit Masters (who, back then, were Vets.) Most are still actively involved in the sport.

11	Fergie	Bob
12	Holland	Kathleen
13	Holland	Ross
14	Spare	Charlie
15	Tyson	Allen
16	Usher	Frank
17	Caplin	Don
18	Berry	Mike
19	Sammells	Bob
20	Whittam	Jeff
21	Midolo	Jill
22	Crowther	Derek
23	Prescott	Val
24	Lawrence	Ray
25	Barnes	Jim

26	Berry	Nora
27	Smith	Frank
28	Tyson	Valerie
	(deceased)	
29	Crowther	Enid
30	Slinger	Barrie

NOVEMBER BIRTHDAYS

Atkinson	Keith	M45	McMillan	Raema	W75
Brown	Ivan	M60	Miller	Margaret	W60
Calnan	Ross	M65	Miller	Norm	M70
Chandler	Liz	W35	Moyle	Merv	M75
Davey	Shane	M35	Oldfield	Christine	W60
De Klerk	Marie	W40	Oliver	Bernard	M60
Delandgraft	Stan	M75	Rhodes	Mike	M60
Duncan	Wendy	W55	Schultz	Jon	M40
Forden	Keith	M65	Smith	Morland	M65
Hagedoorn	Johan	M60	Smith	Patrick	M40
Hall	Ray	M70	Spencer	Ron	M65
Hewitt	Brian	M50	Stoffers	Henk	M65
Hollaway	Phil	M50	Taylor	Mike	M50
Karra	Mike	M40	Ventris	John	M55
Lazarus	Ivan	M50	Warren	Margaret	W70
Malin	Janis	W55	Weston	Patricia	W70
Mangan	Bernard	M50	Billington	Jacqueline	W60
Mavrick	Milton	M50	Pellier	Joan	W65

2005 World Masters Championships

San Sebastian, Spain

Western Australian results in full

(AR = Australian Record)
(SR = WA State Record)
(f = final)
(s = semi)
(h = heat)

W45 Lyn Ventris
5000m Walk 24:00.68 (1st)
10k Road Walk 49:45.0 (1st)

W45 Robin King
5000m Walk 27:11.93 (4th)
10,000m 44:44.47 (8th)
8k CC 36:10 (11th)
Marathon 3:54:55 (9th)

W50 Lynne Choate
100 metres 14.06 (h)
14.22 (s)
14.03 (f) (7th)
200 metres 30.04 (h)
29.78 (s) (9th)

W55 Kate Glass
Hammer 36.86m (4th)
Weight Pentathlon
3828pts (4th)

W60 Lynne Schickert
2k Steeplechase 14:59.33 (3rd)
5000m Walk 37:25.45 (21st)
10k Road Walk 80:56.0 (23rd)

M50 Bjorn Dybdahl
800 metres 2:31.62 (46th)
5000 metres 18:31.49 (43rd)
10000 metres 39:29.10 (27th)
3k Steeplechase 12:41.27 (13th)
8k CC 32:02 (43rd)

M60 Roy Fearnal
100 metres 13.60 (h) (28th)
400 metres 64.11 (h) (22nd)

M60 Roger Whalen
200 metres 31.86 (h) (31st)

M60 Ivan Brown
1500 metres 5:43.43 (33rd)
5000 metres 21:14.74 (38th)
10000 metres 45:16.38 (24th)

M60 Bob Schickert
1500 metres 5:27.35 (29th)
5000 metres 20:22.15 (32nd)
2k Steeplechase 8:36.69 (14th)
8k CC 35:04 (29th)

M60 Brian Foley
800 metres 3:05.43 (34th)
1500 metres 6:52.41 (38th)

M60 Jim Langford
8k CC 30:49 (7th)



START of a 2000M which drew some fast performers to the track. Javelin throwers at the same meeting are (from top) Raema McMillan, Rob Shand, Damien Hanson and Ross Calnan.

M65 Norm Richards
100 metres 13.72 (h)
13.87 (s) (15th)
200 metres 29.05 (h) (17th)
400 metres 69.60 (h)
69.96 (s) (14th)

M65 Barrie Kernaghan
100 metres 13.18 (h)
13.28 (s)
13.19 (f) (4th)
200 metres 27.80 (h)
26.69 (s)
26.70 (f) (3rd)
400 metres 65.14 (h)
59.89 (s) (SR)
60.18 (f) (2nd)

M70 David Carr
800 metres 2:33.08 (2nd)
1500 metres 5:34.05 (4th)

TEAMS/RELAYS

W45 Robin King
8k CC (3rd)

W50 Lynne Choate
4x100 56.69 (2nd)
4x400 4:56.88 (3rd)

W60 Lynne Schickert
10k Walk (3rd)

M60 Roy Fearnall & Norm Richards
4x100 56.55 (6th)

M60 Roy Fearnall & David Carr
4x400 4:12.89 (3rd)

M60 Jim Langford & Bob Schickert
8k CC (6th)

M65 Barrie Kernaghan
4x100 52.76 (AR) (2nd)

M65 Barrie Kernaghan & Norm Richards
4x400 4:14.67 (AR) (2nd)



OTHER T&F RESULTS...

AS Vetrin space is limited we cannot carry all the summer T&F results every month. Patron's Trophy results will be printed, plus other outstanding performances. Full results will be available at the weekly T&F meetings.

McGILLIVRAY October 11, 2005

*Pending State Record

H/WEIGHT

Mark Hamilton M35 12.16*

McGILLIVRAY October 18, 2005

SHOT

Roche Cloete M55 10.95*

Coker Park

September 29, 2005

100M

Colin Smith	M40	12.9
Patrick Smith	M40	14.0
Henri Cortis	M55	14.0
Peggy Macliver	W60	15.5

1500M

Patrick Smith	M40	4:50.7
Keith Edmonds	M35	5:33.0
Jim Riddell	M65	6:58.9

400M

Henri Cortis	M55	61.2
Toni Phillips	W30	63.3
Patrick Smith	M40	65.3
Keith Edmonds	M35	70.3
Peggy Macliver	W60	71.3
Delia Baldock	W40	73.7

3000M

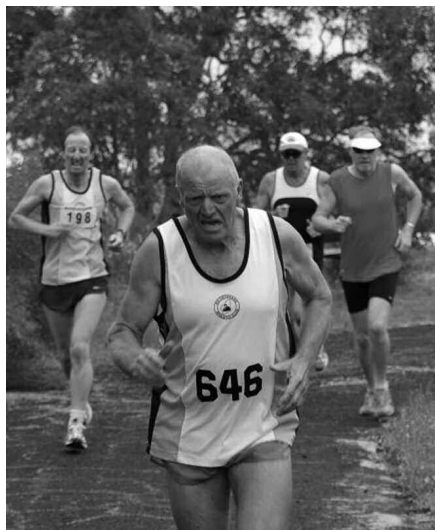
Colin Smith	M40	12:05.9
Gill Edmonds	W40	15:35.0
Lynne Schickert	W60	21:44.7

5000M

John Puglisi	M45	19:29.4
Bob Schickert	M60	20:30.1
Keith Edmonds	M35	20:58.3
Milton Mavrick	M40	22:46.7



Lovely location - tough hills!



Bryan Hardy leads (from left) Keith Atkinson, Gary Fisher, John Bell.



John Ellard and co., (above) and the whole field (below)



Wireless Hill

October 2, 2005

Conditions: fine



Picture: Directors Leonie and Barry Jones

9.5K RUN

Thomas Waumsley	M30	37:37
Bernard Mangan	M50	37:45
John Allen	M45	39:20
Gary McLean	M40	39:26
Ralph Henderson	M55	40:12
Neil McRae	M50	40:15
Geoff Barrett	M40	40:39
Jim Klinge	M55	41:51
John Cresp	M50	42:39
Bob Schickert	M60	42:46
Johan Hagedoorn	M60	42:52
David Muir	M60	42:58
Syd Beer	M60	43:15
Mark Sivyer	M55	45:08
Helen Lysaght	W50	45:26
Don Pattinson	M50	45:27
Margaret Langford	W55	45:36
John Bell	M60	46:19
Keith Atkinson	M45	46:29
Irwin Barrett-Lennard	M75	47:32
Gary Fisher	M50	47:37
John Ellard	M60	47:51
Karen March	W40	48:21
Christine Engels	W45	48:22
Gillian Young	W55	48:46
Milton Mavrick	M50	48:58
Nick Miletic	M50	49:20
Robin King	W45	50:49
Paul Martin	M60	51:24
Shirley Bell	W55	51:50
John Smith	M70	53:27
John Pellier	M65	53:45
Mike Hale	M55	53:53
John Dance	M55	54:38
Michael Faunge	M65	55:00
Pamela Toohey	W55	55:08
Mike Rhodes	M55	55:54
John Talbot	M55	58:42
Jane Elton	W35	60:40
Arnold Jenkins	M60	61:05
Elaine Dance	W50	61:21
Vic Beaumont	M75	61:38

