

JANUARY
2006
No. 382



Vetrun

The magazine of Masters Athletics WA

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Club spirit wins at Gift Run

A RIOT of colourful costumes, Christmas fare, presents and floppy antlers; must be the Christmas Gift Run. As with most riots, estimates of numbers vary. We don't have any official timing or recording for this one but it's probably among the club's most popular events.

Almost everyone wore something silly, so winning the 'best-dressed' award requires inspiration.

In the 1800s Perth people pretended they still lived in the northern hemisphere and dressed accordingly. Woollen

suits with waistcoats, stiff collars and trilby hats were compulsory. That was just for the women; men were much more formal. So, at Christmas we revive that pioneering spirit, donning red woolly suits; white woolly beards; and big

boots. And that's just the women.

This year's winning group were extras from the Sound of Music, who sacrificed a horse blanket and some curtains to run up their Tyrolean choir outfits. Individual winner Lesley Romeo was more practical, using her welding kit to transform two metres of cooking foil into a tin-man suit.

It's the kind of lunacy that built an empire, and long may it reign!



Lynne Schickert (above) showed that athletics keeps you slim and youthful enough to fit into a fairy suit!

Top picture: best dressed and first in are John, Elaine and Debbie Dance, Pam Toohey, and Lesley Romeo.

Paul Martin (left) summed up the festive season in a word.



Australian Masters Athletics Championships

Canberra April 14-17 2006

Entry forms and accommodation details will shortly be available from Bob Schickert and the Championships website will also come online.

Play it safe this summer

SPORTS Medicine Australia guidelines recommend that:

- athletes drink approximately 500ml (2 glasses) in the two hours before exercise;
- for most sports, when exercising for longer than 60 minutes 2-3 glasses of cool water are sufficient.
- After exercise athletes should replenish their fuel deficit but do not over hydrate. Drinking too much fluid can lead to a dangerous condition known as hyponatraemia (low blood sodium).
- If humidity is low, and the

Sport in the Heat

temperature at the time of competition is over 20C, increase your vigilance. If temperature is over 25C, reduce intensity.

If humidity is high, reduction of intensity should occur if temperature is over 20C and duration and intensity should be reduced if temperature is over 25C.

Bob Schickert

Welcome... New Members

BELATEDLY, welcome to all the new members, who have joined since the last 'Welcome' in May '05. I have been delivered a good slapping by the committee for omitting this feature of Vetrun. Beginning here, 'Welcome' is back. So, hi and welcome to the following most recent newcomers to Masters.

VW

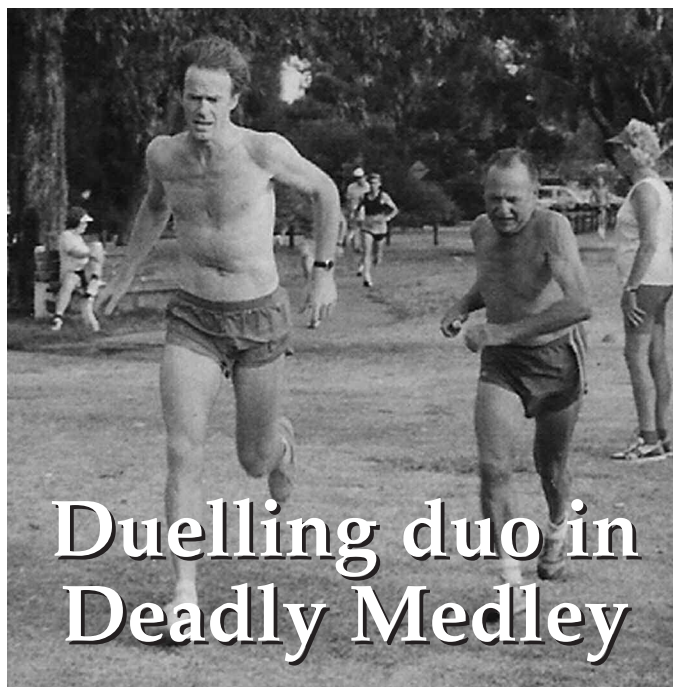
725 Shane Hair M30	716 Peter Dawkins M50
724 Tim Blair M30	715 David Solomon M40
723 Ian Johnston M55	714 Carol Bowman W50
720 Ronnie Gilchrist F40	711 Roche 'Rocky' Cloete M50
721 Paul Edmiston M30	712 John Pentecost M45
722 Brett Blanco M30	713 Grace Hollin F45
719 Brian Dry M50	

January birthdays

Aldrich Alison W60	Gill Fenella W40
Ashfield Doug M45	Hindle Eileen W55
Attwell Ray M70	Hollaway Rose-Maree W50
Bariolo Wayne M35	Humphrey Barb W55
Beckham Les M70	Langford Anne W55
Blurton Richard M55	Lopes Lorraine W65
Brown Penny W60	Lucas Graham M50
Choate Lynne W50	Maslen Sheila W65
Edmonds Gill W40	Michail Jack M50
Engels Christine W50	Miller Keith M55
	Mitsopoulos Robyn W55
	Muir David M60
	Parker Ross M55
	Pilton Ivan M60
	Puglisi John M55
	Ryan Peter M55
	Sheehy Robert M60
	Smith Colin M40
	Taylor Marg W55
	Tindall Blakeney M45
	Toohey Steve M55
	Turner Ann W70
	Wheeler Christine W50
	Wilkin Bev W50
	Mitsopoulos Vance M55
	Barnes Jim M60
	Sammells Bob M65



Alison Aldrich at the Gift Run



Duelling duo in Deadly Medley

THERE are several good reasons for this picture. First, to still the vociferous protests from Arthur Leggett's female fan club, incensed that no picture of the club casanova graced his Garvey Gallop report last month.

AUSTRALIAN MASTERS ATHLETICS

Decathlon / Heptathlon Championships
February 18 and 19 2006
at the State Athletic Facility Brisbane

ENTRY forms and program timetable are available from Bob Schickert.

Please call 9330 3803, or email to schickert@bigpond.com

Entries close - 6 February 2006

Secondly, to show John Bell without his Che Guevara disguise. Arthur's on the right, graciously allowing his much older opponent to take line honours in a Deadly Medley just a few years back.

Third, it's to remind you about the Deadly Medley on February 12. Early entries would be appreciated - contact Graeme Neil and Mary Young on 9265 1161. It's a good fun event that also tests your powers of recovery. Teams of four race over 1 or 2km; everyone runs twice. Loud barracking is compulsory.

You write...

Hi Vic

Just checking to see if your computer has got its act together and had a reprieve from the axe treatment. Also to let you know you missed a great photo opportunity today - Brian Bennett running backwards up the Mosman Park hills. Most odd and it did slow him down a bit but he then overtook us on the downhill bits. cheers,

Margaret Langford

'Backwards' Brian was nursing his achilles, though he says a recent acupuncture treatment has worked wonders. Wish the same could be tried on my computer. VW

Dear Barbara,
(Club Vice-Pres., Barbara Blurton)

I moved to KL in July and unfortunately doubt that I will be able to participate with MAWA in the future. Good luck with everything and I wish you all the best. The WA track & field programme is by far the best I have been involved with since becoming a Masters runner. Australia has a great program for that matter. I am planning to start working with the local club here in KL, which is just now starting to try and put together a track and field program. Regards,

Jon Schulz

PATRON'S TROPHY EVENTS

UWA

November 22, 2005

1500M		points	%
Campbell Till	M48	4.56.1	78.57
Rob Cattrall	M47	4.57.7	77.54
Henri Cortis	M59	5.02.4	84.51
Alan Gower	M50	5.07.9	76.76
Mark Speechley	M38	5.30.8	65.31
John Collier	M39	5.33.6	65.22
John Oldfield	M62	6.22.2	68.85
Frank Gardiner	M55	6.28.1	63.50
Gill Edmonds	W40	7.04.5	57.87

COKER PARK

November 24, 2005

800M		points	%
Colin Smith	M42	2.16.5	80.52
Micheal Watson	M40	2.20.5	77.12
Henri Cortis	M59	2.21.3	89.20
Neil McRae	M53	2.48.6	70.94
Bob Schickert	M64	2.39.5	82.97
David Carr	M73	2.41.9	90.83
Robin King	W47	2.47.2	77.16
John Dennehy	M46	2.50.6	66.34
Liz Neville	W54	2.54.2	79.07
Mike O'Reilly	M66	3.05.3	72.95
Milton Mavrick	M52	3.26.8	57.36
Delia Baldock	W43	2.58.6	69.76
Peggy Macliver	W61	2.58.8	82.96
Gillian Young	W58	3.08.7	76.06
John Oldfield	M62	3.09.9	68.31
Jim Riddell	M66	3.27.0	65.30

Triple Jump		points	%
Kevin Webster	M38	10.51	61.28
Delia Baldock	W43	9.02	69.76
Liz Neville	W54	6.76	62.42

Shot		points	%
Kevin Webster	M38	9.33	42.72
Eileen Hindle	W56	6.86	45.98
Colin Smith	M42	5.65	28.21
Liz Neville	W54	5.39	34.20

UWA

December 06, 2005

1500m walk		points	%
Val Millard	W58	9.48.3	72.75
Bob Neville	M72	10.26.7	70.05
Campbell Till	M48	10.38.9	54.63
Lynne Schickert	W64	11.55.5	63.59



WA Masters' most succesful athlete of 2005 is Lyn Ventris, pictured in San Sebastian where she won gold medals in both the 5K and 10K walks. As we have reported previously Lyn went on to become the UK Open 20K walk champion and last month was voted the Wendy Ey Masters Award for 2005.

COKER PARK

December 15, 2005

200m		points	%
Brendan Kennedy	M37	25.1	81.08
Colin Smith	M42	25.6	82.34
Peter De Klerk	M46	25.6	84.69
David Clive	M68	27.3	94.14
Henri Cortis	M59	28.7	82.93
Mike O'Reilly	M66	30.5	82.66
David Carr	M73	31.4	86.27
Damien Hanson	M52	32.0	70.69
Bob Schickert	M64	32.1	77.17
John Dennehy	M46	34.6	62.66
Delia Baldock	W43	33.0	71.48
Peggy Macliver	W61	33.2	82.68
Liz Neville	W54	33.8	76.39
John Dennehy	M46	34.0	63.76
Gillian Young	W58	37.4	71.44
Carol Bowman	W51	43.6	57.78
Christine Oldfield	W61	46.5	59.03

Long Jump		points	%
Kevin Webster	M38	5.34	65.44
Colin Smith	M42	4.43	57.31
Damien Hanson	M52	4.18	61.83
Gill Edmonds	W40	4.13	63.44
Delia Baldock	W43	3.99	64.04
Liz Neville	W54	3.75	70.49
Peggy Macliver	W61	3.29	68.40
Carol Bowman	W51	2.40	43.24

Hammer		points	%
Kevin Webster	M38	25.06	32.06
Jim Turnbull	M69	18.02	36.49
Liz Neville	W54	14.16	30.11
Colin Smith	M42	7.46	10.37

UWA

December 13, 2005

200m		points	%
Peter de Klerk	M46	26.0	83.38
Campbell Till	M48	26.0	84.58
Patrick Smith	M42	28.8	73.19
Norm Richards	M68	30.1	85.38
Bruce Wilson	M60	31.1	77.07
Damien Hanson	M52	32.1	70.47
Bob Schickert	M64	32.2	76.93
Ross Calnan	M65	34.2	73.04
John Dennehy	M46	37.7	57.51
Carol Bowman	W51	41.8	60.26
Christine Oldfield	W61	48.5	56.60
Lynne Schickert	W64	62.8	44.98

Long Jump		points	%
Campbell Till	M48	5.02	70.41
Damien Hanson	M52	3.98	58.88
Bruce Wilson	M60	3.54	58.32
Lynne Schickert	W64	2.04	44.35

Hammer		points	%
Rocky Cloete	M55	24.93	41.27
Rae McMillan	W78	21.01	72.10
Bruce Wilson	M60	13.70	22.98



Vic Beaumont, one of the trimmest M75s you'll meet on any run, shows his tidy style at Mosman Park.

Mosman Park

December 4, 2005

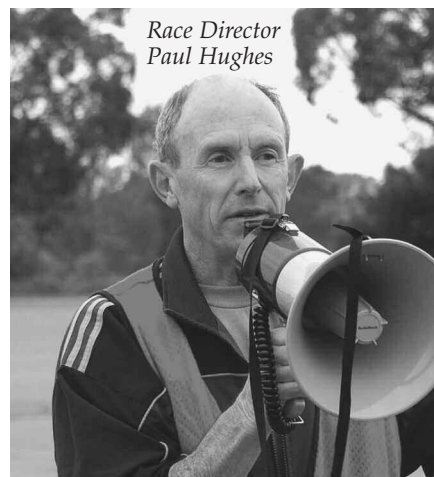
Conditions: fine

IT was a cooler day than previous years, there were a record number of members in the event and as a bonus some cars and members were given a wash by the ground reticulation system. Course was as last year with a minor change due to a new section of cycleway - which made it easier for the second lap runners. It was pleasing to hear from members they enjoyed the course, even though it is one of the tougher runs on the calendar. Thanks to our helpers: Paul Martin, Dick Blom, Shelia Maslen, Alex Tiverios (alias Jeanette Tiverios), Dave Roberts, Robin King, Wayne Taylor, Richard Danks, Margaret Bennett, Graham (alias Brian Bennett), Brian and George Innes. Special appreciation to George Innes, who has assisted at our race regularly and will not be available next year as he will be concentrating on improving his form in lawn bowls!

See you all next year,

Paul & Sue Hughes

Race Director
Paul Hughes



Paul also reported there were a couple of problems on the course.

"One was two ladies who started earlier and walked the old course; as they were not wearing numbers the official did not recognise them as members. The other was where Sue was standing with the dog. Apparently the fast runners coming down from the drink station and entering the cycleway against the slower runners was a little risky."

Paul will consider a slight change next year to correct that situation.

VW



5.25K WALK

David Brown	M55	35:44
John Carrington	M70	38:12
Lynne Schickert	W60	41:38
Linda Rhodes	W55	42:44
Jeff Whittam	M70	43:17
Beryle Doust	W55	43:18
Dorothy Whittam	W65	45:17
Pat Ainsworth	W65	45:57
Patricia Hopkins	W60	46:16
Debbie Wolfenden	W40	46:38
Pat Miller	W65	47:54
Keith Atkinson	M45	49:10
Maggie Flanders	W65	50:04
Leo Hassam	M75	50:05
Mitch Loly	M65	50:11
Visitor	52:49	
Visitor	52:51	
Bob Neville	M70	52:52
George Schaefer	M70	53:12

EVERYBODY present at Mosman Park is in this picture – except the photographer and that perennial-latecomer, Mike Hale. So get out your spy-glass and find yourself! Or you could look at the pictures page on our website and blow it up, in glorious colour.

8.7K WALK

Val Millard	W55	63:01
Merv Moyle	M75	78:25
Ann Turner	W65	78:28

8.7K RUN

Jim Langford	M60	34:25
Bernard Mangan	M50	34:34
John Allen	M45	35:48
Bjorn Dybdahl	M50	35:57
John Pentecost	M45	36:11
Ralph Henderson	M55	36:27
Gary McLean	M40	36:47
Visitor		37:12
Neil McRae	M50	37:18
Doug Ashfield	M45	37:28
David Baird	M60	38:05
Johan Hagedoorn	M60	39:05

John Cresp	M50	39:37
Bob Schickert	M60	39:52
Ivan Pilton	M60	40:11
Paul Burke	M45	40:25
John Doust	M55	40:35
David Muir	M60	40:36
Michael Karra	M40	41:29
Mike Hale	M55	41:53
Visitor		42:01
Helen Lysaght	W50	42:03
John Mack	M60	42:25
Brian Bennett	M55	42:54
Barry Jones	M45	43:11
Mark Rosen	M55	43:35
Irwin BarrettLennard	M75	44:00
Ian Johnston	M55	44:11
Liz Chandler	W35	44:22



(Left) Bruce Wilson led the field and the 5K race from the gun; here he's tailed by Jim Langford and Bernard Mangan, eventual first and second runners in the 8.7K.



Ivan Pilton, 358, leads this group.



Merv Moyle is walking well so we'll forgive him for not displaying his race number!



Aldo Giacomini, 164, knows that if you wave to the snapper you get noticed!



Nick Miletic	M50	44:35	Aldo Giacomini	M65	53:37
Karen March	W40	45:25	Mike Polkinghome	M50	55:34
Jim Barnes	M60	45:59	Jo Richardson	W50	58:06
John Byrne	M55	46:30	Rhod Wright	M55	58:07
Christine Engels	W45	46:40	Arnold Jenkins	M60	59:11
Jeanette Tiverios	W45	46:43	Visitor		59:16
John Pellier	M65	47:00	Jenni Shillington	W45	70:06
John Oldfield	M60	47:13	Shorty Turner	M70	70:09
Michael Wilkin	M55	47:20	5.25K RUN		
Bob Sammells	M65	47:33	Bruce Wilson	M60	21:21
Paula Karra	W30	47:43	Jim Klinge	M55	21:35
Lorraine Lopes	W65	48:18	John Puglisi	M50	21:43
Jane Elton	W35	48:59	Raymond Gimi	M40	23:19
Jeff Spencer	M60	49:47	Ivan Brown	M60	24:01
Michael Faunge	M65	49:54	Syd Beer	M60	24:05
Kevin Payne	M45	49:59	Liz Neville	W50	24:25
John Smith	M70	50:43	David Carr	M70	25:32
Alan Thorniley	M50	50:49	Margaret Langford	W55	25:38
Mike Rhodes	M60	51:52	Gary Fisher	M50	25:42
Roger Walsh	M60	52:12	Stephen Doherty	M45	25:45
Terry Manford	M65	53:01	Vic Waters	M60	26:42

Hamish McGlashan	M65	26:43
Visitor		27:42
Doug Hazell	M50	27:49
Leonie Jones	W45	27:55
Delia Baldock	W40	27:58
John Brambley	M60	28:09
Robert Sheehy	M55	29:01
Peter Airey	M65	29:41
Damien Hanson	M50	29:51
Cecil Walkley	M75	30:10
Merv Jones	M65	30:42
Ray Hall	M70	31:04
Wendy Clements-Green	W60	31:13
Pierre Viala	M55	31:28
Vic Beaumont	M75	32:09
Christine Oldfield	W60	32:50
Tanya Burke	W30	34:07
Denise Lancaster	W55	34:20
Grace Hollin	W45	34:37
Julie Wood	W55	35:07
Visitor		37:58
Dalton Moffett	M70	39:06
Visitor		39:07
Jodi Brauer	W35	44:54
Kirt Johnson	M75	48:55

10K RUN	Clock	Time	H'cap
Joe Stickles	M65	62:29	12:36
David Willmer	M50	63:34	25:56
Jacqui Halberg	W55	63:43	8:36
Wayne Bates	M60	64:04	12:36
Chris Pattinson	W50	64:07	16:06
Paula Karra	W30	64:11	13:06
John Byrne	M55	64:20	14:01
Pamela Toohey	W60	64:21	9:36
Lorraine Lopes	W65	64:21	13:36
Merv Jones	M65	64:24	7:56
John Dance	M55	64:26	11:36
Roger Walsh	M60	64:45	9:36
Jo Richardson	W50	64:58	1:06
Rhod Wright	M55	64:59	8:06
Christine Oldfield	W60	65:17	6:56
Gillian Young	W55	65:19	19:21
Sean Keane	M40	65:32	20:41
Doug Ashfield	M45	65:36	24:36
Michael Karra	M40	65:47	20:56
Richard Danks	M60	65:50	09:01
Vic Beaumont	M75	65:50	06:36
Bob Schickert	M60	66:05	22:56
Jeff Spencer	M60	66:06	13:26
Paul Hughes	M50	66:07	28:06
Nick Miletic	M50	66:10	16:51
Jim Langford	M60	66:13	28:06
David Baird	M60	66:18	23:41
Vis 5	#N/A	66:18	n/h
Aldo Giacomini	M65	66:22	9:06
Neil McRae	M50	66:26	25:51
Fiona McAuley	W50	66:29	6:26
Mike Rhodes	M60	66:42	11:36
Jane Elton	W35	66:50	13:26
Helen Lysaght	W50	66:51	21:51
Mike Anderson	M55	66:55	14:36
Jim Klinge	M55	66:56	25:36
Barry Jones	M45	67:02	20:01
Liz Chandler	W35	67:03	18:46



Liz Chandler: pic taken at the Racecourse Run.

Canning Caper

RIVERTON BRIDGE

December 11, 2005

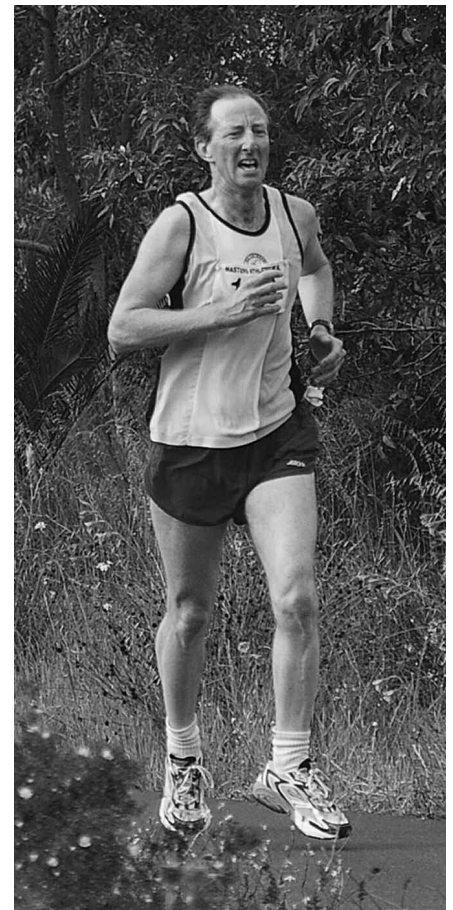
DAY broke with a few showers, and a nasty cool wind. I did not like the prospects of a good crowd turning up to the run. We got a little damp while marking the course early in the morning, but the weather just improved from there.

For a change, at my run there were cool conditions. People studied their handicaps, with the usual look of dismay, which gave joy to the handicapper. In the end though it worked out pretty well with most of the field coming in very close together. Congratulations to the winners - Dave Wilmer, and Jacqui Halberg.

There were some outstanding performances, including the winners, such as Joe Stickles, Christine Pattinson, Jim Langford, Paul Hughes, and Liz Chandler (PB on the day) to name a few.

Thanks to my helpers, who did a fantastic job and made the run a success: Helen Lysaght, Richard Harris, Margaret Neill, Phyllis Farrell, Gary Fisher, Frank and Gail Gardener, Stan Delandgraft, Brian Hunter, and Graham Lucas. We will see you again next year when the weather will probably have gone back to its normal pattern.

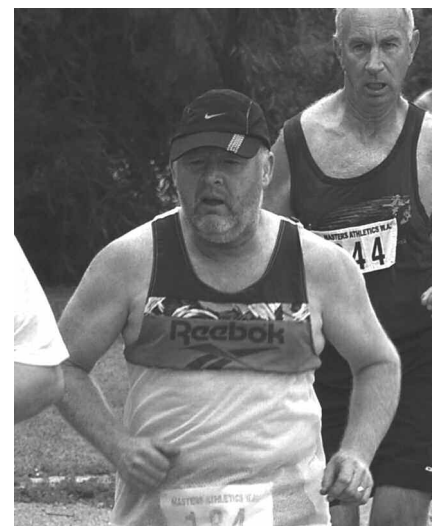
Keith Atkinson



Race Director (and handicapper) Keith Atkinson suffering a bit at Wireless Hill.

5K RUN

Chris Coates	M50	24:10
Syd Beer	M60	25:31
Vis 1	#N/A	27:11
Margaret Langford	W55	28:04
Doug Hazell	M50	29:41



Doug Hazell, pictured at Bassendean, is making good progress after injury setbacks.

Dan Bending	M60	67:05	12:56
Karen March	W40	67:07	18:56
Martin Watkins	M55	67:08	20:36
John Pellier	M65	67:08	15:46
Johan Hagedoorn	M60	67:11	24:36
Graeme Uren	M35	67:18	26:06
Wayne Taylor	M45	67:19	22:46
Bob McNamara	M60	67:23	22:36
Don Pattinson	M50	67:24	24:46
Vis 7	#N/A	67:28	n/h
Irwin Barrett-Lennard	M75	67:29	19:46
Mike Hale	M55	67:36	24:16
Mike Polkinghorne	M50	67:37	8:16
Gary McLean	M40	67:38	27:06
Vis 2	#N/A	67:39	n/h
Mark Sivyver	M55	67:42	22:11
John Puglisi	M50	67:53	26:36
Mal Vernon	M50	68:09	19:11
Steve Toohey	M55	68:32	00:00
John Smith	M70	68:35	15:21
Peter Dawkins	M50	68:38	22:01
John Oldfield	M60	68:44	21:36
Vis 4	#N/A	68:47	n/h
Vis 6	#N/A	69:22	n/h
Vis 3	#N/A	69:23	n/h
Kay Burt	W45	69:44	23:51
Hamish McGlashan	M65	69:55	19:06
Christine Uren	W35	70:26	21:06
Jim Barnes	M60	70:51	19:56
Ray Hall	M70	71:57	10:56
Shorty Turner	M70	73:51	00:01
Brian Bennett	M55	77:04	00:00
David Carr	M70	77:20	20:06
John Bell	M60	77:39	21:06
Duncan McAuley	M55	78:09	26:01

Delia Baldock	W40	30:16
Paul Martin	M60	30:17
Robert Sheehy	M55	32:04
Damien Hanson	M50	32:17
Carol Bowman	W50	32:18
Michael Faunge	M65	32:22
Arnold Jenkins	M60	33:05
Bob Sammells	M65	33:24

AthleticA Drug Free Meeting

Perry Lakes Stadium
18 December 2005

400M HANDICAP

			H/cap
Duncan McAuley	M55	52.35	50m
David Clive	M65	52.47	52
Henri Cortis	M55	53.30	40
Pieter De Klerk	M45	53.41	10
Norm Richards	M65	53.94	64
Mark Perry	M35	54.04	00
Campbell Till	M45	54.42	12
Colin Smith	M40	54.88	05
John Dennehy	M45	55.70	76
Peggy MacLiver	W60	55.93	78
Delia Baldock	W40	56.98	77
Barrie Kernaghan	M65	59.53	43



Duncan McAuley is pictured here starting a 200M at UWA's McGillivray Oval at one of the recent Tuesday night meetings.

New M30 100M record?

IN the open 100M B division Brett Blanco appears to have set a new Australian M30 record.

Thirty three year old Brett scorched down the track to set an M30 100 metre time of 10.88 seconds. This betters the previous record of 11.19 seconds. Congratulations to Brett for a tremendous effort; and to Duncan for his 400M win.

I'm sure all our members will be pleased to know that many of the officials at the Perry Lakes meet, which started the Australian season of grand prix, are also MAWA members.

Bob Schickert

A Christmas Rhyme

Blimey Cor' - she said opening the door.

Behind the passenger seat, they were sat on the floor.

Where did they go? Does anyone know?

It appears they were placed under the Xmas tree

By John Doust, with great glee.

So, if you found 6 fruit mince pies

Kindly tell Richard Harris a few white lies,

About how awful they were...and...

You wouldn't feed them to the pigs!

'Cause the gift tree received a parcel

That was destined for Richard's digs (that's house in Aus.)

Now a few laughs have shared about missing pies

We'll put that down as one of life's sighs.

Next year - all eyes on John

To ensure he does naught else wrong.

So if you see him under the Xmas gift tree,

Nudge him away with a knobbly knee!

*Happy New year all,
Beryle Doust*

Beryle explains that she and John arrived from Mandurah with a half-dozen mince pies, wrapped and ready for Richard Harris. Unfortunately, they were wrapped in the same paper as the parcel planned to go under the Christmas Gift Run tree. John being colour blind left the wrong parcel for some lucky member. Hope you enjoyed Richard's pies!

325 rubbed out of 20,000 marathon field

A Canadian Press report of Nov. 10 (forwarded by John Bell) says organisers of a runners' group (name supplied) admitted that 325 members short-cut through a shopping mall to slice about six kilometres off the Marine Corps Marathon course, run in Washington DC on Oct 30. They have been asked to return their medals.

I have edited the following supplied copy as I am unable to check its veracity. You might find the full comments by Race Director Rick Nealison on the website www.marinemarathon.com.

It seems he said:

'The 30th Marine Corps Marathon (MCM) is The People's Marathon and this event historically showcases the Marine Corps organisation skills, promotes community goodwill and highlights the need for a healthy lifestyle.

'On October 30, 2005 the community goodwill that is the running community was tarnished as some participants in the MCM, about 325 runners, were removed from the database as potential finishers. These cheaters were discovered through systematic research utilising the champion chip timing mats and analysing the data of runners pace time.

'On a much more serious level... is the assistance provided by the organisers of a 2005 Marine Corps Marathon charity partner.... assisted runners to circumvent a portion of the course thereby not completing the requisite 26.2-mile course. This organisation will be banned from being a partner in 2006 for their lack of professionalism and unethical conduct. Another charity partner.... is being investigated for potential improprieties by one of their coaches on race day.

'The Marine Corps motto is Semper Fidelis 'Always Faithful'. The Marine Corps Marathon believes in the meaning of those two simple but oh so powerful words. We must always, always be faithful to ourselves, to our fellow competitors, and to our sport.'

5K RUN continues...

Brian Foley	M60	36:49
Denise Lancaster	W55	38:31
Debbie Dance	W35	39:19
Jenni Shillington	W45	43:59
Dalton Moffett	M70	44:00
Vis 2	#N/A	46:08
Mitch Loly	M65	47:35

10K WALK

Val Millard	W55	67:57
John Carrington	M70	69:01
Lynne Schickert	W60	76:26
Jeff Whittam	M70	79:27
Dorothy Whittam	W65	80:26
Graham Ainsworth	M50	81:25

Pat Ainsworth	W65	83:18
Merv Moyle	M75	87:51
Ann Turner	W65	87:53

5K WALK

Barbara Bailey	W75	56:32	00:00	56:32
John Bailey	M75	56:33	00:00	56:33
Rosa Wallis	W60	50:15	7:00	57:15
Allen Tyson	M80	56:21	2:00	58:21
Linda Rhodes	W55	47:15	11:20	58:35
Patricia Hopkins	W60	51:26	8:00	59:26
Telsey Hatwell	W70	63:06	00:00	63:06
Sue Wells	W50	63:16	00:00	63:16
Mary Heppell	W65	63:05	n/h	
Pierre Viala	M55	63:17	n/h	

TRACK and FIELD
6pm: full programme including
Patron's Trophy point-score
events.

**COKER PARK -
Thursdays**

Jan 5, 12, 19, 26
Feb 2, 9, 16, 23

**UWA, McGillivray
Tuesdays**

Jan 3, 10, 17, 24, 31
Feb 7, 14, 21, 28

**JAN 8
EAST PERTH**

Directors: Jill Midola & David
Brown - 9381 5565
Mark Rosen, Dalton Moffett,
Rhod Wright, Kevin Payne, Rob

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

Dougall, Jacqui Halberg, Ivan
Lazarus, Ralph Henderson

**JAN 15
ASHFIELD**

Director: Denise Lancaster -
9307 1249

Graham Lucas, Johan
Hagerdoorn, Julie Wood, Michela
Newman, Joan Osborne, Pat
Ainsworth, Graham Ainsworth,
Mal Vernon, Pat & Norm Miller,
Alan Thorniley, Lorraine Lopes,
Telsey Hartwell

**JAN 22
POINT WALTER**

Director: Dave Roberts -
9472 0039

Paul Hughes, David Muir, Chris
Coates, Lorna Lachlan, Paul
Martin, Gary Fisher, Maree
Chrington, Paul Buckley

**JAN 29
AGE GRADED**

Directors: Joe Richardson & Gill
Young - 9228 4769
Helen Lysaght, Duncan & Fiona

McCauley, Blakeney Tindall,
Liz Chandler, Mark Sivyver, Sue
Bullen, George Innes

**FEB 5
McCALLUM**

Director: Sue Bullen - 9474 3718
Keith Atkinson, Rex Bruce,
Cecil Walkley, Mike Hale, Joan
Pellier, Tom Waumsley, Frances
Casella, Sandra Kallio, George
Schaefer, Chris Shenton

**FEB 12
DEADLY MEDLEY**

Directors: Graeme Neil & Mary
Young - 9265 1161

Jim & Margaret Langford, Ivan
Lazarus, Steve Dunn, Doug
Ashfield, Ian Lyon, Bruce
Matheson, John Edwards,
David Muir, Kevin Payne, Mike
& Linda Rhodes

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Bill Hughes

Vetrun

FEBRUARY
2006
No. 383



The magazine of Masters Athletics WA

MAGNIFICENT 8 WIN 26 MEDALS

A SMALL contingent of just eight WA Masters collected 26 medals at the Oceania Championships in Christchurch, NZ last month. Ten Gold, ten Silver and six Bronze is the final tally. Our competitors were:

Delia Baldock W40

100m	6th	15.55
200m	6th	32.33
800m	8th	2:53
400H	1st	1:21:48
80H	1st	16.50
Long Jump	4th	3.93m

Irwin Barrett-Lennard M75

5000m	1st	23:27
8km CC	1st	37:40
(Team M65+ 1st)		
Half Mara	1st	1:44:11

Clive Choate M50

Discus	5th	26.70m
Javelin	4th	28.07m

Lynne Choate W50

100m	1st	14.02
200m	2nd	29.94
Pentathlon	2nd	2386pts
4x100 relay	2nd	
Medley Relay	1st	

Bjorn Dybdahl M50

3000m s/chase	3rd	11:51
Half Mara	3rd (time t/c)	

Peggy MacIver W60

Long Jump	1st	3.41m
100m	2nd	15.62
200m	4th	32.45
400m	3rd	1:13.63
4x100m Relay	1st	
Medley Relay	2nd	

Lynne Schickert W60

3km Walk	6th	22:05
5km Walk	5th	36:04
10km Road Walk	5th	76:24
Long Jump	3rd	2.15m
Triple Jump	2nd	4.92m
2000m s/chase	2nd	14:14

Bob Schickert M60

5000m	4th	19:57
800m	3rd	2:36.9
8km cross country	2nd	32:43
(Team M5064 2nd)		
2000m s/chase	1st	8:06
1500m	3rd	5:19.7
Medley Relay	3rd	

No Sects, please: Barrie's getting a headache

WE believe some members have joined new religious cults that forbid them from pinning on numbers on Sunday mornings. Other devotees have taken a vow of silence, and are unable to tell recorders which race, or walk, they were in.

Barrie's getting fed up with the recording problems these antics cause. Recorders are

fed up. I'm fed up. Bob Schickert will get fed up next, and you know what that means? Lynne. And you definitely don't want to upset her, if you ever want to attend another Christmas Gift Run.

So...if you have converted to a sect, kindly have your guru or high priestess write to Masters requesting an exemption. If not,

WEAR
YOUR
BLOODY
NUMBER!

Bell Boy is Star of the Year

MEMBERS may already be aware of the rising star Robin Bell, whose world achievements in whitewater canoeing have been modestly mentioned by his dad, John Bell, over past months.

Just in case you missed it, Robin won yet another, local accolade last month when voted joint West Australian ANZ Sports Star of the Year.

The West reported that with Eagle Ben Cousins, Robin topped 'a crack field' including such as pole vaulter Paul Burgess, the world's top lacrosse player Sarah Forbes, equestrian champion Clayton Fredericks, outstanding cyclist Sam Hill and world-class cricketer Justin Langer. Bell won the C1 gold medal at Penrith, Sydney, in October. Earlier in the season, he won a

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Alderbury Park C/C	P7

Weekend at Jarrahdale camp

CAMP is at the Institute of Human Development in Jarrahdale over the weekend from book-in on Friday 3rd March 4pm until 2pm departure on Monday 6th March.

The cottages each sleep four people very comfortably. The camp has a swimming pool to cool off after the early morning run/walk. For the traditional casserole evening on the Saturday, a hall has been booked. Lunch at Dot's Tea Garden on Sunday (if desired) will be followed by a BBQ evening to wind up the weekend activities.

Please contact Margaret Bennett - 9275 0169 - or see her on Sundays for bookings. Cost per person is \$60.00 and has to be paid in full by Sunday 26th February.

silver medal in World Cup events in Athens and Barcelona on his way to taking out the overall World Cup title. Bell is the first Australian to win a whitewater world title, the World Cup series and be ranked No. 1 in the world in the same year.

New members - welcome

Ailin Tan-Gee - no. 727	W45
(pronounced Aileen, spouse of Geoff Gee)	
Peter Sullivan - no. 728	M45
Charlie Chan - no. 729	M50
David Harrowfield - no 730	M30
Viv Lok no. 731	W45

ALBANY STATE MASTERS GAMES

19 to 24 April 2006
Contact Peter Brown
PO Box 553 ALBANY 6331
08 9841 5728 (H)
0407 477 128
peter.j.brown@bigpond.com

MASTERS ATHLETICS WA STATE CHAMPIONSHIPS



March 2006
at Ern Clark Athletic Centre (Coker Park)
Wharf Street, Cannington

Times shown are based on last year's programme.
Actual times will depend on number of entries
received.

Competition takes place on four separate dates in
March - Friday 17th - Sunday 19th - Saturday 25th
- Sunday 26th

* Competitors should arrive at least 20 minutes before event is due to begin.

Friday March 17

TRACK

6.15pm 5000M Walk
7.15pm 10,000M
* 8.15pm - further 10,000M,
for M30-54, if made necessary
by large number of entries.

Sunday March 19

8am PENTATHLON

Saturday March 25

TRACK

12 noon 1500M
1pm 100M
2.15pm 400M
3pm 80/100/110M
Hurdles
3.40pm 3000M Walk
4.10pm 2000M & 3000M
S/chase

FIELD

8.00am Weight Pentathlon
Noon High Jump
Long Jump
Javelin
2.30pm Hammer

Sunday March 26

TRACK

8am 5000M
9.40am 200M
10.30am 2000M Walk
10.55am 800M
11.30am 300/400 Hurdles

FIELD

8am Discus
Shot
Triple Jump
Noon Weight Throw

GENERAL CONDITIONS

Competition Rules

Competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

SPIKES:

ONLY THE FOLLOWING SPIKES MAY BE USED ON THE MONDO TRACK:

- * 7mm cone/pyramids or xmax trees and 9mm cone/pyramids for high jump and javelin
- * 12mm cone/pyramids for starting blocks.

Age Groups

Competition will be conducted in the following five-year age groups for men and women:

30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

The age group for each competitor is determined by his/her age on the first day of the championships – 17 March, 2005.

Entry Rules

Financial members of Masters Athletics WA are eligible to compete in this competition. Club uniform is to be worn. Athletes registered with other Veterans or Masters athletics clubs can compete on an invitation basis. For this championship, non-registered athletes are also eligible to compete by taking out a temporary membership with Masters Athletics WA. Refer to registration details on the entry form.

Awards and Results

Medals presented to the first three competitors in each event. Results will be published in Vetrin and on website.

Entry Forms available with this edition of Vetrin – or from:

Barbara Blurton - 9329 0190
vetrunners@optusnet.com.au

Bob Schickert 9330 3803
schickert1@bigpond.com

MAWA website: www.mastersathleticswa.org

You write...

Ironwoman

IF you have a bit of space left in the Vetrin – I thought this might be a bit of a laugh – it's me winning the competition at work for the Ironman Fancy Dress. As you know, I'm always in there, trying. Anyway it paid off and I won two tickets to the Hopman Cup.

Alan is training very hard for the 3.8km Busselton Jetty Swim which is on 5 February, and he's been doing his training at the pool but at long last the weather has started to warm up a bit, so he's swimming in the ocean – rather him than me!

Happy New Year Vic and everyone,

Jacqueline Billington

(The censor ruled that Jacqui's picture couldn't be used in a family publication of this kind. However, if any member would like to buy a copy, for delivery in plain, brown envelope to an address of your choice...VW)

CLUB GOES ON-SHOW

FROM time to time, Masters Athletics is invited to participate in promotions in shopping centres and other venues showcasing different sports and activities. We recently received an invitation from Centro Victoria Park, which is hosting a Sports and Recreation Registration Week (Thursday 23 /Saturday 25 February.) We have been offered free mall space, with a trestle table chairs, to display items and information relating to Masters Athletics. The Committee decided to accept the offer, because we have very good relations with the Town of Victoria Park.

Paul Martin has prepared a big display poster with pictures of many members, to show off our activities, generate interest and, hopefully, result in some new members. The poster could later be used for any similar event, or displayed at a club events like presentation day or the AGM.

Val Millard

WA MASTERS SET RECORDS IN 2005

LAST year members set 51 mens' records and 36 womens' records, mostly WA State marks. Included in the totals though are nine Australian Records and three World Records.

(Full list and details are available from club statistician Campbell Till.)

Long Jump M65

David Clive 5.05m AR
This equals his own previous Australian Record, set in 2003

100 metres M30

Brett Blanco 10.88 AR

2k Steeplechase M70

David Simmonds 8:52.3 AR
(Previous: 9:46.6 - Cecil Walkley, 2000)

400 metres W55

Barbara Blurton 63.3 AR

5000m Walk W45

Lyn Ventris 23:55.6 AR & WR

5000m Walk W45

Lyn Ventris 23:55.6 AR & WR

5000m Walk W45

Lyn Ventris 23:42.5 AR & WR

20k Walk W45

Lyn Ventris 99:09 AB & WB

Javelin W75

Raema McMillan 16.25m AR

Raema McMillan 16.82m AR

(previous best 16.39 jav.-not weighed, 2004)

Kouros sets new Ultra-Distance records

IN late November last year Yiannis Kouros ran 1,036.85 kilometres (644.19 miles) during the Cliff Young Australian Six-Day Race in Colac, Victoria.

Kouros, 49, set the previous world six-day track record of 1023.2 kilometres (635.71 miles) in 1984 at Colac and said he never expected to eclipse his own mark 21 years later. He prepared for the Cliff Young Six-Day event, by running the double Sparthathlon and the Athens marathon in record time for his age group. His goal in Colac was a new record, but Kouros wasn't sure it was attainable two decades after first setting the mark.

Kouros, who has held more than 100 world ultra-distance records, had no injuries during his record run with the exception of straining hamstring muscles while stretching.

Kouros' win gave him not only the \$5,000 first prize but also a \$5,000 bonus for passing 900 kilometres and another \$2000 for breaking the world record.

Czech Vlastimil Dvoracek (822.8 km, 511.20), more than 125 miles behind Kouros. Katsuhiro Tanaka of Japan was third with 814.4 km (505.9 miles)

Frenchman Claude Hardel, considered one of Kouros' main challengers, withdrew during the race with foot trouble.

Thirty-four runners began

the race, and around a half-dozen withdrew.

Kouros' marathon best is 2:25. In 1988 he completed the Western States 100 in 20 hours and 12 minutes.

He recently won his agegroup in an Australian half-marathon in 1:19.

I asked John Bell (who alerted us to the achievement) whether the records were set on an indoor circuit:

Vic, I believe it is an outdoor 1km track, according to Robert Sheehy. I think he (Kouros) also ran 303km in 24 hours and the next best is 40 km or so less than that.

Personally, I find that 303 km figure drives me onward if I'm struggling on a 10, 20, 30, 42km run. I have a nosy, noisy, petulant, impossible ... parrot! on my shoulder telling me about Yiannis' 303km..... and if I'm struggling to cycle 80km or more in a day I have the same nosy, noisy, petulant, impossible... parrot! on my shoulder squawking about Yiannis' 303 km..... and he didn't even have a bicycle.

*Thanks
John Bell*

Interesting, that parrot. Bob Schickert swears by LSD for training too, only in his case it stands for Long Slow Distance.

VW

Birthdays - February

Anderson	Val	W55
Bailey	John	M80
Baldock	Delia	W40
Bariolo	Michelle	W30
Baxter	Janet	W60
Bruce	Rex	M65
Byrne	Judy	W45
Carr	Pat	W70
Cheney	Anthea	W50
Chisholm	Colin	M40
Clive	David	M65
Cortis	Henri	M60
Cresp	John	M55
Dance	Elaine	W55
Drinkwater	Pete	M55
Edmiston	Paul	M30
Ferris	Irene	W50
Glass	Kate	W55
Gower	Karyn	W45
Hicks	Clive	M50
Jarvis	Jan	W60
Jones	Barry	M45
Jones	Leonie	W45
McMillan	Jim	M80
Medcalf	Noela	W70
Miller	Dennis	M65
Oswald	Franz	M55
Paxman	Brian	M75
Richardson	Jo	W50
Rosen	Mark	M55
Smith	John	M70
Speechley	Mark	M35
Spencer	Jeff	M65
Thorniley	Alan	M50
Tyson	Allen	M80
Viala	Denise	W55
White	Darryl	M45
Young	Mary	W55
Prescott	Val	W60

EX-MEMBERS VISIT PERTH

NICE to see Warren Gee back in Perth, briefly, and running well with Ralph Henderson at the new Ashfield event. Warren left us for Queensland some two years ago. He commented that after Qld humidity Ashfield felt dry as a bone - while some of us thought the humidity was relatively high!

Mick, too

I'm reminded that Mick Francis was back in town a few months ago - sorry we didn't mention it then. He was at one of our Burswood-based Sunday mornings, en route for Thailand to visit a family that he and his wife have sponsored for many years.

VW

7KM RUN

Graham Thornton	M65	42:52	09:09
Visitor		44:54	
Tanya Burke	W30	45:00	01:48
Visitor		45:07	
Alan James	M50	45:09	15:55
Brian Bennett	M55	45:11	12:46
Ivan Brown	M60	45:50	13:56
Paul Burke	M35	46:04	16:30
Mike Rhodes	M60	46:05	08:45
Lachlan Marr	M45	46:08	18:57
John Oldfield	M60	46:11	14:56
Visitor		46:17	
Wayne Bates	M60	46:20	11:01
Terry Manford	M65	46:24	07:03
Visitor		46:29	
Doug Hazell	M50	46:45	08:27
John Brambley	M60	46:55	09:09
Jo Richardson	W50	46:56	02:09
Ross Parker	M55	46:57	20:00
John Talbot	M55	46:59	04:15
Paul Martin	M60	47:02	09:58
Lorraine Lopes	W65	47:04	11:54
Mike Anderson	M55	47:07	10:51
Visitor		47:12	
Jim Langford	M60	47:12	20:28
Sean Keane	M40	47:13	15:59
David Baird	M60	47:14	17:26
Terry Humphrey	M50	47:17	13:07
John Ellard	M60	47:20	12:39
Roger Walsh	M60	47:24	08:27
Visitor		47:26	
Nick Miletic	M50	47:27	12:50
Sheila Maslen	W65	47:35	00:00
Michael Karra	M40	47:37	16:06
Christine Oldfield	W60	47:39	06:21
Stephen Dunn	M35	47:42	19:57
Doug Ashfield	M45	47:43	18:36
Michael Faunge	M65	47:46	09:20
Michael Wilkin	M55	47:51	11:50
Gillian Young	W55	47:52	15:03
Frank Smith	M60	47:53	17:47
Mark Sivyier	M55	47:55	15:41
Chris Pattinson	W50	47:56	13:28
Vic Beaumont	M75	47:59	05:43
Jane Elton	W35	48:02	10:05
John Allen	M45	48:05	19:32
John Pellier	M65	48:09	11:33
Ivan Pilton	M60	48:11	17:26
Don Pattinson	M50	48:13	17:37
Barb Humphrey	W50	48:18	10:23
Mike Khan	M60	48:19	12:32
Helen Lysaght	W50	48:21	15:48
Peter Airey	M65	48:23	09:09
Irwin Barrett-Lennard	M75	48:26	14:10
Neil McRae	M50	48:30	18:57
Dan Bending	M60	48:35	09:37
Visitor		48:46	

East Perth Handicap

January 8, 2006

Conditions: fine

THIS year's turnout of 124 runners and walkers faced the Nile Street Hill on an overcast morning with high humidity. Congratulations to Graham Thornton and Tanya Burke, who are the 2006 winners, and Rosa Wallis who won the Margaret and Alan Stone Women Walkers trophy. Winners of the 4km run were Bernard Mangan, who also ran the 7km, and Carol Bowman. Winner of the 4km walk was Lynne Schickert. Winners of the 7km walk were Val Millard and John Carrington. Thanks to all helpers: Richard Danks, Jackie Halberg, Ralph Henderson, Kirt Johnson, Lorna Lauchlan, Ivan Lazarus, Dalton Moffett, Kevin Payne, Mark Rosen, Barry Thomsett and Rhod Wright.

Jill Midolo and David Brown



Winner Tanya Burke

Brian Hunter	M60	48:47	11:36
Margaret Langford	W55	48:48	14:56
Aldo Giacomini	M65	48:53	07:17
Mike Hale	M55	48:54	17:19
John Byrne	M55	48:59	12:04
Karen March	W40	49:00	13:46
Ray Attwell	M65	49:06	11:57
Gary Fisher	M50	49:08	15:06
John Smith	M70	49:09	10:26
Visitor		49:22	
Bob Schickert	M60	49:40	17:16
Milton Mavrick	M50	49:46	14:22
Robin King	W45	49:54	16:37
Syd Beer	M60	50:15	16:51
Bruce Mathieson	M60	50:20	12:57
Visitor		50:32	

Jim Klinge	M55	50:43	18:29
Shirley Bell	W55	50:51	12:04
Brian Smith	M65	51:05	10:33
Bruce Wilson	M60	51:20	16:39
Arnold Jenkins	M60	51:54	07:17
Bernard Mangan	M50	52:21	20:21
Graeme Neill	M45	52:21	14:59
Elaine Ellard	W60	54:59	00:24
John Pentecost	M45	55:23	20:14
Ron Spencer	M65	63:01	

4KM RUN

Bernard Mangan	M50	15:10
Bjorn Dybdahl	M50	15:15
John Pentecost	M45	15:19
Visitor		16:28
Dave Roberts	M60	16:55
Raymond Gimi	M40	17:33
Helen Lord	W50	18:47
Barry Jones	M45	19:44
Delia Baldock	W40	19:46
Leonie Jones	W45	20:08
Jim Riddell	M65	20:26
Carol Bowman	W50	21:42
Wendy ClementsGreen	W60	22:37
Stan Lockwood	M75	23:32
Pierre Viala	M55	23:56
Denise Viala	W55	24:36
Joan Pellier	W65	26:28
Jennie Smith	W50	29:11
Ray Lawrence	M75	31:25
Margaret Warren	W70	34:02
Mary Heppell	W65	39:46

7KM WALK - WOMEN

Val Millard	W55	48:26	18:45	67:11
Rosa Wallis	W60	57:00	06:45	63:45
Dorothy Whittam	W65	58:13	09:30	67:43
Paula Karra	W30	60:55	N/H	
Glenda Lawrence	W45	60:55	N/H	
Nola Bending	W60	63:45	00:00	63:45
Pat Miller	W65	64:51	03:00	67:51
Bev Wilkin	W50	67:16	00:00	67:16

7KM WALK - MEN

John Carrington	M70	49:18	14:00	63:18
Jeff Whittam	M70	56:00	10:00	66:00
Merv Moyle	M75	58:30	00:00	58:30
Graham Ainsworth	M50	58:37	05:00	63:37
Alan Pomery	M70	60:57	07:00	60:57
Merv Jones	M65	64:51	00:00	64:51

4KM WALK

Lynne Schickert	W60	30:59
Lesley Romeo	W60	31:23
Linda Rhodes	W55	33:38
Debbie Wolfenden	W40	36:22
Maggie Flanders	W65	37:00
Patricia Hopkins	W60	37:07
Noela Medcalf	W70	39:45

Point Walter

January 22, 2006

REGULAR walkers will be well-pleased once Mike Rhodes recovers from his calf injury and returns to the running ranks. For them, his win in the 6.1K is an ominous sign!

VW

11K RUN

Lachlan Marr	M45	43:16
John Allen	M45	44:44
Gary McLean	M40	45:51
Jim Klinge	M55	46:08
Doug Ashfield	M45	46:19

Neil McRae	M50	47:09
David Baird	M60	47:16
Visitor		48:48
Brian Bennett	M55	49:39
Ivan Pilton	M60	49:55
Brian Danby	M55	50:35
Mike Hale	M55	50:49
Sean Keane	M40	50:54
Helen Lysaght	W50	51:14
Wayne Taylor	M45	51:17
John Oldfield	M60	51:23
Mark Sivyier	M55	52:22
John Mack	M60	52:30
Gillian Young	W55	53:01
Visitor		54:25
Milton Mavrick	M50	55:35
Mal Vernon	M50	55:52

Syd Beer	M60	55:54
Christine Engels	W45	56:23
Karen March	W40	56:24
Graeme Neill	M45	56:39
Lorraine Lopes	W65	57:01
Wayne Bates	M60	57:03
Terry Humphrey	M50	57:59
Barb Humphrey	W50	58:00
Shirley Bell	W55	58:36
Jeff Spencer	M60	59:12
John Dance	M55	60:25
John Smith	M70	60:35
Pamela Toohey	W60	63:34
Roger Walsh	M60	63:38
Vic Beaumont	M75	66:58
Visitor		69:09
Visitor		69:50



Peter Sullivan – winner in his first club race

THIS is a new run, which was enjoyed by everyone. Quite a warm morning, and sunny. A huge thanks to all my wonderful helpers, without whom we would not have had a run. They were (not in any order) Pierre, Johan, Julie, Pat, Telsey, Margaret Bennett, Lorraine Lopes, Graham Ainsworth, Mal Vernon, Pat Norm, Kirt, Graham Lucas and Allan Thornily.

If the times are slightly out, please forgive. It seems a couple of runners slipped under the radar.

Thanks, Denise

BT ADDS..

To get an accurate result, I must have all competitors wearing their numbers, and all must make sure the timer and recorders see them. Without this, times and then handicaps

Ashfield Run

January 15, 2006

Conditions: fine

are not accurate. I spent considerable time getting these results as accurate as they are.

Well here it is, all neat and tidy?

Some problems like poor Margaret Bennett missing two runners, fortunately Pat was quick to spot the gap, I had to calculate their times, but would be very close. Then Margaret Warren shown as competing in 5K walk and 10K run - again a phone call or two sorted that out, by asking Jeff what bums he saw in front of him!

Barrie

10K RUN

Peter Sullivan	M45	37:26
Lachlan Marr	M45	39:41
John Pentecost	M45	40:23
John Allen	M45	41:01
Gary McLean	M40	41:54
Jim Klinge	M55	42:08
Doug Ashfield	M45	43:10
#N/A	#N/A	43:15
Ralph Henderson	M55	43:16
David Baird	M60	43:50
Frank Smith	M60	43:51
Neil McRae	M50	44:04
Kay Burt	W45	44:12
Trevor Robertson	M50	44:19
Ivan Lazarus	M50	44:20
#N/A	#N/A	44:31
#N/A	#N/A	44:33
Don Pattinson	M50	45:26
Brian Danby	M55	45:37
Michael Karra	M40	45:41
Graeme Uren	M35	46:02
Ivan Pilton	M60	46:34
Brian Bennett	M55	47:06
Helen Lysaght	W50	47:41
Christine Uren	W35	48:00
Mark Sivyer	M55	48:09
John Oldfield	M60	48:15

Martin Watkins	M55	48:45
#N/A	#N/A	48:52
Wayne Taylor	M45	49:18
Gillian Young	W55	49:22
Chris Pattinson	W50	49:33
John Mack	M60	49:41
Milton Mavrick	M50	50:07
Mike Hale	M55	50:36
Barry Jones	M45	51:05
Syd Beer	M60	51:09
#N/A	#N/A	51:16
Mike Khan	M60	51:25
Rob Dougall	M55	51:56
Wayne Bates	M60	52:24
Paul Martin	M60	52:47
Robin King	W45	52:49
John Ellard	M60	52:51
Joe Stickles	M65	52:52
John Pellier	M65	53:07
Christine Engels	W45	53:12
Shirley Bell	W55	53:15
Michael Wilkin	M55	53:26
Paula Karra	W30	53:34
Jim Barnes	M60	53:54
Graeme Neill	M45	53:55
John Dance	M55	54:11
Richard Blurton	M55	54:48
Bob Sammells	M65	55:14



Jan Jarvis – track runners can turn out on Sunday!

Jane Elton	W35	55:33
Terry Humphrey	M50	55:40
Barb Humphrey	W50	55:42
Terry Manford	M65	56:03
Michael Faunge	M65	56:56
John Brambley	M60	57:15
Dan Bending	M60	57:33
Brian Smith	M65	58:27
Richard Danks	M60	59:31
Vic Beaumont	M75	59:42

Denise Viala	W55	70:31
Rhod Wright	M55	71:16
Tanya Burke	W30	71:35
Jo Richardson	W50	72:03
Visitor		73:39
Visitor		75:47
Peter Ryan	M55	75:48
Elaine Dance	W50	76:09
Debbie Dance	W35	76:10
Jeni Shillington	W45	80:32
Steve Toohey	M55	80:33
Margaret Bennett	W60	81:57
Shorty Turner	M70	81:58

6.2K RUN

Bernard Mangan	M50	23:26
Paul Burke	M35	24:31
Frank Smith	M60	24:36
John Puglisi	M55	24:41
Bob McNamara	M60	27:30
Vic Waters	M60	28:28
David Carr	M70	29:40
John Doust	M55	29:50
Hamish McGlashan	M65	30:08
Bruce Mathieson	M60	30:09
Mike Anderson	M55	30:21

Robert Sheehy	M60	32:05
Charlie Chan	M50	32:33
Michael Faunge	M65	32:50
Bob Sammells	M65	33:17
Liz Chandler	W35	33:41
Kris Adrian	W30	33:51
Stan Lockwood	M75	34:35
Wendy ClementsGreen	W60	34:42
Jacqui Halberg	W55	35:07
Graham Ainsworth	M50	35:21
Doug Hazell	M50	35:53
Aldo Giacomini	M65	36:19
Visitor		37:20
Mary Young	W50	38:10
Richard Harris	M65	38:36
Ray Hall	M70	39:45
Sheila Maslen	W65	40:12
Pierre Viala	M55	40:13
Dalton Moffett	M75	42:33
Ray Lawrence	M75	42:35
Jan Jarvis	W60	43:05
Roma Barnett	W55	43:06
Visitor		44:27
Visitor		49:10
Mary Heppell	W65	49:57

6.2K WALK

Mike Rhodes	M60	40:51
David Brown	M55	41:21
John Carrington	M70	41:21
Beryle Doust	W55	45:56
Rosa Wallis	W60	49:45
Linda Rhodes	W55	49:48
Alan Pomery	M70	50:33
Mitch Loly	M65	52:48
Pat Ainsworth	W65	53:08
Patricia Hopkins	W60	53:09
Merv Moyle	M75	53:41
Glenda Lawrence	W45	53:41
Ann Turner	W65	54:20
Merv Jones	M65	54:21
Norm Miller	M70	54:52
Margaret Warren	W70	54:52
Jodi Brauer	W35	56:12
Allen Tyson	M80	58:30
Barbara Bailey	W75	60:49
John Bailey	M75	60:49
Leo Hassam	M75	60:58
George Schaefer	M70	60:59

11K WALK

Val Millard	W55	75:06
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Alderbury C/C start

Aldo Giacomini	M65	60:52	Brian Foley	M60	30:41
John Smith	M70	60:54	Grace Hollin	W45	32:24
Pamela Toohey	W60	60:56	Sheila Maslen	W65	32:52
#N/A	#N/A	62:02	Joan Pellier	W65	33:21
Christine Oldfield	W60	62:14	Steve Toohey	M55	34:06
John Talbot	M55	63:16	#N/A	#N/A	34:22
Jo Richardson	W50	65:59	Jan Jarvis	W60	34:28
Mike Rhodes	M60	68:11	Debbie Dance	W35	35:04
Shorty Turner	M70	80:06	Ray Lawrence	M75	37:10
Morris Warren	M65	80:07	Dalton Moffett	M75	37:12
			Elaine Ellard	W60	39:24
			Ron Spencer	M65	41:28
			Mary Heppell	W65	43:38

5K RUN

Bjorn Dybdahl	M50	18:46
Stephen Dunn	M35	18:55
Jim Langford	M60	18:59
Bernard Mangan	M50	19:28
Paul Burke	M35	20:06
John Cresp	M50	20:45
Dave Roberts	M60	21:15
Raymond Gimi	M40	21:38
Vic Waters	M60	23:50
Bryan Hardy	M60	24:02
Margaret Langford	W55	24:15
Hamish McGlashan	M65	24:37
Mike Anderson	M55	25:52
Leonie Jones	W45	25:55
Bruce Mathieson	M60	26:38
Roger Walsh	M60	27:00
#N/A	#N/A	27:10
Kris Adrian	W30	27:46
Wendy Clements-Green	W60	28:49
Stan Lockwood	M75	29:24
Jacqui Halberg	W55	30:02
Arnold Jenkins	M60	30:33

10K WALK

Val Millard	W55	68:31
John Carrington	M70	75:03
Jeff Whittam	M70	81:48
Dorothy Whittam	W65	85:47
Ann Turner	W65	94:06
#N/A	#N/A	94:09
Merv Jones	M65	94:10

5K WALK

David Brown	M55	33:40
Ray Hall	M70	40:22
Rosa Wallis	W60	40:27
Linda Rhodes	W55	41:58
Margaret Warren	W70	43:18
Alan Pomery	M70	43:44
Patricia Hopkins	W60	44:15
Bev Wilkin	W50	45:31
Maggie Flanders	W65	46:41
Noela Medcalf	W70	46:42

PATRON'S TROPHY EVENTS

MORE State records, some pending, were achieved in recent Patron's Trophy competition.

