

# Vetrun

The magazine of Masters Athletics WA

## Inside...

New – Jim Barnes Trophy Entry for the Nationals Book for Dwellingup	P2
Boxing Day run	
More State records Birthdays	P3
Alderbury Reserve	
Mosman Park	P4
Perry Lakes	P5
Canning Caper	P6
Patron's Trophy – final results	P7
Coming Events and Helpers	P8

## M65s shatter world record

IT was a sporting occasion to live long in fond memories. Above all we celebrated true sportsmanship and the camaraderie that excels in team efforts.

Runners were the core of a five-fold assault on State, Australian and World 4x1500 records. But the team was much bigger than those 20 athletes. Planners, organisers, scrutineers, timekeepers, supporters – all were essential cogs in the machine that spilled out times to make history.

Five State records (M60, M65, W45, W60, W35), four Australian (M65, W45, W60,

*'One half hour in December  
Is one we'll sure remember.  
A dozen records set – what  
a night!  
As five relay teams  
assembled  
The watching throngs just  
trembled  
In anticipation of some  
great delight.'*

W35) and two world records (M65, W60) – all tbc – seem likely.

Details of records and runners will appear in February Vetrun.

I don't know if senior athletes have ever before set so many records in so short a time. Don't care! This was magnificent.

Many pictures were taken on 'records night'. They are all on the club website, on the 'news' and 'pictures' pages. Also there you'll find the rest of Christine Oldfield's poetic tribute.



Finish of the M65 1500m relay: Bert Carse, Dave Roberts, Frank Smith and Bob Schickert ran a new world record time of 22:25.9.

## National relays in Perth

**HOW do you join in a national contest without leaving home?**

Try this. AMA (Australian Masters Athletics) has a new national track relay competition, with teams competing at their own local venues.

Our entries will be staged at Coker Park during the regular Thursday meets.

Dates:

- 4x100m – February 7
- 4x800m – February 14
- 4x400m – February 21

Age-group teams will be formed and the best aggregate time for each will be submitted to AMA as our entry in the national competition. Entry forms are now available – see John Oldfield or Barbara Blurton. Entries close one week before the date of each race.

### Extra 1500m!

There is also to be a re-run of the 4x1500m on January 31 at Coker Park. Don't miss out; get your entries in early.

## Bunbury challenges

THE City V Country Track and Field Challenge is on again – Saturday February 16, 3pm, at Bunbury. All club members are welcome. For details contact Bob Schickert at 9330 3803 or [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)

BS

## VALE CESARE BECALLI

WMA PRESIDENT Cesare died at his home in Brazil on December 26. Condolences have been sent to his wife by AMA. Cesare was WMA President from 1987 to 1997 and was re-elected in 2005.

## Masters farewell Stadium

**THIS season's event in December was the last major meet at Perry Lakes Stadium, with construction of the new stadium at AK Reserve near Challenge Stadium imminent. Our club was represented in the handicap mixed 400m race – results right.**

Phillips Toni	70	51.50
Dybdahl Bjorn	58	52.62
Dennehy John	69	53.77
Staunton Matt	21	54.84
Schickert Bob	76	54.89
Till Campbell	09	55.55
Neale Chris	00	56.00
McAuley Duncan	32	56.32
Smith Colin	06	56.36
Baker Matt	07	56.37
Antonioli Rob	42	56.38
Miletic Nick	76	59.35
Bowman Carol	86	62.42

**PUBLISHED with Vetrun this month is your entry form and details of the State Championships. Both parts will appear again in February – and are also on the club website.**

## You write...

Hi Vic,

Darryl White here, membership number 259.

I was browsing through an old vet's magazine (Dec 2006) and came across the article about all the sub-3hr marathoners. As I have never written an article for the magazine, I thought now is the time to start typing and have my name added to the list also.

These are my sub-3 efforts:

Bunbury 1993 - 2:29:30

Perth 1993 - 2:55:38

Perth 1994 - 2:48:37

Perth 1997 - 2:59:53 (aged 38)

*Regards, Daryl*

## Club to award 'Jim Barnes Trophy'

**THERE can hardly be a MAWA member who has not been awed by Jim Barnes' marathon performances, which culminated in his 100th last July in Perth.**

Our club committee has decided to commemorate Jim's outstanding achievement with an annual trophy. It will be awarded to the MAWA member with the best age-graded time in the Perth Marathon. Don't be surprised if the first winner has the initials "JB".



*John Oldfield*

\* John Oldfield is donating this trophy to Masters: many thanks John.

BS

## Are you going to Dwellingup?

A REMINDER to all that we have re-booked the Dwellingup Caravan Park cabins for the March Labour Day holiday weekend. Time is marching on, so please let me know as soon as possible you intend coming along to another fun weekend.

Dates: Friday 29 February to Monday 3 March.

Thanks! Call me – Margaret Bennett 9275 0169 – or see me on Sundays.

## National entries open

ENTRIES are now open on line at <http://www.nswmastersathletics.org.au> The 2007/8 AMA handbook has details. Printed entry form available from Bob Schickert 9330 3803.

\* The Handbook SHOULD have included an entry form. Sorry, that's my error. We edited and produced the edition for AMA from Perth this

### AMA CHAMPIONSHIPS SYDNEY EASTER 2008

year, and as editor I take full responsibility for the omission.

*Vic Waters*

### AMA HEPTATHLON AND DECATHLON

REMINDER – these Championship events for 2008 will be held during the first two days of the Oceania Masters Championships in Townsville (27 July to August 3.) For more information see the 2007/8 AMA handbook or visit <http://athleticsnorthqld.org.au/oceania2008>



*Marg Bennett*

## Profile

### John Pentecost and Grace Hollin

by  
*Jim Barnes*

**JOHN was born in St Austell, Cornwall and Grace spent a long time in London but hails from Newcastle, UK.**

A manager of Community Services Red Cross, vegetarian Grace is anti Live Sheep Trade (like me!) She is inspired by the senior members of the club and her ambition is to be like them and just keep on going.

Grace Has been running for just two years. Grace has high respect for Kathy Freeman and her achievements, coming from a such disadvantaged background. But - John Pentecost is her favourite sport person!

"I also like going to the gym, doing step aerobics, and cycling," she says.

The pair share enjoyment of the friendly rivalry within our club.



*Grace Hollin*



*John Pentecost*

In the world of sport, John says no one beats Daly Thompson. He also follows Plymouth Argyle and Man United (soccer) and in general just likes to keep fit. Bodmin To Padstow (a disused railway line in the UK) is his favourite run and Grace likes cross country or runs like the Masters Kalamunda Track.

## PRESIDENT'S MESSAGE

RECENTLY the Australian Masters Athletics Handbook was circulated to each member throughout the nation. Members of WAMA can be proud of the contribution made by Bob Schickert and Vic Waters in producing such a quality publication, which included many action photos and an exhaustive list of all Australian records.

I also acknowledge Vic's efforts to make our Vetrin magazine such an interesting and popular feature of this Club.

*Ivan Brown*

## New Member – Welcome

754 WATSON Graeme M30



# BOXING DAY

December 26, 2007

YOKINE RESERVE

Director: Barrie Thomsett

Conditions: the hottest December day ever recorded in Perth - maximum 44.2 degrees.

A SMALL but select group of about twelve very nice (more like slightly strange) members braved the 'hot' conditions. I am not sure how far they travelled around the Yokine open space, as their descriptions of where they went beggars belief. So distances shown are a rough estimate, and nobody was too fussed.

They just wanted a pleasant jog, so I didn't bother to flag or measure the course. Listed here are the brave souls and alongside are their times and approximate distances.

The BBQ that followed was a pleasant affair, very sociable indeed, with some wimps who knew better joining the competitors (at the BBQ.) Thank you all for coming, and to Dorothy for taking times. When in the past I have suggested abandoning this event, I have been told 'NO' - it is a pleasant wind down from Christmas, etc. So with those words of encouragement, it is my pleasure to carry on into the future.

Regards to all, and a pleasant 2008.



Barrie Thomsett

Carol Bowman	15:02	3k
Jeff Whittam	17:50	2k
Arnold Jenkins	?	?
Julie Keeley	18:13	3k
Stephen Dunn	18:13	4k
Christine Oldfield	20:55	3k
Nick Miletic	25:57	5k
Maurice Creagh	30:10	6k
John Oldfield	34:10	6k
Keith Atkinson	35:10	7k
John Allen	37:10	8k
Kay Burt	38:00	7k



## TIME TO TRAIN

RACE-walkers be warned. Michelle Mison retired in December and has now begun training in earnest. She reveals that in all her years of outstanding performance there's never been much of a plan. But with more time on her hands, Michelle is now taking coaching advice from the formidable Dorothy Whittam.

"I have never done any speed work before," Michelle confided, following the Perry Lakes event on December 16. "But Dorothy has now started me on a proper training programme."

## Happy Birthday January Masters!

Aldrich	Alison	W65
Arora	Maria	W40
Ashfield	Doug	M50
Attwell	Ray	M70
Bariolo	Wayne	M40
Barnes	Jim	M65
Beckham	Les	M70
Blurton	Richard	M55
Bresser	Kerriann	W40
Brooker	Andrew	M35
Brown	Penny	W60
Choate	Lynne	W55
Coates	Simon	M35
Edmonds	Gill	W40
Engels	Christine	W50
Gill	Fenella	W45
Hindle	Eileen	W55
Hollaway	Rose-Maree	W50
Hopper	Peter	M60
Humphrey	Barb	W55
Jackson	Peter	M55
Lopes	Lorraine	W65
Maslen	Sheila	W70
Menon	Kathy	W30

## More State records set

HERE'S the latest summary of recent State Records - excluding those from the World Championships and David Carr's purple patch!

Campbell Till

<b>W60</b>			
800m	Peggy Macliver	2:53.0	23/8/07
Mile	Jackie Halberg	6:54.9	12/7/07
5000m	Gillian Young	22:02.9	29/11/07
10000m	Gillian Young	47:44.4	25/10/07
Shot	Bev Hamilton	9.m	22/9/07
<b>W65</b>			
1500m	Ruth Johnson	6:42.0	24/3/07
Marathon	Marg Forden	4:18:50	8/7/07
20kRW	Lynne Schickert	2:36:55	14/9/07
<b>W80</b>			
Javelin	Rae McMillan	13.44m	11/12/07
Shot	Rae McMillan	6.76m	11/12/07
<b>M35</b>			
H/Wt	Mark Hamilton	13.46m	1/11/07
<b>M70</b>			
60m	David Clive	8.3	5/7/07
100m	David Clive	13.4	26/7/07
80mH	Don Chambers	14.14	5/10/07 (AR)
Triple Jump	Leon Sander	7.99m	8/4/07
<b>M75</b>			
Javelin	Rob Shand	24.44m	22/9/07

## DECEMBER BIRTHDAYS

SORRY, we missed Margaret Saunders W50, Brian Smith M65 and Coby Wakeling W35. Unfortunately, this does NOT mean you can subtract one year from your respective ages!

## COMING EVENTS DESCRIPTIONS

### FEBRUARY 3 FRIENDSHIP

Start on grass near intersection of Saw Avenue and May Drive in Kings Park. Follow a clockwise circuit of footpaths next to May, Lovekin Drive and back to May.

### FEBRUARY 10 LAKE MONGER

Anti-clockwise, 3.5km circuit/s of lake on footpath.

### FEBRUARY 17 MCCALLUM LAKES

From McCallum Park follow river edge footpath to Coode St, then around and across lake (twice) to rejoin river path near Hurlingham St. Follow to Ellam St, take path on western side to crossing then stay on grass to finish.

### FEBRUARY 24 PK

Straight out and back on path from Port Kennedy towards Safety Bay. There is about 50m of sand to cross near start and finish.



John Dennehy

Miller	Keith	M55
Muir	David	M60
Parker	Ross	M55
Pilton	Ivan	M65
Ryan	Peter	M55
Sammells	Bob	M70
Sheehy	Robert	M60
Smith	Colin	M45
Thompson	Jane	W50
Tindall	Blakeney	M45
Toohey	Steve	M55
Turner	Ann	W70

# Alderbury Reserve

December 9, 2007

Director: Wayne Taylor

THERE was a good turn-out for this cross country event despite the cold easterly wind which kept the runners pleasantly cool but unfortunately froze the helpers. This was my first time as director of the Alderbury Park event and my nephew Jason ably assisted me in laying out the course. But we managed to cut a few corners in there somewhere. The long run ended up being 6.7 km and the short run 3.4 km.

At least the walk was on target. I'll get it all right next year!

Still it was a very pleasant run around the lakes and between the trees. Being all on grass is great for the legs and joints - beats running on concrete any day. Thanks to all my helpers who did a terrific job.

Wayne Taylor

## 3.4K RUN

Paul Burke	M35	12:41
Neil Morfitt	M50	12:46
David Willmer	M50	14:03
Dave Roberts	M65	15:07
Stephen Dunn	M40	15:09
Colin Smith	M40	15:37
Margaret Saunders	W50	17:09
Peggy MacIver	W60	17:32
Delia Baldock	W45	18:14
Mike Anderson	M55	18:38
Wendy Clements-Green	W65	18:40
John Dance	M55	18:53

## 6.7 RUN



Their times March on - Karen and Peter keep improving.

Brett Roach	M35	27:01
Paul Hughes	M55	27:11
John Allen	M50	27:17
Jim Klinge	M60	29:13
No No. No-name!		29:29
Brian Bennett	M60	29:45
Darryl White	M45	30:11
Neil McRae	M55	30:32
Bob Schickert	M65	30:38
John Doust	M60	30:41
Peter March	M45	30:46
Bruce Mathieson	M60	31:08
Karen March	W45	31:14
Ivan Brown	M60	31:21
Maurice Creagh	M60	31:22
Johan Hagedoorn	M60	31:51
Martin Watkins	M60	32:11
Sean Keane	M40	32:14

Genevieve Spiro	W35	19:13
Jim Barnes	M60	19:38
Mike Rhodes	M60	20:54
Ray Hall	M70	23:58
Pam Toohey	W60	23:59
Steve Toohey	M55	24:00
Elaine Dance	W55	24:06
Julie Wood	W55	24:06
Pierre Viala	M60	24:18
Margaret Bennett	W65	24:19
Joan Pellier	W65	25:13
Kathy Burr	W65	25:23
Ray Lawrence	M75	28:18
Ron Spencer	M65	30:34

Vic Waters	M60	32:41
Gary Fisher	M55	32:56
Keith Atkinson	M50	33:19
Helen Lysaght	W55	33:20
John Bell	M60	33:24
Shirley Bell	W55	33:53
V2		33:54
Nick Miletic	M55	34:12
David Carr	M75	34:39
Carol Bowman	W50	34:43
Roger Walsh	M60	35:04
John Ellard	M65	35:05
V1		35:07
Paul Martin	M65	35:16
Michele Froudist	W45	35:20
Ray Attwell	M70	35:38
Mike Hale	M60	36:12
John Pellier	M65	36:50
Terry Manford	M65	36:58
Mike Khan	M60	38:05
Bob Sammells	M70	38:30
John Smith	M70	38:34
Michael Faunge	M65	38:38
Merv Jones	M65	38:53
V3		38:54
Christine Oldfield	W60	39:08
Berni Scott	W45	40:08
Richard Danks	M65	42:03
Tanya Burke	W35	50:57
Denise Viala	W55	52:28
Sheila Maslen	W65	n/t
Margaret Warren	W70	n/t



Paul Burke: on the track, as here, and at Sunday runs he's become a short-course favourite.

## 6K WALK

Michele Mison	W60	41:13
Lynne Schickert	W65	44:10
Bryan Hardy	M60	44:12
Lesley Romeo	W60	45:14
Jeni Shillington	W50	50:08
Patricia Hopkins	W65	50:09
Melinda Bate	W40	50:17
Jeff Whittam	M70	50:17
Victor Ratana	M70	50:20
Lorna Lauchlan	W75	57:42
Mary Heppell	W70	57:48
V5		58:08
George Schaefer	M75	58:09
V4		58:11

# Mosman Park

December 2, 2007

Directors: Paul and Sue Hughes

PERFECT weather conditions for the first summer run (compared to previous years) however numbers were lower than expected. Was it the Busselton Ironman, or the first 7am start, and members slept in? Around about 65 runners and walkers enjoyed the scenery and the course and it was pleasing to receive compliments on the organisation and the course from members. A special thanks to our helpers who made the role of race director much easier and they are Dick Blom, Paul Martin, Barry and Leonie Jones, Robin King and David Roberts, Sheila Maslen, Peggy McLiver, Jeanette Tiverios, Karen and Peter March and John Conte.

See you all next year,

Paul and Sue

## 8.7K RUN

V1		33:33
Peter Sullivan	M45	33:41
John Pentecost	M45	34:55
Jim Langford	M60	35:34
Gary McLean	M40	36:00
John Allen	M50	36:48
Bjorn Dybdahl	M50	38:08
Ralph Henderson	M55	38:14
Michael Karra	M40	38:32
David Baird	M60	39:33
Neil McRae	M55	40:29
Mark Dawson	M45	40:55
David Muir	M60	41:05
Gillian Young	W60	41:32
Bob Schickert	M65	42:49
Johan Hagedoorn	M60	43:18
Maurice Creagh	M60	44:09
Vic Waters	M60	44:53
Margaret Langford	W60	45:04
Keith Atkinson	M50	45:45
Gary Fisher	M55	45:56
Mark Rosen	M55	46:18
Paula Karra	W35	46:35
John Ellard	M65	46:51
John Pellier	M65	47:53
David Carr	M75	48:31
Grace Hollin	W50	48:46
Terry Manford	M65	49:10
Christine Engels	W50	49:17





Neil McRae tussling at Perry Lakes with Darryl White (left) who writes of his marathon times this month (see page 2.)

## Mosman Park

...continues

Bob Sammells	M70	49:46
John Dance	M55	50:46
Merv Jones	M65	51:39
John Smith	M70	51:55
V3	53:02	
Tanya Burke	W35	54:48
Arnold Jenkins	M60	58:09

### 5.2K RUN

Paul Burke	M35	20:50
David Willmer	M50	21:43
Raymond Gimi	M40	23:39
Ivan Brown	M60	24:19
John Mack	M65	25:39
Liz Neville	W55	25:56
Bryan Hardy	M60	26:08
Wayne Taylor	M45	26:15
V2	26:18	
Irwin Barrett-Lennard	M75	26:49
Carol Bowman	W50	27:30
Delia Baldock	W45	28:32
Jim Barnes	M60	29:04
Wendy Clements-Green	W65	30:03
Jackie Halberg	W60	32:55
Steve Toohey	M55	38:02
Julie Wood	W55	38:10
Jo Richardson	W55	38:11
Elaine Ellard	W65	54:20

### 8.7K WALK

Roger Walsh	M60	67:36
Peter Ryan	M55	68:59
Peter Hopper	M60	70:55
Jeni Shillington	W50	76:34
Lorraine Lopes	W65	76:36

### 5.2K WALK

John Frost	M70	39:29
Lynne Schickert	W65	41:53
Debbie Wolfenden	W40	46:07
Ann Turner	W70	46:38
Patricia Hopkins	W65	46:40
Pat Miller	W65	50:19
Norm Miller	M75	54:55
Phyllis Farrell	W60	54:59
Shorty Turner	M70	55:01

## Perry Lakes

December 16, 2007

Director: John Bell

### 4.4K RUN

V2		17:41
V1		17:52
Neil Morfitt	M50	18:16
Bernard Mangan	M50	18:31
Syd Parke	M55	18:35
Barbara Blurton	W55	18:39
Margaret Saunders	W50	20:42
Liz Neville	W55	20:46
Hamish McGlashan	M70	21:09
John Dennehy	M45	21:39
Margaret Langford	W60	21:43
Carol Bowman	W50	21:54
Delia Baldock	W45	22:01
Wendy Clements-Green	W65	22:37
Christine Oldfield	W60	24:14
Arnold Jenkins	M60	25:10
Bob Sammells	M70	25:16
Vic Waters	M60	26:03
Ray Hall	M70	26:05
Paul Slyth	M65	26:55
Mike Rhodes	M60	26:57
Bridget Carse	W60	27:17
Joan Pellier	W65	27:50
Julie Wood	W55	31:42
Margaret Bennett	W65	31:46
Elaine Dance	W55	31:48
Ray Lawrence	M75	34:12
Ron Spencer	M65	41:17
Peter Kennedy	M55	41:39

### 8.1K RUN

Simon Coates	M35	31:23
Peter Sullivan	M45	31:48
Jim Langford	M60	32:33
Paul Hughes	M55	33:07
Bjorn Dybdahl	M50	33:35
Brett Roach	M35	33:53
John Allen	M50	34:02
David Willmer	M50	34:06
Bert Carse	M65	34:30
Ralph Henderson	M55	34:32
Brian Bennett	M60	34:41
Mark Dawson	M45	34:48
Jim Klinge	M60	34:56
Michael Karra	M40	35:28
Neil McRae	M55	35:28
Darryl White	M45	35:42
Brian Danby	M55	35:43
David Baird	M60	36:02
Peter March	M45	36:07
Frank Smith	M65	36:18
Karen March	W45	36:44
Syd Beer	M60	36:58
John Cresp	M55	37:13
Raymond Gimi	M40	37:19
Martin Watkins	M60	37:21
Gillian Young	W60	37:29
Ivan Brown	M60	37:46
Johan Hagedoorn	M60	37:48
Bruce Mathieson	M60	37:51
Keith Atkinson	M50	38:08
Sean Keane	M40	38:37
John Doust	M60	38:38
Wayne Taylor	M45	38:57
Maurice Creagh	M60	39:10
Gary Fisher	M55	39:15
Shirley Bell	W55	39:25



Simon Coates led some top runners to win the 8.1km race.

Mike Hale	M60	39:41
Nick Miletic	M55	39:53
David Carr	M75	40:41
Paula Karra	W35	40:45
Mark Rosen	M55	41:38
Ray Attwell	M70	41:45
Paul Martin	M70	42:22
John Brambley	M65	42:36
Graham Thornton	M65	42:45
Roger Walsh	M65	43:09
Jim Barnes	M60	43:11
John Ellard	M60	43:17
Mike Khan	M65	43:23
Bob Schickert	M60	43:44
John Oldfield	M65	43:44
Jackie Halberg	M60	43:45
John Pellier	M60	45:06
Chris Summerscales	M65	45:11
Michael Faunge	M65	45:23
John Dance	M65	45:33
Jeff Spencer	M65	47:01
Merv Jones	M65	47:01
Richard Danks	M65	47:13
Brian Smith	M65	48:26
Denise Viala	W55	54:06
John Smith	M70	55:28

### 6K WALK

Val Millard	W60	40:39
Peter Hopper	W60	44:12
Lynne Schickert	W65	45:49
Jeff Whittam	M70	47:47
Kirt Johnson	M75	48:43
Katy Bannister	M40	50:30
Melinda Bate	W40	51:30
Margaret Warren	W70	51:30
Mary Heppell	W70	53:42
Lorna Lauchlan	W75	54:06



Talking Walking: more from Michelle Mison on page 3.

### 4K WALK

Michele Mison	W60	27:09
George Schaefer	M75	34:58
Dorothy Whittam	W70	35:11
Jennie Lee	W50	35:19



*The other half: John Doust won the 10km handicap race.*

### 10K RUN

John Doust	M60	65:12	20:30
Paul Hughes	M55	65:31	25:18
Mike Hale	M60	65:46	19:36
Mark Dawson	M45	66:01	23:12
Ray Hall	M70	66:12	02:54
Brian Bennett	M60	66:24	23:24
Gillian Young	W60	66:34	20:48
Lachlan Marr	M45	66:38	28:12
Neil McRae	M55	67:03	22:36
David Carr	M75	67:07	20:00
David Muir	M60	67:15	22:18
Bruce Mathieson	M60	67:17	20:36
Wayne Taylor	M45	67:46	18:36
Karen March	W45	67:50	22:06
Nick Miletic	W70	67:56	17:42
Barry Jones	M50	67:58	18:24
Christine Engels	W50	68:16	11:30
John Dance	M55	68:17	11:06
Michele Froudust	W45	68:17	13:18
Brian Danby	M55	68:24	23:00
Denise Viala	W55	68:38	04:30
John Pellier	M65	68:48	15:36
Gary McLean	M40	68:59	27:24
John Pentecost	M45	69:00	27:06
John Ellard	M65	69:08	15:06
Christine Oldfield	W60	69:14	08:54
Johan Hagedoorn	M60	69:27	22:00
Graham Thornton	M65	69:44	15:24
John Allen	M50	69:50	28:00
Grace Hollin	W50	70:02	11:18
Tanya Burke	W35	70:03	08:24
Maurice Creagh	M60	70:04	19:30
Leonie Jones	W45	70:13	15:24
Shirley Bell	W55	70:24	18:12
Bryan Hardy	M60	70:28	20:18
Peter March	M45	70:33	24:42
John Smith	M70	70:42	13:48
Carol Bowman	W50	70:46	17:36
Ivan Brown	M60	71:32	21:06
Frank Smith	M65	71:32	23:06
Merv Jones	M65	71:56	12:36
Bjorn Dybdahl	M50	72:10	27:54
Ivan Pilton	M60	72:52	24:18
Richard Danks	M65	73:09	13:30
Jo Richardson	W55	73:32	00:48
Margaret Warren	W70	75:19	00:00
Jackie Halberg	W60	76:15	16:00
Morris Warren	M70	93:16	00:00

## Canning Caper

RIVERTON BRIDGE

December 30, 2007

Director: Keith Atkinson

NEAR-perfect conditions, great location and a strong turnout for this handicap event. It's now become a habit for some of the stronger runners to complete the short run while waiting for the clock to tick over to their handicap time. (Never mind how inadequate it makes the rest of us feel!)

VW

A number of runners/walkers decided not to go through the finishing chute for one reason or another. Probably a dozen or so more people participated than are shown in the lists. As the organiser, I am happy to see people come along, and have a good time.

It's bad luck that we had the event a little later this year, as the café was closed for holidays. It adds a little bit of luxury to the event. Next year we are back to a more regular time, and we hope to have this facility again – although there is a plan to demolish and replace the building.

Thanks to all my helpers, including the last minute volunteers who make it all possible. Thanks also to Mike, the handicapper, for his contribution to your fun.