4.8K RUN

Christopher Coates	M50	18:02
Jim Langford	M60	19:40
Amanda Walker	W35	19:44
Henri Cortis	M55	19:59

Dave Roberts	M60	20:41
Bryan Hardy	M60	23:04
Dee Haines	W45	23:06
Peggy MacIver	W60	24:33
David Carr	M70	24:33
Stephen Doherty	M45	25:03
Jim Riddell	M65	25:15
Robert Sheehy	M55	25:39
Marg Forden	W60	25:52
Peter Airey	M65	26:29
Damien Hanson	M50	26:33
Bob Sammells	M65	28:06
Brian Foley	M60	29:16
Keith Forden	M65	29:41
Denise Lancaster	W55	29:59
Jeff Spencer	M60	30:00
Carmine Waumsley	W30	30:02
Malcom Hawley	W60	30:03
Pierre Viala	M55	30:48
Julie Wood	W55	31:35
Debbie Dance	W35	31:45
Jennie Smith	W50	33:29
Dalton Moffett	M70	35:14
Elaine Ellard	W60	36:21
Ray Lawrence	M75	37:22

9.5K WALK

John Carrington	M70	71:12
Ray Hall	M70	73:21

4.8K WALK

Roger Walsh	M60	37:59
Beryle Doust	W55	38:07
Jeff Whittam	M70	38:57
Jodi Brauer	W35	39:20
Linda Rhodes	W55	40:58
Dorothy Whittam	W65	41:00
Chris Pattinson	W45	42:14
Alan Pomery	M70	42:21
Graham Ainsworth	M45	42:22
Pat Ainsworth	W65	42:34
Merv Moyle	M75	43:06
Margaret Warren	W65	44:01
Leo Hassam	M75	44:45
Sue Wells	W50	45:02
Maggie Flanders	W65	45:05
Pat Miller	W65	45:07



Top - Christine Rompotis; above, left - Margaret Langford; centre - Val Millard; right - Graham Thornton

Mattagarup Run

BURSWOOD PARK

October 9, 2005

NINE visitors, including Victorian clubman Richard Trembath, swelled our number to 124 braving a dampish Magical Mystery Tour. Otherwise committed marshals could not be replaced in time – as we expected – hence some fast times by runners who missed the section up to 'Our ABC' fountain.

(Reliable cardboard, cut-out marshals will assist next year.)

The McCallum leg of the 10km course was changed for a turn at the East Perth train station, in order to avoid the 'Gravity Games', and proved popular. With no helpers to set up the East Perth drink station I had to cope; so, my apolo-

gies for not getting back to start the race. A big thank you to all helpful helpers, and competent competitors.

Wayne Pantall

■ Wayne was badly let down at his Mattagarup event. He is a very busy bloke, but a great clubman who puts in a big effort every year. Helpers – please note. VW

10K RUN

Ian Davies	M55	32:52
Bernard Mangan	M50	35:14
Jim Langford	M60	37:50
Doug Ashfield	M45	38:19
Gary McLean	M40	38:30
Trevor Robertson	M50	38:35
Clive Hicks	M50	38:38
Jim Klinge	M55	38:40
John Cresp	M50	38:44
Ralph Henderson	M55	38:47
Neil McRae	M50	39:04
Andrew Cook	M40	39:08
Johan Hagedoorn	M60	39:09
Mike Hale	M55	39:17
Syd Beer	M60	39:19
Frank Smith	M60	39:46
Bob Schickert	M60	40:01
Kay Burt	W45	40:11
Brian Danby	M55	40:20
Bill Jones	M55	40:25
Keith Miller	M55	40:56
Helen Lysaght	W50	41:00
David Baird	M60	41:04
John Bell	M60	41:07
Keith Atkinson	M45	41:58
Wayne Taylor	M45	41:59
Gary Fisher	M50	42:01
Margaret Langford	W55	42:29
Bryan Hardy	M60	49:44
Dee Haines	W45	43:20
Terry Humphrey	M50	43:47
John Ellard	M60	44:00
Karen March	W40	44:45
Nick Miletic	M50	45:01
Franz Oswald	M55	45:16
Milton Mavrick	M50	45:22
Christine Engels	W45	45:27

Frank Gardiner	M55	45:47
Kevin Payne	M45	46:04
Barb Humphrey	W50	46:22
Mike Khan	M60	46:23
Paul Martin	M60	46:28
Mike Rhodes	M55	46:40
Michael Wilkin	M55	47:23
Graham Thornton	M65	47:49
John Byrne	M55	48:39
Bob Sammells	M65	49:11
Lorraine Lopes	W65	49:30
Michael Faunge	M65	49:54
John Dance	M55	50:49
Richard Danks	M60	51:50
Dennis Miller	M65	52:13
Christina Rompotis	W45	52:30
Arnold Jenkins	M60	52:34
Liz Chandler	W35	52:49
David Carr	M70	52:53
Rhod Wright	M55	55:05
John Talbot	M55	55:33
Vic Beaumont	M75	56:00
Jacqui Halberg	W55	56:57
Shirley Bell	W55	57:42
Margaret Bennett	W60	63:18
Jo Richardson	W50	64:17
Jenni Shillington	W45	73:04

5K RUN

Stephen Dunn	M35	18:54
Henri Cortis	M55	20:02
Duncan McAuley	M55	20:37
Paul Burke	M30	20:52
Raymond Gimi	M40	21:06
John Collier	M35	21:30
Ivan Lazarus	M50	21:30
Barry Jones	M45	22:26
Don Caplin	M65	24:55
Leonie Jones	W45	25:04
Richard Trembath	M60	25:05
(Victoria vis.)		25:05
Mike Anderson	M55	25:16
Jim Barnes	M60	25:33

Robert Sheehy	M55	25:40
Delia Baldock	W40	25:48
Marg Forden	W60	26:32
Peter Airey	M65	26:46
John Dennehy	M45	27:00
Brian Bennett	M55	28:10
Vic Waters	M60	28:11
Wendy Clements-Green	W60	29:12
Denise Lancaster	W55	29:15
Malcom Hawley	M60	29:21
Ray Hall	M70	29:30
Aldo Giacomini	M65	30:02
Fiona McAuley	W50	30:07
Merv Jones	M65	30:32
Debbie Dance	W35	31:54
Jeff Spencer	M60	33:00
Julie Wood	W55	33:39
Roger Walsh	M60	34:14
Keith Forden	M65	34:49
Dalton Moffett	M70	35:23

5K WALK

Val Millard	W55	39:29
Linda Rhodes	W55	39:47
Patricia Hopkins	W60	40:24
Bev Wilkin	W50	40:29
Alan Pomery	M70	41:14
Merv Moyle	M75	43:18
Dorothy Whittam	W65	44:32
Pat Ainsworth	W65	44:58
Sue Wells	W50	44:59
Graham Ainsworth	M45	44:59
Norm Miller	M70	46:09
Leo Hassam	M75	46:10

10K WALK

John Carrington	M70	72:17
Peter Ryan	M55	72:19
Beryle Doust	W55	73:04
Jeff Whittam	M70	77:24
Pat Miller	W65	91:41
Ann Turner	W65	91:43

UNIQUELY, nobody got lost.

This is a first for the GOT run and a pity really, because getting lost in Kings Park has been an annual highlight.

Shifting to the delightful Hale campus brought some minor hiccoughs, mainly due to the late change. Next year the street address will appear in the programme and ALL the toilets will be opened.

Winners

It's surprising how often GOT winners come within seconds of their estimated time. Bob Schickert (who has an internal metronome which we will have surgically removed next year) took home the priceless Timeless Trophy for a second time. He was disappointed to be one second adrift of his estimate!

The 6K Trophy was won by Paul Burke who was two seconds out. I heard him consulting with Bob afterwards so he'll probably do better next time.

Helpers

We reduced the number required this year, but still came up short.

Especial thanks to Ivan Brown and

GUESS OWN TIME

HALE SCHOOL

October 16, 2005

Conditions: fine



Race Director Vic Waters

Keith Atkinson. Both injured, they turned up to offer help. Without them there would have been no water table. Thanks also to Gillian Young, who was ready to give up her own run to help.

Margaret Langford, Irene Ferris and Helen Lysaght handled estimates, timing and recording. Jim Langford computed the results. Mark Sivyer and Neil McRae were road marshals. Simon Mort was my trusty No 2.

Location

Thanks are due to Hale School and its staff for allowing us to use the campus. It's a lovely, safe and forgiving place to run and walk and I know everyone enjoyed competing and then relaxing on

the grounds after the races. I hope we can return again next year, and that I can persuade some of the boys and staff to join in the event.

RESULTS are shown in order of incompetence, beginning with competitors who under-estimated most, progressing through the clever dicks, and ending with those who over-estimated most.