At UWA on December 20:

Roche Cloete, M55 Shot, 11.17M; John Everard, M45 Hammer, 36.07M.

At Coker Park on December 22: David Clive, in the M65 60M, ran 8.2, 8.4, and again, 8.4; all were against the wind.

UWA

December 20, 2005

800M

		POINTS	%
Campbell Till	M48	2.15.3	84.94
Michel Bermudes	M34	2.17.7	75.51
Patrick Smith	M42	2.19.0	79.07
Henri Cortis	M59	2.23.0	88.14
Micheal Watson	M40	2.25.3	74.57
John Collier	M39	2.31.2	71.16
Bruce Wilson	M60	2.32.1	83.62
Bernard Mangan	M51	2.35.9	75.47
Ivan Lazarus	M53	2.41.4	74.11
Bob Schickert	M64	2.42.6	81.39
Alan Gower	M50	2.26.1	79.89
Keith Edmonds	M38	2.38.5	67.41
Paul Burke	M35	2.51.0	61.22
Dave Scott	M58	3.00.8	69.08
Karen Gower	W45	3.10.2	66.64
Carol Bowman	W51	3.37.8	61.44
Christine Oldfield	W61	3.57.6	62.43

TRIPLE JUMP

		POINTS	%
Campbell Till	M48	10.72	72.24

SHOT

		POINTS	%
Rocky Cloete	M55	11.17	67.09
John Everard	M47	8.59	47.80
Ross Calnan	M65	7.80	53.06
Rob Shand	M73	7.40	53.62
Bruce Wilson	M60	5.88	35.92

PATRON'S TROPHY – OVERALL RESULTS

	3000m	400m	Javelin	5000m	Discus	100m	3KW	10km	1500m	800m	Shot	TJ	1500W	200m	LJ	HT	TOTALS
Liz Neville						80.13	78.38	79.34	80.41	79.07	34.20	62.42	79.97	76.39	70.49		720.80
Delia Baldock	62.72	72.63		63.37		74.14		61.99	66.47	69.76		69.76		71.48	64.04		676.36
Robin King	76.47			75.21			79.12	76.24	76.00	77.16			84.46				544.66
Gillian Young	74.77			77.63		74.69		79.19	77.64	76.06				71.44			531.42
Lynne Schickert		48.96	26.07		28.53	46.02	70.85						72.39	44.98	44.35		382.15
Henri Cortis	84.03	87.16		81.73		85.55	71.58	77.87	85.24	89.20			66.79	82.93			812.08
David Carr	74.39	89.06		76.81		80.67	75.73	76.03	80.24	90.83			64.56	86.27			794.59
Bob Schickert	81.81	78.66		81.70		77.03	74.87	82.01	82.31	82.97			66.44	77.17			784.97
Campbell Till	75.67	83.78		73.01		81.88			78.57	84.94		72.24	54.63	84.58	70.41		759.71
Patrick Smith	77.43	75.39	22.78	75.81		73.24	51.86	73.99	76.85	79.07				73.19			679.61
Colin Smith	69.56	84.40			25.09	85.12			72.42	80.52	28.21		46.98	82.34	57.31		631.95
John Dennehy	58.18	65.84		58.37		68.04	59.22	57.25	63.37	66.34			65.77	63.76			626.14
Bruce Wilson		77.26	24.49	80.68	20.58					83.62	35.92			77.07	58.32	22.98	480.92
Alan Gower	76.90			76.55				74.92	76.76	79.89							385.02
Kevin Webster		67.25	40.63		43.79						42.72	61.28			65.44	32.06	353.17

Boxing Day Run

December 26, 2005



*Congratulations
Pierre and
Denise!*

I THINK this was the coolest day Boxing Day run I can remember, but 34 runners and walkers braved the cool and threat of rain. Most stayed on for the post-race BBQ and picnic, though we adjourned to the shelter of the club house verandah to get out of the cold wind. Our thanks go to Bryan Hardy and Mick Malone for their help, and to Lynne and Bob Schickert for the equipment. Barrie will be back in charge next year, then things will run even smoother.

Dorothy & Jeff Whittam (temps!)

* Jeff asked Denise how she wanted her name recorded. For the first time we can present 'Denise Viala', so, congratulations Pierre and Denise.

Barrie

8K RUN

John Pentecost	M45	31:30
John Allen	M45	32:23
Ralph Henderson	M55	33:05
Bob Schickert	M60	35:28
Ivan Pilton	M60	35:41
Helen Lysaght	W50	36:24
Michael Wilkin	M55	41:55
Jane Elton	W35	45:25
John Bell	M60	45:25
Richard Danks	M60	46:04
Mike Rhodes	M60	47:06
Visitor		33:48
Visitor		41:18
Visitor		41:18
Visitor		45:03

6K RUN

Brian Bennett	M55	27:44
Wayne Bates	M60	30:31
Shirley Bell	W55	31:06
Lorraine Lopes	W65	35:22

4K RUN

Stephen Dunn	M35	15:13
Visitor		15:55
Ray Lawrence	M75	27:10

3K RUN

Grace Hollin	W45	18:04
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2K RUN

Irwin BarrettLennard	M75	9:45
Mick Malone	M45	11:10

5K WALK

Lynne Schickert	W60	40:58
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4K WALK

Linda Rhodes	W55	33:34
Keith Atkinson	M45	36:12
Pat Ainsworth	W65	41:49
Ann Turner	W65	41:52
Shorty Turner	M70	41:54

3K WALK

Denise Viala	W55	28:17
Pierre Viala	M55	28:17
Sue Wells	W50	28:17

THE first event of the year was the cross-country run through the shady lower woodlands of Perry Lakes, with the walking events conducted around the adjacent paths. The events were not held on the traditional Sunday, but put back a day to allow the new-year revellers a sleepin.

There was excellent participation with approximately 90 runners and walkers. The weather was cool and kind, an improvement over previous year's humidity. Michael Bermudes ran strongly with the lead group, going on to win the 8 km event by over a minute from Jim Langford. A consistent Helen Lysaght won the Women's 8 km from Margaret Langford.

The cross-country start was relocated closer to the starting position of the walk



*Steve Dunn, Lachlan Marr and
Bernard Mangan*

Michel Bermudes	M30	30.15
Jim Langford	M60	31.31
Stephen Dunn	M35	31.52
John Pentecost	M45	31.58
John Allen	M45	32.12
Gary McLean	M40	33.31
John Cresp	M50	33.40
Ralph Henderson	M55	34.05
Bob Schickert	M60	34.13
Paul Burke	M35	34.20
Neil McRae	M50	34.35
David Baird	M60	34.41
Ivan Pilton	M60	35.20
Brian Danby	M55	35.38
Frank Gardner	M50	35.52
Michael Karra	M40	36.10
Vis		36.16
Johan Hagedoorn	M60	36.36
Vis		36.52
Helen Lysaght	W50	37.37
Irwin BarrettLennard	M75	38.12
Margaret Langford	W55	39.07
John Bell	M60	39.53
Graham Thornton	M65	40.19
Paul Martin	M60	40.39
John Ellard	M60	40.59
Wayne Bates	M60	41.30
Shirley Bell	W55	41.31
Karen March	W40	41.40
Christine Engels	W45	41.57
Jeff Spencer	M60	42.21
Brian Bennett	M55	42.50
Julie Keeley	W35	43.18
Michael Faunge	M65	44.32
John Dance	M55	44.45
Terry Manford	M65	45.00
Mike Rhodes	M60	45.11
Roger Walsh	M60	45.35
Pamela Toohey	W60	46.24
Graeme Neill	M45	47.02

Alderbury Park Cross-Country

January 2, 2006

Conditions: fine

course so that there was a more unified gathering. The 6 km walks were won by John Carrington and Lynne Schickert.

Thanks to those who helped on the day, as cross-country needs more officials and they are not able to compete themselves. David Carr and Barrie Thomsett organised the walk event while Frank Smith, Mark Rosen, Ray, and Noela and Gordon Medcalf assisted on the running course.

Brian Foley

Richard Danks	M60	47.30
Aldo Giacomini	M65	47.40
Christine Oldfield	W60	48.07
John Talbot	M55	50.18
Denise Viala	W55	51.53
Vic Beaumont	M75	51.53
Jacqui Halberg	W55	51.53
Jo Richardson	W50	53.00

4K RUN

Lachlan Marr	M45	15:27
Bernard Mangan	M50	15:28
Deborah Gardner	W35	15:29
Dave Roberts	M60	15:58
Bruce Wilson	M60	16:34
Frank Gardiner	M55	16:42
Kay Burt	W45	17:29
Bryan Hardy	M60	17:41
Vic Waters	M60	18.00
John Oldfield	M60	18:58
John Dennehy	M45	19:20
Delia Baldock	W40	19:54
Keith Atkinson	M45	20:00
John Brambley	M60	20:24
Damien Hanson	M50	20:49
Vis		21:04
Jim Barnes	M60	21:29
Wendy ClementsGreen	W60	22:13
Stan Lockwood	M75	22:41
Arnold Jenkins	M60	23:02
Grace Hollin	W45	23:07
Pierre Viala	M55	23:19
Steve Toohey	M55	24:34
Sheila Maslen	W65	25:52
Vis		26:42
Dalton Moffett	M75	27:10
Julie Wood	W55	27:29
Margaret Bennett	W60	28:07
Elaine Dance	W50	28:11
Ray Lawrence	M75	28:13
Elaine Ellard	W60	31:45

6.1K WALK

John Carrington	M70	43:25
Lynne Schickert	W60	46:34
Jeff Whittam	M70	46:55
Dorothy Whittam	W65	47:10
Linda Rhodes	W55	49:39
Rosa Wallis	W60	49:39
Patricia Hopkins	W60	51:36
Pat Ainsworth	W65	51:36
Paula Karra	W30	52:05
Kirt Johnson	M75	52:06
Merv Moyle	M75	52:08
Merv Jones	M65	55:23
Pat Miller	W65	55:23

TRACK and FIELD
6pm: full programme.

**COKER PARK -
Thursdays**

Feb 2, 9, 16, 23
Mar 2, 9, 16, 23, 30

**UWA, McGillivray
Tuesdays**

Feb 7, 14, 21, 28
Mar 7, 14, 21, 28

**FEB 19
FRIENDSHIP**

Director: Jim Barnes -
9459 2617

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

Hamish McGlashen, John &
Barb Bailey, Don Caplin, Rob
Dougall, John & Joan Pellier,
Wendy Duncan, Pat Weston.

FEB 26

WOODMANS POINT

Directors: Elaine & John
Dance - 9592 1793

Julie Keeley, Ray Hall, Pam &
Steve Toohey, John & Beryl

Doust, Mitch Loly, Gill
Young.

MARCH 5

LAKE MONGER

Director: Trevor Robertson -
9275 0898

Moreland Smith, Bernie
Mangan, Chris Engles & Gary
McClean, Chris Coates,
Lachlan Marr, Ross Parker,

Blakeney Tindall, Jim
Klinge, Chris Shenton.

MARCH 12

TEDDYBIRDS

Director: DAVID MUIR -
9330 9794

Ron Spencer, Leo Hassam,
Ray Atwell, Irwin & Berwin
Barrett-Lennard, Wayne
Taylor, Pat Hopkins, Jeff &
Wendy Spencer, Jeff Bowen,
Jim Riddell, Jodi Brauer.

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Vetr^un

MARCH
2006
No. 384



The magazine of Masters Athletics WA

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NOTICE OF Masters AGM

THIS is your chance to have a say in the running of your club for the next year or more. Come along to our annual general meeting on Monday April 24, 7pm at the Hockey Club rooms, Perry Lakes. Every member is invited!

Nominations are now invited for committee positions for 2006-2007 on forms available from current club Secretary, Bob Schickert. Nominations required are for:

President
Vice-President
Secretary
Treasurer
Committee Members (4)
Nominations are also called for positions of:
Editor
Handicapper
Statistician
AthleticA Registrar
Auditor

Proposed changes to the Constitution

These must be lodged with the Club Secretary (11A Dandenong Road, Attadale 6156 or schickertl@bigpond.com) by 25 MARCH 2005.

Life Membership

Recommendations for Life Membership should also be forwarded to the Club Secretary by 25 March 2006. Nominations need to be approved by the Committee before the AGM and 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



**Deadly
Medley
2006**
– but should
it go?
(see page 5)

Stunning State record set by Ian Davies

IAN Davies, M58, ran 2:09.57 for 800M at Perry Lakes today. John Gilmour ran 2:11.6 when aged 55, setting a world record for that age group. Thirteen years later, when I was 55, I ran 2:09.78. Now after another 17 years, Ian has the State record. He is 58, three years into the age group, and took four seconds off his recent times. Might even be his lifetime best; a brilliant run. *David Carr*

** Current world record for M55 800M is 2:03.7, set by Stan Immelman (South Africa) in 2001. The Australian best mark, 2:05.07 set by Tom Roberts in 1989, was at that time the WR. Current M60 WR is 2:10.42 by Alan Bradford (Australia).*

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:

Jim Barnes
Jacqueline Billington
David Carr
Brian Danby
Bob Fergie

Brian Foley
John Gilmour
Jackie Halberg
Robert Hayres
Bill Hughes
Kirt Johnson
Merv Jones
Valerie Millard
Joan Pellier
Valerie Prescott
Robert Sammells
Bob Schickert
Lynne Schickert

No Joking – MEMBERSHIP FEES ARE DUE APRIL 1st

PLEASE complete and return the membership form provided with this Vetr^un. Fees have NOT been increased for 2006/7 and MAWA remains great value for money.

Also – don't forget to complete the 'HELPERS' section, by consulting the PROPOSED programme of events printed on page 7 of this edition. The FINAL program will be issued after the AGM in April.

Bob Schickert

Robert Shand
Barrie Slinger
Graham Thornton
Dorothy Whittam
Jeff Whittam
Basil Worner

*Bob Schickert
Secretary MAWA*

You write...

Dear Vic

Can I add a postscript to the wonderful medal tally you put in the February Vetrunk from the Oceania Games? (Yes, I had 11 events altogether!) Here are my belated results:

2000m S/chase	2nd	9:27
Triple jump	2nd	8.81m
400m	6th	1:13.89
4x100m Relay	1st	
Medley Relay	2nd	

(same team as Peggy!)

Regards

Delia Baldock (W40)

Hi Vic,

I have just had a look at December '05 Vetrunk, as I had to download the latest Adobe to get it. I see you printed my email: I did not know if you would as my tongue-in-cheek humour [?] does not go down well with some of the Vets.

If it is of any interest I am attaching the list of members as at December 1, 1977, to which I referred. It is really dated (being on foolscap paper) and will not fit in the scanner.

I must say the layout of the Vetrunk looks really good, well done.

Regards,
Mike Berry

It's difficult to reproduce the list Mike has sent, but if anyone would like to read it, email me and I'll forward it. VW

**10K Track
Handicap**
April 27, 2006
MCGILLIVRAY OVAL

First runner starts: 7pm

ENTRY forms for this great event will be available at Sunday events and at the Championships – see Barrie Thomsett or Jeff and Dorothy Whittam.

Says Jeff: "Weather is usually cool with no wind and it's a chance for a good 10K time on the grass track under lights. The run is also part of the Handicap Trophy series.

"Entry fee is up to \$3 this year – sorry, but it's the first

MISSING HELPERS



Sue Bullen - calling for helpers?

SUE Bullen has shown considerable restraint in her Taylor Reserve report (page 5). Being let down by listed helpers at short, or nil, notice is annoying and frustrating. As I have suggested elsewhere, directors have every right to call off a run if they think athletes' safety could be compromised. So far that hasn't happened; but a lack of marshals on some runs could be crucial.

I don't know why so many of Sue's helpers let her down. By now everybody should know enough to check the helpers list (back page) every month. If your name is there, contact the director - especially if you can't make the run.

If you failed to help at a run for which you were nominated, please contact Jim Barnes now, and nominate for another run. At the moment we are

short of helpers for several events – particularly the Kalamunda Run of March 19, and the Track Handicap on April 27. At this one, extra helpers are always needed as lap counters.

As Sue points out, helping at just two events a year isn't much to ask. Have you done your bit to keep this fine, voluntary, club going?

VW

Friendship Run

KINGS PARK
February 19, 2006

Conditions: fine

Next month...

RESULTS of the Friendship Run will be in the April edition...but we had 331 competitors, about 125 Masters and 32 visitors – and the rest were from the Marathon Club. Great result.

VW

AS happened last year, a visitor was the first home in the long event. Under cooler but windy conditions most runners were happy with their times for this 11km & 5.5km hilly course. The performance of the day was by Nathalie

increase in 18 years so we haven't done too badly!

"It's important to fill out the entry form so we can establish your handicap, based on best 10K time in the



Brooks; second overall in the short event she is returning to the high standard of running she was putting in a few years ago.

I had many comments that the new course was to their

past year."

Send entries to Jeff, with \$3 fee: 49 Holland St, Wembley WA 6014: tel 9387 6438; or hand to Barrie at club events.

Birthdays – March

Adrian	Kris	W35
Ainsworth	Pat	W70
Bailey	Barbara	W75
Baird	David	M60
Bending	Dan	M60
Blurton	Barbara	W55
Bocian	Donna	W45
Bowen	Jeff	M60
Brambley	John	M60
Caplin	Don	M65
Carlton	Gary	M45
Carroll	Ed	M65
Casella	Frances	W55
Claxton	Scott	M35
Ellard	Elaine	W60
Faunge	Mike	M65
Foley	Brian	M60
Gimi	Raymond	M40
Greenhalgh	Rob	M55
Hatwell	Telsey	W70
Hazell	Doug	M50
Hind	Kelly	W30
Innes	George	M70
James	Alan	M55
Johnson	Kirt	M75
Kallio	Sandra	W40
Karra	Paula	W35
Keane	Sean	M40
Kernaghan	Barrie	M65
Lauchlan	Lorna	W75
Loly	Mitch	M65
MacLiver	Peggy	W60
Mawuli	Efo	M40
McAuley	Fiona	W55
McRae	Neil	M50
Miletic	Nick	M55
Phillips	Toni	W30
Sander	Leon	M65
Sanders	Peter	M60
Shand	Rob	M70
Smith	Frank	M60
Spencer	Wendy	W60
Stone	Jo	W60
Watkins	Martin	M55
Wickham	Ross	M40

Race Director Jim Barnes – a great club supporter who has also spent the past couple of years as Events Co-ordinator. Thanks, Jim. VW

liking, and people enjoyed the challenge of the hills. I would like to thank all our helpers on the day especially – Wendy Clements-Green and Christine & John Oldfield.

Jim Barnes

THANKS!

HELPERS at the Age Graded Handicaps (Jan 29, results P5): director Gillian Young was a little late with her report, but wants to thank you all!

Patron's Trophy now being over for the year, highlighted T&F results appear on page 6. Vetrin has insufficient space for full results, which would have filled six pages this month.

Annie

By Shirley Bell

70 – Can't believe it!

Runs like the wind
Has records you know
It says so in the Vetrin
Go on – read it
She's one in a million

Has it all
Personality
Talent
and
an iron will
Even likes running the
dreaded hill
C'm on she calls
This way we'll go
And along they follow
The fast – and the slow

70 – Can't Believe It

I'm sure there's another
reason
She runs so well
I wonder if it's hubby!
Ah yes! –That's it
That special kiss – And –
Go on luv –you can do it.
I know one thing's for sure
It's gonna be hard
To follow those footsteps
– every – single – yard.

She's made sure of that
– Jacobs ladder I think it's
called.
Every week
– rain or shine –
What's that!
100 steps, 200 or was it 3?
I dunno, I can't get my breath
Ask Annie – she'll know.

70 – Can't Believe It

Will she ever slow down?
May be if we say –
C'm on Annie – enough is
enough
Don't you think you're
makin' it tough?

Oh alright you lot
I guess you're right
I'll back off
Without a fight
Besides it'll be good to catch
up with all the goss
And walk with my friends
eating – FAIRY FLOSS

70 – CAN'T BELIEVE IT!



Pat Ainsworth hands baton to Lynne Schickert at the Deadly Medley: note the style!

It's a tough technique!

RACE-WALKING is one of the most technical sports known to the sporting fraternity. You may think that the arm-pumping, hip-swivelling gaits aren't that hard to pull off, but you better know your heel-strike from your toe-lift if you want to get into the game.

The IAAF has very specific rules about race-walking with no less than three judges, including one Chief Judge, keeping an eagle eye on racers to make sure they adhere strictly to these rules.

It's simply this: it's very important that there is contact with the ground at all times. There is a moment when the heel of the front foot and the toe of the rear foot appear to be in contact with the ground at the same time. Before the race-walker takes the rear foot off the ground, the front heel must make contact with the ground.

The knee should be straight when the heel strikes the ground and should remain straight until it passes under the body. The knee then bends, and swings forward to take the next step.

Technique – Posture

Stand tall but not rigid. Think pride, not the Navy. Any forward lean should be from the ankles – not from the waist.

Head

There is no need to watch the feet, and holding the head down will make breathing more difficult because you're closing off the windpipe. Hold your head up and use your eyes to look at the walking surface some 5 or 6 metres ahead of you.

Shoulders

Focus on keeping the shoulders relaxed and low. Don't push the shoulders below their natural, relaxed position. Don't slouch to try to

achieve low shoulders.

Arms

Keep the elbows close to the body during their swing cycle. Leave the 'chicken wing' (elbows flailing from the body) for the dance floor: it does nothing for good race-walking technique. Try race-walking with your bent arms glued to your chest so they don't swing at all.

Hips

Hip rotation refers to a rotation about the spine. Rotation brings the muscles of the torso into play in helping to generate power for, propelling the body forward and allows the walker to extend the supporting leg behind the body.

Knee

The easiest way to help assure a straight knee on contact is to take a short stride. Also, stretch the hamstrings regularly. Tight hamstrings will make it difficult to straighten the knee.

Speed

Most new race-walkers, especially competitive ones, want to go as fast as they can as soon as they can. Don't! Never walk faster than your technique allows. Focus on developing a proper technique first and then concentrate on speed later.

Thanks to John Bell who forwarded this information, written by: Jill Marshall in South African Runners World Mag Feb 2006 http://www.runner-world.co.za/walking/archive/jan_02_06.php

New members – welcome!

452 Eric Hope M55
264 Jon Wannberg M35
501 Neil Morfitt M50
327 Shelly Aggrey W30
707 Jim Roberts M50
179 Ruth Johnson W65
306 Efo Mawuli M40

MASTERS NATIONAL CHAMPS WEBSITE IS LIVE

<http://www.actvac.com.au/AMA06/Home.htm>

THE 2006 Telstra Australian Masters Athletics National Championships are in Canberra from April 14-17 and the special website provides a range of information to competitors, officials and their families. Included are general conditions, the official entry form, accommodation and transport details, event and programme details. There's also an 'expression of interest' for would-be officials; info on the Championship Dinner, the 2006 AMA Marathon Championships, and 'What's on in Canberra' during Easter 2006.

The site will be regularly updated with news and information on the Championship.

Marathon

The 30th Canberra Marathon incorporates the 2006 Australian Masters Athletics Marathon Championships, so this is a unique Master's opportunity on the weekend prior to the Championships. Distance runners might like to run the marathon, or a Marathon eve 5km or 10km Fun Run on the weekend of 8-9 April, then stay over and enjoy the AMA National Championships over Easter. Full details are at www.canberramarathon.com.au

Taylor Reserve Run

(PREVIOUSLY
SOUTH PERTH RUN)

February 5, 2006

Conditions: fine

Hi Vic

I wrote this earlier and it included a bit of a rant about helpers who don't show up. Sometimes our first thought isn't the best thought so I modified it quite a bit and now it contains only one small jab at those who don't live up to their very meagre commitment to the club. Feel free to edit if you think I have gone over the top!

Best regards and thanks for all you have done for the Vetrin.

Sue Bullen

It was a beautiful Perth summer day – a bit hot for runners but hopefully the picturesque course made up for the heat. My thanks to Keith Atkinson, Mike Hale, Joan Pellier, Chris Shenton and Blakeny Tindall who filled in for Frances Casella and especially to the very generous runners Jim Langford, Anne Turner, Jacqui Halberg and Kirt Johnson who stepped in at the last minute to help me out because of the conspicuous absence of several of the listed helpers. Special thanks to Joan Pellier who kindly offered to set the kilometre markers - and set off with the club's GPS only to go the wrong way and therefore measure the course backwards! (That is why the 3km mark came after 1km, followed by the 2km!)

Regrettably the results for this race have been lost into the ether. We do have the major placings for each event (below.) Best wishes to all,

Sue Bullen

8KM RUN

Men

Peter Sullivan
Lachlan Marr
Ross Parker

Women

Helen Lysaght
Gillian Young
Karen March

4K RUN

Men

Steve Dunn
Neil Morfitt
Paul Burke

Women

Delia Baldock
Carol Bowman
Wendy Clements

8KM WALK

Men

Mike Rhodes
Merv Moyle
Alan Pomery

Women

Val Millard
Lynne Schickert
Dorothy Whittam

4KM WALK

Men

Davis Brown
John Carrington
Merv Jones

Women

Leslie Romeo
Beryl Doust
Elaine Ellard



Start of the Taylor Reserve Run

Full list of finishers – positions may be inaccurate

8K RUN

Peter Sullivan	M45
Lachlan Marr	M45
Ross Parker	M55
John Allen	M45
Gary McLean	M40
Ralph Henderson	M55
Jim Klinge	M55
Frank Smith	M60
Doug Ashfield	M45
John Puglisi	M55
David Baird	M60
Neil McRae	M50
Dave Roberts	M60
Vis	
Trevor Robertson	M50
Ivan Pilton	M60
Syd Beer	M60
John Bell	M60
Helen Lysaght	W50
Noela Medcalf	W70
Mark Sivyer	M55
Maggie Flanders	W65
John Mack	M60
Bob Schickert	M60
Johan Hagedoorn	M60
Gillian Young	W55
Vic Waters	M60
Vis	
Nick Miletic	M50
Vis	
John Ellard	M60
Hamish McGlashan	M65
Mal Vernon	M50
Maurice Creagh	M55
Mike Khan	M60
Karen March	W40
Wayne Bates	M60
Jim Barnes	M60
Alan Thorniley	M50
Jeff Spencer	M60
John Pellier	M65
Lorraine Lopes	W65
Christine Engels	W50
Liz Chandler	W35
Vis	

John Dance	M55
Jane Elton	W35
John Byrne	M55
Robin King	W45
Graeme Neill	M45
Terry Humphrey	M50
Barb Humphrey	W55
John Smith	M70
Roger Walsh	M60
Terry Manford	M65
Bob Sammells	M65
Shirley Bell	W55
Graham Ainsworth	M50
Michael Faunge	M65
Brian Smith	M65
Pamela Toohey	W60
Richard Danks	M60
Vic Beaumont	M75
Denise Viala	W55
Viv Lok	W45
Jo Richardson	W50
Ken Whistler	M70
Debbie Dance	W35
Margaret Bennett	W60
Jeni Shillington	W45
Shorty Turner	M70
Dalton Moffett	M75

4K RUN

Stephen Dunn	M35
Neil Morfitt	M50
Paul Burke	M35
Brian Bennett	M55
Frank Gardiner	M55
Raymond Gimi	M40
Vis	
John Oldfield	M60
Barry Jones	M45
Gary Fisher	M50
Barbara Blurton	W55
Colin Smith	M40
Wayne Taylor	M45
Bryan Hardy	M60
David Carr	M70
Irwin BarrettLennard	M75
Mike Anderson	M55
Delia Baldock	W40

Carol Bowman	W50
Robert Sheehy	M60
Wendy Clements-Green	W60
Christine Oldfield	W60
Mike Polkinghorne	M50
John Talbot	M55
Tanya Burke	W30
Ray Hall	M70
Mary Young	W50
Elaine Dance	W55
Steve Toohey	M55
Arnold Jenkins	M60
Jennie Smith	W50
Julie Wood	W55
Sheila Maslen	W65
Pierre Viala	M55
Ray Lawrence	M75
Mary Heppell	W65
Kevin Payne	M45

8KM WALK

Val Millard	W55
Mike Rhodes	M60
Lynne Schickert	W60
Jeff Whittam	M70
Dorothy Whittam	W65
Pat Ainsworth	W65
Rosa Wallis	W60
Patricia Hopkins	W60
Merv Moyle	M75
Alan Pomery	M70
Pat Miller	W65

4KM WALK

David Brown	M55
John Carrington	M70
Lesley Romeo	W60
Beryle Doust	W55
Linda Rhodes	W55
Elaine Ellard	W60
Merv Jones	M65
Norm Miller	M70
Telsey Hatwell	W70
Allen Tyson	M80
Ernie Moyle	M80



Team 6 hand-over - Sheila Maslen to Mike Karra

12K RUN RELAY

Team		Team time
1		
Andrew Cook	M40	50:17
Jim Roberts	M50	
John Oldfield	M60	
Paula Karra	W30	
2		
Bob Sammells	M65	51:47
Sean Keane	M40	
Brian Bennett	M55	
Barb Humphrey	W55	
3		
Karen March	W40	52:30
Paul Burke	M35	
Terry Manford	M65	
Lorraine Lopes	W65	
4		
Barry Jones	M45	53:12
Barbara Blurton	W55	
Nick Miletic	M50	
Carol Bowman	W50	
5		
Milton Mavrick	M50	53:49
Bob Schickert	M60	
Christine Oldfield	W60	
Hamish McGlashan	M65	
6		
Maurice Creagh	M55	55:19
Sheila Maslen	W65	
Gillian Young	W55	
Michael Karra	M40	
7		
John Doust	M55	55:45
Jacqui Halberg	W55	
Vic Waters	M60	
Viv Lok	W45	
8		
Terry Humphrey	M50	59:50
Ray Lawrence	M75	
Leonie Jones	W45	
Bev Whitfield	W40	

Deadly Medley

YOKINE RESERVE

February 12, 2006

Conditions: fine

Should it continue...?

I notice that the attendance at the Deadly Medley is approx. 40 per cent, and speaking to at least some in past years, they only attend to support the club. It is clear to me members are voting with their feet, and it might be worth testing this theory through Vetrun.

I will always support any event organised by Masters, but as the club prides itself in providing a run each Sunday for regular road runners, it seems we are failing our members.

Barrie Thomsett

...Yes!

I must disagree with Barrie here. Variety is important to keep the club vital. If people don't want to do the medley, there's no reason why they can't run or walk distance around the Yokine Reserve. Some did so this year. Also, the medley introduces newcomers to the fun of team running, and short-distance competition. (On a personal note, I find this far less nerve-wracking than running at the track!)

Let's hear the opinions of other members, please.

VW



Pre-race instructions? Barry Thomsett to Race Director Graeme Neill

WALK RELAY

Team 1		
John Carrington	M70	42:23
Pat Hopkins	W	
Team 2		
Val Millard	W55	43:13
Pat Miller	W65	
Team 3		
Lynne Schickert	W60	44:13
Pat Ainsworth	W65	
Team 4		
Jeff Whittam	M70	44:48
Dorothy Whittam	W65	
Team 5		
Beryle Doust	W55	46:12
Ann Turner	W70	
8KM RUN		
Ivan Pilton	M60	36:34
John Mack	M60	43:19
Roger Walsh	M60	44:16
Rhod Wright	M55	47:23



Winning team 1 - Paula Karra to John Oldfield

Age Graded Handicap

McCALLUM PARK

January 29, 2006

8K RUN		Time	H'cap
Jim Langford	M60	37:49	7:35
Frank Smith	M60	40:11	7:03
Jim Klinge	M55	40:34	8:04
Bob Schickert	M60	41:17	6:47
Ralph Henderson	M55	41:40	8:32
David Carr	M70	41:49	3:45
Lorraine Lopes	W65	41:53	1:45
Neil McRae	M50	42:24	9:23
Ivan Pilton	M60	43:03	7:03
Doug Ashfield	M45	43:12	10:10
Vis		43:28	
John Mack	M60	43:43	6:47
Syd Beer	M60	43:57	7:35
Geoff Barrett	M40	44:05	11:03
Dee Haines	W45	44:08	10:32
Stephen Dunn	M35	44:18	11:51
Brian Bennett	M55	44:28	8:32
John Oldfield	M60	44:33	7:19
Johan Hagedoorn	M60	44:37	7:19
Hamish McGlashan	M65	44:42	5:34
Vis		45:34	
Helen Lysaght	W50	45:41	4:43
Vic Waters	M60	45:42	7:35
Paul Burke	M35	46:00	12:27
Joe Stickles	M65	46:01	5:54
John Ellard	M60	46:40	6:47
Vis		46:46	
Vis		46:50	
Gary Fisher	M50	46:52	9:23
Bruce Mathieson	M60	47:00	7:35
Mike Khan	M60	47:01	7:35
Wayne Taylor	M45	47:12	10:42
Shirley Bell	W55	47:16	4:53
Mal Vernon	M50	47:17	9:47
Terry Humphrey	M50	47:22	9:11
John Smith	M70	47:23	4:55
Vis		47:31	

UWA January 3, 2006

**Pending State Record*

400M

Campbell Till	M45	56.9
Rob Colton	M40	63.5
Duncan McAuley	M55	65.7
Barrie Kernaghan	M65	66.6
Norm Richards	M65	77.3

5000M

David Willmer	M50	19.14.8
Alan Gower	M50	19.23.7
Ivan Lazarus	M50	20.32.3
Rob Colton	M40	20.55.3
Keith Edmonds	M35	22.16.3
Fiona McAuley	W50	29.44.2

HAMMER

Geoff Gee	M50	36.65*
John Everard	M45	34.70
Ed Carroll	M60	23.11
Rae McMillan	W75	19.80
Jeff Bowen	M60	19.15

COKER PARK Jan 5, 2006

600M

Peter De Klerk	M45	1.35.2
Colin Smith	M40	1.52.5
John Dennehy	M45	1.58.8
Delia Baldock	W40	2.07.8
Jim Riddell	M65	2.18.1
Nick Miletic	M50	2.22.2
Carol Bowman	W50	2.28.6

2000M

Bjorn Dybdahl	M50	7.02.6
Bob Schickert	M60	7.23.9
Ivan Lazarus	M50	7.40.5
Ivan Brown	M60	8.00.3
Nick Miletic	M50	9.09.8

300M

Colin Smith	M40	41.1
Peter De Klerk	M45	41.2
Nick Miletic	M50	61.9
Bjorn Dybdahl	M50	45.9
David Carr	M70	48.4
Mike O'Reilly	M65	48.6
John Dennehy	M45	50.3
Ivan Lazarus	M50	50.7
Delia Baldock	W40	51.1
Bob Schickert	M60	52.5
Ivan Brown	M60	57.5
Jim Riddell	M65	57.8
Christine Oldfield	W60	73.4

Track and Field



Dead heat 800M finish in this month's City v Country Meet – for Rob Antonioli, President of Bunbury A.C. (left) and Bob Schickert. Picture: Colin Smith.

UWA January 10, 2006

TRIPLE JUMP

Ross Wickham	M40	11.64
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HEAVY WEIGHT

Geoff Gee	M50	15.27*
Ed Carroll	M60	11.04
Rocky Cloete	M55	10.00
Rae McMillan	W75	9.52
John Everard	M45	9.07
Jeff Bowen	M60	8.61
Ailin Gee	W45	5.04

COKER PARK Jan 12, 2006

800M

Eric Hope	M55	2.19.5
Colin Smith	M40	2.40.5
Rob Antonioli	M50	2.41.9
Doug Ashfield	M45	2.44.5
Delia Baldock	W40	3.00.1

400M

David Solomon	M40	60.9
Rob Antonioli	M50	64.8

Eric Hope	M55	65.2
David Carr	M70	68.2
Delia Baldock	W40	81.2
Jim Riddell	M65	85.2
Carol Bowman	W50	97.3

UWA January 17, 2006

PENTATHLON

Campbell Till	M45	2730
Norm Richards	M65	2363
Colin Smith	M40	1771
Rocky Cloete	M55	1542
Rob Shand	M70	1197
Toni Phillips	W30	688

COKER PARK Jan 19, 2006

LONG JUMP

Murray Tolbert	M55	5.22
David Clive	M65	5.05
Colin Smith	M40	4.47

DISCUS

Ed Carroll	M60	42.34*
Kevin Webster	M35	31.54
Eileen Hindle	W55	20.28
Brian Foley	M60	19.32

UWA January 31, 2006

HAMMER

Kate Glass	W55	37.77
John Everard	M45	36.75*
Bob Fergie	M70	31.63
Rocky Cloete	M55	23.78
Jeff Bowen	M60	19.77
Rae McMillan	W75	15.27
Toni Phillips	W30	14.13

UWA February 7, 2006

5000M

Peter Sullivan	M45	18.26.2
Jim Langford	M60	18.34.4
Alan Gower	M50	18.59.0
Bernard Mangan	M50	19.17.6
Doug Ashfield	M45	20.34.6
Frank Smith	M60	20.49.5
Barry Jones	M45	23.00.0
Shelly Aggrey	W30	23.28.5
Karyn Gower	W45	24.04.2
Fiona McAuley	W50	29.47.8

H/WEIGHT

Bob Fergie	M70	11.98
Rocky Cloete	M55	11.54*

Jeff Spencer	M60	47:53	6:47
Barb Humphrey	W55	47:56	5:28
Nick Miletic	M50	48:01	9:11
Pamela Toohey	W60	48:17	3:57
Wayne Bates	M60	48:32	7:35
Bob Sammells	M65	48:40	5:15
Terry Manford	M65	49:07	5:54
Frank Gardiner	M55	49:10	8:45
Michael Faunge	M65	49:33	5:54
Vic Beaumont	M75	49:36	2:31
Jacqui Halberg	W55	49:52	4:16
Barry Jones	M45	49:53	10:21
Roger Walsh	M60	50:11	7:19
John Brambley	M60	50:16	7:03
Mike Anderson	M55	50:18	8:32
John Dance	M55	50:29	8:45
Wendy ClementsGreen	W60	50:38	2:54
Christine Oldfield	W60	50:51	3:16
Brian Smith	M65	50:54	5:54
Leonie Jones	W45	51:02	7:58
Dan Bending	M60	51:15	7:50
Vis		52:20	
Carol Bowman	W50	52:21	6:33
Ray Hall	M70	53:20	4:10

Paula Karra	W30	53:32	10:06
Graham Ainsworth	M50	54:49	9:59
John Talbot	M55	55:23	8:04
Paul Martin	M60	56:25	6:47
Sheila Maslen	W65	56:37	00:54
Elaine Dance	W50	56:45	5:45
Mary Young	W50	56:46	5:45
Arnold Jenkins	M60	57:07	7:35
Ray Lawrence	M75	57:24	2:02
Vis		57:34	
Dalton Moffett	M75	58:15	2:54
Ken Whistler	M70	58:24	3:23
Vis		58:39	
Margaret Bennett	W60	59:04	2:32
Rhod Wright	M55	59:05	8:45
Debbie Dance	W35	60:51	9:37
Steve Toohey	M55	62:04	8:32
Ernie Moyle	M80	62:22	00:30
Mary Heppell	W65	65:12	00:54
Morris Warren	M65	66:17	5:34
Shorty Turner	M70	66:18	4:55
Jeni Shillington	W45	66:54	7:17
Vis		69:17	
Ron Spencer	M65	70:46	6:12

5K WALK

Val Millard	W55	37:31	4:16
John Carrington	M70	38:16	4:33
Mike Rhodes	M60	39:24	7:50
Dorothy Whittam	W65	41:11	0:28
Lynne Schickert	W60	41:22	2:32
Pat Ainsworth	W65	41:56	00:28
Rosa Wallis	W60	43:10	3:16
Jeff Whittam	M70	43:29	4:33
Patricia Hopkins	W60	43:40	2:54
Merv Moyle	M75	44:19	1:02
Margaret Warren	W70	44:34	00:00
Ann Turner	W70	44:35	00:00
Vis		44:36	
Linda Rhodes	W55	44:55	4:16
Alan Pomery	M70	44:57	3:23
Merv Jones	M65	47:04	6:12
Maggie Flanders	W65	47:13	00:54
Barbara Bailey	W75	47:36	2:54
Nola Bending	W60	49:14	8:32
Leo Hassam	M75	49:29	2:54
Lorna Lauchlan	W75	49:31	00:00
John Bailey	M75	50:08	1:02
Keith Atkinson	M45	57:27	10:10

MAWA - 2006-7 PROPOSED PROGRAM

Date	Event - Distance	Venue	Start	Director	Date	Event - Distance	Venue	Start	Director
2006 7 May	Around Herdsman 8k/5k	Pony Club Jon Sanders Dr	8.00	J & M Langford	21 Jan	Point Walter 11k/6.2k Bicton	Point Walter	7.00	D Roberts
14 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd, Salters Point	8.00	A Cook H M T	28 Jan	Age Graded Events 8kR 5kW	McCallum Park Taylor St, Vic Park	7.00	J Richardson & G Young
21 May	Southern River Sojourn 8k/5k	Wilkinson Homestead, Homestead Rd, Gosnells	8.00	L Marr H M T	4 Feb	Friendship 11.6k/5.8k with WAMC	Saw Ave Kings Park	7.00	J Barnes
28 May	Weir 10k/5k RRC 10k: RWC 5k	Kent St Weir Wilson	8.00	C Coates T	11 Feb	Deadley Medley 8k/4k Teams/Relay 12k	Yokine Reserve Wordsworth Av, Menora	7.00	G Neill
4 Jun	Deepwater Pt 16k/7.2k RWC 7.2k	The Esplanade Mt Pleasant	8.00	M & L Rhodes	18 Feb	McCallum Lakes 8K/4K	McCallum Park Taylor St, Vic Park	7.00	S Bullen
11 Jun	Uni RRC 15k/8k RWC 10k	J Abrahams Res The Avenue Nedlands	8.00 7.30	G Fisher T	25 Feb	Woodman Pt 7.5k/5k	Nyverbup Circuit Coogee	7.00	E & J Dance H
18 Jun	25k RRC, 15k RWC 5K	Burswood Park Resort Dr	8.00	W Pantell M	4 Mar	Lake Monger 10.4k/7k/3.5k	Dodd St Glendalough	7.30	T Robertson
25 Jun	Joondalup 10k/5k	Neil Hawkins Park Boas Ave	8.00	M & M Warren	11 Mar	Teddy Birds Picnic 15.2k/7.6k Walk 10k/5k	Arthur Farrell Playground May Dr, Kings Park	7.30	D Muir
2 Jul	Perth Marathon & Relay	WAMC Club Rooms/WAMC Resort Drive Burswood			16 Mar (Fri)	State T&F Champs 10k; 5kWalk	Coker Park	18.00	Committee C
9 Jul	Darlington Dash 16k/8k	Darlington Park Pine Terrace, Darlington	8.00	D Baldock T M	18 Mar	Kalamunda Railway 8k/4k	Mundaring Weir & RailwayRd, Kalamunda	7.30	B & B Carse
16 Jul	Bardon Bash 13k/8.7k/5k	Bardon Park Bardon Pl, Maylands	8.00	B & M Bennett	18 Mar	State T&F Champs Pentathlon	Coker Park	8.00	Committee C
23 Jul	Club Cross Country Champs 8k (Other races 5.4/2.7k)	Jorgensen Park Crescent Rd Kalamunda	9.00	Committee M C	Mar 24/25 (Sat/Sun)	State T&F Champs	Coker Park	8.00	Committee C
30 Jul	Sharks 10k/5k	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin	1 Apr	Membership 11.6k 5k	Burswood Park Resort Dr	8.00	B Danby M
6 Aug	Club Half-Marathon 21.1k/10k/6k Walk 21.1k	Burswood Park Resort Dr	8.00 7.30	B Sammells M C	6-9 Apr	Australian Masters T & F Championships, Hobart			
13 Aug	State Cross Country Champs 10k Run & Walk 5k	Arthur Farrell Playground May Dr, Kings Park	8.00	R Henderson C	8 Apr	Piney Lakes 8k/4k	Murdoch Drive Winthrop	8.00	J & J Smith
20 Aug	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C	15 Apr	Pagoda 16k/10k/5k 16K Walk	Burswood Park Resort Drv	8.00 7.30	J Halberg
27 Aug	City to Surf				22 Apr	Reabold Hill CC 10k/5k Walk8k/6k	North end Perry Lakes Dr, Floreat	8.00	
3 Sep	Herdsman Lake 10k/5k	Pony Club Jon Sanders Dr	8.00	J & D Whittam M	26 Apr (Thurs)	Track Handicap 10k	UWA Sports Park McGillivray Rd	19.00	D & J Whittam B T
10 Sep	Bassendean 10k/5k	Sandy Beach Res West Rd, Bassendean	8.00	J Billington	29 Apr	3PS 16k/8k/5k 16K walk	Pt Walter Bicton	8.00 7.30	V Millard

ENQUIRIES: BOB SCHICKERT 9330 3803 email: schickert@bigpond.com

TRACK and FIELD
6pm: full programme

**COKER PARK –
Thursdays**

Mar 2, 9, 16, 23, 30

UWA, McGillivray

Tuesdays

Mar 7, 14, 21, 28

STATE CHAMPS

COKER PARK

Mar 17, 19, 25, 26

MARCH 19

KALAMUNDA RUN

Directors: Christine and John
Oldfield – 9352 8958

Lesley Romeo, Stan
Delangrafft, John Talbot, John
Byrne

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

APRIL 2 MEMBERSHIP RUN

Director: Brian Danby –
9247 2326

Dee Haines, Milton Mavrick,
Don Caplin, Ken Whistler,
Linda & Mike Rhodes, Simon
Mort

APRIL 9 3Ps RUN

Director: Val Millard – 9367
9225

Jeff & Wendy Spencer, Reece

Baldock, Jill Midolo & David
Brown, Rosa Wallis

APRIL 16 PINEY LAKES RUN

Directors: John & Jennie Smith
– 9310 1647

Christine Wheeler, Alan &
Dawn James, Maggie Flanders,
David Charlton,
Brian Hunter, Ian Morshead

APRIL 23 REABOLD HILL

Director: Vic Waters – 9245 3169

Paul Hughes, John Collier,
Rob Sheehy, John & Elaine
Ellard, Jeanette Tiverios, Ian
Davies, Frank Smith, Sid Beer,
Irwin & Berwin Barrett-
Lennard, Paul Martin

APRIL 27 {THURSDAY} TRACK HANDICAP – McGILLIVRAY

Directors: Jeff & Dorothy
Whittam – 9387 6438

Bob Hayres, Gary &
Geraldine Carlton.

APRIL 30 PAGODA RUN

Director: Jacqui Halberg –
9364 4474

Mary Heppell, Jeff Whittam,
Ian Davies, Christine
Rompotis, Neil McRae, Pat
Carr, Janis Mallin, Pat Weston

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Val Millard

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Bill Hughes

Vetr^un

APRIL
2006
No. 385



The magazine of Masters Athletics WA

AGM

MASTERS ATHLETICS WA
ANNUAL GENERAL
MEETING

Monday, 24 April 2006

AGENDA

1. WELCOME
2. ATTENDANCE / APOLOGIES
3. MINUTES OF 2005 AGM CONFIRMATION
4. MATTERS ARISING
5. REPORTS
President
Secretary
Treasurer
6. PRESENTATION OF TROPHIES
Patron's Trophy for Track and Field, M & W
Handicap Trophy
Achievement Award
John Gilmour Trophy for Best Performance
7. ELECTION OF OFFICE BEARERS
President
Vice President
Secretary
Treasurer
Committee Members (4)
8. APPOINTMENT OF OFFICIALS
Patron
Editor
Handicapper
Auditor
Statistician
Registrars for Athletics competition, summer/winter
9. LIFE MEMBERSHIP NOMINATION
10. GENERAL BUSINESS

New members... Welcome!

417 Eric Emmett M45
418 Marie Claire Foley W45
329 Teddy Miller M60



Above, Delia Baldock flew over the 80M hurdles; and right, M85 Don Frearson is also off the ground in the 100M.



Masters' record set in Open Champs

NEW member Shane Hair bounded to a new (pending) M30 Australian Masters Triple Jump record of 14.25 metres during the recent 2006 Open Championships at Perry Lakes. This shatters the previous record – by more than a metre! – and came just one month after Shane set an Australian Record in his pet event, Long Jump, with 7.43m at the National Open Championships, Sydney.

Shane was one of eight Masters in the State Open events.

Bjorn Dybdahl (M50), Patrick Smith (M40) and Bob Schickert (M60) competed in the 3000m Steeplechase; Mark Perry (M35) 400m; and Jock Michael (M50) in Shot Put and Javelin.

Lyn Ventris won the 10K walk; John Mison also won the 10K and was third in the 5K.

More Honours for Lyn

Lyn Ventris was recently chosen as the Bunbury Sports star of the year for the THIRD

time. Most notably, this is an award open to sports people of all ages. Also, in the 2006 Australian Sports Awards, Lyn Ventris was nominated for the individual Masters Award (although she didn't actually take this one.)

The M55 gold medal winning relay teams (4 X 100 and 4 X 400) at the WMA Championships in Spain won the Team Award. Congratulations – to team members Peter Lamb (Vic), Peter Crombie and Neville McIntyre (NSW), Hans Van Bavel (SA) and Alan Coleman (Tas).

Inside...

Secretary's report 05/06 P2
National nominees, birthdays P2

RESULTS:

Woodman's Point
Friendship Run P3
Teddy Bird's Picnic P4/5
Lake Monger P5
Track and Field P6
WAMA State
Championships P7/11
Kalamunda Railway P11

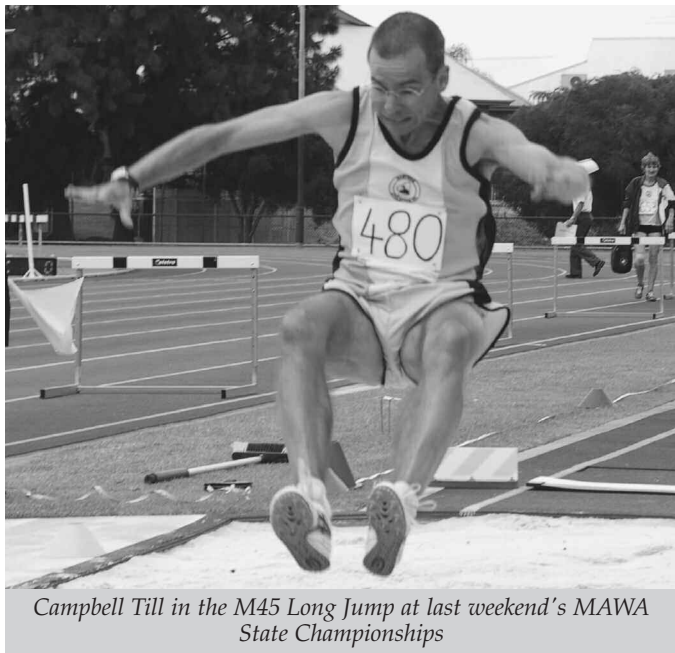
FINE weather, spectators enthusiastic, and almost 120 athletes contesting the State T&F Championships. "Numbers were slightly down due to that other competition 'over east' but for those who stayed there were two weekends of enjoyable competition in Perth," said coordinator Barbara Blurton.

"A really big thank-you goes to everyone who officiated or lent a hand. These championships would be impossible to run without you and such assistance and support is genuinely appreciated."

* Want to start preparing for next year's Champs? Winter training is about to start – see back page!

T&F marks keep moving

IT'S been a vibrant track and field season. Most recently Ed Carroll (discus and shot) and Henri Cortis (1,000M) have broken State records at our mid-week meetings. Sorry, we don't have enough Vetr^un pages to publish every performance. This month Vetr^un has focussed on the meetings where Ed and Henri set the new marks. See page 6.



Campbell Till in the M45 Long Jump at last weekend's MAWA State Championships

MORE than 70 competitors turned up for the run this year – a very pleasing result seeing as it's south of the river. It was a good day and a few runners cooled off in the ocean afterwards.

I do apologise to Bob, who would have won the handicap if I had marked one path a little better. Sorry Bob – it was my first time. I will learn by my mistakes (hopefully.)

Thank to all my helpers: Pam, Steve, Mitch, John, Beryl

Woodman's Point Run

(Results: facing page)

– and I suppose I had better give John and Debbie a mention. Next year my run will be at Port Kennedy. It's a little further to travel but I hope to see you all there; it's not that far from the city.

Elaine Dance

Our nominations for National AMA awards

CONGRATULATIONS to the athletes who have been selected by our own State committee and nominated for the National AMA awards for performances in 2005. They are:

Sprints/Hurdles:

David Carr, David Clive, Barbara Blurton, Barrie Kernaghan

Middle Distance/ Steeplechase:

David Carr, Barbara Blurton, Bert Carse

Distance:

Bert Carse

Walks:

Lyn Ventris

Jumps:

David Clive, Murray Tolbert

Throws:

Kate Glass

Most Outstanding Male Athlete:

David Carr, David Clive

Most Outstanding Female Athlete:

Lyn Ventris, Barbara Blurton

Most Outstanding Individual Performance:

Lyn Ventris, David Carr

Award winners are announced at the National Championships at Easter.

Nominations are made by state committees. In WA, Campbell Till provides a list of the top performances in each category and we send these on to the national body's Wilma Perkins. In previous years we have made only one nomination in each category - but now have been asked for details of all our outstanding performers, so the list is expanded.

All the members we have nominated have achieved performances in excess of 90 per cent, age graded. Details of these performances are read out at the AGM and we then publish a list of all 90%-plus performances for the previous year (1 April to 31 March).

Bob Schickert

Club Secretary's Report 2005/2006

A SIGNIFICANT change for the club has been the continuation of track events at Coker Park on a Thursday evening through the April to September 'winter' period.

Average attendance, including some Little Athletics people and some Marathon Club and/or AthleticA members, was more than 20 per week. This is not a large number, and I hope it will grow in 2006, but the project was worthwhile and provided competition for those who were looking for it. The cup of tea/coffee and biscuits added to the socialising as did the birthday cake to celebrate the 80th birthday of Stan Jones.

Fast run?

If you are looking for a fast run and some fellowship come and join us under the lights; first event, 6pm. Cost is \$3 per night for MAWA and Federation Club members and \$5 for others. The program will be in the Vetrin.

The Sunday events continued much the same as in previous years despite the restrictions of Kings Park management and some councils. New race directors replaced members such as Roma Barrett, Dick Blom, David and Pat Carr, Phyllis Farrell, Irene Ferris, Frank and Gail Gardiner, Maggie Flanders, Leo Hassam, Arthur Leggett, Norm and Pat Miller, Dalton Moffett, John Pellier and George Schaefer who had done a magnificent job over many years. Being a race director is challenging and rewarding and no Sunday event can function without one. Are you prepared to assist?

Track and field was organised by Barbara Blurton (programme and results), Henri Cortis (Tuesday), Tom Lenane (Thursday) and Damien Hanson (throws). It is great to see recently rejoined member John Oldfield taking on some starting duties at both nights. The timing and recording is spread between members but special mention must go to Barbara Blurton, Gill Edmonds (and her parents), Jackie Halberg, Val Millard and Lynne Schickert who always seem to be helping.

The committee of Val

Millard, Barbara Blurton, Bob Schickert, Roger Walsh, Jim Barnes, Jackie Halberg, Damien Hanson and Helen Lysaght did a lot of work in arranging competition and social events. Keith Atkinson (run handicaps), Barrie Thomsett (Sunday results), Campbell Till (Statistician), Vic Waters (Vetrin editor) and Jeff Whittam (walk handicaps) also made very significant contributions. I thank each of them for their efforts resulting in another successful and I trust enjoyable year for MAWA members. Two committee members (Jim and Helen) are not standing for re-election for 2006/7.