Keith

### 6K RUN

V1		21:51
Ian Davies	M60	22:41
Bjorn Dybdahl	M50	23:08
John Pentecost	M45	23:40
Paul Burke	M35	23:51
Neil Morfitt	M50	24:05
Garry Ogden	M45	25:51
Raymond Gimi	M40	26:34
John Brambley	M65	30:51
Margaret Saunders	W50	31:34
Colin Smith	M40	32:18
Michael Faunge	M65	32:45
Damien Hanson	M50	34:07
Mike Anderson	M55	34:20
Marg Forden	W65	34:36
Arnold Jenkins	M60	35:25
Mike Rhodes	M60	36:19



*Dynamic Duo: durst you doubt the Dousts? Beryle (above) won the handicap walk.*

### 6K WALK

Beryle Doust	W55	55:33	10:06
Pat Ainsworth	W70	57:32	08:36
Ann Turner	W70	57:34	07:18
Jennie Lee	W50	57:38	07:00
Michele Mison	W60	58:01	18:18
Pat Miller	W65	59:19	04:06
Dorothy Whittam	W70	59:20	08:24
Maggie Flanders	W70	59:46	03:24
Jeff Whittam	M70	61:04	13:06
Victor Ratana	M70	61:09	12:54
Kirt Johnson	M75	61:44	11:06
Shorty Turner	M70	64:35	00:00

### 10K WALK

Lynne Schickert	W65	77:35
<hr/>		
Pam Toohey	W60	38:34
Joan Pellier	W65	44:00
Sheila Maslen	W65	44:46
Margaret Bennett	W65	45:03
Julie Wood	W55	45:04
Ray Lawrence	M75	46:14
Kathy Burr	W65	46:28
Keith Forden	M65	48:00
Mary Heppell	W70	49:35
Ron Spencer	M65	55:26



*10km walk winner Lynne Schickert leads some renowned Masters here. How to win a race? Be the only one in it.*



# UWA

4 December, 07

## (NORANDA TRACK) RESULTS

### 5000M

Alan Gower	M50	18:28.8
Bjorn Dybdahl	M50	20:49.4
Mark Dawson	M45	21:04.6
Paul Burke	M35	21:18.8
Rob Macbeth	Vis	22:26.9
Ivan Brown	M60	22:48.0
Blakeney Tindall	M45	23:05.8
Andre Morkel	Vis	24:22.1
Karyn Gower	W45	25:00.8
Christine Oldfield	W60	29:05.1
Fiona McAuley	W55	30:23.2

December 11, 2007

### 1500M

Paul Burke	M35	4:52.1
Mark Dawson	M45	5:07.9
Bert Carse	M65	5:12.3
Ross Keane	M45	5:16.4
Matt Staunton	M30	5:20.3
John Collier	M40	5:25.7
Bob Lane	Vis	5:31.6
Frank Smith	M65	5:38.1
John Oldfield	M60	5:42.0
Ivan Brown	M60	5:49.8
Andre Morkel	Vis	6:02.8
Peggy Macliver	W60	6:26.7
Nick Miletic	M55	6:51.7
Carol Bowman	W50	6:55.9
Christine Oldfield	W60	7:42.0
Peter Kennedy	M85	14:29.9

### JAVELIN

Matt Staunton	M30	44.00
Christine Oldfield	W60	6.36
Ivan Brown	M60	15.14
Val Millard	W60	8.71
Lynne Schickert	W65	9.43
Ross Calnan	M65	19.69
Bob Schickert	M65	12.92
Bjorn Dybdahl	M50	20.69

18 December, 07

### 200M

Matt Staunton	M30	26.8
Alan Gower	M50	28.6
Mark Dawson	M45	29.8
Barrie Kernaghan	M65	29.8
Keith Edmonds	M40	30.1

Peggy Macliver	W60	33.3
Bob Schickert	M65	33.6
Ivan Brown	M60	35.5
Nick Miletic	M55	36.7
Carol Bowman	W50	37.9

Barry Newell	M50	31.7
Christine Oldfield	W60	43.1
Lynne Schickert	W65	49.5

### LONG JUMP

Christine Oldfield	W60	2.61
Peggy Macliver	W60	3.61
Matt Staunton	M30	5.58
Ross Calnan	M65	2.92
Ivan Brown	M60	3.18
Gary Ogden	M45	4.02

## Track & Field PATRON'S TROPHY FINAL PLACINGS

1 David Carr	744.06pts
2 Campbell Till	738.74
3 Bob Schickert	684.13
4 Alan Gower	674.48
5 Ivan Brown	625.24
6 Bjorn Dybdahl	585.04
7 Chris Neale	561.29
8 Nick Miletic	558.59
9 John Dennehy	551.30
10 Colin Smith	473.15
11 Merv Jones	471.24
12 Gary Ogden	348.09
13 Bruce Wilson	347.51

1 Peggy Macliver	776.21pts
2 Gillian Young	688.73
3 Delia Baldock	635.69
4 Christine Oldfield	576.73
5 Carol Bowman	572.94
6 Lynne Schickert	552.05
7 Toni Phillips	403.94

Lynne Schickert	W65	2.43
Bruce Wilson	M60	3.46
Carol Bowman	W50	2.68
Paul Burke	M35	4.91
Bob Schickert	M65	2.74

## COKER PARK

November 22, 07

### 800M

Simon Coates	M37	2:09.6	79.73
Neil Morfitt	M52	2:13.5	88.58
Christian Wakeling	M33	2:17.1	73.75
Campbell Till	M50	2:17.2	84.78
Brett Roach	M38	2:35.0	67.31
Eldon George	M38	2:42.0	64.40

Chris Neale	M38	2:36.7	66.58
Colin Smith	M44	2:40.4	68.77
Bob Schickert	M66	2:42.2	81.76
John Dennehy	M48	2:52.2	66.36
David Carr	M75	2:52.3	86.89
Peter March	M48	3:04.8	61.84
Nick Miletic	M56	3:18.0	61.75
Jim Barnes	M64	3:46.0	57.61

Delia Baldock	W45	3:01.3	67.16
Peggy Macliver	W63	3:02.6	84.70
Robin King	W49	3:04.8	68.15
Gillian Young	W60	3:05.4	78.65
Karen March	W46	3:14.6	63.10
Carol Bowman	W53	3:41.5	59.60
Merv Jones	M68	3:42.1	61.01
Lynne Schickert	W66	4:42.6	58.15

### TRIPLE JUMP

Chris Neale	M38	11.93	68.33
Campbell Till	M50	10.12	67.20
Colin Smith	M44	9.68	59.54
Delia Baldock	W45	9.08	70.88
Merv Jones	M68	6.65	58.08
Peggy Macliver	W63	6.40	65.04
Lynne Schickert	W66	5.72	61.24
Bob Schickert	M66	5.60	47.26
David Carr	M75	5.56	55.32



Perennial champions – David Carr and Peggy Macliver

November 29, 07

### \* PENDING SR

### 5000M

Christian Wakeling	M33	19:30.3	65.44
Campbell Till	M50	20:00.5	72.09
Carl Ciccarelli	M47	20:41.9	68.05
Brian Hewitt	M54	20:57.7	71.10
Ross Keane	M46	21:02.5	66.42
Bob Schickert	M66	21:09.0	78.29
John Oldfield	M64	21:18.0	76.32
Karen March	W46	21:58.1	72.38
Maurice Creagh	M61	21:58.3	72.03
Robin King	W49	22:00.3	74.99
* Gillian Young	W60	22:02.9	86.91
Peter March	M48	22:33.6	62.92
Liz Neville	W56	23:31.2	76.97
David Carr	M75	23:56.5	77.41
Peggy Macliver	W63	24:11.8	82.84
Nick Miletic	M56	24:50.9	61.00
John Dennehy	M48	25:03.8	56.64
Delia Baldock	W45	25:24.6	61.85
Carol Bowman	W53	25:59.5	66.87
Merv Jones	M68	28:55.1	58.33

December 6, 07

### 1500M

Christian Wakeling	M33	4:43.9	72.56
Campbell Till	M50	4:55.5	81.56
Bert Carse	M66	5:13.6	87.88
Ross Keane	M46	5:21.0	72.37
Brian Hewitt	M54	5:32.0	75.17
Bob Schickert	M66	5:38.2	81.49
David Carr	M75	5:44.7	89.38
Peter March	M48	5:51.0	66.19

Karen March	W46	6:10.0	71.15
John Dennehy	M48	6:14.6	63.16
Peggy Macliver	W63	6:19.7	87.28
Liz Neville	W56	6:25.8	77.62
Delia Baldock	W45	6:34.7	65.90
Nick Miletic	M56	6:57.1	60.87
Carol Bowman	W53	6:57.5	68.89
Merv Jones	M68	7:43.2	60.49
Lynne Schickert	W66	9:12.6	62.84

### JAVELIN

Mark Hamilton	M37	40.80	44.57
Campbell Till	M50	25.80	33.51
Peter March	M46	24.28	31.98
Gary Ogden	M49	21.62	29.02
Nick Miletic	M56	17.59	25.62
Peggy Macliver	W63	16.51	42.20
David Carr	M75	15.74	32.12
John Dennehy	M48	14.20	18.71
Robin King	W49	12.80	24.47
Bob Schickert	M66	11.04	18.92
Lynne Schickert	W66	10.57	29.01
Pat Carr	W75	10.51	37.07
Carol Bowman	W53	9.20	18.49
Merv Jones	M68	7.24	13.02

# COMING EVENTS and helpers list

## TRACK AND FIELD

Tuesdays, 6pm  
UWA, McGillivray  
Thursdays, 6pm  
Coker Park

### JANUARY 27

Age Graded  
Directors: Gillian Young - 9295 1754 & Mark Sivyer - 9572 1895  
David Baird, Tessa Brockwell, Sue Bullen, Maurice Creagh, Stephen Dunn, Leo Hassam, Mike & Paula Karra, Troy Lundgren, Duncan & Fiona McAuley, Jo Richardson, Berni Scott, Jenni Shillington, Rhod Wright

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### FEBRUARY 3

Friendship  
Director: Jim Barnes - 9459 2617  
Kay Burt, Don Caplin, Chris Coates, Wendy Clements-Green, Maree Creighton, Fenella Gill, Alan James, Ruth Jamieson, Hamish McGlashen, Christine & John Oldfield, Joan & John Pellier, Kerry Southerland, Genevieve Spiro, John Talbot, Silvio & Christina Wirth

### FEBRUARY 10

Lake Monger  
Directors: David Baird & Jo Richardson - 9228 4769  
Doug Ashfield, Gary McLean & Chris Engles, Keith Miller, Ross Parker, Jenni Shillington, Morland Smith, Blakeney Tindall, Ken Whistler

### FEBRUARY 17

McCallum Lakes  
Director: Sue Bullen - 9474 3718  
Keith Atkinson, Grace Hollin, Jim & Margaret Langford, Duncan & Fiona McAuley, John & Michele Mison, John Pentecost, Mike Polkinghorne, Ron Sutton, John Talbot, Blakeney Tindall, Peter Woods

### FEBRUARY 24

PK  
Directors: Elaine & John Dance - 9593 4607  
Geoff Barrett, Debbie Dance, John & Beryle Doust, Ray Hall, Mitch Loly, Chris Summerscales, Pam & Steve Toohey

### COURSE INFO

See page 3

PRINT POST APPROVED

644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904



**SURFACE  
MAIL**

**POSTAGE PAID  
AUSTRALIA**

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters  
Ph/fax: 9245 3169  
email:  
vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA  
11A Dandenong Rd  
Attadale WA 6156

For club uniform  
clothes, call:  
Patricia Hopkins  
9446 4452

### Website:

[www.mastersathleticswa.org](http://www.mastersathleticswa.org)

### email:

[enquiries@mastersathleticswa.org](mailto:enquiries@mastersathleticswa.org)



### President:

Ivan Brown

### Patron:

Bill Hughes



# Vetrun

The magazine of Masters Athletics WA

FEBRUARY  
2008  
No. 407



## Inside...

Vale Ernie Moyle	P2
AMA National Awards - Nominations	
Coming Events	P3
Records Night	
Cliff Bould	
Handicap (pt.2)	P4
Ashfield	P5
Point Walter	P6
STATE CHAMPS full information	P7
Helpers for Coming Events	P8



## National honours for WA stars?

LEADING West Australian athletes Lyn Ventris and David Carr must be strong favourites for Australian Masters Athletics top awards. World-beaters in their events and age groups, both often vie with younger contenders to maintain consistent high standards.

This year, WA has nominated Lyn as Australia's most outstanding female athlete, for setting three world records and one Australian best. She also has another WR pending.

David Carr is nominated as the country's best male athlete, for a string of performances including the recent successes in Riccione at the World Championships.

Both are also nominated for 'Most Outstanding Individual Performance.'

All the nominations – see page 3.

### DATE CHANGE REMINDER

PLEASE note that the Teddy Birds Picnic will now be held Sunday March 9 – not March 16, as in the programme.



Lyn Ventris

*Point Walter event:  
with the whole field  
making a sandy start  
by the Swan we avoid-  
ed a potential footpath  
melee.*

## NOTICE OF ANNUAL GENERAL MEETING

THE MAWA annual general meeting will be held on **Monday 14 April 2008, 7pm at the Perry Lakes Hockey Club rooms (the hall where the Perry Lakes events start). All members are invited to attend.**

Committee Nominations  
Nominations are called for the committee for 2008-2009:  
President  
Vice-President  
Secretary  
Treasurer  
Committee Members (4)  
Nominations are also called for positions of  
Editor  
Handicapper  
Statistician  
Auditor

Nomination Forms are available from the Club Secretary.

Proposed changes to the

### LIFE MEMBERSHIP

Nominations for Life Membership should be forwarded to the Club Secretary by 15 March 2008. Nominations need to be approved by the Committee before the AGM. A nomination needs to come from at least three (3) members.

Before a member can be elected as a Life Member they must have had active and continuous membership for at least ten (10) years and have substantially contributed to progress in the club. No more than two (2) Life Members can be elected in any one year.

Constitution must be lodged with the Club Secretary (11A Dandenong Road, Attadale 6156 or [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)) by 15 MARCH 2008.

### Current Life Members:

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

*Bob Schickert  
Secretary MAWA*

# State Champs are for ALL of us

OUR club's own State T&F championships are not far away.

I know that many club members are a bit shy about entering, but this year I would like everyone to consider entering at least one event, no matter what you consider your standards.

Greater participation will make the weekend more enjoyable for everyone and you will have plenty of time to socialise before and after your event. We also need

helpers – as officials for timekeeping, measuring etc.

So please get involved this year – it's a really enjoyable weekend.

*Ivan Brown*

**VALE  
ERNIE  
MOYLE**

**JULY 30, 1925 -  
JANUARY 1, 2008**

ERNIE joined in 1983 after becoming a lunch-time runner with other Main Roads employees. He attended most Sunday events and after about five years switched from running to race walking. Ernie served as club treasurer in 1988/89.

One of the events where Ernie was regularly seen was Aquinas. Every year until 2007 he could be found at the footbridge crossing the freeway, 1.5 and 8.5k in the 10k event. He continued to carry out this job as the official even though his health was not good in recent years. It was great to see him still at Aquinas in 2007, though as a spectator.

Our condolences to Myra and family.

*Bob Schickert*

## State Championships

STEEPLES (Sunday February 17) and 5k walk (Wednesday March 12) State Championships are to be conducted for us by AWA and can be entered on day. Cost for the steeple is \$8; cost for the walk is still unknown.

*BS*

## Should we start later on Sundays?

*asks  
Barrie  
Thomsett*

**ARRIVING** About 6.20 am at Point Walter, it occurred to me perhaps we didn't need a 7am (DST) start (equivalent of 6am normal time.) It was dark when I left home at 5.50am. Just how do the course setters cope, particularly if they are setting a city area event?

I am an early riser, but perhaps 7.30am would be a compromise through the DST summer months. I spoke to a variety of members and most favoured the 7.30am DST, with a variety of other suggestions (no, not up there please!)

Please discuss this subject with your President, Secretary, or Committee member in the next few weeks, so it may be brought up at the AGM.

As I do not compete, it is of no consequence to me, but a set time throughout summer may be the way to go. Particularly if you have a long distance to travel.

*Barrie Thomsett*

## Profile....

**Karen and Peter March**

*by  
Jim Barnes*



**KAREN and Pete grew up together and went to the same school in Hull, UK. Later (1987) they were to migrate to Perth.**

They have two children who are now off their hands, sometimes returning home. Karen is a teachers' aid and Pete is an implementation coordinator in the gas and oil business. He played rugby league for a few years but gave it away due to injuries and pressure from Karen.

The thing they like about Masters is the friendliness of members but their admiration of the senior members' efforts

(Irwin, David Carr, etc) inspire them. Running is their current main interest, Karen keen on the marathon, running three in '07. Pete has yet to run that distance but it is his ambition to do so. Darlington and Kalamunda bush runs are their the favourite events. Running at Coker Park track has captivated them; now they say to keep running as long as they can is their goal.

## You write...

Hi Vic,

There seemed to be a typo error with my Bunbury 1993 time. Should have been 2:59:30 and not 2:29:30. I was good but not that good.

Thankyou

*Darryl White*

*Agreed, Darryl; but I'm pleased to say, on checking your original email, the error was not mine this time! Makes a nice change. VW*

## BOOK SOON for OAMA Championships

**Townsville  
27/07-3/08/08**

OCEANIA championships convenor advises that accommodation in Townsville is filling fast: there is a Mormon conference on and they are quickly taking up the cheap accommodation.

## NEW MEMBERS – Welcome

755	LANE Bob	M60
756	LADWIG Sarah	W55
757	JAMAL Fayaz	M50
758	MANIA John	M55
759	LUCK David	M45
760	MORKEL Andre	M40



## COMING EVENTS DESCRIPTIONS

### MARCH 2

Kalamunda Rail

Car park corner Railway Rd & Mead St. Follow old railway track out and back. Extra care needed crossing Schmidt Rd.

## NOTE: DATE CHANGE

### MARCH 9

(not March 16)

Teddy Birds Picnic

Footpath next to May Dr from Synergy Parklands to Poole Ave, then Thomas St, to UWA subway, turn left halfway through. Along to Mounts Bay Rd, right to UWA inner rd, right on path next to Prescott Court then right to path which goes north passing James Oval on left to subway. Back along path near Thomas St, Poole Ave and May Dr. 5k walk continues along near May Dr to finish. 16k/8k competitors turn right off May Dr about 500m before finish and do a loop on path crossing Lovekin Dr up hill near Forrest Dr to tower and back down Broadwalk on grass to finish. For 16k go around again.

PLEASE TAKE EXTRA CARE AT ROAD CROSSINGS ON THIS EVENT.

### MARCH 23

Piney Lakes

Lap/s mainly on paths from Murdoch Dr through to Leach Hway and return.

### MARCH 30

Membership

Up river from Burswood Park. 5k goes under bridge and right towards racecourse. Turn about further 300m. 11.6k goes over city side of bridge, left down to river, right then right again in to Brown St, left to go over footbridge and right to follow Claisebrook to Royal St. Return to footbridge and follow river path towards Causeway. Anti clockwise loop just before Causeway then back to and over footbridge (competitors do not repeat Royal St leg on return journey). Then return same way as came out.

## MOST OUTSTANDING INDIVIDUAL PERFORMANCE

David Carr M75  
800m 2:34.3(97.88%)  
26/7/07

Lyn Ventris W50  
10k Road Walk 48:27 (95.75%)  
9/4/07

## MOST OUTSTANDING FEMALE ATHLETE

Lyn Ventris W50

3 World Records, 1 pending WR and 1 Australian Record

10k Road Walk 48:27 (95.75%)  
9/4/07 (WR)  
20k Road Walk 102:28  
(94.49%) 24/6/07  
(pending WR)  
5000m Track Walk 23:37.78  
(94.43%) 7/4/07 (WR)  
3000m Track Walk 13:54.3  
(93.86%) 24/3/07(WR)  
1500m Track Walk 6:45.8(93.57%)  
25/3/07 (AR)

## SPRINTS/HURDLES

David Carr M75  
400m 67.8 (95.67%)  
(AR)  
19/7/07

Peggy Macliver W63  
200m 30.73(94.83%)  
\*60m 9.45 (96.08%)  
AMA Champs 2007

Barrie Kernaghan M67  
200m 26.6 (93.82%)  
\*60m 8.1 (97.0%)  
State Champs 2007

## AMA National Awards 2007 WA's Nominations

**OUR State Statistician, Campbell Till, has provided the information on which the State's nominations are based. The committee has endorsed and submitted these nominations; congratulations to everyone included.**

\* Note 1: I have treated 60m sprint percentages with some caution. A 100/200 metre sprinter should receive very similar percentages with a 60 metre sprint but they consistently present with results app. 2-3% higher. I would suggest the AMA adopt similar caution.

\* Note 2: Jim Langford's percentage in the 8K Cross Country suggests the course was short. I have no proof - but as well credentialled an athlete as Jim is, I believe his percentage would have been closer to 90% (based on his other form in 2007) and is still worthy of nomination.

*Campbell Till*

## JUMPS

David Clive M70  
Long Jump 4.62m(87.39%)  
State Champs 2007  
Pat Carr W75  
Triple Jump 6.71m(85.37%)  
(AR)  
Long Jump 3.23m(82.83%)  
(AR)  
State Champs 2007

## MOST OUTSTANDING MALE ATHLETE

David Carr M75  
World Champion (Riccione)  
800m and 1500m

800m 2:34.3(97.88%)  
26/7/07 (WR)  
400m 67.8 (95.67%)  
19/7/07 (AR)  
1500m 5:28.1(93.91%)  
2/8/07 (AR)  
Mile 6:04.2(89.78%)  
12/7/0 (AR)  
3000m 12:18.3  
(87.54%) 16/8/07 (AR)

## MIDDLE DISTANCE/ STEEPLECHASE

David Carr M75  
800m 2:34.3(97.88%)  
(WORLD RECORD)  
26/7/07

## DISTANCE

Jim Langford M63  
\*8KC/C 27:39(95.97%)  
WMA Champs Riccione 2007

## WALKS

Lyn Ventris W50  
10K Road Walk 48:27(95.75%)  
(WORLD RECORD)  
9/4/07

## THROWS

Byrony Glass W30  
Weight Throw 16.41m  
(81.36%) (AR)  
AMA Champs 2007

## MULTI EVENTS/RELAYS

Bert Carse, Dave Roberts, Frank Smith, Bob Schickert  
4x1500M Relay  
Time: 22:25.9 (avg. 5:36.5)  
AR: M65.  
WR (pending): M60-69)  
20/12/07

Byrony Glass W30  
Weight Pentathlon 3573 points  
(AR)  
(H 52.61, S 11.86, D 34.51, J 22.64, W 15.95)  
AMA Champs. 2007

Peggy Macliver W63  
Pentathlon 3367 points  
(AR)  
(LJ 3.74, J 16.90, 200 30.9, D 15.01, 800 2:58.6)  
State Champs. 2007

## Happy Birthday - February Members!



*Karyn Gower*

Jones	Barry	M50
Jones	Leonie	W45
Klicker	Dirk	M30
McMillan	Jim	M80
Medcalf	Noela	W70
Miller	Dennis	M65
Paxman	Brian	M75
Prescott	Val	W60
Ratana	Victor	M70
Richardson	Jo	W55
Rosen	Mark	M60
Siebert	Brigitte	W55
Smith	John	M70
Spencer	Jeff	M65
Thorniley	Alan	M55
Tyson	Allen	M80
Viala	Denise	W55
Walter	Janet	W60
White	Darryl	M45
Young	Mary	W55
Baldock	Delia	W45
Bariolo	Michelle	W30
Brambley	Sally-Anne	W30
Bruce	Rex	M65
Carr	Pat	W75
Cheney	Anthea	W50
Clive	David	M70
Cortis	Henri	M60
Cresp	John	M55
Dance	Elaine	W55
Ferris	Irene	W55
Glass	Kate	W55
Gower	Karyn	W45
Jarvis	Jan	W60



Below: W45s - Robin King, Liz Neville, Karen March and Delia Baldock: their overall time of 25:00.9 sets a new AR (old record - 25:21.8) is an inaugural SR and potential WR.



Below: W35s team (not all pictured) of Carol Bowman, Toni Phillips, Coby Wakeling and Kerriann Bresser ran 29:07.1 for inaugural State and AR records.



# RECORDS NIGHT

by Ivan Brown

**MASTERS members have rewritten the record book for the 4X1500 metres.**

Although it's not an official Olympic event, records are kept by the relevant Masters organisations. Some details are still to be confirmed, but WA has a very talented group of female athletes in the 40-50 age group as well as the 60-70 age group. Men (60-70) set a tbc world record, averaging 5:37secs. (Few members of the general public - of any age - could match that speed over 1500 metres!)

## PICTURES:

Top left: M65s Bert Carse, Bob Schickert, Frank Smith and Dave Roberts: overall time for 4x1500M - 22:25.9. New State, Australian and potential World Record. (Old AR - 24:43.4)

Left: M60 John Oldfield finishing for teammates Ian Davies, Ivan Brown and Maurice Creagh in overall time State record time of 23:12.0.



No team in this one: all alone, Lynne Schickert set a new W65 1 Mile Walk State record, 10:51.8

Below: W60s Gillian Young, Christine Oldfield, Jackie Halberg and Peggy MacIver ran 26:47.3. State and Aus inaugural (and 23 seconds faster than the W55 AR) + potential WR.



## Cliff Bould Trophy

October 28, 2007

ONLY partial results of this event were published in the December Vetrin. Some of the 5.2K Walk was omitted, and all of the 10.4K Run. I know that many members keep the magazine so as to make comparisons of performance from year to year. So, better late than never, here are the missing names and performances. VW



Alan Pomery

## 5.2K WALK

Alan Pomery	M75	52:45	6:18
Lynne Schickert	W65	53:07	14:42
Kirt Johnson	M75	53:26	10:00
Dorothy Whittam	W70	53:32	7:12
Jeff Whittam	M70	53:33	12:12
Victor Ratana	M70	53:54	11:36
Pat Hopkins	W65	54:42	10:00
Pat Ainsworth	W70	55:30	8:24
Ann Turner	W70	55:32	8:12
Merv Moyle	M80	61:30	0:00
Leo Hassam	M75	61:31	2:48

## 10.4K RUN

			H'cap
Michele Froudust	W45	64:12	3:00
Christine Oldfield	W60	65:02	2:36
Peter March	M45	69:35	24:06
John Ellard	M65	71:08	15:24
Graham Ainsworth	M50	71:44	14:48
Katy Bannister	W40	71:45	15:18
Terry Manford	M65	71:56	16:18
Paula Karra	W35	72:00	26:30
Ralph Henderson	M55	72:06	Nh
Bruce Mathieson	M60	72:09	Nh
Maurice Creagh	M60	72:29	21:24
Rhod Wright	M55	72:31	10:00
Patrick Smith	M40	72:55	31:36
John Bell	M60	73:04	22:30
V3		73:07	Nh
David Carr	M75	73:34	23:06
Ian Cottin	M40	73:44	Nh
Bob Schickert	M65	73:46	25:06
John Dance	M55	73:49	11:36
Sean Keane	M40	73:51	22:48
Karen March	W45	73:54	24:06
Brett Roach	M35	73:55	34:48
Syd Beer	M60	73:57	27:24
Gary McLean	M40	73:59	29:54
Nick Miletic	M55	74:00	19:36
Jim Barnes	M60	74:03	19:36
Irwin Barrett-Lennard	M75	74:06	21:18
Duncan McAuley	M55	74:14	27:06
Gillian Young	W60	74:17	22:48
Carol Bowman	W50	74:24	19:30
Michael Faunge	M65	74:25	Nh
John Pentecost	M45	74:26	29:48
John Talbot	M60	74:28	11:42
Fiona McAuley	W55	74:33	11:00
Doug Ashfield	M50	74:35	28:24
Jackie Halberg	W60	74:44	18:30



*Directors: Denise & Pierre Viala*

WE had a lovely morning for running, warm about 20 degrees with a good breeze. The long run was about 200 metre short, however next year we will correct that. It might be worth mentioning, that people wishing to use i-pods whilst on the course, please ensure you can hear the marshall's instructions as your safety is paramount.