I shall also try for greater competence next year, and give you all the ACCURATE overall distances. Still, it wouldn't be the GOT run without the odd cock-up.

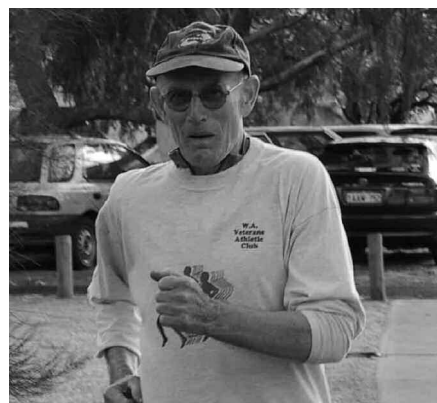
VW

9.510KM RUN/WALK Winner: Bob Schickert *

		Estimate	Actual	Diff./ Secs				
Millard	Val	77:03	72:08	-295	Dance	Debbie	64:42	64:59
Ryan	Peter	73:00	68:35	-265	King	Robin	48:48	49:10
Barnes	Jim	54:00	49:38	-262	Beer	Syd	44:00	44:28
Johnson	Kirt	48:00	44:32	-208	Taylor	Wayne	46:21	46:52
Hicks	Clive	41:52	39:41	-131	Gower	Karyn	49:00	49:34
Wright	Rhod	62:00	60:01	-119	Cook	Andrew	38:10	39:04
Davies	Ian	38:19	36:24	-115	Frampton	Chris	35:30	36:44
Henderson	Ralph	42:00	40:23	-97	Gower	Alan	39:20	40:40
Halberg	Jackie	61:33	60:00	-93	McLean	Gary	38:20	39:54
Ashfield	Doug	42:30	40:58	-92	Roberts	Dave	40:37	42:13
Chandler	Liz	56:00	54:29	-91	Ellard	Elaine	75:40	77:32
Danby	Brian	43:50	42:36	-74	Young	Gillian	48:00	50:07
Bennett	Margaret	68:50	68:00	-50	Faunge	Mike	52:02	54:22
Parker	Ross	38:10	37:22	-48	Casella	Frances	48:20	50:46
Mack	John	47:33	46:55	-38	Lopes	Lorraine	50:05	52:39
Wilkin	Michael	54:00	53:34	-26	Smith	John	51:00	53:37
Allen	John	40:00	39:40	-20	Carr	David	47:02	49:59
Beaumont	Vic	59:20	59:08	-12	Miller	Keith	42:00	45:30
Hagedoorn	Johan	43:15	43:11	-4	Bell	Shirley	50:30	54:19
Schickert	Bob	42:00	41:58	-2	Byrne	John	46:51	51:02
Barrett	Geoff	39:10	39:14	4	Ellard	John	43:40	48:20
Matheson	Bruce	49:00	49:05	5	Hale	Mike	41:00	46:06
Klinge	Jim	41:00	41:06	6	Fisher	Gary	42:20	47:45
Bates	Wayne	51:21	51:31	10	Malone	Mick	52:00	58:51
					Rhodes	Mike	47:01	54:03
					Doust	Beryle	60:00	75:11



Bob Schickert (above): winner, one second adrift. George Schaefer (below): perhaps his estimate was for the long course?



6.340KM RUN/WALK * Winner: Paul Burke

		Estimate	Actual	Diff./ Secs				
Whitfield	Bev	59:15	41:53	-1042	Doherty	Stephen	38:00	33:19
Anderson	Mike	51:12	34:00	-1032	Walsh	Roger	46:30	42:26
Bennett	Brian	56:00	41:48	-852	Rhodes	Linda	53:06	49:03
Schaefer	George	59:00	45:46	-794	Clements-Green	Wendy	41:33	38:07
Pantall	Wayne	46:00	33:38	-742	Shillington	Jenni	52:00	48:41
Warren	Margaret	65:33	55:24	-609	Maslen	Sheila	50:00	47:17
Wilkin	Bev	63:00	55:32	-448	Jenkins	Arnold	40:00	37:50
Turner	Ann	64:00	58:07	-353	Hall	Ray	40:00	38:08
Jones	Merv	44:10	38:23	-347	Moffett	Dalton	50:00	49:29
Miller	Pat	63:57	58:35	-322	Baldock	Delia	34:30	34:03
					* Burke	Paul	27:32	27:30
					Elton	Jane	34:30	35:01

Carrington	John	45:00	45:45	45	Carrington	John	45:00	45:45	45
Adrian	Kris	36:00	36:48	48	Adrian	Kris	36:00	36:48	48
Smith	Jennie	44:00	44:49	49	Smith	Jennie	44:00	44:49	49
Gimi	Raymond	28:00	28:50	50	Gimi	Raymond	28:00	28:50	50
Giacomin	Aldo	36:00	39:23	203	Giacomin	Aldo	36:00	39:23	203
Wood	Julie	38:10	41:56	226	Wood	Julie	38:10	41:56	226
Schickert	Lynne	45:15	49:04	229	Schickert	Lynne	45:15	49:04	229
Burke	Tanya	40:00	44:04	244	Burke	Tanya	40:00	44:04	244
Moyle	Merv	51:20	58:07	407	Moyle	Merv	51:20	58:07	407
Dunn	Stephen	28:00	35:30	450	Dunn	Stephen	28:00	35:30	450
Foley	Brian	38:00	46:29	509	Foley	Brian	38:00	46:29	509



Mullaloo drew a good field despite the rival Rottneest Marathon.

PATRON'S TROPHY

COKER PARK

October 13, 2005

3000M		POINTS	%
Patrick Smith	M41	10:10.0	77.43
Henri Cortis	M59	10:49.8	84.03
Micheal Watson	M40	11:19.0	69.06
Colin Smith	M42	11:23.9	69.56
Bob Schickert	M63	11:33.9	81.81
Gillian Young	W58	13:50.8	74.77
John Dennehy	M46	14:02.3	58.18
Tom Lenane	M49	14:11.0	58.93
David Carr	M73	14:16.8	74.39
Delia Baldock	W43	14:19.4	62.72
Nick Bailey	M57	14:25.0	61.99
Gill Edmonds	W40	14:33.3	60.19
Jacqui Halberg	W59	15:02.4	69.57

PATRON'S TROPHY

COKER PARK

October 20, 2005

400M		points	%
Colin Smith	M42	55.4	84.40
Henri Cortis	M59	61.0	87.16
Patrick Smith	M41	61.6	75.39
Kevin Webster	M38	67.7	67.25
David Carr	M73	69.0	89.06
Stephen Doherty	M45	69.6	68.56
Bob Schickert	M63	70.1	78.66
Delia Baldock	W43	72.7	72.63
John Dennehy	M46	73.0	65.84
Damien Hanson	M52	78.5	63.99
Ivan Brown	M60	1.23.4	64.29
Nick Bailey	M57	1.24.4	61.94
Gillian Young	W58	1.28.8	67.91
R Hollaway	W50	1.35.1	58.84
Carol Bowman	W50	1.39.1	56.47
Lynne Schickert	W64	2.11.3	48.96

JAVELIN		points	%
Kevin Webster	M38	34.21	40.63
Henri Cortis	M59	25.32	44.68
Damien Hanson	M52	24.71	38.22
Patrick Smith	M41	18.13	22.78
Colin Smith	M42	16.73	21.43
Eileen Hindle	W56	16.13	34.24
John Dennehy	M46	15.24	21.04
R Hollaway	W50	12.00	21.82
Lynne Schickert	W64	10.01	26.07

WARM, cloudless weather cooled by a significant breeze and magic Mullaloo shore-side scenery combined to make this a memorable event. Top women place-getters in the 5kms run were Amanda Walker, then Su Oliver. In the 13kms, Helen Lysaght was first, then Margaret Langford having a strong run. Bernard Mangan was first 5kms men, ahead of Dave Bishop whilst in the long run Peter Sullivan came storming in ahead of Ross Parker.