*Bob Schickert,
Secretary MAWA*

APRIL BIRTHDAYS

BarrettLennard	Irwin	M75
Blanco	Brett	M30
Bower	Jill	W65
Bowler	Sid	M80
Buckley	Paul	M55
Chapman	Bill	M80
Cloete	Roche	M55
Collier	John	M40
Dawkins	Peter	M50
Dumolard	Guito	M50
Fisher	Gary	M50
Foley	Derry	M75
Hale	Mike	M55
Halberg	Jackie	W60
Hopkins	Patrica	W60
Johnson	Rosemary	W30
Lenane	Tom	M50
Maher	Chris	M50
Marr	Lachlan	M45
McGlashan	Hamish	M65
McLean	Gary	M40
Newell	Barry	M50
Oliver	Sue	W50
Shaw	Jim	M55
Smith	Pam	W65
Stickles	Joe	M65
Taylor	Wayne	M45
Tiverios	Jeanette	W45
Tolbert	Murray	M60
Walker	Amanda	W40
Walkley	Cecil	M75
Watson	Micheal	M40
Waumsley	Carmine	W30
Wilkin	Michael	M55
Young	Rob	M60

7.5K RUN			H/cp
Syd Beer	M60	45:53	14:12
Brian Bennett	M55	46:09	16:01
Bruce Mathieson	M60	46:22	11:42
Tanya Burke	W30	46:25	04:12
Roger Walsh	M60	46:33	09:04
Hamish McGlashan	M65	46:39	12:19
Mike Rhodes	M60	46:49	10:12
Peter Airey	M65	47:11	08:35
Graham Ainsworth	M50	47:16	01:57
Vic Beaumont	M75	47:17	05:27
Gary McLean	M40	47:31	19:35
Dee Haines	W45	47:33	15:16
Deborah Gardner	W35	47:44	18:46
Jo Richardson	W50	47:45	02:35
Jeff Spencer	M65	47:54	11:01
John Brambley	M60	47:55	10:12
Helen Lysaght	W50	47:58	15:53
Jim Langford	M60	48:02	21:46
David Baird	M60	48:09	18:20
Brian Danby	M55	48:11	16:57
Lachlan Marr	M45	48:17	21:05
Ray Attwell	M70	48:19	11:04
Christine Engels	W50	48:21	11:49
Geoff Barrett	M40	48:28	20:16
Barry Jones	M45	48:29	14:42
Karen March	W40	48:32	13:12
Neil McRae	M50	48:33	19:16
Paul Martin	M60	48:34	10:57
Gillian Young	W55	48:39	15:38

Woodmans Point Handicap

February 26, 2006



Race Directors Elaine and John Dance

Maurice Creagh	M55	48:58	14:42
Bjorn Dybdahl	M50	49:00	21:34
John Ellard	M60	49:10	13:23
Ivan Pilton	M60	49:14	17:53
John Smith	M70	49:23	09:50
Leonie Jones	W45	49:29	11:23
Mark Sivyver	M55	49:43	16:19
Graham Thornton	M65	49:47	13:12
Gary Fisher	M50	50:26	15:27
Merv Jones	M65	50:27	07:57
Pierre Viala	M55	50:40	00:00
Julie Wood	W55	50:57	00:00
Sheila Maslen	W65	51:02	00:00
Bob Schickert	M60	51:14	17:46
Johan Hagedoorn	M60	51:23	18:27
Shorty Turner	M70	52:02	00:01
Jeni Shillington	W45	53:25	02:05

Aldo Giacomini	M65	54:04	06:34
5K WALK			
Ann Turner	W70	44:08	H'cp
Val Millard	W55	44:27	11:30
Lynne Schickert	W60	45:26	09:00
Debbie Wolfenden	W40	45:46	04:15
Dorothy Whittam	W65	46:00	08:00
Patricia Hopkins	W60	46:03	05:30
Jeff Whittam	M70	46:37	08:30
Bob Neville	M70	47:20	10:00
Alan Pomery	M70	47:26	06:30
Leo Hassam	M75	48:43	02:00
Sue Hughes	W55	48:58	00:00
Rex Bruce	M65	49:02	08:00
Linda Rhodes	W55	50:11	09:05

5K RUN			
Michel Bermudes	M30	18:21	
Paul Burke	M35	19:46	
Jon Wannberg	M35	21:04	
Liz Neville	W50	21:31	
Robert Sheehy	M60	25:08	
Peter March	M45	25:54	
Brian Foley	M60	32:11	
Jennie Smith	W50	36:28	

7.5K RUN			
Viv Lok	W45	45:50	
Mary Heppell	W65	54:04	

7.5K WALK			
Rosa Wallis	W60	55:16	

11K RUN			
Thomas Waumsley	M30	39:50	
Jim Langford	M60	41:55	
Lachlan Marr	M45	42:20	
Alan Gower	M50	42:42	
John Allen	M45	43:06	
Paul Hughes	M50	43:36	
Gary McLean	M40	43:56	
Ralph Henderson	M55	44:37	
Doug Ashfield	M45	46:14	
David Baird	M60	46:40	
Neil McRae	M50	46:59	
Brian Bennett	M55	47:27	
Don Pattinson	M50	47:52	
David Muir	M60	47:55	
Brian Danby	M55	48:09	
Gary Carlton	M45	48:13	
Michael Karra	M40	49:17	
Helen Lysaght	W50	49:22	
Ivan Pilton	M60	49:40	
Frank Smith	M60	49:40	
Mark Speechly	M35	49:54	
John Mack	M60	50:23	
Johan Hagedoorn	M60	50:49	
Mark Sivyver	M55	52:05	
Bob Schickert	M60	52:10	
Gillian Young	W55	52:53	
Martin Watkins	M55	52:54	
Frank Gardiner	M55	53:19	
Keith Miller	M55	53:35	
John Ellard	M60	53:50	
Nick Miletic	M50	53:55	
Karen March	W40	53:58	
Robin King	W45	54:22	
John Doust	M55	54:22	
John Bell	M60	54:37	
Christine Engels	W50	54:39	
Bruce Mathieson	M60	54:46	
Mike Khan	M60	55:04	
Chris Pattinson	W50	55:07	
Milton Mavrick	M50	55:38	
David Willmer	M50	55:41	
Lorraine Lopes	W65	55:43	
Wayne Bates	M60	56:32	
Mark Rosen	M55	56:43	
Anne Jones	W50	57:04	

Friendship Run

February 19, 2006

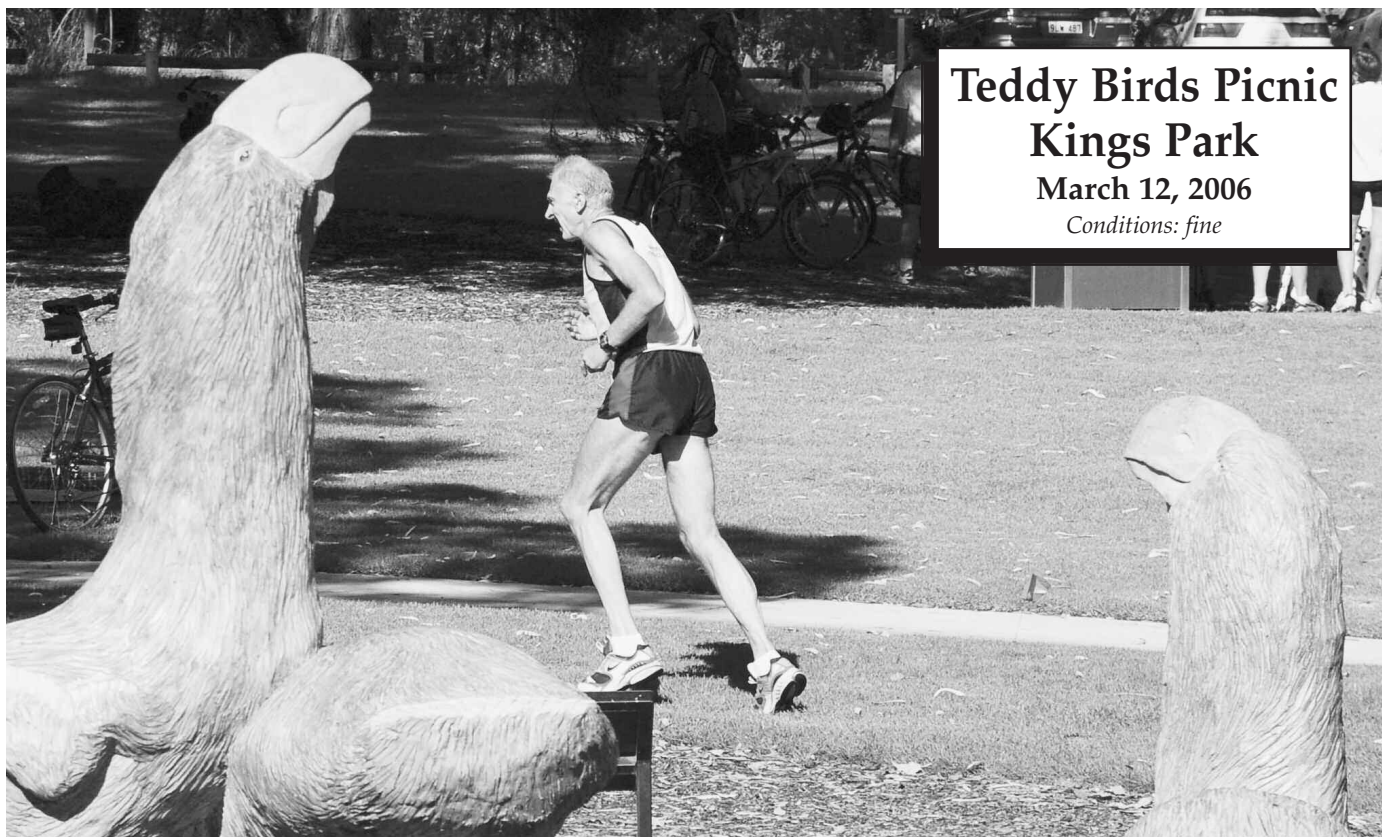
John Byrne	M55	57:48
Jeff Spencer	M60	58:03
John Smith	M70	58:09
Charlie Chan	M50	58:20
Paula Karra	W30	58:27
John Dance	M55	58:40
Terry Manford	M65	59:20
Roger Walsh	M60	59:36
Shirley Bell	W55	59:50
Graham Ainsworth	M50	59:55
Jane Elton	W35	60:32
Pamela Toohey	W60	61:18
Michael Wilkin	M55	61:19
Richard Danks	M60	62:12
Cecil Walkley	M75	62:36
John Talbot	M55	66:15
Viv Lok	W45	66:23
Irene Ferris	W50	66:40
Denise Viala	W55	67:29
Tanya Burke	W30	69:11
Jo Richardson	W50	72:20
Elaine Dance	W55	72:20
Margaret Bennett	W60	76:47
Jeni Shillington	W45	76:48
Shorty Turner	M70	83:16

5.5K RUN			
Duncan McAuley	M55	22:52	
Raymond Gimi	M40	23:45	
Jon Wannberg	M35	24:04	
Liz Neville	W50	25:01	
Karyn Gower	W45	25:34	
Bryan Hardy	M60	25:57	
Maurice Creagh	M55	25:59	
Vic Waters	M60	26:06	
Margaret Langford	W55	26:21	
Mike Hale	M55	26:22	
Irwin BarrettLennard	M75	26:24	
John Pentecost	M45	26:29	
Jeanette Tiverios	W45	27:19	
Keith Atkinson	M45	27:47	

John Brambley	M60	28:05
Mike Anderson	M55	28:22
Ray Attwell	M70	28:49
Michael Faunge	M65	29:43
Carmin Waumsley	W30	29:54
Bob Sammells	M65	30:56
Jacqui Halberg	W55	32:12
Merv Jones	M65	32:29
Grace Hollin	W45	33:38
Fiona McAuley	W50	33:57
Ray Hall	M70	34:27
Debbie Dance	W35	36:10
Julie Wood	W55	36"33
Pierre Viala	M55	36:33
Jennie Smith	W50	36:37
Arnold Jenkins	M60	37:13
Sheila Maslen	W65	37:59
Ray Lawrence	M75	38:00
Steve Toohey	M55	38:13
Mary Heppell	W65	41:51

11K WALK			
Val Millard	W55	83:16	

5.5K WALK			
Mike Rhodes	M60	38:43	
Lynne Schickert	W60	42:59	
Rosa Wallis	W60	43:08	
Janis Malin	W55	43:31	
Beryle Doust	W55	43:31	
Linda Rhodes	W55	43:51	
Dorothy Whittam	W65	43:40	
Pat Ainsworth	W65	44:01	
Liz Chandler	W35	45:26	
Mitch Loly	M65	45:27	
Patricia Hopkins	W60	46:10	
Alan Pomery	M70	46:12	
Merv Moyle	M75	47:19	
Margaret Warren	W70	47:38	
Kirt Johnson	M75	48:14	
Norm Miller	M70	50:12	
Pat Miller	W65	50:18	
Lorna Lauchlan	W75	51:05	
Leo Hassam	M75	51:07	
Maggie Flanders	W65	51:25	
Telsey Hatwell	W70	57:27	



Teddy Birds Picnic Kings Park March 12, 2006 *Conditions: fine*

15.2K RUN

Peter Sullivan	M45	53:51
Chris Maher	M50	58:09
Ross Parker	M55	58:27
Gary McLean	M40	58:41
#N/A	#N/A	60:46
Paul Hughes	M50	61:22
David Baird	M60	62:08
Iain Morshead	M40	63:28
Andrew Cook	M40	64:07
Neil McRae	M50	64:07
Brian Bennett	M55	64:37
Colin Chisolm	M40	65:19
Frank Smith	M60	65:31
Gary Carlton	M45	66:40
Mike Hale	M55	66:59
Don Pattinson	M50	67:54
Ivan Brown	M60	68:17
Helen Lysaght	W50	69:30
Michael Karra	M40	69:36
Ivan Pilton	M60	69:48
Gillian Young	W55	70:00
Mark Sivyver	M55	70:25
#N/A	#N/A	72:08
Mal Vernon	M50	73:44
John Bell	M60	74:15
Keith Miller	M55	74:54
John Ellard	M60	75:45
Karen March	W40	75:46
Mike Khan	M60	76:53

RULING NEEDED...

In these results you will find, in the short run -

John Talbot M55 45:43
and in the long run -

John Talbot M55 92:07
Same bloke. I think we need a committee ruling on this before it gets out of hand. If everyone decided they would like a time, for the short event, and clocked in before running on to complete the longer distance, chaos would ensue. Anarchy, even. We have enough trouble with recording already!

VW

Richard Danks (above) gets a stony reception from these Kings Park birds. Below, Race Director David Muir; bottom of page, Mark Sivyver and Gillian Young



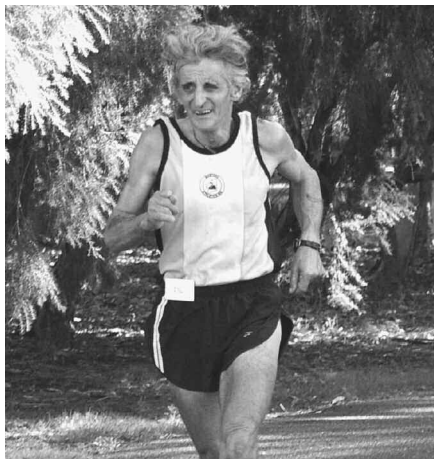
Mark Rosen	M55	77:39
Christine Engels	W50	78:09
Wayne Bates	M60	78:17
John Pellier	M65	78:37
John Oldfield	M60	78:38
Milton Mavrick	M50	79:10
Gary Fisher	M50	79:16
Paula Karra	W30	79:26
John Byrne	M55	79:31
Charlie Chan	M50	79:38
John Dance	M55	81:28
Kevin Payne	M45	81:44
Roger Walsh	M60	84:08
Pamela Toohey	W60	84:10
Richard Danks	M60	86:00
Rhod Wright	M55	87:49
Jo Richardson	W50	89:47
John Talbot	M55	92:07
Debbie Dance	W35	99:22

7.6K RUN

Ian Davies	M55	28:22
Stephen Dunn	M35	29:18
#N/A	#N/A	30:18
John Puglisi	M55	30:34
Christopher Coates	M50	30:44
Jim Klinge	M55	30:51
Amanda Walker	W35	31:11

Syd Beer	M60	32:33
Raymond Gimi	M40	32:58
Bob Schickert	M60	33:01
Kay Burt	W50	33:07
Dee Haines	W45	33:27
Frank Gardiner	M55	34:02
Bryan Hardy	M60	34:43
Barry Jones	M45	35:08
Vic Waters	M60	35:23
Bruce Mathieson	M60	35:42
Maurice Creagh	M55	35:56
Keith Atkinson	M45	36:13
#N/A	#N/A	36:28
Peter Dawkins	M50	37:00
Jeanette Tiverios	W45	37:02
Peter March	M45	38:03
Robert Sheehy	M60	38:16
John Brambley	M60	38:23
Mike Anderson	M55	38:38
Leonie Jones	W45	38:44
Mike Rhodes	M60	39:08
#N/A	#N/A	40:15
Paul Martin	M60	40:22
Dan Bending	M60	40:27
Carol Bowman	W50	40:33
Bob Sammells	M65	40:42
Troy Lundgren	M50	41:17





Lake Monger

March 5, 2006

Conditions: fine



Race Director
Trevor Robertson

10.4K RUN

Bjorn Dybdahl	M50	41:44
Geoff Barrett	M40	42:39
John Allen	M45	43:28
Neil McRae	M50	43:54
Ralph Henderson	M55	43:55
Doug Ashfield	M45	43:55
Andrew Cook	M40	44:27
John Puglisi	M55	45:48
David Muir	M60	46:35
Ivan Pilton	M60	47:18
Mike Hale	M55	47:24
Brian Danby	M55	48:28
John Mack	M60	48:41
John Oldfield	M60	50:48
Mike Khan	M60	52:16
Irwin BarrettLennard	M75	52:57
Mal Vernon	M50	53:25
Vis		54:08
Bruce Mathieson	M60	54:11
Wayne Bates	M60	56:10
Keith Atkinson	M45	56:16
John Pellier	M65	56:19
John Byrne	M55	57:35
Roger Walsh	M60	58:36
Bob Sammells	M65	59:02
John Smith	M70	60:11
Vis		65:33

7K RUN

Ian Davies	M55	25:57
Stephen Dunn	M35	27:35
John Pentecost	M45	27:53
Colin Chisolm	M40	30:18
Syd Beer	M60	30:32
Raymond Gimi	M40	30:37
Ivan Lazarus	M50	31:08

Finishers at Lake Monger, from top, Wayne Bates, Mal Vernon, Peter Ryan and Bruce Matheson

Michael Karra	M40	31:09
Gary Fisher	M50	33:30
Vic Waters	M60	33:32
Graeme Neill	M45	33:37
Maurice Creagh	M55	35:32
Bob Schickert	M60	35:54
Karen March	W40	35:58
Graham Ainsworth	M50	36:18
Paula Karra	W30	36:40
Terry Manford	M65	38:11
Michael Faunge	M65	38:52
Peter March	M45	38:52
Iain Morshead	M40	39:59
Rhod Wright	M55	40:32
Merv Jones	M65	42:33
Christine Oldfield	W60	42:38
Mick Malone	M55	42:58
Kris Adrian	W30	43:19
Arnold Jenkins	M60	43:19
Bev Whitfield	W40	46:07
Dalton Moffett	M75	51:28
Sheila Maslen	W65	51:44
Mary Heppell	W65	53:03

3.5K RUN

John Cresp	M55	14:04
Jon Wannberg	M35	14:33
John Collier	M35	15:54
John Dennehy	M45	16:26
Delia Baldock	W40	17:20
Carol Bowman	W50	18:06
Peter Airey	M65	18:06
Wendy ClementsGreen	W60	19:45
Grace Hollin	W45	21:11
Ray Hall	M70	21:49
Joan Pellier	W65	22:00
Jennie Smith	W50	22:34
Gordon Medcalf	M75	31:40

10.4K WALK

Val Millard	W55	75:16
Peter Ryan	M55	77:57
Dorothy Whittam	W65	88:45

7K WALK

Stan Delandgraftt	M75	53:10
Lynne Schickert	W60	56:09
Rosa Wallis	W60	57:20
Jeff Whittam	M70	61:48
Alan Pomery	M70	61:49
Rex Bruce	M65	67:30
Leo Hassam	M75	67:31

3.5K WALK

David Brown	M55	22:46
John Carrington	M70	24:33
Linda Rhodes	W55	28:12
Patricia Hopkins	W60	28:22
Mitch Loly	M65	28:23
Maggie Flanders	W65	31:31
Noela Medcalf	W70	31:32
Lorna Lauchlan	W75	33:08
Allen Tyson	M80	34:26
Barrie Thomsett	M65	38:41
Vis		38:41

Teddy Birds Picnic – continues

Mick Malone	M55	42:03
Merv Jones	M65	43:58
Viv Lok	W45	44:09
Tanya Burke	W30	44:19
Christine Oldfield	W60	44:24
Arnold Jenkins	M60	44:44
Mike Polkinghorne	M50	44:56
John Talbot	M55	45:43
Ray Hall	M70	46:12
Bev Whitfield	W40	47:12
Steve Toohey	M55	47:38
Jacqui Halberg	W55	48:30
Ray Lawrence	M75	50:13
Sheila Maslen	W65	51:58
Jeni Shillington	W45	53:11
Linda Rhodes	W55	56:32
Shorty Turner	M70	57:40
Dalton Moffett	M75	58:09
Mary Heppell	W65	58:15
Margaret Warren	W70	62:57
Liz Neville	W50	63:33
#N/A	#N/A	63:34

10K WALK

Val Millard	W55	64:23
John Carrington	M70	72:07
Lynne Schickert	W60	72:07
Jeff Whittam	M70	73:37
Dorothy Whittam	W65	74:11
Alan Pomery	M70	80:36
Rex Bruce	M65	81:14

5K WALK

David Brown	M55	32:24
Bob Neville	M70	39:06
Kirt Johnson	M75	41:19
Nola Bending	W60	43:38
Pat Miller	W65	43:56
Ann Turner	W70	43:57
Mitch Loly	M65	43:57
Maggie Flanders	W65	44:14
Barbara Bailey	W75	46:10
Elaine Ellard	W60	49:42
Stan Delandgraftt	M75	53:50*
(* walked 7.6K)		

COKER PARK

16/03/06

*Pending State Record

200M

Mark Perry	M35	24.0
Colin Smith	M40	25.3
Roy Fearnall	M60	27.8
Ian Davies	M55	30.1
Mike O'Reilly	M65	30.8
John Dennehy	M45	32.6
Nick Miletic	M50	35.0
Delia Baldock	W40	32.0
Gillian Young	W55	37.0
Carol Bowman	W50	39.4

2000M

Ian Davies	M55	6.45.1
Jon Wannberg	M35	7.51.3
Gillian Young	W55	8.39.8
Nick Miletic	M50	8.54.3
Carol Bowman	W50	9.59.8

2000M WALK

Val Millard	W55	13.36.2
Lynne Schickert	W60	14.37.6

100M

Mark Perry	M35	11.9
Colin Smith	M40	12.3
Roy Fearnall	M60	13.7
Damien Hanson	M50	14.9
John Dennehy	M45	15.6
Nick Miletic	M50	16.2
Delia Baldock	W40	15.4
Gillian Young	W55	17.4
Carol Bowman	W50	18.6

800M

Neil Morfitt	M50	2.09.7
David Solomon	M40	2.16.3
Henri Cortis	M60	2.17.4
John Dennehy	M45	2.56.9
Delia Baldock	W40	3.02.1
Gillian Young	W55	3.17.5
Nick Miletic	M50	3.22.6
Carol Bowman	W50	3.33.5

LONG JUMP

Damien Hanson	M50	4.23
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JAVELIN

Ed Carroll	M65	29.62
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SHOT

Ed Carroll	M65	10.62*
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March 2, 2006

200M

Mark Perry	M35	23.8
Colin Smith	M40	25.1
Peter De Klerk	M45	n/t
Guito Dumolard	M45	28.0
Barrie Kernaghan	M65	28.1
Rob Antonioli	M50	31.8
Jim Riddell	M65	34.8
Gillian Young	W55	38.6
Carol Bowman	W50	40.2
Lil Heatly	W75	84.8

1000M

Ivan Lazarus	M50	3.38.3
Ivan Brown	M60	3.53.1
Gillian Young	W55	4.00.4
Carol Bowman	W50	4.36.0
Lil Heatly	W75	8.19.3

Track and Field



Henri Cortis: he's re-set WA's M60
1,000M record to 3:02.

1000M WALK

Stan Jones	M80	6.38.9
Lynne Schickert	W60	6.51.0
Jim Turnbull	M65	6.51.1

400M

Colin Smith	M40	56.3
Peter De Klerk	M45	57.1
David Solomon	M40	60.5
Henri Cortis	M60	61.2
Barrie Kernaghan	M65	63.7
Rob Antonioli	M50	61.9
John Dennehy	M45	71.9
Jim Riddell	M65	80.6
John Oldfield	M60	82.5
Delia Baldock	W40	72.3
Gillian Young	W55	83.0
Carol Bowman	W50	88.5
Lil Heatly	W75	3.00.5

5000M

John Puglisi	M55	20.10.4
Bob Schickert	M60	20.26.0
Ivan Lazarus	M50	20.59.7
Gillian Young	W55	22.45.3
Maurice Creagh	M55	22.50.3
Jackie Halberg	W55	26.02.1
Carol Bowman	W50	26.18.2

3000M

John Oldfield	M60	13.10.4
Ivan Brown	M60	13.24.6
John Dennehy	M45	14.01.8

3000M WALK

Lynne Schickert	W60	21.37.3
Jim Turnbull	M65	21.37.4

LONG JUMP

Kevin Webster	M35	5.26
Rob Antonioli	M50	4.89

SHOT

Ed Carroll	M65	10.58*
Kevin Webster	M35	9.78

DISCUS

Ed Carroll	M65	39.63*
Kevin Webster	M35	29.20
Rob Antonioli	M50	24.12
Damien Hanson	M50	23.79

UWA

March 7, 2006

200M

Barrie Kernaghan	M65	28.0
Duncan McAuley	M55	28.9
Norm Richards	M65	29.5

John Dennehy	M45	33.2
Bob Schickert	M60	34.2
Ross Calnan	M65	36.0
Carol Bowman	W50	38.7
Lynne Schickert	W60	60.2

1000M

Henri Cortis	M60	3.02.0*
Alan Gower	M50	n/t
Keith Edmonds	M35	n/t
Peter Sullivan	M45	n/t
Ivan Lazarus	M50	n/t
John Collier	M35	n/t
Jon Wannberg	M35	n/t
Bob Schickert	M60	n/t
John Dennehy	M45	3.48
Barry Jones	M45	3.53
Toni Phillips	W30	3.54
John Oldfield	M60	3.54.5
Karyn Gower	W45	3.55
Carol Bowman	W50	4.34
Gill Edmonds	W40	4.40
Christine Oldfield	W60	5.00
Lynne Schickert	W60	6.30

400M

Campbell Till	M45	55.8
Duncan McAuley	M55	63.4
Barrie Kernaghan	M65	63.7
Rob Greenhalgh	M55	63.9
Keith Edmonds	M35	67.3
Ivan Lazarus	M50	70.6
Norm Richards	M65	74.3
Bob Schickert	M60	75.2
John Collier	M35	73.6
John Dennehy	M45	74.2
Karyn Gower	W45	81.3
Carol Bowman	W50	88.1

5000M

Peter Sullivan	M45	18.22.2
Alan Gower	M50	18.24.3
Doug Ashfield	M45	19.33.3
Frank Smith	M60	19.54.9
Keith Edmonds	M35	22.34.8
John Oldfield	M60	22.36.6
Ivan Lazarus	M50	23.13.7
Barry Jones	M45	23.31.7
Carol Bowman	W50	27.57.9
Christine Oldfield	W60	28.26.2
Fiona McAuley	W50	28.33.6

3000M

Ivan Brown	M60	12.33.1
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3000M WALK

Val Millard	W55	19.56.5
Lynne Schickert	W60	23.02.2

LONG JUMP

Lynne Schickert	W60	2.18
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SHOT

Geoff Gee	M50	12.92
Ed Carroll	M65	10.57
Kate Glass	W55	10.00
John Everard	M45	8.44
Rob Shand	M70	7.37
Toni Phillips	W30	7.08
Kayrn Gower	W45	4.93

DISCUS

Ed Carroll	M65	40.81*
Geoff Gee	M50	32.25
Kate Glass	W55	26.21
Rob Shand	M70	24.43
John Everard	M45	24.15
Damien Hanson	M50	20.26
Toni Phillips	W30	18.13
Karyn Gower	W45	11.99

100 METRES

W40		
1 Moloney, Sharon	W43	15.0
2 Baldock, Delia	W44	15.4
W50		
1 Choate, Lynne	W53	14.6
2 Bowman, Carol	W51	18.3
W55		
1 Dickason, Carey	W55	18.8
2 Jarvis, Dot	W56	19.8
W60		
1 Jenkins, Luella	W63	18.1
W65		
1 Johnson, Ruth	W65	17.4
W75		
1 Heatly, Lil	W77	32.4
M35		
1 Kennedy, Brendan	M37	12.2
M40		
1 Smith, Colin	M43	12.4
2 Jones, Nigel	M43	12.7
M45		
1 Till, Campbell	M48	12.8
2 De Klerk, Pieter	M46	13.0
3 Dumolard, Guito	M49	13.6
4 Korver, Glenn	M47	13.7
5 Edwards, Mike	M49	14.0
M50		
1 Antonioli, Rob	M54	13.6
2 Hanson, Damien	M52	15.0
M55		
1 Miletic, Nick	M55	15.9
M60		
1 Cortis, Henri	M60	13.8
2 Martin, Keith	M62	14.5
M65		
1 Kernaghan, Barrie	M65	14.1
2 Richards, Norman	M68	14.4
3 Chambers, Don (Vic)	M68	14.7
3 Sander, Leon	M69	15.5
4 Riddell, Jim	M66	17.0
M70		
1 Sutton, John	M70	17.3
M85		
1 Frearson, Don	M85	20.0

200 METRES

W40		
1 Moloney, Sharon	W43	30.7
2 Baldock, Delia	W44	31.2
W50		
1 Bowman, Carol	W51	36.8
W55		
1 Young, Gillian	W58	35.8
2 Dickason, Carey	W55	39.6
W60		
1 MacLiver, Peggy	W61	32.9
2 Jenkins, Luella	W63	38.7
W65		
1 Johnson, Ruth	W65	35.0
W75		
1 Heatly, Lil	W77	1:20.9
M35		
1 Perry, Mark	M38	23.2
2 Kennedy, Brendan	M37	24.2
M40		
1 Smith, Colin	M43	24.2
M45		
1 De Klerk, Pieter	M46	25.0
2 Dumolard, Guito	M49	27.3
3 Dennehy, John	M46	30.6
M50		
1 Morfitt, Neil	M50	25.6
2 Antonioli, Rob	M54	27.1
3 Hanson, Damien	M52	30.3

MAWA State Championships 2006

A disc with ALL pictures taken at the Championships is available at very moderate cost. Contact Vetrin, or committee members.



Delia Baldock, W44 and Sharon Moloney, W43 start their 100M



M40 400M start

Jacqui Sanders, W39, finishing 2000M steeplechase



M55		
1 McAuley, Duncan	M56	28.1
2 Cornish, Bruce	M57	30.0
3 Miletic, Nick	M55	33.5
M60		
1 Fearnell, Roy	M62	
27.1		
M65		
1 Richards, Norman	M68	28.5
2 Chambers, Don (Vic)	M68	29.1
2 Doye, Peter	M65	32.3
3 Riddell, Jim	M66	34.4
M85		
1 Frearson, Don	M85	41.6

400 METRES

W35		
1 Ellis, Fiona	W39	75.1
W40		
1 Baldock, Delia	W44	73.1
W50		
1 Bowman, Carol	W51	1:25.5
W55		
1 Dickason, Carey	W55	1:37.7
W60		
1 Oldfield, Christine	W61	1:42.3
W65		
1 Johnson, Ruth	W65	1:21.7
W75		
1 Heatly, Lil	W77	3:06.4
M40		
1 Smith, Colin	M43	55.7
M45		
1 De Klerk, Pieter	M46	55.2
2 Till, Campbell	M48	55.9
3 Edwards, Mike	M49	67.0
4 Korver, Glenn	M47	67.4
5 Dennehy, John	M46	69.7
M50		
1 Morfitt, Neil	M50	58.1
2 Antonioli, Rob	M54	62.1
M55		
1 Hope, Eric	M55	61.1
2 McAuley, Duncan	M56	61.4
3 Bocian, John	M55	71.8
4 Miletic, Nick	M55	78.0
M60		
1 Cortis, Henri	M60	59.3
2 Fearnall, Roy	M62	63.4
3 Whalen, Roger	M64	73.3
4 Oldfield, John	M62	1:23.6
M65		
1 Kernaghan, Barrie	M65	70.5
2 Richards, Norman	M68	72.8
3 Sander, Leon	M69	75.7
4 Riddell, Jim	M66	1:24.1
M75		
1 Walkley, Cecil	M76	1:24.1

800 METRES

W35		
1 Ellis, Fiona	W39	2:53.6
W40		
1 Baldock, Delia	W44	2:58.1
W45		
1 Gower, KarynSue	W46	2:58.6
W50		
1 Bowman, Carol	W51	3:35.0
W55		
1 Young, Gillian	W58	3:12.5
2 Dickason, Carey	W55	3:38.8
3 McAuley, Fiona	W55	4:05.3
W60		

1 Jenkins, Luella	W63	3:41.2
2 Oldfield, Christine	W61	3:52.8
W65		
1 Johnson, Ruth	W65	3:21.4
W75		
1 Heatly, Lil	W77	7:06.8
M40		
1 Smith, Colin	M43	2:21.0
2 Smith, Patrick	M42	2:21.6
M45		
1 Till, Campbell	M48	2:17.1
2 Cattrall, Robert	M48	2:25.3
3 Sullivan, Peter	M47	2:35.0
4 Dennehy, John	M46	2:45.2
M50		
1 Morfitt, Neil	M50	2:11.9
2 Gower, Alan	M50	2:27.5
3 Antonioli, Rob	M54	2:28.5
M55		
1 Hope, Eric	M55	2:13.9
2 McAuley, Duncan	M56	2:38.2
3 Bocian, John	M55	2:57.0
4 Miletic, Nick	M55	3:04.4
M60		
1 Cortis, Henri	M60	2:18.8
2 Schickert, Bob	M64	2:37.3
3 Wilson, Bruce	M60	2:38.9
4 Baird, David	M62	2:42.1
5 Oldfield, John	M62	2:59.9
M65		
1 Smith, Morland	M68	3:10.8
2 James, Lyle	M65	3:42.7

1500 METRES

W45		
1 Gower, KarynSue	W46	5:57.6
W50		
1 Bowman, Carol	W51	7:08.3
W55		
1 Dickason, Carey	W55	7:14.9
2 McAuley, Fiona	W55	7:24.0
W60		
1 Oldfield, Christine	W61	7:23.9
W75		
1 Heatly, Lil	W77	12:15.0
M35		
1 Mitchell, Paul	M35	
4:10.9		
M40		
1 Smith, Patrick	M42	4:50.6
M45		
1 Cattrall, Robert	M48	4:46.2
2 Sullivan, Peter	M47	4:49.1
3 Jones, Barry	M49	5:48.8
M50		
1 Gower, Alan	M50	4:47.9
2 Dybdahl, Bjorn	M52	5:14.0
M55		
1 Hope, Eric	M55	4:32.4
2 Davies, Ian	M58	4:36.0
3 McAuley, Duncan	M56	5:14.8
4 Bocian, John	M55	5:29.8
5 Dickason, John	M55	5:59.3
6 Miletic, Nick	M55	6:15.7
M60		
1 Cortis, Henri	M60	4:52.7
2 Schickert, Bob	M64	5:18.4
3 Baird, David	M62	5:27.0
4 Wilson, Bruce	M60	5:30.9
5 Brown, Ivan	M61	5:40.6
6 Oldfield, John	M62	6:02.8
M65		
1 Smith, Morland	M68	6:25.8
2 James, Lyle	M65	7:46.2
M75		
1 Walkley, Cecil	M76	6:58.0



Inset, Doug Ashfield, M49, and Jim Klinge, M59, in 10,000M; main pic, M45 100M start

5000 METRES

W35		
1 Ellis, Fiona	W39	21:42.3
W45		
1 Haines, Dee	W47	22:14.1
W50		
1 Burt, Kay	W50	20:46.9
2 Bowman, Carol	W51	25:48.2
W55		
1 Young, Gillian	W58	22:16.1
2 McAuley, Fiona	W55	27:44.7
W60		
1 Oldfield, Christine	W61	27:19.3
W75		
1 Heatly, Lil	W77	45:09.3
M35		
1 Mitchell, Paul	M35	
15:29.9		
2 Dunn, Stephen	M39	18:54.0
M40		
1 Solomon, David	M41	17:51.5
2 Gimi, Raymond	M41	21:13.0
M45		
1 Cattrall, Robert	M48	17:33.5
2 Sullivan, Peter	M47	17:44.0
3 Ashfield, Doug	M49	19:08.8
4 Jones, Barry	M49	21:47.0
M50		
1 Dybdahl, Bjorn	M52	18:26.1
2 Maher, Christopher	M52	18:32.1
M55		
1 Davies, Ian	M58	17:36.8
2 Puglisi, Giovanni	M55	19:18.8
3 Klinge, Jim	M59	19:56.6
4 Bocian, John	M55	20:59.2
5 Reid, David	M55	21:17.7
6 Dickason, John	M55	21:31.8
7 Creagh, Maurice	M59	22:02.7
M60		
1 Langford, Jim	M61	18:24.4
2 Smith, Frank	M64	19:25.9
3 Wilson, Bruce	M60	20:02.1
4 Baird, David	M62	20:08.5

5 Brown, Ivan	M61	20:45.9
M65		
1 Smith, Morland	M68	23:48.5
2 Sammells, Robert	M69	25:08.7
3 James, Lyle	M65	27:44.2
M70		
1 Simmonds, David	M71	22:48.9

10000 METRES

W35		
1 Keeley, Julie	W39	53:23.5
W45		
1 Haines, Dee	W47	46:16.8
2 Gower, KarynSue	W46	47:59.4
W50		
1 Burt, Kay	W50	43:11.1
W55		
1 McAuley, Fiona	W55	57:51.5
W60		
1 Oldfield, Christine	W61	58:45.4
M35		
1 Mitchell, Paul	M35	
31:16.5		
2 Dunn, Stephen	M39	38:42.7
M45		
1 Sullivan, Peter	M47	36:49.6
2 Ashfield, Doug	M49	40:28.0
3 Jones, Barry	M49	47:29.2
M50		
1 Dybdahl, Bjorn	M52	37:09.1
2 Maher, Christopher	M5	37:26.8
3 Gower, Alan	M50	38:43.2
4 Lazarus, Ivan	M54	54:34.3
M55		
1 Klinge, Jim	M59	42:20.6
2 Bocian, John	M55	44:13.3
3 Reid, David	M55	44:52.4
4 Creagh, Maurice	M59	47:06.5
5 Miletic, Nick	M55	48:16.1
M60		
1 Smith, Frank	M64	40:15.2
2 Schickert, Bob	M64	42:45.4
3 Oldfield, John	M62	44:59.4



Steeplechasers - left, Bob Schickert, M64 in 2000M; right, Bjorn Dybdahl, M52 and John Puglisi, M55 in the 3000M

M65		
1 Sammells, Robert	M69	53:26.8
M70		
1 Simmonds, David	M71	49:45.6

2000 METRE WALK

W45		
1 Ventris, Lyn	W49	9:08.6
W55		
1 Millard, Valerie	W59	12:46.2
W60		
1 Schickert, Lynne	W64	14:03.6
2 Hopkins, Patricia	W63	15:25.9
W65		
1 Flanders, Maggie	W69	17:12.4
W70		
1 Medcalf, Noela	W71	17:11.8
M45		
1 Lenane, Tom	M49	11:43.0
M55		
1 Bocian, John	M55	11:30.2
2 Cornish, Bruce	M57	12:35.3
M65		
1 Doye, Peter	M65	12:58.9
M70		
1 Whittam, Jeffrey	M71	15:02.1
M75		
1 Delandgrafft, Stan	M79	14:21.9
M80		
1 Jones, Stanley	M80	13:25.7
2 Tyson, Allen	M81	17:04.4

3000 RACE WALK

W45		
1 Ventris, Lyn	W49	14:08.0
W55		
1 Millard, Valerie	W59	19:27.2
W60		
1 Schickert, Lynne	W64	21:55.9
W75		
1 Heatly, Lil	W77	22:13.3
M45		
1 Lenane, Tom	M49	18:46.4
M55		
1 Bocian, John	M55	18:29.5
M65		
1 Doye, Peter	M65	19:09.5

M70		
1 Whittam, Jeffrey	M71	22:51.4
M80		
1 Jones, Stanley	M80	20:36.4

5000 METRES WALK

W45		
1 Ventris, Lyn	W49	24:01.6
W55		
1 Millard, Valerie	W59	33:05.6
W60		
1 Schickert, Lynne	W64	36:05.7
M45		
1 Lenane, Tom	M49	31:02.0
M55		
1 Cornish, Bruce	M57	31:51.9
M65		
1 Doye, Peter	M65	32:12.8
M70		
1 Whittam, Jeffrey	M71	38:34.8
M75		
1 Delandgrafft, Stan	M79	37:28.0
M80		
1 Jones, Stanley	M80	34:26.9
80 Metres Hurdles		
W40		
1 Baldock, Delia	W44	16.3
100 Metres Hurdles		
M65		
1 Chambers, Don (Vic)	M68	20.9
300 Metres Hurdles		
M60		
1 Martin, Keith	M62	52.6
M65		
1 Chambers, Don (Vic)	M68	58.2
1 Richards, Norman	M68	62.8
M75		
1 Medcalf, Gordon	M76	1:31.7
400 Metre Hurdles		
W40		
1 Baldock, Delia	W44	1:22.7

2000 METRE STEEPLECHASE

W35		
1 Ellis, Fiona	W39	9:23.2
2 Sanders, Jacqui	W39	10:44.8
W60		
1 Schickert, Lynne	W64	14:29.0

M60		
1 Wilson, Bruce	M60	8:18.9
2 Schickert, Bob	M64	8:31.8
M65		
1 James, Lyle	M65	11:11.8
M75		
1 Walkley, Cecil	M76	11:26.6

3000 METRE STEEPLECHASE

M50		
1 Dybdahl, Bjorn	M52	12:38.4
M55		
1 Puglisi, Giovanni	M55	13:27.9
High Jump		
W35		
1 Wills, Carolyn	W36	1.45m
W55		
1 Jarvis, Dot	W56	1.11m
W60		
1 Jenkins, Luella	W63	1.00m
W65		
1 Johnson, Ruth	W65	1.00m
M50		
1 Antonioli, Rob	M54	1.31m
M55		
1 Hope, Eric	M55	1.31m
M60		
1 Martin, Keith	M62	1.30m
M65		
1 Chambers, Don (Vic)	M68	1.20m
1 Carroll, Ed	M65	1.15m
2 Richards, Norman	M68	1.15m
M70		
1 Fergie, Bob	M70	1.10m
2 Sutton, John	M70	0.90m
M75		
1 Medcalf, Gordon	M76	0.95m

LONG JUMP

W35		
1 Ellis, Fiona	W39	3.57m
W40		
1 Baldock, Delia	W44	4.19m
2 Moloney, Sharon	W43	3.80m
W55		
1 Dickason, Carey	W55	3.00m
W60		
1 Jenkins, Luella	W63	3.21m
2 Schickert, Lynne	W64	2.35m
W65		
1 Johnson, Ruth	W65	3.53m
M35		
1 Webster, Kevin	M38	5.25m
M40		
1 Smith, Colin	M43	4.82m
M45		
1 Till, Campbell	M48	5.59m
M50		
1 Antonioli, Rob	M54	4.84m
2 Hanson, Damien	M52	4.28m
M60		
1 Martin, Keith	M62	4.76m
M65		
1 Chambers, Don (Vic)	M68	4.22m
1 Richards, Norman	M68	4.17m
2 Sander, Leon	M69	4.03m
3 James, Lyle	M65	2.11m
M70		
1 Sutton, John	M70	2.81m

TRIPLE JUMP

W40		
1 Baldock, Delia	W44	8.62m
2 Moloney, Sharon	W43	6.99m
W55		
1 Dickason, Carey	W55	6.21m



Luella Jenkins – W63

W60			
1 Jenkins, Luella	W63	5.96m	
2 Schickert, Lynne	W64	5.30m	
W65			
1 Johnson, Ruth	W65	7.45m	
M50			
1 Antonioli, Rob	M54	8.36m	
M65			
1 Chambers, Don (Vic)	M68	8.52m	
M70			
1 Sutton, John	M70	6.22m	

SHOT PUT

W40			
1 Moloney, Sharon	W43	7.40m	
W55			
1 Glass, Kate	W56	10.21m	
2 Jarvis, Dot	W56	7.42m	
3 Dickason, Carey	W55	5.28m	
W60			
1 Jenkins, Luella	W63	6.62m	
W65			
1 Holland, Kathleen	W65	7.07m	
2 Whittam, Dorothy	W69	6.68m	
3 Johnson, Ruth	W65	5.71m	
W75			
1 McMillan, Raema	W78	6.83m	
M35			
1 Humich, Randal	M35	13.64m	
2 Webster, Kevin	M38	10.18m	
3 Kennedy, Brendan	M37	8.27m	
M50			
1 Antonioli, Rob	M54	6.40m	
M55			
1 Dickason, John	M55	8.23m	
2 Cornish, Bruce	M57	8.07m	
M60			
1 Bowen, Jeff	M64	8.93m	
M65			
1 Carroll, Ed	M65	10.16m	
2 Chambers, Don (Vic)	M68	8.77m	
2 Doye, Peter	M65	7.90m	
M70			
1 Fergie, Bob	M70	8.84m	
2 Sutton, John	M70	7.69m	
3 Shand, Robert	M73	7.43m	
4 Whittam, Jeffrey	M71	6.79m	
M80			
1 Chapman, Bill	M81	8.49m	

DISCUS

W30			
1 Phillips, Toni	W34	21.65m	
W40			
1 Moloney, Sharon	W43	27.04m	
W55			
1 Glass, Kate	W56	26.45m	

2 Jarvis, Dot	W56	17.37m	
3 Dickason, Carey	W55	15.49m	
W60			
1 Jenkins, Luella	W63	16.70m	
W65			
1 Holland, Kathleen	W65	15.22m	
2 Whittam, Dorothy	W69	14.15m	
3 Johnson, Ruth	W65	13.45m	
W70			
1 Medcalf, Noela	W71	14.44m	
W75			
1 McMillan, Raema	W78	18.02m	
M35			
1 Humich, Randal	M35	43.76m	
2 Webster, Kevin	M38	28.51m	
M50			
1 Antonioli, Rob	M54	22.95m	
2 Hanson, Damien	M52	20.66m	
M55			
1 Cornish, Bruce	M57	27.27m	
2 Dickason, John	M55	22.58m	
M60			
1 Selby, Stan	M60	34.33m	
2 Bowen, Jeff	M64	28.04m	
M65			
1 Carroll, Ed	M65	35.64m	
2 Chambers, Don (Vic)	M68	21.74m	
2 James, Lyle	M65	11.88m	
M70			
1 Fergie, Bob	M70	26.33m	
2 Shand, Robert	M73	25.48m	
3 Sutton, John	M70	22.42m	
4 Whittam, Jeffrey	M71	18.59m	
M80			
1 Chapman, Bill	M81	20.94m	

JAVELIN

W40			
1 Moloney, Sharon	W43	23.03m	
W50			
1 Wilson, Barbara	W54	17.96m	
W55			
1 Glass, Kate	W56	23.10m	
W60			
1 Jenkins, Luella	W63	18.78m	
W65			
1 Holland, Kathleen	W65	19.04m	
2 Whittam, Dorothy	W69	15.27m	
3 Johnson, Ruth	W65	14.00m	
4 Flanders, Maggie	W69	11.92m	
W70			
1 Medcalf, Noela	W71	12.63m	
W75			
1 McMillan, Raema	W78	16.27m	
M35			
1 Webster, Kevin	M38	32.96m	
M45			
1 Dennehy, John	M46	12.98m	
M50			
1 Hanson, Damien	M52	27.91m	
M60			
1 Selby, Stan	M60	45.93m	
2 Bowen, Jeff	M64	24.10m	
M65			
1 Carroll, Ed	M65	26.64m	
2 Sander, Leon	M69	22.94m	
3 Chambers, Don (Vic)	M68	21.91m	
3 James, Lyle	M65	12.76m	
M70			
1 Shand, Robert	M73	24.61m	
2 Fergie, Bob	M70	24.30m	
3 Sutton, John	M70	21.40m	
4 Whittam, Jeffrey	M71	13.70m	
M80			
1 Chapman, Bill	M81	16.04m	



Damien Hanson – M52



Kevin Webster – M38



Don Chambers (Vic.), M68

HEAVY WEIGHT

W40			
1 Moloney, Sharon	W43	5.77m	
W55			
1 Glass, Kate	W56	12.16m	
2 Dickason, Carey	W55	6.06m	
W60			
1 Jenkins, Luella	W63	8.33m	
W65			
1 Whittam, Dorothy	W69	9.02m	
2 Johnson, Ruth	W65	8.18m	
W75			
1 McMillan, Raema	W78	9.86m	
M35			
1 Humich, Randal	M35	11.79m	
2 Webster, Kevin	M38	9.54m	
M45			
1 Everard, John	M47	8.85m	
M60			
1 Bowen, Jeff	M64	7.56m	
M65			
1 Carroll, Ed	M65	10.37m	
M70			
1 Fergie, Bob	M70	12.7m	
2 Sutton, John	M70	9.47m	
3 Whittam, Jeffrey	M71	8.80m	
M80			
1 Chapman, Bill	M81	10.41m	

8K RUN

Jim Langford	M60	30:49
Ian Davies	M55	31:02
John Pentecost	M45	33:26
Brian Bennett	M55	35:36
Syd Beer	M60	36:30
Ivan Pilton	M60	37:01
John Bocian	M55	37:39
Sean Keane	M40	38:18
Bob Schickert	M60	38:19
Bryan Hardy	M60	38:31
John Doust	M55	38:43
Maurice Creagh	M55	39:22
Bruce Mathieson	M60	39:47
Mike Khan	M60	39:56
Margaret Langford	W55	40:02
Joe Stickles	M65	41:36
Doug Ashfield	M45	42:09
Robert Sheehy	M60	43:26
Graham Ainsworth	M50	43:43
Mike Rhodes	M60	44:32
John Smith	M70	47:42
Sue Bullen	W45	47:46
Viv Lok	W45	47:57
Arnold Jenkins	M60	50:00
Denise Viala	W55	51:43
Grace Hollin	W45	52:09

BERT and Bridget Carse, who originated this new run, would have been delighted to hear all the positive comments from the athletes. The pleasant morning weather allowed everyone to enjoy the tree-lined heritage trail at its best. The gravel track made speed-walking difficult and no doubt slowed down the runners as well. However, Jim Langford and Ian Davies did not seem to notice as they sprinted neck-and-neck for the line with Jim just winning the 8km race. Congratulations to all the other winners, and grateful thanks to the willing helpers – John Talbot, John Byrne, Lesley

Pierre Viala	M55	56:26
Margaret Bennett	W60	58:51
Jeni Shillington	W45	58:52
Linda Rhodes	W55	63:13
Shorty Turner	M70	63:41

4K RUN

Jon Wannberg	M35	17:59
Delia Baldock	W40	20:52
Bob Sammells	M65	24:35
Vis.		28:25

Kalamunda Railway Run

March 19, 2006

Romeo, Stan Dellengraft, Norm and Pat Miller, Mike Polkinghorne (and his better half), Allison & Peter Oldfield-Hiosan, with daughter Romy. They made this, our debut as race directors, such an enjoyable day.

Christine and John Oldfield

8K WALK

Beryle Doust	W55	65:15
--------------	-----	-------

4K WALK

Dorothy Whittam	W65	38:31
Jeff Whittam	M70	38:33
Rex Bruce	M65	38:59
Alan Pomery	M70	41:47
Kirt Johnson	M75	41:48
Ann Turner	W70	42:26
Telsey Hatwell	W70	42:27

HAMMER

W40		
1 Moloney, Sharon	W43	21.81m
W55		
1 Glass, Kate	W56	38.16m
2 Jarvis, Dot	W56	19.98m
3 Dickason, Carey	W55	19.21m
W60		
1 Jenkins, Luella	W63	15.83m
W65		
1 Whittam, Dorothy	W69	20.57m
2 Johnson, Ruth	W65	17.05m
M35		
1 Webster, Kevin	M38	28.88m
M45		
1 Everard, John	M47	34.98m
M60		
1 Bowen, Jeff	M64	18.12m
M65		
1 Chambers, Don (Vic)	M68	20.33m
M70		
1 Fergie, Bob	M70	30.74m
2 Whittam, Jeffrey	M71	21.89m
3 Sutton, John	M70	16.03m
M80		
1 Chapman, Bill	M81	24.45m



John Sutton, M70, winds it up (below) and lets it go!

PENTATHLON

W30		
1 Phillips, Toni	W34	589
W35		
1 Wills, Carolyn	W36	2425
W40		
1 Moloney, Sharon	W43	1620
W50		
1 Wilson, Barbara	W54	1928
W60		
1 MacLiver, Peggy	W61	3253
2 Jenkins, Luella	W63	2510
W65		
1 Johnson, Ruth	W65	3107
M30		
1 Staunton, Matthew	M32	2687
M40		
1 Smith, Colin	M43	2168
2 Jones, Nigel	M43	2043
M45		
1 Dennehy, John	M46	1454

M50		
1 Antonioli, Bob	M54	2673
2 Hanson, Damien	M52	1963
M65		
1 Richards, Norm	M68	3232
2 Sander, Leon	M68	2634
M70		
1 Fergie, Bob	M70	2020
2 Shand, Robert	M73	1274

WEIGHT PENTATHLON

W30		
1 Phillips, Toni	W34	1378
W40		
1 Moloney, Sharon	W43	1934
W55		
1 Glass, Kate	W56	3712
2 Jarvis, Dorothy	W56	2023
3 Dickason, Carey	W55	1837
W60		
1 Jenkins, Luella	W63	2511
W65		
1 Whittam, Dorothy	W69	2920
2 Johnson, Ruth	W65	2456
W75		
1 McMillan, Raema	W78	4071
M30		
1 Staunton, Matthew	M32	2417
M35		
1 Humich, Randal	M35	2855
2 Webster, Kevin	M38	2076
M45		
1 Everard, John	M47	2100
M55		
1 Cloete, Roche	M55	2691
M60		
1 Bowen, Jeff	M64	2195
M65		
1 Carroll, Ed	M65	3149
2 Cambers, Don (Vic)	M68	2488
M70		
1 Fergie, Bob	M70	2422
2 Sutton, John	M70	2281
3 Whittam, Jeffrey	M71	2158
M80		
1 Chapman, Bill	M81	3327



TRACK and FIELD
6pm: full programme

**Coker Park winter
Thursdays programme
starts April 6.**

April 6: 100, 1000, 600, 3000
run/wk

13th: 400, 1500, 60, 3000
run/wk

20th: 200, 800, 60, 5000 run/
3000 wk

27th: sprinters training
night

May 4: 60, 1 mile, 400, 3000
run/wk

11th: 300, 5000 run/3000wk,
100, 800

COMING EVENTS and helpers list

All helpers: please contact your director and confirm you are available.

18th: 200, 1000, 600, 3000
run/wk

25th: 100, 800, 300, 3000
run/wk

MAY 7

AROUND HERDSMAN

Directors: Jim and Margaret
Langford - 9387 6347

Kris Adrian, Merv Jones, Stan
Lockwood, Chris and Don
Pattinson, David Scott

MAY 14

AQUINAS

Director: Andrew Cook
- 9444 6826

Rex Bruce, Charlie Chan,
David Harrowfield, Dalton
Moffett, Ernie Moyle, Ross
Parker, Kevin Payne, Bev
Whitfield

**MAY 21
SOUTHERN SOJOURN**

Director: Lachlan Marr -
9398 6429

Wayne Bates, Dan & Nola
Bending, Sid Bowler, John
Byrne, Maurice Creagh, Ray
Hall

**MAY 28
WEIR**

Director: Chris Coates -
9256 1004

Jim Barnes, Sid Bowler, John
& Beryl Doust, Bernadette
Height, Dave Reid, Jim
Roberts, Mal Vernon
More members will be allo-
cated as 2006/7 member-
ship forms are received.

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Bill Hughes

Vetrun

MAY
2006
No. 386



The magazine of Masters Athletics WA

ARTHUR'S WILLING

I've checked me social
calender
an' scratched me balding
head
an' reckon I'll be there mate,
Upon the dates you've said.

I lay out all the little flags
around the running track.
An' when the run is over
I'll go out and bring them
back!

*Cheers,
Arthur Leggett*

One of our most senior members, Arthur is still a race director and regularly helps at several runs. And just to further embarrass anyone who has failed to show/help at a run, let's give an accolade to Milton Mavrick. Despite a bout of flu, Milton turned out to marshal at the Membership Run, and generously passed on his germs to anyone foolish enough to stop and chat.

John Collier is another stalwart. More accustomed to T&F, nevertheless he turned up to help at Reabold Hill this month. "I believe in fulfilling my commitments," he said. Never mind that for most of this year he's been battling glandular fever.

VW

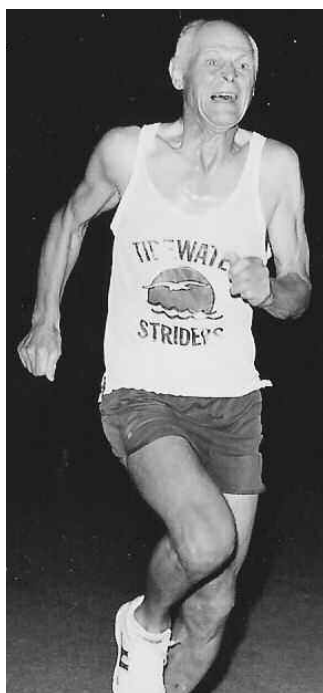
New members... Welcome!

733 Ian Glasspell M55
524 Maria Mangan W50
200 Ron Sutton M65
426 Anne Humphrey W40
427 Jon Tuttle M40
400 Craig Owens M45
414 Genevieve Spiro W35

Nationals team set more records

SEVENTEEN club athletes brought home a swag of 15 Gold, 22 Silver and 7 Bronze medals from the Masters National Championships in Canberra, held over Easter. New WA State records were set by Don Frearson (M85 100m and 200m), Lyn Ventris (W45 10km walk), Kate Glass (W55 heavy weight) and relay runners Henri Cortis, Neil Morfitt, Eric Hope and David Carr (M50+ 4x400m). Five 90+ percentages were scored with the ever-consistent Lyn Ventris topping the list with 97.41% in her 10k.

From the team – many thanks to Les Beckham and Ross Wickham for their work as officials. Detailed results – see page 7.



Jim Barnes: one of Australia's most prolific marathon men, he's just run three in three weeks.

Jim's Marathon trio

THREE European marathons in three weeks were achieved by Jim Barnes recently, bringing his total to 92! This month he tells us about the warm one, in Spain. Chillier accounts from Germany follow next month in the June Vetrun.

1. SEVILLE

SEVILLE is a city with much history, my great love, as is the marathon. I should have allowed more time to recover from jet-lag, but I'm always inclined to take things as they come and suffer afterwards. Result is, this time, that since returning to Perth I have been down with a shocking cold that won't leave me.

Start and finish of the Seville Marathon was in the world games stadium, the flat course passing through all the historic points of the city – Alhambra, Giralda, the Cathedral etc. About 3000 entrants from many nations took part; it gave me a warm feeling for the event. I tagged

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OUTRUN DEMENTIA

RESEARCHERS into senile dementia and Alzheimer's seem to have made a breakthrough in determining the cause, according to a recent Catalyst programme (ABC TV). I hope our medical members will excuse this layman's interpretation of the findings (but at least it will be simple!)

Apparently, evidence of brain cell damage shows up as 'plaques' and they result from excessive blood pressure in the brain. The scientists featured on Catalyst said that reducing blood pressure - and therefore the risk of brain damage - was best achieved by - RUNNING!

VW

on to a serial marathon running Swedish bloke who was fluent in Spanish. (Spaniards talk so fast, and I didn't have a clue.) From the start I felt sluggish. but spectator support was wild and vocal, for a city of this size. In the last 5km I suffered most, into a cold wind and uphill into the stadium.

Organisation was outstanding. We were greeted at the end with a towel inscribed with the event, medal, t-shirt, singlet, shorts and a wide range of food and drinks!

Next I took a bus for a spectacular trip via Grenada to Cartagena, to stay with a Brit running friend and his wife who moved to Spain a few years ago. ■

You write...

RECORDS ONLINE

Hi Vic,

I have just finished updating the club and state records on the club website to the latest (April 2006) versions, supplied by Campbell Till. Perhaps you could put a small note in the next Vetrin letting members know?

cheers, John Stone



John is running again after about a year off. Picture shows him finishing valiantly at Reabold Hill; and he's a track runner! VW

May Birthdays

Anderson	Mike	M55
Bermudes	Michel	M35
Blair	Tim	M30
Brown	David	M55
Burke	Tanya	W35
Burt	Kay	W50
Creighton	Maree	W55
De Klerk	Pieter	M45
Fearnall	Roy	M60
Frampton	Chris	M40
Gare	Peter	M65
Giacomin	Aldo	M70
Hardy	Bryan	M60
Hassam	Leo	M75
Height	Bernadette	W45
Hughes	Paul	M50
Jenkins	Arnold	M60
Johnston	Ian	M55
Kerswill	Michael	M65
Langford	Fred	M60
Lawrence	Ray	M75
Matheson	Bruce	M60
Miller	Pat	W65
Mison	John	M55
O'Sullivan	Colin	M50
Pomery	Alan	M75
Pressley	John	M60
Rhodes	Linda	W60
Riddell	Jim	M65
Shanahan	Glenice	W80
Slyth	Paul	M60
Smith	Jennie	W50
Walsh	Roger	M60
Waters	Vic	M60
Wells	Sue	W55
Willmer	David	M50
Wilson	Bruce	M60
Wyatt	Dave	M55
Gilmour	John	M85

Monday 24 April 2006
Hockey Club Rooms, Floreat

MEETING OPENED

The meeting began at 7pm and ended at 8.33pm. It was noted that the Agenda was in the April Vetrin. There were 45 members present, and 14 apologies.

Moved Jeff Whittam, seconded by Cecil Walkley, that the minutes of the 2005 AGM as published in the May 2005 Vetrin be accepted as correct. Carried.

No matters arose from the Minutes.

REPORTS



Re-elected President - Val Millard

President: The President reported to the meeting thanking the many members who had contributed to success over the year, the committee and members who had been allocated other specific jobs, officials, race directors and helpers. Many medals were won by MAWA athletes at the Oceania Masters Championships in Christchurch and the recent Telstra AMA Championships in Canberra and a large number of State and Australian records were set during the year. Sunday morning road/cross country events have continued strong attendance with members enjoying the competition and socialising which follows. With track events on a Thursday evening at Coker Park all through the year and the Saturday morning throwing group (which will resume shortly) members have many avenues for participation.

Secretary: The Secretary's report was published in the April 2005 Vetrin. Moved by Bob Schickert seconded by Barbara Blurton that the secretary's report be accepted. Carried.

Treasurer: The Treasurer's report showing receipts for year \$39,420.49 and payments \$41,789.26 (a deficit of \$2368.49) was presented along with the Auditor's report. The Treasurer include in his report two 'pie chart' graphs, one showing receipt

AGM Minutes

percentages and the other operating costs as a percentage of annual membership fees. Moved Roger Walsh, seconded Jim Barnes, that the Treasurer's report be accepted. Carried.

TROPHIES

Patron's Trophy – awarded annually for the track and field points competition. This year the men's trophy was presented to:

Henri Cortis; 2nd David Carr, 3rd Bob Schickert.

Female winner was:

Liz Neville; 2nd Delia Baldock, 3rd Robin King.

Handicap Trophy:

- winner: Mike Rhodes

Achievement Award:

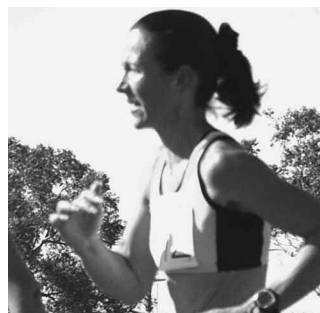
- winner: Delia Baldock

(Nominees must meet the criteria of significant improvement of athletic performance and significant contribution to the administration of the club.)

John Gilmour Trophy

Awarded for the most outstanding performance during 2005/06

23 performances, by 13 athletes, rated at more than over 90 per cent were announced.



World-class winner - Lyn Ventris

Winner:

Lyn Ventris (W49 5km Walk; 24:01.6; 96.68%)

2nd - Ian Davies (M58 800m; 2:09.57; 96.45%)

3rd - Barbara Blurton (W55 400m; 63.3; 96.14%)

4th - David Carr (M73 800m; 2:33.08; 96.06%)

Athlete of the Meet

(State T&F Championships)

Lyn Ventris (W49 5km walk; 24:01.6; 96.68%)

In 12 months 98 State records and 6 Australian records were set by five athletes (Shane Hair, Brett Blanco, Randall Humich,

Peggy Macliver and Barbara Blurton.)

Thanks to Campbell Till, Club Statistician, for these details.

ELECTION OF OFFICE BEARERS

President

Val Millard

Vice President

Barbara Blurton

Secretary

Bob Schickert

Treasurer

Roger Walsh

Committee

Graham Ainsworth

Jacqui Halberg

Damien Hanson

All office bearers were elected unopposed. There is one committee vacancy.

APPOINTMENT OF OFFICIALS

Patron Bill Hughes

Editor Vic Waters

Handicapper Mike Rhodes

Auditor John Mison

Statistician Campbell Till

LIFE MEMBER

The President reported there had been three nominations to the committee for life membership. Before a life membership nomination can be put to the AGM for a vote the committee must recommend the nomination. Following vigorous discussion the committee decided not to recommend any of the three nominations to the AGM. The committee acknowledged the contribution to the club by the three nominated members but decided that each of them had not achieved the very high standard of service required for recommendation.

NOTICES OF MOTION

No notices of motion were received to amend the Constitution.

GENERAL BUSINESS

Campbell Till proposed that in the State Track and Field Championships the 2000m walk be replaced by a 1500m walk as that is the distance for which Australian records are compiled. Seconded John Ventris. Carried.

Bob Schickert reported on the position regarding use of Kings Park. New guidelines have been issued which will require a change to the Teddy Birds event scheduled for 11 March 2007. He will consult with race director David Muir.

Damien Hanson displayed a listing of club throwing equipment. The list is available to members. He also mentioned that the weekend winter throwing group would resume shortly.

The changes to the Vetrun in style, content and cost since the last AGM were discussed and there was overwhelming support for the new format. It was mentioned that some track and field competitors were disappointed with the reduction in track and field results. Barbara Blurton advised the meeting that she could provide detailed results within a few days by email to any member who would like this service. The Treasurer reported that the cost of production had gone up by more than \$4,000 (from \$4,623 in 04/05 to \$8772 in 05/06) a rise of about \$10 per member. The committee and the editor are limiting the size of the Vetrun to eight pages per month to keep costs under control. A move to twelve pages would increase costs by 50 per cent.