A huge thankyou to my wonderful helpers - you are legends, Margaret & Brian, Dalton, Shorty & Ann, Julie & Johan, Kurt, Brian & Pam, Pat, Lorraine, Pat & Norm and last but not least Pierre, who did a marvellous job of marking out the course. See you next year,

*Denise*

## 10K RUN

V2		36:02
Peter Sullivan	M45	37:23
Bjorn Dybdahl	M50	39:23
John Pentecost	M45	39:35
Jim Klinge	M60	41:29
Mark Dawson	M45	42:00
Darryl White	M45	43:14
Syd Parke	M55	44:06
Neil McRae	M55	44:11
David Baird	M60	44:16
Peter March	M45	45:12
Gillian Young	W60	45:39
Michael Karra	M40	45:53
Garry Ogden	M45	46:02
Bob Schickert	M65	46:47
Ivan Pilton	M60	47:24
Ivan Lazarus	M55	47:26
Bruce Mathieson	M60	48:01
Wayne Taylor	M45	48:24
Gary Fisher	M55	48:27
Vic Waters	M60	48:37
John Mack	M65	49:17
Hamish McGlashan	M70	49:24
Shirley Bell	W55	49:48
Nick Miletic	M55	49:58
Barry Jones	M50	50:28
Bryan Hardy	M60	50:30
Maurice Creagh	M60	51:24
Mike Khan	M60	52:14
John Pellier	M65	52:34
Christine Engels	W50	53:25
Gary McLean	M40	53:26
Roger Walsh	M60	53:35
Terry Manford	M65	53:43
V5		54:11
Paula Karra	W35	55:08
Grace Hollin	W50	55:51
V1		56:18
Michael Faunge	M65	56:24
Teck Lim	M50	56:29
Terry Humphrey	M55	56:53
Barb Humphrey	W55	56:54
John Dance	M55	57:20
John Smith	M70	58:27
Marg Forden	W65	58:34
Merv Jones	M65	59:35
Theresa Howe	W55	59:57
Richard Danks	M65	62:25
Rhod Wright	M55	63:43
Jo Richardson	W55	68:42
Margaret Warren	W70	72:05
Arnold Jenkins	M60	72:41
Sarah Ladwig	W55	72:44
Sheila Maslen	W70	73:37



*Mike Khan - and 'The One that got Away'? (Picture by Frank Smith)*

## 5K RUN

V4		18:59
V6		21:09
Frank Gardiner	M55	21:16
Chris Frampton	M40	21:22
Raymond Gimi	M40	21:35
Ivan Brown	M60	22:17
V7		22:22
Ian Cotton	M40	22:58
John Oldfield	M60	23:14
Margaret Langford	W60	23:48
V3		24:32
Irwin Barrett-Lennard	M75	24:53
Carol Bowman	W50	25:13
Delia Baldock	W45	25:35
Jackie Halberg	W60	27:13
Wendy Clements-Green	W65	27:45
Christine Oldfield	W60	28:19
Bob Sammells	M70	29:17
Berni Scott	W45	29:38
Stan Lockwood	M75	30:07
Mike Rhodes	M60	30:27
Pam Toohey	W60	32:23
Jan Jarvis	W60	33:59
Elaine Dance	W55	34:15
Steve Toohey	M55	35:02
Joan Pellier	W65	35:42
John Talbot	M60	35:45
Mary Heppell	W70	37:33
Keith Forden	M65	38:23
Toni Frank	W60	40:53

## 10K WALK

Michele Mison	W60	65:46
Val Millard	W60	66:02
Lynne Schickert	W65	74:02
Ray Hall	M70	74:09
John Carrington	M70	76:06
Jeff Whittam	M70	82:18
Peter Hopper	M60	82:19

## 5K WALK

Jeni Shillington	W50	39:57
Victor Ratana	M70	40:18
Jennie Lee	W50	41:40
Dorothy Whittam	W70	41:55
Patricia Hopkins	W65	43:54



*Frank Gardiner pursued two fast youngsters to be first clubman home in the 5K event. (Picture: Frank Smith)*

Brian Martus	M70	47:06
Phyllis Farrell	W60	47:09
Lorna Lauchlan	W75	47:10
Sylvia Szabo	W70	47:17
Maggie Flanders	W70	47:20
Brigitte Sieger	W55	48:19



10.9K winner Fayaz Jamal

#### 10.9K RUN

Fayaz Jamal	M50	44:52
Jim Klinge	M60	47:04
Brian Bennett	M60	48:54
Neil McRae	M55	49:12
Peter March	M45	49:55
David Baird	M60	50:06
Garry Ogden	M45	50:37
Gillian Young	W60	50:41
Karen March	W45	51:12
Mike Hale	M60	51:57
Ivan Brown	M60	52:33
Bob Schickert	M65	53:11
Keith Atkinson	M50	53:31
Johan Hagedoorn	M60	53:34
Ivan Pilton	M65	55:25
John Doust	W70	55:47
Wayne Taylor	M45	55:55
Bryan Hardy	M60	55:57
Hamish McGlashan	M70	56:46
Barry Jones	M50	56:53
Irwin Barrett-Lennard	M75	57:05
Sean Keane	M40	57:12
Jeanette Tiverous	W50	57:42
Maurice Creagh	M60	58:57
Shirley Bell	W55	62:27

*Among the starters, shaking the sand from their shoes and neatly avoiding the snapper.*



## Point Walter

Director: Dave Roberts

January 20, 2008

**SOMETHING** new this year - a beach start to accommodate our photographer. Strong headwinds going out but at least it was cool after the hot days during the week.

It's been a long time since I have sat recording at the end of the finishing chute and I was impressed by the fast finishing Paul Burke (1st in 6.2k), Fayaz Jamal (1st in 10.9k) and Jim Klinge (2nd in 10.9k) and of course our first three women runners and walkers in both races.

Vic Waters surprised us, starting a minute late after doing the photography and still finishing second in the 6.2k race.

But what impressed me most was the friendly manner of all the runners and walkers. Thank you to all my helpers who make this race a smooth operation: Robin King, Paul Hughes, Paul Martin, Gary Fisher, David Muir, Bob Sheehy, Maree Creighton and Helen Lysaght.

*David Roberts*

John Ellard	M65	62:27
Roger Walsh	M60	62:33
Terry Humphrey	M55	63:01
John Smith	M70	63:57
Barb Humphrey	W55	64:31
Rhod Wright	M55	68:12
Berni Scott	W45	68:53
Tanya Burke	W35	69:57
Denise Viala	W55	75:11
Jo Richardson	W55	78:34

#### 6.2K RUN

Paul Burke	M35	24:29
Vic Waters	M60	28:31
Nick Miletic	M55	30:30
Carol Bowman	W50	30:49
John Brambley	M65	31:09
Delia Baldock	W45	31:21
Peggy Macliver	W60	32:58



*Gillian Young continued her great form, as first woman home in the long run.*

Graham Ainsworth	M50	33:03
Michael Faunge	M65	33:20
Bob Sammells	M70	35:08
John Dance	M55	35:09
Damien Hanson	M50	35:31
Jeff Spencer	M65	35:44
Arnold Jenkins	M60	35:45
Merv Jones	M65	36:36
Mike Rhodes	M60	37:09
John Talbot	M60	37:32
Brian Hunter	M60	37:40
Peter Hopper	M60	38:26
Sarah Ladwig	W55	40:04
Margaret Warren	W70	42:30
Sheila Maslen	W70	43:09
Kathy Burr	W65	44:15
Ray Lawrence	M75	44:37
Ron Spencer	M65	57:39

#### 6.2K WALK

Michele Mison	W60	38:45
Val Millard	W60	40:44
Ray Hall	M70	43:20
Lynne Schickert	W65	44:44
John Carrington	M70	44:45
Jeff Whittam	M70	49:00
Kirt Johnson	M75	50:50
Jennie Lee	W50	51:17
Dorothy Whittam	W70	51:47
Patricia Hopkins	W65	53:33
Victor Ratana	M70	53:37
Lorraine Lopes	W65	53:57
Beryle Doust	W55	54:15
Brian Martus	M70	55:04
Pat Ainsworth	W70	55:47
Sue Wells	W55	55:48
Ann Turner	W70	55:51
Phyllis Farrell	W60	56:14
Maggie Flanders	W70	56:34
Brigitte Sieger	W55	56:59
Pat Miller	W65	58:58
Mary Heppell	W70	62:27
Shorty Turner	M70	73:14



# MASTERS ATHLETICS WA STATE CHAMPIONSHIPS

March 2008  
at Ern Clark Athletic Centre (Coker Park)  
Wharf Street, Cannington

Competition takes place on the four dates in March shown below. In addition the Steeplechase is on Sunday 17 February at Perry Lakes and the 5000m walk is on Wednesday 12 March at Coker Park. The latter two competitions are in conjunction with AWA competitions and should be entered directly with AWA

**TIMES SHOWN ARE LAST YEAR'S PROGRAMME.** *Actual times will depend on number of entries received*

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

## Thursday March 6

7.00pm 10,000m

## Saturday March 8

8.00am Women Pentathlon  
8.45am Men Pentathlon

## Saturday March 15

### TRACK

12.00pm 1500m  
12.45pm 100m  
2.00pm 400m  
2.50pm 3000m walk  
3.15pm 80/100/110m Hurdles

### FIELD

8.00am Weight Pentathlon  
12.00pm High Jump  
12.00pm Long Jump  
12.00pm Javelin  
12.30pm Hammer

## Sunday March 16

### TRACK

8.00am 5000m  
9.30am 200m  
10.15am 1500m walk  
10.35am 800m  
11.15am 300/400m Hurdles  
11.40am 60m

### FIELD

8.00am Discus  
8.00am Shot  
8.00am Triple Jump  
8.00am 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 xmas 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 – 6 March, 2008.

### 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 (\$10). 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 - 9293 0190  
vetrunners@optusnet.com.au

Bob Schickert 9330 3803  
rschicke@bigpond.net.au

MAWA website: [www.mastersathleticswa.org](http://www.mastersathleticswa.org)

*Please retain this sheet for reference.*

# COMING EVENTS and helpers list

## TRACK AND FIELD

Tuesdays, 6pm  
UWA, McGillivray  
Thursdays, 6pm  
Coker Park

### MARCH 2

Kalamunda Railway  
Directors: Bert & Bridget  
Carse - 9293 4934  
Ian Davies, Peter Jackson,  
Bob & Liz Neville, Leslie  
Romeo, Graham Thornton,  
Sheila Walsh

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### MARCH 9

Teddy Birds  
Director: David Muir -  
9330 9794  
Ray Attwell, Tessa Brockwell,  
Mike Hale, Leo Hassam, Pat  
Hopkins, Michael Harvey,  
Teck Lim, Victor Ratana,  
Genevieve Spiro, Wayne  
Taylor, Janet & Mike Walter

### MARCH 23

Piney Lakes  
Director: John Smith -  
9310 1647  
Alison Aldrich, David  
Charlton, John Frost, Eldon  
George, Brian Hunter, Alan  
James, Jenni Lee, Jeff &  
Wendy Spencer

### MARCH 30

Membership  
Director: Brian Danby -  
9247 2326  
Kathy Burr, David Busher,  
Don Caplin, Sue Danby,  
Wendy Duncan, Barb &  
Terry Humphrey, Ivan  
Lazarus, Lachlan Marr,  
Simon Mort, Peter & Sue  
Sanders, Jane Stanbrook

### COURSE INFO

See page 3

PRINT POST APPROVED

644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904



**SURFACE  
MAIL**

**POSTAGE PAID  
AUSTRALIA**

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters  
Ph/fax: 9245 3169  
email:  
vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA  
11A Dandenong Rd  
Attadale WA 6156

For club uniform  
clothes, call:  
Patricia Hopkins  
9446 4452

### Website:

[www.mastersathleticswa.org](http://www.mastersathleticswa.org)

### email:

[enquiries@mastersathleticswa.org](mailto:enquiries@mastersathleticswa.org)



### President:

Ivan Brown

### Patron:

Bill Hughes



# Vetrin

The magazine of Masters Athletics WA

MARCH  
2008  
No. 408



## Inside...

News, birthdays, All about Handicaps	P2
Age Graded Handicaps	P3
Friendship Event	P4
Lake Monger	P5
McCallum Lakes T&F round-up	P6
2007-08 Programme	P7
Helpers for Coming Events	P8

## CALLING VETRIN?

NEW number, to call me for Vetrin matters only, is 9341 3464. Please call between 10am - 4pm, weekdays. All other Masters business is best dealt with by committee members, whose numbers are on your race programme. Thanks,

*Vic Waters*

## TRACK HANDICAP 20th ANNIVERSARY

JOIN us in celebrating the 20th 10km track handicap. All 20 events have been organised by Dorothy & Jeff Whittam.

Mark the date on your Calendar - Thursday 24th April at 7pm.

Entry forms are available at State Champs, Sunday morning events and in this Vetrin. Entries close 20th April. Send form to Jeff Whittam, 49 Holland St, Wembley 6014 - Ph: 9387 6438

*Barrie Thomsett*

## More records fall in 1500m deja vu

THERE it was again - same atmosphere, same heat, similar support and camaraderie and wonderful assistance from all those who gave their time to man the gun, watches, clock, changeover umpiring. Another record-breaking night of 4x1500m relays was a magnificent prelude to the AMA National Relay Championships a week later.

John Oldfield reports: Resulting performances turned out four pending world records and six Australian records. All nine teams hit new WA State marks. I shall investigate whether this is also a statistic for the Guinness Book of Records.

Has there ever been another single meet where 19 new records were set?

Age groups ranged from 35 up to the magnificent septuagenarians. Please note - David Carr ran twice on the night!

### World Records

All are tbc and also WA and Aus records.

M75 - Cecil Walkley, David Carr, Ken Whistler, Bob Hayres: 34:17.0

(inaugural record - tbc)

M60 - Jim Klinge, Jim Langford, John Oldfield, Bruce Wilson: 21:48.4

(previous - tbc - 22:26.1)

W45 - Karen March, Gillian Young, Karyn-Sue Gower, Robin King: 24:32.0

(previous - tbc - 25:00.9)

M35 - Chris Neale, Paul Burke, Eldon George, Brett Roach: 20:11.9

(inaugural record - tbc)

### Australian Records

M65 - Bob Schickert, Bert Carse, Dave Roberts, David Carr: 22:15.3

(previous - 22:26.1)

W35 - Toni Phillips, Saskia Letham, Carol Bowman, Liz Neville: 25:01.1

(previous - tbc - 29:07.1)

### WA State Records

(all inaugural - tbc)

M50 - Alan Gower, Bjorn Dybdahl, David Baird, Campbell Till: 20:40.0

M40 - John Collier, Ross Keane, Rob Macbeth, David Solomon: 22:12.4

M55 - Nick Miletic, Duncan McAuley, Maurice Creagh, Frank Gardiner: 23:38.9

## President's Message



*Ivan Brown*

THIS month we say adieu to John and Christine Oldfield who have made such a great contribution to our Club during the Track and Field season. They will return from the UK next summer.

I will not continue as President next year as I firmly believe there are others who deserve the honour of serving this Club by taking a turn on the Club executive committee. A full report on the year's activities will be circulated at the AGM.

I wish all the best for people in our State Championships and those going to the nationals. There are quite a number of members getting close to PB form and I know that only comes with real effort and dedication.

*Ivan Brown*

## AGM REMINDER

IT'S on MONDAY APRIL 14, at the Hockey club rooms, Perry Lakes. Please be there, vote, take part, have your say on everything! The agenda will be in Vetrin, early April.

events is also included - see page 7.

The confirmed programme will appear after our AGM on April 14.

### ENTRY FORM - 20TH 10KM TRACK HANDICAP

24th April 2008, 7pm - McGillvray sportsground (under lights.)

Entry Fee - \$3 with entry form.

Name ..... Age Group.....

Best 10km time in past Year (newcomers only) .....

### CLUB FEES - DUE APRIL 1

THERE'S NO increase in fees for 2008/9; MAWA value for money is hard to beat.

A membership form is included with this Vetrin. To help you select which Sunday meetings you can help with a PROPOSED programme of

## COMING EVENTS DESCRIPTIONS

### APRIL 6

#### REABOLD HILL

From car park at southern end of Perry Lakes drive follow trails, Camel Lake, Zamia, Pine Walk and Possum Walk either once or twice around. This is a very hilly course. Walk use the 2k Perry Lakes circuit.

### APRIL 13

#### PAGODA

Up river from Burswood Park to 5k event turn after going under bridge. Back to Burswood then towards Narrows Bridge and return.

### APRIL 20

#### WOODMAN POINT

From picnic area course is north to Coogee Beach car park and return, then south to turn after crossing Nyerbup Circuit (take care as this is the access road to picnic area). One lap 5k.

### APRIL 24

#### (THURSDAY 7PM) TRACK HANDICAP

25 laps of UWA Sports 400m grass track. To be eligible for trophy you must enter before closing date. Contact Dorothy or Jeff Whittam 9387 6438. BYO BBQ follows event.

### APRIL 27

#### 3P'S

From Pt Walter along river side path for either 4k or 8k and return. Short run turn just before Tompkins Park. Long run turn at Waylen Bay just past tennis club.

## EAST PERTH Handicap WALK

### January 6

Michele Mison	W60	47:54	22:36	70:30
Victor Ratana	M70	55:40	15:48	71:28
Lynne Schickert	W65	52:38	18:54	71:32
Jeni Shillington	W50	58:00	14:00	72:00
Debbie Wolfenden	W40	63:25	9:24	72:49
Ray Hall	M70	52:01	21:00	73:01
Ann Turner	W70	63:25	9:42	73:08
Lorraine Lopes	W65	55:03	18:12	73:15
Jeff Whittam	M70	57:27	16:00	73:27
Mike Rhodes	M60	49:41	27:00	76:41
John Carrington	M70	52:01	n/h	n/h
John Talbot	M60	61:44	n/h	

**BARRIE** Thomsett, writing to Vetrun last month, suggested a timing change for Sunday runs. With excessive heat affecting our T&F meets, is it time to consider a change here also? Three possible options were considered by the committee before we had experience of daylight saving. The committee made no change for 2007/8, but we now have the chance to learn from this season's meetings.

### NEW MEMBERS – Welcome!

761	Rob MacBeth	M50
762	Mark Hewitt	M55
763	Neil Osborne	M50
764	Stephen Blake	M45
765	Niamh Keane	W40

### T&F times change?

The options are to stay at a 6pm start, change to 6.30, or 7pm.

I'll bring this up at the March committee meeting, and would welcome feedback from anyone who has a view. Please let me know.

*John Oldfield*

### THANKS, RICHARD

A BIG thank you goes to Richard Harris who is retiring after many years as director of the Bibra Lake event. During his tenure it has grown in stature, drawing wide participation from competitors of all ages as a shared run/walk with the local council. It's our most successful joint venture, and that is entirely due to the organisational abilities of Richard, and the enthusiastic support of his regular band of club helpers.

### Athletics WA

PATRICK Smith has again accepted the position of contact person. His contacts are (ph) 041 892 1848; smithp@iinet.net.au

*Thanks Patrick.*

OFFICIALS get a lot of satisfaction from assisting others compete and there's great team spirit within the Athletics WA participants, many of whom are MAWA members.

Christine and John Oldfield recently qualified as track B officials and Lynne and Bob Schickert qualified as Out of Stadia C. Congratulations to

## ALL ABOUT HANDICAP TIMES

**HANDICAPS are simple. The faster you run, the bigger your handicap.**

Before each handicap race the computer calculates the average of the three best runs/walks performances by each club member over the past 6 months. Your handicap is then adjusted, using a formula to calculate the handicap times for the particular race distance and difficulty.

To be eligible for a trophy at a handicap event the club member must have completed at least three Sunday events in the discipline in the last six months.

### Flaws?

Yes, the system can be flawed.

If the course distances are wrong, the equivalent time will be wrong and that will affect the calculated handicaps. That's why I am trying to have ALL distances measured to ensure they are accurate.

Also, if results printed in Vetrun are inaccurate, the error will be reflected in your handicap. So members should always let me know - by email if possible - of any error in the printed results (biometals56@hotmail.com).

It's difficult to fix errors just before a run, so if Vetrun results are incorrect for you please send an email as soon as possible, so that I can trace any error and adjust.

### Handicap Trophy

For the 2007 - 2008 trophy there are seven road runs and one track handicap event. A competitor scores points for his/her finishing position in each event. Anyone not running scores 1+ 'last place'.

At the end of the season the two slowest results for each runner are eliminated. This is so helpers at handicap events are not disadvantaged in winning the trophy because they have not been able to compete. The person with the lowest total wins the trophy.

*Mike Rhodes*

*MAWA Handicapper*

## Happy Birthday March Members!



*Mike  
Faunge*

Adrian	Kris	W35
Ainsworth	Pat	W70
Baird	David	M65
Bate	Melinda	W40
Blurton	Barbara	W55
Bocian	Donna	W45
Bowen	Jeff	M65
Brambley	John	M65
Busher	David	M50
Caplin	Don	M65
Carlton	Gary	M50
Carroll	Ed	M65
Dawson	Mark	M45
Ehlers	Chris	M45
Ellard	Elaine	W65
Faunge	Mike	M70
Gimi	Raymond	M40
Glass	Byrony	W30
Greenhalgh	Rob	M55
Hanretty	Mick	M45
James	Alan	M55

Johnson	Kirt	M75
Karra	Paula	W35
Keane	Sean	M40
Kernaghan	Barrie	M65
Lauchlan	Lorna	M75
Lim	Teck	M50
Loly	Mitch	M65
Macliver	Peggy	W60
McAuley	Fiona	W55
McRae	Neil	M55
Miletic	Nick	M55
Morkel	Andre	M40
Neale	Chris	M35
Phillips	Toni	W35
Sander	Leon	M70
Sanders	Peter	M60
Scott	Berni	W45
Shand	Rob	M75
Smith	Frank	M65
Spencer	Wendy	W60
Stanbrook	Jane	W40
Stockman	Sandra	W40
Stone	Jo	W60
Watkins	Martin	M60
Wickham	Ross	M40
Woods	Peter	M45





## Age Graded Handicaps

McCALLUM PARK

January 27, 2008

Directors:

Gillian Young & Mark Sivyler

WITH yet another hot day predicted we were pleased with the early start daylight saving provided.

It would have also helped with the big clean-up after the Australia Day fireworks the night before. It was all done before our arrival. Only one reveler was sleeping it off in Burswood Park and he didn't even stir as everyone raced past.

As with most handicap events, competition was a little higher than in standard Sunday races and it was one of those occasions when people are happy to

admit how old they are - in fact, the older the better! Well done to all competitors especially Jim Langford who was first runner home, again and Michelle Mison first in the 8km walk.

A big thank you to all our helpers who make everything run smoothly - Sue, Maurice, Stephen, Leo, Dwayne, Duncan, Fiona, Jo, Jenni and Rhod.

Gillian and Mark



Ray Lawrence, above, was senior starter in the 8Km.

### 8K H/CP RUN

Name	Exact Age	Handicap	Time
Jim Langford	M63	40:02:00 7:03	32:59
Bert Carse	M66	40:13:00 6:12	34:01
Peter Sullivan	M49	40:20:00 10:10	30:10
Brett Roach	M38	40:29:00 12:00	28:29
Bjorn Dybdahl	M54	40:33:00 10:42	29:51
Jim Klinge	M61	41:39:00 7:35	34:04
Gillian Young	W60	41:42:00 3:57	37:45
John Pentecost	M49	41:59:00 10:10	31:49
Margaret Langford	W61	42:15:00 3:36	38:39
Bob Schickert	M66	42:20:00 6:12	36:08
David Baird	M64	42:34:00 6:47	35:47
Irwin Barrett-Lennard	M78	42:46:00 1:32	41:14
Bernard Mangan	M53	43:04:00 10:42	32:22
John Allen	M50	43:10:00 9:59	33:11
David Muir	M63	43:10:00 7:03	36:07
Brian Bennett	M60	43:23:00 7:50	35:33
David Willmer	M53	43:30:00 10:42	32:48
Gary McLean	M44	43:33:00 11:03	32:30
Ivan Brown	M63	43:50:00 7:03	36:47
Mike Hale	M60	43:58:00 7:50	36:08
Ivan Pilton	M65	44:08:00 6:30	37:38
Karen March	W46	44:19:00 7:45	36:34
Brian Danby	M59	44:29:00 8:04	36:25
Bruce Mathieson	M63	44:50:00 7:03	37:47
Shirley Bell	W59	44:51:00 4:16	40:35
Mark Dawson	M46	44:54:00 10:42	34:12
Hamish McGlashan	M70	44:55:00 4:55	40:00
Johan Hagedoorn	M64	45:05:00 6:47	38:18
Martin Watkins	M60	45:09:00 7:50	37:19
John Oldfield	M64	45:28:00 6:47	38:41
John Cresp	M56	45:34:00 8:45	36:49
Garry Ogden	M49	45:44:00 10:10	35:34
Gary Fisher	M55	46:07:00 8:59	37:08
Peter March	M48	46:12:00 10:21	35:51
Bryan Hardy	M64	46:46:00 6:47	39:59
Keith Atkinson	M51	47:03:00 9:47	37:16
Eldon George	M38	47:18:00 12:00	35:18
Paul Martin	M66	47:52:00 6:12	41:40
Nick Miletic	M56	48:25:00 8:45	39:40
John Pellier	M68	48:26:00 5:34	42:52
Neil McRae	M55	48:28:00 8:59	39:29
Carol Bowman	W53	48:54:00 6:01	42:53
Wendy Clements-Green	W65	48:56:00 2:10	46:46
Mike Khan	M63	49:23:00 7:03	42:20
Ian Cotton	M43	49:25:00 11:13	38:12
Vic Waters	M63	49:25:00 7:03	42:22
Barry Jones	M50	49:34:00 9:59	39:35
Michele Froudust	W49	49:38:00 7:02	42:36
John Brambley	M65	49:56:00 6:30	43:26

Clockwise, foreground: Hamish McGlashan and Denise Viala; Bob Schickert, Bert Carse; Kathy Burr; David Baird, Johan Hagedoorn, Bryan Hardy.



Below, Irene Ferris starts, John Pellier waits.

Bob Sammells	M71	50:13:00 4:33	45:40
John Ellard	M66	50:15:00 6:12	44:03
Christine Engels	W51	50:21:00 6:33	43:48
Terry Humphrey	M56	51:21:00 8:45	42:36
John Smith	M72	51:50:00 4:10	47:40
Michael Faunge	M69	52:47:00 5:15	47:32
Jeff Spencer	M66	53:14:00 6:12	47:02
John Dance	M58	55:14:00 8:18	46:56
Irene Ferris	W55	55:45:00 5:28	50:17
Richard Danks	M65	56:43:00 6:30	50:13
Pam Toohey	W62	56:44:00 3:16	53:28
Denise Viala	W57	57:11:00 4:53	52:18
Margaret Warren	W72	57:54:00 0:00	57:54
Arnold Jenkins	M63	58:20:00 7:03	51:17
Sarah Ladwig	W58	58:27:00 5:35	52:52
Elaine Dance	W56	58:58:00 5:11	53:47
Sheila Maslen	W70	60:56:00 0:00	60:56
Kathy Burr	W68	61:04:00 0:54	60:10
Joan Pellier	W68	61:46:00 0:54	60:52
Ray Lawrence	M79	61:57:00 1:02	60:55
Mike Rhodes	M62	62:49:00 7:19	55:30
Shorty Turner	M72	68:27:00 4:10	64:17
Steve Toohey	M58	68:29:00 8:18	60:11



## Age Graded Handicaps (cont.)



Walkers Ray Hall, above, and Mitch Loly, below, with his younger son.



### 5K H/Cp WALK

Michele Mison	W60	34:53:00	3:03	31:50
Val Millard	W61	36:39:00	2:46	33:53
Lorraine Lopes	W68	37:36:00	0:40	36:56
Lynne Schickert	W66	37:37:00	1:19	36:18
Ray Hall	M74	37:56:00	2:20	35:36
Dorothy Whittam	W71	41:43:00	0:00	41:43
Roger Walsh	M64	42:05:00	5:05	37:00
Kirt Johnson	M78	42:18:00	0:57	41:21
Lorna Lauchlan	W77	42:42:00	0:00	42:42
Jeff Whittam	M73	42:55:00	2:38	40:17
Pat Ainsworth	W71	43:12:00	0:00	43:12
Patricia Hopkins	W65	43:26:00	1:39	41:47
Ann Turner	W72	43:46:00	0:00	43:46
Alan Pomery	M76	46:06:00	1:40	44:26
Rosa Wallis	W64	46:49:00	1:56	44:53
Debbie Wolfenden	W44	48:23:00	6:29	41:54
John Carrington	M73	49:48:00	2:38	47:10
Melinda Bate	W40	50:57:00	7:10	43:47
Mitch Loly	M67	54:17:00	4:21	49:56
Dalton Moffett	M77	55:15:00	1:18	53:57
George Schaefer	M75	55:16:00	2:00	53:16

### 5K RUN

Raymond Gimi	M40	30:08:00
Christine Oldfield	W60	34:51:00

## Friendship Run

KINGS PARK

February 3, 2008

Director: Jim Barnes

ENTRANT numbers were down on last year and most runners times were slower. Humidity and little assistance apart from a little cool breeze on the west side of Kings Park made the going tough. Brett Roach led the field from start to finish, but last year's winning time in the 11km - 37.31 by Ian Thompson - stayed intact.

Some of our older members were pleased to see and chat to Viv Bryant, a regular marathon runner and Vietnam veteran. He has been out with poor health but is back after 15 years.

Many thanks to all the helpers who made things go so smoothly.