The race attracted an unusually large number of visitors -thirteen. Surely it would help the club for race directors to have promotional hand-outs at the ready for all who express interest on the day? A suggestion from an experienced run-

13K RUN

Ross Parker	M55	51:32
Jim Langford	M60	53:40
Grace Holin	W45	54:22
John Allen	M45	54:56
Gary McLean	M40	55:19
Ralph Henderson	M55	55:22
Jim Klinge	M55	57:55
Doug Ashfield	M45	58:19
Bob McNamara	M60	60:24
David Baird	M60	61:23
Mark Sivyer	M55	62:19
Helen Lysaght	W50	62:34
Margaret Langford	W55	63:31
Ivan Pilton	M60	63:54
Keith Miller	M55	64:22
Wayne Taylor	M45	64:50
Irwin Barrett-Lennard	M75	65:32
John Mack	M60	66:01
Gillian Young	W55	66:17
Karen March	W40	66:49
Bryan Hardy	M60	67:11
Milton Mavrick	M50	69:12
Franz Oswald	M55	69:22
Keith Atkinson	M45	69:44
Christine Engels	W45	69:48
Mike Hale	M55	71:06
Shirley Bell	W55	72:30
Michael Wilkin	M55	72:50
Vic Waters	M60	73:19
Wayne Bates	M60	75:08
John Dance	M55	77:35
John Smith	M70	79:03
Kevin Payne	M45	89:09
Mike Rhodes	M55	80:12
Pamela Toohey	W55	84:17
Debbie Dance	W35	90:33
Jo Richardson	W50	90:40
Elaine Dance	W50	91:04

The Mullaloo Magic Run

MULLALOO BEACH

October 23, 2005

ner was for us to provide an intermediate event, perhaps 8kms, given the stark distance choice of 5 or 13 kms. We'll have this next year. Thanks to all of you who competed on this beautiful but challenging course and especial thanks to the team of volunteer helpers whose efforts made for a very enjoyable morning. See you all again in 2006!

Mike Anderson

Margaret Bennett	W60	96:42
------------------	-----	-------

5K RUN

Bernard Mangan	M50	20:56
Amanda Walker	W35	21:34
John Cresp	M50	21:50
Duncan McAuley	M55	22:32
Raymond Gimi	M40	22:52
non Oliver	W50	25:45
Bruce Mathieson	M60	26:13
Michael Faunge	M65	28:36
Bob Sammells	M65	28:50
Peter Airey	M65	29:20
Brian Bennett	M55	30:22
Liz Chandler	W35	30:56
Ray Hall	M70	30:57
Wendy Clements-Green	W60	31:01
Arnold Jenkins	M60	31:02
Carol Bowman	W50	31:09
Fiona McAuley	W50	31:13
Pierre Viala	M55	31:27
Denise Lancaster	W55	31:32
Aldo Giacomini	M65	31:49
Roger Walsh	M60	31:50
Bob Fergie	M70	32:54
Mike Polkinghome	M50	35:30
Jennie Smith	W50	36:20
Steve Toohey	M55	38:18
Jodi Brauer	W35	39:41
Jan Jarvis	W60	40:00
Roma Barnett	W55	40:00
Ray Lawrence	M75	40:34

5K WALK

John Carrington	M70	42:11
Jeff Whittam	M70	42:11
Dorothy Whittam	W65	43:24
Patricia Hopkins	W60	45:02
Kirt Johnson	M75	46:37
Linda Rhodes	W55	47:27

TRACK AND FIELD

6pm: full programme,
including Patron's
Trophy point-score
events.

COKER PARK - Thursdays

Nov 10, 17, 24
Dec 1, 8, 15, 22

McGILLIVRAY - Tuesdays

Nov 8, 15, 22, 29
Dec 6, 13, 20

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

DEC 4

MOSMAN PARK

Director: Paul Hughes -
9384 5737

Marg & Brian Bennett,
Richard Danks, Sheila
Maslen, Linda Glass,
Jeanette Tiverios, Dick
Blom, Paul Martin, George
Innes, Phyllis Farrell,
Margaret Neil

DEC 11

CANNING CAPER

Keith Atkinson -
9313 1669

Frank & Gail Gardiner,
Brian Hunter, Gary Fisher,
Stan Delandgraft, Graham
Lucas, Ernie Moyle,
Phyllis Farrell, Margaret
Neil

DEC 26

BOXING DAY

Barry Thomsett -
9276 6446

Jo Stone, Steve Dunn,
Bryan Hardy, Mick
Malone, Julie Keeley, Ray
Gimi, Arnold Jenkins

JAN 2 PERRY LAKES

Brian Foley - 9339 2716
Mark Rosen, Dalton
Moffett, Rhod Wright,
Kevin Payne, Rob
Dougall, Jacqui Halberg,
Ivan Lazarus, Ralph
Henderson

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Vetrun

The magazine of Masters Athletics WA

DECEMBER
2005
No. 381



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*Merry Christmas and a Peaceful
New Year to all our readers*



THAT TIME OF THE YEAR is fast approaching and the Christmas Gift Run, the FUN EVENT for our club, is on Sunday December 18 at McCallum Park. The Snowflake Fairy will be waving her magic wand to transform all that dull athletic gear into colourful Christmas costumes.

For new members who have not experienced this run before, it is a time to exercise your creativity and come dressed in a Christmas outfit.

There are prizes for the best creations.

In the past we have been visited by seen Angels, Fairies, Wise Men of the East

Seasonal message from a flakey fairy....

(or is it West?), presents in a box, Christmas puddings, Christmas trees, Santa and his reindeer and assorted Christmas decorations adorning running gear.

Some members are serious and have a proper run, others try to run or walk in their costumes, but no times are recorded. Members then join together for a present swap whilst enjoying Christmas cake and coffee provided by the club.

Small gift, please

Members are asked to bring a gift valued around \$5. If the present is 'gender specific' please mark it as suitable for male or female. These are then distributed in a random manner according to age groups. Because of the large number of members who attend this event, we ask that gifts are not brought for any children in attendance as it is gift time for the members only.

Come and join us for a fun morning and display your ingenuity and sewing skills.

*Lynne Schickert
(aka 'the Snowflake Fairy')*



Race Director John Bell

Round the Lakes November 27, 2005

THUNDER and lightning on Sat night had me paralysed with fear. Visions of the Feb '03 stormy Cott to Rotto swim where I was the doctor out on the course and - Oh no! In the morning a clear but windy start was much appreciated.

Fascinating, as far as I am concerned, is the GPS on the hairy Mexican's wrist. He found the distance 8.22km and satellites never lie! Do they? From their times some runners felt it was a touch short. I'll have to take the wheel around again!

The new building near the Hockey Club rooms is for scouts and guides. Let's hope they are happy for us to continue our annual Round the Lakes run.

Thanks again to all wonderful, magic helpers, and competitors.

John Bell

GET A NEW, FREE BADGE

FREE, coloured name badges including your race number are now available on request to Barrie Thomsett. It's a committee idea to make it easier for us to identify each other (and to remind us of those numbers?)

Badges are quite small, 9x6cm, in a plastic cover that's easy to pin to clothing.

*OK, we're a little early with
the season's greetings, but
right up to date with last
Sunday's Round the Lakes
picture (below).
Full results, page 2.*



You write...

Hi Vic,

As a past member I was surprised to see my name listed as No. 18 in the First Footers list [November Vetrun] but most of those listed are imposters.

I have a list of all members, 82 in all, dated December 1977 and only Bob Fergie, Hollands, Charlie Spare, Don Caplin, Allen Tyson, Frank Usher and myself were listed, the rest were blowins – don't tell my Missus.

I suggest they should all be stripped of their numbers, all records deleted and made to do marshalling duties for six months.

What has happened to the club? Commander Shand ran a tight ship and it would not have happened in his days.

Cheers
Mike Berry

Quite right Mike; publishing has gone to pot since we stopped writing our copy with quill pens

on the backs of suppliant females.

For any reader not completely confused by Mike Berry, or the listings published, here goes. Our present 'race numbers' are the ones published. They were allocated only to current members and the order was based on date of joining. Publishing the low numbers in the Vetrun was done just to remind the general membership who are some of our longest-serving members.

I suppose it would be extremely interesting to see a complete list of all people who have ever been members of the Vets/Masters – in order – with a full record of performances, etc. Could be a good job for someone with a few decades to spare. Got anything on, Mike?

VW

BOOK PLUG!

Dear Vic,

John and I are just back in Perth after the northern summer and aim to spend 5 or 6 months here this time. I wondered if I could prevail upon you to publish the following in Vetrun? It's a bit cheeky because it's really an ad - but I thought you might consider it since it's all to do with promoting running for everyone.