Membership fees were discussed and the President pointed out that there had been no change for five years. The club is in a very healthy financial position with cash assets of over \$40,000. There was some discussion about returning these funds to members. The committee has taken the position of using the reserves carefully to improve services to members and keeping a significant reserve for contingencies such as equipment purchases and Public Liability Insurance if the Athletics Australian provision is discontinued. In the year just completed the club operated at a loss of \$2,368. taking in to account the interest of \$1,931. It was pointed out that if reserves are reduced there would be less interest to offset an operating loss.

Mark Rosen highlighted the problem for recorders of members going through the finish line for the short event on Sundays and then completing the long event and going through the line again. The President will announce at Sunday events that this is not acceptable.

Jeff Whittam proposed a vote of thanks to the outgoing committee. Seconded by Bob Sammells. Carried.

Bob Schickert
Secretary

BRIAN Foley's untimely end cast a pall of sadness across our club. Those who knew him best struggled to comprehend how such a vital, active and healthy man could be gone. Some, myself included, might even admit to anger at the unfairness of it.

To Brian's wife, Norma, and his sons, Andrew and Jonathan, goes deepest sympathy from all the Masters.

The shocking news, that Brian had succumbed to stroke, was announced at the Membership Run on April 2. Brian had returned from Melbourne at the beginning of that week, after serving as an official at the Commonwealth Games. He died on April 1.

'Service' was what he did, of course, so well and so often, in our own world of athletics as well as the broader community.

David Carr:

"Brian was an all-round athlete from his early years. He flirted around two minutes for the 800m in Hobart with the Uni AC; was in the water polo club, swimming club. He played ice hockey in Canada; rugby with Palmyra.

"Apart from sport, Brian was involved with scouts, environmental improvements, social club, aboriginal programme, driver training and other community activities.

"Common thread here is his energy, teamwork and contribution to the administration of each club or organisation."

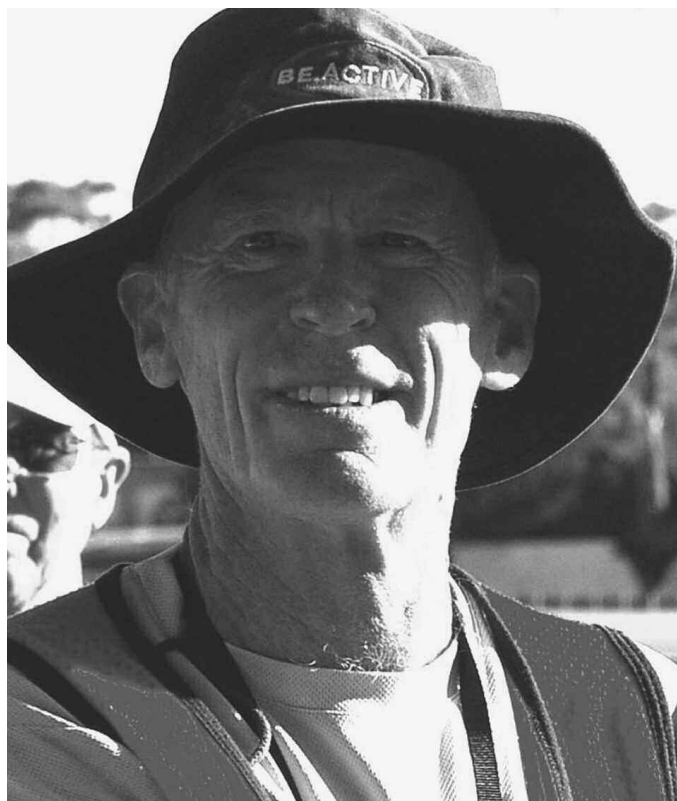
Brian's achievements for our club and the national Australian Masters Athletics Inc. were enormous.

Life Member

He served on the Masters Athletics WA committee for 14 years from 1987 to 2001, holding at various times the positions of President, Vice President and Secretary. He was awarded life membership in 1998.

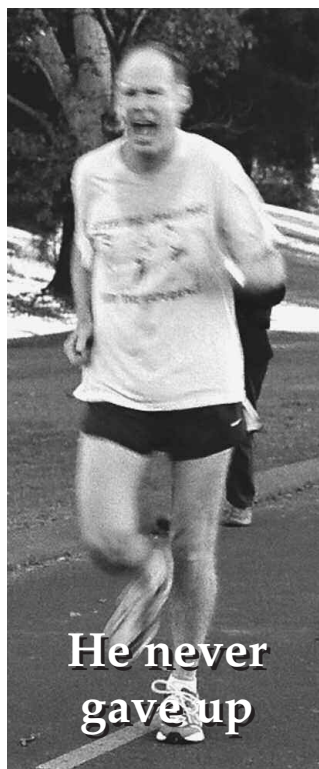
Brian was on the organising committee for the past three national AMA championships in Perth, and was an official at the Sydney Paralympics in 2000.

In 1994 Brian was elected to the Australian Masters Athletics Board and served as Secretary from 1996. In 2003 he received the AMA Administrator of the Year



Brian Foley

MARCH 11, 1944 - APRIL 1, 2006



We'll remember him best like this, giving it everything right to the finish.

Award for his outstanding services.

Brian was an Australian delegate to the World Masters Athletics General Assembly in Brisbane in 2001 and again in San Sebastian, Spain in 2005.

As an 'A' grade qualified official Brian spent many a season with Open athletes. He was awarded a life membership of WA Athletics during the 2004-05 season having given over 20 years service in this area.

Born in Tasmania, Brian's career as a chemical engineer took him to Canada, Turkey and Africa. In WA he worked in many roles with Alcoa Australia, the latest being wetland preservation.

Despite all his admin successes, Brian Foley was never 'officious'. Rather, he combined intelligence and efficiency with the human touch that made him always approachable, always easy to be with. Brian Foley was a gentleman.

Brian was all set to retire. He would have spent more time on his family, travelling, and the things he loved. I have no doubt he would have fixed up that dodgy hip and left me foundering in his wake again, especially in the 800.

Lynne Schickert, as President of Australian Masters Athletics Inc. in offering our sincerest condolences to Norma, Andrew and Jonathan, said it for all his friends and colleagues - 'He was a remarkable man.'

3P's Run POINT WALTER BICTON April 9, 2006



*The all-over
suntan of
16km winner
Sandy Burt
looked great.
But, see what
over-exposure
does, Sandy?*

THE weather was perfect for the first of the year's longer distance runs, sunny and cool. A total of 117 runners and walkers competed over the 5km, 8km and 16 km courses and some excellent times were recorded, despite some confusion over the 5k turn, with a number of runners going on to do the 8 km. The turn was flagged, but my apologies for the lack of a marshal to turn the runners.

Congratulations to all who competed, and particularly the winners of the various distances. Well done. Thanks go to my helpers – particularly Pam Toohey, Elaine Dance, Beryle Doust and Peter March, who volunteered at short notice – and Jill Midolo, Jeff and Wendy Spencer, Bob Schickert and Mike Polkinghorn. Thank you all, and see you again next year.

Val Millard



*Linda Rhodes and Mary Heppell with their
pacer, Don Caplin!*

16KM RUN

Sandy Burt	M40	60:51
Vis		64:03
Lachlan Marr	M45	64:48
John Pentecost	M45	65:17
John Allen	M45	65:40
Gary McLean	M40	65:50
Neil McRae	M50	69:04
David Baird	M60	69:16
John Puglisi	M55	70:54
John Cresp	M55	71:07
Graeme Uren	M35	71:15
Geoff Barrett	M40	72:33
Mike Hale	M55	74:40
Vis		74:54
Don Pattinson	M50	74:57
Helen Lysaght	W50	75:08
Vis		75:19
Doug Ashfield	M45	75:51
Gary Carlton	M45	77:04
Johan Hagedoorn	M60	77:13
Robin King	W45	78:01
Vis		78:07
Vis		78:41
Dee Haines	W45	78:55
Mal Vernon	M50	79:53
Keith Miller	M55	80:30
Graeme Neill	M45	81:19
Karen March	W40	81:52
John Ellard	M60	81:54
Robert Sheehy	M60	83:04
Nick Miletic	M55	82:34
Christine Engels	W50	83:02
John Doust	M55	83:50
Graham Ainsworth	M50	84:38
John Pellier	M65	85:20
Ian Glasspell	M55	85:30
Lorraine Lopes	W65	86:06
Wayne Taylor	M45	86:16
Maurice Creagh	M55	86:23
Paula Karra	W35	86:38
Jane Elton	W35	89:18
Vis		89:18
John Byrne	M55	89:29
Vis		1:31:23
John Dance	M55	1:32:24
Viv Lok	W45	1:33:37
Richard Danks	M60	1:33:43
John Smith	M70	1:36:43
Brian Smith	M65	1:37:29
Reece Waldock	M50	1:38:18
Vis	W30	1:38:18
Cecil Walkley	M75	1:38:19
Merv Jones	M65	1:38:27
Irene Ferris	W50	1:40:11
Vic Beaumont	M75	1:43:24
Denise Viala	W55	1:51:58
Debbie Dance	W35	1:56:34
Pierre Viala	M55	1:56:55
Steve Toohey	M55	1:57:08
Shorty Turner	M70	2:01:16
Margaret Bennett	W60	2:08:20

8K RUN

Bernard Mangan	M50	31:01
Vis		31:52
Vis		34:08
Kay Burt	W50	35:17
Syd Beer	M60	35:26
Michael Karra	M40	35:28
Bill Jones	M55	36:48
Sean Keane	M40	37:14
Vic Waters	M60	37:49
Bruce Mathieson	M60	37:54
Hamish McGlashan	M65	37:57
Chris Pattinson	W50	38:35
Carol Bowman	W50	39:06



*Above: Doug Ashfield, Leo Hassam and Rex
Bruce. Below: new committee man Graham
Ainsworth attracts paparazzi –
Gary Mclean and John Puglisi.*



David Carr	M70	40:12
Irwin BarrettLennard	M75	40:13
Shirley Bell	W55	41:33
John Brambley	M60	41:37
Mike Anderson	M55	42:03
Mike Rhodes	M60	43:03
Paul Martin	M60	43:25
Bob Sammells	M65	43:27
Terry Manford	M65	44:13
Michael Faunge	M65	44:39
Marg Forden	W60	44:53
Damien Hanson	M50	45:27
Grace Hollin	W45	48:31
Arnold Jenkins	M60	48:58
Ray Hall	M70	49:26
John Talbot	M55	50:03
Wendy ClementsGreen	W60	50:15
Jennie Smith	W50	56:19
Ray Lawrence	M75	57:27
Sheila Maslen	W65	57:28
Mary Heppell	W65	60:25
Linda Rhodes	W55	60:25
Janet Walter	W55	70:00

5K RUN

Jon Wannberg	M35	25:29
Raymond Gimi	M40	25:47
Vis		29:10
Dan Bending	M60	37:09

16K WALK

Ann Turner	W70	2:15:31
Pat Ainsworth	W70	2:15:44
Merv Moyle	M75	2:17:06
Alan Pomery	M70	2:21:29
Brian Bennett	M55	2:32:35
Jo Richardson	W50	2:32:35
Pat Miller	W65	2:37:00

8K WALK

Mitch Loly	M65	73:24
Michael Walter	M55	73:55
Vis		73:56
Rex Bruce	M65	75:55
Leo Hassam	M75	75:57

5K WALK

Patricia Hopkins	W60	41:57
Sue Wells	W50	42:11
Maggie Flanders	W65	45:02

Burswood Membership Run

April 2, 2006

JUST when you think there are no more excuses for wrong numbers...

Exactly how Mike Karra managed to fit into Paula's singlet is yet to be determined, but he did run under false colours in this one.

11.6K RUN

Visitor 3		40:47
Lachlan Marr	M45	45:25
Paul Hughes	M50	46:12
Neil McRae	M50	47:34
Jim Klinge	M55	47:59
John Puglisi	M55	50:49
David Muir	M60	51:00
Syd Beer	M60	51:10
Mike Hale	M55	51:11
David Reid	M55	51:38
Bob Schickert	M60	51:58
Paula...		
(aka Mike) Karra	M40	52:14
Wayne Taylor	M45	52:56
Gillian Young	W55	52:56
Helen Lysaght	W50	55:32
Johan Hagedoorn	M60	53:50
John Mack	M60	54:32
Bryan Hardy	M60	54:46
John Ellard	M60	55:32
Hamish McGlashan	M65	56:21
Karen March	W40	57:37
Graham Ainsworth	M50	58:33
Keith Atkinson	M45	58:33
Mark Sivyer	M55	58:41
Joe Stickles	M65	58:46
Peter March	M45	59:04
Charlie Chan	M50	60:01
Shirley Bell	W55	60:07
John Doust	M55	60:08
Graham Thornton	M65	60:49
John Dance	M55	61:32
Mike Anderson	M55	61:51
Jim Barnes	M60	62:41
Viv Lok	W45	64:59
John Smith	M70	65:01
Sue Bullen	W45	66:19
Richard Danks	M60	67:04
Merv Jones	M65	68:42
Vis 4		69:03
Christine Oldfield	W60	69:55
John Oldfield	M60	69:56
Vic Beaumont	M75	70:00
Arnold Jenkins	M60	71:29
John Talbot	M55	73:22
Brian Bennett	M55	78:06
John Bell	M60	78:07
Debbie Dance	W35	80:16
Steve Toohey	M55	81:07
Jan Jarvis	W60	82:04
Margaret Bennett	W60	88:39
Shorty Turner	M70	88:39
Jacqui Halberg	W55	91:21

5K RUN

Duncan McAuley	M55	20:42
Raymond Gimi	M40	21:28
Jon Wannberg	M35	21:28
Frank Gardiner	M55	21:57
Bruce Mathieson	M60	22:55

NO doubt there was serious work afoot in Canberra, but Piney Lakes on Easter Sunday had the atmosphere of a fun run. The sun was shining, it was a first time venue, and the hundred plus masters and mistresses were already hyped up on chocolate eggs. Even a shower at the end did not dampen spirits, and just about everyone praised the circuit. Piney Lakes had something to please everybody, including varied scenery, twists and turns, and a 'con-rod' straight to elbow past the opposition. This run was limited to two 4km laps, but a third might make it a real challenge.

And what was it like being a first time director for a brand new run? In two words, "too easy". When I got back from marking the course, everything needed was already being done. In fact, just for something to do I even ran the first lap. Perhaps it was not quite that simple, but

8K RUN

Sandy Burt	M40	29:02
Jim Langford	M60	29:28
Bernard Mangan	M50	30:05
Peter Sullivan	M45	30:12
Lachlan Marr	M45	30:13
Vis		30:16
John Pentecost	M45	30:33
Vis		30:36
John Allen	M45	31:13
Jon Tuttle	M40	32:07
David Baird	M60	32:29
Jim Klinge	M55	32:37
Doug Ashfield	M45	32:42
Neil McRae	M50	33:02
John Puglisi	M55	33:20
Vis		33:22
Michael Karra	M40	34:28
Mike Hale	M55	34:54
David Muir	M60	35:25
Wayne Taylor	M45	35:38
Kay Burt	W50	35:40
Bill Jones	M55	35:44
Johan Hagedoorn	M60	35:45
Helen Lysaght	W50	36:05
John Mack	M60	36:41
Vis		36:44

Bill Jones	M55	23:21
Vis 1		23:47
Vis 2		25:07
Jeanette Tiverios	W45	25:07
Delia Baldock	W40	25:31
Carol Bowman	W50	26:21
Jim Riddell	M65	26:25
Bob Sammells	M65	26:42
Michael Faunge	M65	27:12
Damien Hanson	M50	27:27
Kris Adrian	W35	28:28
Fiona McAuley	W55	28:20
David Carr	M70	30:06
Wendy ClementsGreen	W60	30:25
Ray Hall	M70	30:25
Janet Walter	W55	31:40
Jennie Smith	W50	32:11
Sheila Maslen	W65	33:19
Jeni Shillington	W45	35:44
Lesley Romeo	W60	36:24
Ray Lawrence	M75	38:47
Dalton Moffett	M75	38:48

Piney Lakes Winthrop

April 16, 2006

Conditions: rainy

the buzz was worth the trouble. So, if you are asked to be a director, then go for it.

Lots of people assisted, but my special thanks go to the official helpers, Christine Wheeler, Alan and Dawn James, Maggie Flanders, David Charlton, Brian Hunt, and Iain Morshed, plus Jacqui, Elaine and Pam who looked after the timing, and of course Jennie who was into everything, also daughter Connie (serving drinks). Finally, thanks to Bob and Lynne Schickert for conceiving a great run.

John and Jennie Smith (pictured below)



Bryan Hardy	M60	36:45
Vis		37:24
Ian Glasspell	M55	37:28
Margaret Langford	W55	37:35
Robert Sheehy	M60	37:54

11.6K WALK

Val Millard	W55	82:25
Lynne Schickert	W60	91:21
Pat Ainsworth	W70	97:25
Alan Pomery	M70	98:34
Ann Turner	W70	1:42:14
Merv Moyle	M75	1:42:14
Pat Miller	W65	1:45:17
Norm Miller	M70	1:45:22

5K WALK

Rosa Wallis	W60	39:09
Beryle Doust	W55	39:09
Patricia Hopkins	W60	42:23
Maggie Flanders	W65	44:06
Liz Chandler	W35	44:46
Kirt Johnson	M75	44:47
Michael Walter	M55	44:51
Sue Hughes	W55	46:44
Leo Hassam	M75	46:47
Rex Bruce	M65	46:48
Telsey Hatwell	W70	46:53
Barbara Bailey	W75	47:07
John Bailey	M80	47:07

Maurice Creagh	M55	37:58
Nick Miletic	M55	38:16
Vis		38:26
Vis		38:37
Bruce Mathieson	M60	38:37
Shirley Bell	W55	38:49
Graham Ainsworth	M50	39:00
Jill Midolo	W55	39:06
Vis		39:10
Julie Keeley	W35	39:15
Paula Karra	W35	39:45
John Byrne	M55	40:19
Jim Barnes	M60	40:27
Paul Martin	M60	40:44
John Brambley	M60	40:50
Charlie Chan	M50	41:01
Bruce Wilson	M60	41:32
John Dance	M55	42:12
Mike Rhodes	M60	42:23
Viv Lok	W45	42:35
Richard Danks	M60	43:43
Merv Jones	M65	45:50
Jeff Spencer	M65	45:51
Arnold Jenkins	M60	46:02
Vis		46:04
Tanya Burke	W30	47:40
John Talbot	M55	47:53
Debbie Dance	W35	51:27
Steve Toohey	M55	51:38
Sheila Maslen	W65	54:17
Mary Heppell	W65	58:11
Jo Richardson	W50	59:53

4K RUN

#N/A		14:27
#N/A		14:47
Christopher Coates	M50	15:08
Paul Burke	M35	15:08
Jon Wannberg	M35	15:52
Colin Smith	M40	16:28
Raymond Gimi	M40	16:54
Frank Gardiner	M55	17:33
Barry Jones	M45	17:53
Ivan Pilton	M60	18:30
Vis		19:20
Anne Humphrey	W40	19:27
Mike Anderson	M55	19:42
Leonie Jones	W45	20:23
Jim Riddell	M65	20:25
Roger Walsh	M60	20:35
Vis		21:33
Vis		21:44
John Smith	M70	22:17
Bob Sammells	M65	22:32
Ray Hall	M70	23:01
Mike Polkinghorne	M50	23:17
Doug Hazell	M50	24:24
John Stone	M50	25:07
Vic Waters	M60	25:07
Bob Fergie	M70	25:15
Ray Lawrence	M75	25:57
Julie Wood	W55	26:46
Dalton Moffett	M75	31:03
Linda Rhodes	W55	31:07

8K WALK

Rosa Wallis	W60	60:50
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4K WALK

David Brown	M55	26:38
Patricia Hopkins	W60	33:17
Mitch Loly	M65	36:39
Merv Moyle	M75	37:50
Kirt Johnson	M75	37:50
Leo Hassam	M75	38:38
Rex Bruce	M65	38:38
Allen Tyson	M80	39:06
Keith Atkinson	M45	40:56

REABOLD'S off the calendar for 2006/07, but we have too few genuine x/c runs and I hope to resurrect it - starting lower! With several helpers away it was very gratifying when, unbidden, Ray Hall, Brian Smith, Bob Harrison, Linda Rhodes and Dick Blom showed up to fill in. Thanks also to Frank Smith, Paul Hughes, Ian Davies, John & Elaine Ellard, John Collier and Sid Beer. VW



Above: 10km winner Jim Langford; nobody should look that good coming up that hill!
Below: Terry Mumford, Carole Bowman and Milton Mavrick would agree. Lower pic: 5km winner Patrick Smith.



8K WALK

Dorothy Whittam	W65	62:54
Jeff Whittam	M70	67:00
Mitch Loly	M65	67:00

6K WALK

Stan Delandgraft	M75	46:06
Patricia Hopkins	W60	50:30
Rex Bruce	M65	53:05
Merv Moyle	M75	54:50
#NVis	#N/A	54:50
Dalton Moffett	M75	54:55

5K WALK

Keith Atkinson	M45	48:33
Pat Miller	W65	49:50
Norm Miller	M70	54:13
Leo Hassam	M75	54:14

4K WALK

Lynne Schickert	W60	31:13
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Reabold Hill

April 23, 2006

Conditions: fine



John Cresp, Trevor Robertson and Ivan Brown

10K RUN

Jim Langford	M60	40:00
John Allen	M45	41:33
Gary McLean	M40	41:55
Geoff Barrett	M40	42:21
David Baird	M60	43:57
Neil McRae	M50	44:45
John Cresp	M55	46:03
Mike Hale	M55	46:17
Trevor Robertson	M50	46:28
Wayne Taylor	M45	48:01
Brian Danby	M55	48:15
Michael Karra	M40	48:22
Mal Vernon	M50	48:39
Helen Lysaght	W50	49:01
Johan Hagedoorn	M60	49:16
Bob Schickert	M60	51:21
#Vis	M40	51:45
David Carr	M70	52:28
Hamish McGlashan	M65	52:56
Karen March	W40	53:01
Nick Miletic	M55	53:07
Christine Engels	W50	53:12
Julie Keeley	W35	53:40
Jon Tuttle	M40	53:58
Paula Karra	W35	54:18
#Vis	#N/A	54:22
John Pellier	M65	54:51
Terry Manford	M65	57:20
Bob Sammells	M65	57:53
Milton Mavrick	M50	59:22
Mike Rhodes	M60	59:42
John Talbot	M55	63:46
Jo Richardson	W50	78:04

5K RUN

Patrick Smith	M40	19:35
Stephen Dunn	M35	19:58
Deborah Gardner	W35	21:23
Jim Klinge	M55	21:45
Duncan McAuley	M55	22:52
Ivan Brown	M60	23:19
Raymond Gimi	M40	23:29
Maurice Creagh	M55	26:12
Graham Ainsworth	M50	26:20
Delia Baldock	W40	27:44
Lorraine Lopes	W65	28:06
Michael Faunge	M65	29:26
Carol Bowman	W50	29:31
Troy Lundgren	M50	30:24
Kris Adrian	W35	30:31
Fiona McAuley	W55	30:41
Val Millard	W55	34:33
John Stone	M50	35:05
Ray Lawrence	M75	40:01
Julie Wood	W55	40:30
Jeni Shillington	W45	40:48
Pat Ainsworth	W70	48:32

29 WA Records set this year

A TOTAL of 29 new State records were set in the past year, 17 by men and twelve by women. Highlights include a pending Australian record in the W60 Pentathlon by Peggy Macliver. Lyn Ventris again proved her mastery of the walks with her Athlete of the Meeting award performance in the 5000m walk, and an impressive 96.7 per cent, agegraded.

Paul Mitchell earns a very worthy mention for his record run of 31:16.5 in the M35 10,000 metres. Anyone that can break one of Jim Langford's records is obviously going very well!

Eight 90-plus per cent performances were spread amongst five athletes with numerous athletes recording results in the 88-90 per cent region.

This shows the high standards many of our athletes are performing at; 90 per cent is considered international standard and at that level they would be finalists in the World Championships.

Campbell Till

STATE RECORDS

Don Frearson	M85	100m	20.0
Don Frearson	M85	200m	41.6
Cecil Walkley	M75	400m	84.1
Ruth Johnson	W65	400m	81.7
Ruth Johnson	W65	800m	3:22.6
Ruth Johnson	W65	800m	3:21.4
Lil Heatly	W75	5000m	45:09.3
Paul Mitchell	M35	10000m	31:16.5
Gordon Medcalf	M75	300m H	1:31.7
Fiona Ellis	W35	2k Steep.	9:23.2
Cecil Walkley	M75	2k Steep.	11:26.6
Lyn Ventris	W45	2K Walk	9:08.6
Stan Jones	M80	2KWalk	13:25.7
Stan Jones	M80	3KWalk	20:36.4
Dot Jarvis	W55	High Jump	1.11m
Ruth Johnson	W65	High Jump	1.00m
Kate Glass	W55	Discus	26.45m
Rae McMillan	W75	H/Weight	9.86m
Randal Humich	M35	H/Weight	12.87m
Bill Chapman	M80	H/Weight	11.02m
Bill Chapman	M80	Hammer	25.14m
Stan Selby	M60	Javelin	45.93m
Kath Holland	W65	Javelin	19.04m
Randal Humich	M35	Shot	13.64m
Bill Chapman	M80	Shot	8.49m
Randal Humich	M35	Wt/Pent.	2855 pts
Ed Carroll	M65	Wt/Pent.	3149 pts
Peggy Macliver	W60	Pent.	3253 pts (AR)
Matt Staunton	M30	Pent.	2687 pts

90+ PER CENT PERFORMANCES

Lyn Ventris	W49	5K Walk	24:01.6	96.7%
Lyn Ventris	W49	3K Walk	14:08.0	95.2%
Ian Davies	M58	1500m	4:36.0	93.5%
Eric Hope	M55	1500m	4:32.4	92.4%
Henri Cortis	M60	800m	2:18.7	91.7%
Eric Hope	M55	800m	2:13.9	90.8%
Kate Glass	W56	H/Weight	12.16m	90.3%
Henri Cortis	M60	400m	59.3	90.2%

Track & Field



Left: Lynne Choate, a perennial champion for WA Masters. Above: Paul Mitchell setting a new M35 10km WA mark at the State championships.

NATIONALS TEAM SET MORE RECORDS

... from front page

100 METRES

2	Lynne Choate W50	14.10
6	Carol Bowman W50	17.63
2	Pat Carr W70	19.66
4	Brendan Kennedy M35	12.07
6	Shane Davey M35	12.96
1	Don Frearson M85	18.90 (SR)

200 METRES

2	Lynne Choate W50	30.24
4	Brendan Kennedy M35	24.91
5	Leon Sander M65	30.42
3	David Carr M70	30.51
1	Don Frearson M85	41.30 (SR)

400 METRES

2	Carol Bowman W50	84.02
3	Neil Morfitt M50	57.32
5	Eric Hope M55	60.04
2	Henri Cortis M60	59.75
2	David Carr M70	66.96 (91.77%)

800 METRES

2	Neil Morfitt M50	2:11.76
1	Eric Hope M55	2:11.46 (92.51%)
1	Henri Cortis M60	2:22.12
6	Bob Schickert M60	2:38.90
5	Leon Sander M65	3:28.51
1	David Carr M70	2:43.90

1500 METRES

1	Eric Hope M55	4:36.98
2	Henri Cortis M60	5:01.37
1	David Carr M70	5:55.82

5000 METRES

3	Carol Bowman W50	25:36.75
2	Bob Schickert M60	20:13.15

10,000 METRES

2	Bjorn Dybdahl M50	41:59.50
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8K CROSS CCOUNTRY

2	Bob Schickert M60	34:20
---	-------------------	-------

2K STEEPLECHASE

2	Lynne Schickert W60	14:17.09
1	Bob Schickert M60	8:20.89

5000 WALK

1	Lyn Ventris W45	23:51.03 (97.39%)
3	Val Millard W55	33:17.78
5	Lynne Schickert W60	36:37.36

10K ROAD WALK

1	Lyn Ventris W45	48:34 (SR) (97.41%)
3	Val Millard W55	67:31
5	Lynne Schickert W60	76:05

LONG JUMP

3	Lynne Schickert W60	2.16m
1	Pat Carr W70	2.82m
5	Shane Davey M35	4.74m
5	Leon Sander M65	3.90m

TRIPLE JUMP

2	Lynne Schickert W60	5.43m
---	---------------------	-------

DISCUS

2	Kate Glass W55	22.38m
2	Shane Davey M35	26.39m
7	Leon Sander M65	27.94m

HAMMER

1	Kate Glass W55	36.63m
---	----------------	--------

HEAVY WEIGHT

1	Kate Glass W55	12.79m (SR) (94.95%)
---	----------------	----------------------

JAVELIN

2	Kate Glass W55	22.38m
3	Shane Davey M35	26.05m
4	Leon Sander M65	25.14m

SHOT

4	Lynne Choate W50	7.44m
2	Kate Glass W55	10.19m
5	Shane Davey M35	8.41m
6	Brendan Kennedy M35	8.13m

PENTATHLON

2	Shane Davey M35	1773 pts
1	Leon Sander M65	2725 pts

WEIGHT PENTATHLON

1	Kate Glass W55	3173 pts
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RELAY - 4 X 400 RELAY (220+ YRS)

2	Neil Morfitt, Henri Cortis	4:06.53 (M50 SR)
---	----------------------------	------------------

Eric Hope, David Carr

CHAMPIONS SPRINT (HANDICAP)

8	Lynne Choate
---	--------------

CHAMPIONS HAMMER (HANDICAP)

3	Kate Glass
---	------------

TRACK and FIELD
Coker Park winter
Thursdays' programme

Events are staged in order
shown.

May

4th: 60, 1mile, 400, 3k r/w
11th: 300, 5kr/3kw, 100, 800
18th: 200, 1000, 600, 3k r/w
25th: 2k steeple, 100, 800,
300, 3k r/w

June

1st: 1000, 200, 600, 5kr, 3kw
8th: 1500, 60, 400, 3k r/w
15th: 300, 5kr/3kw, 60, 800
22nd: 200, 1500, 400, 3k r/w
29th: 600, 3k r/w, 100, 1000

COMING EVENTS and helpers list

*All helpers: please contact
your director and confirm
you are available.*

JUNE 4

DEEPWATER POINT

Directors: Mike and Linda
Rhodes – 041 795 2067
Jack and Barbara Bailey, Aldo
Giacomin, Leo Hassam, Ray
Lawrence, Dalton Moffett,
John Wannberg

JUNE 11

J ABRAHAMS RES.

**15K RRC,
10K RWC**

Director: Gary Fisher –
9472 7062

Jacqui Halberg, Peggy
MacLiver, Craig Owens,
George Schaefer, Patrick
Smith, Ron Sutton, Genevieve
Spiro

JUNE 18

**BURSWOOD PARK
25K RRC, 15K RWC**

Director: Wayne Pantall –
9362 3715

Delia Baldock, Jim Barnes,
Rex Bruce, Liz Chandler,
Jacqui Halberg, John
Puglisi, Jim Riddell, George
Schaefer, Joe Stickles, Frank
Usher, Mal Vernon

JUNE 25

JOONDALUP

Directors: Margaret and
Morris Warren - 9304 1105
Mike Anderson, Irwin &
Berwine Barrett-Lennard,
Graeme & Christine Uren

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Val Millard

Patron:

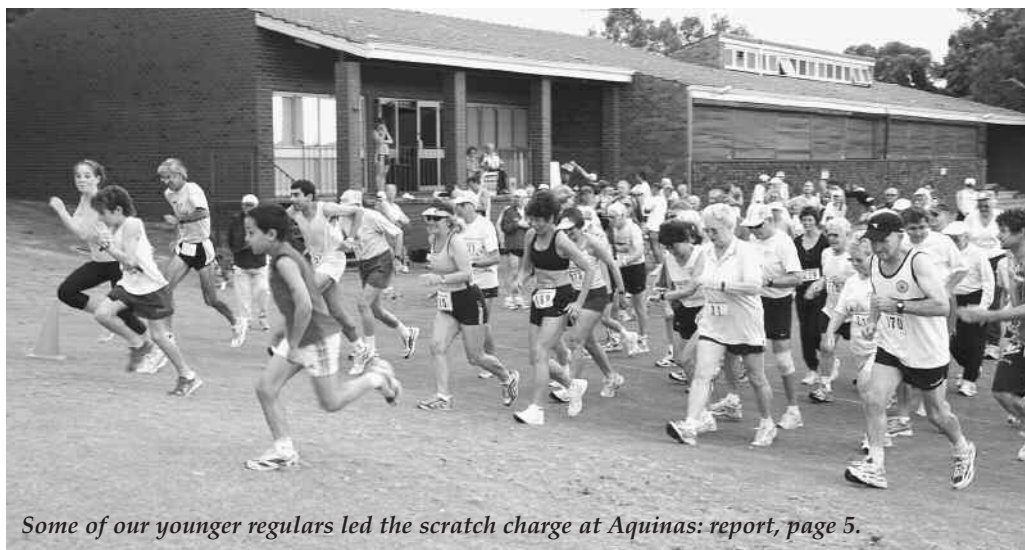
Bill Hughes

Vetrun

JUNE
2006
No. 387



The magazine of Masters Athletics WA



Some of our younger regulars led the scratch charge at Aquinas: report, page 5.

Inside...

DEADLINES

JULY No. 388
Final copy - June 27
Publish - July 9

AUGUST No. 389
Final copy - Aug. 14
Publish - Aug. 27

News, letters, birthdays P2

Jim's Marathon Trio
Pagoda Run P3

Around Herdsman P4

Aquinas
10K Track H/cap P5

Bunbury Marathon
Southern River Sojourn P6

Coker Park P7

Coming Events
Helpers list P8

COMING EVENTS and helpers list

All helpers: see back page.

You MUST contact your director and confirm whether you are available. If you are NOT – ALSO contact Bob Schickert to be allocated another event.

Is this your last Vetrun?

SOME club memberships are about to lapse. Is yours one of them?

You might have been a club member in 2005/6, but:

WEEKEND AWAY

THE club weekend-away is at Lewana (Balingup area) from Friday 29 September until Monday October 2. Cost per person will be \$45 – and all those who went last year will, I am sure, agree with me that we had a great weekend. It's time to put your name down for the trip. We have booked five cottages, which will accommodate 40 people. Please let Elaine Dance or me know – as soon as possible – if you're going to join us. If you don't catch us at the Sunday events, call me on 9275 0169.

Margaret Bennett

- if you who have not completed and submitted a 2006/7 membership form (with the appropriate payment)

- AND if there is an asterisk (like this *) on the address label of this June issue

- AND another form is enclosed;

you need to renew your membership now!

PIX are online

PICTURES from the last AMA T&F Championships are now online at:

www.sportographs.com.au

New members... Welcome!

420 Liz De Campo W50
422 Michael Harvey M55
424 Darianne Chisolm W35

If by any chance you HAVE already submitted a form and payment, and believe it might have gone astray, please contact Bob Schickert. If not, please use the enclosed form. The committee of MAWA values your membership and would like to see it continue.

Bob Schickert, Secretary
tel: 9330 3803; email:
rschickert@bigpond.net.au

Gold Medal for Bruce Wilson

AT the recent Australian Mountain Running Championships in Canberra Bruce Wilson won the M60 Gold medal. He was one of 300 athletes contesting the six kilometre climb up Mount Tennant, with the finish line being 690 metres higher than the start. Bruce's time over this very tough course was a really commendable 46:41.



Bruce Wilson in the 2km steeplechase at our own 2006 championships

Travel agent appointed for 2007 World Champs

BRIAN Travers, of International Sports Tours Pty Ltd (IST) has been appointed Australian travel agent for the World Masters Championships in Riccione, Italy (4-15 September 2007.) Travel packages and other information will shortly be available on the AMA website: www.australianmastersathletics.org.au

If you're interested in travel to the event – or for any other information, speak to Brian; he will be most helpful. (He is the person who also organised Australian travel packages for the 1993 WMA Championships in Miyazaki, Japan.)

Contacts, Brian:
tel: (02) 9922 6166
email:
brian@sportstours.com.au
IST Ltd, PO Box 1593
North Sydney NSW 2059

Or: Judy Cooper
AMA Travel Director
tel: (07) 3341 2251
email:
coop@powerup.com.au

JUNE BIRTHDAYS

SOME members are disappointed that full birthday details are not being shown – day, month and 'remains' or 'becomes' when a member enters a new age group. This fuller information was published in the past. However, information in the Vetrin can now be seen, not only by club members, but by a much broader range of people, particularly as the newsletter is on the club website. The committee believes that for reasons of privacy only limited information should now be published.

Bob Schickert, Secretary

Burt	Sandy	M40	Milligan	Shirley	W65
Carr	David	M70	Neill	Graeme	M45
Clements Green	Wendy	W60	Osborne	Joan	W55
Coates	Chris	M50	Reid	David	M55
Danks	Richard	M60	Sanders	Ian	M45
Davies	Ian	M55	Sanders	Jacqui	W40
Davies	John	M60	Sivyer	Mark	M55
De Campo	Liz	W50	Spiro	Genevieve	W35
Elton	Jane	W35	Streeter	June	W55
Gardner	Deborah	W35	Talbot	John	M60
Hamilton	Mark	M35	Thomsett	Barrie	M65
Jones	Anne	W50	Turnbull	Jim	M70
Jones	Bill	M55	Webster	Kevin	M35
Kelly	Chris	M50	Whistler	Ken	M75
Lysaght	Helen	W50	Whitfield	Bev	W45
Mack	John	M65			

Run AthleticA cross-country

CAMPBELL Till, Bruce Wilson, Deborah Gardiner, Patrick Smith and Michel Bermudes represented MAWA at the Sunset Coast relay, the first event for AthleticA's 2006 winter season.

Would you like to represent MAWA in a relay? We would welcome more team members at the remaining events.

Contact Patrick Smith on 041 892 1848 or smithp@inet.net.au if you are interested in competing. The race schedule and results are on the AthleticA website:

<http://www.waathletics.org.au>
Patrick Smith

PO Box 708,
Mt Lawley, WA 6929
Phone / Fax +61 8 9471 8968
Mobile 041 892 1848
email smithp@inet.net.au



You write...

Brian's comeback

Dear Vic

Just a note to say how much I enjoy receiving the Vetrin! Each time it arrives on my doorstep everything must stop (except my heart) until it is read from front to back.

I am still unable to run, but have had a race-walking lesson from Bruce Cornish with the idea I might be able to visit the club on a regular basis for some walks. I might even be able to enjoy life a bit better if I lived in Perth?

I enjoyed the story of the ever-happy Jim Barnes. Hank Stoffers is not enjoying the best of health at the moment. I look forward to seeing the masters' members in Bunbury for our next marathon weekend.

*Kindest regards,
Brian Kennedy.*

Thanks, Brian. After all the years you have put in for the good of our sport in Bunbury, and WA too, it must have been difficult on the sidelines. We all hope to see you in the walks; and of course you would be very welcome in Perth! VW

Marathon mill

Hi Vic

If you're looking for a snip-pet for the June edition, my daughter Hilary ran the London marathon last Sunday. It was her first and she finished in 4:15:35. Running a marathon is always a great achievement but in her case, it was her training schedule that was particularly significant. She is



*Campbell Till, above, and
Deborah Gardiner, left*

living in London, works long hours and doesn't yet have any chums to go running with. So, not wanting to venture out in the dark and cold on her own, she did most of her training on a treadmill in the gym.

I would get emails: '22 kms on the treadmill yesterday; 34 kms on the treadmill on Sunday' and so on. Not surprisingly, a calf injury developed and it was touch and go whether she would be able to make it but sheer grit and determination probably pulled her through. Not a training schedule I would recommend.

Shirley Bell also completed the run in 4:41:18 and there was another man from WA Masters who did it but I can't remember his name. (Rob Sheehy, probably. VW) Results are all available by name on the London Marathon website.

cheers, Margaret Langford

Thanks....

Dear Vic

I was so dumbfounded to receive an award at the recent AGM I didn't have a speech prepared, so I thought I'd better rectify my omission by writing to Vetrin! Firstly I would like to pay tribute to the huge number of outstanding athletes in the club who are an inspiration to us all to keep trying to improve! Secondly I would like to thank everyone for their friendly encouragement and support without which I don't think I would be able to keep going! Thank you!

Delia Baldock

Jim Barnes's Marathon Trio ...continues

(Last month we covered Jim's run in Spain, after which he moved on to Germany.)

2: KANDEL

Next marathon was in Kandel, Germany, near the French border. Oh, how cold it was at that start! It was minus-4, with snow and ice on the course. This was to be the first time I had run anywhere without losing a single drop of sweat. I thought the wind would kill me but after 4km we were into a forest which sheltered from the wind for 20km. At 24km you exit the forest and come into a village where a brass band is playing! I was to meet wonderful people on this run, all so friendly. Kandel is Germany's oldest marathon, fast, not a single hill or slope. I was pleased with my time of 3:53, not fast for many people, but six minutes better than Seville.

3: STEINFURT

Most of my time in Germany was spent at Steinfurt with Dieter and Sonja, runners I met at the Alice Springs Marathon and who showed me great kindness. Steinfurt is in the country's north-east near the Dutch border, flat, open farming country with few trees. The marathon was six days after Kandel, a two-lap course and very well-organised in a small town. About a thousand entrants took part and it seemed like about 15,000 spectators turned out. As the first Australian ever in the Steinfurt event, people wanted to talk to me and were very kind. This was to be my 92nd marathon, and one of the hardest. It was cold and windy, and as the wind began to get to me later in the run I was cramping up. There was no tree or anything to stretch against so the only option was to struggle on in agony. The wind was constant; the windmills were whirling fast. If only I had their energy. Nothing can be so wonderful as the end of the pain at the finish of a marathon. Time was not good, 4:01:57; but another great experience.

Jim Barnes

It was a beautiful crisp morning as more than 120 athletes set off on the journey to the old Pagoda Ballroom and beyond. A bigger than usual number of both walkers and runners set off at 7.30am to face the challenge of the '16'. This earlier start is normally set aside for the walkers, but some of our slower runners did not want to hold back the marshals on the road, so asked to be included this year. Many of these athletes were in training for Bunbury, and I hope they achieved Pbs in that run. I did notice some of our members avoiding the finishing chute – no doubt keen to confuse our new handicapper, Mike Rhodes! Good to see John Sutton back with us again. I also spotted some of our newer members in the 16km field, so hope you 'enjoyed' that challenge. Many thanks to the two Pats at the recording table (both turning a nice

16K RUN

Paul Hughes	M50	62:51
Vis		63:32
John Allen	M45	64:34
John Pentecost	M45	64:42
Alan James	M55	66:36
David Baird	M60	68:03
David Willmer	M50	68:26
Jim Klinge	M55	68:40
Mike Hale	M55	72:30
Brian Danby	M55	72:58
Helen Lysaght	W50	73:08
Johan Hagedoorn	M60	74:17
David Reid	M55	74:37
Wayne Taylor	M45	75:15
Bob Schickert	M60	76:02
Dee Haines	W45	76:13
John Doust	M55	76:14
Frank Gardiner	M55	77:17
Michael Karra	M40	78:09
Ian Glasspell	M55	78:21
Bryan Hardy	M60	78:35
John Bocian	M55	79:06
Martin Watkins	M55	79:51
Nick Miletic	M55	80:44
John Ellard	M60	81:06
Graham Thornton	M65	82:23
Terry Humphrey	M50	83:02
Graham Ainsworth	M50	83:35
Kevin Payne	M45	84:14
Jon Tuttle	M40	84:26
Mike Khan	M60	84:45
Paula Karra	W35	85:10
John Bell	M60	86:15
Joe Stickles	M65	86:23
John Byrne	M55	86:29
John Dance	M55	86:58
John Smith	M70	89:44
Richard Danks	M60	89:51
Terry Manford	M65	92:03
Vis		93:08
Genevieve Spiro	W35	93:32
Brian Smith	M65	93:44
Viv Lok	W45	95:18
Merv Jones	M65	96:36
Sue Bullen	W45	1:40:34
John Talbot	M55	1:41:25
Irene Ferris	W50	1:41:30
Pierre Viala	M55	1:46:57
Denise Viala	W55	1:47:24
Elaine Dance	W55	1:47:42
Steve Toohey	M55	1:49:52
Mary Young	W55	1:49:53

Pagoda Run April 30, 2006

shade of blue in the cold wind); to road marshals Merv Moyle, David Carr, Troy Lundgren and Ian Davies who all had to cope with busier than normal traffic conditions because of the Million Paws Walk; to Jeff Whittam, Mary Heppell and Neil McRae, my drink station experts; and to Janis Malin, Rex Bruce, Barrie Thomset and Mark who prevented any clashes between runners and cyclists, and to you the athletes for making the morning enjoyable (at least for me). Next year we will be starting at Burswood, so see you there!

Jacqui Halberg



Race Director Jacqui Halberg

Margaret Bennett	W60	1:54:59
Jeni Shillington	W45	1:55:00

16K WALK

Vis		83:20
Val Millard	W55	1:51:36
Dorothy Whittam	W65	2:07:25
Lynne Schickert	W60	2:10:44
Alan Pomery	M70	2:15:04
Pat Ainsworth	W70	2:19:05
Ann Turner	W70	2:20:10
Patricia Hopkins	W60	2:20:32
Pat Miller	W65	2:26:32
Maggie Flanders	W65	2:34:22

10K RUN

Bernard Mangan	M50	38:28
Vis		41:33
Bill Jones	M55	45:38
Vis		45:40
Hamish McGlashan	M65	47:51
Bruce Mathieson	M60	48:13
Vis		48:24
Vis		48:52
Maurice Creagh	M40	49:41
Vic Waters	M60	49:57
Margaret Langford	W55	49:58
Paul Martin	M60	51:23
John Brambley	M60	51:38
Mike Anderson	M55	52:13
Anne Humphrey	W40	52:14
Mike Rhodes	M60	57:21
Vis		58:16
Barb Humphrey	W55	59:32
Vic Beaumont	M75	61:45

PAGODA RUN continues...

Jeff Spencer	M65	61:46
Mike Polkinghorne	M50	62:00
Sheila Maslen	W65	70:14
Jo Richardson	W50	73:05

10K WALK

David Brown	M55	65:33
Beryle Doust	W55	77:18
Stan Delandgraftt	M75	77:19
Rosa Wallis	W60	82:16

5K RUN

Vis		18:18
Vis		18:37
Christopher Coates	M50	19:19
Henri Cortis	M60	20:34
Dave Roberts	M60	20:54
Raymond Gimi	M40	20:59
Jon Wannberg	M35	20:59
Ivan Pilton	M60	22:14
Ivan Lazarus	M50	22:16
Craig Owens	M45	23:51
John Dennehy	M45	23:58
Peter Sanders	M60	24:19
Leonie Jones	W45	24:52
Barry Jones	M45	24:54
Carol Bowman	W50	25:29
Jim Riddell	M65	25:53
Damien Hanson	M50	25:59
Bob Sammells	M65	26:24
Dan Bending	M60	26:49
Vis		27:04
Susan Sanders	W50	27:49
Wendy ClementsGreen	W60	28:57
Ray Hall	M70	28:57
Grace Hollin	W45	30:05
John Stone	M50	30:34
Richard Harris	M65	33:53
Jennie Smith	W50	34:06
Ray Lawrence	M75	34:07
Linda Rhodes	W55	37:38

5K WALK

Kirt Johnson	M75	42:01
Mitch Loly	M65	43:43
Lorna Lauchlan	W75	46:56
Glenice Shanahan	W80	64:21
Ernie Moyle	M80	64:41

Around Herdsman May 7, 2006



Race Directors Margaret and Jim Langford

WELL, this time we nearly got it right. The course was well marked, ensuring a full head count at the end, our helpers did a fantastic job, all walkers and runners approached the finishing chute from the same direction thus avoiding the chaos of last year, the loos had an ample supply of paper and how could we possibly have improved on either the weather or the scenery? The one glitch was the distance. Traditionally the circumnavigation of the lake has been 8kms but new paths have knocked off a few metres here and there resulting in a shorter course. Having completed the run, various technical advisers with sophisticated devices on their wrists volunteered distances ranging from 7.35 to 7.6 so we plumped for 7.5. However before next year we will run the wheel over the course to get an accurate measurement. Since the course was so popular we are also considering giving you the opportunity of doing two laps although this is a decision for the committee. Many thanks to our helpers – John Cresp, Merv Jones, Dave Scott, Stan Lockwood, Kris Adrian, Pam Toohey and Chris and Don Pattinson.

Margaret and Jim Langford

7.5K RUN

Lachlan Marr	M45	27:34
Vis 8		27:35
John Pentecost	M45	28:21
John Allen	M45	28:44
Gary McLean	M40	28:55
Vis 2		29:19
Vis 5		29:43
Vis 4		29:51
Jim Klinge	M55	29:57
Neil McRae	M50	30:11
Doug Ashfield	M45	30:13
David Baird	M60	30:17
Duncan McAuley	M55	31:46
Brian Danby	M55	32:12
Bob Schickert	M60	32:21
Wayne Taylor	M45	32:32
Dave Roberts	M60	32:50
Frank Gardiner	M55	33:00
Bill Jones	M55	33:35
Robin King	W45	33:56
Mal Vernon	M50	34:23
John Doust	M55	34:40
John Bell	M60	34:46
Ray Lawrence	M75	34:51

Maurice Creagh	M55	34:53
Vic Waters	M60	35:02
Karen March	W40	35:23
Ian Glasspell	M55	35:32
Nick Miletic	M40	35:46
Noel McKenney	M50	35:48
David Carr	M70	35:54
Julie Keeley	W35	35:55
Vis 1		36:00
Peter March	M45	36:01
Barbara Blurton	W55	36:09
John Dennehy	M45	36:20
Graham Ainsworth	M50	36:25
Jon Tuttle	M40	36:27
Graham Thornton	M65	37:01
Christine Engels	W50	37:02
Irwin BarrettLennard	M75	37:18
Jim Barnes	M60	37:27
Jane Elton	W35	37:33
Jeanette Tiverios	W45	37:56
Mike Rhodes	M60	38:00
Terry Manford	M65	38:06
Anne Humphrey	W40	38:11
John Smith	M70	38:20
Mike Anderson	M55	38:50
John Dance	M55	39:17
Viv Lok	W45	40:02
Bob Sammells	M65	40:04
Michael Faunge	M65	40:10
Richard Danks	M60	40:12
Carol Bowman	W50	40:28
Genevieve Spiro	W35	40:30
Brian Smith	M65	41:09
Terry Humphrey	M50	41:37
Barb Humphrey	W55	41:37
Fiona McAuley	W55	41:53
Jacqui Halberg	W60	44:40
John Talbot	M55	44:47
Ray Hall	M70	45:22
Mike Polkinghorne	M50	45:22
Steve Toohey	M55	46:07
Val Millard	W55	46:56
Elaine Dance	W55	47:19
Margaret Bennett	W60	53:19
Jeni Shillington	W45	53:20
Shorty Turner	M70	70:29

7.5K WALK

Stan Delandgraftt	M75	56:13
Lynne Schickert	W60	56:13
Dorothy Whittam	W65	58:09
Jeff Whittam	M70	58:25
Alan Pomery	M70	64:03

Mystery Pic 1

Some club members running in the Perth Marathon – a few years back!
Can you name them?



HERDSMAN continues...

Pat Miller	W65	65:32
Ann Turner	W70	65:34
Pat Ainsworth	W70	66:58
Jo Richardson	W50	66:59
Rex Bruce	M65	68:43
Margaret Warren	W70	70:28
Lorna Lauchlan	W75	75:59
Mary Heppell	W65	76:00

5K RUN

Stephen Dunn	M35	18:28
Jon Wannberg	M35	20:24
Henri Cortis	M60	20:54
Doug Hazell	M50	21:19
Raymond Gimi	M40	21:26
Vis 3		24:02
Leonie Jones	W45	24:38
Barry Jones	M45	24:43
Delia Baldock	W40	24:52
Damien Hanson	M50	25:44
John Stone	M50	29:49
Bob Fergie	M70	30:58
Elaine Ellard	W60	39:53

5K WALK

Patricia Hopkins	W60	41:29
Kirt Johnson	M75	41:44
Mitch Loly	M65	43:42
Ron Sutton	M65	45:40
Vis 4		48:59
Beryle Doust	W55	50:01
Norm Miller	M70	50:02
Vis 6		50:04
Vis 7		50:05

Aquinas

May 14, 2006

THIS was a great event, for which many thanks are due to Andrew Cook (pictured right). But the finish was a "bloody shambles" says BT. 1, poor old Rex stuffed up timer (and so would I). Result no print out. He was calling times to Rosa (the recorder) and that was OK for a while. But the handicapper was so good, they all began to come in at once, and he then missed a couple of times when inputting.

Bob Schickert recalled times from memory (the man's a marvel) and typed them and sent to me by email. With all the drama Rosa forgot to write distances covered on the results sheet.

We had a few Drama Queens in the shute at awkward times (they can leave

10K RUN	Clock	Time	H/cp
Viv Lok	W45	62:46	09:26
Sue Bullen	W45	62:48	07:51
John Bell	M60	63:19	15:36
Denise Viala	W55	64:49	03:11
Bob Sammells	M65	65:22	12:06
Neil McRae	M50	65:23	24:36
Jon Tuttle	M40	65:38	16:06
Barb Humphrey	W55	65:41	09:56
Brian Danby	M55	65:44	22:11
Vis		65:44	
Merv Jones	M65	65:46	07:36
Stephen Dunn	M35	65:52	27:56
Graham Ainsworth	M50	65:55	15:46

10K Track Handicap

April 27, 2006

Mystery Pic 2: One of these athletic young men (well, they were then) was in the 10K handicap. Which one? Clue: his missus is in Mystery Pic 1.



OUR thanks to all those who came to help; without you we could not run the event. Especially to Bob for bringing the timing devices, and Brian for the BBQ. Thanks to Frank Smith, who did not get the sponsorship he required to meet the enormous increase in entry fees to enable him to enter. (In fact, he won't run on the track unless I'm there to short-count his remaining laps - VW.) He still came along to help.

There was a bit of a panic before the event when we realised the barriers across lanes 1 & 2 were locked. (So, it became a Steeplechase this year? VW.) The weather was as usual, cool and windless. Several stayed for the BBQ. Thanks to Barrie for putting this result onto the computer ("My pleasure; poor old Vic has to sort out my mess." BT.)

See you next year for 19th running of event.

Dorothy & Jeff

		Clock time		H'cp	Actual time	
Carol Bowman	W50	59:19	05:06	54:14	19	
David Carr	M70	63:25	15:36	47:49	13	
Barry Jones	M45	64:31	19:36	44:55	11	
Frank Gardiner	M55	64:39	22:06	42:33	5	
John Pellier	M65	64:58	15:36	49:22	16	
Mike Rhodes	M60	65:11	13:36	51:35	18	
Jim Barnes	M60	65:21	14:21	51:00	17	
Lachlan Marr	M45	65:44	27:46	37:58	1	
John Bocian	M55	65:47	22:41	43:06	6	
Helen Lysaght	W50	65:50	21:36	44:14	9	
John Puglisi	M55	66:20	25:16	41:04	4	
Henri Cortis	M60	66:26	22:36	43:50	7	
John Talbot	M55	66:29	6:36	59:53	20	
Ivan Brown	M60	66:41	22:36	44:05	8	
Nick Miletic	M55	66:53	18:06	48:47	14	
John Wannberg	M35	66:55	22:36	44:19	10	
Geoff Barrett	M40	67:02	27:01	40:01	3	
Alan Gower	M50	67:08	28:36	38:32	2	
John Dennehy	M45	67:11	18:11	49:00	15	
Margaret Bennett	W60	67:16	00:00	67:16	21	
Brian Danby	M55	67:43	22:26	45:17	12	



Just go round...and under...then straight up in the air!

that nonsense to me!) Sue Wells started out to walk 5K, changed her mind and did 10K. But as she had gone off scratch, she had no handicap. A few others were in the same boat.

We had two numbers 136 (you must have a shadow, Vic, or I had better go back to drinking the light stuff, as you so kindly suggested.) A few people wore no

numbers on the Chest... (even their bust size would be better than nothing - oh Gawd, no!) So hope I have not stuffed up on this lot.

You might be able to use this info for a light hearted dig in Vetrun, as long as we don't offend a lot of very hard working people. They were great.

Barrie Thomsett

Vis	M40	66:04	
Paul Martin	M60	66:07	15:41
Vis		66:08	
Jim Klinge	M55	66:11	24:36
Michael Karra	M40	66:21	22:31
Mike Polkinghorne	M50	66:32	07:36
David Baird	M60	66:34	24:36
John Pentecost	M45	66:43	27:41
Ray Attwell	M70	66:43	14:46
Paula Karra	W35	66:45	15:36
Lachlan Marr	M45	66:47	29:06
Kevin Payne	M45	66:48	15:36
Wayne Taylor	M45	66:51	22:06
Brian Smith	M65	66:53	10:26

David Carr	M70	66:55	18:51
Jacqui Halberg	W60	66:56	07:36
Bryan Hardy	M60	67:00	20:01
Bob Schickert	M60	67:01	23:36
Richard Danks	M60	67:03	11:36
John Allen	M45	67:07	27:01
Mike Hale	M55	67:31	23:26
John Smith	M70	67:34	12:26
Mike Khan	M60	67:35	16:36
John Talbot	M55	67:43	06:36
Paul Hughes	M50	67:44	28:36
John Doust	M55	67:45	21:01
Hamish McGlashan	M65	67:46	19:21
John Dance	M55	67:54	13:16

Southern River Sojourn

May 21, 2006

8K RUN

Jim Langford	M60	29:26
John Allen	M45	30:34
Bernard Mangan	M50	30:37
Vis		31:04
Vis		31:37
Neil McRae	M50	32:59
Colin Chisolm	M40	33:15
Michael Karra	M40	34:04
Johan Hagedoorn	M60	36:15
David Carr	M70	38:39
Graham Ainsworth	M50	38:44
John Ellard	M60	39:03
Noel McKenney	M50	39:05
Paula Karra	W35	39:12
Irwin BarrettLennard	M75	39:38
Mike Hale	M55	42:11
Brian Smith	M65	44:03
Doug Hazell	M50	44:43
Rhod Wright	M55	46:20
Jacqui Halberg	W60	47:00
Mike Polkinghorne	M50	47:42
Richard Harris	M65	49:48
Mike Rhodes	M60	50:13
Sheila Maslen	W65	54:49
Jeni Shillington	W45	54:50

AQUINAS continues...

Doug Ashfield	M45	67:55	26:36
Vis		67:57	
Terry Humphrey	M50	67:58	18:41
Michael Harvey	M55	68:00	N/hcp
Vis	#N/A	68:03	
Bill Jones	M55	68:12	21:36
Ian Glasspell	M55	68:21	20:36
Vic Waters	M60	68:25	17:56
Bruce Mathieson	M60	68:29	17:56
Jim Barnes	M60	68:38	16:21
Vic Waters	M60	68:44	18:00
Helen Lysaght	W50	68:48	22:51
Grace Hollin	W45	68:52	04:51
Frank Gardiner	M55	68:54	24:31
John Brambley	M60	68:56	15:36
Johan Hagedoorn	M60	68:59	22:36
Bruce Wilson	M60	69:40	27:16
Mike Anderson	M55	70:08	15:36
John Ellard	M60	70:14	18:26
Irwin Barrett-Lennard	M75	70:28	19:41
Maurice Creagh	M55	70:57	20:06
Vis		71:01	
David Muir	M60	71:06	21:56
Vic Beaumont	M75	71:13	06:056
Margaret Bennett	W60	71:16	20:21
Mike Rhodes	M60	71:34	13:36
Mary Heppell	W65	72:58	00:00
Richard Harris	M65	73:25	08:46
Irene Ferris	W50	73:44	04:36
Shorty Turner	M70	74:34	00:00
Jo Richardson	W50	84:16	03:26
Elaine Dance	W55	84:17	01:11
Frank Gardiner	M55	68:37	24:31

10K WALK

David Brown	M55	64:49	22:00
Val Millard	W55	68:21	22:45
Lyne Schickert	W60	75:39	17:15

Southern
River Race
Director
Lachlan Marr



8K WALK

Stan Jones	M80	58:48
Stan Delandgraftt	M75	58:48
Rosa Wallis	W60	64:18

5K RUN

Vis		19:12
Christopher Coates	M50	20:01
Jon Wannberg	M35	20:55
Raymond Gimi	M40	21:54
Vis		28:28
Aldo Giacomini	M70	31:21
Vis		32:04
Janet Walter	W55	32:33
Vis		32:51
Julie Wood	W55	34:33
Linda Rhodes	W55	37:58
Elaine Ellard	W60	41:19
Ray Lawrence	M75	50:12

5K WALK

Mitch Loly	M65	42:56
Rex Bruce	M65	43:00
Michael Walter	M55	46:56
Kirt Johnson	M75	52:19
Ron Sutton	M40	52:19

Beryle Doust	W55	77:19	18:00
Lorraine Lopes	W65	77:20	N/hcp
Jeff Whittam	M70	77:39	16:30
Dorothy Whittam	W65	78:04	17:30
Pat Ainsworth	W70	83:27	10:00
Patricia Hopkins	W60	86:19	11:00
Merv Moyle	M75	86:43	00:00
Ann Turner	W70	86:45	10:00
Pat Miller	W65	88:35	N/hcp
Sue Wells	W50	94:06	N/hcp

5K RUN

Vis	#N/A	18:14
John Allen	M45	18:33
Paul Burke	M35	19:30
Raymond Gimi	M40	20:28
Ivan Brown	M60	21:57
Vis	#N/A	21:57
Carol Bowman	W50	24:11
Peggy Macliver	W60	25:29
Jim Riddell	M65	25:31
Damien Hanson	M50	36:01
John Stone	M50	26:34
Tanya Burke	W30	29:09
Vis	#N/A	29:54
Ray Lawrence	M75	33:03
Julie Wood	W55	35:04
Pierre Viala	M55	35:04
Elaine Ellard	W60	35:05
Linda Rhodes	W55	38:35:00
Pat Carr	W70	44:46

5K WALK

Alan Pomeroy	M70	39:40
Kirt Johnson	M75	39:46
Telsey Hatwell	W70	41:01
Keith Atkinson	M45	43:47
Allen Tyson	M80	44:12
Maggie Flanders	W65	44:34
Leo Hassam	M75	45:46

Bunbury 25th Silver Jubilee Marathon

May 21, 2006

A WONDERFUL day with little wind and more than 60 MAWA members and supporters were warmly welcomed by Bunbury Runners Club officials, and John and Lyn Ventris of Henry's Café. Congratulations to club members Simon Coates, first in the half marathon, and Lyn Ventris for her win in the half marathon walk.