*Good running,  
Jim Barnes*



Bjorn Dybdahl with John Allen.

### 5.6K RUN

Bjorn Dybdahl	M50	21:57
Jim Langford	M60	22:05
Paul Hughes	M55	22:23
Paul Burke	M35	23:08
Jim Klinge	M60	23:11
Chris Frampton	M40	23:36
John Collier	M40	24:32
Raymond Gimi	M40	25:20
Ian Cotton	M40	25:32
??	M60	25:50
Gary Fisher	M55	26:59
Neil McRae	M55	27:00
Margaret Langford	W60	27:42
Maurice Creagh	M60	27:44
Bryan Hardy	M60	27:46
Nick Miletic	M55	27:54
Karyn Gower	W45	28:11
Pam Toohey	W60	29:05
John Brambley	M65	29:09
Carol Bowman	W50	29:11
Ray Attwell	M70	29:50
Delia Baldock	W45	29:59
Graham Ainsworth	M50	30:40
Christine Engels	W50	30:55
David Carr	M75	31:18
Michael Faunge	M65	31:28
Bob Sammells	M70	31:37
Sue Bullen	W45	32:14
Leonie Jones	W45	32:15



Paul Hughes in great form: 3rd in Friendship Run, 2nd at Lake Monger, 1st at McCallum Lakes.

Theresa Howe	W55	32:50
Peter Hopper	M60	33:52
Brian Hunter	M60	33:58
Arnold Jenkins	M60	34:03
Jackie Halberg	W60	34:09
Berni Scott	W45	35:04
Sue Bullen	W45	35:33
Sarah Ladwig	W55	37:38
Jan Jarvis	W60	39:20
Jo Richardson	W55	39:36
Ray Lawrence	M75	40:56
Margaret Warren	W70	41:05
Merv Jones	M65	



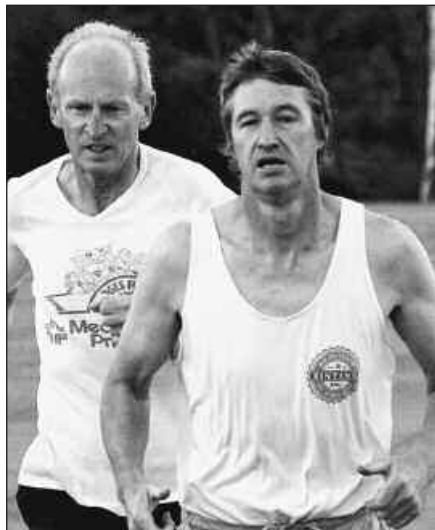
Val Millard leading the walkers again.

### 5.6KM WALK

Val Millard	W60	37:38
Lynne Schickert	W65	41:02
Roger Walsh	M60	41:36
Mike Rhodes	M60	42:52
Beryle Doust	W55	44:38
Lorraine Lopes	W65	44:38
John Frost	M70	45:12
Debbie Wolfenden	W40	46:48
Kirt Johnson	M75	48:46
Jeff Whittam	M70	48:47
Maggie Flanders	W70	53:05
Mary Heppell	W70	53:06
Dorothy Whittam	W70	53:41
Pat Ainsworth	W70	54:32



Ann Turner	W70	54:36
Rosa Wallis	W60	54:55
Phyllis Farrell	W60	54:58
Leo Hassam	M75	55:57
George Schaefer	M75	55:58
Sylvia Szabo	W50	56:57
Shorty Turner	M70	63:07
Pierre Viala	M60	63:35



Alan Gower, 2nd in 11km, pictured on track with Jim Langford.

#### 11KM RUN

Brett Roach	M35	40:14
Alan Gower	M50	41:36
Lachlan Marr	M45	43:35
John Pentecost	M45	44:42
John Allen	M50	46:00
Gary McLean	M40	46:41
David Willmer	M50	46:48
Mark Dawson	M45	48:14
Brian Bennett	M60	49:11
David Baird	M60	49:16
Eldon George	M35	49:21
Neil McRae	M55	50:15
Peter March	M45	50:16
Robin King	W45	51:18
Karen March	W45	51:21
Bruce Mathieson	M60	52:10
Gillian Young	W60	52:24
David Muir	M60	52:36
Mike Hale	M60	53:04
Bob Schickert	M65	53:29
Ivan Pilton	M65	53:32
Liz Neville	W55	54:04
Johan Hagedoorn	M60	54:49
Keith Miller	M55	54:54
??		55:29
Sean Keane	M40	55:56
Barry Jones	M50	56:32
Irwin Barrett-Lennard	M75	57:00
John Bell	M60	58:12
Mark Rosen	M55	59:14
Paula Karra	W35	60:47
Silvio Wirth	M55	61:16
Michele Froudish	W45	61:24
John Ellard	M65	61:26
Mike Khan	M60	63:06
Julie Keeley	W40	64:58
John Smith	M70	66:44
Graham Thornton	M65	67:05
Bob Hayres	M75	68:00
Richard Danks	M65	68:38
Rhod Wright	M55	69:07
Irene Ferris	W55	69:48
Tanya Burke	W35	74:45
Denise Viala	W55	80:02

## Lake Monger Run

February 10, 2008

Race Directors:

David Baird / Jo Richardson

THE one, two or three-lap course gave our 100-plus runners and walkers more choice (or temptation!). Race conditions were good with a slight wind assistance on the home run, and plenty of shady trees to rest up and enjoy the company after the run. A special thank you to the helpers on the day.

David & Jo



Ray Gimi, coming back to form, 2nd in 3.5km.

#### 3.5KM RUN

Ian Cotton	M40	14:26
Raymond Gimi	M40	14:59
V7		15:38
John Oldfield	M60	15:40
Margaret Saunders	W50	15:42
Leonie Jones	W45	17:26
John Dennehy	M45	17:29
Wendy Clements-Green	W65	18:48
Marg Forden	W65	19:06
Bob Sammells	M70	19:38
Merv Jones	M65	19:48
Peter Hopper	M60	20:01
Denise Viala	W55	22:34
Joan Pellier	W65	24:08
Gordon Medcalf	M75	30:02

#### 7K RUN

Bjorn Dybdahl	M50	27:20
Paul Hughes	M55	27:23
Chris Frampton	M40	28:47
Bernard Mangan	M50	28:50
Jim Langford	M60	29:06
Ralph Henderson	M55	29:23
Bob Lane	M60	29:27
V2		29:30
Amanda Walker	W40	29:32
Frank Gardiner	M55	30:21
Neale Osborne	M50	30:39
Gary Fisher	M55	32:33
Ivan Brown	M60	33:39
Bryan Hardy	M60	33:46
Barry Jones	M50	33:53
Margaret Langford	W60	34:12
Mark Hewitt	M55	35:10
David Carr	M75	36:01
Ray Attwell	M70	36:08
Michele Froudish	W45	37:28
Terry Manford	M65	37:47
Sue Bullen	W45	38:34
V5		39:01

Di Jones	W55	39:10
Michael Faunge	M65	39:28
Arnold Jenkins	M60	41:35
Sarah Ladwig	W55	42:56
Mike Rhodes	M60	44:32
V4	V4	49:03
Ray Lawrence	M75	50:20
Julie Wood	W55	50:52
Margaret Bennett	W65	52:01

#### 10.5K RUN

Brett Roach	M35	37:34
Peter Sullivan	M45	39:02
Lachlan Marr	M45	40:38
Fayaz Jamal	M50	42:20
Chris Maher	M50	42:22
John Pentecost	M45	42:29
John Allen	M50	43:16
David Willmer	M50	44:57
Neil McRae	M55	45:47
Peter March	M45	45:49
V3	V3	45:59
Brian Bennett	M60	46:02
Eldon George	M35	46:55
Mike Hale	M60	47:09
Wayne Taylor	M45	47:40
Karen March	W45	47:43
V1	V1	48:21
Tessa Brockwell	W50	48:48
Brian Danby	M55	48:59
Gillian Young	W60	49:13
Ivan Pilton	M65	49:29
Johan Hagedoorn	M60	49:32
Bob Schickert	M65	50:52
Hamish McGlashan	M70	51:47
Irwin Barrett-Lennard	M75	51:53
Maurice Creagh	M60	51:55
Sean Keane	M40	52:00
John Pellier	M65	53:13
Carol Bowman	W50	56:17
Terry Humphrey	M55	59:27
Barb Humphrey	W55	59:46
Richard Danks	M65	59:51
Theresa Howe	W55	61:46
Christine Oldfield	W60	62:04
Tanya Burke	W35	62:28
John Smith	M70	63:59

#### 3.5K WALK

Michele Mison	W60	22:44
John Frost	M70	26:46
Brian Martus	M70	28:54
Alan Pomery	M75	30:12
Debra Mayrhofer	W50	31:44
Maggie Flanders	W70	32:03
Graham Thornton	M65	32:36
Noela Medcalf	W70	33:22
Leo Hassam	M75	33:29

#### 7K WALK

Lorraine Lopes	W65	49:33
Roger Walsh	M60	50:59
Jeff Whittam	M70	55:50
Kirt Johnson	M75	57:08
Patricia Hopkins	W65	57:26
Dorothy Whittam	W70	58:50
Debbie Wolfenden	W40	59:04
Ann Turner	W70	59:48
Linda Rhodes	W60	65:40
Phyllis Farrell	W60	65:45
Sheila Maslen	W70	65:47
Sylvia Szabo	W50	67:06
Shorty Turner	M70	73:36

#### 10.5K WALK

Val Millard	W60	67:49
Lynne Schickert	W65	77:41
Ray Hall	M70	79:25

# McCallum Lakes

17 February, 2008

Director: Sue Bullen



**FIRST-up**, a big thank-you to race officials Keith Atkinson, Duncan & Fiona McAuley, Ron Sutton, John Talbot, Blakeney Tindall, and Mike Polkinghorne who all arrived on time with a genuine desire to help out.

Special thanks must also go to Joan and John Pellier who flagged the course for me because they know that I am scared of the dark! They did an excellent job. Thanks also to those competitors who took time out to pass on positive feedback about the course marking. Finally, thanks to the many runners who

offered to help out even though they were not rostered for this run. Members like Jackie Halberg and Joan Pellier keep our club together.

I look forward to seeing you all again next year.

Sue Bullen

## 4.2K RUN

Paul Hughes	M55	16:02
Jim Klinge	M60	16:18
Dave Roberts	M65	16:46
Brian Bennett	M60	17:41
Raymond Gimi	M40	15:57 ????
Colin Smith	M45	18:56
Margaret Saunders	W50	19:29
Maurice Creagh	M60	19:42
Hamish McGlashan	M70	20:51
Carol Bowman	W50	20:52
Leonie Jones	W45	21:13
V3		21:50
Roger Walsh	M60	22:17
Arnold Jenkins	M60	22:42
Merv Jones	M65	23:51
Jeff Spencer	M65	23:51
Christine Oldfield	W60	24:40
Mike Rhodes	M60	25:37
Jan Jarvis	W60	27:15
Aldo Giacomini	M70	27:36
Ray Lawrence	M75	30:53
Sheila Maslen	W70	32:31
Toni Frank	W60	33:02

Wayne Taylor	M45	39:01
Ivan Brown	M60	39:05
Gary Fisher	M55	39:15
Bruce Mathieson	M60	39:21
Johan Hagedoorn	M60	39:38
Barry Jones	M50	40:26
Ivan Pilton	M65	40:27
Irwin Barrett-Lennard	M75	40:43
Nick Miletic	M55	40:45
Bryan Hardy	M60	40:59
Sean Keane	M40	41:40
Shirley Bell	W55	41:57
Mark Hewitt	M55	42:44
Paula Karra	W35	42:44
V1		43:08
Richard Blurton	M55	43:23
John Oldfield	M60	43:23
Graham Ainsworth	M50	44:04
Mike Khan	M60	44:15
Michele Froudust	W45	44:45
Terry Manford	M65	44:47
John Ellard	M65	45:08
Theresa Howe	W55	47:12
Michael Faunge	M65	47:53
John Dance	M55	47:55
Di Jones	W55	48:10
Richard Danks	M65	50:40
Tanya Burke	W35	51:21
Sarah Ladwig	W55	51:42
Denise Viala	W55	57:53
Pam Toohey	W60	59:46
Julie Wood	W55	59:47
Jo Richardson	W55	60:53
V5		61:19
Margaret Bennett	W65	63:31

## 4.2K WALK

Lesley Romeo	W60	30:43
John Frost	M70	31:53
Jeff Whittam	M70	33:11
Jeni Shillington	W50	33:16
Victor Ratana	M70	34:25
Kirt Johnson	M75	34:25
Patricia Hopkins	W65	35:12
Dorothy Whittam	W70	36:31
Lorna Lauchlan	W75	36:31
Leo Hassam	M75	41:01
Sylvia Szabo	W50	42:26
V4		42:27
Linda Rhodes	W60	43:10
Mary Heppell	W70	43:10
Elaine Ellard	W65	43:42
Merv Moyle	M80	47:40

## 8.4K WALK

Val Millard	W60	52:56
Ray Hall	M70	59:34
Lorraine Lopes	W65	67:40
Beryle Doust	W55	67:41



Lachlan Marr, 8.4km winner

## 8.4K RUN

Lachlan Marr	M45	32:27
V2		33:19
Chris Frampton	M40	35:21
Ralph Henderson	M55	35:29
Michael Karra	M40	33:34
David Baird	M60	35:58
Peter March	M45	36:16
Garry Ogden	M45	37:18
Karen March	W45	37:53
Gillian Young	W60	38:22
David Muir	M60	38:30

# T&F ROUND-UP

LONG grass and lack of markings (now rectified) meant several of Raema's record throws could not be submitted. But her javelin throw of February 19th was an Australian record (tbc).



Rae McMillan – new Australian record-setter.

The javelin and discus have been popular with the State Championships looming. And Beverley, Kate and Byrony did a discus relay (more appropriately called a team event) for the AMA relay championships with the impressive total of 78.75m. More impressive still was a catch taken by Randal Humich on the edge of the discus sector as one of Toni's throws went astray!

On the track, sprinters enjoyed some hot conditions but distance runners dropped out like flies as the heat got the better of them. Several runners have achieved PBs in various events; two people particularly worthy of note are Nick Miletic and Peter Kennedy.

On February 5 Nick did a PB in all four events - perhaps the result of a 6kg weight loss - and Peter has twice improved on his 3000m walk time, knocking more than seven minutes off the current state record time. However no judges were present so he must do it all over again in the championships to get his time accepted.

Christine Oldfield

Nick Miletic: two years ago in the Perth Marathon, now 6kg lighter!





# MAWA – 2008-9 PROPOSED PROGRAM

Date	Event - Distance	Venue	Start	Director
2008 4 May	Aquinas 10k/5k	Aquinas College Mt Henry Rd, Salters Point	8.00 H M T	L Marr
11 May	Weir 10k/5k RRC 10k, RWC 5k	Kent St Weir Wilson	8.00 N McRae T	S Keane &
18 May	City Rail 10.7k/7.3k	Bardon Park Bardon Pl Maylands	8.00	L & M Rhodes
25 May	Deepwater Pt 15k/7.5k RWC 7.5k	The Esplanade Mt Pleasant	8.00	M & P Karra
1 Jun	Around 15k/7.5k/5k/wk Herdsmen 15k Walk	Pony Club Jon Sanders Dr	8.00 7.30	J & M Langford
8 Jun	RRC 15k RWC 10k 5k	J Abrahams Res Hackett Dr Nedlands	8.00	G Fisher T
15 Jun	Joondalup 10k/5k	Neil Hawkins Park Boas Ave	8.00	M & M Warren
22 Jun	RRC 25k RWC 15k 5k	Burswood Park Resort Dr	8.00	W Pantall M
29 Jun	Darlington Dash 16k/8k	Darlington Park Pine Trc Darlington	8.00	D Baldock T M
6 Jul	Perth Marathon & Relay	WAMC Club Rooms Resort Drive Burswood		WAMC
13 Jul	Mill Point Rd Champs 10k/5k	Burswood Park Resort Dr	8.00	M Mavrick M C
20 Jul	Bardon Bash 13k/7k 13k Walk	Bardon Park Bardon Pl, Maylands	8.00 7.30	M Hale
27 Jul	Sharks 10k/5kk	John Tonkin Park Riverside Rd, E Fremantle	8.00	P Martin H
3 Aug	Club Half-Marathon 21.1k/10k/6k Walk 21.1k	Burswood Park Resort Dr	8.00 7.30	J Klinge M C
10 Aug	Club Cross Country Champs 8k (Other races 5.4/2.7k)	Jorgensen Park Crescent Rd Kalamunda	8.00	Committee M C
17 Aug	Mullaloo Beach 13k/5k 13k Walk	Tom Simpson Park Oceanside Prom	8.00 7.30	M Anderson & J Hagedoorn
24 Aug	State Cross Country Champs 10k 5k run, 5.5k walk	Synergy Parklands May Dr, Kings Park	8.00	R Henderson C
31 Aug	City to Surf			

18 Jan	Point Walter 11k/6.2k	Point Walter Bicton	7.00	D Roberts
25 Jan	Age Graded Events 8kR 15kW	McCallum Park Taylor St, Vic Park	7.00	G Young & M Silyer
1 Feb	Lake Monger 10.5k/7k/3.5k	Dodd St Glendalough	7.00	J Richardson & D Baird
8 Feb	Friendship 11k/5.5k with WAMC	Saw Ave Kings Park	7.00	J Barnes
15 Feb	McCallum Lakes 8.4k/4.2k	McCallum Park Taylor St Vic Park	7.30	S Bullen
22 Feb	P K 10k/5K	Bridport Point Port Kennedy	7.30	E & J Dance H
1 Mar	Garvey Gallop 10k/6k	Garvey Park Fauntleroy Av, Redcliffe	8.00	J & C Oldfield
8 Mar	Teddy Birds Picnic 16k/8k Walk 5K 16k walk	Synergy Parklands May Dr Kings Park	8.00 7.30	D Muir
12 Mar	5000m Walk Champs	ECAC Cannington	7.00pm	C
15 Mar	Woodman Pt 10k/5k	Nyverburp Circuit Coogee	8.00	K & P March H
19 Mar	10000m Champs	ECAC Cannington	7.00pm	C
21 Mar (Sat)	State T&F Champs Pentathlon	ECAC Cannington	8.00	Committee C
22 Mar	Membership 11.6k/5k	Burswood Park	8.00	B Danby M
28/29 Mar (Sat/Sun)	Mar State T&F Champs	ECAC Cannington	8.00	Committee C
5 Apr	3PS 16k/8k/5k 16K Walk	Pt Walter Bicton	8.00 7.30	V Millard
10-13 Apr AMA T/F Championships Adelaide				
12 Apr	Piney Lakes 8k/4k	Murdoch Dr Winthrop	8.00	J & J Smith
19 Apr	Athletics WA Galipoli Run ???		9.00	
23 Apr (Thurs)	Track Handicap 10k	UJWA Sports Park McGillivray Rd	19.00	D & J Whittam B T H
26 Apr	Pagoda 16k/10k/5k 16K Walk	Mt Claremont Burswood Park Resort Drv	8.00 7.30	J Halberg M

ENQUIRIES: BOB SCHICKERT 9330 3803 email: rschicke@bigpond.net.au

# COMING EVENTS and helpers list

## TRACK AND FIELD

Tuesdays, 6pm  
UWA, McGillivray

Thursdays, 6pm  
Coker Park

### APRIL 6

Reabold

Director: Frank Smith -  
9385 7570

Vic Waters, John Collier, John  
Davies, Michael De Leo, Stan  
Lockwood, Debra Mayrhofer,  
Sandra Stockman, Jane  
Thompson, Jeannette Tiverios

ALL HELPERS – contact your director and confirm if  
you are available. If not, also call Bob Schickert to be  
re-assigned.

### APRIL 13

Pagoda

Director: Bob Schickert -  
9330 3803

Maria Arora, Ray Attwell, Ray  
& Roma Barnett, Tessa  
Brockwell, David & Pat Carr,  
Mary Heppell, Lee Holliday,  
Troy Lundgren, Neil McRae,  
Merv Moyle, Ron Spencer,  
Barrie Thomsett, Jeff Whittam

### APRIL 20

Woodmans Point

Directors:  
Karen & Peter March -  
9418 8770

Katy Bannister, Syd Beer, Paul  
& Tanya Burke, Elaine and John  
Ellard, Saskia Letham, Helen  
Lysaght, Rosa Wallis

**COURSE INFO** See page 2

### APRIL 24

(Thursday) Track Handicap

Directors: Dorothy & Jeff  
Whittam - 9387 6438

Jeff Bowen, Gary & Geraldine  
Carlton, Alan & Karyn  
Gower, Bob Hayres, Peter  
Sullivan

### APRIL 27

3P's

Director: Jackie Halberg -  
9364 4474

Melinda Bate, David Brown  
& Jill Midolo, Toni Frank,  
Mike & Paula Karra, Dianne  
Marriott, Joan Osborne, Jeff &  
Wendy Spencer, Reece  
Waldock

PRINT POST APPROVED

644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904



**SURFACE  
MAIL**

**POSTAGE PAID  
AUSTRALIA**

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters  
Ph/fax: 9341 3464  
email:  
vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA  
11A Dandenong Rd  
Attadale WA 6156

For club uniform  
clothes, call:  
Patricia Hopkins  
9446 4452

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Ivan Brown

### Patron:

Bill Hughes

# Vetrun

APRIL  
2008  
No. 409



The magazine of Masters Athletics WA

## Inside...

Coming Events, birthdays, Weekend Away, President's Message	P2
Wheelbarrow across Australia!	P3
Piney Lakes Kalamunda Railway Port Kennedy	P4
Teddy Birds Picnic	P5
WA Masters State Championships	P6/11
Events and Helpers	P12

## WA members' National wins

ANOTHER enjoyable outing at the AMA 2008 Championships in Sydney for the 28-strong WA team was enlivened when the 2007 achievements awards were announced. MAWA members won three of the eleven categories. They are: David Carr - middle distance/steeple; Byrony Glass - throws; Lyn Ventris - walks.

Bob Schickert, pictured below on the way to M65 X/C gold, also reports our team won a record medals total. Details next month.



David Carr is also the first winner of the Brian Foley Trophy for the best age-graded result in 800m or 1500m at the championships.

As many members are aware David set another M75 world record in Sydney, this time for the 2000m steeple.

### Breakneck win

Campbell Till broke his collar bone in a desperate (and successful by .01 of a second!) bid to win the M50 400m.

A fuller report of results will appear in May Vetrun, but thanks are due to the MAWA people who helped as officials in Sydney, particularly Lindsey Glass for a huge amount of work at the throws.

Bob Schickert



### M60s challenge gravity!

Off the ground and flying home in their 60m sprint are Roy Fearnall (left) and Bernie Oliver; full results, P6/11.

THE club's annual meeting is at 7pm on Monday 14 April, at the Hockey Club rooms, Perry Lakes Drive, Floreat. This is where we start both the Alderbury Park and Perry Lakes events.

Please retain the following agenda and fetch it with you to the meeting.

WELCOME  
ATTENDANCE /  
APOLOGIES  
MINUTES OF 2007 AGM  
CONFIRMATION  
MATTERS ARISING  
REPORTS  
President  
Secretary  
Treasurer

## MASTERS AGM MONDAY APRIL 14

### PRESENTATION OF TROPHIES

Patrons Trophy for Track and Field, male and female  
Handicap Trophy  
Achievement Award  
John Gilmour Trophy for Best Performance

### ELECTION OF OFFICE BEARERS

President  
Vice President  
Secretary  
Treasurer  
Committee Members (4)

## Dues stay low after another good year

IT was another successful year competitively, socially and financially for MAWA. Attendance at many events was higher but membership slipped slightly from 484 in 2006/7 to 462 in 2007/8.

With a solid year financially, it has not been necessary to increase club membership fees for 2008/9. Treasurer Roger Walsh again provides up to date and easy to follow accounts.

The Sunday programme continued as in previous years thanks to many people including race directors and helpers, particularly Jackie Halberg (events coordinator) and Barrie Thomsett (results). Margaret Bennett and Richard Harris, both long-time race directors, will not continue in 2008/9. Please advise a committee member if

### APPOINTMENT OF OFFICIALS

Patron  
Editor  
Handicapper  
Auditor  
Statistician  
Registrar  
AWA Winter season contact

### LIFE MEMBERSHIP NOMINATION/S

### GENERAL BUSINESS

It is proposed that clause 6[c] of the club constitution be amended by adding "provided that the Committee may invite up to two additional members to become committee members to assist in achieving club objectives."



## Dues stay low

– Club Secretary's report  
– cont. from P1

you would like to be a race director. It is challenging and rewarding.

Track events - Thursdays at Ern Clark Athletic Centre (Coker Park) - will again be held through the winter season with UWA on Tuesdays ceasing at the end of March. As with Sundays many people help and it is not possible to mention them all here. Those who have done outstanding consistent work for track and field include Les Beckham (jumps), Barbara Blurton (programme, results and AMA relays), Damien Hanson (throws), Tom Lenane, (starting), Peggy Macliver (check-in sheets), Christine Oldfield (results) and John Oldfield (Tuesday night co-ordinator/starting, AMA relays, clothing). Thanks also to Carol Bowman who took over handling the Tuesday equipment mid-season.

In the new AMA relays held in February MAWA achieved outstanding results winning 14 of the 63 events contested. Many thanks to John Oldfield and Barbara Blurton, who did the hours of work necessary for these relays.

The committee of Ivan Brown, Barbara Blurton, Bob Schickert, Roger Walsh, Jackie Halberg, Damien Hanson, Peggy Macliver and John Oldfield did a lot of work in arranging competition and social events. Jeff Bowen substituted for John Oldfield while he was away overseas. Jeff also distributes the Vetrin each month. Two committee members (Ivan and Peggy) are not standing for election for 2008/9.

The committee thanks all members who contributed to the successful year. Mike Rhodes again handled handicaps, statistician Campbell Till had a very busy year with a large number of records being set. Vic Waters Vetrin editor, Mike Karra website, Pat Hopkins clothing, Jacqui and Vic Beaumont morning tea, Margaret Bennett weekends away, Elaine Dance and Pam Toohey social events, all made very significant contributions.

**Bob Schickert**

## WEEKEND in Quindanning!

OUR next 'away weekend' will be in September, from Friday 26 to Monday 29. We have booked a farmstay in Quindanning, which will be a little different from the past camps, but looks like it will be a great location. Lovely views and great running areas.

Accommodation consists of a wool shed with double beds and bunks and single beds on the ground floor and upstairs. It has a communal kitchen/dining room area and a covered in BBQ area outside. There are also Motel style rooms containing one double bed and two single beds with ensuites, and a self contained two bedroom cottage that sleeps six. The total accommodation is for 41 people and the cost for the three nights is

\$132 per head. There is also the chance to go out on a clay shoot. Two shots cost \$8; let's see how many marksmen we have amongst us! Lunch on Sunday will be at the old English pub in Quindanning, lots of atmosphere. Quindanning is north of Williams, approximately two hours drive from Perth.

MARGARET BENNETT:  
9275 0169 or 0421 997627;  
or see me on Sundays.

## President's Message

**THIS is my last chance, as outgoing President of the club, to make mention of those members who have maintained their membership over many years.**

When I look around on Sunday mornings and see so many members with club numbers below 50 – such as the Carrs, the Pelliars, Lorna Lauchlan, Mike Kahn, Franks Smith and Usher et al – it makes me think the club must have the right formula. We all go through periods of injury, travel, change of employment or general apathy, any of which my cause an absence for months or years. Yet there is always a real feeling of mutual warmth when inactive sometime members suddenly re-appear on Sunday.

We must expect some members to drop out and for that reason alone recruitment of new members should continue to be a priority. I do encourage everyone to be active, tell others of the package that Masters Athletics WA has on offer at a bargain basement price. The relaxed atmosphere and friendly competition between members at all levels of ability is the hallmark of our regular events. So please spread the word.