Christine Oldfield 682

Christine's story is in this edition. VW

----- Original Message -----

From:
LEARYSHOM@aol.com

To: enquiries@mastersathlet-
icswa.org

Sent: Monday, November 07,
2005 1:02 AM

Subject: back again

Arrive back in Perth on the 15th dec just in time to do the christmas gift run. will you let the gang that meet in Kings park on tuesday that i am still running well after another knee op. Lost some speed but still winning races in vet age group.

mike leary (wigan, Phoenix)

Round the Lakes

November 27, 2005

8K RUN

Paul Hughes	M50	31:01
Jim Langford	M60	31:07
Stephen Dunn	M35	31:30
Andrew Cook	M40	32:52
Neil McRae	M50	33:23
Ralph Henderson	M55	33:29
Doug Ashfield	M45	33:31
David Baird	M60	34:21
Dave Roberts	M60	34:46
Frank Smith	M60	34:47
John Cresp	M50	35:03
Johan Hagedoorn	M60	35:09
Brian Danby	M55	35:52
Bob Schickert	M60	36:11
John Mack	M60	36:27
Robin King	W45	36:39
Mark Sivyer	M55	37:01
John Doust	M55	37:06
Michael Karra	M40	37:09
Helen Lysaght	W50	37:16
Sean Keane	M40	37:23
Wayne Taylor	M45	37:34
John Oldfield	M60	37:38
Martin Watkins	M55	37:47
Margaret Langford	W55	37:50
Gillian Young	W55	38:08
Mike Hale	M55	38:35
Karen March	W40	39:12
Keith Atkinson	M45	39:12
Irwin Barrett-Lennard	M75	39:16
Mike Khan	M60	39:23
Nick Miletic	M50	39:33
Milton Mavrick	M50	39:59
Mal Vernon	M50	40:01
Liz Chandler	W35	40:07
Ian Johnston	M55	40:38
Ivan Brown	M60	41:11
Vic Waters	M60	41:12
Joe Stickles	M65	41:25
Simon Mort	M45	41:57
Barb Humphrey	W50	42:21
Jeff Spencer	M60	42:32
Paula Karra	W30	43:01
Bob Sammells	M65	43:17
Dan Bending	M60	43:50
John Dance	M55	44:02
Michael Faunge	M65	44:11
Mike Rhodes	M60	44:18
non-mem Hunter	M60	45:44

Richard Danks	M60	46:01
Pamela Toohey	W55	46:03
Merv Jones	M65	46:51
Jacqui Halberg	W55	48:05
Vic Beaumont	M75	48:25
Arnold Jenkins	M60	49:16
Mick Malone	M55	49:20
Christine Oldfield	W60	49:31
Jo Richardson	W50	52:02
Bev Whitfield	W40	52:41
Elaine Dance	W50	55:24
Julie Wood	W55	55:25

4K RUN

Don Caplin	M65	20:21
Bryan Hardy	M60	20:37
Hamish McGlashan	M65	21:28
Delia Baldock	W40	21:30
Mike Anderson	M55	21:40
Peggy MacIver	W60	22:15
Jim Riddell	M65	22:28
John Brambley	M60	22:56
Damien Hanson	M50	22:58
Peter March	M45	23:09
Peter Airey	M65	23:31
Mike Polkinghome	M50	25:07
Wendy Clements-Green	W60	25:15
Bob Fergie	M70	26:29
Brian Foley	M60	26:38
Grumpy Man		27:10
Steve Toohey	M55	28:54
Sheila Maslen	W65	30:59
Dalton Moffett	M70	33:21
Allen Tyson	M80	45:59

6K WALK

Val Millard	W55	41:14
Lynne Schickert	W60	48:58
Linda Rhodes	W55	49:37
Rosa Wallis	W60	49:38
Kirt Johnson	M75	50:13
Graham Ainsworth	M45	51:30
Ray Hall	M70	51:56
Alan Pomery	M70	53:32
Pat Ainsworth	W65	55:26
Merv Moyle	M75	57:46
Leo Hassam	M75	57:47
George Schaefer	M70	57:58

4K WALK

Nola Bending	W60	36:03
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News in brief...

UNIFORM CHANGE

AT risk of Vetrun becoming the BT diaries he's in again; but at least this time he's relinquishing a job. Barrie Thomsett has handed over the job of wardrobe mistress to PATRICIA HOPKINS, 9446 4452, so please call her in future for all your sartorial requirements.

EYE-EYE

A PAIR of bi-focal tinted glasses was found at Garvey Park. Contact the Whittams on 9387 6438 or Barrie Thomsett on 9276 6446

Further insight on the ocular – Barrie has undergone successful cataract surgery so we can anticipate an even more SPECTACULAR results service in future. He's even revelling in the new timing equipment.

All my own work

BOB Schickert is fed up with being blamed for the outrageous copy I sometimes produce for Vetrun. For future reference, if stories are unsigned they should be 'news'. If opinions are expressed – scurrilous or otherwise – the writer should be named. If I forget to do so, assume it's me.

VW

FEELING YOUR YEARS

'I FEEL like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.

I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotard on, the class was over.' ANON

"We don't do winters any more"

A WEEK or so into October and Edinburgh excelled itself with several days of perfect running weather – sunny with just a hint of a breeze and temperatures around a very pleasant 16/17 degrees. However, the spectacular reds and golds of the autumn-clad trees were a reminder of a Scottish winter just around the corner.

But not for us! John and I packed our bags and headed for Perth where we'll remain until the trees here begin to change colour.

Our athletics highlight since we left here last March was the Edinburgh Marathon in June. John has several marathons under his belt but for me it was just the second. I still relish the exquisite sense of achievement as I crossed the line in 4hr 40min, which was 26 minutes faster than last year. I know that's not actually very fast – but not bad for a sixty year old who only began running at forty – and it provided a fitting postscript for the little book I was inspired to write after my first marathon.

John and I originally joined the Vets in the early 1990s when we lived and worked in

by
Christine Oldfield

Perth for a year or so. At that time we were very impressed with the ambience and camaraderie in the club. After occasional runs as visitors in following years we rejoined the Masters last February and were happy to find that, despite expansion and rejuvenation, the friendly atmosphere was not diminished. We hope to have many pleasant Sunday morning runs between now and the end of March when we head back to a northern summer. We have also decided to have a go on the track.

I mentioned my book – it's called *Running Shared*, from First Paces to Great Races. It came out in March and had a

good reception in Scotland. Runners are reading it and then buying more copies to pass on to family and friends – who they think ought to get out and run! For those people there are tips and advice on how to get started. I also outline, with some anecdotes, my own personal journey from couch potato to marathon runner; as well as the resulting enjoyment and health benefits.

The book retails in Australia at \$9.99 but there's a 25 per cent discount for club members who buy it directly from me – that's just \$7.50. Look for me on a run (I'll be in red tartan shorts), phone me on 9352 8958 or e-mail me at oldfieldc2@aol.com. It would make a great Christmas present for someone.



Lady in red tartan shorts is Christine Oldfield, lucky author who follows the sun.

ANOTHER LYN VENTRIS SUCCESS

THE Brownes Yoghurt Wendy Ey Masters Award for 2005 was presented to champion walker Lyn Ventris at a gala dinner on last month.

"Lyn Ventris' fine record in Masters and open events in Australia and overseas resulted in Lyn being chosen above some other fine Masters' sportswomen," said Bob Schickert. "I know the whole club will congratulate her on this accolade."

Barry Jones' dad honoured

RUNNERS World magazine's Race Reports (latest edition) covers a race in Tasmania named after club member Barry Jones' father, Wes.

Wes Jones was a life member and patron of the Launceston Athletics Club,

retiring aged 76 after more than 700 Saturday runs over a 40 year period. Sadly he died this year and the Club has dedicated its annual Latrobe to Railton road run to him. According to the race report the 14km event was won by a 16-year old Launceston

schoolboy in 50:12 – good going for a hilly, uphill course!

According to Barry Jones, his dad held three middle-distance Tasmanian Veterans' records at one time, but two have since been beaten.

December birthdays

Ainsworth	Graham	M50	Keeley	Julie	W35
Antoniolli	Rob	M50	Khan	Mike	M60
Bailey	Nick	M55	Lundgren	Troy	M50
Barrett	Geoff	M40	McKenney	Noel	M50
Barrett-Lennard	Ed	M50	McMorrow	Denise	W40
Barrie	Steve	M70	Mellidis	Christina	W45
Beaumont	Vic	M75	Moffett	Dalton	M75
Byrne	John	M55	Neill	Margaret	W60
Carlton	Geraldine	W40	Pattinson	Chris	W50
Charlton	David	M55	Penton	Kath	W60
Edwards	John	M65	Russell	John	M70
Ellard	John	M60	Schaefer	George	M70
Frearson	Don	M85	Smith	Brian	M65
Gardiner	Frank	M55	Staunton	Matt	M30
Glass	Linda	W45	Thurlow	Alan	M50
Harris	Richard	M65	Toohey	Pam	W60
Hughes	Sue	W55	Wallis	Rosa	W60
Humich	Randal	M35	Millard	Val	W55
Humphrey	Terry	M50	Slinger	Barrie	M65
James	Dawn	W45			

Farewell to an athletics stalwart

FRED Napier served our club as an official at State and National Championships over many years.

His knowledge of athletics was immense and recently, in addition to time keeping, he chaired the jury of appeal at championships. Of course, Fred served the Athletics Association of WA for more than 50 years in many capacities and was awarded an OAM for his contribution to the sport. Fred, who was 80, had been ill for most of 2005.

Bob Schickert

VALE TORSTEN CARLIUS

TORSTEN, who was immediate past president of WMA and elected as WMA Secretary at the General Assembly in San Sebastian, died recently due to a heart attack. His grand contribution to World Masters Athletics will be sadly missed.