HALF MARATHON

* = first in age group

Simon Coates	M35*	1:15:19
Chris Maher	M50*	1:23:48
Gary McLean	M40	1:25:42
David Baird	M60*	1:34:25
Eric Emmett	M45	1:34:42
Frank Gardiner	M55	1:36:39
Bob Schickert	M60	1:38:37
Ivan Brown	M60	1:39:05
Brian Danby	M55	1:39:06
Helen Lysaght	W50*	1:39:22
Wayne Taylor	M45	1:39:51
Robin King	W45*	1:40:57
John Doust	M55	1:46:47
Ian Glasspell	M55	1:47:13
John Bell	M60	1:50:03
Clare Walkley	W40	1:50:19
Nick Miletic	M55	1:50:33
Karen March	W40	1:50:56
Robert Sheehy	M60	1:52:03
Reece Waldock	M50	1:52:08
Christine Engels	W50	1:52:13
Julie Keeley	W35	1:52:55
Mike Khan	M60	1:54:03
Terry Humphrey	M50	1:54:38
John Smith	M70*	1:55:05
Graham Thornton	M65	1:57:57
Joanne Richardson	W50	2:00:50
Lorraine Lopes	W65*	2:02:20
Vivien Lok	W45	2:03:33
Maree Creighton	W55	2:03:47
Jeff Spencer	M65	2:04:16
Peter March	M45	2:05:26
John Dance	M55	2:06:10
Geraldine Carlton	W40	2:11:27
Sue Bullen	W45	2:11:56
Wendy Duncan	W55	2:11:57
Irene Ferris	W50	2:14:29
Barb Humphrey	W55	2:15:45
John Talbot	M55	2:17:55
Pierre Viala	M55	2:18:59
Vic Beaumont	M70	2:23:41
Denise Viala	W55	2:25:33
Ruth Johnson	W65	2:32:39
Elaine Dance	W55	2:34:09
Debbie Dance	W35	2:35:45
Margaret Bennett	W60	2:36:28
Stephen Toohey	M55	2:36:28
Shorty Turner	M70	2:43:44

New throwers welcome this winter

WINTER throws training begins next Saturday (June 10.) We meet on Saturday mornings from 9.30 to 11.00 at Perry Lakes stadium and usually train with two implements each week. These sessions are open to all club members - regular throwers, newcomers or anyone wanting to get a few more pentathlon or Patron's Trophy points.

Contact me, on 9383 4406, or just turn up.

Damien Hanson

Coker Park

4 May, 2006

60M

Colin Smith	M40	8.0
Norm Richards	M65	9.3
Ross Calnan	M65	10.1
Delia Baldock	W40	9.5
Carol Bowman	W50	10.9
Pat Carr	W70	12.2

1 MILE

David Carr	M70	6.48.0
Delia Baldock	W40	7.04.8
Peggy Macliver	W60	7.30.3
Carol Bowman	W50	7.43.2
Norm Richards	M65	8.21.9

400M

Colin Smith	M40	60.1
David Solomon	M40	60.9
Barry Newell	M50	71.3
Norm Richards	M65	87.4
Delia Baldock	W40	75.1
Carol Bowman	W50	86.8

BUNBURY Marathon continues...

50K ULTRA

Christine Pattinson	W50	4:42:10
Don Pattinson	M50	4:42:18
Jane Elton	W35	4:50:06

MARATHON

Don Pattinson	M50	3:46:57
Christine Pattinson	W50	3:53:52
Jane Elton	W35	4:03:19
Jim Barnes	M60	4:10:30
Lyle James	M65	5:54:49

HALF MARATHON WALK

Lyn Ventris	W45	1:45:48
Valerie Millard	W55	2:32:50
Lynne Schickert	W60	2:51:51
Jeff Whittam	M70	2:53:08
Dorothy Whittam	W65	2:54:10
Pat Ainsworth	W70	3:07:04
Wendy Spencer	W60	3:07:35
Jacqui Beaumont	W65	3:12:03
Merv Moyle	M75	3:18:57
Ann Turner	W70	3:18:58
Pat Miller	W65	3:26:43
Maggie Flanders	W65	3:41:08



Great steepling by Jacqui Sanders at our State Champs, as Bjorn Dybdahl, who had been through the water earlier, looks on.

3000M

Bob Schickert	M60	11.43.9
Jon Wannberg	M35	11.48.1
David Carr	M70	12.51.6
John Dennehy	M45	12.55.2
Maurice Creagh	M55	13.15.2
Peggy Macliver	W60	15.10.8
Carol Bowman	W50	15.31.0
Jacqui Halberg	W60	15.31.5
Barry Newell	M50	15.57.5

3000M WALK

Peter Doye	M65	19.27.4
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11 May 06

300M

Colin Smith	M40	42.6
David Solomon	M40	43.4
Roy Fearnall	M60	44.0
Norm Richards	M65	49.4
Delia Baldock	W40	51.3
Jim Riddell	M65	56.6
Carol Bowman	W50	62.8

5000M

David Solomon	M40	19.46.8
Henri Cortis	M60	19.54.5
Jon Wannberg	M35	20.00.7
Bob Schickert	M60	20.45.9
David Carr	M70	21.57.3
Blakeney Tindall	M45	22.14.6
John Dennehy	M45	23.11.2
Peggy Macliver	W60	24.04.8
Jacqui Halberg	W60	26.51.3

3000M

Gill Edmonds	W40	14.41.5
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3000M WALK

Tom Lenane	M50	19.00.0
Lynne Schickert	W60	22.39.7

100M

Colin Smith	M40	12.9
Roy Fearnall	M60	13.4
Rob Antonioli	M50	13.7
Delia Baldock	W40	15.5

John Dennehy	M45	15.8
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Carol Bowman	W50	18.3
Pat Carr	W70	21.3
Lynne Schickert	W60	26.5

800M

Colin Smith	M40	2.33.3
Rob Antonioli	M50	2.43.8
Delia Baldock	W40	3.05.8
David Carr	M70	3.17.6
Jim Riddell	M65	3.18.6
Carol Bowman	W50	3.26.8

May 18, 2006

200M

Colin Smith	M40	27.0
Rob Colton	M40	29.6
Norm Richards	M65	29.9
Bob Schickert	M60	34.4
John Everard	M45	36.0
Ross Calnan	M65	36.5
Gillian Young	W55	36.9

1000M

Rob Colton	M40	3.34.7
Jim Riddell	M65	4.24.2
Norm Richards	M65	4.51.0

1000M WALK

Tom Lenane	M50	5.44.9
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600M

Colin Smith	M40	1.45.3
Rob Colton	M40	1.50.2
Bob Schickert	M60	1.59.5
Delia Baldock	W40	2.03.0
Jim Riddell	M65	2.22.8
Gillian Young	W55	2.29.1
Norm Richards	M65	2.35.6

3000M

David Solomon	M40	10.20.8
David Carr	M70	12.24.4
Blakeney Tindall	M45	12.36.9
Rob Colton	M40	12.38.3
John Dennehy	M45	13.25.5
Barbara Blurton	W55	13.44.2
Gillian Young	W55	13.47.7
Tom Lenane	M50	14.12.0
Peggy Macliver	W60	14.26.5
Gill Edmonds	W40	14.44.0
Delia Baldock	W40	15.43.4

3000M WALK

Val Millard	W55	19.52.8
Lynne Schickert	W60	21.14.3
Jim Turnbull	M65	21.14.7

TRACK and FIELD

Coker Park winter
Thursdays' programme
Events are staged in order
shown.

June

1st: 1000, 200, 600, 5kr, 3kw
8th: 1500, 60, 400, 3k r/w
15th: 300, 5kr/3kw, 60, 800
22nd: 200, 1500, 400, 3k r/w
29th: 600, 3k r/w, 100, 1000

July

6th 800, 100, 400, 5k/3k
walk
13th 100, 1 mile, 600, 3k
20th 60, 1000, 400, 5k/3k
walk
27th 2k steeple, 200, 800,
300, 3k

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm whether you are available. If you are NOT, ALSO contact Bob Schickert to be allocated another event.

JULY 9

BARDON BASH

Directors: Brian & Margaret
Bennett – 9275 0169

Graham & Pat Ainsworth, Ian
Glasspell, Telsey Hatwell,
Vivien Lok, Norm & Pat
Miller, Brian & Pam Smith,
Ann & Shorty Turner, Denise
& Pierre Viala

JULY 16

DARLINGTON DASH

Director: Delia Baldock –
9250 1650

Stan Delandgraftt, Frank
Gardiner, Mike Khan, John
Mack, Norm & Pat Miller, Ivan
Pilton, Mark Sivyver, Joe
Stickles, Graham Thornton,
Gillian Young

JULY 23

JORGENSEN - CLUB C/C

Director: Jim Barnes –
9459 2617

Berwin & Irwin Barrett-
Lennard, Dan & Nola
Bending, Margaret Bennett,
Colin & Darianne Chisolm,
Michael Harvey, Keith Martin,
John Pellier, Ivan Pilton, Peter
Sullivan, Darryl White

JULY 30

FREMANTLE – SHARKS RUN

Director: Paul Martin –
9336 1838

Charlie Chan, Dave
Charlton, Bernadette Height,
Paul & Sue Hughes, Sean
Keane, John Pressley, Dave
Roberts, Reece Waldock

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Vetrun

JULY
2006
No. 388



The magazine of Masters Athletics WA

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SHE should smile! Helen Lysaght is again the club's fastest woman over 50K; and (right) – Steve Dunn (left) and Paul Hughes head the men's list. All are pictured by the Causeway, in the 25K race on June 18.

ROAD RACE CHAMPIONSHIPS

FOR this, the 20th staging of the championships (which were originally arranged by Maurice Warren) 37 runners and 12 walkers took part. All the individual event results are in this Vetrun, plus the overall times for each athlete.



Setting the records straight

IN May (Vetrun no.386, page 7) we stated '29 WA Records set this year'. That's wrong. Although an impressive figure, 29 relates only to records

set at the State Championships. The YEAR'S total was even more impressive – 98 WA records, plus 6 Australian Records. (Period

covered is April 1, 2005 to March 31, 2006 – the club's financial year.)

Thanks to Campbell Till for supplying this update.

POM influence on calendar?

IT'S never occurred to me before – but why does our club use the British financial year?

In the UK, all the fiddling and wheeling and dealing has to be completed by the end of March. In Australia, as all you taxpayers know only too well, it's the end of June. How did this occur? Perhaps when the club was formed Australia did adhere to the Poms' financial calendar?

So – isn't it time we made a republican move of our own, and went true-blue Aussie with our money matters?

VW

WEEKEND AWAY

PLEASE let Elaine Dance or Margaret Bennett know – as soon as possible – if you're going to join us for the club weekend-away at Lewana (Balingup area) from Friday 29 September until Monday October 2. Cost per person will be \$45. Catch us on Sundays, or call Marg on 9275 0169.

Tell us about YOUR Marathon

HAVE you run a marathon? Was it appalling – painful – embarrassing – or jubilation on legs?

Some of you have run so many it could be hard to remember them all – but I'll bet the first is burned in the brain. How about giving it a try? Tell us about your first marathon, the how, why, when and where. Don't worry if you're not a writer – there aren't many of them about. Just give me the information, and I'll help put your words into the Vetrun.

To encourage and prompt your own memories, my own first experience of the greatest race is on P2, which was in the UK's Midlands in 1984. (Has any other member has done the Birmingham Marathon?)

Membership is strong

MORE than 400 club members have now renewed for this year, 2006/07. In 2005/06 we finished the year (at March 31) with 470 – even though at June of that financial year there were fewer than 400 members. BS

New Members – Welcome!

Victor Ratana	M70
Cameron York	M30
Lee Holliday	M50
Michael Harvey	M55

IN 1984 the Sunblest Birmingham Marathon was held over the coldest, wettest Whitsun weekend for 50 years. Very fitting, considering Orwell had long ago predicted that Britain would be uniformly bleak and grey by that year.

I was turning 40, hoping that by doing something uncharacteristically athletic I might at least remember my birthday with some small pride, rather than despair at another decade lost.

By this time I had been jogging for about ten years, and knew nothing about running. It was just a way of getting out of the pub. But I was freelance editor of a newspaper for Sunblest bakeries, which sponsored the Brum Run, and the Round Great Britain relay. I covered the events and enjoyed the atmosphere. So I decided to combine work with more work, and after a couple of short fun-runs entered the big one.

Shin splints

Training went quite well until my shins developed splints. (I thought that meant I needed leg-irons.) Fortunately I was directed to a physio wizard – who looked after Seb Coe and Chelsea FC. He asked what kind of shoes I wore.

“Adidas Rom, all leather” I boasted. He was incredulous. Those were football trainers, and OK for disco dancing too.

Unfortunately, it was too late to give up, because I had £2,000 on my back. Using my exalted role as editor I had promoted the afore-mentioned fun-runs in favour of leukaemia research, and in support of a colleague and sufferer from that cancer. Now I cajoled bakery workers all over the country to sponsor me, for the charity, in memory of this brave and lovely girl who finally succumbed to her leukaemia.

Fresh-shod with bouncy sorbethane-filled trainers I loped into the Midlands full of bravado. Of course, I had to cover the race as well as run it. In a dress rehearsal of my current Sunday morning routine with the Masters, I stood boldly in front of the 5,000 starters, grabbed a couple of quick shots as they charged me down, and bolted for the pavement. Handing the old Pentax to my glamorous assistant I then squeezed in among them, only a thousand or so bodies behind the leaders.

This was not a sun-blessed run. Rain fell soon after the start and continued unabated until the final finishers staggered into a muddy field

somewhere down the motorway. Not a pretty course at the best of times, Birmingham was at least mostly flat, if unappealing.

(Ever wondered who started the phrase ‘all downhill from there’ as a negative? Wouldn’t be a distance runner!)

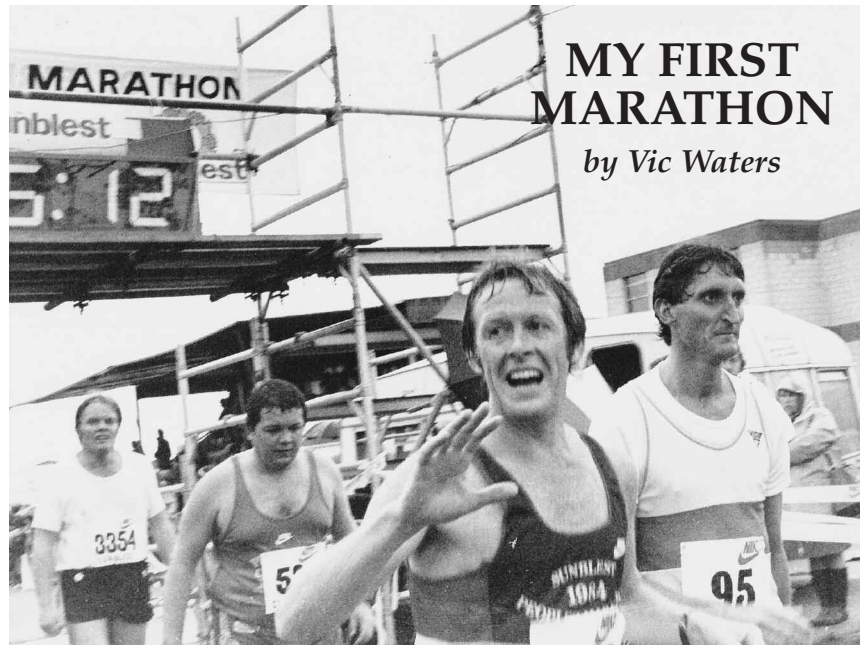


‘Glamorous assistant’ (and wife, Christine). You know it’s love when they wait in the rain for four hours!

Cold and wet

As other slow runners know, we don’t develop much body-heat. By the end of this race, wind, rain and hypothermia ruled. Lucky runners salvaged big, black garbage bags at the water stations and wore them to keep some rain off, and some heat in.

My time was not impressive, but I did finish inside four hours. During the race I had my first running lesson, from a real athlete, who was carrying a tub on his back and



MY FIRST MARATHON

by Vic Waters

A still from ‘Zombies On The Run’; being chased by the un-dead is a powerful incentive to keep moving.

collecting cash for the disabled. (His burden was also filling fast, with rainwater.) He was a specialist fell-runner (hill runner) and taught me to pace myself uphill; maintain the rhythm but take short steps. It’s amazing how many lurchers and striders you can pass like that!

No champagne

I wasn’t so flash later that night, completely unable to walk downstairs unaided at the posh hotel we had booked. My glamorous assistant was none-too-impressed either. Having waited in that muddy field, with overcoat, mac and umbrella and my personal cheer-squad, she was savouring the slap-up, celebration champagne dinner. However, this being Sunday night, marathon or no marathon, the swanky hotel restaurant was shut. Good old Birmingham; we limped off for another night, another half-empty curry joint.

(One advantage of doing a terrible first marathon is things can only get better – assuming you’re stupid enough to have another go. I did, and eventually managed better times. Sixteen years on (with the invaluable help and experience of the Vets/Masters in Perth) I set a new pb some 20 minutes better than the first.)

Now, it’s your turn! Please send your Marathon Memories – preferably by email to vicwaters@iprimus.com.au

Well done, 25K helpers!

THE message is getting through. Wayne Pantall says that all his helpers PHONED HIM! On the day he even had extras. Thanks, all of you. Don’t forget – all members – check Vetrun back page every month to see if you’re listed to help.

JULY BIRTHDAYS

Bell	John	M60
Bell	Shirley	W55
Bending	Nola	W55
Carse	Bridget	W60
Chalmers	Bob	M65
Choate	Clive	M55
Fergie	Bob	M70
Forde	Marg	W65
Gower	Alan	M50
Green	Stanley	M90
Harrowfield	David	M30
Heppell	Mary	W65
James	Lyle	M65
Jones	Merv	M65
Manford	Terry	M65
March	Karen	W45
Martin	Paul	M65
McNamara	Bob	M60
Moyle	Ernie	M80
Payne	Kevin	M55
Selby	Stan	M60
Sexton	Karen	W45
Slinger	Joan	W65
Till	Campbell	M45
Uren	Christine	W35
Waldhuter	Brian	M65
Walkley	Claire	W40
Whittam	Dorothy	W70
Wolfenden	Debbie	W40
Young	Gillian	W55



Deepwater Point Start

14.5K

Jim Langford	M60	54:33
Sandy Burt	M40	54:42
John Pentecost	M45	56:34
John Allen	M45	57:39
Vis	M90	58:20
Bert Carse	M60	59:01
Bjorn Dybdahl	M50	59:47
David Baird	M60	60:37
Alan James	M55	60:54
Geoff Barrett	M40	62:11
Jim Klinge	M55	62:56
Brian Danby	M55	63:58
Mike Hale	M55	64:35
Bob Schickert	M60	64:58
Wayne Taylor	M45	65:08
Paul Burke	M35	65:17
Helen Lysaght	W50	65:34
Syd Beer	M60	65:42
Kay Burt	W50	67:49
Mark Sivyer	M55	69:42
Ian Glasspell	M55	70:37
Gillian Young	W55	70:49
Irwin Barrett-Lennard	M75	70:50
Terry Humphrey	M50	72:22
Graham Ainsworth	M50	72:24
Robert Sheehy	M60	72:27
Vic Waters	M60	72:31
Jon Tuttle	M40	72:44
David Carr	M70	74:16
John Ellard	M60	74:17
Jim Barnes	M60	75:51
John Dance	M55	76:48
Lorraine Lopes	W65	76:50
Viv Lok	W45	77:45
Richard Danks	M60	78:50
John Smith	M70	79:23
Charlie Chan	M50	79:24
Barb Humphrey	W55	83:34
Brian Smith	M65	83:34
Rhod Wright	M55	89:01
Jacqui Halberg	W60	89:20
Richard Harris	M65	89:47
Steve Toohey	M55	91:42
Debbie Dance	W35	94:22
Jeni Shillington	W45	1:40:40

7K RUN

Vis	M90	25:52
Vis	M90	25:57
Christopher Coates	M50	27:14

Deepwater Point

June 4, 2006

FOOTPATH and road works brought about a changed course this year, resulting in a shorter run. So if you thought you had done something special over 16K, or even 15K – think again. The long run was 14.5K, the short one, 7K. VW

Vis	M90	27:50
Bruce Wilson	M60	28:02
Vis	M90	29:04
Raymond Gimi	M40	30:28
Bill Jones	M55	30:54
Henri Cortis	M60	30:55
Bruce Mathieson	M60	31:19
Hamish McGlashan	M65	32:09
Maurice Creagh	M55	32:18
John Pressley	M60	32:36
Margaret Langford	W55	32:44
David Muir	M60	33:57
Neil McRae	M50	34:25
John Dennehy	M45	34:26

Light up our finishes

AN appeal to all race directors – please help me take better pictures!

Where possible, please organise your event so that finishers have the sun in their eyes. This will also help the recorders. I have noticed that most weeks we finish with the sun at our backs. This means the recorders are often squinting into the light to read members' numbers.

Taking pictures against the light isn't impossible, but it's harder. If the athletes have light on them, instead of behind them, the images will be sharper.

VW

Vis	M90	34:29
Doug Hazell	M50	34:55
Vis	M90	35:16
Vis	M90	35:20
Peggy MacIver	W60	35:21
Delia Baldock	W40	35:24
Michael Faunge	M65	37:40
Damien Hanson	M50	38:08
Vis	M90	38:14
Bob Sammells	M65	38:20
Troy Lundgren	M50	38:24
Vis	M90	39:01
Wendy Clements-Green	W60	39:31
Roger Walsh	M60	39:57
Vis	M90	40:03
Vis	M90	40:03
Vic Beaumont	M75	40:58
Grace Hollin	W45	41:16
Tanya Burke	W35	42:48
Bridget Carse	W60	45:15
Sheila Maslen	W65	46:15
Mary Heppell	W65	47:13
Jo Richardson	W50	47:42

7K WALK

David Brown	M55	43:17
Val Millard	W55	46:32
Stan Delandgraft	M75	50:48
Vis	M90	50:58
Lynne Schickert	W60	51:21
Jeff Whittam	M70	52:34
Ray Hall	M70	52:34
Vis	M90	53:43
Rosa Wallis	W60	54:27
Rex Bruce	M65	55:26
John Frost	M65	55:35
Kirt Johnson	M75	56:20
Mitch Loly	M65	56:32
Alan Pomery	M75	56:35
Elaine Ellard	W60	58:01
Pat Ainsworth	W70	58:18
Lorna Lauchlan	W75	59:12
Merv Moyle	M75	60:10
Pat Miller	W65	60:17
Sue Wells	W55	60:39
Phyllis Farrell	W60	61:14
Vis	M90	61:30
Maggie Flanders	W65	61:30
Norm Miller	M70	65:43
Keith Atkinson	M45	65:45
Jill Midolo	W55	74:45

Kent St Weir

10K RRC

May 28, 2006

10K RUN

Stephen Dunn	M35	37:25
Paul Hughes	M50	38:22
John Allen	M45	38:35
Vis		39:23
Bjorn Dybdahl	M50	41:07
David Baird	M60	41:08
Bob Schickert	M60	42:20
Brian Danby	M55	42:50
Henri Cortis	M60	42:56
Mike Hale	M55	43:25
Wayne Taylor	M45	43:32
Johan Hagedoorn	M60	43:37
Helen Lysaght	W50	43:51
Bill Jones	M55	44:34
Syd Beer	M60	44:45
John Mack	M60	44:50
Dee Haines	W45	44:54
Frank Gardiner	M55	45:59
David Carr	M70	46:37
Gillian Young	W55	46:40
Ian Glasspell	M55	46:42
Mark Sivyer	M55	46:55
John Bell	M60	47:05
Hamish McGlashan	M65	47:06
Irwin Barrett-Lennard	M75	47:43
Karen March	W40	47:58
Nick Miletic	M55	48:15
Mark Rosen	M55	48:32
John Ellard	M60	48:37
Julie Keeley	W35	48:54
Graham Ainsworth	M50	48:56
Jon Tuttle	M40	49:11
Terry Humphrey	M50	49:33
Paul Martin	M60	49:58
Charlie Chan	M50	50:28
Mike Khan	M60	50:49
John Brambley	M60	51:05
Robert Sheehy	M60	51:24
Jim Barnes	M60	51:27
John Dennehy	M45	51:54
Viv Lok	W45	52:14
Lorraine Lopes	W65	52:15
Anne Humphrey	W40	52:16
John Dance	M55	52:38
Richard Danks	M60	53:41
Sue Bullen	W45	54:15
John Smith	M70	54:17
Brian Smith	M65	55:06
Barb Humphrey	W55	56:30
Dennis Miller	M65	56:49
Mike Polkinghorne	M50	57:16
Merv Jones	M65	57:40
Wendy Duncan	W55	57:53
Rhod Wright	M55	57:58
Jacqui Halberg	W60	58:10
Irene Ferris	W50	58:21
Richard Harris	M65	59:33
Steve Toohey	M55	59:57
Denise Viala	W55	61:47
John Talbot	M55	62:40
Debbie Dance	W35	66:17
Margaret Bennett	W60	68:01
Brian Bennett	M55	68:02
Jeni Shillington	W45	68:23
Sheila Maslen	W65	68:24
Mary Heppell	W65	68:26
Jo Richardson	W50	72:54
Arnold Jenkins	M60	81:07



RWC winner David Brown contests the Uni finish with runner Bjorn Dybdahl.

10K WALK

Rosa Wallis	W60	81:08
Janis Malin	W55	81:09
Vis		81:53

5K RUN

Vis		19:57
Alan James	M55	20:17
Raymond Gimi	M40	21:30
Jon Wannberg	M35	22:16
Bruce Mathieson	M60	23:09
Barbara Blurton	W55	23:50
Maurice Creagh	M55	25:08
Jim Riddell	M65	25:39
Peggy Macliver	W60	25:37
Delia Baldock	W40	25:46
David Muir	M60	26:28
Damien Hanson	M50	26:31
Mike Rhodes	M60	26:42
Doug Hazell	M50	26:51
Richard Blurton	M55	27:06
Wendy Clements-Green	W60	28:51
Vic Beaumont	M75	30:14



Always smiling - Val Millard has more cause than ever as fastest RWC woman.

37.2 RWC

Total Km/time			
David Brown	M55	3:54:54	6:19
Val Millard	W55	4:15:13	6:52
Lynne Schickert	M60	4:39:42	7:32
Jeff Whittam	M70	4:46:30	7:43
Stan Delandgraft	M75	5:02:21	8:08
Mitch Loly	M65	5:11:10	8:22
Elaine Ellard	W60	5:18:37	8:34
Pat Miller	W65	5:21:05	8:38
Sue Wells	W50	5:21:27	8:39
Lorna Lauchlan	W75	5:23:15	8:42
Maggie Flanders	W70	5:45:43	9:17
Jill Midolo	W55	6:43:24	10:51



Walkers at Burswood event: Mitch Loly, above, and Elaine Ellard



Aldo Giacomini	M70	30:28
John Stone	M50	30:46
Julie Wood	W55	35:27
Dalton Moffett	M75	40:00
Ray Lawrence	M75	40:01
Vis		30:26

5K WALK

David Brown	M55	32:14
Val Millard	W55	33:51
Stan Delandgraft	M75	37:39
Lynne Schickert	W60	38:00
Jeff Whittam	M70	38:38
Dorothy Whittam	W65	39:16
Mitch Loly	M65	40:27
Alan Pomery	M75	40:30
Patricia Hopkins	W60	42:16
Pat Ainsworth	W70	42:58
Elaine Ellard	W60	43:38
Pat Miller	W65	44:02
Sue Wells	W50	44:02
Lorna Lauchlan	W75	44:09
Allen Tyson	M80	44:44
Phyllis Farrell	W60	46:06
Merv Moyle	M75	46:43
Maggie Flanders	W65	46:44
Kirt Johnson	M75	47:55
Ron Sutton	M65	47:56
Norm Miller	M70	47:57
Pierre Viala	M55	47:57
Leo Hassam	M55	48:07
Rex Bruce	M65	48:08
Liz Chandler	W35	49:19
Keith Atkinson	M45	49:20
Telsey Hatwell	W70	51:25
Jill Midolo	W55	54:48

50K RRC

		TotalKm/time	
Stephen Dunn	M35	3:14:31	3:53
Paul Hughes	M50	3:16:04	3:55
John Allen	M45	3:20:44	4:00
Bjorn Dybdahl	M50	3:30:24	4:12
David Baird	M60	3:31:16	4:13
Bob Schickert	M60	3:44:10	4:29
Wayne Taylor	M45	3:46:05	4:31
Brian Danby	M55	3:48:47	4:34
Helen Lysaght	W50	3:50:07	4:36
Johan Hagedoorn	M60	3:50:17	4:36
Syd Beer	M60	3:51:09	4:37
John Mack	M60	3:55:05	4:42
David Carr	M70	3:59:40	4:47
Irwin Barrett-Lennard	M75	4:00:16	4:48
Mark Sivyver	M55	4:02:23	4:50
Gillian Young	W55	4:03:15	4:51
Nick Miletic	M55	4:09:50	4:59
Mark Rosen	M55	4:16:45	5:08
John Ellard	M60	4:19:02	5:10
Ian Glasspell	M55	4:20:10	5:12
Julie Keeley	W35	4:21:35	5:14
Mike Khan	M60	4:23:56	5:16
Jim Barnes	M60	4:24:15	5:17
Viv Lok	W45	4:25:43	5:19
John Smith	M70	4:28:26	5:22
John Dance	M55	4:33:33	5:28
Lorraine Lopes	W65	4:35:41	5:30
John Brambley	M60	4:37:08	5:32
Richard Danks	M60	4:38:15	5:33
Brian Bennett	M55	4:47:06	5:44
Dennis Miller	M65	4:49:44	5:47
Sue Bullen	W45	4:58:26	5:58
Wendy Duncan	W55	4:59:09	5:58
Irene Ferris	W50	5:23:10	6:27
Denise Viala	W55	5:28:24	6:35
Debbie Dance	W35	5:33:38	6:40



Above, Brian Danby and Syd Beer in the Uni 15K. Below, Henry Cortis, John Bocian and Mal Vernon.



Hamish McGlashan edges out David Carr over 15K – but they're both grinning!

Uni 15k RRC

June 11, 2006



Race Director Gary Francis

15K RUN

V 2	M	57:52
Stephen Dunn	M35	58:20
Paul Hughes	M50	58:51
Bernard Mangan	W50	59:38
John Allen	M45	59:51
Bjorn Dybdahl	M50	62:55
David Baird	M60	63:13
Geoff Barrett	M40	63:34
David Willmer	M50	63:58
Bob Schickert	M60	66:05
Wayne Taylor	M45	67:21
Syd Beer	M60	67:58
Brian Danby	M55	67:58
Helen Lysaght	W50	69:07
Mal Vernon	M50	70:02
Henri Cortis	M60	70:06
Bill Jones	M55	70:23
Johan Hagedoorn	M60	70:32
John Mack	M60	71:00
Mark Sivyver	M55	71:22
Gillian Young	W55	71:49
Neil McRae	M50	72:10
Irwin BarrettLennard	M75	72:14
Hamish McGlashan	M65	72:48
David Carr	M70	72:50
Michael Karra	M40	73:09
Martin Watkins	M55	73:13
Graham Ainsworth	M50	74:17
Bruce Mathieson	M60	74:17
Nick Miletic	M55	74:44
Peter March	M45	75:33
Mark Rosen	M55	75:51
Julie Keeley	W35	76:37
Brian Bennett	M55	77:00
Mike Khan	M60	77:46
Paul Martin	M60	78:00
Lorraine Lopes	W65	78:08
John Ellard	M60	78:48
Jim Barnes	M60	78:58
Ian Glasspell	M55	79:25
Viv Lok	W45	79:26
John Dance	M55	79:34
John Brambley	M60	79:37
Richard Danks	M60	79:39
Terry Manford	M65	79:51
John Smith	M70	81:51
Brian Smith	M65	81:58
Dennis Miller	M65	84:55
Steve Toohey	M55	90:50
V 3	M	90:50
Wendy Duncan	W55	90:57
Sue Bullen	W45	90:57
Debbie Dance	W35	1:38:04
Rhod Wright	M55	1:40:32
Denise Viala	W55	1:41:04
Irene Ferris	W50	1:41:05

10K RUN

Bryan Hardy	M60	46:31
Mike Rhodes	M60	51:39
Jeanette Tiverios	W45	51:45
Ray Attwell	M70	51:55
Shirley Bell	W55	55:30
Mike Polkinghorne	M50	59:29
Vic Beaumont	M75	59:44
Alison Aldrich	W60	62:01
Jo Richardson	W50	66:19
V 1	M	66:25
Mary Heppell	W65	70:41
Sheila Maslen	W65	70:41
Jeni Shillington	W45	70:42
Janis Malin	W55	80:25

5K RUN

Raymond Gimi	M40	21:57
Vic Waters	M60	22:49
Maurice Creagh	M60	23:33
Margaret Langford	W55	24:35
John Dennehy	M45	24:51
Steve Barrie	M70	26:01
Jim Riddell	M65	26:09
Damien Hanson	M50	26:48
Roger Walsh	M60	27:40
Bob Sammells	M65	28:12
Wendy ClementsGreen	W60	28:31
V 4	M	20:14
Aldo Giacomini	M70	30:12
Kris Adrian	W35	30:42
Pierre Viala	M55	35:30
Julie Wood	W55	35:31

15K WALK

Michael Harvey	M55	1:48:35
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10K WALK

Lee Holliday	M50	54:19
David Brown	M55	62:57
Val Millard	W55	68:30
John Bocian	M55	70:09
Lynne Schickert	W60	73:51
Stan Delandgraft	M75	74:41
Jeff Whittam	M70	77:19
Rex Bruce	M65	80:33
Pat Ainsworth	W70	82:59
Mitch Loly	M65	84:28
Merv Moyle	M75	85:33
Lorna Lauchlan	W75	85:47
Pat Miller	W65	86:58
Sue Wells	W55	86:58
Elaine Ellard	W60	89:13
Maggie Flanders	W65	1:34:23
Leo Hassam	M75	1:34:23
Norm Miller	M70	1:39:27
Jill Midolo	W55	1:49:18

5K WALK

Pamela Toohey	W60	44:57
Elaine Dance	W55	44:57

Burswood 25k RRC & RWC June 18, 2006

25K RUN

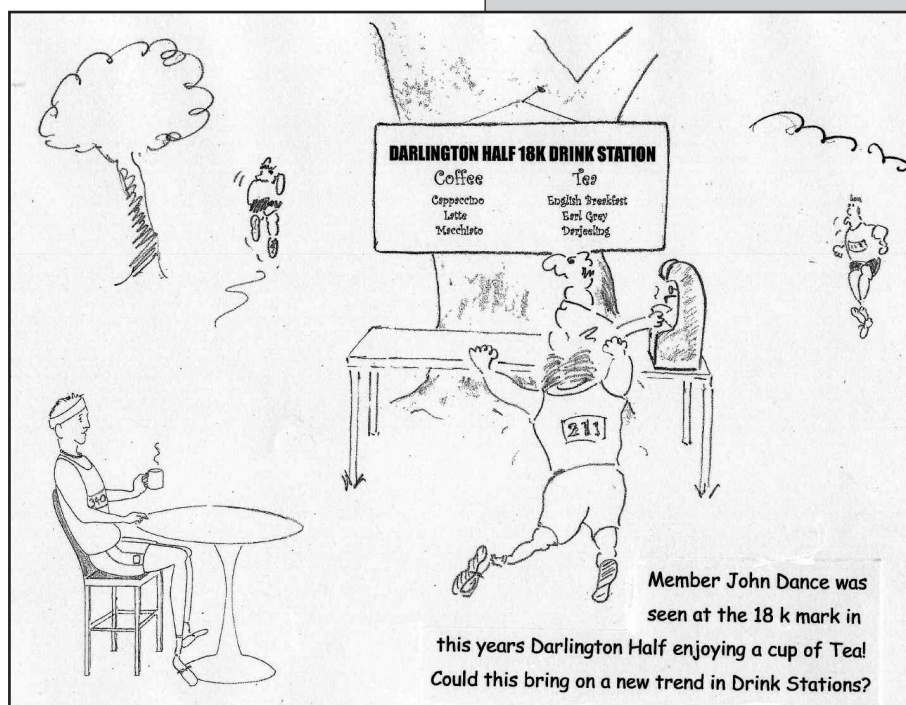
V2		93:24
Jim Langford	M60	97:19
Stephen Dunn	M35	98:46
Paul Hughes	M50	98:51
Simon Coates	M35	99:50
Chris Maher	M50	1:40:05
Gary McLean	M40	1:40:50
John Allen	M45	1:42:18
V3	M90	1:44:18
Bjorn Dybdahl	M50	1:46:22
David Baird	M60	1:46:55
Geoff Barrett	M40	1:49:38
Mark Speechly nf	M35	1:52:30
Mike Hale	M55	1:55:09
Wayne Taylor	M45	1:55:12
Bob Schickert	M60	1:55:45
Johan Hagedoorn	M60	1:56:08
Helen Lysaght	W50	1:57:09
Brian Danby	M55	1:57:59
Syd Beer	M60	1:58:26
John Mack	M60	1:59:15
David Carr	M70	2:00:13
Irwin Barrett-Lennard	M75	2:00:19
John Doust	M55	2:03:25
Mark Sivyer	M55	2:04:06
Keith Miller		2:04:26
Gillian Young	W55	2:04:46
Nick Miletic	M55	2:06:51
Terry Humphrey	M50	2:07:45
Graham Thornton	M65	2:09:45
John Bell	M60	2:11:04
John Ellard	M60	2:11:37
Kevin Payne	M45	2:12:04
John Smith	M70	2:12:18
Mark Rosen	M55	2:12:22
Christine Engels	W50	2:13:06
Jim Barnes	M60	2:13:50
Viv Lok	W45	2:14:03
Ian Glasspell	M55	2:14:03
Mike Khan	M60	2:15:21



Jim Langford at the Causeway, en route to 25K victory. Luckily for everyone else, he missed the other 50K events!

Julie Keeley	W35	2:16:04
Charlie Chan	M50	2:20:11
John Dance	M55	2:21:21
Genevieve Spiro	W35	2:21:26
Brian Bennett	M55	2:22:04
Richard Danks	M60	2:24:55
Claire Walkley	W40	2:25:07
Reece Waldock	M50	2:125:08
V4	M90	2:25:09

Cartoon by:
PAUL MARTIN



Lorraine Lopes	W65	2:25:18
John Brambley	M60	2:26:26
Dennis Miller	M65	2:28:00
Merv Jones	M65	2:29:48
Wendy Duncan	W55	2:30:19
V1	M90	2:32:58
Sue Bullen	W45	2:33:14
Lewis Paul	M60	2:43:02
Irene Ferris	W50	2:43:44
Denise Viala	W55	2:45:33
Debbie Dance	W35	2:49:17

15K WALK

Lee Holliday	M50	78:33
David Brown	M55	96:26
Val Millard	W55	1:46:20
Lynne Schickert	W60	1:56:30
Jeff Whittam	M70	1:57:59
Elaine Ellard	W60	2:07:45
Mitch Loly	M65	2:09:42
Sue Wells	W55	2:09:48
Pat Miller	W65	2:09:48
Victor Ratana	M70	2:09:51
Lorna Lauchlan	W75	2:14:07
Beryle Doust	W55	2:14:07
Stan Delandgrafft	M75	2:19:13
Maggie Flanders	W65	2:23:06
Jill Midolo	W55	2:44:33

15K RUN

Paula Karra	W35	79:04
Michael Karra	M40	79:05
Jeff Spencer	M65	86:48

10K RUN

Jim Klinge	M55	37:38
Maurice Creagh	M60	41:59
Terry Manford	M65	48:21
Jo Richardson	W50	82:37

4.4K RUN

Henri Cortis	M60	18:01
Dave Roberts	M60	18:43
Colin Smith	M40	18:54
Barry Jones	M45	19:37
Vic Waters	M60	19:53
Bruce Mathieson	M60	20:28
Barbara Blurton	W55	20:29
Fenella Gill	W40	20:55
John Dennehy	M45	21:55
Margaret Langford	W55	21:37
Chris Frampton	M40	21:40
Graham Ainsworth	M50	22:36
Shirley Bell	W55	22:55
Mike Rhodes	M60	22:59
Damien Hanson	M50	23:02
Leonie Jones	W45	23:04
Roger Walsh	M60	24:07
Michael Faunge	M65	24:20
Keith Atkinson	M45	24:24
Bob Sammells	M65	24:27
Wendy ClementsGreen	W60	24:37
Kris Adrian	W35	25:17
Alison Aldrich	W60	26:13
Vic Beaumont	M75	26:42
Aldo Giacomini	M70	27:14
Bob Fergie	M70	29:26
Sheila Maslen	W65	29:48
Mary Heppell	W65	29:54
Linda Rhodes	W60	21:44
Julie Wood	W55	34:42
Ray Lawrence	M75	34:43

5K WALK

V5		34:48
Pat Ainsworth	W70	41:51

Coker Park

June 1, 2006

60M

Norm Richards	M65	9.7
Bob Schickert	M60	10.1
Ross Calnan	M65	10.2
Delia Baldock	W40	9.3
Gillian Young	W55	11.8
Lynne Schickert	W60	15.3

1000M

Bob Schickert	M60	3:35.4
John Dennehy	M45	3:38.3
Barbara Blurton	W55	3:51.1
Delia Baldock	W40	4:06.5
Gillian Young	W55	4:08.8

200M

Colin Smith	M40	26.3
Norm Richards	M65	30.6
Barry Newell	M50	30.6
Bob Schickert	M60	33.5
Ross Calnan	M65	35.7
Delia Baldock	W40	32.5
John Dennehy	M45	32.6
Gillian Young	W55	38.0

600M

Colin Smith	M40	1:37.6
Bob Schickert	M60	2:06.3
Barry Newell	M50	2:12.2
Delia Baldock	W40	2:16.3

5000M

David Carr	M70	21:52.2
Gillian Young	W55	23:39.2

3000M

Gill Edmonds	W40	15:17.7
Barry Newell	M50	15:47.6

3000M WALK

Val Millard	W55	19:54.1
Lynne Schickert	W60	20:50.5
Jim Turnbull	M65	20:50.6

June 8, 2006

100M

Norm Richards	M65	14.6
Ross Calnan	M65	16.9
Gillian Young	W55	19.9

1500M

Brian Hewitt	M50	5:24.6
Bob Schickert	M60	5:35.8
Blakeney Tindall	M45	5:55.9
Gillian Young	W55	6:29.1
Peggy Macliver	W60	6:40.6
Jim Riddell	M65	6:57.9

1500M WALK

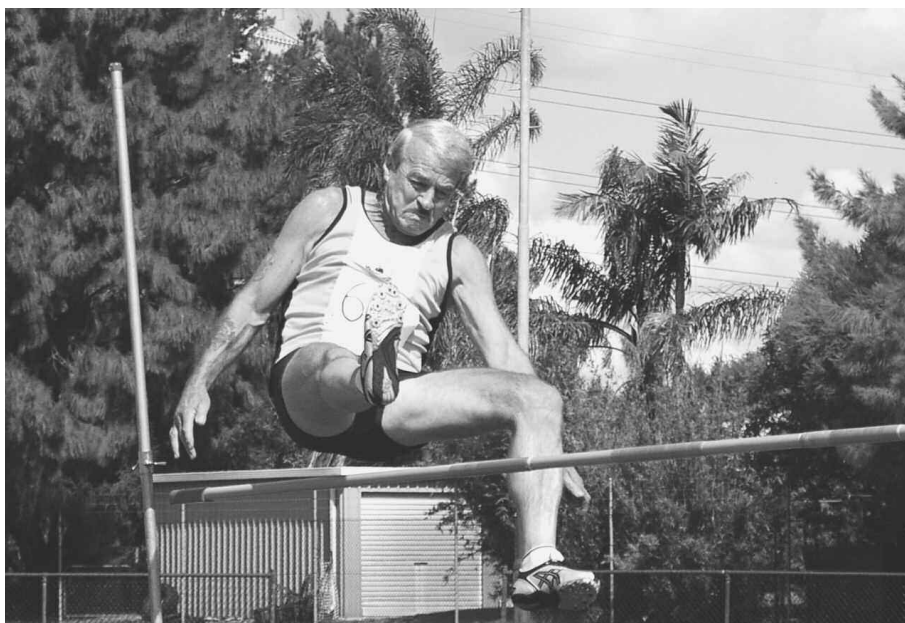
Stan Jones	M80	10:08.6
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60M

Norm Richards	M65	8.7
Barry Newell	M50	8.7
Delia Baldock	W40	9.2
Ross Calnan	M65	10.2
Gillian Young	W55	10.9

400M

David Solomon	M40	61.5
Barry Newell	M50	71.6
Bob Schickert	M60	73.9
Norm Richards	M65	82.8
Delia Baldock	W40	72.9
Jim Riddell	M65	82.0
Gillian Young	W55	86.0



More pictures from our State Championships: Norm Richards (above) and Walker Tom Lenane, below. Bottom of page, Gillian Young finishing in the Uni 15K.

3000M

David Carr	M70	12.26
Blakeney Tindall	M45	12.56
Maurice Creagh	M55	13.15
Gillian Young	W55	13.56
Peggy Macliver	W60	14.30
Gill Edmonds	W40	14.45
Delia Baldock	W40	15.15
Jackie Halberg	W60	15.25
Barry Newell	M50	16.05

3000M WALK

Jim Turnbull	M65	20.58
--------------	-----	-------

June 15, 2006

100M

Roy Fearnall	M60	13.5
Norm Richards	M65	14.3
Delia Baldock	W40	15.1
John Dennehy	M45	15.6
Ross Calnan	M65	16.8
David Carr	M70	18.4

300M

Colin Smith	M40	41.2
David Solomon	M40	43.1
Roy Fearnall	M60	46.3
Norm Richards	M65	50.2
David Carr	M70	51.3
Delia Baldock	W40	51.7
Bob Schickert	M60	54.8
Gillian Young	W55	63.4
Ross Calnan	M65	78.8



5000M

Rosemary Johnson	W30	18.47
Rob Colton	M40	19.15
Gillian Young	W55	22.48
Maurice Creagh	M55	22.49
John Dennehy	M45	23.07
Peggy Macliver	W60	24.23
David Carr	M70	24.23
Gill Edmonds	W40	25.50
Jackie Halberg	W60	26.18

3000M

Barbara Blurton	W55	13.14
Barry Newell	M50	14.51

3000M WALK

Tom Lenane	M50	19.06
Val Millard	W55	19.51



60M

Colin Smith	M40	8.1
Roy Fearnall	M60	8.2
Ross Calnan	M65	8.9
Delia Baldock	W40	9.2
David Carr	M70	11.9

800M

Rosemary Johnson	W30	2:38.7
Rob Colton	M40	2:57.1
Delia Baldock	W40	3:03.1
David Carr	M70	3:13.5
Barry Newell	M50	3:15.8

TRACK and FIELD

Thursdays' programme
Events are staged in the order shown: except on nights when there is a steeplechase, an extra sprint event has been included.

July

6th 60, 800, 100, 400, 5k/3k
13th 100, 1 mile, 60, 600, 3k
20th 60, 1000, 100, 400, 5k/3k
27th 2k steeple, 200, 800, 300, 3k

August

3rd 60, 1500, 100, 400, 3k
10th 800, 60, 300, 100, 5k/3k
17th 60, 3k, 600, 200, 1000
24th 60, 800, 100, 300, 5k/3k
31st 1000, 100, 3k, 200, 600

AUGUST 6

HALF MARATHON

Director: Bob Sammells - 9309 2293
Peter Airey, Liz Chandler, John

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm whether you are available. If you are NOT, ALSO contact Bob Schickert to be allocated another event.

Dennehy, Doug Hazell, Lee Holliday, Chris Kelly, Arthur Leggett, Janis Malin, Merv Moyle, Frans Oswald, John Puglisi, Rosa Wallis, Mike & Janet Walter.

AUGUST 13

STATE X-C CHAMPIONSHIP

Director: Ralph Henderson - 9401 3115

John & Beryl Doust, Anne Humphrey, Barb & Terry Humphreys, Anne Jones, Ivan

Lazarus, Bruce Matheson, John Tuttle.

AUGUST 20

MILL POINT RD

Director: Milton Mavrick - 9227 1559

Dan & Nola Bending, Michel Bermudes & Deborah Gardner, David & Pat Carr, Barry & Leonie Jones, Arthur Leggett, Patrick Smith.

SEPTEMBER 3

HERDSMAN LAKE

Directors: Dorothy & Jeff Whittam - 9387 6438

Dan & Nola Bending, John Cresp, Mike Faunge, Julie Keeley, Lorna Lauchlan, Stan Lockwood, Sheila Maslen, Denise McMorrow, Morland Smith, Roger Walsh.

SEPTEMBER 10

BASSENDEAN

Director: Jacqueline Billington - 9751 1804

Ed Barrett-Lennard, Irene Ferris, Jan Jarvis, Mike Khan, John Mack, Kevin Payne, Alan Pomery, Dave Reid, Alan Thornily, Alan Thurlow, Denise & Pierre Viala.

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Val Millard

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Bill Hughes

AUGUST
2006
No. 389



Vetr run

The magazine of Masters Athletics WA

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Bardon Bash Darlington Dash	P5
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My Marathon by Mike Anderson; and Christine Engels	P7
Coming Events and Helpers	P8

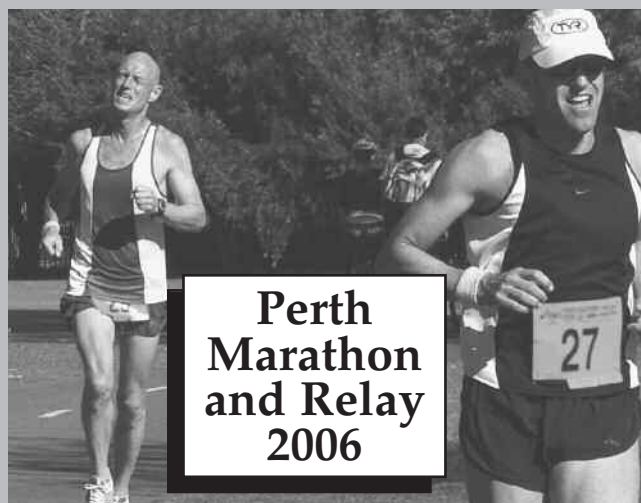
VENUE CHANGE - Sept 3rd

PLEASE note this late change to the Herdsman Run. Our usual pony club location is hosting two large equestrian events on Sunday Sept 3, so we are moving up the road to Lake Monger.

Go to the usual Lake Monger start point – north of lake. Start time is 8am, but there could be a short delay to accommodate latecomers. (Someone will be stationed at Herdsman to re-direct members who show up there.)

Your First Marathon

EUPHORIA, pain, joy, vows to improve, and 'never again'. They're some of your reflections on that 'first marathon'. My request for tales of your premier runs encouraged three replies this month (see inside pages.) That's the best response I've ever had (apart from the time I promised to stop organising the GOT run.) Let's have more, please. VW



Perth
Marathon
and Relay
2006



Geoff Barrett (above) was running his first. Marg Forden (left) has done a few more!

Other pics (clockwise, from top left): Frank Gardiner, one of many Masters in relay teams; John Mack; Marge Forden; Mal Vernon; and Gillian Young, who recently set a new W55 15K State record.



More State records set

AN update from Campbell Till shows some recent records set in May and June this year.

25k Road Run

M75 Irwin Barrett-Lennard
2:00:19

(previous: 2:00:51, by Irwin in 2005)

15k Road Run

W55 Gillian Young 71:49
(73:53, Gillian in 2004)

25k Road Run

W55 Gillian Young 2:04:46
(prev. 2:06:48, Marg Forden, 2000)

50k Road Run

W50 Christine Pattinson
4:42:10 (inaugural)

AUGUST BIRTHDAYS

Beer Syd	M60
Bennett Brian	M55
Carse Bert	M65
Colton Rob	M40
Danby Brian	M55
Dance Debbie	W35
Dance John	M55
Doust John	M55
Dunn Stephen	M40
Dybdahl Bjorn	M50
Flanders Maggie	W70
Hanson Damien	M50
Henderson Ralph	M55
Hope Eric	M55
Hughes Bill	M75
Jones Stan	M80
Kennedy Brendan	M35
Langford Jim	M60
Lawrence Glenda	W50
Martin Keith	M60
Medcalf Gordon	M75
Midolo Jill	W55
Mison Michele	W55
Mort Simon	M50
Neville Bob	M70
Pentecost John	M45
Polkinghorne Karen	W50
Richards Norm	M65
Sanders Susan	W50
Solomon David	M40
Sullivan Peter	M45
Sutton John	M70
Turner Shorty	M70
Viala Pierre	M55
Wannberg Jon	M40
West John	M55
Whittam Jeff	M70
Wood Julie	W55

You write...

Vic, Re mara.

You had recently joined the club (1989: VW) and volunteered to help at a marathon. Your job was to stand at a turn point which has now become part of the mortgage belt. Hot day, few runners, no one to talk to. The marathon died a terrible death. Public did not know about it. Land developers wasted their money, etc. But you stayed on. Thanks.

David (Carr)

Medals Day is Sept 10th

THE Club's Annual Presentation Day is September 10 and the event will be at the Metro Hotel, Canning Highway, South Perth starting at 12.30 (after the Bassendean Run). Cost per head (for a two-course meal with tea, coffee and soft drinks included) is \$25. Bookings with Elaine Dance or myself; cash, cheque or credit card.

Val Millard

New members - welcome!

Cath Allgrove W50

Penny Ingram W30

My first marathon

by
John Smith

I WAS about 50, and the date was probably 1975. For about a year I had run occasionally with the Vets, but nothing serious. However, those were Deek Days. Walking frames were discarded and pounding feet wore grooves in council footpaths as just about everybody tried to run a marathon like de Castella.

So I ran my first marathon. Three and half-hours and it felt like a run in the local park. The surprise came ten minutes after the finish, when I suddenly started to cry my eyes out. Very embarrassing. The feeling was one of joy, and similar to the effect caused by emotive music.

It did make me realise the connection between mind and body in all extreme activities, including trekking and mountain climbing. Now I make sure my body is not working so hard that it drowns out the sheer pleasure of running. (The times may not be wonderful, but it is a lot more fun.)

For training I build up to three or four sessions a week, at a comfortable 6-minute kilometre for two hours. That



John Smith in this year's Perth Marathon

works for me and surprisingly gives a comfortable four-hour marathon on the day. Oh yes, I still get that feeling of emotional relief, but it is never as wonderful as on that first occasion!

Bet you don't believe a word of that. That's fine; sometimes I don't believe it myself.

This may be a bit too way-out to print? However, in case you do publish, please feel free to correct punctuation re-attach spit infinitives properly! Cheers, John.

I think a lot of people feel like crying after the marathon, for a range of reasons. In my case, it's just because I feel sorry for myself! Vic

TV athletics – the UK way

LONDON lifestyle doesn't present much of a challenge to Perth. Roads that melt at 35 degrees are occasionally cooled by bursting water mains, while gardens perish under a hosepipe ban. There's traffic, terrorists... and outrageous prices!

But they do have the BBC. Last week I was able to watch the European Athletic Championships, in full, without a single ad-break. Week-long coverage was spread across two channels – and they showed the lot, not just the events featuring Brits. In-depth analysis from experts Michael Johnson and Colin Jackson supplemented commentary from Steve Cram,

Lewana weekend

THE club weekend-away is at Lewana (Balingup area) from Friday 29 September until Monday October 2. Cost per person will be \$45. It's time to put your name down for the trip. We have booked five cottages, which will accommodate 40 people.

Brendan Foster and the beeb's own excellent staff. After a diet of Ch 7's one-eyed approach (plus ads) and SBS squeezing Golden League meetings into a single hour,

WATCH THEIR HEELS, REF

TRAINERS with wheels in the heels have been sold in the UK for the past couple of years. This Christmas sales are expected to reach 200,000 pairs. Would this constitute an unfair advantage? I think so. Walks judges please note. VW

Please let Elaine Dance or me know – as soon as possible – if you're going to join us. If you don't catch us at the Sunday events, call me on 9275 0169.

Margaret Bennett

this was luxury. It almost made up for the thunder of aeroplanes passing overhead every two minutes, from early morning 'til passing-out time.

VW

Bunbury Marathon CD on sale

WITH more than 400 pictures this special 'SILVER JUBILEE PRESENTATION' was shown at the after-race dinner (thanks to Cody Whitfield) this year. The cd includes full race results, and costs just \$10 including postage.

See Bunbury Runners Club website for details and order form – <http://bunburyrunner-sclub.mysouthwest.com.au/>

Club Half-Marathon Championships

BURSWOOD PARK

August 6, 2006

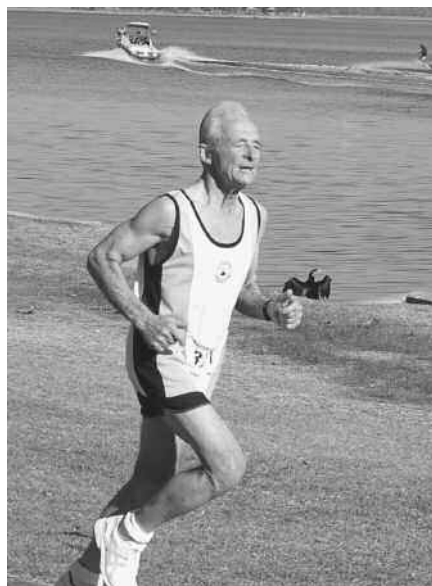
21.1K RUN

M40		
Gary McLean	M40	88:14
Jon Tuttle	M40	1:52:30
M45		
Lachlan Marr	M45	82:30
John Allen	M45	89:30
John Pentecost	M45	1:30:11
Eric Emmett	M45	1:35:14
Wayne Taylor	M45	1:35:59
Kevin Payne	M45	2:15:22
M50		
Chris Maher	M50	85:07
Bjorn Dybdahl	M50	87:11
Mal Vernon	M50	1:43:17
Terry Humphrey	M50	1:53:27
Milton Mavrick	M50	1:57:27
M55		
Ross Parker	M55	86:13
Alan James	M55	1:30:37
Frank Gardiner	M55	1:37:57
Mike Hale	M55	1:38:06
Brian Danby	M55	1:39:59
David Reid	M55	1:41:21
Keith Miller	M55	1:41:45
Nick Miletic	M55	1:53:34
Rhod Wright	M55	2:33:17
M60		
David Baird	M60	1:38:08
Johan Hagedoorn	M60	1:38:26
Bruce Mathieson	M60	1:47:33
John Bell	M60	2:02:19
John Talbot	M60	2:14:31
M65		
John Mack	M65	1:42:00
John Pellier	M65	1:55:09
Dennis Miller	M65	1:55:21
Brian Smith	M65	1:58:18
Merv Jones	M65	2:14:54
Graham Thornton	M65	2:15:21
M70		
David Carr	M70	1:41:11
John Smith	M70	1:53:11
M75		
Irwin BarrettLennard	M75	1:43:48
W35		
Rosemary Johnson	W35	87:37
Julie Keeley	W35	1:51:25
Debbie Dance	W35	2:34:13
W40		
Sandra Stockman	W40	1:47:10
W45		
Robin King	W45	1:41:21
Dee Haines	W45	1:45:07
W50		
Su Oliver	W50	1:48:41
Chris Pattinson	W50	1:50:32
Christine Engels	W50	1:56:45
W55		
Barb Humphrey	W55	2:10:01
Visitors		
Vis 10		84:53
Vis 3		1:32:29
Vis 4		1:48:34
Vis 5		1:48:39
Vis 2		1:52:57
Vis 1		2:09:23

THE Narrows Bridge was fully functional again so the 'old' course was used once more. This, fine weather and an enthusiastic team of helpers created the conditions for the good competition and outstanding performances that resulted. Ann Turner set an inaugural Championship record for the W70 Walk. (She also holds the W65 Run record.) Irwin Barrett-Lennard ran superbly to reduce Cecil Walkley's M75 record by several minutes in an 80%+ performance.

In addition to these, many members were pleased with their individual performances. Finally, sincere thanks to my helpers and congratulations to the Club's new Age Group Champions.

Bob Sammells



Faster than a speeding motor-boat? Irwin in fine style for the 25K in June, setting a new M75 State record.