*Ivan Brown*

## Happy Birthday April Members!



*Charlie Chan*

BarrettLennard	Irwin	M75	Johnson	Rosemary	W30
Blanco	Brett	M35	Kennedy	Peter	M85
Bower	Jill	W70	Ladwig	Sarah	W55
Bowler	Sid	M85	Lenane	Tom	M50
Burr	Kathy	W65	Luck	David	M45
Chapman	Bill	M80	Maher	Chris	M55
Chan	Charlie	M55	Marr	Lachlan	M45
Collier	John	M40	Martus	Brian	M70
Deans	Alan	M55	McGlashan	Hamish	M70
Dumolard	Guito	M50	McLean	Gary	M45
Fisher	Gary	M55	McNamara	Su	W50
Foley	Derry	M75	Newell	Barry	M50
Halberg	Jackie	W60	Shaw	Jim	M60
Hale	Mike	M60	Smith	Pam	W65
Hopkins	Patrica	W65	Stickles	Joe	M70
Jamieson	Ruth	W50	Summerscales	Chris	M55
Jeffrey	Mark	M35	Sutton	Ron	M70
			Taylor	Wayne	M45
			Tiverios	Jeanette	W50
			Tolbert	Murray	M60
			Walker	Amanda	W40
			Walkley	Cecil	M75
			Yorke	Cameron	M30
			Young	Rob	M60

## COMING EVENTS Descriptions

### MAY 4

#### AQUINAS

Starts on oval, east side of school: route is south of buildings, along Edgewater Rd, over footbridge, clockwise circuit of Mt Henry Bridge, Deepwater Pt, Canning Bridge back to footbridge and return same way you came out. Hills back over footbridge and up Edgewater Rd are testing. 5K is on the same course, and out and back with turn on Mt Henry Bridge.

### MAY 11 WEIR

#### KENT ST, WILSON

RRC 10k and RWC 5k. Approx 1.5k after start, turn right over footbridge, then right again. 5k turn near Lofeten Way, 10k turn just over footbridge in Adenia Rd. A few small hills but a fast course. Take extra care re cars in Bursaria Crs near 10k turn.

### MAY 18

#### CITY RAIL, BARDON PARK, MAYLANDS

Bike-path towards city, over bridge to Claisebrook station, follow rail to Pier St turn at 3.65km. On return, 10.7km run branches north along rail line to Mt Lawley subway coming back same way before turning towards the river.

### MAY 25

#### DEEPWATER POINT THE ESPLANADE, MT PLEASANT

Anti-clockwise circuit of Mt Henry and Canning Bridges. One or two laps of 7.5k. Take care with parking, and danger from cyclists along path next to freeway. 7.5k leg RWC.

## New Members - Welcome!

766 EDWARDS Marjorie W45  
767 BROWN Barbara W50  
768 SANDER Rae W60  
769 DAHL Graeme M55  
770 PERREY Chris M35  
771 HAYLETT Paul M45

## Weekenders – organiser hands over

MARGARET Bennett has handled organisation of the March and September long weekend camps for some years but is now handing over to Denise Viala. The club thanks Margaret for all her dedicated work to make these activities so enjoyable for the happy campers – and Denise for taking on the job

## Henri appointed

CONGRATULATIONS go to Henri Cortis, now an ATHLETICS WA qualified track B official.

## Managers wanted

AMA has called for nominations for Team Manager/s to look after the national teams for the Oceania Championships in Townsville this year and for the WMA Stadia championships, in Lahti in 2009.

Closing date is 15 May, Townsville and 1 June 2008 for Lahti. Full details are available on the AMA website [australianmastersathletics.org.au](http://australianmastersathletics.org.au).

## Planning now for 2010

PLANNING towards MAWA hosting the AMA Championships in Perth April (Easter) 2010 has begun. Please advise Richard or Barbara Blurton if you would like to be a member of the organising committee. 9293 0190 [vetrunners@optusnet.com.au](mailto:vetrunners@optusnet.com.au)

## MEMBERSHIP FEES

A REMINDER that fees were due on April 1 for 2008/9 and a renewal form was in March Vetrin. A form can be downloaded from the MAWA website, or obtained from Bob Schickert 9330 3803 [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)

# David will push across Australia for charity

**MASTERS' David Baird is aiming for a world record by running with a wheelbarrow across Australia from Perth to Sydney.**

It's officially the 'Wheelbarrow Across Australia Attempt' and he plans to set out on September 1 and spend up to five months on the road.

Apart from the overall achievement, David's underlying purpose is to raise money to fight breast cancer.

### It's not unusual...

For a man who spent 30 years as a miner, following a barrow is nothing unusual. Over 11 years David also competed in a unique event, the 18.2 Anakie to Sapphire Wheelbarrow Race, and was never beaten in his category.

As we know from his performances here in Perth, David is a powerful man with a strong background in fitness and endurance. He also has the planning capabilities needed to complete such an event and is very much aware of the need for a strong support system. His partner Joanne Richardson will provide that, together with Bob Arthur of Queensland, who also has a lifetime of experience in record breaking attempts.

### Bike ride

In 1997 David competed in a successful 23 Day Round Australia Bike Ride, which accumulated five world records and warranted inclusion in the Guinness Book of Records.

In running, he has completed 100km in under 10 hours,

and won many veteran events in Central Queensland before coming to Perth.

Breast Cancer Foundation of WA will be supporting this event with exposure on their website and media coverage, but David and Jo say that any kind of assistance would be gratefully accepted.



*David finishing with Geoff Barrett at Sharks Run*

Remember – donations of \$2 or more are tax deductible! Jo's contact points are: mob: 0411 747 022 Work Email: [Jo.richardson@wanews.com.au](mailto:Jo.richardson@wanews.com.au) Home Email: [rogue40@telstra.com](mailto:rogue40@telstra.com)

## PROFILES by Jim Barnes

### Hamish McGlashan

**LIVING in Tanzania and Kenya for five years before arriving in Australia with his wife Rosemary and their three children, Hamish is one of the most accomplished sports persons you could meet. He tells me after 25 years in our club, he would one day like to run a marathon!**

Barry Slinger introduced Hamish to Masters (then Vets). They met while training for the City to Surf. In earlier years it was Bob Sammells and Bill Monks who were always in front of him. These days it is Hamish pushing to be the front runner in M70.

Born in Bolton, UK, he is a gynaecologist. A keen hockey player until recent years, Hamish represented the UK counties of Lancashire and Essex. Being very fast over 400m was also ideal for rugby and he represented Tanganyika in the 1960s.



Hamish retains a passion for travel, and says that the remnants of Mexico's Aztec civilisation is something he would like to see. And on the topic of leadership Hamish tells me he greatly admires Julius Nyrere, the famed Tanzanian leader - 'a man of no greed who has brought stability to Tanzania.'

## You write...

Hi Vic,

I would like to express my thanks to all the people who assisted me with a safe trip home from Sydney after breaking my collarbone in dramatic fashion at the National titles. There was a long list of situations that needed to be resolved in a short time frame of just over 24 hours.

From the early stages at the first aid room to the airport at Perth many people went out of their way to make my journey possible. It served to illustrate what I knew already, our club has an abundance of fine, caring people.

Particular thanks to David and Pat Carr, also Lynne and Clive Choate, Matt Staunton and his brother AJ, the rest of the 'young boys' – Chris Neale, Garry Ralston, Colin Smith and supporter Doug; plus Lynne and Bob

Schickert and the rest of the W.A. athletes. Once again, thank you, I won't forget my trip to Sydney for a very long time.

*Campbell Till*



## Piney Lakes

March 23, 2008

Directors: John and Jenny Smith

WE have read about the Relief of Mafeking and the fortuitous arrival of the cavalry, but to a race director these are non-events compared with the sight of his support crew looming out of the darkness – on time and knowing what to do.

All that was needed then was perfect weather, and for the first time at Piney Lakes we got just that. As usual everybody enjoyed this scenic course, which is all the better for being free of cars and cyclists. The course was 200m short of the 8km.

Marshals and helpers included Alan James, Alison Aldrich, Brian Hunter, John Frost, Dave Charlton, Saskia Letham, Geoff and Wendy Spencer, and Jennie Smith. Thanks to all of them, and to Barry and Jackie who made sure the times and recording were spot on.

John

### 4K RUN

Duncan McAuley	M55	16:06
Ivan Brown	M60	17:04
Raymond Gimi	M40	17:21
Gary Fisher	M55	17:30
Margaret Saunders	W50	17:39
John Brambley	M65	19:09
John Dennehy	M45	19:50
Marg Forden	W65	21:59
Bob Sammells	M70	22:09
Paul Martin	M65	22:42
Peter Hopper	M60	22:56
Fiona McAuley	W55	23:09
Aldo Giacomini	M70	25:01
Elaine Dance	W55	26:58
Vic Beaumont	M75	27:23
Steve Toohey	M55	27:23
Joan Pellier	W65	27:30

### 8K RUN

Peter Sullivan	M45	29:17
Dirk Klicker	M30	29:18
Paul Hughes	M55	30:00
John Allen	M50	31:26
David Willmer	M50	32:08
Mark Dawson	M45	32:15
Jim Klinge	M60	32:23
Michael Karra	M40	32:51
David Baird	M60	32:53
Wayne Taylor	M45	33:50
Neil McRae	M55	33:53
Mike Hale	M60	34:31
Bruce Wilson	M60	34:42
V7		34:46
Gillian Young	W60	35:02
V1		35:06
Johan Hagedoorn	M60	35:23
Bruce Mathieson	M60	35:37
Keith Atkinson	M50	36:09
Sean Keane	M40	36:53
Karen March	W45	37:23
Peter March	M45	37:24
Mark Hewitt	M55	37:29
Bryan Hardy	M60	37:56
Shirley Bell	W55	38:38
Paula Karra	W35	39:24

WE thank all members who made it to Kalamunda for this event. Members enjoyed cooler conditions as the result of the shade from the trees that line this part of the old historical rail track. A special thanks to our rostered helpers Peter Jackson, Graham Thorton, Bob Neville, Liz Neville and non member George. We also are equally grateful to non rostered helpers Ivan Brown, Penny Brown, Barrie Thomsett and Maurice Creagh.

Bert & Bridget

I SAT at recording table with Penny Brown and said, "I won't ever complain again about the written results I'm given; the recorders do have a tough job." Reason was, ground was too hard to fix a chute and finishers were like a heard of cows awaiting to be milked. Ah well, Kirt's chute is a great tool for sure.

Barrie Thomsett

### 4K RUN

Darryl White	M45	16:06
V3		18:06
Margaret Langford	W60	20:14
Frank Smith	M65	21:04
Carol Bowman	W50	21:21
Jim Riddell	M65	24:52
Jackie Halberg	W60	28:00
V1		29:49
Joan Pellier	W65	29:54
Toni Frank	W60	33:06
Dalton Moffett	M75	34:22

### 8K RUN

Jim Langford	M60	31:34
Gary McLean	M40	32:22
John Pentecost	M45	32:28
Jim Klinge	M60	33:42
John Allen	M50	34:19
Mark Dawson	M45	34:33

John Pellier	M65	40:00
V2		40:44
Vic Waters	M60	40:45
Julie Keeley	W40	40:57
John Ellard	M65	41:50
Richard Blurton	M55	41:59
Di Jones	W55	43:08
Richard Danks	M65	44:01
John Dance	M55	44:02
Merv Jones	M65	45:12
Berni Scott	W45	45:24
Arnold Jenkins	M60	46:33
Sarah Ladwig	W55	46:43
Lorraine Lopes	W65	46:57
Ray Hall	M70	47:49
Pam Toohey	W60	51:56
Denise Viala	W55	51:58
Sheila Maslen	W70	57:03
Julie Wood	W55	57:04
Jo Richardson	W55	57:05
Pierre Viala	M60	57:05

### 4K WALK

Roger Walsh	M60	30:39
Rosa Wallis	W60	33:14
Linda Rhodes	W60	33:14
Elaine Ellard	W65	35:02
Maggie Flanders	W70	36:20
Dorothy Whittam	W70	36:21
Mitch Loly	M65	38:45
Phyllis Farrell	W60	40:01

### 8K WALK

Michele Mison	W60	52:18
Jeff Whittam	M70	61:48

## Kalamunda Railway

March 2, 2008

Directors: Bert & Bridget Carse

Wayne Taylor	M45	36:44
Brian Danby	M55	37:04
David Muir	M60	37:10
Michael Karra	M40	37:15
Keith Atkinson	M50	37:19
Bruce Mathieson	M60	38:52
Vic Waters	M60	39:56
Bryan Hardy	M60	40:10
Paula Karra	W35	41:09
Mike Hale	M60	41:12
Mike Khan	M60	41:45
John Pellier	M65	42:00
V2		44:33
Christine Engels	W50	45:43
Bob Sammells	M70	46:23
Theresa Howe	W55	46:26
David Carr	M75	47:07
John Oldfield	M60	47:07
Roger Walsh	M60	47:09
Merv Jones	M65	47:14
Richard Danks	M65	47:15
Grace Hollin	W50	47:37
Arnold Jenkins	M60	47:42
Christine Oldfield	W60	48:16
Sarah Ladwig	W55	50:08

### 4K WALK

Alan Pomery	M75	35:18
Michele Mison	W60	35:34
Dorothy Whittam	W70	35:34
Kirt Johnson	M75	35:35
Patricia Hopkins	W65	36:04
Linda Rhodes	W60	37:39
Lorna Lauchlan	W75	37:39
Victor Ratana	M70	37:42
Maggie Flanders	W70	38:55
Sylvia Szabo	W50	39:13

### 8K WALK

Mike Rhodes	M60	60:30
John Smith	M70	60:52
Jeff Whittam	M70	65:16

## Port Kennedy

February 24, 2008

Directors: John and Elaine Dance

ONCE again we had a pleasing turnout for our run. Our thanks to to everyone who came sooo far down south!

You were the ones, for a change, that had to get up in the middle of the night. Our thanks also go to all our visitors, and most of all our helpers; without them the runs would not take place.

Our helpers were Ray, Mitch, Beryl, John, Steve, Chris and Debbie. I hope to see you all next year. I understand it will be a later start. That should make it easier on those north of the river people! So no excuses for more of you to come down. Thanks to everyone,

John and Elaine ►



DAWN was just breaking as the first runners arrived and prepared to start, but at least much of the course flagging was carried out the previous evening. The early start was cool, before a fine and warm day, which was welcomed by all. The two loop, two lap course challenged the endurance and stamina of most, and the navigational skills of many. It also challenged the director as the course is more complex than most and requires lots of flags to mark all the intersections and paths. On the first loop through the university several missed the flags at the turns and continue on aimlessly around the grounds. My apologies to those concerned. Next year more flags and chalk should minimise the confusion. However, the front runners had no problems and flew round the course – except for the long haul up to the DNA tower.

Numbers were down this year due to the State Championship track events earlier in the week. Also several runners and walkers DNF'd due to their University explorations. The majority of runners opted for the one lap as 16 km was a tough call on this course at this time of year. Similarly, no walkers opted for the 16 km option although it was offered. Well done to all those runners who completed the two laps.

Thanks to all the helpers Ray Atwell, Mike Hale, Leo Hassam, Pat Hopkins, Wayne Taylor and Janet and Mike Walter. Also to Jim Barnes and John Conte (from WAMC) who kindly stepped up to fill the gaps left by those who couldn't attend – or failed to turn up.

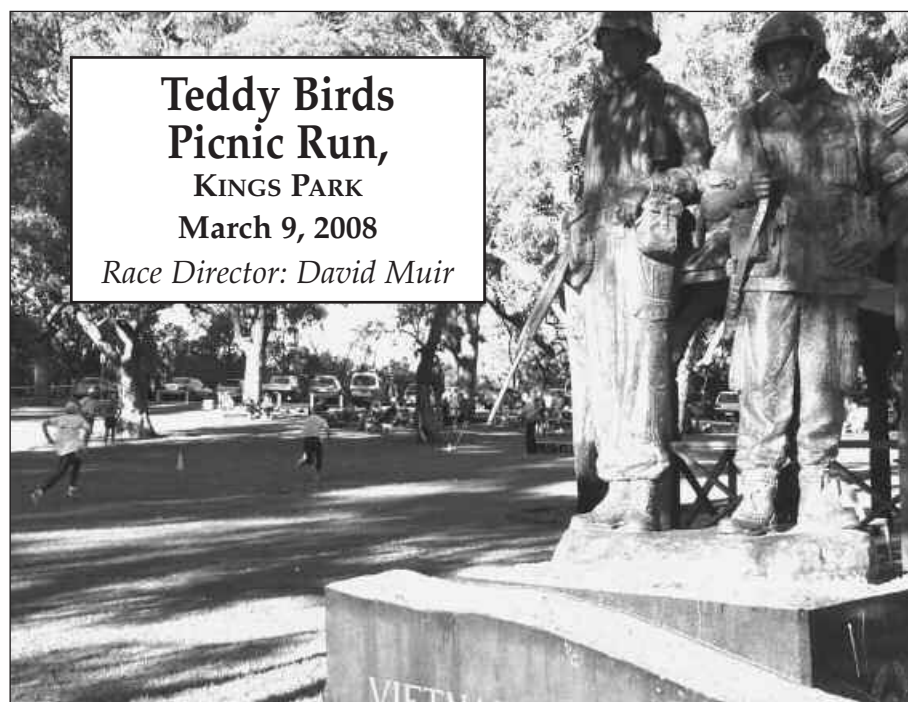
*David Muir*

#### 8K RUN

Jim Klinge	M60	33:18
Jim Langford	M60	34:26
Mark Dawson	M45	35:15
Brian Bennett	M60	36:53
Vic Waters	M60	37:58
Keith Atkinson	M50	37:59
Ivan Brown	M60	38:38
Bryan Hardy	M60	39:00
Irwin BarrettLennard	M75	39:11
Gary Fisher	M55	39:17
V1		39:56

#### 10K RUN

		Overall	H/cap	Actual
Bert Carse	1	M65	65:42	23:36 42:06
Wayne Taylor	2	M45	66:21	22:06 44:15
Sarah Ladwig	3	W55	66:59	05:12 61:47
Sean Keane	4	M40	67:09	20:18 46:51
John Ellard	5	M65	67:18	14:54 52:24
Gillian Young	6	W60	67:50	21:00 46:50
Brian Bennett	7	M60	67:55	23:36 44:19
David Willmer	8	M50	68:05	26:12 41:53
Bob Schickert	9	M65	68:09	21:24 46:45
Chris Summerscales	10	M55	68:13	21:24 46:49
Irwin Barrett-Lennard	11	M75	68:20	19:12 49:08
Bruce Mathieson	12	M60	68:23	20:24 47:59
Lachlan Marr	13	M45	68:28	28:36 39:52
Maurice Creagh	14	M60	68:36	19:12 49:24
Martin Watkins	15	M60	68:43	21:24 47:19
Karen March	16	W45	68:49	22:00 46:49
Peter March	17	M45	68:50	24:18 44:32
Keith Atkinson	18	M50	68:54	21:36 47:18
Nick Miletic	19	M55	68:58	18:06 50:52



## Teddy Birds Picnic Run, KINGS PARK March 9, 2008 Race Director: David Muir

*Bjorn Dybdahl and John Allen are dwarfed by the heroic statue of our Vietnam veterans.*

Bob Schickert	M65	40:33	Ray Hall	M70	37:17
Mark Hewitt	M55	40:56	Jeff Whittam	M70	39:43
Carol Bowman	W50	41:47	Dorothy Whittam	W70	43:30
Maurice Creagh	M60	41:47	Pat Ainsworth	W70	52:43
Dalton Moffett	M75	43:15	<b>16K RUN</b>		
Roger Walsh	M60	44:06	Paul Hughes	M55	66:13
Gary Fisher	M55	45:15	Bjorn Dybdahl	M50	67:07
Terry Manford	M65	47:36	John Allen	M50	67:10
John Ellard	M65	49:09	John Pentecost	M45	67:52
Arnold Jenkins	M60	50:44	Neil McRae	M55	73:12
Bob Sammells	M70	51:16	Peter March	M45	77:26
Elaine Ellard	W65	51:19	Karen March	W45	78:19
Merv Jones	M65	51:50	Brian Danby	M55	80:15
Michael Faunge	M70	51:52	Bruce Mathieson	M60	81:50
Grace Hollin	W50	57:45	Nick Miletic	M55	82:06
Sarah Ladwig	W55	58:36	Johan Hagedoorn	M60	82:08
Wendy ClementsGreen	W65	60:32	Keith Miller	M55	86:49
Pam Toohey	W60	60:46	Shirley Bell	W55	87:21
Julie Wood	W55	62:51	Mark Rosen	M60	96:38
Margaret Warren	W70	63:50	Richard Danks	M65	1:43:17
Steve Toohey	M55	65:55	Irene Ferris	W55	??
Toni Frank	W60	67:07	<b>8K WALK</b>		
<b>5K WALK</b>			Mike Rhodes	M60	60:33
David Brown	M60	35:28	Debbie Wolfenden	W40	72:56
Lynne Schickert	W65	37:16	Alan Pomery	M75	73:11

Johan Hagedoorn	20	M60	69:08	21:36	46:32
Mark Dawson	21	M45	69:15	25:12	44:03
Merv Jones	22	M65	70:17	09:54	60:23
Shirley Bell	23	W55	71:05	17:54	53:11
Ivan Brown	24	M60	71:06	20:48	50:18
Richard Danks	25	M65	71:52	10:48	61:04
Margaret Bennett	26	W65	76:16	00:00	76:16

#### VISITORS

V5	52:56
V3	55:15
V2	67:47
V7	69:00
V1	70:52
V6	73:35

#### 5K RUN

Mike Rhodes	M60	28:07
V4		29:11
Jackie Halberg	W60	32:20
Julie Wood	W55	35:45

Dalton Moffett	M75	41:07
Toni Frank	W60	41:48

#### 10K WALK

Val Millard	W60	65:03
-------------	-----	-------

#### 5K WALK

Linda Rhodes	W60	42:24	02:36	39:48
Elaine Ellard	W65	45:27	00:00	45:27
Brigitte Sieger	W55	47:25	02:42	44:43
Dorothy Whittam	W70	48:22	07:30	40:52
Ann Turner	W70	48:34	06:48	41:46
Maggie Flanders	W70	48:44	03:00	45:44
Lynne Schickert	W65	49:21	13:18	36:03
Pat Ainsworth	W70	49:50	07:42	42:08
Roger Walsh	M60	49:52	13:00	36:52
Jeff Whittam	M70	50:13	11:00	39:13
Lorraine Lopes	W65	50:20	14:00	36:20
Pat Miller	W65	58:02	03:30	54:32
Shorty Turner	M70	58:05	00:00	58:05

## WOMEN'S EVENTS

### 60M

W30		
1 Menon, Kathy	W32	9.4
W35		
1 Wills, Carolyn	W38	8.6
W40		
1 Wolfenden, Deborah	W44	10.6
W45		
1 Baldock, Delia	W46	9.8
W50		
1 Bowman, Carol	W53	10.7
W55		
1 Ladwig, Sarah	W58	12.8
W60		
1 Macliver, Peggy	W63	9.7
2 Young, Gillian	W60	10.3
3 Millard, Valerie	W61	12.6
W65		
1 Schickert, Lynne	W66	14.1
W75		
1 Carr, Patrica	W76	11.7

### 100M

W30		
1 Menon, Kathy	W32	15.0
W40		
1 Wolfenden, Deborah	W44	17.5
W45		
1 Baldock, Delia	W46	16.1
W50		
1 Bowman, Carol	W53	17.9
W55		
1 Choate, Lynne	W55	15.0
2 Ladwig, Sarah	W58	21.1
W60		
1 Macliver, Peggy	W63	15.7
2 Young, Gillian	W60	16.7
3 Millard, Valerie	W61	20.8
W65		
1 Schickert, Lynne	W66	21.7
W75		
1 Carr, Patrica	W76	19.7

### 200M

W30		
1 Menon, Kathy	W32	30.5
W35		
1 Wills, Carolyn	W38	27.6
W45		
1 Baldock, Delia	W46	32.2
W50		
1 Bowman, Carol	W53	35.6
W60		
1 Macliver, Peggy	W63	31.0
2 Young, Gillian	W60	33.6

### 400M

W30		
1 Menon, Kathy	W32	70.3
W35		
1 Wills, Carolyn	W38	63.3
W40		
1 Bresser, Kerriann	W40	73.9
W45		
1 Baldock, Delia	W46	73.6
W50		
1 Bowman, Carol	W53	1:20.5
W60		
1 Macliver, Peggy	W63	72.9
2 Young, Gillian	W60	76.0
3 Prescott, Valerie	W64	1:55.1
W65		
1 Bennett, Margaret	W66	2:13.7

THE SUN shone, the wind was (for the most part) light and the competition was fierce throughout this year's track and field championships.

There were many memorable races and some great performances in the throwing circles.

Numerous State and four pending Australian records were set. In addition, David Carr topped an already successful season by equalling his own World record in the 800m.

My most sincere thanks to all those who helped in any way to make this event so successful. Without your assistance the championships would not run so smoothly and be so enjoyable.