Bob Schickert

ADVANCE explanation: if your name is in the wrong race list, remember to tell the recorders, clearly, which distance you covered - and if you ran or walked. There were enough complications * with the Gallop this year. To add to the confusion, I discovered one runner that I know had covered 6K shown as coming third overall in the 13K. (In your dreams, Simon!) I shifted him, but there could be others.

Garvey Gallop – Garvey Park

October 30, 2005

Conditions: fine

Race Director Arthur Leggett



* An early start left about 15 runners in their blocks, or cars, or in warm-up mode (or in the case of John Bell, probably crossing the Causeway). Arthur made a diplomatic decision and started them all off together, at 8am, noting names and numbers so their results could be merged with those of the (early) field. Good job all round - but if any errors have crept in, so be it.

VW

13K RUN

John Pentecost	M45	39:53
John Allen	M45	40:07
Bruce Wilson	M60	40:52
Gary McLean	M40	40:58
Neil McRae	M50	41:28
Graeme Uren	M35	41:53
Doug Ashfield	M45	42:02
Jim Klinge	M55	42:35
Johan Hagedoorn	M60	43:41
Frank Smith	M60	44:02
Don Pattinson	M50	44:17
Kay Burt	W45	44:37
Syd Beer	M60	44:56
David Baird	M60	45:06
Bob Schickert	M60	45:22
Bob McNamara	M60	45:48
Mark Speechly	M35	46:02
Peter Dawkins	M50	46:33
Mark Sivyer	M55	46:53
Gary Fisher	M50	46:56
Christine Uren	W35	47:01
John Mack	M60	47:18
Bill Jones	M55	47:23
Keith Miller	M55	47:43
Bryan Hardy	M60	48:00
Brian Danby	M55	48:28
Su Oliver	W50	48:48
Gillian Young	W55	48:52
Karen March	W40	48:57
John Bell	M60	49:06
Christine Engels	W45	49:08
Noel McKenney	M50	49:12
Irwin Barrett-Lennard	M75	49:42
Nick Miletic	M50	49:44
Milton Mavrick	M50	49:52
Mike Khan	M60	50:08
Vic Waters	M60	50:29

Wayne Taylor	M45	50:30
Franz Oswald	M55	51:18
Ray Attwell	M65	51:26
Bruce Mathieson	M60	51:52
Stan Selby	M60	51:58
Liz Chandler	W35	52:32
Mike Hale	M55	52:37
Jim Barnes	M60	52:43
Lorraine Lopes	W65	52:44
Frank Gardiner	M55	52:49
Michael Wilkin	M55	53:19
John Byrne	M55	53:56
Paul Martin	M60	54:09
Michael Faunge	M65	54:33
Bob Sammells	M65	54:45
Joe Stickles	M65	53:51
John Dance	M55	55:52
Mike Rhodes	M55	56:45
Richard Danks	M60	58:30
Pamela Toohey	W55	58:52
Christina Mellidis	W45	61:13
Brian Bennett	M55	61:34
Pierre Viala	M55	64:20
Denise Lancaster	W55	65:31
Debbie Dance	W35	66:26
Jo Richardson	W50	66:55
Julie Wood	W55	70:28
Margaret Bennett	W60	70:29
Elaine Dance	W50	70:31
Val Millard	W55	72:37
Shorty Turner	M70	78:20
Steve Toohey	M55	78:21
Jenni Shillington	W45	78:23

6K RUN

Ian Davies	M55	21:32
Raymond Gimi	M40	25:16
Ivan Lazarus	M50	26:04
Barry Jones	M45	29:43
Delia Baldock	W40	30:29

John Brambley	M60	30:33
Mike Anderson	M55	30:39
Peggy Macliver	W60	31:52
Simon Mort	M45	30:56
Leonie Jones	W45	32:11
Dan Bending	M60	32:11
Peter Airey	M65	32:44
Roger Walsh	M60	33:04
Carol Bowman	W50	33:14
Kris Adrian	W30	33:53
Arnold Jenkins	M60	34:39
Wendy Clements-Green	W60	34:52
Aldo Giacomini	M65	35:06
Doug Hazell	M50	35:54
Merv Jones	M65	36:02
Christine Oldfield	W60	36:24
John Talbot	M55	36:31
Bob Fergie	M70	36:56
Grace Holin	W45	39:52
George Schaefer	M70	41:03
Sheila Maslen	W65	41:33
Dalton Moffett	M70	43:29
Ray Lawrence	M75	43:40
Phyllis Farrell	W60	48:06
Mary Heppell	W65	48:16

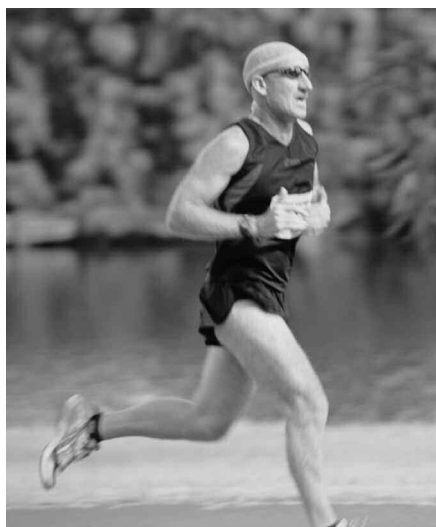
13K WALK

Jeff Whittam	M70	80:04
Dorothy Whittam	W65	83:21
Nick Bailey	M55	88:53
Ann Turner	W65	88:55

6K WALK

Dean Campbell	M40	44:39
Lesley Romeo	W60	45:12
Linda Rhodes	W55	50:23
Patricia Hopkins	W60	50:32
Merv Moyle	M75	52:02
Bev Wilkin	W50	52:06
Ian Lyon	M65	54:03
Maggie Flanders	W65	55:13
Rosa Wallis	W60	59:16
Lorna Lauchlan	W75	62:53
Leo Hassam	M75	62:54
Barbara Bailey	W75	67:51

Facing page: first start for the Garvey Gallop; below, 13K winner John Pentecost; and Simon Mort and George Schaefer challenging Gary McLean (even though they were in a different race.)



Safety Bay

November 6, 2005



Race Director Pam Toohey

ONCE again a good turn out from north of the river people, in spite of competition from the Mandurah fun run. The weather was kind on another beautiful Safety Bay day.

A huge thanks to all of our helpers, especially those who volunteered on the day. A very big thank you once again to John West who rode all the way from Kalamunda to cook our sausages, which raised for Telethon the grand total of \$174.50. Thanks to everyone who donated; we also thank Coles of Rockingham for donating the sausages and Woolworths of Mandurah for the rolls. See you all again next year - but bring a friend or two!

Steve and Pam Toohey

5K RUN

Lachlan Marr	M45	19:25
Brian Dry	M50	19:57
Johan Hagedoorn	M60	20:36
Liz Neville	W50	22:37
Su Oliver	W50	23:45
Bob McNamara	M60	23:46
Leonie Jones	W45	25:16
John Brambley	M60	25:20
Jackie Halberg	W55	25:20
Carol Bowman	W50	27:43
Pierre Viala	M55	29:09
Paul Buckley	M55	31:10
Julie Wood	W55	32:40
Sheila Maslen	W65	34:03
Jennie Smith	W50	34:05
Elaine Ellard	W60	36:56
Dalton Moffett	M70	38:01
Keith Atkinson	M45	41:56
Bev Wilkin	W50	42:11
Gordon Medcalf	M75	47:24

5K WALK

Bob Neville	M70	37:39
Jeff Whittam	M70	38:52
Lynne Schickert	W60	39:11
Dorothy Whittam	W65	40:49
Graham Ainsworth	M45	42:46
Pat Ainsworth	W65	43:11
Allen Tyson	M80	52:29

10K RUN

Jim Klinge	M55	41:44
David Baird	M60	43:52
Don Pattinson	M50	44:20
Ivan Pilton	M60	44:44

Mark Sivyer	M55	45:02
Helen Lysaght	W50	45:20
Barry Jones	M45	47:10
Brian Bennett	M55	48:45
Gillian Young	W55	48:51
Liz Chandler	W35	49:25
John Ellard	M60	49:27
Bruce Mathieson	M60	49:33
Karen March	W40	49:38
Nick Miletic	M50	50:12
Jim Barnes	M60	50:30
Shirley Bell	W55	51:05
Michael Wilkin	M55	51:35
John Smith	M70	52:20
Chris Pattinson	W45	52:23
John Pellier	M65	52:45
Bob Sammells	M65	52:56
Lorraine Lopes	W65	54:17
Mike Rhodes	M55	55:56
Christina Mellidis	W45	57:29
Merv Jones	M65	59:38
Robert Sheehy	M55	60:28
Vic Beaumont	M75	61:56
Jeff Spencer	M60	61:56
Jo Richardson	W50	65:33
Denise Lancaster	W55	65:54
Margaret Bennett	W60	70:09
Mitch Loly	M65	75:38
Jenni Shillington	W45	76:05
Shorty Turner	M70	78:50