10K RUN

Geoff Barrett	M40	39:58
Vis 9		41:57
Neil McRae	M50	44:30
Michael Karra	M40	45:40
Fenella Gill	W40	48:08
Keith Atkinson	M45	48:41
Graeme Neill	M45	49:08
Maurice Creagh	M60	50:06
Syd Beer	M60	51:04
Shirley Bell	W55	51:19
Mike Khan	M60	51:27
Robert Sheehy	M60	51:51
John Brambley	M60	52:37
Graham Ainsworth	M50	52:40
Anne Humphrey	W40	52:42
Richard Danks	M60	52:48
Paula Karra	W35	52:57
Roger Walsh	M60	54:45
Mike Rhodes	M60	54:59
Terry Manford	M65	55:11
Carol Bowman	W50	55:14
Jeff Spencer	M65	55:39
John Dance	M55	55:46
Michael Faunge	M65	56:20
Arnold Jenkins	M60	58:34
Vic Beaumont	M75	62:57
Claire Walkley	W40	66:34
Reece Waldock	M50	66:34
Cecil Walkley	M75	66:35
Margaret Bennett	W60	70:47
Jeni Shillington	W45	70:48
Jo Richardson	W50	70:48
Mary Young	W55	70:49
Margaret Warren	W70	74:18

6K RUN

Vis		23:49
Ralph Henderson	M55	23:53
Dave Roberts	M60	24:19
Raymond Gimi	M40	24:54

Margaret Langford	W55	27:33
Delia Baldock	W40	29:36
Mike Anderson	M55	30:01
Leonie Jones	W45	30:44
Barry Jones	M45	30:45
Marg Forden	W65	32:11
Damien Hanson	M50	32:45
Wendy ClementsGreen	W60	33:55
Penny Ingram	W30	34:22
Julie Wood	W55	39:24
Ray Lawrence	M75	50:12
Dalton Moffett	M75	50:13
Sue Hughes	W55	70:49



Champions: Anne Turner (no. 114) and, below, Jeff Whittam (no. 20) both pictured with their walking mates at Mosman last year.



21.1K WALK

Michael Harvey	M55	2:32:38
Jeff Whittam	M70	2:55:57
Victor Ratana	M70	2:56:01
Alan Pomery	M75	3:30:54
Elaine Dance	W55	3:07:26
Ann Turner	W70	3:07:24

10K WALK

Val Millard	W55	71:29
Stan Jones	M80	71:42
Lynne Schickert	W60	76:44
Patricia Hopkins	W60	85:56
Dorothy Whittam	W70	87:32
Leo Hassam	M75	1:39:47
Rex Bruce	M65	1:39:48
Brian Bennett	M55	1:39:49

6K WALK

Kirt Johnson	M75	47:25
Mitch Loly	M65	49:52
Pat Ainsworth	W70	53:35
Sue Wells	W55	53:36
Maggie Flanders	W65	54:15
Pat Miller	W65	54:15

PERTH MARATHON 2006

	Overall Place	Group Place
Chris Maher	2:53:21 12	M50 1
Jim Langford	3:00:54 22	M60 1
Gary McLean	3:03:58 23	M40 4
Peter Sullivan	3:13:23 37	M45 3
Geoff Barrett	3:26:37 63	M40 6
Eric Emmett	3:37:40 97	M45 15
Stephen Dunn	3:37:48 98	M35 18
John Davies	3:42:07 114	M60 2
Gary Carlton	3:42:36 118	M45 18
Bert Carse	3:43:15 120	M60 3
John Mack	3:48:31 135	M65 1
Don Pattinson	3:49:41 138	M50 6
Keith Miller	3:56:22 157	M55 7
Mal Vernon	3:58:50 167	M50 10
Colin Chisholm	3:59:23 169	M40 26
John Smith	4:00:38 172	M70 1
Jim Barnes	4:03:59 182	M60 4
John Pellier	4:05:15 185	M65 2
Christine Engels	4:05:41 187	W50 2
Jane Elton	4:08:30 195	W35 4
Claire Walkley	4:15:35 212	W40 11
Reece Waldoock	4:15:35 213	M50 16
Nick Miletic	4:16:59 217	M55 9
Julie Keeley	4:17:03 218	W35 6
Kevin Payne	4:27:22 244	M45 30
Marge Forden	4:28:06 245	W60 1
Arnold Jenkins	5:31:02 294	M60 9

Coker Park July 6, 2006

60M

Colin Smith	M40	7.9
David Clive	M65	8.6
Norm Richards	M65	8.7
John Dennehy	M45	9.6
Rob Antonioli	M50	8.8
Bob Schickert	M60	10.0
Ross Calnan	M65	10.1
Delia Baldock	W40	9.2
Carol Bowman	W50	11.5
Lynne Schickert	W60	16.1

800M

Rob Antonioli	M50	2.43.8
Bob Schickert	M60	2.43.9
David Carr	M70	2.59.9
Ivan Brown	M60	3.02.9
Peggy Macliver	W60	3.03.2
Delia Baldock	W40	3.04.0
Maurice Creagh	M60	3.10.6
Carol Bowman	W50	3.45.8

100M

Colin Smith	M40	13.0
Norm Richards	M65	14.1
Rob Antonioli	M50	14.1
David Clive	M65	14.2
Barry Newell	M50	14.2
John Dennehy	M45	15.5
David Carr	M70	16.2
Bob Schickert	M60	16.6
Delia Baldock	W40	15.3
Carol Bowman	W50	19.4
Lynne Schickert	W60	24.8

Joondalup X/C NEIL HAWKINS PARK June 25, 2006



THIS year the weather was clear and sunny but cold especially for the finish recorders as they were in the shade of a big tree (which would be OK for taking photos, Vic) but cold for Graham and Christine Uren. The runners and walkers always get warm.

The numbers were down this year, only 73. Being the week before the marathon I wonder if that affects the numbers. Anyway I hope all who participated enjoyed. John Allan and Helen Lysart were fastest man and woman in the 10Km; Bob McNamara and Barbara Blurton fastest in the 5km run.

We had a new distance for the walkers. Since I've been reduced to walking for the past year we measured this new 9km walk; lots of solid path and very pretty.

Won by Jeff Whittam and Pat Miller. Pass on the good news to the other walkers please.

In the 10km run the M60s are very competitive. David Beard was fastest in our event but there are four runners right on his heels. We had eight visitors so I hope they continue on with the club. Our thanks to all our helpers for making the event enjoyable. See you all next year,

Morris and Margaret Warren.

10K RUN

Vis		37:24
John Allen	M45	38:57
Chris Maher	M50	39:05
David Willmer	M50	39:22
David Baird	M60	41:38
Bob Schickert	M60	42:55
Wayne Taylor	M45	43:31
Henri Cortis	M60	44:10
Syd Beer	M60	44:27
Johan Hagedoorn	M60	44:32
Helen Lysaght	W50	45:09
Mal Vernon	M50	45:39
Brian Bennett	M55	46:56
Sean Keane	M40	47:09
Su Oliver	W50	47:42
Maurice Creagh	M60	47:46
Graham Ainsworth	M50	48:00
Nick Miletic	M55	48:06
John Ellard	M60	48:50
Mike Hale	M55	48:51
Vis		49:22
Jon Tuttle	M40	49:41
Alan Thorniley	M50	50:45
Jim Barnes	M60	51:10
Peggy Macliver	W60	51:21
John Dennehy	M45	51:22
John Smith	M70	51:33
Anne Humphrey	W40	51:39
John Dance	M55	52:03
Lorraine Lopes	W65	53:37
Brian Smith	M65	53:37
Michael Faunge	M65	55:27
Mike Rhodes	M60	55:30
Marg Forden	W60	55:43
Merv Jones	M65	44:58
Wendy ClementsGreen	W60	56:27
Vis		58:09

Val Millard	W55	61:50
Jo Richardson	W50	64:45
Margaret Bennett	W60	68:33

9K WALK

Jeff Whittam	M70	70:02
Pat Miller	W65	70:53
Pat Ainsworth	W70	77:18
Patricia Hopkins	W60	77:29

5K RUN

Bob McNamara	M60	21:15
David Carr	M70	21:29
Vis		21:40
Raymond Gimi	M40	22:11
Chris Frampton	M40	22:39
Barbara Blurton	W55	22:41
Delia Baldock	W40	24:57
Keith Atkinson	M45	25:53
Bob Sammells	M65	26:28
Roger Walsh	M60	27:39
Mike Polkinghorne	M50	27:49
Steve Toohey	M55	29:25
Vis		31:53
Julie Wood	W55	32:02
Bob Fergie	M70	32:25
Sheila Maslen	W65	34:24
Lynne Schickert	W60	35:45
Linda Rhodes	W60	36:44
Vis		37:44
Dalton Moffett	M75	38:45
Vis		38:46
Jan Jarvis	W60	38:46
Mitch Loly	M65	39:13
Vis		40:03

5K WALK

Leo Hassam	M75	47:54
Rex Bruce	M65	47:55
Norm Miller	M70	49:59

400M

Rob Antonioli	M50	70.4
David Carr	M70	72.2
Barry Newell	M50	72.5
Bob Schickert	M60	78.5
Norm Richards	M65	83.7
Carol Bowman	W50	1.41.5

5000M

Ivan Brown	M60	21.08.0
Jon Wannberg	M35	22.18.5

Maurice Creagh	M60	22.41.4
John Dennehy	M45	23.32.8
Peggy Macliver	W60	25.21.8
Jackie Halberg	W60	25.45.3

3000M

Colin Smith	M40	11.49.0
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3000M WALK

Val Millard	W55	19.20.8
Lynne Schickert	W60	20.51.2
Jim Turnbull	M70	20.51.3

13K RUN

John Allen	M45	52:14
Gary McLean	M40	52:27
Ross Parker	M55	52:58
V6		53:24
Jim Klinge	M55	55:50
Neil McRae	M50	57:30
Bob Schickert	M60	58:02
Wayne Taylor	M45	58:28
Michael Karra	M40	58:56
Marg Forden	W60	59:20
Frank Gardiner	M55	59:23
Chris Frampton	M40	59:33
David Carr	M70	60:14
Bill Jones	M55	60:20
Mike Hale	M55	60:29
Mark Sivyer	M55	60:32
Gillian Young	W55	60:40
Ivan Brown	M60	60:41
Syd Beer	M60	61:19
Helen Lysaght	W50	61:26
John Bell	M60	61:49
Martin Watkins	M55	61:55
V4		62:16
Bruce Mathieson	M60	62:37
Sean Keane	M40	62:38
Peter March	M45	63:04
Su Oliver	W50	63:21
Bob McNamara	M60	63:40
Irwin BarrettLennard	M75	63:40
Maurice Creagh	M60	65:17
David Muir	M60	65:38
Nick Miletic	M55	65:42
V5		66:41
Alan Thorniley	M50	66:17
Jon Tuttle	M40	67:32
V2		67:46
Shirley Bell	W55	67:51
Paula Karra	W35	68:24
John Pellier	M65	68:29
Christine Engels	W50	68:41
Jim Barnes	M60	68:53
Joe Stickle	M65	69:01
Terry Manford	M65	69:04
John Smith	M70	69:52
Anne Humphrey	W40	69:55
John Brambley	M60	70:27
John Dance	M55	73:38
V3		73:41
Jeff Spencer	M65	75:07
V8		77:44
Jacqui Halberg	W60	78:20
Merv Jones	M65	83:21
Steve Toohey	M55	85:23
Debbie Dance	W35	89:08
Richard Harris	M65	90:15
Jeni Shillington	W45	91:00

13K WALK

Val Millard	W55	91:39
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8.7K RUN

Christopher Coates	M50	34:52
Peggy Macliver	W60	48:37
Roger Walsh	M60	56:02
Vic Beaumont	M75	56:11
Mike Rhodes	M60	56:30
Michael Faunge	M65	57:09
Wendy ClementsGreen	W60	59:30
Johan Hagedoorn	M60	59:44
V1		60:12
Julie Wood	W55	62:14
Margaret Warren	W70	66:14
Mary Heppell	W65	66:51
Stan Lockwood	M75	71:18
Dalton Moffett	M75	83:18

Bardon Bash

MAYLANDS

July 7, 2006

AFTER a wet start, the day turned out perfectly for running/walking. Thanks to my many helpers, Pat & Graham Ainsworth, Telsie Hatwell, Denise & Pierre Viala, Pat & Norm Miller, Shorty & Ann Turner, Brian & Pam Smith and Mark who came along late and offered to help.

This course is not an easy one to mark, however, we do enjoy setting the scenic route. There was some misunderstanding as to where the middle distance turn was located. (It was announced at the start of the event, and we would like to point out that no one is perfect.)

So, to those competitors who ran a slighter longer distance than anticipated, please appreciate the fact that all the marshals and race directors are volunteers and do the best of their ability to make sure the course is set and run in a safe and satisfactory manner, and hope that all who take part enjoy the event. My apologies to anyone who was less than satisfied on the day.

Margaret Bennett*Marg and Brian Bennett***8.7K WALK**

Lynne Schickert	W60	66:12
Victor Ratana	M70	72:05
V7		72:05
Beryle Doust	W55	85:53

5K RUN

Stephen Dunn	M35	19:04
Lee Holliday	M50	20:23
Barry Jones	M45	26:04
Leonie Jones	W45	26:04
Mike Anderson	M55	26:09
Damien Hanson	M50	27:10
Carol Bowman	W50	27:45
Marg Forden	W60	28:36
Keith Forden	M65	32:53
Joan Pellier	W65	34:41
Linda Rhodes	W60	35:56
Ray Lawrence	M75	38:59

5K WALK

David Brown	M55	33:41
Stan Jones	M80	35:20
Kirt Johnson	M75	42:45
Rex Bruce	M65	42:46
Patricia Hopkins	W60	43:58
Pamela Toohey	W60	45:06
Karen March	W45	45:06
Maggie Flanders	W65	47:31
Jill Midolo	W55	54:08

Darlington Dash

PINE TERRACE, DARLINGTON

July 16, 2000

THERE were a few complaints about frost bite before the start but no-one finished the run cold I assure you! Then everyone was able to soak up the sun enjoying their sumptuous morning tea. I'm sure you'll all join me in thanking the wonderful helpers on the day. I'd like to pay special tribute to the bravery of the running wounded as we had a record five casualties on the course. In fact I'm seriously thinking of having first aid stations to complement the drink stations along the way. Either that or advise people to BYO band-aids! Congratulations to all the great team efforts, with the Dick Horsley Trophy going to Bob McNamara and Sue Oliver completing the 8km and 16km runs in a combined total time of 1:54:52.

*Delia Baldock***COUPLINGS result:**

1st – 1:54:52
Bob McNamara & Sue Oliver
2nd – 1:55:22
Keith Atkinson & Helen Lysaght
3rd – 1:57:59
Michael & Paula Karra
4th – 2:10:56
Bob & Lynne Schickert
5th – 2:13:33
Brian & Margaret Bennett

16K RUN

Gary McLean	M40	65:23
John Allen	M45	66:53
Jim Klinge	M55	70:15
Vis		70:49
Bob Schickert	M60	72:03
Mike Hale	M55	72:39
Wayne Taylor	M45	73:05
Johan Hagedoorn	M60	73:08
Brian Bennett	M55	75:19
David Carr	M70	75:22
Helen Lysaght	W50	75:26
Peter March	M45	76:16
Ian Glasspell	M55	78:06
Vis		79:13
Su Oliver	W50	79:58
Bryan Hardy	M60	81:15
Bruce Mathieson	M60	82:00'
John Ellard	M60	82:20
Chris Pattinson	W50	82:48
Graham Ainsworth	M50	82:48
Paula Karra	W35	83:23
Jim Barnes	M60	84:06
Vis		84:50
John Pellier	M65	85:16
Shirley Bell	W55	87:08
Christine Engels	W50	87:31
John Smith	M70	89:54
Viv Lok	W45	91:05
Merv Jones	M65	94:32
Vis		95:53
Vis		96:43
Milton Mavrick	M50	98:43
Jacqui Halberg	W60	98:49
John Talbot	M60	99:00
Rhod Wright	M55	99:44
Val Millard	W55	1:48:16

IT WAS a glorious day for the Club's cross country run through the Kalamunda Hills. The course as usual was challenging, although fording the stream was a lot easier this year with the lack of water. Thanks to all the helpers on the day, particularly John Pellier for marking the course, the Chisholm family, Darryl White, Margaret Bennett, Irwin Barrett Lennard and Peter Sullivan. Apologies if I've forgotten anyone. The run was followed by the traditional lunch in the Kalamunda Hall and presentation of medals. It was a great day enjoyed by all. Thanks to Norm and

Club X-Country Championship

JORGENSEN PARK

July 23, 2006

Pat Miller and their team of helpers for setting up the hall and Vic and Jackie Beaumont for arranging the welcome cuppa before lunch. Don't miss this great event next year!

Val Millard, for the Committee

5.9K RUN

Christopher Coates	M50	24:41
Ray Hall	M70	37:12
Richard Harris	M65	39:16
Ray Lawrence	M75	46:37
Rex Bruce	M65	47:43
Dalton Moffett	M75	51:19
Patricia Hopkins	W60	54:22

3K RUN

Jim Riddell	M65	13:52
Sue Wells	W55	27:20

Darlington Dash... concludes

Denise Viala	W55	1:49:44
Pierre Viala	M55	1:58:56

8K RUN

Vis		31:31
Christopher Coates	M50	31:36
Deborah Gardner	W35	32:43
Michel Bermudes	M35	32:45
Michael Karra	M40	34:36
Bob McNamara	M60	34:54
Maurice Creagh	M60	39:19
Keith Atkinson	M45	39:56
Mike Rhodes	M60	40:16
Peggy Macliver	W60	41:04
Mike Anderson	M55	41:24
Arnold Jenkins	M60	43:28
John Dance	M55	44:59
Sue Bullen	W45	46:49
Vic Beaumont	M75	49:55
Debbie Dance	W35	53:27
Roger Walsh	M60	55:06
Jeni Shillington	W45	56:56
Richard Harris	M65	56:56
Margaret Bennett	W60	58:14
Lynne Schickert	W60	58:53
Ray Lawrence	M75	60:18
Ray Hall	M70	60:21
Linda Rhodes	W60	60:59
Dalton Moffett	M75	65:17
Mitch Loly	M65	67:24
Beryle Doust	W55	72:09

16K WALK

Michael Harvey	M55	1:52:53
Alan Pomery	M75	2:22:21

8K WALK

Jeff Whittam	M70	63:59
Elaine Ellard	W60	70:42
Pat Ainsworth	W70	71:47
Ann Turner	W70	71:48
Sue Wells	W55	72:08
Vis		75:35
Rex Bruce	M65	75:36
Leo Hassam	M75	75:37

8.8K RUN

Stephen Dunn	M35	34:33
David Willmer	M50	34:46
Jim Langford	M60	35:12
Gary McLean	M40	36:06
John Allen	M45	36:22
Vis		37:03
Bob Schickert	M60	38:33
Neil McRae	M50	38:49
Michael Karra	M40	39:53
Wayne Taylor	M45	39:59
Ivan Brown	M60	40:14
Mark Sivyer	M55	40:53
David Muir	M60	41:09
Johan Hagedoorn	M60	41:12
Mal Vernon	M50	41:57
David Carr	M70	42:12
Brian Bennett	M55	42:15
Bruce Mathieson	M60	42:25
John Doust	M55	42:38
Gillian Young	W55	42:55
Ian Glasspell	M55	43:12
Maurice Creagh	M60	44:06
Bryan Hardy	M60	44:33
Peter March	M45	45:29
Neil McRae	M50	45:48
Jon Tuttle	M40	46:23
John Ellard	M60	46:53
Julie Keeley	W35	47:04
Paul Martin	M65	47:23
Delia Baldock	W40	47:25
Jim Barnes	M60	47:38
John Smith	M70	48:39
Anne Humphrey	W40	48:41
John Pellier	M65	48:52
Richard Danks	M60	49:07
Peggy Macliver	W60	49:10
Mike Rhodes	M60	49:13
Mike Hale	M55	49:17
Milton Mavrick	M50	49:29
Viv Lok	W45	49:42
Brian Smith	M65	49:57
Dennis Miller	M65	51:10
Roger Walsh	M60	51:15
Carol Bowman	W50	51:49
Arnold Jenkins	M60	52:30
Mike Polkinghorne	M50	53:56
Ann Turner	W70	55:35
John Talbot	M60	55:42
Denise Viala	W55	58:22
Pierre Viala	M55	58:23
Val Millard	W55	61:14
Lynne Schickert	W60	67:54
Jeff Whittam	M70	70:11
Shorty Turner	M70	73:39
Jo Richardson	W50	78:20
Elaine Ellard	W60	81:00
Julie Wood	W55	81:28

MEDAL WINNERS

M35	
Stephen Dunn	Gold
M40	
Gary McLean	Gold
Mike Karra	Silver
John Tuttle	Bronze
M45	
John Allen	Gold
Wayne Taylor	Silver
Peter March	Bronze
M50	
David Willmer	Gold
Neil McRae	Silver
Mal Vernon	Bronze
M55	
Mark Sivyer	Gold
Brian Bennett	Silver
John Doust	Bronze
M60	
Jim Langford	Gold
Bob Schickert	Silver
Ivan Brown	Bronze
M65	
Paul Martin	Gold
John Pellier	Silver
Brian Smith	Bronze



*Jorgensen gold medallist
David Carr, pictured in the 25K,
June 2006*

M70	
David Carr	Gold
Jeff Whittam	Silver
W35	
Julie Keeley	Gold
W40	
Delia Baldock	Gold
Ann Humphrey	Silver
W45	
Vivian Lock	Gold
W50	
Carol Bowman	Gold
Jo Richardson	Silver
W55	
Gillian Young	Gold
Shirley Bell	Silver
Denise Viala	Bronze
W60	
Peggy Macliver	Gold
Lynne Schickert	Silver
Elaine Ellard	Bronze

My Tale of Two Marathons

by
Mike Anderson

YEP, been there and done them, twice, and still have the T-shirts. And was I naive! Anyways, here's my story.

I've never viewed myself as a 'runner'. At school I played a bit of rugby union and that was about it. Then at Uni. my sport was judo (which even for the cowardly doesn't involve too much running!) And after this, weightlifting.

1980s

In the mid-1980s I was drawn into running by friends. At this time it seemed the only race worth entering was the 'long one'. So after only (my God!) four months and training distances of no more than around 12 miles I sent my entry in for the undulating Wirral Marathon (England, Merseyside) – my FIRST ever competitive race.

The main worry at the time was giving myself blisters, so I worked in a pair of Hi-Tech Silver Shadows – and had my friend John ready at the half-way point with an older pair. Conditions were fine, on a quite cool June day for the event that began and finished for around 4/5,000 of us at Parkgate Cricket ground, Neston. I set off, feeling relaxed and confident, drank at most stations and chatted occasionally with the folks running for some while at my pace. I arrived at the 20 mile drinks station at just over 2 and a half hours. Well, I felt wonderful. Not a trace of a blister and I positively glowed all over.

'So this was the legendary wall'

Only problemo was – that I was unable to move. So this was the legendary 'wall'! I looked at my legs and they were still there, but they refused to budge. I was like a car without fuel. Getting going for the last six miles took a Herculean effort. It's amazing though what the thought of the finish can do. When the cricket ground came into sight all my tiredness left me and I sprinted past dozens of slow finishers. Then with horror came the announcement. The course



Mike Anderson

had been found to be short and so we had to go round the cricket field TWICE, not the ONCE we had been promised. Well, I finished the extra lap in tears! The last six miles or so had taken me almost 75 minutes.

A year later and with quite a number of races at shorter distances under my belt, including completion of the Liverpool half-marathon in 91 minutes, I entered the Sheffield (my home town) Marathon. My aim being to raise money for a couple of my favourite charities and to prove that my completion of the Wirral race had been no fluke. With far greater respect for the distance, I had every confidence I would beat my target time of 3 hours 30 minutes.

Well, my training plan for this race was to have an EASY run at the Ellesmere Port half-marathon which was held exactly a week before and then do nothing 'til the long one. Much slimmed down and in good shape I completed the 'Port' 2 minutes quicker than the Liverpool run – my first 'half' in less than 90 minutes – and suffered through the next week with painfully tight calves in consequence of the thrash.

Though I didn't experience the wall on the Sheffield Marathon, I had uncomfortable – at times painful – legs for a great part of the run. And I failed by around one (bloody!) minute to get under the 3 hours 30 mark (7-minute mile pace). I was so angry with myself and I swore then and there that I would never run another marathon again – and 20 years on I've kept true to this promise.

'Will I do it again? Yes!'

The pain of running a second marathon

by
Christine Engels

I WANT to dedicate this report to some great fellow club runners who almost made me reach my time goal!

About me: I did my first competitive run in 2003, a 5km event attached to the Fremantle Half. My partner Gary McLean ran the half and he encouraged me to tie my laces and give it a go. I was 50 years old and never realised the athletic and competitive person inside of me until recently, and am now enjoying this moment in my life.

Now back to the marathon. In Perth this year the wish was for a sub 4-hour run.

2005 start

In 2005 I and my close running buddy Karen March ran the whole marathon side by side. It was the first marathon for both of us; finish 4:26 (forget the seconds). This year I followed a programme and put in the long runs, relevant races and ate and rested appropriately. Karen did the same programme but succumbed to an injury, which still plagues her.

Not alone

So I turned up on a beautiful sunny winter morning to run the Marathon alone. But I was not really alone; Karen was there on her bike willing me through.

John Pellier actually ran the last 10km with me, with

words of encouragement and silly mind games to distract me from the pain. Then there was Jimmy Barnes whose undying support and inspiration lifts the most weak at heart.

Jim kept me in pace for the first 15km, then he eased and told me to soldier on. Finding the Masters girls at the water stop was a nice surprise with their cheers and kind words. Met up again with Jim at around 25km mark. He told me to maintain our pace, and to keep a fellow runner in the distance in sight.

Met John Pellier at 32km; stopped for water at 33km while Jim went on. I thought I could catch back up to Jim, but the legs thought otherwise and I stuck with John till the finish line. Those last 4km were painful; recreates your character.

'Forget the seconds!'

For the record I finished in 4:05 (forget the seconds!). It was a PB and 21 minutes quicker (30 seconds per km) than last year.

Worth all the training? Will I do it again? Was it painful? Yes to all. I'm aiming at the Alice Springs Marathon on August 20.



Christine and Karen after the 2006 run

TRACK and FIELD

Thursdays' programme
Events are staged in the order shown:

SEPTEMBER

7th 200, 1 mile, 60, 400, 3k
14th 100, 800, 60, 5k/3k, 300
21st 60, 400, 1500, 200, 3k
28th 1000, 60, 100, 600, 5k/3k

SEPTEMBER 17 BIBRA LAKE

Director:
Richard Harris - 9457 6102
Syd Beer, Paul & Tanya
Burke, Debbie Dance, Elaine
& John Dance, Maggie
Flanders, Karen & Peter
March, Dennis & Margaret
Miller, Chris & Don
Pattinson, Bob Sammells.

SEPTEMBER 24 RACECOURSE

Directors:
Chris Engels & Gary McLean -
9383 9161

David Baird, Brian Bennett,
Carol Bowman, Kay & Sandy
Burt, Fenella Gill, Mike Hale,
Grace Hollin, Julie Keeley, John
Pentecost, Jo Richardson.

OCTOBER 1 CLIFF BOULD

Director:
Wayne Taylor - 9272 3705
Peter Airey, Michel Bermudes
& Deborah Gardner, Bert &
Bridget Carse, Jane Elton,
Phyllis, Farrell, Mary Heppell,
Lorraine Lopes, Shirley
Milligan, Jim Riddell, Jenny &
John Smith.

OCTOBER 8 WIRELESS HILL

Directors:
Barry & Leonie Jones -
9364 1857

Charlie Chan, Wendy Duncan,
Bob Fergie, Aldo Giacomini,
Ian Johnstone, Bill Jones,
Peggy MacLiver, Dalton
Moffett, Rob Sheehy.

OCTOBER 15 MATTAGARUP

Director:
Wayne Pantall - 9362 3715
Brian & Alison Aldrich, John
Brambley, Brian Danby, Stan
Delangrafft, Eric Emmett,
Chris Kelly, Bernard & Maria
Mangan, Noel McKenney,
Victor Ratana, Frank Usher.

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm whether you are available. If you are NOT, ALSO contact Bob Schickert to be allocated another event.

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Riccioni Italy 2007
Website www.wma2007.org is now open

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Val Millard

Patron:

Bill Hughes

Vetrun

SEPTEMBER
2006
No. 390



The magazine of Masters Athletics WA

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City to Surf Winners

CONGRATULATIONS to Jim Langford, M60 winner in a terrific 45:31; and David Carr, best of the over-70s in 55:30. Also, 6th female overall was Rosemary Johnson, 47:29, and 14th male overall was Simon Coates, 40:55.

We would love to report further, but the C-to-S organisers/timekeepers keep on disappointing. They published very few age-group winners; did not show best women/men, only overall fastest. It's a far cry from the early days when medals and prizes were evenly distributed, and local support was valued.

I'm still smarting from Activ's prohibiting us from erecting the club banner at the finish, just as a rallying point for our own members. Big numbers, big money, big bull-shit; and now, little service. We all like to help charity; perhaps some are more deserving of our dollars. VW



MILL POINT ROAD: Leading some of our top runners, Chris Maher was first Master home in the 10K Championship event.

LIVING LONGER?

THE West reported that a doctor told Lee Trevino (golfer) that jogging would add years to his life. Trevino's response was 'Yeah, since I began I already feel ten years older.'

Apology to young Rosemary!

I ONLY remember one rule learned as a young journo - get the names right! Well, there's another cardinal rule. Never get a woman's age wrong. In the Half-Marathon Champs report last month (Vetrun August, no 389) Rosemary Johnson was shown as winning the W35 category, in the excellent time of 87:37.

Unfortunately (depending on your viewpoint) she's truly a mere W30. So, Rosemary still wins a gold medal (there were no other W30s) and Julie Keeley and Debbie Dance will be happy, now awarded gold and silver respectively for the W35 section.

Great finishers in SA Marathon

OUR club runners in the Adelaide Marathon (August) were outstanding among a strong field. There were 247 finishers, but only eight went sub-3hrs. In his first-ever attempt at the long one, Michel Bermudes was 10th overall, in 3:00:13 - and 1st M35. Running mates Paul Hughes and Steve Dunn also lived up to expectations. Paul, 54, was 15th overall in 3:07:28; and Steve, 40, was close behind in 3:09:54. Our congratulations to the WA trio who represented the State and our club so well.

DVT danger for athletes

A SLOW heart rate might mean extra risk of deep vein thrombosis (DVT) for athletes. Check out www.Airhealth.org for details. Briefly, if you fly blood coagulability rises and blood flow slows down, especially in the lower legs. About 3-5% of air travellers develop clots, usually painlessly, but some clots cause pain and swelling. If a clot travels to the lung it can cause pain, fainting and death. A leg-clot is called DVT. A clot in the lung is pulmonary embolism. Clots also form in the arterial system and heart, leading to heart failure and stroke. Injury can be avoided... so take a look at www.Airhealth.org

Sharks Run

FREMANTLE
July 30, 2006

10K RUN

Alan James	M55	40:33
V1		40:48
Jim Klinge	M55	41:06
V2		41:40
Neil McRae	M50	41:41
Vis		42:25
David Baird	M60	44:09
Michael Karra	M40	44:09
Frank Gardiner	M55	44:13
Wayne Taylor	M45	44:21
Brian Danby	M55	44:58
Bill Jones	M55	45:04
Johan Hagedoorn	M60	45:05
David Carr	M70	45:38
David Muir	M60	45:43
Brian Bennett	M55	45:53
John Bell	M60	47:04
Vis		47:05
Syd Beer	M60	47:23
Ian Glasspell	M55	47:25
Bruce Mathieson	M60	47:26
Sandra Stockman	W40	47:32
Irwin Barrett-Lennard	M75	47:39
Shirley Bell	W55	49:35
Terry Humphrey	M50	49:44
Jim Barnes	M60	50:09
John Ellard	M60	50:20
Keith Atkinson	M45	50:22
Julie Keeley	W35	50:34
Jon Tuttle	M40	50:46
Alan Thorniley	M50	51:14
Paula Karra	W35	51:24
John Pellier	M65	51:53
Richard Danks	M60	52:29
Peggy MacIver	W60	52:33
John Smith	M70	52:38
Anne Humphrey	W40	52:38
Kris Adrian	W35	53:22
Milton Mavrick	M50	53:33
John Dance	M55	54:00
Brian Smith	M65	54:10
Viv Lok	W45	54:25
Terry Manford	M65	55:31
Mike Rhodes	M60	55:33
Michael Faunge	M65	55:46
Jeff Spencer	M65	56:49
Arnold Jenkins	M60	56:50
Mike Polkinghorne	M50	56:58
Barb Humphrey	W55	58:43
Merv Jones	M65	58:55
John Talbot	M60	59:54
Denise Viala	W55	60:39
Val Millard	W55	65:33
Jeni Shillington	W45	71:23
Jo Richardson	W50	71:25
Margaret Bennett	W60	73:02
Margaret Warren	W70	78:04

10K WALK

David Brown	M55	64:34
Ray Hall	M70	74:25
Lynne Schickert	W60	75:21

Jeff Whittam	M70	79:08
Rosa Wallis	W60	85:24
Ann Turner	W70	86:52

5K RUN

Ralph Henderson	M55	19:48
Raymond Gimi	M40	20:45
Dee Haines	W45	21:34
John Brambley	M60	23:12
Maurice Creagh	M60	23:13
Robert Sheehy	M60	23:55
Delia Baldock	W40	24:04
Mike Anderson	M55	24:43
Leonie Jones	W45	24:49
Barry Jones	M45	24:50
Carol Bowman	W50	25:07
Damien Hanson	M50	25:50
Troy Lundgren	M50	26:19
Bob Sammells	M65	26:28
Marg Forden	W65	27:18
Wendy ClementsGreen	W60	27:24
Vic Beaumont	M75	27:57
Richard Harris	M65	29:22
Ralph Henderson	M55	29:32
Debbie Dance	W35	31:28
Julie Wood	W55	32:55
Pierre Viala	M55	32:56
Joan Pellier	W65	33:26
Elaine Dance	W55	33:52
Sheila Maslen	W65	33:52
Dalton Moffett	M75	40:15

5K WALK

Stan Jones	M80	34:17
Elaine Ellard	W60	39:39
Patricia Hopkins	W60	40:02
Mitch Loly	M65	41:33
Rex Bruce	M65	41:37
Sue Wells	W55	41:38
Victor Ratana	M70	41:40
Kirt Johnson	M75	44:45
Ron Sutton	M65	44:45
Lorna Lauchlan	W75	45:44
Maggie Flanders	W65	47:50
Dorothy Whittam	W70	47:52

Wrong John

THERE was an error in Chris Engels' marathon Story (last edition, Vetrin 389, P7) and the mistake was all mine. Chris wrote that John Allen had helped her along, especially in the last stages of this year's Perth Marathon. I couldn't find John in the results, but did notice that John Pellier finished close to Chris. Jumping to the wrong conclusion, I replaced 'Allen' with 'Pellier' in her copy. Pretty dopey, really; especially as I had photographed Chris Engels and John Allen, together near the final water stop (see pic!)

You guessed it – John Allen was in the relay. Apologies to all concerned. VW

MY FIRST MARATHON

by
David Carr

IT WAS 1949, the first Australian marathon championship. Drinks were not permitted until 16km, so the drink site was a very important place. My job was to hand a drink to Colin Junner (a current member of our club.) He looked strong and confident as he approached me on Canning Highway. He waved me aside. Unfortunately, he DNF.

That was my day at the marathon.

Pacing

The first marathon I ran IN was in Nauru, central Pacific, in 1966.

That great Australian runner Robbie Morgan-Morris was trying to qualify to represent Nauru at the South Pacific Games. On the equator, every day is very warm and every night is warm. The road around the nation is about 16km, or two and a half laps to the marathon. Robbie saw the toughest part as along the limestone airstrip, and asked me to run this section with him, twice. The other runners were Kiribiti with little English language. I talked Robbie through each time. He cramped towards the end and did not qualify. He went to the Games as manager.

Going the distance

By 1976 it was time to actually run the distance.

After a half in 101:48 (about the same as I did this year), the distance was undaunting. It was the



Marathon Club event at Mundijong, a flat boring course. Drinks were informal and infrequent. Went through the half joyfully in 93 minutes and then found out what marathon running was all about. Finished in 3:25.

A timekeeper waited for me. Tea and presentation were over, Patricia's cake was still in the boot. Most of us went to the pub.

A couple of years later, the Masters were feeling the advantages of LSD (long slow distance) training. My time came down to 3:14.30 for 85th in the 1979 Peoples Marathon.

More LSD and 17 minutes came off that time.

But one never forgets one's first time.

David would have been 47 in 1979. Later - he doesn't say how many years later - he ran 2:57. (And of course, his best event is 800m!)

How many of our 45s or 50s could make that sub-3hr time now? Well, maybe the best of them could, if the general enthusiasm for marathons, and camaraderie of the 1970s and 80s, flourished again. VW



John Allen, relay runner, and Christine Engels in this year's Perth Marathon.

New member
– welcome!

Simone Solomon W40 (342)

Australian Masters Association AGM 2006

CLUB President Val Millard and Secretary Bob Schickert were our delegates to the AMA AGM in Melbourne on 1920 August.

Board

The national body's board for 2006/7 is;

President Lynne Schickert (WA); Vice President Peter Crombie (NSW); Secretary Hazel McDonnell (QLD); Treasurer Peter Dunham (SA); Bob Banens (ACT); Judy Cooper (QLD); Ray Green (ACT); Wilma Perkins (QLD); Graeme Rose (VIC); George White (SA).

Officers

Officers appointed are: International Registrations Colin Browne (VIC);

Public Officer Chris Lang (ACT); Statistician Clyde Riddoch (VIC); Webmaster Ian Richardson (QLD).

News

Matters approved included:

■ A Hall of Fame will be established.

■ A 60 metre event will be introduced at National Championships (and run on the Friday.)

■ Relay age-groups at the nationals to be W120+, 160+ and 200+, and M120+, 170+ and 220+.

■ Only one team per State allowed in each relay age-group.

■ Recognition of 'best performances' at nationals, through Age Graded awards, will be in the same seven event categories as annual awards.

■ The State conducting the next Nationals (Tasmania) has the option of including these decisions in the championships; but they become compulsory from 2008.

■ For relays at WORLD Championships selection will be made on form, so as to give Australia the best possible chance of winning medals. Therefore, outstanding athletes will be allowed to run in a younger age group than their own, even if that group does have four runners available.

Bob Schickert



Henk Stoffers, champion athlete and founder of the Bunbury Runners Club, died last month, aged 64. Brian Kennedy was co-presenter of the eulogy at Henk's funeral, and we thank him for the wealth of information he has provided about his great friend. VW

FRIENDS and family of Henk Stoffers will miss and remember him for many things. But those who ran the hills around Bunbury with Henk each Sunday morning will never forget his special way of saying 'Aah, beautiful' - for the flora and fauna he loved so much.

Henk never lost the Dutch inflection, though he and Margaret moved (from Peterswolde, northern Holland) first to New Zealand, then to Australia as a young married couple.

Club founder

Settling in Bunbury to raise their family after some years caravanning and working their way around Australia (Henk was a master tool maker/machinist) the Stoffers founded the Bunbury Runners Club. Henk was inaugural President and carried on for seven years.

"Their foresight, and the aim of providing distance-running opportunities for anyone interested, propelled Bunbury to become one of Australia's strongest regional running clubs," said Brian Kennedy, another Bunbury past-President.

Surprisingly, Henk was a late-starter in athletics. Born in 1940, he was mid-thirties before becoming active in the sport.

"In Bunbury's early days

"Aah, beautiful!"

Henk was always there - track races, time trials on Eaton foreshore, finding new, safe road courses for our Thursday evening runs; and of course there were always those traditional Sunday morning runs," says Brian.

World class

Henk's own performances, particularly at longer distance, were world-class. In 1984, at 43, he won Bunbury's Surf to Surf (31:40), and the club's half-marathon; and became Australian Veterans Marathon Champion. A year later Henk won the Bunbury Half again; and in 1986 was third overall, and first Vet, in the State Marathon Championship.

Henk's time for that marathon was 2:33:49, but in 1987 he improved again, reducing his PB to 2:30:19, in the Albany Marathon.

Next year, in Melbourne, Henk was runner-up (by just six seconds!) in the Marathon of the World Veterans Games.

In what must have been a particularly proud moment for the 47-year old emigré

Remembering Henk Stoffers

Henk Stoffers, pictured at Coker Park in the 1995 State Championships 10,000m, leading Jim Langford and Tessa Brockwell. His middle-distance performances at the Masters/Vets annual championships of the 1980s were famous in our fraternity, as he and Frank Smith put on the 'Frank and Henk' show! Two top athletes, evenly matched, great racing.

"We were both about the same level and had many great battles with each other" Frank told Vetrin. "He'd win one, I'd win the next, and so on. He was a nice, quiet guy and a very tenacious runner."

champion, a half-marathon PB of 70:19 was achieved 'back home' at Stadskanaal, Holland in 1988.

In 1991 Henk was abroad again, winning the veterans Half Marathon Championships in Sanda, Japan.

Henk Stoffers was, of course, a long-time member of MAWA, joining in 1979 when the club was WA Veterans AC. He was twice declared the WAVAC 'Athlete of the Year'.

Help and advice

"Henk may not have been the greatest communicator but he was always so generous in giving help, support and advice to anyone who sought his guidance," says Brian Kennedy. "He has helped many in the running fraternity (and elsewhere) and made a huge impression on people with his extensive knowledge of the art and science of running - and also the value of healthy lifestyle, diet, personal attitude and discipline.

"It has been a pleasure to know Henk, and to have learned from him that to succeed in life, and sport, one must be focussed and dedicated to a chosen path. He will remain in our thoughts and his spirit and message will live on."



Robin King, W45 Cross-Country Champion, was also fastest woman overall, edging out W55 Margaret Langford by a few seconds.

10K RUN

M35		
Piers Puntan (Vis)	M35	43:00
M40		
Gary McLean	M40	40:59
Stephen Dunn	M40	41:05
Chris Frampton	M40	42:20
Michael Karra	M40	45:52
M45		
John Allen	M45	40:51
Doug Ashfield	M45	43:11
Wayne Taylor	M45	45:31
Graeme Neill	M45	47:24
M50		
Neil McRae	M50	43:57
Troy Lundgren	M50	53:57
Milton Mavrick	M50	57:14
M55		
Jim Klinge	M55	41:13
Duncan McAuley	M55	45:22
Brian Danby	M55	46:09
Brian Bennett	M55	46:28
Mike Hale	M55	46:52
John Dance	M55	57:42
Rhod Wright	M55	65:20
M60		
Bob Schickert	M60	43:57
Dave Roberts	M60	44:48
David Baird	M60	44:57
David Muir	M60	47:39
John Bell	M60	49:05
Maurice Creagh	M60	49:17
Syd Beer	M60	50:19
Vic Waters	M60	50:42
John Ellard	M60	52:40
Robert Sheehy	M60	52:41
Jim Barnes	M60	53:04
Roger Walsh	M60	54:53
Richard Danks	M60	55:43
Mike Rhodes	M60	56:00
John Talbot	M60	61:25
Arnold Jenkins	M60	61:36
M65		
John Mack	M65	48:02
Paul Martin	M65	53:43
Brian Smith	M65	54:55
Graham Thornton	M65	55:28
Michael Faunge	M65	55:53
Bob Sammells	M65	55:57
Dennis Miller	M65	57:26
M70		
David Carr	M70	47:23
John Smith	M70	55:12
Shorty Turner	M70	84:48

State Cross Country Championships

KINGS PARK
August 13, 2006

Race
Director
Ralph
Henderson



I DECIDED to keep the same grass and sand track course for this year, as last year all the feedback seemed to be that it was a good challenge enjoyed by most competitors. Remember, however that it is CROSS-COUNTRY. I heard a rumour that some people had come back on the road! Hope the walkers enjoyed their 'exclusive' course. I am pleased to say that thanks to the competency of all my willing helpers the event went off without a hitch this year and even the rain at the end did not dampen their enthusiasm. So a big thank you to marshals Ann Jones, Sue Sanders, Christine Engels, John and Beryl Doust; timekeeper, Terry Humphrey; recorders, Bruce Matheson and Barb Humphrey; and drinks, Anne Humphrey and Jon Tuttle. The championship medals will be presented at the Presentation Lunch in September, so check the results in the Vetrin to see if you have won a place in your age group. Hope to see you all again next year.

Ralph Henderson

M75		
Irwin BarrettLennard	M75	49:58
Stan Lockwood	M75	64:08
Vic Beaumont	M75	66:14
W35		
Julie Keeley	W35	51:33
Paula Karra	W35	52:27
Tanya Burke	W35	65:19
W40		
Sandra Stockman	W40	49:57
Claire Walkley	W40	53:20
W45		
Robin King	W45	49:08
Viv Lok	W45	57:00
W50		
Carol Bowman	W50	55:48
Jo Richardson	W50	69:51
W55		
Margaret Langford	W55	49:17
Shirley Bell	W55	51:28
Fiona McAuley	W55	58:03
Mary Young	W55	69:51
W60		
Peggy Macliver	W60	54:42
Jacqui Halberg	W60	62:26
Margaret Bennett	W60	69:50



John Mack is running comfortably, minutes ahead of the rest of the M65 field.

5K RUN

Henri Cortis	M60	22:57
Ivan Brown	M60	23:02
Joe Stickle	M65	26:15
Ray Attwell	M70	26:45
Leonie Jones	W45	27:19
Barry Jones	M45	27:20
Karen March	W45	27:32
Jim Riddell	M65	27:35
Merv Jones	M65	28:40
V4		29:51
Mike Polkinghorne	M50	31:15
Val Millard	W55	32:51
Ray Hall	M70	33:49
Aldo Giacomini	M70	33:51
Bob Fernie	M70	34:10
Debbie Dance	W35	34:23
Jeni Shillington	W45	35:01
Sheila Maslen	W65	37:15
Linda Rhodes	W60	38:19
Margaret Warren	W70	38:59
Elaine Ellard	W60	40:39
Dalton Moffett	M75	45:15

5K WALK

Lynne Schickert	W60	42:37
Jeff Whittam	M70	43:04
Dorothy Whittam	W70	45:04
Kirt Johnson	M75	45:19
Vis 3		45:29
Alan Pomery	M75	45:56
V2		45:58
Patricia Hopkins	W60	46:30
Mitch Loly	M65	48:29
Vis		49:38
Rex Bruce	M65	49:39
Ron Sutton	M65	50:33
Ann Turner	W70	50:33
Pat Miller	W65	50:47
Lorna Lauchlan	W75	52:13
Pat Ainsworth	W70	52:13
George Schaefer	M70	54:57
Leo Hassam	M75	54:57
Jill Midolo	W55	59:12
Norm Miller	M70	59:13

September Birthdays

Aldrich Brian M75	Owens Craig M50
Beaumont Jacqui W70	Pantall Wayne M50
Bennett Margaret W65	Pattinson Don M50
Bullen Sue W45	Scott David M55
Doust Beryle W55	Sheard Bev W50
Edmonds Keith M35	Stone John M50
Frost John M65	Uren Graeme M45
Hollin Grace W45	Usher Frank M80
Kennedy Brian M70	Warren Morris M65
King Robin W45	Whalan Roger M65
Langford Margaret W60	Wilson Barbara W55
Leggett Arthur M85	Wilson Bruce M55
Lockwood Stan M75	Wright Rhod M55
McAuley Duncan M55	Hayres Bob M75
Neville Liz W55	Worner Basil M75
O'Reilly Mike M65	

10K RUN

M40		
Stephen Dunn	M40	39:16
Raymond Gimi	M40	43:41
Michael Karra	M40	44:09
Sean Keane	M40	46:48
Jon Tuttle	M40	48:55
M45		
John Allen	M45	39:09
John Pentecost	M45	40:22
Doug Ashfield	M45	40:37
Graeme Neill	M45	47:57
Keith Atkinson	M45	48:32
M50		
Chris Maher	M50	38:21
Christopher Coates	M50	39:32
Bjorn Dybdahl	M50	39:51
Neil McRae	M50	42:19
Mike Polkinghorne	M50	56:17
M55		
Jim Klinge	M55	39:32



*Jim Klinge
- well
clear of
the M55
field*

Mike Hale	M55	43:57
Brian Danby	M55	44:33
Brian Bennett	M55	45:29
Bill Jones	M55	46:19
Mike Anderson	M55	52:24
John Dance	M55	53:30
Rhod Wright	M55	62:16
Pierre Viala	M55	62:59
M60		
Jim Langford	M60	38:59
David Baird	M60	42:23
Henri Cortis	M60	42:30
Johan Hagedoorn	M60	43:00
David Muir	M60	44:18
Bryan Hardy	M60	47:12
John Bell	M60	48:31
Mike Khan	M60	49:32
Syd Beer	M60	49:40
Jim Barnes	M60	49:48
John Ellard	M60	51:34
John Brambley	M60	51:49
Roger Walsh	M60	52:14
Richard Danks	M60	53:07
Arnold Jenkins	M60	58:56
John Talbot	M60	60:52
M65		
John Mack	M65	44:45
Paul Martin	M65	50:05
John Pellier	M65	50:50
Jeff Spencer	M65	52:45
Terry Manford	M65	53:57
Michael Faunge	M65	54:07
Brian Smith	M65	54:19
Bob Sammells	M65	55:32
Graham Thornton	M65	55:53
Merv Jones	M65	58:04
M70		
John Smith	M70	52:26
Aldo Giacomini	M70	66:57
Shorty Turner	M70	73:48

Right, the Masters have always welcomed young visitors; David Lazarus, first home again in the 5K, is one of the most talented.

Mill Point Road Championships

August 20, 2006



*Stan
Lockwood –
consistent
performer and
this year's
M75 winner*

M75		
Stan Lockwood	M75	59:24
Vic Beaumont	M75	60:09
Ray Lawrence	M75	75:51
W35		
Julie Keeley	W35	48:39
Paula Karra	W35	50:09
Tanya Burke	W35	59:33
Debbie Dance	W35	66:05
W40		
Debbie Wolfenden	W40	46:34
Fenella Gill	W40	47:49
W45		
Karen March	W45	49:20
Viv Lok	W45	54:23
Grace Hollin	W45	61:28
Jeni Shillington	W45	67:42
W50		
Carol Bowman	W50	53:09
Jo Richardson	W50	67:41
W55		
Denise Viala	W55	62:59
Mary Young	W55	70:36
W60		
Jacqui Halberg	W60	56:11
Margaret Bennett	W60	66:17
W65		
Sheila Maslen	W65	73:37
W70		
Margaret Warren	W70	74:12

5KM WALK

Stan Jones	M80	36:43
Kirt Johnson	M75	40:35
Rex Bruce	M65	41:25
Lorna Lauchlan	W75	44:55
Debbie Wolfenden	W40	46:34



10K WALK

M55		
David Brown	M55	65:29
Michael Harvey	M55	69:55
M70		
Jeff Whittam	M70	79:50
Victor Ratana	M70	84:10
Norm Miller	M70	94:29
M75		
Alan Pomery	M75	83:37
W55		
Beryle Doust	W55	79:50
W60		
Elaine Ellard	W60	81:18
Patricia Hopkins	W60	81:22
Rosa Wallis	W60	86:07



*Above, Julie Keeley - double W35 champion,
at Mill Point and Kings Park*

*Below, W65 winner Pat Miller with her
stalker, Norm*



W65		
Pat Miller	W65	93:13
W70		
Dorothy Whittam	W70	81:05
Pat Ainsworth	W70	83:24
Ann Turner	W70	83:41

5K RUN

Lee Holliday	M50	20:06
Duncan McAuley	M55	20:12
Ralph Henderson	M55	20:14
Dave Roberts	M60	20:24
Chris Frampton	M40	20:43
Frank Gardiner	M55	21:35
Margaret Langford	W55	24:18
Delia Baldock	W40	25:12
John Dennehy	M45	25:46
Julie Wood	W55	26:00
Jim Riddell	M65	26:02
Graham Ainsworth	M50	26:08
Damien Hanson	M50	27:16
Fiona McAuley	W55	27:43
Penny Ingram	W30	33:07
Bob Fergie	M70	33:32
Ray Hall	M70	35:11
Mitch Loly	M65	37:56
Dalton Moffett	M75	47:46

August 24, 2006

60M

Colin Smith	M40	7.8
John Stone	M50	8.3
Rob Antonioli	M50	8.4
Norm Richards	M65	8.7
John Dennehy	M45	9.5
David Carr	M70	9.5
Jim Riddell	M65	9.8
Ross Calnan	M65	11.0
Delia Baldock	W40	9.4
Simone Solomon	W40	9.6
Carol Bowman	W50	10.7
Lynne Schickert	W60	15.3

800M

Rob Antonioli	M50	2.39.8
David Carr	M70	2.53.8
Simone Solomon	W40	2.56.8
Maurice Creagh	M60	3.02.8
Delia Baldock	W40	3.06.3

100M

Colin Smith	M40	12.3
John Stone	M50	13.5
Norm Richards	M65	13.5
Rob Antonioli	M50	14.3
David Carr	M70	15.3
John Dennehy	M45	15.6
Ross Calnan	M65	16.9
Delia Baldock	W40	15.4
Jim Riddell	M65	16.5
Carol Bowman	W50	18.3

300M

Colin Smith	M40	40.6
David Solomon	M40	42.8
Rob Antonioli	M50	54.7
Norm Richards	M65	48.3
David Carr	M70	49.9
Delia Baldock	W40	55.7
Jim Riddell	M65	57.1

3000M

Ian Davies	M55	10.39.8
------------	-----	---------

5000M

Chris Coates	M50	18.51.9
Bob Schickert	M60	20.40.0
Blakeney Tindall	M45	21.39.7
Maurice Creagh	M60	22.32.8
John Dennehy	M45	23.56.6
Gillian Young	W55	24.05.2
Gill Edmonds	W40	25.20.2
Carol Bowman	W50	25.31.0

3000M WALK

Tom Lenane	M50	19.24.0
Val Millard	W55	19.48.5
Stan Jones	M80	20.34.1

August 17, 2006

60M

John Stone	M50	8.6
Norm Richards	M65	8.7
John Dennehy	M45	10.0
Jim Riddell	M65	10.3
Carol Bowman	W50	11.1

3000M

Chris Coates	M50	11.14.5
David Carr	M70	12.18.5
Blakeney Tindall	M45	12.34.3
Maurice Creagh	M60	12.55.0
John Dennehy	M45	13.47.5
Carol Bowman	W50	14.26.3
Jackie Halberg	W60	14.41.5

Coker Park

800M

Colin Smith	M40	1.49.4
Jon Wannberg	M35	1.59.7
Jim Riddell	M65	2.27.4
Carol Bowman	W50	2.29.0
Delia Baldock	W40	3.02.8

200M

John Stone	M50	29.0
Norm Richards	M65	29.2
David Carr	M70	31.9
Delia Baldock	W40	33.2
Jim Riddell	M65	36.1
Carol Bowman	W50	40.2

1000M

Colin Smith	M40	3.15.9
Jon Wannberg	M35	3.37.3
Maurice Creagh	M60	4.00.8
Delia Baldock	W40	4.36.9

August 6, 2006

800M

David Carr	M70	2.41.7
John Dennehy	M45	3.00.4
Peggy Macliver	W60	3.08.5
Carol Bowman	W50	3.30.0

60M

Colin Smith	M40	8.0
John Stone	M50	8.5
Norm Richards	M65	8.7
Jim Riddell	M65	10.3
Ross Calnan	M65	10.4
Delia Baldock	W40	9.5
Peggy Macliver	W60	10.0
Carol Bowman	W50	11.1
Lynne Schickert	W60	16.0

300M

Colin Smith	M40	40.0
Norm Richards	M65	50.2
Delia Baldock	W40	51.4
John Dennehy	M45	54.9
Peggy Macliver	W60	55.4
Jim Riddell	M65	57.9
Carol Bowman	W50	63.4

100M

Colin Smith	M40	13.4
John Stone	M50	14.0
Norm Richards	M65	14.7
Ross Calnan	M65	17.7
Mike Edwards	M45	13.4
Delia Baldock	W40	15.6
John Dennehy	M45	16.4
Jim Riddell	M65	17.1

3000M

Simon Coates	M35	9.26.7
Gill Edmonds	W40	14.44.3

5000M

David Solomon	M40	17.58.7
Blakeney Tindall	M45	22.05.4
Maurice Creagh	M60	22.24.8
Bob Schickert	M60	24.31.2
Carol Bowman	W50	25.44.1
Jackie Halberg	W60	26.36.6

3000M WALK

Lynne Schickert	W60	21.50.1
-----------------	-----	---------

August 3, 2006

60M

Colin Smith	M40	7.6
Guito Dumolard	M50	8.1
Norm Richards	M65	8.6
John Everard	M45	9.3
David Carr	M70	9.8
Jim Riddell	M65	10.1
Ross Calnan	M65	10.6
Carol Bowman	W50	11.4

1500M

David Carr	M70	5.57.1
Maurice Creagh	M60	6.05.7
Delia Baldock	W40	6.26.1

1500M WALK

Tom Lenane	M50	9.06.4
Stan Jones	M80	9.59.9
Lynne Schickert	W60	11.09.3

100M

Delia Baldock	W40	15.5
Carol Bowman	W50	19.1
Colin Smith	M40	12.7
Guito Dumolard	M50	13.2
Norm Richards	M65	14.2
John Stone	M50	15.5
David Carr	M70	16.3
Jim Riddell	M65	16.9
Ross Calnan	M65	17.7

400M

Colin Smith	M40	57.7
David Solomon	M70	60.1
David Carr	M70	71.6
Delia Baldock	W40	78.6
Norm Richards	M65	81.5
Maurice Creagh	M60	82.0
Jim Riddell	M65	83.2

3000M

Maurice Creagh	M60	13.26.1
David Carr	M70	14.27.3
Gill Edmonds	W40	14.28.4
Tom Lenane	M50	14.37.4
Carol Bowman	W50	14.38.4

3000m walk

Val Millard	W55	20.07.5
Lynne Schickert	W60	22.46.7

July 27, 2006

200M

Peggy Macliver	W60	33.7
Delia Baldock	W40	34.0
Carol Bowman	W50	43.0
Lynne Schickert	W60	60.2
Colin Smith	M40	26.4
Roy Fearnall	M60	28.2
Jim Riddell	M65	36.8

800M

Delia Baldock	W40	3.06.6
Maurice Creagh	M60	3.13.8
Peggy Macliver	W60	3.21.4
Carol Bowman	W50	3.50.8

300M

Colin Smith	M40	41.0
Roy Fearnall	M60	44.5
Peggy Macliver	W60	54.0
Jim Riddell	M65	59.0
Delia Baldock	W40	60.0

3000M

Jon Wannberg	M35	12:45
David Carr	M70	12:57
Maurice Creagh	M60	14:04
Carol Bowman	W50	15:46

3000M WALK

Lynne Schickert	W60	23:12
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MAWA TRACK AND FIELD PROGRAM 2006/2007

TUESDAY EVENINGS—UWA SPORTS OVAL THURSDAY EVENINGS—COKER PARK

GRASS

MONDO

The Patrons Trophy commences on 12 October 2006. Those events marked * are points scoring events. Athletes compete in a **maximum of 14 events** and points from their **best 10** are added to achieve a total score. No event can count twice – eg. if you compete in the 100m for points at both venues only your best points score for 100m counts. The contest is age graded and favours athletes who go in everything.

The 10 events must include 3 field events, at least one of which is a jump.

Meetings commence at 6pm. Events will be in order as shown below in two sections; track/jumps and throws. There is a fee payable for each night of \$2 club members, \$5 visitors. r/w = run or walk

	THURS	TUES	event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct-06		3	100	800	200	3000r/w	LJ	Discus	Wt/Throw
	5	10	60	300	100	5000r/3000w	TJ	Javelin	Shot
	12	17	100	1500r/w	400	10,000*	LJ	Hammer	Discus
	19	24	200	1500r/w	60	3000*	TJ	Javelin	Shot
	26	31	1000	100	3000r/w	400*	LJ	Shot*	Discus
Nov-06	2	7	60	2000r/w	200	5000*	TJ	Javelin*	Hammer
	9	X	100	800	200	3000r/w	LJ	Discus	Wt/Throw
	16	21	100*	600	300	5000r/3000w	TJ	Javelin	Discus*
	23	28	100	1500*	60	3000r/w	LJ*	Hammer	Shot
	30		200	60	5000r/w	800*	TJ*	Wt/Throw	Javelin
Dec-06		5	200	60	5000r/w	800*	TJ*	Wt/Throw	Javelin
	7	12	200*	3000r/w	100	600	LJ	Discus	Hammer*
	14	19	60	3000r/w	200	1 mile	TJ	Shot	Discus
	21		100	800	300	5000r/3000w	LJ	Discus	Javelin
Jan-07		2	100	800	300	5000r/3000w	LJ	Discus	Javelin
	4	9	100	600	2000r/w	300	TJ	Wt/Throw	Shot
	11	16	Pentathlon + 100, 800, 400, 3000r/w + Pentathlon field events (LJ, Jay, Disc)						
	18	23	200	1000	60	5000r/w	TJ	Javelin	Hammer
	25	30	60	800	300	3000r/w	LJ	Discus	Shot
Feb-07	1	6	200	3000r/w	60	1 mile	TJ	Hammer	Javelin
	8	13	100	1000	400	5000r/w	LJ	Shot	Wt/Throw
	15	20	60	600	300	3000r/w	TJ	Javelin	Discus
	22	27	200	800	100	3000r/w	LJ	Hammer	Discus
Mar-07	1	6	100	1500	60	5000r/w	TJ	Shot	Javelin
	8	13	200	1000	400	3000r/w	LJ	Wt/Throw	Discus
	15	20	200	2000r/w	100	800	TJ	Shot	Hammer
	22	27	60	1500	300	3000r/w	LJ	Javelin	Discus
	29		100	600	200	3000r/w	TJ	Hammer	Shot

TRACK and FIELD
Full Spring and summer
programme is on Page 7.