*Barbara Blurton*

*Pictured right: 100m sprinters - W30 - W40 - W45 - W50*

### 800M

W30		
1 Johnson, Rosemary	W32	2:35.6
W50		
1 Saunders, Margaret	W54	2:46.5
2 Bowman, Carol	W53	3:23.1
W60		
1 Macliver, Peggy	W63	2:56.2
2 Young, Gillian	W60	2:56.4
3 Prescott, Valerie	W64	4:24.1
W65		
1 Bennett, Margaret	W66	5:00.2
W70		
1 Johnson, Rosemary	W32	5:18.3
W40		
1 Keane, Niamh	W42	5:09.5
2 Bresser, Kerriann	W40	6:43.2
W45		
1 King, Robin	W49	5:24.7
2 Gower, Karyn	W48	6:15.2
W50		
1 Saunders, Margaret	W54	5:46.5
W60		
1 Young, Gillian	W60	6:00.5
2 Prescott, Valerie	W64	8:45.5
W65		
1 Bennett, Margaret	W66	9:49.6

### 5000M

W30		
1 Johnson, Rosemary	W32	19:12.7
W40		
1 Keane, Niamh	W42	19:45.6
2 Walker, Amanda	W42	20:42.8
W45		
1 March, Karen	W46	21:42.0
2 Gower, Karyn	W48	23:12.3
W50		
1 Bowman, Carol	W53	25:10.0
W55		
1 McAuley, Fiona	W57	28:08.1
W60		
1 Young, Gillian	W60	21:41.0
W65		
1 Shillinglaw, Loretta	W66	30:15.5

### 10000M

W30		
1 Johnson, Rosemary	W32	41:24.6
W45		
1 March, Karen	W46	46:06.5

## WA Masters State Championships 2008



W50		
1 Bowman, Carol	W53	54:29.0
W55		
1 McAuley, Fiona	W57	59:52.7
W60		
1 Young, Gillian	W60	46:03.1
2 Oldfield, Christine	W63	59:58.9
W65		
1 Shillinglaw, Loretta	W66	1:06:16.8
2 Bennett, Margaret	W66	1:11:53.9

### 1500M WALK

W45		
1 King, Robin	W49	7:15.8
W50		
1 Ventris, Lynette	W51	6:47.4
W60		
1 Millard, Valerie	W61	8:59.2
2 Mison, Michelle	W60	9:22.9
W65		
1 Schickert, Lynne	W66	10:18.5
W70		
1 Whittam, Dorothy	W71	11:32.8
2 Medcalf, Noela	W73	12:23.8
3 Flanders, Maggie	W71	13:16.3
W75		
1 Lauchlan, Lorna	W77	12:09.0



*Robin King (W45)*





## 2000M STEEPLECHASE

W45		
1	Baldock, Delia	W46 10:27.62
W65		
1	Schickert, Lynne	W66 14:05.70

## HIGH JUMP

W30		
1	Menon, Kathy	W32 1.30m
W35		
1	Wills, Carolyn	W38 1.56m
W45		
1	Baldock, Delia	W46 1.30m

## LONG JUMP

W30		
1	Menon, Kathy	W32 4.40m
W35		
1	Wills, Carolyn	W38 5.18m
W45		
1	Baldock, Delia	W46 4.28m
W60		
1	Macliver, Peggy	W63 3.64m
W65		
1	Schickert, Lynne	W66 2.65m
W75		
1	Carr, Patrica	W76 2.89m

## TRIPLE JUMP

W30		
1	Menon Kathy	W32 8.64m
W45		
1	Baldock Delia	W46 8.68m
W65		
1	Schickert Lynne	W66 5.71m

## SHOT PUT

W30		
1	Glass, Byrony	W30 11.95m
W35		
1	Wills, Carolyn	W38 6.98m
W50		
1	Brown, Barbara	W53 8.38m
W55		
1	Glass, Kate	W58 10.40m
2	Szczepanska, Elizabeth	W56 8.52m
3	Streeter, June	W58 6.01m
W60		
1	Hamilton, Beverley	W62 9.44m
2	Millard, Valerie	W61 5.04m
W70		
1	Whittam, Dorothy	W71 6.68m
W80		
1	McMillan, Raema	W80 7.12m



*Gillian Young (W60) continued her brilliant season in the 10,000m, surging past Karen March (W46) in the home straight.*

## 3000M WALK

W45		
1	King, Robin	W49 15:18.0
W50		
1	Ventris, Lynette	W51 14:31.1
W60		
1	Millard, Valerie	W61 18:49.3
2	Mison, Michelle	W60 19:59.9
W65		
1	Schickert, Lynne	W66 21:21.9

## 5000M WALK

W45		
1	King, Robin	W49 26:10.4
W50		
1	Ventris, Lynette	W51 24:52.8

W65		
1	Schickert, Lynne	W66 36:02.0

## 80M HURDLES

W45		
1	Baldock, Delia	W46 16.4

## 100M HURDLES

W35		
1	Wills, Carolyn	W38 18.7

## 400M HURDLES

W35		
1	Wills, Carolyn	W38 76.5
W45		
1	Baldock, Delia	W46 1:25.9



*Kathy Menon (W37) clears last of the 400m hurdles*

# MEN

## 60M

M35		
1	Neale, Chris	M38 7.7
2	Menon, Prakash	M37 8.0
3	Burke, Paul	M37 8.5

## M40

1	Morkel, Andre	M40 8.2
---	---------------	---------

## M45

1	Smith, Colin	M45 7.9
2	Jones, Nigel	M45 8.1
3	Luck, David	M48 8.3
4	Wills, Robert	M49 9.5
5	Dennehy, John	M48 9.6

## M50

1	Ralston, Garry	M52 7.5
2	Dumolard, Guito	M51 8.1

## M55

1	Antoniolli, Rob	M56 8.5
2	Miletic, Nick	M57 9.5

## M60

1	Fearnall, Roy	M64 8.7
2	Oliver, Bernie	M64 10.5
3	Mathieson, Bruce	M63 11.3

## M65

1	Kernaghan, Barrie	M67 8.8
2	Gare, Peter	M67 9.2
3	James, Lyle	M67 10.8

## M70

1	Chambers, Don	M70 9.6
2	McGlashan, Hamish	M70 10.4

## 100M

M35		
1	Neale, Chris	M38 12.3
2	Menon, Prakash	M37 13.4
3	Burke, Paul	M37 13.6

## M40

1	Morkel, Andre	M40 13.1
2	Collins, Kevin	M40 17.8

## M45

1	Smith, Colin	M45 12.4
2	Jones, Nigel	M45 12.7
3	Phillips, David	M46 13.0
4	Luck, David	M48 13.4
5	Wills, Robert	M49 14.7
6	Dennehy, John	M48 15.0

## M50

1	Ralston, Garry	M52 12.2
2	Dumolard, Guito	M51 13.4
3	Edwards, Mike	M51 13.7
4	Newell, Barry	M51 14.2



Behind every good man...the Walking Whittams, M70 Jeff, and Dorothy (W71)



Action sequence starring Byrony Glass (W30)

## DISCUS

W30		
1	Glass, Byrony	W30 35.93m
W35		
1	Wills, Carolyn	W38 25.49m
W50		
1	Brown, Barbara	W53 19.57m
W55		
1	Glass, Kate	W58 23.87m
2	Szczepanska, Elizabeth	W56 21.55m
3	Streeter, June	W58 15.28m
W60		
1	Hamilton, Beverley	W62 22.76m
2	Prescott, Valerie	W64 14.36m
3	Millard, Valerie	W61 12.12m
W65		
1	Schickert, Lynne	W66 11.82m
W70		
1	Medcalf, Noela	W73 14.61m
2	Whittam, Dorothy	W71 13.00m
3	Flanders, Maggie	W71 10.20m
W75		
1	Carr, Patrica	W76 14.05m
W80		
1	McMillan, Raema	W80 17.29m

## HAMMER

W30		
1	Glass, Byrony	W30 54.15m
W50		
1	Brown, Barbara	W53 20.46m
W55		
1	Glass, Kate	W58 39.24m
2	Szczepanska, Elizabeth	W56 32.42m
3	Streeter, June	W58 16.87m
W60		
1	Hamilton, Beverley	W62 19.51m
W70		
1	Whittam, Dorothy	W71 19.64m

## JAVELIN

W50		
1	Brown, Barbara	W53 17.53m
W55		
1	Glass, Kate	W58 21.89m
2	Streeter, June	W58 11.45m
W60		
1	Hamilton, Beverley	W62 20.33m
2	Prescott, Valerie	W64 14.90m
W70		
1	Whittam, Dorothy	W71 15.17m
2	Flanders, Maggie	W71 11.87m
W80		
1	McMillan, Raema	W80 13.59m

## WEIGHT THROW

W30		
1	Glass, Byrony	W30 16.44m
W50		
1	Brown, Barbara	W53 8.75m
W55		
1	Glass, Kate	W58 10.68m
2	Szczepanska, Elizabeth	W56 10.27m
3	Streeter, June	W58 5.58m
W60		
1	Hamilton, Beverley	W62 10.20m
W70		
1	Whittam, Dorothy	W71 8.89m
W80		
1	McMillan, Raema	W80 9.06m

## OUTDOOR PENTATHLON

W50		
1	Bowman, Carol	W53 1343
W60		
1	MacIver Peggy	W63 3197
2	Oldfield Christine	W63 1183
W65		
1	Schickert Lynne	W66 1451
W75		
1	Carr Patrica	W76 2088

## WEIGHT PENTATHLON

W30		
1	Glass, Byrony	W30 3580
W45		
1	Moloney, Sharon	W45 2546
W50		
1	Brown, Barbara	W53 2267
W55		
1	Glass, Kate	W58 3693
3	Streeter, June	W58 1689
W60		
1	Hamilton, Beverley	W62 3157
W70		
1	Whittam, Dorothy	W71 3007
W80		
1	McMillan, Raema	W80 4645





60m winner Colin Smith (M45) missed his record target (set 30 years back by...Dave Carr!) by just .1secs. Line-up is: M49 Robert Wills, M45 Nigel Jones, Colin and M48 David Luck.

## 800M

### M30

1 Watson, Graeme M30 2:11.6

### M35

1 George, Eldon M38 2:42.4

### M40

1 Solomon, David M43 2:16.6

2 Cotton, Ian M43 2:18.4

3 Collier, John M41 2:55.0

### M45

1 Dawson, Mark M46 2:20.9

2 Sullivan, Peter M49 2:23.4

3 Keane, Ross M46 2:24.8

4 Dennehy, John M48 2:46.9

5 Wills, Robert M49 2:53.9

### M50

1 Morfitt, Neil M52 2:11.8

2 Dybdahl, Bjorn M54 2:27.8

### M55

1 McAuley, Duncan M58 2:28.0

2 Antonioli, Rob M56 2:35.8

3 Miletic, Nick M57 3:03.0

### M60

1 Mathieson, Bruce M63 3:00.5

2 Creagh, Maurice M61 3:08.0

### M65

1 Carse, Bert M66 2:33.3

2 Roberts, David M65 2:47.3

3 O'Reilly, Mike M68 3:01.6

4 James, Lyle M67 3:47.0

### M75

1 Carr, David M75 2:34.3

2 Walkley, Cecil M78 4:05.0

*Even champions appreciate a target, and David Carr had a fine one in Bert Carse in their 800m. Dogging Bert stride for stride, David equalled his own world record of 2:34.3. His championship peaking carried over for another world-record setting performance - this time in steeplechase - in Sydney a week later.*

### M55

1 Antonioli, Rob M56 13.6

2 Greenhalgh, Rob M57 14.1

3 Miletic, Nick M57 15.2

### M60

1 Fearnall, Roy M64 13.7

2 Martin, Keith M64 14.1

3 Oliver, Bernie M64 16.9

4 Mathieson, Bruce M63 17.8

### M65

1 Kernaghan, Barrie M67 14.1

2 O'Reilly, Mike M68 14.8

3 James, Lyle M67 17.8

### M70

1 Chambers, Don M70 15.1

### M75

1 Lockwood, Stanley M78 27.2

## 200M

### M35

1 Neale, Chris M38 24.0

2 Perrey, Chris M36 24.2

3 Burke, Paul M37 26.3

4 Menon, Prakash M37 26.9

### M45

1 Smith, Colin M45 25.2

2 Jones, Nigel M45 26.1

3 Luck, David M48 26.3

4 Wills, Robert M49 30.3

5 Dennehy, John M48 30.6

### M50

1 Ralston, Garry M52 24.9

2 Dumolard, Guito M51 27.9

### M55

1 Antonioli, Rob M56 27.2

2 McAuley, Duncan M58 27.7

3 Miletic, Nick M57 32.5

### M60

1 Fearnall, Roy M64 28.4

2 Oliver, Bernie M64 35.0

### M65

1 Kernaghan, Barrie M67 27.6

2 Gare, Peter M67 29.1

### M70

1 Chambers, Don M70 31.2

## 400M

### M30

1 Watson, Graeme M30 55.7

### M35

1 Perrey, Chris M36 53.3

2 Neale, Chris M38 54.6

3 Burke, Paul M37 59.5

### M40

1 Cotton, Ian M43 57.7

2 Morkel, Andre M40 60.7

3 Collier, John M41 67.8

### M45

1 VanderSanden, Greg M49 56.8

2 Smith, Colin M45 56.9

3 Dennehy, John M48 68.5

4 Wills, Robert M49 71.7

### M50

1 Morfitt, Neil M52 57.4

2 Edwards, Mike M51 63.8

3 Dybdahl, Bjorn M54 64.2

4 Newell, Barry M51 66.2

### M55

1 McAuley, Duncan M58 61.2

2 Antonioli, Rob M56 61.5

3 Greenhalgh, Rob M57 64.7

4 Miletic, Nick M57 75.1

### M60

1 Fearnall, Roy M64 65.0

2 Martin, Keith M64 65.8

3 Wilson, Bruce M62 68.6

4 Brown, Ivan M63 76.6

5 Mathieson, Bruce M63 77.6

### M65

1 Kernaghan, Barrie M67 66.0

2 O'Reilly, Mike M68 73.2

3 James, Lyle M67 1:41.6

### M70

1 Chambers, Don M70 1:21.1

### M75

1 Walkley, Cecil M78 1:53.8



**1500M**

M35

1	Burke, Paul	M37	5:02.3
2	George, Eldon	M38	5:19.9

M40

1	Smith, Patrick	M44	4:47.3
2	Collier, John	M41	5:10.9

M45

1	Dawson, Mark	M46	4:43.1
2	Sullivan, Peter	M49	4:53.7
3	Giles, Steve	M49	4:55.3
4	Keane, Ross	M46	5:05.2

M50

1	Morfitt, Neil	M52	4:47.2
2	Dybdahl, Bjorn	M54	4:54.4

M55

1	Miletic, Nick	M57	6:06.3
---	---------------	-----	--------

M60

1	Langford, Jim	M63	5:15.0
2	Brown, Ivan	M63	5:45.2
3	Creagh, Maurice	M61	6:10.2

M65

1	Carse, Bert	M66	5:12.5
2	Schickert, Bob	M66	5:51.3
3	O'Reilly, Mike	M68	6:38.6
4	James, Lyle	M67	7:31.3

M70

1	Sammells, Robert	M71	7:15.3
---	------------------	-----	--------

M75

1	Carr, David	M75	5:43.2
2	BarrettLennard, Irwin	M78	6:41.7
3	Walkley, Cecil	M78	7:58.0

**5000M**

M35

1	Mitchell, Paul	M37	16:37.5
2	Burke, Paul	M37	19:33.9
3	George, Eldon	M38	20:00.9

M40

1	Collier, John	M41	21:44.8
---	---------------	-----	---------

M45

1	Sullivan, Peter	M49	18:05.3
2	Giles, Steve	M49	18:15.5
3	Marr, Lachlan	M47	18:23.3
4	Dawson, Mark	M46	19:25.7
5	Taylor, Wayne	M48	20:42.9

M50

1	Dybdahl, Bjorn	M54	18:15.3
2	Maher, Chris	M54	18:27.1
3	Jamal, Fayaz	M54	19:23.2

M55

1	Hughes, Paul	M55	18:31.0
2	Miletic, Nick	M57	23:33.3

M60

1	Langford, Jim	M63	18:51.1
2	Wilson, Bruce	M62	19:35.0
3	Klinge, Jim	M61	19:52.6
4	Bennett, Brian	M60	20:56.8
5	Brown, Ivan	M63	21:08.7
6	Creagh, Maurice	M61	22:49.1

M65

1	Carse, Bert	M66	18:49.0
2	Roberts, David	M65	20:18.0
3	Schickert, Bob	M66	22:18.4
4	James, Lyle	M67	27:39.8

M70

1	McGlashan, Hamish	M70	23:35.7
---	-------------------	-----	---------

M75

1	BarrettLennard, Irwin	M78	23:22.3
2	Walkley, Cecil	M78	28:20.7

**10000M**

M35

1	Mitchell, Paul	M37	35:27.6
2	Burke, Paul	M37	41:48.3
3	George, Eldon	M38	42:06.0

*There would be no championships without them. Indeed, without volunteers the whole club would be defunct. Thanks, lap-scorers.*



*Andre Morkel (M40)*



*Kathy Menon (W37)*



*Chris Maher (M54) and Bjorn Dybdahl (M54) lead this 10,000m group.*

M45

1	Sullivan, Peter	M49	37:07.3
2	Marr, Lachlan	M47	38:28.4
3	Giles, Steve	M49	38:29.0
4	Dawson, Mark	M46	41:39.4
5	Taylor, Wayne	M48	42:46.9

M50

1	Maher, Chris	M54	38:49.3
2	Dybdahl, Bjorn	M54	39:37.8
3	Jamal, Fayaz	M54	40:56.1
4	Jones, Barry	M51	49:49.8

M55

1	Miletic, Nick	M57	50:44.2
---	---------------	-----	---------

M60

1	Langford, Jim	M63	39:45.9
2	Bennett, Brian	M60	43:27.8
3	Brown, Ivan	M63	45:43.1
4	Creagh, Maurice	M61	49:02.9

M65

1	Carse, Bert	M66	41:26.0
2	Schickert, Bob	M66	45:29.0

M75

1	BarrettLennard, Irwin	M78	50:10.8
2	Walkley, Cecil	M78	1:00:44.5

**1500M WALK**

M35

1	Smyth, David	M38	7:56.4
2	George, Eldon	M38	8:42.4

M45

1	Hastie, Garry	M46	6:35.3
---	---------------	-----	--------

M50

1	Lenane, Tom	M51	9:24.5
---	-------------	-----	--------

M60

1	Wilson, Bruce	M62	8:37.8
---	---------------	-----	--------

M65

1	Doye, Peter	M67	9:35.8
---	-------------	-----	--------

M70

1	Whittam, Jeffrey	M73	11:29.0
---	------------------	-----	---------

**3000M WALK**

M35

1	Smyth, David	M38	17:23.4
2	George, Eldon	M38	18:06.7

M45

1	Hastie, Garry	M46	14:41.3
---	---------------	-----	---------

M50

1	Lenane, Tom	M51	19:33.3
---	-------------	-----	---------

M60

1	Hopper, Peter	M63	20:45.8
---	---------------	-----	---------

M65

1	Doye, Peter	M67	20:02.9
---	-------------	-----	---------

M70

1	Whittam, Jeffrey	M73	23:25.2
---	------------------	-----	---------

**5000M WALK**

M35

1	Smyth, David	M38	29:18.9
---	--------------	-----	---------

M45

1	Hastie, Garry	M46	26:19.6
---	---------------	-----	---------

M50

1	Lenane, Tom	M51	32:55.2
---	-------------	-----	---------



## 80M HURDLES

M70		
1 Chambers, Don	M70	15.0

## 100M HURDLES

M50		
1 Ralston, Garry	M52	17.6

M60		
1 Wilson, Bruce	M62	25.4

## 300M HURDLES

M60		
1 Wilson, Bruce	M62	58.6

M70		
1 Chambers, Don	M70	57.9



Chris Perrey (M36)

## 400M HURDLES

M35		
1 Perrey, Chris	M36	59.6

## 2000M STEEPLECHASE

M60		
1 Wilson, Bruce	M62	8:12.19
2 Lane, Bob	M60	8:35.00

M65		
1 Carse, Bert	M66	8:07.04
2 Schickert, Bob	M66	8:53.70

M75		
1 Carr David	M75	9:17.60

M75		
1 Carr David	M75	9:17.60

## 3000M STEEPLECHASE

M50		
1 Dybdahl, Bjorn	M54	12:49.40

## HIGH JUMP

M40		
1 Morkel, Andre	M40	1.62m

M45		
1 Hastie, Garry	M46	1.45m
2 Phillips, David	M46	1.35m

M55		
1 Wyatt, Dave	M56	1.40m

M60		
1 Martin, Keith	M64	1.10m

M70		
1 Fergie, Bob	M72	1.10m
2 Chambers, Don	M70	1.05m

## POLE VAULT

M30		
1 Staunton, Matthew	M34	3.10m

## LONG JUMP

M35		
1 Neale, Chris	M38	5.93m

M40		
1 Collins, Kevin	M40	3.68m

M45		
1 Smith, Colin	M45	4.77m
2 Jones, Nigel	M45	4.55m

M48		
3 Dennehy, John	M48	3.97m
4 Wills, Robert	M49	3.77m

M50		
1 Ralston, Garry	M52	5.60m

M55		
1 Antonioli, Rob	M56	4.71m
2 Greenhalgh, Rob	M57	4.51m

M60		
1 Martin, Keith	M64	4.35m
2 Wilson, Bruce	M62	3.61m

M70		
1 Chambers, Don	M70	3.93m

M70		
1 Chambers, Don	M70	3.93m

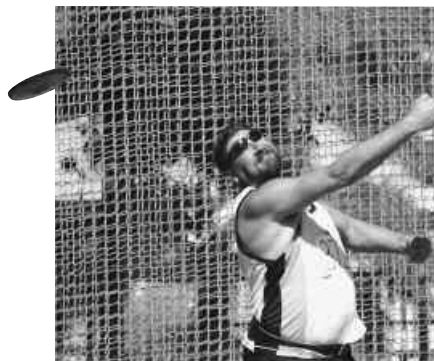
## TRIPLE JUMP

M35		
1 Neale, Chris	M38	12.12m

M45		
1 Smith, Colin	M45	9.52m

M55		
1 Antonioli, Rob	M56	8.18m

M70		
1 Chambers, Don	M70	7.97m



Mark Hamilton (M37) and the throw that made me reconsider my position!

## DISCUS

M35		
1 Hamilton, Mark	M37	35.30m

M40		
1 Cotton, Ian	M43	26.92m

M45		
1 Wills, Robert	M49	20.37m
2 Dennehy, John	M48	15.46m

M50		
1 Hanson, Damien	M54	24.19m

M60		
1 Selby, Stan	M62	31.95m
2 Young, Rob	M63	29.83m

M63		
3 Mathieson, Bruce	M63	24.68m

M65		
1 Carroll, Ed	M67	32.42m
2 O'Reilly, Mike	M68	19.61m

M67		
3 James, Lyle	M67	10.84m

M70		
1 Fergie, Bob	M72	22.57m
2 Chambers, Don	M70	20.77m

M73		
3 Whittam, Jeffrey	M73	17.06m

M75		
1 Shand, Robert	M75	22.59m

## SHOT PUT

M35		
1 Hamilton, Mark	M37	12.09m

M45		
1 Wills, Robert	M49	7.46m

M60		
1 Young, Rob	M63	9.66m
2 Selby, Stan	M62	8.83m

M63		
3 Mathieson, Bruce	M63	8.62m

M65		
1 Carroll, Ed	M67	10.11m
2 Doye, Peter	M67	7.87m

M68		
3 O'Reilly, Mike	M68	7.83m

M70		
1 Chambers, Don	M70	9.50m
2 Fergie, Bob	M72	8.57m

M73		
3 Whittam, Jeffrey	M73	6.21m

M75		
1 Shand, Robert	M75	7.03m

## HAMMER

M35		
1 Hamilton, Mark	M37	32.18m

M60		
1 Selby, Stan	M62	27.36m
2 Young, Rob	M63	22.95m

M70		
1 Fergie, Bob	M72	28.28m
2 Chambers, Don	M70	24.84m

M73		
3 Whittam, Jeffrey	M73	20.24m

M73		
3 Whittam, Jeffrey	M73	20.24m

## JAVELIN

M35		
1 Hamilton, Mark	M37	37.02m

M45		
1 Hastie, Garry	M46	34.21m
2 Wills, Robert	M49	28.16m

M48		
3 Dennehy, John	M48	15.55m

M50		
1 Hanson, Damien	M54	30.07m

M60		
1 Selby, Stan	M62	29.23m

M65		
1 James, Lyle	M67	10.31m

M70		
1 Fergie, Bob	M72	24.80m
2 Chambers, Don	M70	22.79m

M73		
3 Whittam, Jeffrey	M73	13.15m

M75		
1 Shand, Robert	M75	24.69m

## WEIGHT THROW

M35		
1 Hamilton, Mark	M37	13.42m

M60		
1 Selby, Stan	M62	12.36m
2 Young, Rob	M63	9.24m

M70		
1 Chambers, Don	M70	12.42m
2 Fergie, Bob	M72	10.99m

M73		
3 Whittam, Jeffrey	M73	8.61m

## OUTDOOR PENTATHLON

M30		
1 Staunton, Matthew	M34	1882

M35		
1 Neale, Chris	M38	2726
2 Burke Paul	M37	2303

M40		
1 Cotton, Ian	M43	2287

M45		
1 Jones Nigel	M45	2221
2 Smith, Colin	M45	1689

M48		
3 Dennehy, John	M48	1455
4 Wills, Robert	M49	1263

M50		
1 Till, Campbell	M50	3043

M55		
1 Antonioli, Rob	M56	2815
2 Miletic, Nick	M57	1992

M60		
1 Martin, Keith	M64	2711
2 Brown, Ivan	M63	2053

M63		
3 Hopper, Peter	M63	1175

# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

27 March: 100, 1000, 60, 600, 4000

3 April: 400 & 400H, 100, 1500, 60, 3000

10 April: 200, 800, 60, 300, 5000

17 April: 60, 1 mile, 400, 3000, 200

24 April: 60, 800, 100, 400, 1500

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

Events take place in the order shown; tea/coffee & biscuits served after.

### MAY 4

Aquinas

Director: Lachlan Marr - 9398 6429

Maurice Creagh, Michele Froudust, Jackie Halberg,

Richard Harris, Di Jones, Brian Martus & Brigitte Sieger, Merv Moyle, Christine & Don Pattinson

### MAY 11

Weir

Directors: Sean Keane - 0412 180 823 & Neil McRae - 9332 4072

Jim Barnes, Sid Bowler,

Bernadette Height, Sarah Ladwig, Gary Ogden, Jim Roberts, Darryl White

### MAY 18

City Rail

Directors: Linda & Mike Rhodes - 0417 952 067

Sally-Anne Brambley, Anthony Collis, Maggie Flanders, Chris Frampton, Mike Hale, Bob Lane, John Mania, Neil Osborne, Brett Roach, Mike Polkinghorne, Margaret Saunders, Patrick Smith

### MAY 25 DEEPWATER

Helpers to be listed in May Vetrin

PRINT POST APPROVED

644113/00007

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904



**SURFACE  
MAIL**

**POSTAGE PAID  
AUSTRALIA**

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

For club uniform clothes, call:

Patricia Hopkins

9446 4452

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Ivan Brown

### Patron:

Bill Hughes



# Vetrun

MAY  
2008  
No. 410



The magazine of Masters Athletics WA

## AMA ASICS AWARDS 2008

<i>Sprints/Hurdles</i>	
Col Buyers	Qld M65
<i>Middle/Steeple</i>	
David Carr	WA M75
<i>Multis/Relays</i>	
Albert Gay	NSW M65
<i>Jumps</i>	
Dawn Hartigan	Vic W50
<i>Walks</i>	
Lyn Ventris	WA W50
<i>Throws</i>	
Byrony Glass	WA W30
<i>Distance</i>	
Theresia Baird	Vic W65
<i>Most Outstanding</i>	
Marie Kay	Qld W45
<i>Most Outstanding</i>	
Andrew Jamieson	Vic M60
<i>Administrator/Official</i>	
John Hore	SA

Congratulations to all winners and nominees, and thanks to Wilma Perkins for co-ordinating.

## CLUB TRACKSUITS

BECAUSE of renewed interest the club will place another order shortly, provided a minimum of ten orders are received and paid for. Cost is now \$75. Contact Pat Hopkins (9446 4452 pathopkins@myplace.net.au) or talk to her at a Sunday run.

## Do you want VETRUM by email?

MANY members now have easy access to email and several have already opted to receive the magazine this way, rather than have a traditional printed copy. Please advise Bob Schickert (rschicke@bigpond.net.au) if you would like Vetrun by email each month, rather than by hand or post.



SO MANY good action pictures were taken at our State Championships that there's not enough room for them on the club's website. A few were used in Vetrun April, and here, and on page 2, are some more. If you think I might have caught you in the frame, and you would like a copy, please get in touch. My contacts are on page 8. VW



## WEEKEND in Quindanning!

OUR next 'away weekend' will be in September, from Friday 26 to Monday 29. We have booked a farmstay in Quindanning, which will be a little different from the past camps, but looks like it will be a great location. Lovely views and great running areas.

Accommodation consists of a wool shed with double beds and bunks and single beds on the ground floor and upstairs. It has a communal kitchen/dining room area and a covered in BBQ area outside. There are also Motel style rooms containing one double bed and two single beds with ensuites, and a self contained two bedroom cottage that sleeps six. The total accommodation is for 41 people and the cost for the three nights is

\$132 per head. There is also the chance to go out on a clay shoot. Two shots cost \$8; let's see how many marksmen we have amongst us! Lunch on Sunday will be at the old English pub in Quindanning, lots of atmosphere. Quindanning is north of Williams, approximately two hours drive from Perth.

MARGARET BENNETT:  
9275 0169 or 0421 997627;  
or see me on Sundays.

## Inside...

News, profile, birthdays	P2
AGM 2008, new Patron, Coming Events	P3
Membership Run Woodmans Point	P4
Pagoda Run	P5
Reabold Hill 2008 Records	P6
National Champs results	P7
Coming Events helpers	P8

## MEMBERSHIP FEES

### Please pay NOW

MEMBERSHIP fees were due on April 1 and a membership form was published with your March Vetrun. If you have not renewed there will be an 'N' meaning 'non financial' on the address label of this, May, edition. It also means this could be your final Vetrun, unless you renew now.

Contact Roger Walsh (9245 3369 or rogerw@globaldial.com) or Bob Schickert if you need a form. Form is also on the MAWA website (mastersathleticswa.org)

## Who will map our events?

MOST of the maps of Sunday events are hand drawn and we only have hard copies. Do we have a volunteer who could produce them more accurately, using the Google Earth website?

This could be an interesting task for someone who's into that kind of thing. If you have the capacity to take on such an elevated view of our events, please contact Val Millard, who is our Sunday event co-ordinator (9368 2187 valerie.millard@bigpond.com) Maybe you know someone else who would be interested in having a go at this project? Either way, Val would love to hear from you.