10K WALK

Val Millard	W55	71:48
Patricia Hopkins	W60	85:48
Ann Turner	W65	86:43

7K RUN

Thomas Waumsley	M30	25:08
John Pentecost	M45	26:37
Bjorn Dybdahl	M50	26:53
Lachlan Marr	M45	27:55
David Baird	M60	26:19
Syd Beer	M60	30:28
Ivan Pilton	M60	30:43
Scot Claxton	M35	31:08
Mike Hale	M55	31:14
John Mack	M60	31:23
Wayne Taylor	M45	31:24
Helen Lysaght	W50	31:36
Dee Haines	W45	31:40
Su Oliver	W50	32:38
Brian Bennett	M55	32:49
John Oldfield	M60	32:55
Irwin Barrett-Lennard	M75	33:26
Ivan Brown	M60	33:38
Keith Atkinson	M45	33:41
Jim Barnes	M60	33:50
Margaret Langford	W55	34:05
Ian Johnston	M55	34:39

Recovery Run

Pelican Point

November 20, 2005

John Doust	M55	34:56
Bob Schickert	M60	34:57
Shirley Bell	W55	35:29
John Byrne	M55	35:42
John Smith	M70	36:00
Kevin Payne	M45	36:05
Doug Ashfield	M45	36:08
Michael Wilkin	M55	36:39
Doug Hazell	M50	36:49
Paul Martin	M60	37:23
Michael Faunge	M65	37:28
Bob Sammells	M65	37:30
Jacqui Halberg	W55	38:00
Mike Rhodes	M60	38:22
Carmine Waumsley	W30	38:36

Mick Malone	M55	40:31
Arnold Jenkins	M60	40:40
Aldo Giacomin	M65	40:58
Merv Jones	M65	41:36
Mike Polkinghome	M50	42:28
Christine Oldfield	W60	43:22
John Talbot	M55	43:34
Denise Lancaster	W55	45:20
Jo Richardson	W50	46:23
George Schaefer	M70	47:36
Mitch Loly	M65	49:08
John Stone	M50	50:02
Sheila Maslen	W65	50:03
Pierre Viala	M55	50:04
Dalton Moffett	M70	53:47
Shorty Turner	M70	53:49

5K RUN

Stephen Dunn	M35	18:14
Bruce Wilson	M60	19:00
John Puglisi	M50	19:34
Graham Dahl (Qld) ?	19:48	
Henri Cortis	M55	20:29



Race Director Jim Klinge



Don Caplin back on 5K form; and below, Karyn Gower holds off Su Oliver.



Recovery Run: continues

Raymond Gimi	M40	20:58
Sandy Burt	M40	21:04
Bob McNamara	M60	21:27
Don Caplin	M65	24:15
Mike Anderson	M55	24:41
Peggy MacIver	W60	25:15
John Dennehy	M45	25:47
Jim Riddell	M65	26:02
Anne Jones	W50	26:05
Richard Blurton	M55	27:40
Wendy Clements-Green	W60	28:45
Grace Holin	W45	31:31
Ray Lawrence	M75	35:28

7K WALK

Beryle Doust	W55	59:10
Graham Ainsworth	M45	59:20
Merv Moyle	M75	59:47
Pat Ainsworth	W65	59:52
Ann Turner	W65	60:03

5K WALK

David Brown	M55	33:26
John Carrington	M70	33:37
John Frost	M65	36:53
Lynne Schickert	W60	38:31
Linda Rhodes	W55	38:38

9K RUN

Jim Langford	M60	33:58
John Allen	M45	35:11
Gary McLean	M40	35:37
Alan Gower	M50	35:44
Neil McRae	M50	37:07
John Cresp	M50	37:53
Frank Smith	M60	38:19
David Baird	M60	38:26
Mike Hale	M55	38:36
Syd Beer	M60	38:50
Johan Hagedoorn	M60	39:11
Brian Danby	M55	39:30
Ivan Pilton	M60	39:31
Christine Uren	W35	40:28
Peter Dawkins	M50	40:34
John Mack	M60	40:36
Bob Schickert	M60	40:44
Wayne Taylor	M45	40:59
* Wrong number	?	41:04
Dee Haines	W45	41:07
Gary Fisher	M50	41:13
Barry Jones	M45	41:19
Gillian Young	W55	42:13
Mal Vernon	M50	42:25
Brian Bennett	M55	42:32
Irwin Barrett-Lennard	M75	42:45
Karen March	W40	42:47
Jim Barnes	M60	42:50
John Ellard	M60	42:51
Mike Khan	M60	43:55
Bruce Mathieson	M60	43:56
John Oldfield	M60	44:20
Christine Engels	W45	44:30
Joe Stickles	M65	45:53
Lorraine Lopes	W65	46:32
Graham Thornton	M65	46:42
Mike Rhodes	M55	46:58
John Dance	M55	47:17
John Smith	M70	47:22
Wayne Bates	M60	48:36
Jeff Spencer	M60	49:07
Kris Adrian	W30	49:21
Doug Hazell	M50	49:39
Pamela Toohey	W55	50:04
Terry Manford	M65	50:49
Merv Jones	M65	52:58
Vic Beaumont	M75	53:40
Christine Oldfield	W60	54:01
John Talbot	M55	55:03
Debbie Dance	W35	57:01
Rhod Wright	M55	59:39
Elaine Dance	W50	59:40
Jo Richardson	W50	59:44
Margaret Bennett	W60	62:30
Sheila Maslen	W65	62:31
Shorty Turner	M70	65:16
Mitch Loly	M65	68:02

5K RUN

David Willmer	M50	18:20
Lachlan Marr	M45	18:51
John Puglisi	M50	19:25
Bob McNamara	M60	21:04
John Doust	M55	21:22
Don Caplin	M65	22:25
Vic Waters	M60	22:27
Hamish McGlashan	M65	22:32
Karyn Gower	W45	22:32
Su Oliver	W50	22:34
Margaret Langford	W55	22:47
David Carr	M70	23:45
Mike Anderson	M55	23:55
Leonie Jones	W45	24:29
Jacqui Halberg	W55	25:34
Marg Forden	W60	25:35

Gwelup Lake

November 13, 2005

A COOL, overcast day made for superb running conditions. Most of the run was on concrete and limestone tracks but runners could also run on the grass alongside the tracks. The course was easy to follow thanks to the well-flagged tracks and large team of road marshals at the track intersections.

To well over 100 runners and walkers, thanks to all of you who competed; and especially thanks to the large team of volunteer helpers whose efforts made this a very enjoyable morning. Actually, there were too many offers of help, which I really appreciated.

This was my first time as a race director and I really enjoyed the experience. Hope to do it again next year and see you all again.

Jim Klinge

Note: unknown entrant in 9K run, claiming to be no. 31. That's Dorothy Whittam and even she couldn't do both at same time. Dorothy reliably tells me she only walked 9K. At least one other person gave recorder Wendy wrong number, but body shape gave her/him away. This sort of thing, plus failure to state distance, walk or run etc has me losing what little hair I have left. Then to sit in front of computer and look for phantom competitors...just as well I enjoy the job, and can have a good belly laugh.

Barry Thomsett

Peter Airey	M65	25:50
Keith Forden	M65	27:21
Aldo Giacomini	M65	27:49
Pierre Viala	M55	27:56
Mike Polkinghome	M50	28:21
Bob Fergie	M70	29:38
Jan Jarvis	W60	31:08
Steve Toohey	M55	32:22
Ray Lawrence	M75	32:49
Elaine Ellard	W60	33:29
Ronnie Gilchrist	W40	33:31
Ken Whistler	M70	34:40
Arnold Jenkins	M60	34:41
Dalton Moffett	M70	35:10
Phyllis Farrell	W60	36:33

9K WALK

Val Millard	W55	61:18
Dorothy Whittam	W65	73:49
Ann Turner	W65	78:14

5K WALK

Beryle Doust	W55	35:41
John Carrington	M70	36:07
Lynne Schickert	W60	37:29
Jeff Whittam	M70	37:48
Linda Rhodes	W55	38:37
Alan Pomery	M70	39:20
Ray Hall	M70	39:37
Jodi Brauer	W35	40:05
Anthea Cheney	W45	41:26
Kirt Johnson	M75	41:45
Pat Ainsworth	W65	42:33
Graham Ainsworth	M45	42:40
Norm Miller	M70	43:52
Pat Miller	W65	43:54
Maggie Flanders	W65	44:06
Lorna Lauchlan	W75	48:42
Leo Hassam	M75	48:42
Ernie Moyle	M80	63:39