COMING EVENTS and helpers list

OCTOBER 1
CLIFF BOULD
Director:

Wayne Taylor -
9272 3705

Peter Airey, Michel
Bermudes & Deborah
Gardner, Bert & Bridget
Carse, Jane Elton, Phyllis,
Farrell, Mary Heppell,
Lorraine Lopes, Shirley
Milligan, Jim Riddell, Jenny
& John Smith.

All helpers: you MUST contact your director and confirm
whether you are available. If you are NOT, ALSO contact Bob
Schickert to be allocated another event.

OCTOBER 8
WIRELESS HILL

Directors: Barry & Leonie
Jones -
9364 1857

Charlie Chan, Wendy Duncan,
Bob Fergie, Aldo Giacomini,
Ian Johnstone, Bill Jones,
Peggy MacLiver, Dalton
Moffett, Rob Sheehy.

OCTOBER 15
MATTAGARUP

Director: Wayne Pantall -
9362 3715

Brian & Alison Aldrich, John
Brambley, Brian Danby, Stan
Delangrafft, Eric Emmett,
Chris Kelly, Bernard & Maria
Mangan, Noel McKenney,
Victor Ratana, Frank Usher.

OCTOBER 22
GUESS OWN TIME
Director: Vic Waters -
9341 3464

Keith Atkinson, Ed Barrett-
Lennard, Mike Faunge,
Irene Ferris, Raymond
Gimi, Kirt Johnson, Merv
Jones, Helen Lysaght,
Simon Mort, Neil McRae.

OCTOBER 29
MULLALOO BEACH

Directors: Mike Anderson &
Johan Hagedoorn -
0407 940 520 or 9401 3280
Peter Drinkwater, Keith &
Marge Forden, Keith Miller,
Jim Roberts, Christine &
Graeme Uren, Denise &
Pierre Viala, Martin
Watkins, Julie Wood.

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Riccioni Italy 2007
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Val Millard

Patron:

Bill Hughes

Vetrun

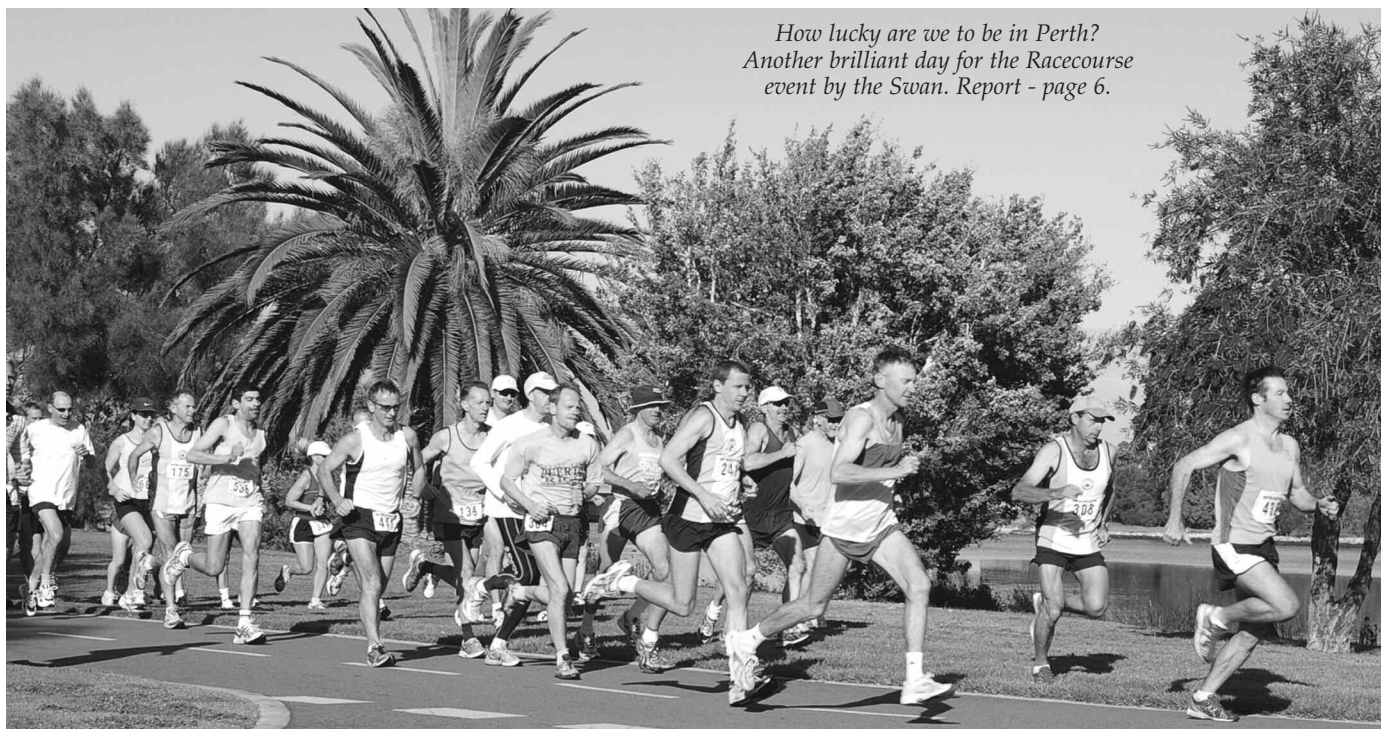
The magazine of Masters Athletics WA

OCTOBER
2006
No. 391



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*How lucky are we to be in Perth?
Another brilliant day for the Racecourse
event by the Swan. Report - page 6.*

CITY V COUNTRY CHALLENGE DAYS

*Saturday 16 December
Saturday 17 February 2pm
Payne Park, Albert Rd,
Bunbury*

LAST track and field season Bunbury Athletic Club, President Rob Antonioli, Secretary Carey Dickason, and the club members challenged MAWA to a day of competition in Bunbury.

Only a small number of MAWA members attended but those who did had a great time (particularly as the city won the challenge.)

It's on again this season, and there are to be two days

of competition. Events are 100m, 200, 800m, 3000m, shot and discus – so there is something for everybody. As last time, the Bunbury people will generously provide a BBQ afterwards and all you need

to bring is your own drinks.

PLEASE – note the dates in your diary and join us, on December 16 and February 17.

Lynne and Bob Schickert

Road record for track star

PERHAPS to remind us that LSD (long slow distance) is still a useful basis for fast track runners, David Carr has improved his road and X/C form lately.

We're used to his speedy starts, but at Darlington he kept on going, setting a new M70 State Record at 75min 22sec for the 16K road run. That was on July 16, in the

club's Darlington Dash.

Thanks to statistician Campbell Till for the confirmation. Campbell also points out – "Jim Langford's 45:31 City to Surf time, which won



David Carr - new 16K record

the 60-69 category, was an 89% performance, very high for a distance event."

Parking rules – GOT it?

PLEASE park in Cobb Street, north side of Hale School campus, for the October 22 GOT Run. The school is very hospitable, but many boys and staff live on campus and we want to keep traffic through the grounds to a minimum.

Directors

Race Directors – if any 'special instructions', changes or appeals apply to YOUR event, please let Vetrun know in advance so we can alert members, and help you. VW

Want to run down West?

A CONVIVIAL bunch of club members meet every Saturday – 6.30am in winter, 6am in summer and run/jog/walk from a different start point around Freo and the western suburbs every week.

There's around 10 to 15 in the group, and they have breakfast afterwards. "I've a feeling that's the motivating reason for doing it!" says Paul Martin. Please call him (9336 1838, work); Dick Blom (9337 7796); or Paul Hughes (041 251 3348) for more info.

50K field lines up

WELL, they're almost all there! This year 36 Masters completed the three-legged race that makes up the 50K Road Race Challenge. The blokes are pictured being chauvinistic on Presentation Day last month, without a female in sight!



Cliff would be proud

PRESENTING the Cliff Bould Trophy after the event at McCallum Park last week (October 1) club champion John Gilmour recalled the club's origins. "Cliff would be proud," said John "to see the way the club we started 32 years ago has grown."

The Vets (WA Veterans AC) was founded by a handful of great athletes. It provided a competitive environment for enthusiasts who graduated from the Association clubs. But they achieved much more. Because the Vets - now Masters - became a club for ordinary mortals too. Most of today's members are ordinary people, not great athletes. Sure, through our walking and running we have become

fitter than average. But any normal, healthy person can join us and improve too. Some members are extra talented. A very few are so exceptional that we should feel privileged to be around them. John Gilmour is such a man. But he's no tickets on himself. If you want to know more about this truly awesome runner get his biography, written by Richard Harris.

October Birthdays

Airey	Peter	M70	Miller	Teddy	M60
Allen	John	M45	Morfitt	Neil	M50
Barnett	Ray	M60	Morgan	Garnet	M80
Barrett-Lennard	Berwine	W75	Oldfield	John	M60
Bocian	John	M55	Parker	Richard	M50
Burke	Paul	M35	Pellier	John	M65
Dennehy	John	M45	Polkinghorne	Mike	M55
Edwards	Mike	M50	Roberts	Dave	M60
Everard	John	M45	Roberts	Jim	M50
Farrell	Phyllis	W60	Romeo	Lesley	W60
Foley	Marie-Claire	W45	Schickert	Lynne	W65
Haines	Dee	W45	Schickert	Bob	M65
Humphrey	Anne	W40	Shenton	Chris	M40
Hunter	Brian	M60	Shillington	Jenni	W45
Ingram	Penny	W30	Simmonds	Dave	M70
Klinge	Jim	M60	Thornton	Graham	M65
Lewis	Paul	M60	Ventris	Lyn	W50
Lok	Vivien	W45	Vernon	Mal	M50
Malone	Mick	M55	Waldock	Reece	M50
Mangan	Maria	W50	Walter	Michael	M55
March	Peter	M45			



Richard Harris - "I had the cheek to accept the medals!"

I CAN still remember the colossal elation I experienced on completing my first marathon – the Perth Milk Marathon, in 1983. I was 46 at the time and came over the finish line in about 3 hours 56 minutes – just under the 4-hour barrier.

What a triumph. I was still full of it at work the next day, and went for a 5km lunch time recovery run to get the creaks and twists out of my system. The joke is I had never seen myself as a runner but came into the sport to make up the numbers.

Graham Thornton bullied me into it. I was sitting in my office one day scribbling out something in the line of duty to an impossible deadline when Graham came in full of importance.

Finance

"The people of this floor are hopeless," he said. "They never do anything to help the department. All the other floors are very supportive. Finance are terrific."

Graham worked in finance. He had been trying to organise teams to represent the department in the Corporate Cup and wanted a representative from the 8th floor, where I worked, to run in the 5km event.

"Nobody on this floor will enter," he said. "I'm disgusted with them. You had better do it."

"But Graham, I'm a smoker," I said.

Next Month - two marathons in a week (and other gruesome tales) from Paul Martin

My First Marathon

by Richard Harris

"I used to smoke. You should stop," he said. "You've got time. The run isn't until next Tuesday."

First 800m

I ran about 800 metres round the block at home that night and could barely get my breath at the finish. I didn't smoke any more after that. When I ran the 5km in the Corporate Cup that Tuesday, I was last, and all-in at the finish. I had never felt so exhausted and had done my best to manage 5km in about 35 minutes.

Next night, I ran 5km round the home neighbourhood and repeated that every night of the week. In the second Corporate Cup 5km, I finished in about 30 minutes. In the changing room, I overheard one of the runners telling Graham Thornton he wasn't going to run again because he was so bad at it "even Richard Harris beats me."

Pussies?

A few days later Graham told me that 5km runs were for pussies and I should have a try at the Perth Marathon, coming up in about three months. So I trained every day, and did one long run of 32km – the Wanneroo 20 miler – and with this totally inadequate preparation entered and completed that first marathon.

I've now done 12 marathons – ten Perths and two Rottneests. Though I once started in a Geraldton Marathon, I got lost on one of the turns, lost about ten minutes through this, and gave up in disgust after completing a little more than 22km.

Twice I have been the M65 winner in the Perth event, and thus declared the State champion. The times weren't much – but I had the cheek to accept the medals!

Strange things can happen in marathons – the main thing is to have a go and not take yourself too seriously. The rewards are enormous. Don't be surprised if you make some really interesting new friends.

THE most memorable part of my first marathon was that I actually finished it! Entering into the unknown can be overwhelming and through the long time span involved from registering to run a marathon, training for it and getting to the start line, there is plenty of time to wonder what you're about to enter into and whether you are capable of it.

For me, there was the extra uncertainty of knowing that my Dad, a very good middle distance runner, had never completed a marathon. He only entered one – over snow-covered mountains in the middle of winter in Tasmania – and had to withdraw with hypothermia (when leading)!

So, the challenge was there and I thought I could try it, on an easy course. The best decision I made was to run my first marathon on my home course. Being Tasmanian bred and rather itinerant by nature, I had lived in different countries but in 2003 I was living in Perth and heading off to Tasmania for Christmas holidays.

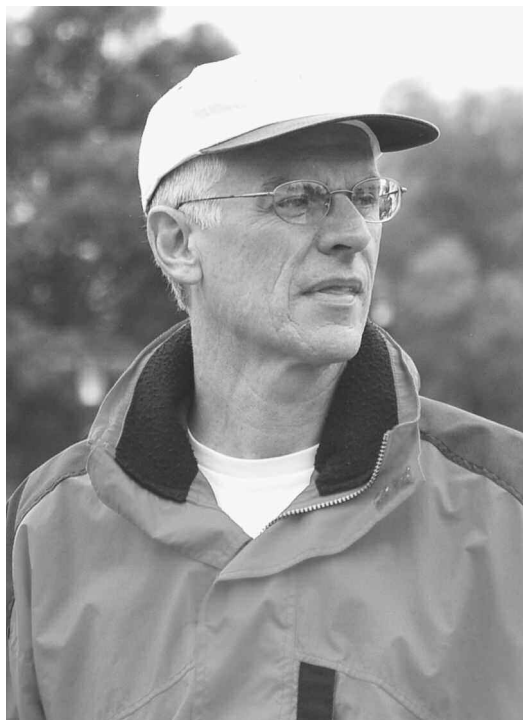
I entered the 2004 Hobart Marathon, set for the first Sunday of the New Year.

There are two great things about the Hobart Marathon. You have winter weather on a summer's morning; and the starting list being pretty small you don't have to juggle for position with other competitors!

The temperature didn't top 10 degrees while I was running and it was cloudy, no breeze and a flat course. But the great surprise and something I cherished then and now is the camaraderie of runners. At the start line, one other runner found out that it was my first marathon and

My First Marathon

by Barry Jones



Barry Jones – his greatest achievement was to get Hyde Park (London) joggers to say 'hello'!

ran virtually the whole distance with me. We had a chat and kept a steady pace for each other.

I always remember one bit of advice he gave me for marathon running was to regularly use the sponges to wipe your face otherwise the salt build up will turn you grey!

This other guy wanted to finish in 3:30 and we were heading a little over that, so he left me for about the last six kilometres and achieved his goal. Wow! I had made it

and I was delighted with my time so that was just a fantastic feeling. The good feeling didn't last too long though as that afternoon I flew to Melbourne then to Perth, the two flights contributing to me being very stiff for a few days!

I don't recall much about training for that marathon, but training memories are clear for the other three I've done – London (1997 and 2002) and the traditional course at Athens (1998).

In London I trained mainly around Hyde Park and took it

on myself to say hello to every runner I met. After the many, many laps of the park I did, I made a difference! Spontaneous greetings from runner-to-runner broke out – and strangers were saying hello to each as they ran by!

I then moved the Athens and when I visited London after that I was sad to observe this friendly practice had stopped.

It was a great joy to run the Athens marathon in 1998. But I really had trouble finding anywhere to train in the city. The safest place I found was on a 400 metre track! I once did 65 laps – not much fun and my body was not to keen on being in permanent left-turn position so I changed direction every 10 laps – that really did confuse the locals.

My favourite marathon is definitely London. Running with more than 30,000 people, even though most of the way you can't get a clear path, was great fun; and it's a great course. My most endearing memory though is the crowd support from the locals, probably half a million of them.

I ran past some spectators who clapped and cheered every passing runner. This was at about the half-way mark, so I figured they would be doing that for longer than I would be running. I was amazed, encouraged and full of admiration for them.

I was bit cheesed off though when runners in fancy dress started passing me at about the 35km mark. I suppose there is nothing to be embarrassed about in admitting that Superman was faster than me!

In 2002 I achieved sub-3:30, at the fourth attempt, and have been happy to be a marathon spectator since.

Next Month – in July Jim Langford returned to the marathon (after 22 years) with a 3:01. His amazing marathon record is in November's Vetrin.

FEELING knackered and fed up with your form? If so, some facts gleaned from the Bibra Lake run might bring some solace. Most of the 227 competitors were not Masters. In general they were younger than us – much, much younger!

Lots were on scooters and skates, too. So comparing club members' performances with theirs' isn't really fair – on us! But, hell with it – just relish how much fitter and faster you are than the average!

Walkers

The last club walkers came

Bibra shows our class!

in ahead of 40 other entrants. Our first walker, Val Millard took 41:12 for the 6K and was in front of almost 90 people. Remember, some of them were running, scooting, skating – anything goes in this fun-run.

Runners

One Master, M35 Brett Roach was outright winner in 20:34. Most of our top runners were in the 12K event, but the rest of us, 39 in all, did OK. More than OK.

Six were in the first 50; 23 in the first 100; and 39 in the first 154. If the top guns had run the short race, there's no doubt that around 20 Masters would have been in the first 50.

Measure

Cockburn Council's staff are very pleased that Masters took on the task of organising this event (see Richard Harris' report, page 4). When debating whether to continue our involvement, perhaps we should also take into account the value of this once-a-year chance to measure ourselves against others.

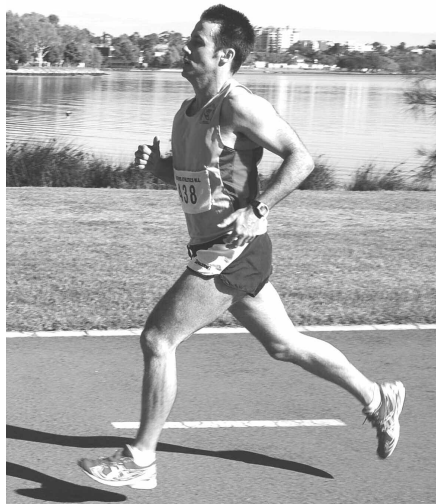
New members – Welcome!

435 Peter Bull M45
436 Martin Creighan M35
438 Brett Roach M35
439 Ally Flynn W35
445 Gary Williams M55
446 John Willmott M40
450 Karen Valenti W40
451 Janet Gibbons W40
457 Myra Hind W40
333 Trevor Scott M45
459 Garry Ralston
462 Chris Neale

Bibra Lake Run

September 17, 2006

"Thank goodness the Masters are involved in running this. It used to be chaos without them."



Brett Roach is a new member making his mark: first home at Bibra Lake and second at the Racecourse Run.

12K RUN

Jim Langford	M60	46:51
John Pentecost	M45	48:06
Bob Schickert	M60	52:47
Brian Danby	M55	53:22
David Baird	M60	53:25
John Doust	M55	55:18
John Mack	M65	55:53
John Oldfield	M60	56:47
Sandra Stockman	W40	57:06



Nick Miletic – one of the two-circuit Bibra runners

ON BEHALF of the City of Cockburn, Masters Athletics organised the Bibra Lake community fun run for the third year, attracting a large and enthusiastic field. In the 6km event, which was the public fun run, excellent prizes went to category winners and runners up in the open, Masters, under-12 and under-17 age groups. There was only glory for the 12km competitors.

Winning times were impressive in both events, with some keen competition among the ladies. Margaret Langford and Helen Lysaght edged Julie Keeley into third place in the masters category in the fun run; there was a first rate run by the first male home, and some courageous performances in the 12km, in particular by first-home Jim Langford, and Irwin Barrett-Lennard. Shortie Turner and Maurice Warren trotted round the two laps in a supportive male fellowship.

The editor, Vic Waters, was impressive and gallant at the finish in the public run, and generally club members gave a good account of themselves. One of our regular visitors, pre-master David Lazarus ran really well, considering he has had some knee problems lately. Overall we demonstrated good sportsmanship and competence in the field and in the organisation.

One of our marshals says he overheard a conversation between two of the City of Cockburn officials to the effect -

Gillian Young	W55	58:47
Mark Sivyer	M55	58:48
Irwin BarrettLennard	M75	58:53
Maurice Creagh	M60	59:48
John Ellard	M60	62:34
John Smith	M70	63:21
Carol Bowman	W50	63:33
Nick Miletic	M55	64:30
David Carr	M70	65:42
Charlie Chan	M50	65:51
Viv Lok	W45	67:19
Jim Barnes	M60	67:50
John Dance	M55	68:05
Jacqui Halberg	W60	68:06
John Talbot	M60	72:33
Jo Richardson	W50	79:13
Morris Warren	M65	97:13
Shorty Turner	M70	97:14

12K WALK

Stan Jones	M80	87:06
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6K RUN

Brett Roach	M35	20:34
Geoff Barrett	M40	23:08
Alan James	M55	23:54
Duncan McAuley	M55	25:04
Vic Waters	M60	27:03
Margaret Langford	W60	27:46
Bruce Mathieson	M60	28:25
Keith Atkinson	M45	28:34
John Brambley	M60	28:52
Helen Lysaght	W50	28:58
Julie Keeley	W35	29:07
Barry Jones	M45	29:09
Neil McRae	M50	29:30
Peggy Macliver	W60	29:56
Graham Thornton	M65	29:59
Mike Rhodes	M60	30:14
Jeff Spencer	M65	30:38
Penny Ingram	W30	31:40
Mike Polkinghorne	M50	32:58
Arnold Jenkins	M60	33:18

"thank goodness the Masters are involved in running this. It used to be chaos without them."

Thanks

A lot of our people worked hard to eliminate chaos. Karen and Tanya staffed the water station at the 3km mark, Jim Barnes got there early and marked out the course meticulously before running the 12km in skins. Jacqui Halberg organised all the Masters to sign in, so as to avoid paying a race fee (and also for insurance purposes.)

Bob Sammells and Elaine Dance organised the winners in the various categories with support and advice from Bas Thomsett; Syd Beer and Dennis Miller stopped the traffic like professional lollipop men. Christine Pattinson timed everybody into the chute and Don Pattinson also gave valuable support at the start and the finish, then stayed back to help pick up the flags and markers from around the course. Several others helped and I haven't mentioned them, but thanks anyway, your efforts were most appreciated. Thanks also to everyone who came and ran.

Don't be surprised if this run continues to grow in popularity. It has solid support from the City of Cockburn and attracts a wide range of ages, who all seem to enjoy the challenge.

My tip: the event has a nice casual/fun feel to it: it's safe, social and will continue to grow and do well, with Masters support.

Richard Harris

Grace Hollin	W45	33:32
Fiona McAuley	W55	33:34
Merv Jones	M65	34:42
Ally Flynn	W35	34:44
Christine Oldfield	W60	34:54
Vic Beaumont	M75	35:11
Ray Hall	M70	36:03
Denise Viala	W55	36:29
Pierre Viala	M55	36:31
Bob Fergie	M70	38:33
Roger Walsh	M60	41:00
Linda Rhodes	W60	41:37
Ray Lawrence	M75	42:37
Jeni Shillington	W45	42:38
Margaret Warren	W70	42:54
Dalton Moffett	M75	45:51

6K WALK

Val Millard	W55	41:12
Lynne Schickert	W60	45:23
Jeff Whittam	M70	46:23
Dorothy Whittam	W70	47:05
Elaine Ellard	W60	48:42
Patricia Hopkins	W60	48:44
Bob Chalmers	M65	48:50
Mitch Loly	M65	51:47
Sue Wells	W55	51:47
Ann Turner	W70	52:19
Maggie Flanders	W70	53:56
Leo Hassam	M75	55:37
Rex Bruce	M65	55:48

10.5K RUN

V2	M35	37:38
Peter Sullivan	M45	40:54
Jim Klinge	M55	41:37
Gary McLean	M40	42:07
Bob Schickert	M60	46:08
Brian Bennett	M55	47:51
Sandra Stockman	W40	49:27
Johan Hagedoorn	M60	49:45
Maurice Creagh	M60	50:18
Karen March	W45	51:28
Peter March	M45	51:28
Jon Tuttle	M40	51:56
Shirley Bell	W55	52:40
John Brambley	M60	52:44
V1		53:02
Gillian Young	W55	53:16
Nick Miletic	M55	53:25
Anne Humphrey	W40	53:27
Jim Barnes	M60	54:43
David Carr	M70	54:43
V5		55:45
Richard Danks	M60	55:50
Jacqui Halberg	W60	58:27
Mary Young	W55	63:58
Henri Cortis	M60	64:09
Margaret Warren	W70	76:26
Shorty Turner	M70	85:16
Morris Warren	M65	85:17

7K RUN

Ralph Henderson	M55	28:19
Neil McRae	M50	29:35
Vic Waters	M60	31:58
Margaret Langford	W55	32:38
John Dennehy	M45	34:16
Peggy Macliver	W60	35:06
Graham Ainsworth	M50	35:46
Carol Bowman	W50	36:19
Bob Sammells	M65	37:33
Michael Faunge	M65	38:12
Arnold Jenkins	M60	38:49
Mike Rhodes	M60	40:11
Penny Ingram	W30	41:19

Herdsmen/ Lake Monger September 3, 2006

PERHAPS it was just as well the Herdsmen Run was moved to Lake Monger, as parts of the original course were under water (or mud), making it resemble a English cross-country course. Who said it was the driest winter on record?

Our thanks to our helpers, Sheila, Barrie, Stan and Morland.

I hope no one got lost going to the wrong venue.

Jeff and Dorothy Whittam



Peter Sullivan coming in to win at Bassendean, while Sheila Maslen finishes her 5K. A week earlier Peter also won the Lake Monger 10.5K.

Bob Fergie	M70	46:54
Margaret Bennett	W60	48:14
Ray Lawrence	M75	51:53
Mitch Loly	M65	53:25
Mary Heppell	W65	55:27
Dalton Moffett	M75	57:36

3.5K RUN

David Reid	M55	14:14
Raymond Gimi	M40	15:00
Mike Anderson	M55	17:04
Delia Baldock	W40	17:06
Damien Hanson	M50	17:25
Helen Lysaght	W50	17:48
Keith Atkinson	M45	17:49
Wendy ClementsGreen	W60	19:46
Mike Polkinghorne	M50	19:54
Viv Lok	W45	20:33
Ray Hall	M70	21:40
Vic Beaumont	M75	21:51
Julie Wood	W55	21:53
Janet Walter	W55	21:53
Linda Rhodes	W60	23:30

10.5K WALK

Lynne Schickert	W60	79:24
Rosa Wallis	W60	85:20
Alan Pomery	M75	91:41

7K WALK

Val Millard	W55	48:15
Patricia Hopkins	W60	56:31
Pat Ainsworth	W70	59:11
Rex Bruce	M65	59:29
Ann Turner	W70	61:58
Sue Wells	W55	61:59
V3		67:58
V4		67:59
John Frost	#N/A	68:00

3.5K WALK

David Brown	M55	22:55
Kirt Johnson	M75	28:13
Maggie Flanders	W70	31:20
Pat Miller	W65	31:52

Bassendean Sandy Beach Reserve

September 10, 2006

10K RUN

Peter Sullivan	M45	37:47
Bjorn Dybdahl	M50	39:11
John Allen	M45	39:40
Vis		40:08
Vis		40:58
Doug Ashfield	M45	41:13
Neil McRae	M50	41:15
Bob Schickert	M60	42:55
David Baird	M60	43:50
Brian Bennett	M55	43:03
Jim Klinge	M35	44:45
Johan Hagedoorn	M60	44:49
Wayne Taylor	M45	45:06
Mike Hale	M55	45:09
Mark Sivyver	M55	46:39
John Doust	M55	46:40
Sandra Stockman	W40	46:52
Sean Keane	M40	47:28
Maurice Creagh	M60	47:50
Shirley Bell	W55	47:57
Irwin BarrettLennard	M75	48:04

IT WAS a fine but humid day for the seventh running of the Bassendean Run. Luckily not as many mosquitoes this year, but I had come prepared with a can of Aerogard. Only 78 competitors this year, I think the Pancake Run (which coincided with my run) might have had something to do with the lower numbers.

My usual helpers were on hand namely Denise, Pierre, Irene, Janet, John Mack, Mike and three Alans (Thurlow, Thorniley and Pomery) with two new members helping Kevin Payne who was at the 5K turnaround and Dave Reid on the water station. I thank them all very much for their help.

Stephen Dunn and Helen Lysaght were winners in the 5K with Peter Sullivan and Sandra Kallos in the longer distance. Good to see some new names winning the race. In the 5K walk David Brown and Patricia Hopkins were first with Geoff Whittam and Val Millard in the 10K.

Karen March	W45	48:19
David Carr	M70	48:20
Gillian Young	W55	48:20
Ian Glasspell	M55	49:43
John Smith	M70	50:52
Jim Barnes	M60	51:11
Nick Miletic	M55	51:54
Anne Humphrey	W40	52:98
Carol Bowman	W50	52:38

There was some talk that the 5K might be a tad long, next year I will get the wheel and re-measure the course. However, according to two runners John Allen and Mike Karra who had satellite odometers (not too sure what they are called, but they look like big watches) said it was about right. Anyway, I will have it spot on next year.

So glad my run falls on Presentation Day – the Metro was a nice venue for a change and the meal was very good. I look forward to seeing many of you again for the Club's annual dinner in November. If not, I'll see you next September at Bassendean.

Cheers, Jacqueline Billington

Roger Walsh	M60	52:38
Vis		53:05
Julie Keeley	W35	53:17
Michael Faunge	M65	53:59
Bob Sammells	M65	57:13
Viv Lok	W45	58:20
Merv Jones	M65	58:31
John Talbot	M60	58:56
Richard Danks	M60	65:22

10K RUN

Trevor Scott	M45	34:47
Brett Roach	M35	35:05
Lachlan Marr	M45	38:01
Peter Sullivan	M45	38:08
David Willmer	M50	39:04
John Allen	M45	39:17
Bernard Mangan	M50	39:21
Bjorn Dybdahl	M50	39:52
Jim Klinge	M55	40:20
Bob Schickert	M60	42:31
Brian Bennett	M55	43:19
David Reid	M55	44:00
Brian Danby	M55	44:14
John Mack	M65	44:34
John Doust	M55	44:38
Mark Sivyier	M55	44:49
Michael Karra	M40	45:07
Frank Gardiner	M55	45:13
Keith Miller	M55	45:42
Sandra Stockman	W40	46:07
Paul Burke	M35	46:32
John Bell	M60	46:54
Gillian Young	W55	46:58
Johan Hagedoorn	M60	47:32
Maurice Creagh	M60	47:45
Karen March	W45	48:07
Sean Keane	M40	48:34
Shirley Bell	W55	48:52
David Carr	M70	48:58
Bruce Mathieson	M60	49:02
John Willmott	M40	49:28
Mike Khan	M60	49:29
Helen Lysaght	W50	49:46
Jim Barnes	M60	49:59
John Ellard	M60	50:29

New member Anne Humphrey in the 10K run



Racecourse Run Burswood Park

24 September, 2006

SPRING weather arrived as well as more than 100 competitors for an EXACT 5 or 10km walk or run down at Burswood Park. All my helpers deserve a big thank you – David Baird and Ray Lawrence at the drink station, Carol Bowman at 2.5km turn, Kay and Sandy Burt at 5km turn and for bringing back my km markers and flags. There were also Fenella Gill and son on directional help and Julie Keeley under the Bridges showing you the way.

With no timer recorder available on the day improvisation was required. So, John Pentecost and Neil McCrae jotted down times, co-ordinating finishing order with the girls on the results table, Grace Hollin and Christine Engels. Special mention to John Allen who helped me graffiti-mark the course on Saturday with the measuring wheel. Vic was there taking his photos at the start and finish as usual and enduring a 1 minute delay to his start time. Thanks also to Jimmy Barnes who dropped off the water and table for the helpers at the water stop location.

John Smith	M70	50:38
Paula Karra	W35	51:56
Ray Attwell	M70	50:57
Anne Humphrey	W40	51:19
Nick Miletic	M55	51:28
Joe Stickles	M65	51:30
Keith Atkinson	M45	51:37
Graham Thornton	M65	53:18
Paul Martin	M65	53:37
Bob Sammells	M65	54:12
John Dance	M55	54:56
Mike Rhodes	M60	55:04
Milton Mavrick	M50	55:44
John Pellier	M65	55:55
Mike Polkinghorne	M50	57:18
Stan Lockwood	M75	58:50

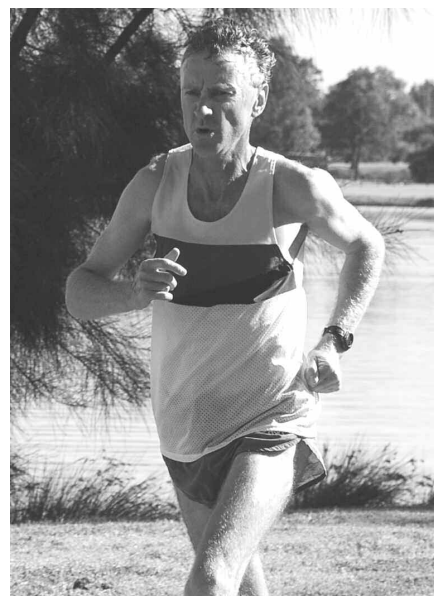
Mary Heppell	W65	38:14
Ron Spencer	M65	43:39
Ray Lawrence	M75	46:24
Dalton Moffett	M75	46:30

10K WALK

Val Millard	W55	68:50
Lynne Schickert	W60	74:02
Beryle Doust	W55	77:08
Jeff Whittam	M70	77:08
Janis Malin	W55	79:33
Rex Bruce	M65	86:45
Pat Ainsworth	W70	93:26
Ann Turner	W70	93:27

5K WALK

David Brown	M55	35:53
Patricia Hopkins	W60	44:53
Dorothy Whittam	W70	44:54
Ron Sutton	M65	50:55
Kirt Johnson	M75	50:56
Norm Miller	M70	51:25
Pat Miller	W65	51:26
Jill Midolo	W55	53:46



He's back - Trevor Scott rejoined Masters and will shake up the top order with runs like this sub-35mins Racecourse 10K.

Worth noting that some top times were recorded throughout all events, some very speedy new members and visitors making for some good competitive honest racing. A special 'sweat/lather/perspiration' award was won by a stallion called Milton Maverick.

Gary McLean and Christine Engels

Arnold Jenkins	M60	61:00
Denise Viala	W55	62:33
Margaret Bennett	W60	68:33
Sheila Maslen	W65	70:31
Mary Heppell	W65	71:21
Shorty Turner	M70	71:21
Morris Warren	M65	71:21
Pierre Viala	M55	71:21

5K RUN

Stephen Dunn	M40	18:12
Dave Roberts	M60	20:15
Raymond Gimi	M40	21:25
Vic Waters	M60	22:04
Delia Baldock	W40	25:42
Viv Lok	W45	26:51

They're back, too! Michelle Mison and John Frost finishing the 5K Walk.



Bassendean / ends

Jo Richardson	W50	66:57
Margaret Bennett	W60	72:07
Shorty Turner	M70	76:56
Morris Warren	M65	76:56

5K RUN

Stephen Dunn	M40	20:28
Ralph Henderson	M55	21:07
Colin Smith	M40	23:56
Vic Waters	M60	24:10
Vis		25:43
Helen Lysaght	W50	26:41
Keith Atkinson	M45	26:58
Arnold Jenkins	M60	30:02
Penny Ingram	W30	30:12
Wendy ClementsGreen	W60	31:12
Ray Hall	M70	34:22
Bob Fergie	M70	35:05
Julie Wood	W55	36:53
Aldo Giacomini	M70	36:55
Sheila Maslen	W65	37:49

You write...

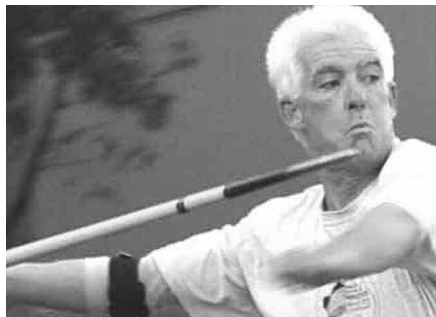
THROWERS THANKS

Dear Vic,

I would be most appreciative if you can find room in the Vetrin to extend our thanks to Damien Hanson for his enthusiasm and hard work in providing and transporting the equipment for the winter throwing group.

Also, thanks to Lindsay Glass for his continued assistance with techniques; and finally, a belated thanks to the Committee for the upgrade in throwing equipment.

Raema McMillan



Damien Hanson - thanks!

Racecourse / ends

Mike Anderson	M55	27:45
Wendy ClementsGreen	W60	28:14
Dan Bending	M60	28:55
Tanya Burke	W35	29:12
Bob Fergie	M70	30:41
Debbie Dance	W35	31:29
Elaine Dance	W55	32:23
Julie Wood	W55	33:59
Linda Rhodes	W60	34:04
Dalton Moffett	M75	37:28

10K AGE GRADED WALK

Dick Horsley trophy winners:

Stan Jones, Val Millard

Stan Jones	M81	82.91%
Val Millard	W59	76.34%
Ray Hall	M72	74.96%
Lynne Schickert	W64	72.93%
Ann Turner	W70	69.01%
Jeff Whittam	M73	68.72%
Elaine Ellard	W64	65.22%
Karen Valenti	W43	56.94%
Janet Gibbons	W42	56.41%
Myra Hind	W42	56.41%

5K WALK

Lesley Romeo	W60	35:13
Michelle Mison	W55	38:20
John Frost	M65	38:20
Rex Bruce	M65	39:27
Patricia Hopkins	W60	40:12
Kirt Johnson	M75	40:12
Sue Wells	W55	41:14
Maggie Flanders	W70	44:42
Dorothy Whittam	W70	44:42
Pat Miller	W65	45:40
Nola Bending	W55	45:41
Allen Tyson	M80	45:48
Alan Pomery	M75	47:19
Leo Hassam	M75	49:30
Sue Hughes	W55	49:30
Beryle Doust	W55	51:53
Lorraine Lopes	W65	51:53

Coker Park

September 7, 2006

200M

Colin Smith	M40	25.6
David Solomon	M40	26.5
David Carr	M70	32.3
Delia Baldock	W40	31.5
Simone Solomon	W40	32.1
Carol Bowman	W50	37.4

1 MILE

Chris Coates	M50	5.44.2
David Carr	M70	6.44.2
Maurice Creagh	M60	6.56.9
Gillian Young	W55	7.19.6
Delia Baldock	W40	7.38.9

1 MILE WALK

Val Millard	W55	10.16.5
Stan Jones	M80	10.35.2

60M

Colin Smith	M40	8.1
Barry Newell	M50	8.6
David Carr	M70	9.6
John Dennehy	M45	9.9
Simone Solomon	W40	9.3
Delia Baldock	W40	9.3
Gillian Young	W55	10.9
Carol Bowman	W50	11.0
Lynne Schickert	W60	14.8

400M

David Carr	M70	69.1
Bob Schickert	M60	71.9
Barry Newell	M50	78.3
Delia Baldock	W40	80.5
Gillian Young	W55	89.1

3000M

David Solomon	M40	10.35.4
Bob Schickert	M60	11.47.7
Simone Solomon	W40	13.20.0
Maurice Creagh	M60	13.23.0
John Dennehy	M45	13.28.1
Gillian Young	W55	13.48.5
Carol Bowman	W50	14.12.7
Jackie Halberg	W60	14.37.5
Gill Edmonds	W40	15.11.6
Barry Newell	M50	15.48.5
David Carr	M70	16.38.4

3000M WALK

Lynne Schickert	W60	23.01.0
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September 14, 2006

100M

Rob Antonioli	M50	13.9
Barry Newell	M50	14.1
John Dennehy	M45	15.8
Bob Schickert	M60	16.4
Ross Calnan	M65	16.7
Delia Baldock	W40	15.4
Peggy Macliver	W60	15.7
Gillian Young	W55	17.8
Carol Bowman	W50	18.3

800M

Rob Antonioli	M50	2.37.5
David Carr	M70	2.39.3
Bob Schickert	M60	2.45.9
John Dennehy	M45	2.52.9
Jon Wannberg	M40	2.59.0
Maurice Creagh	M60	2.59.7
Peggy Macliver	W60	2.59.8
John Oldfield	M60	3.01.1
Delia Baldock	W40	3.06.6
Gillian Young	W55	3.14.6
Christine Oldfield	W60	3.58.8

60M

Colin Smith	M40	7.7
Mike Edwards	M45	8.3
Rob Antonioli	M50	8.6
Barry Newell	M50	8.7

John Dennehy	M45	9.6
Ross Calnan	M65	10.2
Bob Schickert	M60	10.6
Delia Baldock	W40	9.6
Gillian Young	W55	10.7
Carol Bowman	W50	11.1
Lynne Schickert	W60	14.3

5000M

David Solomon	M40	17.57.8
Maurice Creagh	M60	22.40.7
Gillian Young	W55	23.23.2
Carol Bowman	W50	24.54.5
Jackie Halberg	W60	25.34.7
Richard Blurton	M55	26.36.6
Christine Oldfield	W60	28.31.0

3000M

Ian Davies	M55	10.28.4
Jon Wannberg	M40	12.58.0
John Oldfield	M60	13.07.4
Gill Edmonds	W40	15.07.5
Barry Newell	M50	15.39.1

3000M WALK

Tom Lenane	M50	19.32.8
Val Millard	W55	19.42.6
Stan Jones	M80	20.30.7
Lynne Schickert	W60	21.43.4

300M

Colin Smith	M40	41.3
Rob Antonioli	M50	46.6
Delia Baldock	W40	51.7
Bob Schickert	M60	52.9
Carol Bowman	W50	61.3

September 21, 2006

60M

Colin Smith	M40	8.2
John Dennehy	M45	9.8
Ross Calnan	M65	10.3
David Carr	M70	10.5
Delia Baldock	W40	10.4
Peggy Macliver	W60	10.5
Carol Bowman	W50	11.4
Gillian Young	W55	11.4
Lynne Schickert	W60	14.9

400M

Colin Smith	M40	57.4
John Dennehy	M45	71.8
David Carr	M70	73.7
Delia Baldock	W40	74.8
Bob Schickert	M60	76.3
Peggy Macliver	W60	77.8
Carol Bowman	W50	82.5
Gillian Young	W55	86.2

1500M

Chris Coates	M50	5.19.5
Jon Wannberg	M40	6.05.6
David Carr	M70	6.08.2
Maurice Creagh	M60	6.14.6
John Dennehy	M45	6.33.5
Gillian Young	W55	6.33.9
Peggy Macliver	W60	6.57.5
Delia Baldock	W40	7.18.0

1500M WALK

Lynne Schickert	W60	10.38.2
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200M

Delia Baldock	W40	32.6
David Carr	M70	32.6
Gillian Young	W55	37.4
Carol Bowman	W50	37.6

3000M

Bob Schickert	M60	11.47.7
Maurice Creagh	M60	13.36.6
Gillian Young	W55	13.55.3
Jackie Halberg	W60	14.25.0
David Carr	M70	14.25.1
Gill Edmonds	W40	14.33.8

3000M WALK

Valerie Millard	W55	19.37.5
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TRACK and FIELD
See full programme, printed
last month in Vetrin 391.

**OCTOBER 15
MATTAGARUP**

Director: Wayne Pantall -
9362 3715
Brian & Alison Aldrich, John
Brambley, Brian Danby, Stan
Delangrafft, Eric Emmett,
Chris Kelly, Bernard & Maria
Mangan, Noel McKenney,
Victor Ratana, Frank Usher.

**OCTOBER 22
GUESS OWN TIME**

Director: Vic Waters -
9341 3464
Keith Atkinson, Mike
Faunge, Irene Ferris,
Raymond Gimi, Kirt

COMING EVENTS and helpers list

All helpers: you **MUST** contact your director and confirm
whether you are available. If you are **NOT**, **ALSO** contact Bob
Schickert to be allocated another event.

Johnson, Helen Lysaght,
Simon Mort, Neil McRae,
Bruce Mathison.

**OCTOBER 29
MULLALOO BEACH**

Directors: Mike Anderson &
Johan Hagedoorn -
0407 940 520 or 9401 3280
Peter Drinkwater, Keith &
Marge Forden, Keith Miller,
Jim Roberts, Christine &

Graeme Uren, Denise & Pierre
Viala, Martin Watkins, Julie
Wood.

**NOV 5
GARVEY GALLOP**

Directors: John & Christine
Oldfield - 9352 8958 (from 8
Oct)
Pat Ainsworth, Doug Ashfield,
Liz De Campo, Chris
Frampton, Aldo Giacomini, Ian

Glasspell, Jim Klinge, Arthur
Leggett, Vivien Lok, Bruce
Matheson, Alan Pomery.

**NOV 12
SAFETY BAY**

Directors: Pam & Steve
Toohey - 9591 3767
Ray Attwell, Geoff Barrett,
Debbie Dance, Elaine & John
Dance, Elaine & John Ellard,
Maggie Flanders, Sean
Keane, Mitch Loly, Dennis &
Margaret Miller, Murray
Tolbert.

**NOV 19
RECOVERY RUN**

Director: Bob Schickert -
9330 3803
Carol Bowman, Chris Maher.

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World Masters Athletic Championships
Riccioni Italy 2007
Website www.wma2007.org is now open

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Val Millard

Patron:

Bill Hughes

Vetrun

The magazine of Masters Athletics WA

NOVEMBER
2006
No. 392



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PEGGY MacLiver has always been a great track sprinter, and she's started the season with State records, in successive weeks. The surprise is that one of them was set in the Patron's Trophy 10K run at Coker Park! The previous W60 10,000m record was held by Margaret Robinson with 51:33. Peggy's new mark is 51:17.7! A week earlier she ran 60M in a record 9.6 seconds. Results - P7.

International team needs managers and masseur

INTERESTED in becoming a team manager or sports masseur, to the Australian team at the WMA Championships (Riccione, Italy, 4-15 September 2007)?

Past experience - in Gateshead and San Sebastian - showed the value of these positions. There will be at least one male and one female team manager, maybe more, depending on the team size. AMA expects to determine the appointments next Easter at the National Championships in Hobart.

Finance

Partial funding of travel and accommodation will be available for the team managers. For the sports masseur, partial funding of travel will be available, plus the opportunity to charge a set fee to athletes who use massage services. The sports masseur would need to be available

for a number of hours each day at the main stadium.

People interested should send AMA a resumé, covering:

Team Manager(s):

Personal details: (name, age, address, other contact details) plus:
Athletics background,
Masters athletics background,
Management experience in sport or business,
Ability to fulfil the position,
References.

Sports Masseur:

Personal details: (as above) plus:
Medical qualifications,
Masters athletics background,
Similar team experience,
How applicant expects to fulfil the position,
References.

Applications are required by 15 March 2007, so please send expressions of interest, or requests for further information to:

AUSTRALIAN MASTERS ATHLETICS

Decathlon/ Heptathlon

Championships

March 3 and 4, 2007

at the State Athletic Facility, Brisbane

Entry forms and programme timetable are available from Bob Schickert. Please call 9330 3803, or email to rschicke@bigpond.net.au

Entries close
7 February 2007.

Hazel McDonnell
Secretary AMA Inc.
13 Sevenoaks Street
Alexandra Hills Qld 4161
Ph: 07 3206 3243 (h)
Email: hazelmcd@bigpond.com

Details of the roles of managers and masseur are available from Bob Schickert, or from Hazel.

How's your handicap?

by Mike Rhodes

I FIRST organised the club handicaps about 15 years ago and am back for a second stint. Handicaps are simple. The faster you go, the greater your handicap. Your personal handicap depends entirely on times achieved in club events. It's NOT adjusted according to how well you slept on Saturday night, who you were with, whether you ran a

(turn to page 2)

John Gilmour and the Marathon



John at the recent Cliff Bould Trophy

AS a mature athlete John Gilmour's performances are quite mind-boggling. Olympians approaching 40 are rare enough, even with all today's modern advantages. But... imagine running an Olympic qualifying time... and you're almost 60 years old!

Let John tell it - as he does in his biography, written by Masters' Richard Harris.

"...when I was 37 years old, in 1956, I won the WA marathon in 3 hours 4 mins.

"Some 22 years later when I was 59, I ran 2 hours 38 mins in the Australian Open, which was two minutes faster than the Olympic qualifying time."

Here are just a few of John's marathon successes. Finishing positions are, I believe, for his age group.

year	time	age grp	place
1971	3h:11m	50-59	(3rd)
1977	2h:50m:14s	55-59	(2nd)
1978	2h:53m:44s	55-59	(1st)
1979	2h:52m:28s	60-64	(1st)
1980	2h:45m:27s	60-64	(2nd)
1982	2h:49m:47s	60-64	(1st)
1985	3h:11m:	65-69	(2nd)

Copies of John's life story are available from Richard.

VW

You write...

Dear Vic

Could you please put a thank you notice in the Vetrin for me? I would like to thank the members of the veterans club (Masters) for their attendance at Henks cremation, and their emails, phone calls, flowers etc. Thank you all, so much.

Yours, Margaret Stoffers

Dear Vic,

Having read your item in the Vetrin regarding the 50km Road Running Championship (picture and caption, October, no 391) I was concerned that the women who completed this very important event were not acknowledged. In fact, sounds as though no women completed the event, would appreciate it if you could include the photo and item in the next Vetrin. The Presentation Day is a very important event on our social calendar and acknowledges all the members who have completed and been successful over the year in championship events, and feel that it could rate a bit more space in the Vetrin.

Regards, Margaret Bennett

MY tongue-in-cheek comment about 'chauvinism' was meant to acknowledge your points, Margaret. In fact, when the 50K results were printed (July Vetrin) all the women were acknowledged. In addition, a pic on the front page reinforced the fact.

I agree that social events are important, and Vetrin tries to encourage attendance. The event itself, however, isn't generally covered. In the case of achievements and medal-winning through the year, these are acknowledged as they occur, in the results, and sometimes with specific reports of records and other special efforts.

In general, we don't print 'line-up' pictures, as there are better ways to show members, such as in action.

VW

New Members

311 Christian Wakeling M30
334 Peter Kennedy M85
464 Josephine Schaefer W60
465 Peter Woods M45
466 Berni Scott W45
467 Leon Griffiths M55
131 Toni Frank W60

Arthur writes a Christmas treat!

DON'T Cry For Me is the heart-warming life-story of an ordinary Aussie bloke. He just happens to be a witty, athletic, poetic, down-to-earth character who has never let the battling beat him. Of course, he's our Arthur Leggett.

You know him as the jovial clubman, runner, walker, race director. The veteran who took on the Avon Descent; rode his massive motorbike across Australia; still turns up on Sunday morning on his racing cycle. He walked the Bibbulmun Track - all of it; ran his first marathon at 57.

Now 87, he's still fighting for his comrades, chasing compensation for blokes, like Arthur, who survived WW2 as German prisoners-of-war.

Buy it!

Arthur's family and friends

Arthur Leggett's biography *'Don't Cry For Me'* will be on sale at the Garvey Gallop next Sunday (November 5.) Cost is \$30. It's a funny, moving read that everyone can enjoy. Please bring cash - and treat someone to an excellent Christmas gift!

finally persuaded him to write and publish *'Don't Cry For Me.'* I'm so glad he did; it's a great read. Do yourself a favour - or buy it as a very special Christmas present for someone else!

Humour

Arthur's memory is remarkable. Childhood in country and coastal NSW is a hoot. But there were tough times ahead



for the young man, whose own father suffered after-effects of WW1. Arthur struggled to help his family after the move to Perth. But there are many very funny episodes too, as he opens a window on life and love in 1930s WA.

After being captured on Crete the young signaller was lucky to survive four hard years as a p.o.w. Lucky? Well, determination played a big role, too. There's steel inside 'affable Arthur' and it shone again after the war, when he fought the bureaucrats to bring home, Eileen, his English bride-to-be. Together they have raised their family, built their house, made a life.

Arthur Leggett; I don't know anyone who better proves that 'active mind, active body' is the way to happiness.

How's your handicap (from p1)

marathon the day before or if you were the club's best runner 10 years ago.

Every week, every runners' and walkers' result is recorded by Barrie Thomsett. (This year, short and long runs will be taken into account.) I place this data in an Excel spreadsheet - and convert to equivalent times for 10k on a flat course. (The formula used can be found on the Runners World website - look under 'Tools').

In the conversion a 'difficulty factor' is also applied, dependent on that week's course. A flat river run has a degree of difficulty of 1; the Kalamunda X/C is 1.05.

Handicap Time

Basically, your handicap is based on your best run/walk time in the previous six months. (I found this to be a very good measure, after experimenting during my first stint as handicapper.) Your handicap is then adjusted (using the formula in reverse) for the particular handicap event. Distance and difficulty are taken into account.

It's a thorough system, but it can be flawed. For instance, if the course distances are wrong, the equivalent time will be wrong, and consequently the calculated handicaps will be wrong. That's why I am trying to have all distances measured for accuracy.

The recent Cliff Bould Trophy is a good example. Results show that the handicaps favoured the back markers. Why? Because the course was 10.9km, not 10.4km, and they had more time to catch up.

Handicap Trophy

Five road runs, and the 10K track handicap, count towards the trophy. In each event, you gain points according to finishing position. First scores 1, tenth scores 10, and so on. Anyone NOT running scores 1 - plus the 'last place' number. Your worst result is discarded, so helpers at handicap events are not disadvantaged because they couldn't take part in every race. Lowest total through the season wins the trophy.

The Weekend Away crew assemble for (pre-race?!) instructions from Keith Forden (left.) Report, page 3.



November Birthdays

Atkinson Keith	M50
Billington Jacqueline	W60
Bowman Carol	W50
Brown Ivan	M60
Calnan Ross	M65
Chandler Liz	W35
Davey Shane	M35
Delandgrafft Stan	M80
Duncan Wendy	W55
Emmett Eric	M45
Forden Keith	M65
Hagedoorn Johan	M60
Hall Ray	M70
Hewitt Brian	M50
Hind Myra	W40
Hollaway Phil	M50
Karra Mike	M40
Lazarus Ivan	M55
Malin Janis	W55
Mangan Bernard	M50
Mavrick Milton	M50
McMillan Raema	W75
Miller Margaret	W60
Miller Norm	M75
Moyle Merv	M80
Oldfield Christine	M60
Oliver Bernard	M60
Pellier Joan	W65
Rhodes Mike	M60
Smith Morland	M65
Smith Patrick	M40
Spencer Ron	M65
Ventris John	M55
Warren Margaret	W70
Weston Patricia	W70

Jim Langford – Marathon Man – or Camel?

IT was difficult to select just one marathon for Jim so we chose a few highlights.

First

This was in 1964, a WA Athletics Association run and Jim was 20 years old. The course was the same as for the 1962 Commonwealth Games, from Perry Lakes along Wanneroo Road and back. There were approx 14 entrants, all male and Jim came second to Tim Walsh in 2.32.04. The most memorable thing about this event was that it poured with rain.

Fastest

An Australian Marathon Championship run which was held in the Herne Hill area. In spite of his time, 2.18.08, Jim was third Australian and seventh overall. Four celebrity runners from Japan had been invited to compete and they creamed off four of the top five places even though they didn't qualify as Australian champions. Rob de Castella was overall winner in 2.13.23.

Best

Definitely Brisbane, or rather Caboolture, on 6 August 1978. It was the Australian Marathon Championships again and Jim ran 2.19.29 to come first out of a field of 42, all male. The runner up was four and a half minutes behind. Jim regards this as his best marathon because he enjoyed it, it felt easy and his time was very consistent with an average pace over each of the five mile sections ranging from 5.17 to 5.19 per mile.

Recent

The Perth marathon, 2006 which he finished in 3.00.54. There had been a gap of 22



years since his previous marathon. When asked why so long, he replied, "I just never got around to it."

The tally

In all, Jim has started 23 marathons and finished 17. His reason for pulling out of six was he went out too fast and ran out of steam. Also, he hadn't done specific marathon training, not enough long runs and therefore was not adequately prepared.

The strategy

His strategy for running a marathon is to think in terms of short sections, particularly when he gets tired. He runs to the next point ahead, not worrying about how far he still has to go. He doesn't believe in taking supplements or modifying his diet in any way. He just trains every day and runs the event.

Man or camel?

Jim rarely drinks while running; the few times he tried, he got a stitch. So he manages even marathons without water.

Apart from one in Wales, all Jim's marathons have been in Australia. The race he would most like to run is the London marathon, but no plans at present.

Margaret Langford

Kokoda Trekkies Tribute

(We Ragged Bloody Kokodiatrics)
by Wayne Pantall

The New Guinea jungle is magic at night time. You'll have some excitement if here at the right time. So close eyes and listen – it's turn out the light time. Reflection will help you to crash.

Doze off in your tent, and get off on your armpits. Forget snakes and mozzies, and all of the sore bits, and drift as you marvel, at our bunch of misfits, and morning will dawn in a flash.

Now Trekkies up here are becoming prolific, from west of Fremantle, to west of Pacific. We plod to Kokoda – a sight quite horrific, at quite a pace less than a dash.

We Trekkies are experts at slipping and sliding and going arse-up in a show that's providing our mates with some joy, so it's hard when deciding, just who, on each day, wins the cash?

From the time that our first bloke fell flat on his back, in the sucking black mud of the Kokoda Track, we all yelled our approval, and "Get up – you hack." A Trecky has just had a crash.

As our local guides watch our ungainly parade, of overweight oafs, using poles they have made to save us from skiing, o'er the lip down the glade, They'll reach out and help in a flash.

Our wonderful native mates string out the bush ropes, at rivers and crossings for our bunch of fat dopes, and offer support, for we must seem like 'no-hopes' Yet none of us went the 'big splash'.

With our average age about seventy six,

Wayne is an accomplished 'bush' poet whose many works are regularly heard on ABC local radio and published online.

(and that's tossing in young blokes, and counting the chicks) we all hobble and slither on our walking sticks, but on through the jungle we bash.

Our platoon of old has-beens, who used to be fine, (who were well honed young athletes before our decline) chose to tackle Kokoda – a fair dinkum shrine, with many a click and a flash.

As ev'ryday passes our whiskers are growing. We're lunging and lurching, and puffing and blowing, with steely expressions, but eyes that are glowing, as on to Kokoda we thrash.

We Kokodiatrics are not to be daunted, but press on as zombies, and follow as haunted, the footsteps of ghosts of 'The Track', where our vaunted, old Diggers dug in for each clash.

For we came to pay tribute, to trek and to see what our fathers and uncles did for you and me when they kicked Tojo's backside right back the sea, with sacrifice, valour and dash.

Our soldierly skills are now less than impressive. We like a nice sleep in, and feel it's repressive for old farts like us to have loads, so excessive for heavy packs rub up a rash.

But we'd never whinge – No, not tough nuts like our lot. We've plenty of tucker at night in the hot pot. We're soldiering on now, (with dengue and foot-rot) with oodles of noodles and mash.

From all walks of life, and from all round Australia, we stand with our grotty bedraggled regalia, and salute from Kokoda, "DIGGERS, WE HAIL YA!" Three cheers and three beers (in a flash).

THE weekend away at Lewana Camp, Balingup was attended by 40 members, and was a most enjoyable weekend, with early morning running/walking in the bush, taking in the fresh air, and the remainder of the time spent together with social activities, taking in the Grand Final of the football at local Hotels/Taverns, and

Weekend Away

followed by our get together on Saturday with our casse-rolle night, lunch on Sunday at the Blackwood River Tavern and a barbecue evening on Sunday, with a good old fashioned sing-a-long around the camp fire. We are looking forward to the next one in March 2007.

THE season's second handicap run proved to have swelled, the 10K now being reliably estimated (by GPS wearers) at 10.9km. This favoured the better runners, who had more time to make up their long-delayed starts. Chris Frampton made the most of it to take the trophy off a 24:36 handicap.