## CHAMPS PIX



Parachuting - Keith Martin



Hovering - Bruce Wilson



Flying - Rob Antonioli

Anderson	Mike	M60
Bannister	Katy	F40
Blake	Stephen	M45
Brown	David	M60
Burke	Tanya	F35
Burt	Kay	F50
Chambers	Don	M70
Creighton	Maree	F55
Danby	Sue	F55
De Klerk	Pieter	M45
Fearnall	Roy	M65
Frampton	Chris	M40
Gare	Peter	M65
Giacomin	Aldo	M70
Gilmour	John	M85
Hanretty	Chris	F45

## PROFILES

by Jim Barnes

John  
Allen

ITS informality is what John likes most about the club. It is not cliquey, there are no barriers between the fastest and slowest or youngest and oldest. John spent 23 years growing up in Johannesburg South Africa where running did not come his way. In Perth, the City to Surf run caught his eye and it was from there that things developed. He has been in the club now for 10 years.

Seeing some of the senior members perform inspired him - John Gilmour, Jim Langford, Bert Carse etc. John, an electrical technician and still single, also has a passion for motor racing. When running, he likes cross country runs, and out and back courses. Laps are not to his liking. A beach run, as part of our usual Sunday programme, is something he suggests the club might try?



## BACK TO THE BEACH?

I LIKE John Allen's suggestion for a sandgropers' special. For a few years I organised the club's event based around Floreat beach, which was first directed by club stalwart Bob Hayres (member no.4!)

Originally it was a roads-only run/walk.

Maxine Santich and I had the temerity to change the course and use the beach. As a result, numerous members complained about running on sand! It wasn't these moans that killed it though; less than half the course was on the beach. But the rest of the run, along Challenger Parade, entailed crossing numerous car park entries. With growing concern for safety amid mounting traffic I refused to continue the event.

### All forgiven?

As our cross-country options dwindle I'm happy to reinstate a soft-going run in this area. Facilities at Floreat have improved out of sight, with superb BBQs, toilets and a restaurant. It would be a great location for the after-party! By running north, then returning on the (sshh - beach) we could avoid traffic.

I look forward to your comments - I think!

Vic Waters

## THANKS TO THE SOUTHERNERS

ELAINE Dance's gentle comments in her Port Kennedy report (Vetrun 409, April) remind me of the efforts our deep south members make every Sunday. The small turnout at Reabold would have been even more sparse without those who head north to Perth almost every Sunday.

Tooheys, Dances, Beaumonts, Marchs, Nick Miletic - and I'm sure I've missed some, whose addresses I know not - never whinge about travelling to the club events. Likewise, there are a few hillbillies up around Kalamunda who cover more kilometres than average to support the club.

So, for the rest of us who live somewhere more central, let's try to give a bit more moral support to organisers of our far-flung meetings, whether they're in the far north or deep south!

VW

## New Members - Welcome!

771	HAYLETT Paul	M45
772	COWIN Phil	M55
773	GIACOMIN Danti	M35
774	STOCKMAN Karl	M45

## Liz's LONDON MARATHON

MAWA member Liz Neville, W55, ran 3:28.54. Well done, Liz.

## Happy Birthday May Members!



Also Giacomin

Hardy	Bryan	M65
Harvey	Michael	M55
Hassam	Leo	M75
Height	Bernadette	F50

Hughes	Paul	M55
Jenkins	Arnold	M60
Keane	Ross	M45
Lawrence	Ray	M80
Le Page	Guy	M40
Lee	Jennie	F50
Mania	John	M60
Mathieson	Bruce	M60
Menon	Prakash	M35
Miller	Pat	F70
Mison	John	M60
Oliver	Harry	M80
O'Sullivan	Colin	M50

Pomery	Alan	M75
Prescott	Nigel	M65
Pressley	John	M60
Rhodes	Linda	F60
Riddell	Jim	M65
Roach	Brett	M35
Scott	Trevor	M45
Shanahan	Glenice	F80
Slyth	Paul	M65
Walsh	Roger	M65
Waters	Vic	M60
Wells	Sue	F55
Willmer	David	M50
Wilson	Bruce	M60
Wirth	Silvio	M60
Wyatt	Dave	M55



## You write...

### John Gilmour is new club patron

Dear Bob.

It is with very much pleasure that I accept the position of Patron of the West Australian Masters Athletic Club. I am deeply honoured to be elected to take over from our favourite Bill Hughes, who has held the position since the club was formed. Sadly, Bill's health has made it impossible for him to continue, which I was very sorry to hear. I will do my very best to keep up the good work he did for the club. Wishing members all the very best for the new season.

*Sincerely, John*

## COMING EVENTS Descriptions

### JUNE 1 AROUND HERDSMAN

One or two laps around lake on limestone/bitumen paths. A very flat scenic course. The 5k walk is on bitumen path next to Jon Sanders Drive.

### JUNE 8 UNI 15K RRC & 10K RWC

From JH Abrahams Res. 15k is down river for 2.5k to Beaton Park and return and 5k up river and return with turn about 200m past Narrows Bridge. 10k is upriver part only.

### JUNE 15 JOONDALUP

2.5k or 5k south and return on limestone/bitumen paths next to lake.

### JUNE 22 25K RRC 15K RWC

From Burswood over rail bridge past Banks and Bardon Parks turn right past golf club and cross Clarkson Rd to 7.5k turn at Maylands Waterland. 25k continues past Tranby house along Swanview Tce under Garrett Rd bridge to 12.5k turn.

THE meeting was opened at 7.00 pm by President Ivan Brown. It was noted that the Agenda was in the April Vetrin. There were 45 members present, and eight apologies.

Minutes of last year's meeting were accepted and there were no matters arising.

### Records

The President reported to the meeting thanking the many members who had contributed to success over the year. Secretary's report was published in the April Vetrin and was accepted.

### Finance

The treasurer's report shows receipts for year as \$49,845.67 and payments \$43,507.09, an operating surplus of \$6,338.58. This reports was presented along with the auditor's report. (The auditor requested that details of two years' accounts be shown.)

The treasurer explained that the surplus was about \$5,000 higher than expected due to two factors. These were the very high attendance at track and field events during the summer, and the moving of the Sunday membership event from April to March, meaning there were two membership-day fee collections in 2007/8.

The report was accepted.

### TROPHIES

**The Patron's Trophy**, awarded annually for performance in the track and field points competition, was won by David Carr and Peggy Macliver.

**Handicap Trophy:** this was also won by David Carr.

**Achievement Award:** won by John Oldfield.

Nominees must meet the criteria of significant improvement of athletic performance and have made a significant contribution to the administration of the club.

**John Gilmour Trophy**, awarded for the most outstanding performance during 2007/8, was another David Carr victory. His performance came in the 2km steeplechase, where David set a new M75 world record of 8:56.59 M75, a 98.05% performance.

**Athlete of the Meet** (at MAWA's Track & Field Championships) was also won by David Carr, who equalled his own WR 800m time 2:34.3 – a 97.02% performance.

## CLUB AGM

Monday 14 April 2008  
Hockey Club Rooms,  
Floreat

### Records

Statistician Campbell Till reported the years' score of 125 State records, 31 Australian records by six athletes (Lyn Ventris, David Carr, Cameron York, Byrony Glass, Rae McMillan and Don Chambers) and five world records (David Carr 3, Lyn Ventris 2.)



*New President Barbara Blurton*

### OFFICE BEARERS

*President*

Barbara Blurton

*Vice-President*

Jackie Halberg

*Secretary*

Bob Schickert

*Treasurer*

Roger Walsh

*Committee*

Damien Hanson, Bob Schickert, Lynne Schickert, Peter March, John Oldfield, Bob Schickert, Lachlan Marr, Bob Schickert, Lynne Schickert, Valerie Millard, Ian Cotton, Jim Barnes

### OFFICIALS

*Vetrin production*

Vic Waters

*Handicapper*

Mike Rhodes

*Auditor*

Liz Tilmouth

*Statistician*

Campbell Till

*Registrar* (new position)

Peggy Macliver

*Athletics WA winter coordinator*

Patrick Smith

After many years as Patron Bill Hughes is unable to continue. John Gilmour has since agreed to be Club Patron.

### LIFE MEMBERS

Jacqi and Vic Beaumont were both awarded Life Membership for outstanding contributions in varied capacities over many years.

### NOTICES OF MOTION

Notice of motion to amend clause 6 (c) of the constitution by adding "provided that the

Committee may invite up to two additional members to become Committee Members to assist in achieving Club objectives" was moved by Ivan Brown and seconded by Paul Hughes. The motion was lost.

### GENERAL BUSINESS

Irwin Barret-Lennard proposed that the 10,000m track championship be held on a weekend morning. Motion was lost.

### Ages

Jeff Whittam inquired about age at date for State T/F Championships. Barbara Blurton reported that relevant age would be that at the start of the Championship main period (in 2009 this is March 12). She explained that it's difficult to run the computer program with multiple dates.

### Daylight saving

Barrie Thomsett raised the matter of Sunday start times with daylight saving. After advice by the club secretary of changes already included in the 2008/9 proposed program (see March Vetrin) for February and March it was agreed those times would be accepted.

### Emailed vetrin

Bob Schickert advised that he will arrange to send Vetrin by email to members who prefer that to a printed copy.

### 3Ps

Valerie Millard advised the meeting she was unable to continue as race director for 3P's after the 2008 event.

### Gallipoli event

Following a proposal from the committee it was agreed that from 2009 the Athletics WA Synergy Gallipoli event would be included in the MAWA Sunday program. It has been arranged for MAWA members to enter for \$5. On this event day (the Sunday before Anzac day) and the day of the City to Surf we will also hold a group training jog.

### Thanks

Keith Atkinson proposed a vote of thanks to the outgoing committee and Damien Hanson pointed out the contribution made to the club by Les Beckham in relation to horizontal jumps.

The President thanked the members for their contribution and closed the meeting at 8.46 pm.

*Bob Schickert  
Secretary*

**5K RUN**

Andrew Brooker	M35	18:26
Jim Langford	M60	18:31
Dave Roberts	M65	19:54
V2	20:53	
V3	20:58	
Raymond Gimi	M40	21:29
Blakeney Tindall	M45	22:09
Margaret Saunders	W50	22:54
Margaret Langford	W60	23:19
John Mack	M65	24:01
John Brambley	M65	24:13
Damien Hanson	M50	25:05
Frank Smith	M65	25:34
Delia Baldock	W45	25:41
Charlie Chan	M55	27:03
Michael Faunge	M70	27:12
Wendy ClementsGreen	W65	27:36
Jim Riddell	M65	27:56
Paul Martin	M65	29:04
Ray Hall	M70	30:21
Aldo Giacomini	M70	31:47
Vic Beaumont	M75	32:20
Jan Jarvis	W60	33:51
Sheila Maslen	W70	34:45
Julie Wood	W55	34:51
Pierre Viala	M60	34:51
Elaine Dance	W55	34:53
Margaret Warren	W70	34:56
Mary Heppell	W70	37:48

**11.6K (TO 11.9K?) RUN**

Peter Sullivan	M45	46:05
Paul Hughes	M55	46:28
John Pentecost	M45	47:55
Jim Klinge	M60	48:41
Chris Frampton	M40	49:58
David Willmer	M50	50:04
Paul Burke	M35	50:53
David Baird	M65	51:02
Ralph Henderson	M55	51:10
Mark Dawson	M45	51:41
Neil McRae	M55	52:27
Amanda Walker	W40	52:33

**5K RUN**

John Pentecost	M45	19:22:00
Neale Osborne	M50	21:40:00
Ross Keane	M45	23:00:00
Margaret Saunders	W50	24:17:00
John Brambley	M65	25:28:00
Peggy MacIver	W60	25:50:00
Delia Baldock	W45	26:28:00
Damien Hanson	M50	28:24:00
Aldo Giacomini	M70	32:03:00
Julie Wood	W55	33:23:00
Sheila Maslen	W70	34:30:00
Toni Frank	W60	40:05:00
Mary Heppell	W70	40:07:00

**10K WALK**

Peter Ryan	M55	73:31:00
Mike Rhodes	M60	76:27:00

**5K H/CP WALK**

	Time	Handicap	Actual
Leo Hassam	M75	46:22:00	1:54:00 44:28:00
Michele Mison	W60	48:06:00	16:54:00 31:12:00
Maggie Flanders	W70	48:10:00	2:30:00 45:40:00
Patricia Hopkins	W65	48:12:00	7:18:00 40:54:00
Lynne Schickert	W65	48:23:00	12:36:00 35:47:00
Jeff Whittam	M70	48:37:00	9:24:00 39:13:00
Dorothy Whittam	W70	49:06:00	7:06:00 42:00:00
Phyllis Farrell	W60	46:33:00	scr/nh 46:33:00
Linda Rhodes	W60	46:34:00	scr/nh 46:34:00

**Membership Run****BURSWOOD PARK****March 30, 2008***Director: Brian Danby*

LONG event distances (bracketed) are a reminder that several people took wrong path and covered an extra 300 or 400m. Marshals might be repositioned next year?

Some members did much more than 400m extra. Ivan Pilton ran 10k around the bridges before our event. That's because he overlooked the end of day-light saving and arrived a little earlier than necessary!

Chris Maher	M50	52:33
Wayne Taylor	M45	53:23
Brian Bennett	M60	53:27
V7	54:56	
Gillian Young	W60	55:11
Bruce Mathieson	M60	55:58
Nick Miletic	M55	56:32
Johan Hagedoorn	M60	56:36
Keith Atkinson	M50	56:55
Gary Fisher	M55	57:11
John Doust	M60	57:46
Ivan Brown	M60	57:56
Sean Keane	M40	57:59
Bob Schickert	M65	58:30
Mark Hewitt	M55	58:43
Vic Waters	M60	58:46
Bryan Hardy	M60	59:02
Ivan Pilton	M65	59:58
Hamish McGlashan	M70	60:48
John Bocian	M55	61:14
Stephen Dunn	M40	63:06
John Ellard	M65	63:20
Ray Attwell	M70	63:30

Mike Khan	M60	63:43
Carol Bowman	W50	64:16
V1	64:56	
Michele Froudist	W45	67:17
Richard Blurton	M55	67:28
John Dance	M55	67:40
Richard Danks	M65	67:56
Marg Forden	W65	68:25
Berni Scott	W45	70:05
Merv Jones	M65	72:07
Lorraine Lopes	W65	72:37
Arnold Jenkins	M60	75:40
Rhod Wright	M55	76:39
Pam Toohey	W60	76:44
Denise Viala	W55	85:50
Steve Toohey	M55	87:35
Margaret Bennett	W65	88:09
Jo Richardson	W55	88:10

**5K WALK**

Lynne Schickert	W65	37:11
John Frost	M70	37:37
Beryle Doust	W55	37:57
Linda Rhodes	W60	39:37
Mike Rhodes	M60	39:38
Lorna Lauchlan	W75	41:16
Kirt Johnson	M75	41:16
Alan Pomery	M75	42:43
Pat Ainsworth	W70	43:26
Brigitte Sieger	W55	45:39
Maggie Flanders	W70	45:48
Dorothy Whittam	W70	45:49
Mitch Loly	M65	46:29
Leo Hassam	M75	46:29
Ray Lawrence	M75	46:30
Phyllis Farrell	W60	47:18
Elaine Ellard	W65	51:39
Pat Miller	W65	55:20
Merv Moyle	M80	55:21

**11.6 (TO 11.9K?) WALK**

Michele Mison	W60	77:05
Peter Ryan	M55	88:42
John Smith	M70	92:40
Jeff Whittam	M70	97:59

**Woodmans Point****April 20, 2008***Directors: Karen and Peter March***10km H/CP RUN**

	Time	Handicap	Actual
Pam Toohey	W60	59:44:00	0:36 59:08:00
Ray Hall	M70	63:50:00	4:06 58:07:00
Charlie Chan	M55	65:13:00	10:00:00 59:44:00
Di Jones	W55	65:37:00	0 65:37:00
Ray Attwell	M70	65:52:00	14:06:00 51:46:00
Johan Hagedoorn	M60	66:13:00	20:48:00 45:25:00
Bruce Mathieson	M60	66:21:00	20:36:00 45:24:00
Keith Atkinson	M50	66:26:00	20:06:00 46:20:00
Carol Bowman	W50	66:27:00	15:36:00 50:51:00
Sean Keane	M40	66:29:00	21:48:00 44:41:00
David Baird		66:32:00	24:06:00 42:26:00
Hamish McGlashan	M70	66:42:00	18:06:00 48:36:00
Wayne Taylor	M45	66:59:00	22:54:00 44:05:00
Ivan Brown	M60	67:12:00	21:36:00 45:36:00
Neil McRae	M55	67:17:00	23:18:00 43:59:00
Bob Schickert	M65	67:35:00	21:18:00 46:17:00
Gillian Young	W60	67:53:00	21:18:00 46:35:00
Jo Richardson	W55	68:37:00	0:00:00 68:37:00
Arnold Jenkins	M60	68:46:00	8:18:00 60:28:00
Theresa Howe	W55	68:52:00	9:24:00 58:28:00
John Pentecost	M45	69:59:00	27:18:00 52:41:00

SORRY about the weather this year we tried to hold off the rain until the runners finished but not quite. This year the course had to be changed because of the new Coogee marine complex and we increased the distance to 10k run, 5k walk/run. From the feedback, we believe we now have a fantastic 2-lap circuit and hope a few more runners/walkers will turn up next year at the new date and experience it. A thank you to Mike Rhodes, who did another great job with the handicaps.

A big thankyou to all our other helpers (especially the ones who weren't rostered) Paul and Tanya Burke, John and Elaine Ellard, Helen Lysaght, Rosa Wallis; Eldon George who replaced Saskia; Mark Sivyver and Steve Toohie, with Barrie stepping into the finish recording seat at the last moment. See you all next year.

*Pete and Karen*

Maurice Creagh	M60	69:18:00	19:18:00 50:00:00
Grace Hollin	W50	70:50:00	11:48:00 59:02:00
Kathy Burr	W65	71:06:00	0:00:00 71:06:00
John Smith	M70	72:22:00	9:42:00 62:40:00
Val Millard	W60	63:07:00	5:00:00 58:07:00



**5K**

#N/A	#N/A	18:43
Neale Osborne	M50	21:01
Wayne Taylor	M45	21:35
Ross Keane	M45	21:40
Raymond Gimi	M40	21:46
#N/A	#N/A	22:34
Frank Smith	M65	22:49
Vic Waters	M60	23:11
Mark Hewitt	M55	23:14
Irwin BarrettLennard	M75	23:55
Margaret Langford	W60	24:15
Barry Jones	M50	25:04
Peggy Macliver	W60	25:32
Leonie Jones	W45	25:46
Wendy ClementsGreen	W65	27:06
Jim Riddell	M65	27:22
Michael Faunge	M70	27:43
Bob Sammells	M70	27:47
#N/A	#N/A	28:41
Sue Bullen	W45	29:09
Vic Beaumont	M75	34:23

**10K**

Paul Hughes	M55	38:46
Ross Parker	M55	41:22
#N/A	#N/A	42:52
Martin Watkins	M60	46:54
Ivan Brown	M60	46:56
Bryan Hardy	M60	48:28
Sandra Stockman	W40	48:30
Sean Keane	M40	48:52
Hamish McGlashan	M70	48:58
Richard Blurton	M55	51:09
Shirley Bell	W55	51:59
#N/A	#N/A	53:05
Michele Froudish	W45	54:17
Terry Manford	M65	54:58
Charlie Chan	M55	58:32
Arnold Jenkins	M60	60:36
Sarah Ladwig	W55	61:01
#N/A	#N/A	61:13
Jane Elton	W40	61:14
Jo Richardson	W55	70:54
Pierre Viala	M60	70:55
Kathy Burr	W65	72:04
Sheila Maslen	W70	75:23
#N/A	#N/A	76:18
Ray Lawrence	M75	78:07

**15K**

Sandy Burt	#	57:10
#N/A	#N/A	63:52
#N/A	#N/A	63:52
Ralph Henderson	M55	64:57
David Baird	M65	65:23
Paul Burke	M35	67:42
Michael Karra	M40	69:25
Brian Danby	M55	70:06
Bruce Mathieson	M60	73:29
Keith Atkinson	M50	74:55
#N/A	#N/A	78:02
Maurice Creagh	M60	80:52
Mike Khan	M60	81:26
Carol Bowman	W50	81:48

**Woodmans concludes**

Geoff Barrett	M45	67:16:00	27:00:00	40:16:00
V1		66:32:00	18:00:00	48:32:00
V2		72:19:00	10:00:00	62:19:00

Note: Val and Geoff have not run in the last six months and were given temporary handicaps. Not eligible for a place.

**PAGODA RUN****April 13, 2008**

AS this event no longer goes to the Pagoda a new name is needed. How about NOT or 'X' Pagoda? (I favour X Pagoda.)

About 100 starters even though the regular race director Jackie Halberg was not there to greet them. Merv Moyle a long time helper had a fall a few days before and was unable to assist but there were still many willing helpers; Ray Atwell, Ray & Roma Barnett, John Brambley, Tessa Brockwell, David and Pat Carr, Mary Heppell, Troy Lundgren, Neil McRae, Lynne Schickert, John Talbot, Barrie Thomsett and Dorothy Whittam. My thanks to all of them. Morning tea, arranged by Ivan and Penny Brown and set up by Jacqi & Vic Beaumont, was great.

A clash with other functions at Burswood was a problem yet again, but next year there are no other events scheduled at Burswood, so we'll hope for a less congested morning.

**Bob Schickert**

*"Chase me, Charlie; I won't dance," says Arnie.*

*Below: some of our more leisurely starters.*



Paula Karra	W35	82:25	Richard Danks	M65	92:57
#N/A	#N/A	84:08	#N/A	#N/A	93:46
Di Jones	W55	85:21	Denise Viala	W55	1:49:37
Lorraine Lopes	W65	90:21	Margaret Bennett	W65	1:51:48
#N/A	#N/A	91:31	Brian Bennett	M60	1:51:50

**5K**

Lesley Romeo	W60	36:23
Linda Rhodes	W60	38:30
Kirt Johnson	M75	40:29
Rosa Wallis	W60	40:40
Lorna Lauchlan	W75	40:41
Victor Ratana	M70	40:42
Simon Mort	M50	43:52
Brigitte Sieger	W55	44:59
Phyllis Farrell	W60	45:01
Maggie Flanders	W70	45:53
Leo Hassam	M75	45:54
Sylvia Szabo	W50	46:17
Pat Miller	W65	46:18
David Brown	M60	71:08

**10K**

Lynne Schickert	W65	75:45
Mike Rhodes	M60	78:53
#N/A	#N/A	89:14

**15K**

Michele Mison	W60	98:45
Val Millard	W60	99:01
Michael Harvey	M55	1:48:35
Peter Ryan	M55	1:53:12
Karl Stockman	M45	1:55:18
Roger Walsh	M60	2:02:36
Peter Hopper	M60	2:04:08
Jeff Whittam	M70	2:04:14
Alan Pomery	M75	2:14:37



*"Flat as a tack," said director Frank. Well, the start was.*

THANK goodness the run wasn't held 24 hours earlier when all of April's usual share of rain fell around Perth. It was still coming down when I reached the hills of Reabold but it soon stopped and the clouds began to break up. By 8am the sun was blazing and conditions became quite steamy; not ideal for hilly cross country running, as shown by the results. A few of our 'gun' runners opted for two laps instead of three.

The turnout was below average, probably because of the weather and a clash with the Bridges fun run, but we still had a good group of intrepid runners and walkers, most of whom said they enjoyed the course. Unfortunately, this was the club's last run in hills because of the large fee imposed on us by the King's Park board.

### 3.1K RUN

Ian Cotton	M40	13:36
Ross Keane	M45	14:42
Hamish McGlashan	M70	15:41
John Mack	M65	16:09
Delia Baldock	W45	16:12
Wendy ClementsGreen	W65	17:48
Pam Toohey	W60	20:01
Julie Wood	W55	23:48
Elaine Dance	W55	23:49
Sheila Maslen	W70	24:35

### 6.1K RUN

Paul Hughes	M55	23:33
Jim Klinge	M60	25:25
Dave Roberts	M65	25:45
Ivan Brown	M60	26:38
John Collier	M40	26:39
Neil McRae	M55	27:14
David Scott	M60	28:49
Maurice Creagh	M60	32:44
Peggy Macliver	W60	33:40
Charlie Chan	M55	33:57

Grace Hollin	W50	34:41
Michael Faunge	M70	35:33
Lorraine Lopes	W65	37:16
Sarah Ladwig	W55	37:37
John Dance	M55	38:36
Vic Beaumont	M75	42:05
Kathy Burr	W65	43:50
Margaret Warren	W70	45:48
Ray Lawrence	M75	47:56
Steve Toohey	M55	57:25

### 9.1K RUN

John Pentecost	M45	36:56
Ralph Henderson	M55	38:42
Peter March	M45	39:51
Brian Danby	M55	41:33
Sean Keane	M40	43:03
Gillian Young	W60	43:14
Nick Miletic	M55	43:24
Johan Hagedoorn	M60	43:56
Bruce Mathieson	M60	44:13
Bob Schickert	M65	45:00
Karen March	W45	45:48

## Reabold Hill

April 6, 2008

Director: Frank Smith

The event went smoothly. As always, this is due to the small band of helpers and I'd like to thank Sandra Stockman, Jeannette Tiverios, Jane Thompson and Stan Lockwood. Also, thanks to John Collier (who was there but not needed - so he ran!); Barry Thomsett for his help with the recording; and Mark Sivyer, who volunteered on the day and looked after the walkers.

A special thank-you goes to my co-director, Vic Waters, whose help went above and beyond the call of duty.