UWA October 25, 2005

400M		points	%
Campbell Till	M48	58.2	83.78
Henri Cortis	M59	63.0	84.40
Matt Staunton	M31	66.7	65.31
Barrie Kernaghan	M65	68.3	82.27
Keith Edmonds	M37	68.2	66.33
Bruce Wilson	M60	69.4	77.26

JAVELIN		points	%
Matt Staunton	M31	37.32	38.88
Roche Cloete	M55	31.81	52.02
Campbell Till	M48	24.78	35.55
Damien Hanson	M52	24.73	38.25
Rob Shand	M73	23.35	49.45
Ross Calnan	M64	22.80	40.74
Bruce Wilson	M60	14.79	24.49

COKER PARK October 27, 2005

5000M		points	%
David Solomon	M41	18.29.9	73.39
Henri Cortis	M59	19.11.8	81.73
Bob Schickert	M64	20.10.1	81.70
Ivan Lazarus	M53	20.44.7	71.76
Syd Beer	M61	21.14.9	75.25
Robin King	W47	21.19.7	75.21
Helen Lysaght	W53	21.57.5	77.23
Gillian Young	W58	22.59.0	77.63
David Carr	M73	23.49.9	76.81
John Dennehy	M46	24.07.9	58.37
Tom Lenane	M49	24.12.5	59.54
Delia Baldock	W43	24.27.0	63.37
Jackie Halberg	W59	25.06.5	71.82
Carol Bowman	W50	27.11.0	60.63

DISCUS		points	%
Kevin Webster	M38	31.14	43.79
Henri Cortis	M59	21.39	39.49
Damien Hanson	M52	18.48	29.31
David Carr	M73	17.77	37.09
Eileen Hindle	W56	17.39	36.93
Colin Smith	M42	17.37	25.09
John Dennehy	M46	15.14	23.84
Lynne Schickert	W64	11.05	28.53

UWA November 1, 2005

5000M		points	%
Patrick Smith	M41	17.54.5	75.81
Alan Gower	M50	18.58.6	76.55
Doug Ashfield	M48	19.22.7	73.80
Campbell Till	M48	19.35.3	73.01
Bruce Wilson	M60	19.37.6	80.68
Mark Speechley	M38	19.48.7	67.10
Paul Burke	M35	20.36.4	63.19
Barry Jones	M48	21.41.5	65.93
Milton Mavrick	M51	23.08.4	63.29
Karyn Gower	W45	23.30.4	67.05
Carol Bowman	W50	27.34.6	59.77
Christine Oldfield	W60	29.25.3	61.95

DISCUS		points	%
Paul Burke	M35	27.90	39.23
John Sutton	M70	22.57	40.07
Damien Hanson	M52	20.08	31.85
Campbell Till	M48	18.38	30.25

PATRON'S TROPHY EVENTS

* On 8/11/05 at UWA Roche Cloete M55 bettered his previous pending record in the shot with 11m.14.

Rae McMillan	W77	17.20	61.04
Mark Perry	M38	16.68	23.45
Bruce Wilson	M60	13.10	20.58

COKER PARK November 3, 2005

100M		points	%
Colin Smith	M42	12.3	85.12
Henri Cortis	M59	13.7	85.55
David Clive	M68	13.8	91.30
Patrick Smith	M41	14.2	73.24
Damien Hanson	M52	14.7	76.12
Delia Baldock	W43	15.7	74.14
John Dennehy	M46	15.8	68.04
Bob Schickert	M64	15.8	77.03
David Carr	M73	16.4	80.67
Liz Neville	W54	15.8	80.13
Peggy McIver	W61	16.3	82.21
Eileen Hindle	W56	16.6	77.47
Gillian Young	W58	17.5	74.69
Pat Carr	W73	19.2	78.96

3000M WALK		points	%
Robin King	W47	16.43.6	79.12
Liz Neville	W54	17.56.8	78.38
Tom Lenane	M49	18.14.8	65.86
Henri Cortis	M59	18.16.6	71.58
Bob Schickert	M64	18.20.6	74.87
John Dennehy	M46	19.48.8	59.22
David Carr	M73	20.01.7	75.73
Stan Jones	M80	20.19.8	81.57
Bob Neville	M72	21.42.2	69.04
Lynne Schickert	W64	21.48.8	70.85
Patrick Smith	M41	21.49.3	51.86

UWA November 8, 2005

100M		points	%
Campbell Till	M48	13.3	81.88
Henri Cortis	M59	13.7	85.55
Barrie Kernaghan	M65	13.9	88.27
Norm Richards	M68	14.4	87.50
Damien Hanson	M52	14.9	75.10
Ross Calnan	M65	16.3	75.28
Ray Hall	M71	18.5	70.05
John Oldfield	M62	19.1	62.77
Lynne Schickert	W64	29.9	46.02

3000M WALK		points	%
Ray Hall	M71	19.55.0	74.39
Val Millard	W58	19.56.0	73.33
Bob Neville	M72	22.20.5	67.06
Lynne Schickert	W64	23.04.9	67.38

CHAMPS CHANGE

17TH World Masters Athletics Championships, Riccioni (Italy) 2007

Change of dates; event will now run September 3 to 15.

COKER PARK November 10, 2005

10,000M		points	%
David Solomon	M41	36.46.4	72.39
Doug Ashfield	M48	39.22.7	75.10
Bob Schickert	M64	41.33.4	82.01
Henri Cortis	M59	41.40.2	77.87
Robin King	W47	43.26.9	76.24
Liz Neville	W54	44.33.3	79.34
John Bocian	M55	46.15.7	67.67
Gillian Young	W58	46.30.0	79.19
Nick Miletic	M54	49.04.8	63.25
Franz Oswald	M58	49.09.9	65.41
David Carr	M73	49.48.5	76.03
John Dennehy	M46	50.52.1	57.25
Delia Baldock	W43	51.37.1	61.99
Margaret Bennett	W64	1:05.17.5	60.33

UWA November 15, 2005

10,000M		points	%
Patrick Smith	M42	38.12.6	73.99
Bernard Mangan	M50	38.32.5	77.93
Doug Ashfield	M48	39.55.1	74.08
Alan Gower	M50	40.05.4	74.92
Frank Smith	M63	43.07.2	78.24
Peter De Klerk	M46	46.12.8	63.02
Barry Jones	M48	46.41.2	63.34
John Collier	M39	47.27.4	58.31
Karyn Gower	W45	49.16.3	66.06
Christine Oldfield	W62	1:0.50.7	63.25
Margaret Bennet	W64	1:6.54.0	58.88

COKER PARK November 17, 2005

1500M		points	%
David Solomon	M41	4.47.2	76.85
Patrick Smith	M42	4.49.3	76.85
Henri Cortis	M59	4.59.8	85.24
Colin Smith	M42	5.07.0	72.42
Doug Ashfield	M48	5.16.9	73.41
Bob Schickert	M64	5.26.3	82.31
Rob Antonioli	M53	5.44.1	70.42
Robin King	W47	5.43.4	76.00
Liz Neville	W54	5.46.8	80.41
John Dennehy	M46	6.01.5	63.37
David Carr	M73	6.12.5	80.24
Ivan Brown	M60	6.12.7	69.21
Gillian Young	W58	6.14.4	77.64
Delia Baldock	W43	6.19.1	66.47
Nick Miletic	M54	6.32.9	62.19
Jim Riddell	M66	7.16.4	62.88

TRACK AND FIELD
6pm: full programme,
including Patron's Trophy
point-score events.

**COKER PARK -
Thursdays**

Dec 1, 8, 15, 22
Jan 5, 12, 19, 26

**McGILLIVRAY -
Tuesdays**

Dec 6, 13, 20
Jan 3, 10, 17, 24, 31

**DEC 4
MOSMAN PARK**

Director: Paul Hughes -
9384 5737

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

Marg & Brian Bennett,
Richard Danks, Sheila
Maslen, Linda Glass,
Jeanette Tiverios, Dick
Blom, Paul Martin, George
Innes, Phyllis Farrell,
Margaret Neil

**DEC 11
CANNING CAPER**

Keith Atkinson - 9313 1669
Frank & Gail Gardiner,

Brian Hunter, Gary Fisher,
Stan Delandgraft, Graham
Lucas, Ernie Moyle, Phyllis
Farrell, Margaret Neil

**DEC 18
CHRISTMAS GIFT
RUN**

McCallum Park -
Committee:
No helpers required

**DEC 26
BOXING DAY**
Barry Thomsett -
9276 6446

Jo Stone, Steve Dunn,
Bryan Hardy, Mick
Malone, Julie Keeley, Ray
Gimi, Arnold Jenkins

**JAN 2
PERRY LAKES**

Brian Foley - 9339 2716
Mark Rosen, Dalton
Moffett, Rhod Wright,
Kevin Payne, Rob
Dougall, Jacqui Halberg,
Ivan Lazarus, Ralph
Henderson

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