John Allen and John Pentecost did their cause no good by running the 5km event, while waiting to start off their handicaps in the trophy race. (But it was very impressive!) Thanks to stand-in Race Director Wayne Taylor, his helpers, and Mike Rhodes for the handicaps. VW

5.45K RUN

John Allen	M45	21:10
John Pentecost	M45	22:24
Margaret Langford	W60	24:52
Leonie Jones	W45	27:47
Delia Baldock	W40	28:46
Penny Ingram	W30	29:39
Wendy Clements-Green	W60	31:14
Bob Fergie	M70	34:17
Aldo Giacomini	M70	35:07
Jeni Shillington	W45	38:26
Sheila Maslen	W65	39:17
Ray Lawrence	M75	39:18
Vis		39:47
Linda Rhodes	W60	40:01
Vis		43:39

10.9K WALK

Karen Valenti	W40	94:13
Janet Gibbons	W40	94:14

5.45K WALK

	Place	Clock	H/cap	Actual
John Frost	1	51:24	12:00	39:24
Lee Holliday	2	52:03	26:24	25:39
Michele Mison	3	53:13	12:00	41:13
Lynne Schickert	4	54:35	15:06	39:29
Patricia Hopkins	5	54:57	11:18	43:39
Jeff Whittam	6	55:13	13:36	41:37
Maggie Flanders	7	55:40	7:06	48:34
Rosa Wallis	8	55:49	13:30	42:19
Sue Hughes	9	56:16	3:18	52:58
Leo Hassam	10	56:16	4:48	51:28
Dorothy Whittam	11	56:53	13:18	43:35
Allen Tyson	12	57:07	5:54	51:13
Alan Pomery	13	57:09	11:00	46:09
Victor Ratana	14	57:13	12:06	45:07
Mitch Loly	15	58:21	10:48	47:33

BETWEEN Wireless Hill and the Matagarup Run we lost five. A marshal brought most of them in at Matagarup, and after the thousands of walkers did their bit to fight diabetes (and good on 'em) Wayne Pantall rode his bike around the course to find the rest. He reports:

'Only five flags are unaccounted for. Three on the Rail Terminal leg may have been picked up by a home-bound member. (Shorty perhaps?) Most interesting are the two missing flags, where Trevor Scott missed the left turn, (and "... didn't see any") to the Claisebrook entrance. I asked a well-settled family group, at that spot, if they'd seen them. But, in their opinion, no flags were there when they arrived much earlier. Pretty coloured

Cliff Bould Trophy

McCALLUM PARK

October 1, 2006

10.9K RUN

	Place	Clock	H/cap	Actual
Chris Frampton	1	69:23	24:36	44:47
Ivan Lazarus	2	70:04	22:30	47:34
Graeme Neill	3	71:03	19:54	51:09
Mark Sivyver	4	71:09	23:36	47:33
Bruce Wilson	5	71:17	27:12	44:05
John Bocian	6	71:30	20:36	50:54
John Willmot	7	71:51	18:00	53:51
Lachlan Marr	8	72:12	30:54	41:18
David Reid	9	72:17	24:42	47:35
Vic Waters	10	72:19	21:54	50:25
Ross Parker	11	72:23	31:06	41:17
Jim Langford	12	72:39	31:30	41:09
Bob Schickert	13	72:53	26:00	46:53
Jim Barnes	14	73:07	17:54	55:13
Sandra Stockman	15	73:17	21:48	51:29
Greg Vander Sanden	16	73:21	30:06	43:15
John Pentecost	17	73:23	30:06	43:17
Michael Karra	18	73:30	24:54	48:36
Barry Jones	19	73:35	21:30	52:05
Dee Haines	20	73:38	23:42	49:56
Michael Faunge	21	73:43	14:30	59:25
John Allen	22	73:52	29:36	44:16
Grace Hollin	23	73:52	9:48	64:04
Ivan Pilton	24	73:53	23:36	50:17
Paula Karra	25	74:21	18:06	56:15
Irwin Barrett-Lennard	26	74:21	21:42	52:39
Carol Bowman	27	74:32	18:18	56:14
Merv Jones	28	74:48	11:06	63:42
Gillian Young	29	74:57	23:30	51:27
Arnold Jenkins	30	75:19	12:24	62:55
John Brambley	31	75:26	18:06	57:20
Kevin Payne	32	75:29	17:00	58:29
Bruce Mathieson	33	75:41	22:12	53:29
Keith Atkinson	34	75:45	19:48	55:57
Paul Martin	35	76:06	17:48	58:18
Jo Richardson	36	76:30	1:36	74:54
Jim Klinge	37	77:00	28:36	48:24
Vic Beaumont	38	77:15	7:36	69:39
Mike Khan	39	77:28	18:54	58:34
David Carr	40	77:29	23:00	54:29
Helen Lysaght	41	78:15	24:06	54:09
Milton Mavrick	42	79:03	17:24	61:39
Julie Keeley	43	79:18	19:06	60:12
David Baird	44	79:18	28:42	50:36
Vis	45			
Vis	46			
Vis	47			



Above, soccer-style sprint from Ivan Pilton, who loves a storming finish! Below, uphill cool-down for John Pentecost, Chris Coates and Bernard Mangan.



Above: Bert Carse coming back to form. Below, Martin Watkins, Frank Usher and John Oldfield.



Save our flags!

plastic flags, right next to the busy coloured plastic playground. mmm??

Five again!

If we lose five flags a week, we need to re-stock completely every four months.

What shall we do – electrify them? Wrap them in barbed wire?

How about a sticker on each one – 'You have just robbed Masters Athletics. Please return it next Sunday – and join us for a run.'

Could be a membership booster. But then, we might recruit a lot of five-year olds.

Wireless Hill

October 8, 2006

Thanks to Race Directors Leonie and Barry Jones, and all their helpers.

9.5K RUN

Brett Roach	M35	35:13
Jim Langford	M60	37:18
Geoff Barrett	M40	37:53
David Willmer	M50	38:09
Bjorn Dybdahl	M50	38:15
Bernard Mangan	M50	38:17
John Allen	M45	38:27
John Pentecost	M45	38:33
Jim Klinge	M60	39:10
Lachlan Marr	M45	39:42
Vis 1		39:57
Bert Carse	M65	40:27
Bruce Wilson	M60	40:51
Bob Schickert	M60	43:00
Brian Danby	M55	43:25
Mark Sivyer	M55	44:26
Ivan Pilton	M60	44:29
John Willmot	M40	44:32
Johan Hagedoorn	M60	45:14
John Mack	M65	45:19
Sandra Stockman	W40	45:21
Graeme Neill	M45	45:21
Vis 3		45:49
David Carr	M70	45:54
Gillian Young	W55	46:04
Mal Vernon	M50	46:21
Frank Gardiner	M55	46:36
John Oldfield	M60	46:39
Martin Watkins	M55	46:42
Bryan Hardy	M60	47:42
Karen March	W45	48:05
Peter March	M45	48:05
Maurice Creagh	M60	48:39
Helen Lysaght	W50	48:48
Ian Glasspell	M55	49:10
Bruce Mathieson	M60	50:20
Jim Barnes	M60	50:25
Keith Atkinson	M45	50:36
Ray Attwell	M70	50:38
John Ellard	M60	50:53
Mike Rhodes	M60	51:16
Julie Keeley	W35	52:47
Vis 8		53:06
Vis 2		53:17
Vis 6		53:26
Bob Sammells	M65	53:27
Michael Faunge	M65	53:42
John Pellier	M65	53:57
John Dance	M55	54:32
Jeff Spencer	M65	54:51
Paul Martin	M65	55:03
Brian Smith	M65	55:25
Milton Mavrick	M50	55:36
John Smith	M70	56:44
Merv Jones	M65	57:27
Jacqui Halberg	W60	58:16
Denise Viala	W55	60:13
Val Millard	W55	61:14
Reece Waldock	M50	62:15
Claire Walkley	W40	62:17
Cecil Walkley	M75	62:18
Rhod Wright	M55	62:38
Arnold Jenkins	M60	62:55
Jeni Shillington	W45	70:06
Mary Young	W55	70:07
Shorty Turner	M70	79:51
Morris Warren	M65	79:52

4.8K RUN

Michel Bermudes	M35	17:48
Greg Vander Sanden	M45	17:59
Christopher Coates	M50	18:39
Peter Bull	M35	18:45
Vis 5		19:11
Deborah Gardner	W35	19:21
Duncan McAuley	M55	20:46
Lee Holliday	M50	21:51
Paul Burke	M35	21:04
Vic Waters	M60	22:24
John Willmot	M40	23:35
John Brambley	M60	23:56
Carol Bowman	W50	24:38
Hamish McGlashan	M65	24:54
Grace Hollin	W45	26:26
Marg Forden	W65	26:53
Roger Walsh	M60	26:55
Damien Hanson	M50	27:17
Penny Ingram	W30	27:23
Christine Oldfield	W60	29:16
Fiona McAuley	W55	29:18
Vis		29:55
Vis 4		30:00
Tanya Burke	W35	30:05
Vic Beaumont	M75	30:18
Bridget Carse	W60	30:49
Keith Forden	M65	31:35
Debbie Dance	W35	31:52
Pamela Toohey	W60	32:50
Elaine Dance	W55	32:50
Richard Harris	M65	33:35
Julie Wood	W55	33:40
Pierre Viala	M55	33:41
Steve Toohey	M55	34:38
Linda Rhodes	W60	34:58
Sheila Maslen	W65	35:11
Mary Heppell	W65	36:29
Margaret Warren	W70	40:09



Runners Pam Toohey, Elaine Dance follow walker David Brown.

4.8K WALK

David Brown	M55	34:13
John Frost	M65	36:11
Lynne Schickert	W60	36:17
Michele Mison	W55	37:06
Jeff Whittam	M70	40:37
Lorraine Lopes	W65	40:46
Beryle Doust	W55	40:46
Patricia Hopkins	W60	40:55
Ray Hall	M70	41:57
Debbie Wolfenden	W40	42:06
Mitch Loly	M65	42:40
Pat Carr	W70	43:57
Rex Bruce	M65	44:14
Pat Ainsworth	W70	44:21
Ann Turner	W70	44:21
Leo Hassam	M75	45:05
Sue Hughes	W55	45:06
Pat Miller	W65	45:33
Lorna Lauchlan	W75	46:38
Craig McGowan	M35	46:40
Norm Miller	M70	48:00
John Doust	M55	48:01
Allen Tyson	M80	48:51

Mattagarup Run

October 15, 2006

Thanks to Race Director Wayne Pantall and all his helpers.

10K RUN

Trevor Scott	M45	31:14
(* Trevor ran short)		
John Pentecost	M55	39:43
John Allen	M45	40:02
Gary McLean	M50	40:21
Vis		40:48
Bert Carse	M65	40:50
Ralph Henderson	M55	41:16
David Willmer	M50	41:22
Vis		41:33
David Baird	M35	42:59
Peter Woods	M45	43:25
Paul Burke	M35	44:31
Mark Sivyer	M35	45:17
Wayne Taylor	M40	45:32
Vis		45:35
Dee Haines	W50	45:38
Michael Karra	M40	45:43
David Muir	M30	45:46
Johan Hagedoorn	M60	46:15
Sandra Stockman	W40	46:27
John Mack	M65	47:08
Bob Schickert	M60	47:41
Vic Waters	M60	47:43
Gillian Young	W55	47:47
Keith Miller	M55	47:50
Ross Holland	M65	48:10
Kath Holland	W65	48:12
Bryan Hardy	M40	48:12
Ian Glasspell	M35	48:54
Bruce Mathieson	M50	49:13
Maurice Creagh	M60	49:15
Mike Khan	M60	49:28
Robin King	W45	50:27
John Oldfield	M60	50:30
Vis		50:36
Keith Atkinson	M45	50:39
John Doust	M50	50:40
Paula Karra	W35	50:52
Nick Miletic	M55	51:06
Milton Mavrick	M50	51:33
David Carr	M70	51:35
Joe Stickles	M65	51:51
Jim Barnes	M60	52:02
Hamish McGlashan	M65	52:05
John Ellard	M60	52:06
Charlie Chan	M45	52:10
Shirley Bell	W55	52:39
Christine Engels	W55	53:02
John Pellier	M65	53:13
Vis		53:14
Graham Thornton	M65	53:55
John Smith	M70	54:17
Roger Walsh	M60	54:19
Michael Faunge	M65	54:27
Graham Ainsworth	M40	54:35
John Dance	M55	55:19
Viv Lok	W30	55:36
Bob Sammells	M65	55:37
Vis		56:04
Dennis Miller	M65	56:09
Brian Smith	M65	56:27
Vis		57:32
Grace Hollin	W45	57:54
Mike Rhodes	M60	58:04
Rhod Wright	M35	58:37
Stan Lockwood	M75	59:01



Guess Own Time

HALE SCHOOL

October 22, 2006

Mattagarup concludes

Vis		59:28
Vis		60:17
Jacqui Halberg	W60	60:45
Vis		61:20
Vic Beaumont	M75	63:54
Steve Toohey	M55	66:31
Arnold Jenkins	M60	66:56
Jo Richardson	W60	67:16
Pamela Toohey	W60	70:47
Debbie Dance	W45	70:53
Elaine Dance	W55	71:11
Mary Heppell	W65	74:23

5K RUN

Simon Coates	M45	16:13
Vis		17:55
Dave Roberts	M60	20:20
Frank Gardiner	M55	20:41
Raymond Gimi	M60	21:30
John Dennehy	M65	23:51
Delia Baldock	W35	25:29
Vis		26:52
Mike Anderson	M55	27:02
Jim Riddell	M65	27:11
Dan Bending	M60	27:24
Neil McRae	M50	28:43
Wendy ClementsGreen	W60	28:46
Tanya Burke	W40	29:13
Bridget Carse	W60	29:32
Myra Hind	W40	30:25
Vis		30:57
Julie Wood	W55	35:07
Jeni Shillington	W45	35:07
Sheila Maslen	W65	35:39
Linda Rhodes	W60	35:55
Dalton Moffett	M75	37:01
Ray Lawrence	M75	37:33
Joan Pellier	W65	38:36
Karen Valenti	W50	39:10
Ron Spencer	M65	39:20
Toni Frank	W60	40:06
Vis		41:17

10K WALK

Val Millard	W55	69:10
Beryle Doust	W55	76:32
Lynne Schickert	W60	77:16
Jeff Whittam	M70	79:33

5K WALK

Lesley Romeo	W60	36:33
John Frost	M65	37:05
Ray Hall	M70	38:41
Peter March	M50	40:36
Leon Griffiths	M55	41:01
Janet Gibbons	W40	41:02
Patricia Hopkins	W60	41:12
Rosa Wallis	W60	41:52
Michele Mison	W55	42:37
Norm Miller	M70	44:05
Maggie Flanders	W70	44:17
Dorothy Whittam	W70	44:23
Alan Pomery	M75	44:24
Sue Wells	W70	44:51
Pat Miller	W65	44:52
Allen Tyson	M80	48:49

Front-runners: left, John Pentecost (712); leading, Brett Roach - with John Allen on his right shoulder; far right, Jim Langford.

9.5K EVENT

Brett Roach	M60	35:39
Jim Langford	M60	38:09
Chris Frampton	M35	38:54
John Pentecost	M55	39:04
John Allen	M45	39:27
Ralph Henderson	M55	41:09
David Baird	M35	41:43
Brian Bennett	M55	42:03
Vis		42:28
Johan Hagedoorn	M60	45:15
Margaret Langford	W60	46:26
John Willmott	M55	46:39
Bryan Hardy	M40	46:44
Wayne Taylor	M40	47:08
Bruce Mathieson	M50	47:17
Michael Karra	M40	47:45
John Oldfield	M60	48:25
John Mack	M65	49:01
Karen March	W50	49:48
Vis		49:48
John Doust	M50	50:44
Paula Karra	W35	51:01
Hamish McGlashan	M65	51:23
Charlie Chan	M45	52:12
Milton Mavrick	M50	52:24
Bob Sammells	M65	52:32
John Pellier	M65	52:45
Mike Rhodes	M60	52:53
Paul Martin	M65	54:06
John Smith	M70	54:24
Viv Lok	W30	54:30
Roger Walsh	M60	54:57
Brian Smith	M65	55:01
Vis		56:19
Jacqui Halberg	W60	56:26
Rhod Wright	M35	57:58
Arnold Jenkins	M60	58:21



Two more State Records

MARGARET Warren has achieved an inaugural W70 State record for the 10K road run with a time of 74:12. Long-term member Margaret set a few records previously, back in the 1980s, so hearty congratulations to her.

Also, John Everard has improved the M45 Hammer record yet again. That make four times, his latest launching the implement 37.26 metres.

Campbell Till

WE'VE had some close finishes over the years, but a three-way tie for the Timeless Trophy is a first. Object of this event is to estimate your own finishing time. In the 9.5K, Jim Langford, John Allen and John Pentecost all did brilliantly, running just three seconds off their ETA.

It came down to 100ths of a second; Jim was 3.18 off; John A. 3.20 and John P. 3.74; so Jim will guard the priceless trophy for the coming year. New member, and regular front-runner, Brett Roach also did well, just eight seconds off. Paul Burke won the 6.3K event for a second time, finishing nine seconds off his ETA. My helpers were great; so was Hale School. The runners and walkers were very tolerant of my annual panic; thanks, everybody.

VW

Stan Lockwood	M75	60:07
Vic Beaumont	M75	61:00
Morris Warren	M65	71:33
Margaret Warren	W70	74:08

6.3K EVENT

Paul Burke	M35	27:30
John Collier	M35	27:49
Blakeney Tindall	M45	29:58
Vis		30:54
Ivan Brown	M60	33:14
Vis		33:19
Peggy MacIver	W60	33:54
Vis		34:03
Delia Baldock	W35	34:49
Vis		35:30
Penny Ingram	W55	35:50
Terry Manford	M40	36:09
Genevieve Spiro	W35	36:10
Vis		36:36
Grace Hollin	W45	37:22
Mike Anderson	M55	37:34
Wendy ClementsGreen	W60	38:11
Mike Howe	M60	38:17
Christine Oldfield	W50	40:02
Tanya Burke	W40	41:06
Val Millard	W55	42:13
Bob Fergie	M70	42:39
Janet Walter	W50	42:45
Aldo Giacomini	M70	43:41
Julie Wood	W55	46:50
Pierre Viala	M40	46:50
Sheila Maslen	W65	47:24
Jeni Shillington	W45	47:24
Dalton Moffett	M75	47:28
Linda Rhodes	W60	47:44
Joan Pellier	W65	50:27
Jean Howe	W50	50:35
Toni Frank	W60	52:23
Ray Lawrence	M75	53:44
Ron Spencer	M65	54:55
Vis		57:52
Norm Miller	M70	58:07
Lorna Lauchlan	W75	58:18
Sue Wells	W70	58:19
Pat Miller	W65	58:26
Jeff Whittam	M70	58:26
Michael Walter	M30	62:26
Jo Richardson	W60	65:09
Vis		70:57
Beryle Doust	W55	75:54

Track and Field

THE busy summer season means many more T&F results, and Vetrin may not have space for them all. As last season, we shall include all points-scoring Patron's Trophy events, notable performances, and as much else as possible. Some members with internet access have full T&F results emailed to them weekly. If you would like the same service, please contact a committee member. VW

Coker Park

October 5

* State Record

60M

Lynne Choate	W50	9.1
Norm Richards	M65	9.1
Peggy MacLiver	W60	*9.6
David Carr	M70	9.6
Gillian Young	W55	10.6
Carol Bowman	W50	11.1
Lynne Schickert	W60	14.9
Milton Mavrick	M50	9.8
Ross Calnan	M65	10.1
Bob Schickert	M60	12.8

UWA McGillivray

October 10

60M

Ken Telfer	M35	7.5
Garry Ralston	M50	7.9
Lynne Choate	W50	8.9
Norm Richards	M65	9.0
Peggy MacLiver	W60	9.7
Gary Williams	M55	9.7
Bob Schickert	M60	10.0
Ross Calnan	M65	10.2
Peter Kennedy	M85	14.4
Lynne Schickert	W60	14.4

300M

Chris Neale	M35	43.6
Duncan McAuley	M55	45.5
Keith Edmonds	M35	50.8
Bob Schickert	M60	54.2
Peggy MacLiver	W60	55.5
Frank Gardiner	M55	60.0
Fiona McAuley	M55	81.7

100M

Ken Telfer	M35	12.2
Chris Neale	M35	13.3
Norm Richards	M65	14.2
Lynn Choate	W50	14.6
Keith Edmonds	M35	14.8
Duncan McAuley	M55	15.5
Peggy MacLiver	W60	15.6
Frank Gardiner	M55	15.7
Bob Schickert	M60	16.1
Peter Kennedy	M85	23.4
Lynne Schickert	W60	24.6

5000M

Cyrus Visner	Vis	17.56
Keith Edmonds	M35	20.57
Frank Gardiner	M55	20.58
John Collier	M40	21.22
Vic Waters	M60	22.14
Duncan McAuley	M55	23.09
Karyn Gower	W45	23.45
Jackie Halberg	W60	25.26
Nick Bailey	M55	25.29



300M start at McGillivray: from left - Bob Schickert, Keith Edmonds, Duncan McCauley and Norm Richards.

Christine Oldfield	W60	28.36
Fiona McAuley	W55	29.22

3000M

Gill Edmonds	W40	15.21
Peter Kennedy	M85	29.24

3000M WALK

Val Millard	W55	20.00
Lynne Schickert	W60	21.50

TRIPLE JUMP

Peggy MacLiver	W60	6.97
Ross Wickham	M40	11.70
Lynne Schickert	W60	5.30
Chris Neale	M35	10.63

JAVELIN

Toni Phillips	W30	16.17
Ross Calnan	M65	20.40
Garry Williams	M55	24.30
Lynne Schickert	W60	10.00
Karyn Gower	W45	8.96
Rae McMillan	W75	14.37
Clive Choate	M55	26.13
Damien Hanson	M50	27.72

SHOT

Garry Williams	M55	7.70
Rae McMillan	W75	5.26
Damien Hanson	M50	6.86

Coker Park

October 12, 2006

PATRON'S TROPHY

10,000M

Bjorn Dybdahl	M50	38.22.2
Bert Carse	M65	39.47.9
Bruce Wilson	M60	40.15.0
Bob Schickert	M60	41.57.4
Lee Holliday	W50	44.03.1
Brian Danby	M55	43.45
David Carr	M70	45.55.5
Maurice Creagh	M60	46.48.1
Gillian Young	W55	47.30.8
Milton Mavrick	M50	50.55.2
Peggy MacLiver	W60*	51.17.7*
Carol Bowman	W50	51.25.0
John Ellard	M60	53.18.0
Gill Edmonds	W40	55.17.6
Val Millard	W55	60.27.0

LONG JUMP

Rob Antonioli	M50	4.30
Lee Holliday	W50	4.55
Damien Hanson	M50	4.14

UWA McGillivray

October 17

PATRON'S TROPHY

10,000M

Alan Gower	M50	39.15.2
Bernard Mangan	M50	39.33.9
Keith Edmonds	M35	44.09.0
John Oldfield	M60	46.36.1
Bryan Hardy	M60	47.16.5
John Collier	M40	47.28.4
Karyn Gower	W45	50.28.5
John Ellard	M60	51.30.1
Jacqui Halberg	W60	53.07.3
Fiona McAuley	W55	59.42.7

HAMMER

* pending SR		
John Everard	M45	37.26*
Rae McMillan	W75	16.57

Coker Park

October 19

PATRON'S TROPHY

3000M

Christian Wakeling	M30	10.45.4
Bjorn Dybdahl	M50	10.51.5
Campbell Till	M45	11.20.0
David Carr	M70	12.01.5
Blakeney Tindall	M45	12.16.8
Maurice Creagh	M60	12.52.8
John Oldfield	M60	12.59.9
Gillian Young	W55	13.12.9
John Bocian	M55	13.25.6
John Dennehy	M45	13.26.0
Peggy MacLiver	W60	14.03.8
John Ellard	M60	14.11.6
Delia Baldock	W40	14.16.8
Jacqui Halberg	W60	14.23.6
Gill Edmonds	W40	14.33.1
M Bocian (child)		15.42.0
Barry Newell	M50	16.36.8
RoseMaree Hollaway	W50	16.54.2
Val Millard	W55	17.45.7
Elaine Ellard	W60	21.47.7

TRACK and FIELD

See full programme, printed in Vetrin 391.

NOVEMBER 12

SAFETY BAY

Directors: Pam & Steve Toohey - 9591 3767

Ray Attwell, Geoff Barrett, Debbie Dance, Elaine & John Dance, Elaine & John Ellard, Maggie Flanders, Sean Keane, Mitch Loly, Dennis & Margaret Miller, Murray Tolbert

NOVEMBER 19

RECOVERY RUN

Director: Bob Schickert - 9330 3803

Carol Bowman, Chris Maher

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm whether you are available. If you are NOT, ALSO contact Bob Schickert to be allocated another event.

NOVEMBER 26

GWELUP LAKE

Director: Jim Klinge - 9294 4029
Wendy Clements-Green, John Davies, Brian Hardy, Pat Hopkins, Nick Miletic, Ross Parker, Bob Sammells, David Scott, Roger Walsh.

DECEMBER 3

MOSMAN PARK

Directors: Paul & Sue Hughes - 9384 5737

Shirley Bell, Michel Bermudes, Richard Danks, John Frost, Deborah Gardner, Robin King, Sheila Maslen, Gordon & Nola Medcalf, Dave Roberts, Jeannette Tiveros, Pam & Steve Toohey.

DECEMBER 10

PERRY LAKES

Director: John Bell - 9386 6975
Kris Adrian, Sue Bullen, Colin & Darianne Chisholm, Peter

Drinkwater, Ian Johnston, Terry Manford, Hamish McGlashen, Nick Miletic, Keith Miller, Margaret Neill, Peter Sullivan, Cecil Walkley, Claire Walkley.

DECEMBER 17

CANNING CAPER

Director: Keith Atkinson - 9313 1669

Chris Coates, Phyllis Farrell, Gary Fisher, Frank Gardiner, Richard Harris, Brian Hunter, Ernie Moyle, Mike & Karen Polkinghorne, Dave Reid, Cecil Walkley, Claire Walkley.

DECEMBER 24

CHRISTMAS GIFT

Directors: Lynne & Bob Schickert - 9330 3803
No helpers required.

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Vetrain

The magazine of Masters Athletics WA

DECEMBER
2006
No. 393



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At 85, Peter hits new highs

Peter starting the 100m at UWA's McGillivray Oval this month.

NEW kid off the blocks, M85 Peter Kennedy, has set several inaugural records. Peter, who was an Australian representative hockey player some decades back, ran 60m in 14.7, and then improved that, to 13.8 seconds! He has also set marks for 1000m – 8:17.1, and 3000m, with 27:49.3. Also, Carolyn Wills, W35, recently surpassed her own shotput record (which was shared with Lorraine Hastie) in Bunbury, with 9.92m.

CHAMPIONSHIPS DATA

AMA Champs – Hobart (Easter 2007)

ENTRY forms and details are on the TMA website - tasmastersathletics.org.au and in the AMA 2006/7 handbook which will be issued shortly. Or, contact Bob Schickert.

WMA Champs – Riccione, Italy (September 2/15, 2007)

On-line entries are NOT available for these championships. Instead, ALL entries must be sent to Colin Browne, the AMA entry clerk. Please check the AMA website www.australianmastersathletics.org.au – or contact Bob.

Relay selection

Criteria for World, Oceania and National Championships are now available. Full information – check the AMA website – www.australianmastersathletics.org.au –

or contact Bob Schickert: email: rschicke@bigpond.net.au phone: 9330 3803.

Daylight Saving brings 'no change' to races

THERE will be NO CHANGE to advertised times of Sunday runs, or evening T&F meetings, following the introduction of Daylight Saving this month.

Members should benefit from cooler starts on Sunday mornings this summer, and more light at the track events.

On excessively hot days only, evening temperatures could affect our T&F meet-

ings, which will continue starting at 6pm. The committee has decided that delaying T&F start-time is impractical, as many competitors journey to the track directly from work.

Out of the Ashes – a world record!

THIS month's Ashes Test at the WACA should stimulate some historic reflections from the 'Vets' of 1986. Twenty years ago the two greatest cricketing rivals were meeting yet again, in Perth, and the Vets staged a very special lunchtime entertainment.

Helped by three 'hares' John Gilmour attacked and broke the world's M60 3k record while 12,000 cricket fan enthusiastically cheered him on. The other runners

were David Carr, Don Caplin and the late Frank McLinden (whose classic running technique was a wonderful demonstration of how a *cont page 2*

SILLY SANTA SEASON – START SEWING!

CHRISTMAS is the time for THE FUN EVENT of the season and this year it's happening on Christmas Eve, at McCallum Park. The 'Snowflake Fairy' will be waving her magic wand again, and that means all your boring athletic kit will be transformed into colourful Christmas costumes.

Lyn Schickert explains:

For those 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 and we have previously seen Angels, Fairies, Wise Men of the East (or is it West?), presents in a box, Christmas puddings, Christmas trees, Santa and his reindeer ... and assorted

Christmas decorations on 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/tea provided by the club.

Presents, please

Members are asked to bring a gift to the value of \$5.00,

marked if necessary 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

You write...

David's Disney Dream

Hi Bob (Schickert)

Thank you for thinking of passing on that information, regarding the 'sports dreams' series for Disney channel. It turns out, that I have been selected to be in the show, and we are filming next week, on Tuesday and Wednesday. It is going to be broadcast on Disney Channel beginning in late December, for about 6 months.

Thanks very much again,
David Lazarus

The 'sports dream' people were looking for dedicated young athletes to do a show about and I sent the details to David. Looks like it will some good publicity for athletics and David.

Bob

Dear Vic,

As I get older I know I am becoming more forgetful and confused. But two entries in the November issue have me worried. In the Hale School 6.3km event I am listed as W50 – I seem to have lost a decade. Worse still is the listing under birthdays where I am deemed to be M60. Maybe you could arrange for me to be W70 next time so that I could at least claim a record? Regards,

Christine Oldfield W60

Dear Vic

On behalf of the rear-enders at Masters Athletics, I'd like to thank you for the excellent job you have done in producing Vetrun during the past 12 months.

Specifically, I offer thanks for your dedication and consistency in supplying a lively, relevant, illustrated and interesting newsletter.



Many club members helped John Gilmour set his world record at the WACA.

I have found it useful and stimulating. I suspect you have performed a valuable service in helping maintain social cohesion and focus within the club. For people like me, who have been injured for a long time and were on the point of giving up, your efforts have helped enormously. Well done, mate.

Through your support, and the encouragement of club members, I have been able to keep going and to stay motivated, which might not have happened if left to my own devices. So please continue with the good work. You deserve a medal – would you prefer a chocolate or champagne one?

Happy running.

Richard Harris (M70 from December 1!)

New Members - Welcome!

458 Mike Howe M60
473 Jean Howe W55
481 Theresa Howe W55
375 Rob Greenhalgh
483 Carl Ciccarella M40
325 Don Chambers M65
(Don lives in Victoria and also a member of VMA)
484 Sid Moody M60
485 David Busher M50
487 Syd Parke M55
493 Mark Jeffrey M35
335 Bev Hamilton W60
499 David Walsh M35

DECEMBER BIRTHDAYS

Ainsworth	Graham	M50	Frearson	Don	M85
Antoniolli	Rob	M55	Gardiner	Frank	M55
Bailey	Nick	M55	Glasspell	Ian	M55
Barrett	Geoff	M45	Harris	Richard	M70
Barrett-Lennard	Ed	M50	Holliday	Lee	M50
Barrie	Steve	M70	Hughes	Sue	W55
Beaumont	Vic	M75	Humphrey	Terry	M55
Byrne	John	M55	James	Dawn	W45
Carlton	Geraldine	W40	Keeley	Julie	W40
Charlton	David	M55	Khan	Mike	M60
Ellard	John	M65	Lundgren	Troy	M50

Out of the Ashes – a world record!

(from front page)

Masters athlete could move with the style of a youngster!)

Staging the 3km event within the allotted 40-minutes lunch break took meticulous planning. A team of Vets had to flag the track, make announcements and wrap up the race before the men in white got down to serious business again. (I can still remember legendary all-rounder, Ian Botham, walking right across the ground and greeting us with a smile as broad as his shoulders.)

The circuit was officially surveyed and approved by the referee, the late Dick Horsley, who was a long-time club member and record-holder. An accredited surveyor spent hours measuring a circuit allowing for the significant slope from the centre square.

The 400 metre track was dotted in white. As soon as the players left the field a posse of Vets in official running gear ran out and flagged every dot.

It was an exciting occasion – the Vets were on show and performed brilliantly, with the ABC's Trevor Jenkins (at that time the Ascot track race-caller) calling the race from the press box.

Few club members knew about the long hours of negotiation required to convince WACA officials that this was going to be top-class entertainment. We knew that everyone loves a world record – you don't have to be a runner, or even an athletics aficionado, to share with the athlete the challenge of beating the 'unforgiving minute'.

Pre-race injury

Fewer still knew of the drama that unfolded just a few nights before the event. John was in such great form that he chased some marauders who had invaded his home in the early hours of the morning. Murphy's law prevailed, and John suffered an injury.

McKenney	Noel	M50
McMorrow	Denise	W40
Millard	Val	W60
Moffett	Dalton	M75
Neill	Margaret	W60
Pattinson	Chris	W50
Penton	Kath	W65
Russell	John	M70

by Basil Worner

It was devastating for us. Right up to the evening before the event he was in doubt so it was a huge relief to see the great man front up and perform as only he can. However, far from being the expected walkover, John struggled to shave the record and we were on tenterhooks until our MC, Barry Slinger, announced dramatically: "We have a new world record."

And the Vets of the day had a marvellous time – participating in a world record in front of a big, appreciative crowd and seeing some Test Match cricket for free. They also stood at the gates and handed out fliers about John and a club pamphlet – 'Running and Funning.'

I still have a faded copy of this – a product of the electric typewriter and offset print that were the main tools of the day. However, after keeping other memorabilia of the historic event for some 19 years, the only thing I can now find are the four numbers for the runners, specially crafted for the occasion.

Club builders

Veteran athletics' public profile was effectively lifted by the WACA event, and membership topped 400 for the first time. Today's members are benefiting still from the work of the 'pioneers'.

VW

MYSTERY PICS REVEALED

THANKS, John Collier – for reminding me that the identities of the 'Mystery Pics' members (June Vetrun no 387) were overlooked. The two happy young runners on page 5 are John Pellier, leading Morris Warren. On page 4 are Joan Pellier, alongside Basil Worner, with Keith Forden two places back.

Schaefer	George	M70
Slinger	Barrie	M65
Smith	Brian	M65
Staunton	Matt	M30
Thurlow	Alan	M50
Toohey	Pam	W60
Wallis	Rosa	W60
Wills	Carolyn	W35

Vale



John West

OUR friend and fellow club member John West, 57, died in hospital, on 6 November 2006 after a determined fight against the cancer which finally took his life. His wife Fran and their three children survive him.

Many of you will remember John in his heyday as a runner – a multiple winner of the Mundaring to York 40 miler, two wins at the Bunbury Marathon in the late eighties and many other notable performances.

John joined the Vets (now the Masters) in 1990. By the mid-nineties he was running fairly regularly with our club. In 1996 and 1997 he won the club Road Racing Championship, decided over three races totalling 50km.

Other than running John's great love was his family. Fran became a member of the 'Coffee Group', which is composed largely of wives who are devoted enough to accompany their husbands to Sunday morning events, but

refuse to stand around waiting. John really appreciated the fact that Fran was welcomed into the group. If you were good to Fran, then you were John's friend.

We sometimes went to out-of-town fun runs together. A Sunday event close to someone's home was reason for an invitation to the house for a group breakfast. We went several times to the West home in Mundaring after running the Darlington Dash, and John and Fran breakfasted at our place in return. We learned that the best way to prevent John from washing the dishes was to hide the sink plug!

We will miss him.

Merv & Sue Jones

COMMENT

by Vic Waters

Mobile phones

BRYAN Hardy and I recently suggested the Committee provide a club mobile phone, for use at all meetings in case of emergency. However, they have resolved instead that this would not be done, but the race director instructions would be amended to suggest that at least one mobile be available at events.'

In my opinion, this is imprecise and less than satisfactory.

It relies on each race director providing a phone, in one way or another. While a club phone would need to be kept charged, and handed over each week, I believe this is a safer and more reliable way to head off potential emergencies.



Gwelup Lake November 27, 2006

LAST Sunday's Gwelup Lake event was held in superb conditions and well-attended. Unfortunately, this Vetrunk was already just about full, so results will follow in our next. Picture shows as many of the field as I could squeeze in! Leaders Steve Dunn and Lachlan Marr (winners of the 5km and 10km races, respectively) are on page 5.

CITY V COUNTRY CHALLENGE

Two Saturdays:
16 December, and
17 February
Payne Park, Albert Rd,
Bunbury

AS an extra incentive John and Lyn Ventris are donating a \$20 voucher to the Athlete of the Meet, on each day, at their Café Bean. We thank them both – and offer an extra thankyou to champion Lyn – for making herself ineligible for the award!

Daylight Saving will not affect the start time of the meetings, which remains 2pm.

Farewell to 'the fastest old man in the world'

IT was quite a title, but well-earned by New Zealand's Derek Turnbull, who died in his sleep in the Southland of New Zealand, on November 3rd, aged 79. Many of our new members may not of heard about the remarkable achievements of Derek but if you examine the world records in the AMA handbook you will soon realise his greatness as an athlete.

10 DAYS IN DURBAN

IN 1997 Derek Turnbull was aged 70 when he took five world championships at the Durban games. Having won a gold medal, most athletes would consider themselves lucky to be competitive in following events. But in a ten-day period he triumphed from 800m to the marathon.

by
David Carr

The performances were:

800m - 2:28.37
1500m - 5:04.54
5000m - 18:34.61
10,000m - 39:43.67
10,000m X-C - 41:34
Marathon - 3:15:59

VALE Derek Turnbull

In the M65 age group Derek set world records for 3,000m (9:47.4) 5,000m (16:38.8), 10,000m (34:42.2) and marathon (2:41:57). Before Derek achieved them, most of these records were held by our own WA great, John Gilmour.

Video

The club has a copy of the video 'The fastest old man in the world'. If you would like to borrow it please contact, me Bob Schickert. It's stirring stuff!

RACE day Sunday turned out dullish and somewhat humid, a welcome several degrees cooler than the Saturday when Johann and I had biked the course - searching for possible problemos -in a midday 31C.

The path winding from Mullaloo Surf Club to Burns Beach is a tough one - "heavily undulating!" I warned, and so this year we introduced an 8kms mid-way option between the long course choice of 13kms and the 5.3km thrash to Ocean Reef Marina and return.

Quite a number of our club members expressed appreciation for a well-organised run and credit to all our helpers who made sure that no competitors went astray (even the usual suspects!) We got plaudits specifically for having marshals at all turn points. This is an essential, I believe, provided of course that sufficient person-power is available.

Gratitude from Johann and me to all helpers and congratulations to the place-

10K RUN

V5		52:55
John Pentecost	M55	53:10
Bjorn Dybdahl	M50	54:06
John Allen	M45	54:37
Jim Klinge	M60	55:02
V1		55:51
Alan Gower	M40	56:08
David Baird	M35	57:42
Brian Bennett	M55	58:39
Vis		58:46
Peter Woods	M45	58:58
Neil McRae	M50	59:36
Mal Vernon	M50	60:55
John Oldfield	M60	61:03
Ivan Pilton	M60	62:14
John Mack	M65	62:40
Gillian Young	W55	63:11
John Doust	M50	63:26
V2		63:36
Bryan Hardy	M40	64:17
Robin King	W45	64:18
Helen Lysaght	W50	65:08
Frank Gardiner	M55	65:46
Maurice Creagh	M60	66:21
Mike Hale	M55	67:04
Karen March	W50	68:08
John Ellard	M60	68:12
Nick Miletic	M55	68:56
Charlie Chan	M45	70:52
Jim Barnes	M60	71:16
Kevin Payne	M55	71:57
John Pellier	M65	72:32
John Smith	M70	73:09
Brian Smith	M65	73:28
V4		74:50
Julie Keeley	W35	75:15
Theresa Howe	W55	75:34
Milton Mavrick	M50	76:52
John Dance	M55	77:20
Jacqui Halberg	W60	77:44
Merv Jones	M65	78:41
Rhod Wright	M35	79:03
Steve Toohey	M55	87:33
Pamela Toohey	W60	89:27
Debbie Dance	W45	89:52
Elaine Dance	W55	90:15

8K RUN

Ralph Henderson	M55	34:16
Michael Karra	M40	37:31

Mullaloo

MAGIC RUN

October 29, 2006

Directors: Mike Anderson,
Johan Hagedoorn

winners and indeed to all who competed. We hope to see you again next year.

We're concerned that the 8am start at this warming time of year led to worrying congestion on the path section by the Surf Club, as an amazing number of mums and dads with their board-wielding kids dawdled along, quite oblivious to our finishing runners and walkers. So to avoid this, we've requested that the race be moved forward on the 2007 event calendar.

Michael Anderson

Karyn Gower	W50	40:58
Barry Jones	M40	40:59
Paula Karra	W35	41:34
Keith Atkinson	M45	42:40
Roger Walsh	M60	44:33
Michael Faunge	M65	45:10
Graham Ainsworth	M40	45:14
Mike Rhodes	M60	45:31
Grace Hollin	W45	47:19
Wendy Clements-Green	W60	48:50
Berni Scott	W45	49:05
Brett Roach	M60	49:22
Christine Oldfield	W50	50:46
Vis		50:49
Arnold Jenkins	M60	55:38
Sheila Maslen	W65	58:50
Margaret Bennett	W65	59:14
Jeni Shillington	W45	59:15
Josephine Schaefer	W60	59:59
Morris Warren	M65	60:26
Margaret Warren	W70	60:34

5K RUN

Christopher Coates	M50	22:41
V3		22:17
Duncan McAuley	M55	22:42
John Collier	M35	23:19
Raymond Gimi	M60	23:59
Irwin Barrett-Lennard	M75	27:27
Leonie Jones	W45	27:50
Bob Sammells	M65	30:07
Fiona McAuley	W55	31:11
Bob Fergie	M70	34:57
Genevieve Spiro	W35	35:37
Aldo Giacomini	M70	35:42
Ray Lawrence	M75	41:54
Joan Pellier	W65	42:12
Karen Valenti	W40	44:24
Janet Gibbons	W40	46:30
Kirt Johnson	M75	49:00
Ron Sutton	M65	49:01

8K WALK

Val Millard	W55	62:23
Jeff Whittam	M70	65:21
Lorraine Lopes	W65	67:39
Beryle Doust	W55	67:40
Victor Ratana	M70	70:14
Pat Miller	W65	76:50
Ann Turner	W70	76:51

5K WALK

Lorna Lauchlan	W75	47:49
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Safety Bay

November 12, 2006

Directors: Pam and Steve Toohey

10K RUN

Lachlan Marr	M45	38:45
Jim Klinge	M60	40:36
David Baird	M35	43:12
Brian Bennett	M55	43:48
Bob Schickert	M65	44:06
John Oldfield	M60	44:18
Mark Sivyer	M35	45:30
Ivan Pilton	M60	46:05
Brian Danby	M55	46:20
V6		47:18
Gillian Young	W55	47:37
Martin Watkins	M40	47:47
Bruce Mathieson	M60	48:08
Helen Lysaght	W50	48:13
Maurice Creagh	M60	49:39
Barry Jones	M40	49:56
Karen March	W50	50:16
Irwin Barrett-Lennard	M75	50:20
Charlie Chan	M45	50:34
V3		50:57
Nick Miletic	M55	52:14
Graham Thornton	M65	53:12
Robert Sheehy	M60	54:01
Keith Atkinson	M45	54:03
John Smith	M70	55:29
Brian Smith	M65	55:56
Roger Walsh	M60	56:26
V5		56:36
Mike Rhodes	M60	56:48
V4		57:39
Merv Jones	M65	58:18
Mike Polkinghorne	M50	60:11
Christine Oldfield	W60	61:52
Vic Beaumont	M75	63:04
Jeff Spencer	M65	63:06
Richard Harris	M65	67:39
David Busher	M50	67:39
Jo Richardson	W60	68:17
Margaret Bennett	W65	82:22
V1		84:40

5K RUN

John Willmott	M40	22:26
Leonie Jones	W45	24:59
Carol Bowman	W45	25:34
V7		29:55
Denise Viala	W55	34:36
Pierre Viala	M40	34:37
Dalton Moffett	M75	37:30
V8		39:43
Sheila Walsh	W40	39:44
Gordon Medcalf	M75	48:20

10K WALK

Val Millard	W55	69:49
John Frost	M65	75:26
Beryle Doust	W55	82:22
Lorraine Lopes	W65	82:22

5K WALK

Ray Hall	M70	35:54
Lynne Schickert	W65	36:24
Jeff Whittam	M70	38:54
Dorothy Whittam	W70	40:12
Rosa Wallis	W60	42:39
Patricia Hopkins	W60	42:40
Victor Ratana	M70	42:42
Norm Miller	M70	45:06
Pat Miller	W65	45:16
Noela Medcalf	W70	45:20
Shorty Turner	M70	56:22
Ann Turner	W70	56:24



FORECASTERS promised gale force winds and thunderstorms but, thankfully, none materialised. However, race participants reported that it was warm and humid. The 10km runners didn't regret the omission of the final road section and seemed to like the new addition of a little wander through some woodland, which Morris Warren described as "the rainforest." We hope nobody is still in there.

The smooth running of an event is only possible with assistance from other members, so grateful thanks go to our assigned team of willing hands - Doug, Bruce, Chris, Viv, Victor, Pat, Alan and Aldo. We particularly appreciated the

Garvey Gallop

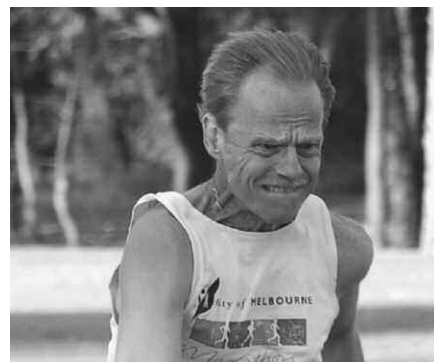
GARVEY PARK, REDCLIFFE

November 5, 2006

Directors: John and Christine Oldfield

additional help of Kirt, Jim and Aldo's wife Audrey, all of whom stepped in to replace the four assigned helpers who were not available on the day. It was an unexpected pleasure also to have Garvey legend Arthur Leggett back from his poetic bush weekend to act as honorary starter!

JO & CO



Top, start of Garvey Gallop. Above, Bjorn Dybdahl, who tied the 10km with Lachlan Marr, pictured sprinting at UWA, Nov 21.

10K RUN

Lachlan Marr	M45	40:42
Bjorn Dybdahl	M50	40:42
Bert Carse	M65	41:29
David Baird	M35	32:34
Neil McRae	M50	43:32
Brian Bennett	M55	43:50
Mike Hale	M55	44:57
John Bell	M60	45:04
Mark Sivyer	M35	45:19
Ray Lawrence	M75	45:24
Johan Hagedoorn	M60	45:32
Gillian Young	W55	46:21
Helen Lysaght	W50	47:46
John Mack	M65	48:00
John Doust	M50	48:01
Mal Vernon	M50	48:55
Paula Karra	W35	49:01
Michael Karra	M40	49:01
Karen March	W50	50:01
Maurice Creagh	M60	50:03
Mike Khan	M60	50:34
Milton Mavrick	M50	50:55
Keith Atkinson	M45	51:01
Vis		51:21
Charlie Chan	M45	51:44
John Ellard	M60	52:14
Nick Miletic	M55	52:46
Joe Stickles	M65	52:52
Robert Sheehy	M60	53:14
Terry Manford	M40	53:37
Jacqui Halberg	W60	53:43
John Smith	M70	54:39
Michael Faunge	M65	54:43
Bob Sammells	M65	55:09
Brian Smith	M65	56:22
Vis		56:32
John Dance	M55	57:33
Graham Thornton	M65	57:50



As at Gwelup Lake (where this picture was taken) Steve Dunn won the 5km, Lachlan Marr the 10km. Also pictured is Ralph Henderson - and you'll find all three names in our 'Best Marathons' chart, page 6!

Mike Rhodes	M60	58:55
Mike Polkinghorne	M50	59:36
Berni Scott	W45	59:51
Arnold Jenkins	M60	64:34
Steve Toohey	M55	64:51
Vis		75:37
Richard Harris	M65	75:37
Denise Viala	W55	76:57
Debbie Dance	W45	76:57
Jo Richardson	W60	76:59
Elaine Dance	W55	71:39
Margaret Bennett	W65	71:40
Lorraine Lopes	W65	71:51

Margaret Warren	W70	73:50
Morris Warren	M70	73:50

5K RUN

Stephen Dunn	M40	23:33
Bob Schickert	M65	27:56
Vic Waters	M60	28:51
Ivan Brown	M60	29:35
Hamish McGlashan	M65	30:50
Peggy Macliver	W60	31:03
Ray Attwell	M70	31:49
Delia Baldock	W35	32:12
Genevieve Spiro	W35	33:45
Jean Howe	W50	34:35
Wendy Clements-Green	W60	35:11
Jan Jarvis	W60	41:38
Sheila Maslen	W65	43:47
Julie Wood	W55	43:47
Pierre Viala	M40	43:48
Penny Ingram	W55	43:48
Jeni Shillingam	W45	43:57
Dalton Moffett	M75	44:29
Vis		44:30
Mike Howe	M60	44:54
Ivan Pilton	M60	45:43
Ron Spencer	M65	48:17

10K WALK

Jeff Whittam	M70	79:48
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5K WALK

Ray Hall	M70	42:58
Lesley Romeo	W60	43:27
Beryle Doust	W55	44:45
Lynne Schickert	W65	46:39
Patricia Hopkins	W60	51:24
Debbie Wolfenden	W35	51:38
Leo Hassam	M75	54:35
Maggie Flanders	W70	54:37
Pat Miller	W65	54:58
Ann Turner	W70	54:59
Mitch Loly	M65	56:15

NINE members competed in the 'Friendly Games' and returned with many medals of gold, silver and bronze. Two games records were set.

After a fighting win in the 800m on the first evening, Peter Bull, who lives in Alice Springs but is moving to Perth soon, injured his leg playing hockey and could not run again.

Gordon Medcalf also competed in swimming. Some of the group also took the opportunity to swim in the nearby stunning water holes and travel to places such as Uluru. It's a recommended trip for sight-seeing in Central Australia - but don't get too serious about the events which are very relaxed and informal (with some results published incorrectly and/or hard to find!) However, I think what follows is correct.

Bob Schickert

RESULTS

Gordon Medcalf M75

100	Gold	18.67
200	Silver	36.47
High Jump	Silver	1.00
Discus	Gold	19.60
Javelin	Gold	18.53
Pentathlon	Gold	1309

Maggie Flanders W70

Javelin	Gold	12.16
3K Walk	Silver	27:48
5K Walk	Silver	56:24

Mary Heppell W65

Javelin	Bronze	10.88
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Lynne Schickert W65

100	Bronze	25.49
3K Walk	Silver	21:54
5K Walk	Bronze	36:51
10K Walk	Silver	74:25
5K x-Country	?	42:00
Javelin	4	10.52
Discus	Bronze	10.54

Golden records from Alice Springs MASTERS GAMES - October 2006

L/Jump	Bronze	2.09
T/Jump	Silver	5.55

Bob Schickert M65

800	Gold	2:46
1500	Gold	5:41
3000	Gold	11:55
* Record		
5K x-Country	Gold	22:57
1 Mile	Gold	5:56
10K	Gold	44:23

Don Chambers M65

100	Gold	14.55
200	Gold	30.25
400	Gold	77.43
Shot Put	Gold	9.30
Discus	4	20.36
Hammer	Bronze	21.65
L/Jump	Gold	4.16
T/Jump	Gold	8.75
* Record		
Pentathlon	Gold	1789

Pat Hopkins W60

3K Walk	4	24:17
5K Walk	?	40:48

Peter Bull M45

800	Gold	2:30
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Martin Creaghan M35

100	Silver	16.63
800	4	3:30
H/Jump	Silver	1.30
3K Walk	Gold	21:14
5K Walk	Gold	35:46
10K Walk	Gold	70:00



Bob Schickert

Bob's record

HE'S too modest to mention it, but Bob, about to become 65, went to the Alice hoping to take the 3km record for that group. He succeeded, and won every event he entered. What's more, Bob and Don Chambers jointly cleaned up the M65 events!

Records set were Bob's 3000m, in 11:55; and Don's Triple Jump of 8.75m.



Let's honour another old-timer; Allen Tyson is one of Masters' sub-3hr marathoners.

AT the last Racecourse Run Gary Maclean raised some good natured cat-calls when he said, in all innocence, words to the effect that 'we are getting some good runners in the club now.'

Well...a look back is always enlightening, and this role of honour shows that today's crop has some way to go!

In my first days with the Vets (1989) I was told there had been a time when 'everyone ran 3-hour marathons.' Seems that was pretty accurate.

Thanks to Jim Barnes for the painstaking research that he has made to compile this table. Jim confined himself to the sub-3hr performers. It's interesting to see how relatively few members have broken that magic barrier in recent years.

Some of the dates are missing, and Jim and I would be grateful if those members would get in touch and supply the information. Also, please let us know if your name, or any other, has been missed and should be on this role of honour.

A few years ago I had some Sub-3hr badges made (Steve Dunn bought about 50!) I still have a few, if anyone is interested. VW

BEST sub-3hr MARATHON TIMES of CURRENT MEMBERS

Runner **time** **date**
('-' means 'not known')

ALAN THURLOW	2:16:07	13-10-85
JIM LANGFORD	2:18:08	12-08-79
CLIVE HICKS	2:22:21	12-06-83
DAVE SCOTT	2:23:05	08-72
TONY HEPPENER	2:27:49	14-04-85
FRANK SMITH	2:28:59	-
JOHN WEST	2:30:48	-
BILL JONES	2:31:07	12-08-79
ROSS PARKER	2:31:41	1989
JOHN PRESSLEY	2:33:44	14-04-85
CHRIS MAHER	2:34:12	-
JOHN CRESPI	2:36:08	-
DON CAPLIN	2:37:20	7-11-82
JOHN GILMOUR	2:38:19	5-06-78
DAVID MUIR	2:39:55	6-11-83
STEVE BARRIE	2:40:10	-
JIM BARNES	2:43:23	10-07-83
DAVID BAIRD	2:43:42	-

BOB SCHICKERT	2:44:32	1984
STEVE DUNN	2:45:00	-
PETER SAUNDERS	2:46:14	3-11-85
LACHLAN MARR	2:48:14	-
BJORN DYBDAHL	2:49:59	2003
BRIAN DANBY	2:50:10	6-11-83
GRAHAM THORNTON	2:51:31	4-08-85
ROB SHAND	2:52:07	24-06:79
ALAN JAMES	2:52:14	-
JOHN PELLIER	2:53:18	14-04-85
WAYNE PANTALL	2:53:47	3-11-85
GEORGE INNES	2:54:02	8-10-72
ALLEN TYSON	2:56:24	-
JOHN BELL	2:56:24	5-08-84
DAVID REID	2:56:38	22-11-81
TERRY MANFORD	2:56:43	5-08-84
RALPH HENDERSON	2:58:20	1990
BRIAN FOLEY	2:58:22	4-08-85
DAVID CARR	2:58:33	7-06-80
ERIC EMMETT	2:58:49	3-11-85
BARRIE SLINGER	2:58:59	5-08-84
DICK BLOM	2:59:31	4-08-85

UWA MCGILLIVRAY

October 24

3000

Alan Gower	M50	10:48.9
Bernard Mangan	M50	10:51.9
Bruce Wilson	M60	11:21.6
Lee Holliday	M50	11:59.8
Keith Edmonds	M35	12:14.6
John Collier	M40	12:18.1
Vic Waters	M60	12:38.2
Karyn Gower	W45	13:28.3
Milton Maverick	M50	14:17.4
Christine Oldfield	W60	16:37.1
Fiona McAuley	W55	17:07.1
Peter Kennedy	M85	27:49.3

COKER PARK

October 26, 2006

400M

Colin Smith	M40	56.1
Campbell Till	M45	57.3
David Solomon	M40	59.2
Lee Holliday	M50	65.7
Bjorn Dybdahl	M50	66.7
David Carr	M70	68.6
John Dennehy	M45	71.6
Delia Baldock	W40	72.5
Peggy MacLiver	W60	73.4
Gillian Young	W55	80.5
John Oldfield	M60	83.9
John Ellard	M60	85.6
Maurice Creagh	M60	88.0

Nick Bailey	M55	89.5
John Everard	M45	1:46.6
Val Millard	W55	1:55.6
Elaine Ellard	W60	2:21.5

SHOT

John Everard	M45	9.01
Colin Smith	M40	5.73
Carol Bowman	W50	4.85
Bjorn Dybdahl	M50	7.40
David Carr	M70	5.54
Peggy MacLiver	W60	6.55
Campbell Till	M45	6.57
John Ellard	M60	5.95
Elaine Ellard	W60	4.07
John Dennehy	M45	4.85
Lee Holliday	M50	8.63
Gillian Young	W55	6.05
Tom Lenane	M50	7.31
Val Millard	W55	4.96
Maurice Creagh	M60	6.78

UWA

November 7, 2006

5000M

Miles Ferrell	M35	18:52.3
Bruce Wilson	M60	19:43.7
Lee Holliday	M50	20:36.0
Bob Schickert	M65	20:56.0
Keith Edmonds	M35	21:35.3
Sean Griffiths	vis	21:41.7
John Collier	M40	22:07.4
Barry Jones	M45	23:19.3
Carol Bowman	W50	27:32.0
Christine Oldfield	W60	28:30.7
Fiona McAuley	W55	28:48.8

TRACK AND FIELD PATRON'S TROPHY



Rae McMillan

JAVELIN

Carol Bowman	W50	10.65
Ross Calnan	M66	21.76
Rob Shand	M70	23.16
Rae McMillan	W75	15.83
Bob Fergie	M70	27.16
Bruce Wilson	M60	14.31
Lee Holliday	M50	30.73
Dave Busher	M50	28.74

COKER

November 16, 2006

100M

Colin Smith	M40	12.4
Barry Kernaghan	M65	13.7
Duncan McAuley	M55	15.8
Nick Miletic	M55	16.1
Garry Ralston	M50	12.9
Lee Holliday	M50	13.9
Bjorn Dybdahl	M50	15.2
John Dennehy	M45	15.8



Bob Fergie

Peggy MacLiver	W60	15.2
Delia Baldock	W40	15.5
Bob Schickert	M65	15.8
David Carr	M70	16.8

Tom Lenane	M50	15.0
Frank Gardiner	M55	16.5
Gillian Young	W55	17.3
John Ellard	M60	17.5

Carol Bowman	W50	19.2
Val Millard	W55	22.2
Lynne Schickert	W65	23.7
Elaine Ellard	W60	26.1

DISCUS

David Carr	M70	17.93
Nick Miletic	M55	14.99
Lee Holliday	M50	26.25
Peggy MacLiver	W60	17.48
Lynne Schickert	W65	10.70
Bob Schickert	M65	15.26
John Ellard	M60	13.51
Elaine Ellard	W60	7.55
Bjorn Dybdahl	M50	17.48
John Dennehy	M45	11.28
Delia Baldock	W40	11.92
Val Millard	W55	10.82
Colin Smith	M40	16.20
Carol Bowman	W50	10.89
Maurice Creagh	M60	13.12
Gillian Young	W55	10.87
Tom Lenane	M50	17.30
Chris Neale	M35	29.87

UWA

November 21, 2006

100M

Garry Ralston	M50	12.5
Campbell Till	M45	12.9
Barrie Kernaghan	M65	14.0
Norm Richards	M65	14.2
Bjorn Dybdahl	M50	14.8
Dave Busher	M50	15.0
Duncan McAuley	M55	18.1

John Everard	M45	15.6
Peggy MacLiver	W60	15.7
Leonie Jones	W45	16.4
Ross Calnan	M65	17.2
Karyn Gower	W45	17.4

Carol Bowman	W50	19.8
Christine Oldfield	W60	21.9
Peter Kennedy	M85	23.6
Lynne Schickert	W65	24.2

DISCUS

Gary Williams	M55	33.26
Chris Neale	M35	31.26
Bob Fergie	M70	26.60
John Everard	M45	25.92
Toni Phillips	W30	24.18
Rob Shand	M70	23.88
Garry Ralston	M50	23.28
Ross Calnan	M65	20.14
Campbell Till	M45	18.89
Bob Schickert	M65	17.13
Rae McMillan	W75	16.02
Val Prescott	W60	14.87
Carol Bowman	W50	14.33
Karyn Gower	W45	12.76
Lynne Schickert	W65	10.52

TRACK and FIELD

See full programme,
printed in Vetrin 391.
Meetings at Coker and
UWA: events start at
6pm, in order as printed.

DECEMBER 31

ALDERBURY PARK X/C

Director: Ivan Brown - 9384
8582

David & Pat Carr, Raymond
Gimi, Theresa Howe,
Arnold Jenkins, Bob
McNamara & Sue Oliver,
Gordon & Noela Medcalf,
Mark Rosen, Jenny
Shillington, Frank Smith.

COMING EVENTS and helpers list

All helpers: you MUST contact your director and confirm
whether you are available. If you are NOT, ALSO contact Bob
Schickert to be allocated another event.

JANUARY 7 EAST PERTH

Directors: Jill Midolo & David
Brown - 9381 5565

Shirley Bell & Leon Griffiths,
Kay & Sandy Burt, Richard
Danks, Jackie Halberg, Ralph
Henderson, Jan Jarvis & Sid
Moody, Lorna Lauchlan, Bob
McNamara & Sue Oliver,
Dalton Moffett, Mark Rosen,
Rhod Wright.

JANUARY 14 ASHFIELD

Directors: Denise & Pierre
Viala - 9307 1249

Graham Ainsworth, Pat
Ainsworth, Brian & Margaret
Bennett, Johan Hagedoorn &
Julie Wood, Telsey Hatwell,
Kirt Johnson, Norm & Pat
Miller, Syd Parke, Brian &
Pam Smith, Alan Thornily,
Ann & Shorty Turner.

JANUARY 21 POINT WALTER

Director: Dave Roberts -
9472 0039

Maree Creighton, Gary
Fisher, Paul & Sue Hughes,
Robin King, Paul Martin,
Michelle Mison, David
Muir, Rob Sheehy, Chris
Shenton.

JANUARY 28 AGE GRADED

Director: Gillian Young -
9295 1754; Mark Sivy -
9572 1895

Sue Bullen, Maurice
Creagh, Leo Hassam, Mike
& Paula Karra, Troy
Lundgren, Helen Lysaght,
Duncan & Fiona McAuley,
Berni Scott, Jenni
Shillington.

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Val Millard

Patron:

Bill Hughes