Frank Smith

## Track and Field NEW RECORDS 2008 NATIONALS

W30 Discus	Byrony Glass	39.36m
W30 Wt Pent.	Byrony Glass	3604 points
W55 Wt Pent.	Kate Glass	3902 points
W60 5000mW	Val Millard	31:55.19
M45 60m	Colin Smith	7.94
M75 200m	David Carr	30.40
M75 400m	David Carr	66.92 (AR)
M50 100mH	Garry Ralston	17.47
M75 2kSC	David Carr	8:56.59 (WR)
M70 Triple Jump	Don Chambers	8.23m
M35 4x100 Relay	David Luck, Colin Smith, Chris Neale, Campbell Till	48.77

## 2008 MAWA STATE CHAMPIONSHIPS

W60 5000m	Gillian Young	21:41.0
W60 10000m	Gillian Young	46:03.1
W60 1500mW	Val Millard	8:59.2
W75 1500mW	Lorna Lauchlan	12:09.0
W60 3000mW	Val Millard	18:49.3
W35 High Jump	Carolyn Wills	1.56m
W80 Discus	Rae McMillan	17.29m (AR)
W30 Hammer	Byrony Glass	55.76m (AR)
W70 Hammer	Dorothy Whittam	20.53m
W30 Heavy Weight	Byrony Glass	16.44m (AR)
W70 Heavy Weight	Dorothy Whittam	8.89m
W30 Shot	Byrony Glass	12.12m (=)
W55 Shot	Kate Glass	10.40m
W80 Shot (2kg)	Rae McMillan	7.12m (AR)
W30 Weight Pent.	Byrony Glass	3580 points (AR)
W45 Weight Pent.	Sharon Moloney	2546 points
W60 Weight Pent.	Bev Hamilton	3157 points

M30 400m	Cam Yorke	49.72
M75 800m	David Carr	2:34.3 (=WR)
M75 1500m	David Carr	5:28.1 (=AR)
M50 100mH	Garry Ralston	17.6
M65 2kSC	Bert Carse	8:07.04
M75 2kSC	David Carr	9:17.60 (AR)
M45 1500mW	Garry Hastie	6:35.3
M45 3000mW	Garry Hastie	14:41.3
M75 Javelin	Rob Shand	24.69m
M65 Pentathlon	Peter Gare	3103 points
M75 Pentathlon	David Carr	3462 points (AR)

David Carr	M75	50:15
Paul Martin	M65	52:33
Di Jones	W55	52:54
Genevieve Spiro	W35	57:56
Arnold Jenkins	M60	57:58

### 4K WALK

Linda Rhodes	W60	35:00
Pat Carr	W75	37:22
Leo Hassam	M75	37:24

### 6K WALK

Michele Mison	W60	39:16
Ray Hall	M70	44:00
Lynne Schickert	W65	44:33
Peter Hopper	M60	44:35
John Smith	M70	44:45
Jeff Whittam	M70	48:39
Mike Rhodes	M60	48:40



Irwin Barrett-Lennard	M75
1 10K	47:49.7
2 1500	6:45.50
1 5K	23:58.76
1 8KCC	43:06

Stephen Blake M45  
Did not compete, injured

Carol Bowman	W50
4 800	3:17.41
3 1500	6:44.18
3 5K	25:03.95
4 400	1:21.73

David Carr M75  
1 800 2:39.46  
1\* 2KST 8:56.59  
\*WORLD RECORD

1 1500	6:08.95
1 200	30.40
1 400	1:06.92

Patricia Carr	W75
1 60	12.11

Don Chambers	M70
5 Ham	24.88
	PV NH
2 LJ	3.87
5 Shot	9.11
2 60	9.19
1 80H	15.50
6 Jav	21.46
1 300H	56.84
4 HJ	1.05
2 100	14.78
1 TJ	8.23
2 200	29.75
4 WGT	12.48
1 400	1:14.08
5 WPT	2629
1 PTH	2250

Lynne Choate	W55
1 60	9.38
1 100	14.97
1 200	31.26
7 100Ch	12.97
4 400	1:18.72

Bjorn Dybdahl	M50
2 10K	39:42.56
8 800	2:30.24
1 3KST	12:21.36
8 1500	5:09.04
4 5K	18:53.58
4 8KCC	34.48

Byrony Glass	W30
1 Shot	11.67
2 Ham	53.30
1 Disc	39.36
2 WGT	16.12
2 WPT	3604

Kate Glass	W55
1 Ham	39.15
1 Shot	10.34
3 Dis	25.11
1 Jav	21.62
2 WGT	11.41
1 WPT	3902

Bev Hamilton	W60
4 Ham	21.12

## AMA Championships 2008 MAWA Results

**29 Athletes: 53 Gold,  
21 Silver, 11 Bronze 1WR,  
1AR, 8SR - a first class result!**

1 Shot	9.34
2 Disc	21.95
2 Jav	18.95
3 WGT	9.63
3 WPT	3132

Ross Keane	M45
9 800	2:30.14
8 1500	5:11.84

David Luck	M45
7 100	13.60
6 200	26.93

Peggy Macliver	W60
1 60	9.69
1 800	2:57.30
1 100	15.29
1 200	31.33
4 100Ch	12.52
1 400	1:10.11

Nick Miletic	M55
9 60	9.78
9 800	2:50.62
5 1500	5:55.75
9 100Ht	15.51
9 100Fn	15.76
11 400Ht	1:12.62
5 8KCC	43.21

Val Millard	W60
3 60	12.43
1 5KW	31:55.19
1 10KW	66.??

Chris Neale	M35
4 60	7.89
1 LJ	5.85
6 100Ht	12.36

## RELAYS

**4X100 W200+**  
Peggy Macliver  
Carol Bowman  
Deb Wolfenden  
Lynne Choate 4th: 1:03.67

**4X100 M170+**  
Colin Smith  
Chris Neale  
David Luck  
Campbell Till 2nd: 48.77

**4X400 M170+**  
David Carr  
Nick Miletic  
Chris Neale  
Ross Keane 5th: 4:29.52

6 100Fn	12.36
1 TJ	11.69
6 200	25.35
1 PTH	2630

Val Prescott	W60
3 800	4:09.31
4 Disc	15.40
4 Jav	15.10
4 5K	33:54.32

Garry Ralston	M50
1 LJ	5.24
2 60	7.79
1 100H	17.47
2 100	12.30
3 200Ht	26.35
2 200Fn	25.58
1 TJ	9.82
	100Ch DNF

Bob Schickert	M65
3 10K	46:28.5
3 2KST	8:47.60
1 8KCC	38.51

Lynne Schickert	W65
2 60	13.06
1 LJ	2.29
1 5KW	35:34.14
1 2KST	14:12.08
1 TJ	5.40
1 10KW	77.??

Colin Smith	M45
5 LJ	4.27
2 60	7.94
4 100	12.64
4 200	25.56
3 TJ	9.30
6 400	57.70

David Smyth	M35
1 5KW	29:08.75
1 20KW	2:14.19

David Solomon	M40
2 5K	18:08.09

Matt Staunton	M30
3 PV	3.0
1 Shot	11.33
1 Ham	34.23
1 Disc	34.46
1 WPT	2616
2 PTH	2294

Campbell Till	M50
2 LJ	5.12
4 60	8.18
2 400H	1:04.87
1 400	56.34

Lyn Ventris	W50
1 5KW	24:36.63
1 10KW	52.???

Deb Wolfenden	W40
7 60	10.74

Rob Young	M60
7 Ham	21.98
5 Shot	9.48
10 Disc	25.13
6 WGT	10.47

# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

### MAY 25 DEEPWATER POINT

Directors: Mike and Paula Karra - 9472 6994

Jane Elton, Aldo Giacomini, Dante Giacomini, Leo Hassam, Mark Hewitt, Fayaz Jamal, Dalton Moffett, Berni Scott

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### JUNE 1 AROUND HERDSMAN

Directors: Jim and Margaret Langford - 9387 6347

Mark Dawson, Julie Keeley, Christine and Don Pattinson, David Scott, Morland Smith, John Cresp, Roger Walsh, Ken Whistler

### JUNE 8 15K RRC, 10K RWC

Director: Gary Fisher - 9472 7062

Theresa Howe, George & Josephine Schaefer, Ron Sutton, Jackie Halberg, Bob Sammells, Patrick Smith

### JUNE 15 JOONDALUP

Directors: Margaret and Morris Warren - 9304 1105  
Keith & Marg Forden, Chris Maher, Amanda Walker,

### JUNE 22 25K RRC. 15K RWC

Director: Wayne Pantall - 9362 3715

David & Pat Carr, Jackie Halberg, Bernadette Height, Jim Riddell, George & Josephine Schaefer, Sylvia Szabo, Pam & Steve Toohey, Frank Usher, Margaret & Morris Warren.

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

For club uniform  
clothes, call:

Patricia Hopkins

9446 4452

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Ivan Brown

### Patron:

Bill Hughes



# Vetrun

JUNE  
2008  
No. 411



The magazine of Masters Athletics WA

## Inside...

President's Message	
Masters' winter X/C	
Event descriptions	
Last Waltz?	P2
Birthdays, Profile, You Write..and hats!	P3
Bunbury 2008	
City Rail	P4
Aquinas	P5
Weir Run	
3Ps	P6
10km Track Handicap	P7
Coming Events and Helpers	P8

## Darlington Dash course changes

FOR safety reasons, with the roads becoming so busy, we are changing the Darlington Dash. It becomes a one lap or two lap event. The course still starts uphill along the heritage trail from Darlington to Glen Forest and back down, making eight kilometres. Runners covering the full 16km will now repeat this out and back.

The Dick Horsley Trophy will still be awarded to the fastest couple completing the 8km and 16km courses respectively.

Delia Baldock



## 'Ladies first' at Carine

*Margaret Saunders and Niamh Keane led Masters runners in a stirring start to the Athletics WA cross-country season. Running against senior and junior teams, our duo won the Carine Relay perpetual trophy. Margaret has spent years coaching young athletes and improved her own running form tremendously since joining Masters. More on the X/C season – see page two.*

## PERTH MARATHON

### Relay runners help make the day

MASTERS members are always a notable element of the annual Perth Marathon (July 6 this year), running as individuals or in teams. A few years ago, when we made a special effort by entering in several age-groups, one of our four-man teams won the relay outright.

#### All welcome

It's an exciting day, spiced up by the extra competition and effort of team running. Runners of all standards are invited to contact me: I'll co-ordinate entries and organise suitable teams.

Please call or email me (see back page) with an estimate of your potential 10km time, and age group. Some of you might already be planning teams of your own; it would be good to know about that too.

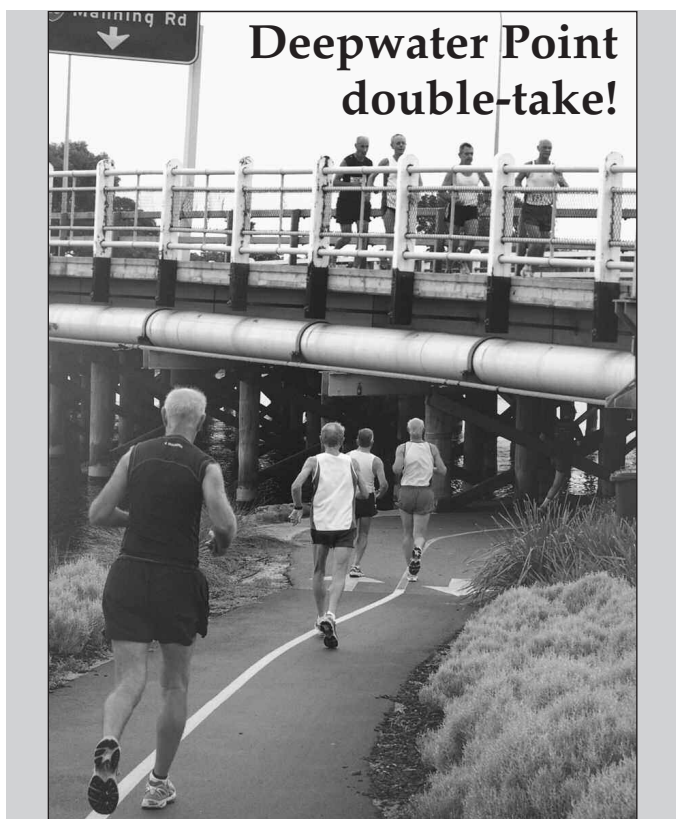
Vic Waters

## Jim Barnes marathon trophy

WITH the Perth marathon only about a month away it is timely to remind club members of this trophy.

It was donated by John Oldfield in recognition of the completion of 100 marathons by club stalwart Jim Barnes, the first WA athlete to achieve this outstanding milestone. The perpetual trophy will be won by the club member who makes the best age-graded performance in the Perth Marathon. How would you like to be the first winner?

## Deepwater Point double-take!



## CHAMPIONSHIPS LAHTI 2009

THE AMA website, [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au) is displaying an information flier from the AMA official travel agent, IST.

### AMA TEAM MASSEUR for LAHTI

IF you or someone you know (not necessarily a Masters Club member) is interested in applying for the position please refer to AMA website [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au) - or Bob Schickert for further details. Applications close 15 August 2008.

## Vetrun - BY EMAIL

ABOUT a dozen club members have decided to receive the Vetrun by email rather than by post or hand out. You can change to this method by advising Bob Schickert [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)

## You write... about sand in your shoes Yes...

Hi Vic

Just wanted to say I like your idea about re-instating a club run at Floreat Beach - with a section on the dreaded sand. Not that I'm any good at sand running, but it's something different and a bit of fun. I'll await further reports on the subject in Vetrin.

Best regards,  
Anne Jones (no. 533)

## Yes...

Hi Vic,

Sounds like a fun idea to us. Obviously at a time of year when most people's training is just rolling along rather than flat out competing for times. So from Nov-Feb may be the go.

Thanks Keith, and Helen (Atkinson and Lysaght)

## No!

Vic

Committee in general not keen on a City Beach beach run. View is that Safety Bay or Woodmans Point with more tightly packed and a flatter sand surface much more suitable. I agree with that. Suggest one of the two group jogs indicated in programme (August 31 and April 19) be at City Beach and a beach section (optional?) can be included. (August 31 is City to Surf day and it could be crowded.)

### Group jog?

*MY original idea was to use Floreat beach, towards Scarborough, not City beach.*

At this time of year - April/May - heavier surf has flattened this section making it very useable. I regularly run there, as well as City beach and south towards Swanbourne. Easiest going is north of Floreat and south of City.

So, as a starter, I would suggest April for our group jog. Outward would be on solid ground, returning next to the waves. Also, in April the weather's more likely to encourage a post-jog swim. Next, if enough members enjoy it perhaps we'll develop

## PROFILES

by Jim Barnes

### Maurice Creagh

A SOFT spoken, low-key bloke, Maurice hails from Westmeath, Ireland and started running cross-country at fourteen. His livelihood has come from construction and mining since arriving in Australia in 1968. In WA times were spent on and off between Perth and the Goldfields. Maurice joined the club - the WAVAC, now Masters - in the mid-eighties when the running boom was on. It was at that time he says he ran at his best, recalling a time of 3:03 for the marathon.

Maurice has run in most places in Australia and mentions running with club members Maxine Santich and Brian Bennett at Kalgoorlie years back.

These days Maurice likes to run anything from 800m to the half marathon. His hero always was John Tracey, twice World Cross Country champion and silver medal winner in 1984 Olympic Marathon - "what a runner". Watching junior football and Gaelic football are the pleasures Maurice gets these days.



## Call Margaret!

SHE'S in the dark, under the arches and in Deepwater! Well, it's not quite that desperate, but Marg would like to hear from you NOW if you're going to the Quindanning weekend in September. See her on Sundays or call 0275 0169; or 0421 997627.

## New Members - Welcome!

775 WARRENER Mark M45  
776 FRY Melissa W30  
777 TRALAU Tom M35  
778 CLARK Steve M65



use Floreat beach, towards

a regular event. Walkers would be happy on the pathway, I think.

### Original

Bob Hayres, who directed the first Floreat event, contacted me and pointed out that it originally included a section on the beach. He would like to see it resurrected.

### Other ideas

Further comments on beach running - and any other fresh ideas for club events - are always welcome. Please contact Vetrin, or any committee member, with your thoughts.

Vic Waters



John Mack

Burt	Sandy	M45
Carr	David	M75
Clements	Wendy	W65
Coates	Chris	M55
Creagh	Maurice	M60
Danks	Richard	M65

## Want to get a-head?

IN our climate, keeping the skin on your bonce isn't a given. I'll happily wear the comments about my preferred, pirate-style, bandanna if I can retain a little scalp among the thinning tonsure. But all those witty (?) comments prompted a photographic study of what others use to keep the sun off. So if you want to feature in these pages, wear a weird hat!

Vic Waters



## Happy Birthday June Members!

Elton	Jane	W40
Frank	Toni	W60
Giles	Steve	M50
Hamilton	Mark	M35
Haylett	Paul	M45
Howe	Theresa	W55
Jones	Anne	W55
Lysaght	Helen	W55
Mack	John	M65
Reid	David	M55
Spiro	Genevieve	W35
Streeter	June	W55
Sivyer	Mark	M60
Talbot	John	M60
Thomsett	Barrie	M65
Turnbull	Jim	M70



## COMING EVENTS Descriptions

JUNE 29

### DARLINGTON DASH

From reserve on to old railway cutting. Course is out and back in cutting. Mainly up hill out and downhill back. Take care loose stones and road crossings. Scenic run/walk one lap 8k. Dick Horsley trophy for male/female partners teams on times. One runs 8k one 16k. Great morning tea.

JULY 13

### MILL PT RD

Towards Narrows Bridge. Western part of Sir James Mitchell Park use path close to Mill Pt Rd on way out. Return along foreshore path. 5k event turn before Douglas St. 10k run/walk championship.

JULY 20

### BARDON BASH

Along bike path turn right past Golf club then across Clarkson Rd. 7k turn is before Tranby house, 13k turn after passing under Garrett Rd Bridge. Take extra care on Swan View Tce.

JULY 27

### SHARKS

Very flat along path to Fremantle Bridge and return plus about 500m out and back for 5k event. 10k continues to eastern end of Blackwall Reach Parade and return along the foot path NOT the road. Second half of 10k is hilly. Take extra care crossing extension of Petra St.

## Who's for the last waltz?

DAVE Carr pointed out to me some years ago that the titles of most of our Sunday events tell us little more than the location. Some don't do even that – Teddy Birds Picnic, 3Ps, Friendship, for instance.

It doesn't really matter though, because supplementary info printed on the Masters Program cover the additional requirements –

# Masters' winter season starts well

**MASTERS started the winter season well, the women winning their first trophy of year.**

SIX athletes represented Masters at the Carine Open Space Relay, though several more members were there, running for other Athletics WA clubs. Masters entered two male and one female team. It was a cool sunny day and the rain shower was well timed, about 15 minutes after the trophy presentations.

Congratulations go to Niamh Keane and Margaret Saunders for winning the Open Women event and Perpetual Trophy.



### Pictures

A website link for race photos from Carine event – and other pictures – is <http://members.iinet.net.au/~smithp/>

Photos there include the 2007 Athletics WA State Long Course Cross Country Championships. They're reduced in size to 640 x 480. If you want the original sized photo, send me an email quoting the event name and photo number.

### More runners?

Also, please let me know if you are interested in taking part in our cross-country events.

Patrick Smith  
PO Box 708, Mt Lawley, WA 6929  
Fax +61 8 6262 7226  
Mobile 0418 921 848  
email [smithp@iinet.net.au](mailto:smithp@iinet.net.au)

distances, run/walk, handicap etc – covers most of the nitty-gritty.

I think these more colourful names are more effective. Once you know the Teddy Birds Picnic, or 3ps, it (and its location) sticks much more firmly in the memory than more prosaic titles –

urgent action within 24 hours, please call me on 0418 921 848.

### Relays

Athletics WA run a series of cross country relay races each winter for senior and junior teams. Three events are held on Saturday afternoons and two on Sunday mornings. The two largest events (Sunset & Karrinyup Relays) are very popular with lots of teams representing the various athletic clubs and private schools.

Masters enters men's and women's teams in each relay event. If you would like to join us for one or more events, please send me an email.

For the relay competition, an athlete can only compete for one club/team during the season. So once you compete for one relay team (MAWA) you will not be able to represent a different team (WAMC or Stirling Swans, for example) in later relay events. This rule does not apply when athletes compete as individuals.

Our system is to send out a reminder email a few weeks before each event and then form a team or teams from all those available. It seems to work quite well with each runner participating as often as they like, fitting these races around their work and family commitments as well as their other running commitments. The race entry fee is \$7 per competitor (MAWA competitors are Federation Members), paid to the race organiser on the day.

This year's remaining relay events are:

such as Club Cross-Country, or RRC/RWC.

### Character

So let's have a few more quirky names, starting with the Pagoda Run.

In fact, I don't think we need to rename it at all. So there's no Pagoda? Agreed:

## President's Message by Barbara Blurton



Dear fellow members:

As most of you know I have just taken over from Ivan as your President, and I look forward to the challenges as our club continues to grow and develop.

I think it is very important that we cater equally for our diverse groups of athletes (runners, walkers, track and field) and I will be striving to ensure we get that balance right.

Normally I shall be at Coker Park on Thursday evenings and also at the majority of the Sunday runs and will be happy to listen to members' views.

### Patron

I am delighted to welcome John Gilmour as our new patron. John is a club founder member and still holds many State and Australian records and has done much to promote our sport.

Barbara

Karrinyup Relays (teams of 4 men or 3 women)

Rickman Delaney Relay (teams of 2)

Perry Lakes Relay (teams of 3)

The race program and results can be found on the Athletics WA web page (<http://www.waathletics.org.au/>) in the section titled 2008 Cross Country Season.

but when did you last see a Teddy Bird?

The name has character, we've all come to know it goes out along the freeway, and it's basically the same event.

But if we must change it, how about 'The Last Waltz'?

VW

# BUNBURY 2008



Marathon age-group winners: M70 John Smith, above, and M65 Lyle James, below. Right, Peter Sullivan was second overall in the half-marathon, winning the M45 section.



## HALF MARATHON WALK

1	Lyn Ventris	W50	1:49:31
3	Valerie Millard	W60	2:16:39
7	Lynne Schickert	W65	2:48:27
12	Jeff Whittam	M70	2:56:53
14	Anne Turner	W70	3:10:33

## 50K ULTRA MARATHON

14	Christine Pattinson	W50	4:26:17*
15	Gary Carlton	M50	4:30:25
16	Don Pattinson	M50	4:30:53
23	Geraldine Carlton	W40	5:12:34

## MARATHON

8	Rosemary Johnson	W30	3:15:23*
18	Peter March	M45	3:48:09
25	John Smith	M70+	4:11:53*
33	Stephen Dunn	M40	4:31:17
38	Lyle James	M65	6:03:33*

## HALF MARATHON

2	Peter Sullivan	M45	1:22:21*
3	Dirk Klicker	M30	1:24:06*
8	Paul Hughes	M55	1:27:31*
12	Saskia Letham	W35	1:29:29*
13	Bert Carse	M65	1:30:06*
33	Wayne Taylor	M45	1:39:44
37	Brian Bennett	M60	1:41:51
39	Bob Schickert	M65	1:42:21
41	Ivan Brown	M60	1:42:44
42	Brian Danby	M55	1:43:13
50	Johan Hagedoorn	M60	1:45:05
56	Gillian Young	W60	1:45:41*
57	Shirley Bell	W55	1:45:50
55	Terry Humphrey	M55	1:48:58
69	Nick Miletic	M55	1:50:50
87	Claire Walkley	W40	1:57:16
89	Julie Keeley	W40	1:57:29
90	Maurice Creagh	M60	1:57:50
95	Carol Bowman	W50	1:58:12
96	Mike Khan	M60	1:58:24
104	Lorraine Lopes	W65	2:04:50
110	Marg Forden	W65	2:07:18
114	Graham Thornton	M65	2:09:48
123	Irene Ferris	W55	2:13:08
127	Sarah Ladwig	W55	2:22:40
129	Cecil Walkley	M75	2:23:56
130	Margaret Bennett		2:38:59

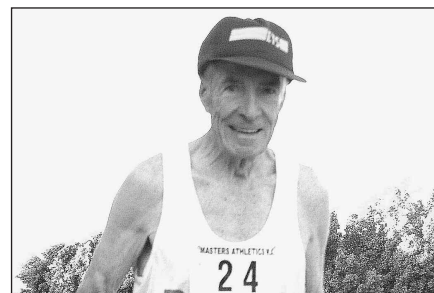
\* Age group winners

Peter March first marathon – well done, Peter.



# City Rail BARDON PARK May 18, 2008

Directors: Mike & Linda Rhodes



Ray Lawrence enjoyed his 80th birthday, treating himself to an extra kilometre!

## 7.3K RUN

V2			32:41
Ian Cotton	M40		32:42
Tom Tralau	M35		33:23
Kay Burt	W50		34:21
Dee Haines	W45		34:40
Gary Fisher	M55		35:07
Richard Blurton	M55		37:39
Delia Baldock	W45		39:43
Damien Hanson	M50		39:47
Mike Anderson	M60		41:19
Wendy Clements-Green	W65		41:53
Aldo Giacomini	M70		45:50
Peter Hopper	M60		47:23
Arnold Jenkins	M60		56:58
Mary Heppell	W70		57:07
Jeni Shillington	W50		57:08

## 10.7K RUN

Sandy Burt	M45	41:12
John Allen	M50	43:21
Jim Klinge	M60	44:34
Jim Langford	M60	44:55
Ralph Henderson	M55	45:30
David Willmer	M50	45:46
Mark Dawson	M45	46:38
Michael Karra	M40	49:04
Frank Smith	M65	49:51
Sean Keane	M40	51:08
Bruce Mathieson	M60	51:51
Paula Karra	W35	53:23
Genevieve Spiro	W35	55:36
John Pellier	M65	56:00
Ray Attwell	M70	56:26
V1		57:26
John Ellard	M65	57:52
Paul Martin	M65	59:40
Milton Mavrick	M50	59:44
John Dance	M55	60:45
Charlie Chan	M55	60:46
Tanya Burke	W35	61:37
Jackie Halberg	W60	65:03
Brian Hunter	M60	67:49
Kathy Burr	W65	75:53
Ray Lawrence... (did 11.7k)	M80	91:38

## 7.3K WALK

Michele Mison	W60	47:42
Ray Hall	M70	51:46
Rosa Wallis	W60	60:27
Patricia Hopkins	W65	61:45
Elaine Ellard	W65	65:56
Leo Hassam	M75	87:02





*Irene Ferris took the women's trophy, off a 4:06 handicap.*

**\*\* Bruce was not eligible for the trophy as he had not run three races in the previous six months, John therefore won the trophy for first male.**

**Irene won the trophy for first woman.**

#### 10K RUN

		Time	H/cp	Actual
Bruce Wilson**	M60	63:15	21:48	41:27
Irene Ferris**	W55	63:30	04:06	59:24
Pam Toohey	W60	64:22	03:18	61:04
John Brambley**	M65	64:29	16:12	48:17
Chris Frampton	M40	65:35	25:24	40:11
Ray Hall	M70	66:09	07:18	58:51
John Bocian	M55	66:18	14:42	51:36
Bob Schickert	M65	66:19	21:06	45:13
Ruth Jamieson	W50	66:20	17:00	49:20
Peter March	M45	66:34	23:48	42:46
Ray Attwell	M70	66:37	14:54	51:43
Fiona McAuley	W55	66:41	07:12	59:29
Sean Keane	M40	66:44	21:06	45:38
Johan Hagedoorn	M60	67:06	21:12	45:54
Paula Karra	W35	67:09	15:42	51:27
Paul Hughes	M55	67:13	28:06	39:07
Brian Danby	M55	67:21	22:12	45:09
Richard Blurton	M55	67:26	15:30	51:56
Sarah Ladwig	W55	67:28	06:48	60:40
Bob Lane	M60	67:29	24:42	43:47
Carol Bowman	W50	67:30	16:00	51:30
David Baird	M65	67:31	24:36	42:55
Mike Hale	M60	67:32	22:24	45:08
Lorraine Lopes	W65	67:35	10:18	57:17
Peter Sullivan	M45	67:36	30:00	37:36
Brian Bennett	M60	68:01	23:48	54:13
Gary Fisher	M55	68:03	20:00	48:03
Hamish McGlashan	M70	68:20	18:24	49:56
Shirley Bell	W55	68:23	17:06	51:17
Gary McLean	M45	68:28	26:42	41:46
Nick Miletic	M55	68:29	19:12	49:17
Graham Thornton	M65	68:41	14:00	54:41
Dirk Klicker	M30	68:44	28:54	39:50
Jim Langford	M60	68:45	28:00	40:45
Irwin Barrett-Lennard	M75	68:48	18:24	50:24
Wayne Taylor	M45	68:54	23:36	45:18
Michael Karra	M40	69:06	24:24	44:42
John Ellard	M65	69:09	14:24	54:45
John Pellier	M65	69:23	16:24	52:59
Syd Beer	M60	69:35	21:48	47:47

## Aquinas

May 4, 2008

AQUINAS COLLEGE

Director: Lachlan Marr

#### 5K RUN

Fayaz Jamal	M50	20:06
Jim Klinge	M60	20:36
Duncan McAuley	M55	21:21
Ian Cotton	M40	21:29
Raymond Gimi	M40	22:02
Ivan Brown	M60	22:04
Tom Tralau	M30	22:17
Syd Beer	M60	22:27
Ross Keane	M45	22:33
Frank Smith	M65	23:09
Margaret Saunders	W50	23:44
Damien Hanson	M50	26:31
Peter Hopper	M60	29:07
Jim Barnes	M65	29:26
Paul Martin	M65	29:28
Alan Thorniley	M55	29:29
Aldo Giacomini	M70	31:58
Vis 3		32:11
Vic Beaumont	M75	33:06
Julie Wood	W55	34:55
Pierre Viala	M60	34:55
Delia Baldock	W45	40:05
Mary Heppell	W70	43:52
Shorty Turner	M70	43:52

John Smith	M70	70:13	09:42	60:31
John Dance	M55	70:19	10:54	59:25
Jo Richardson	W55	70:30	00:00	70:30
Margaret Bennett	W65	70:30	00:00	70:30
Margaret Warren	W70	70:35	00:00	70:35
Arnold Jenkins	M60	70:57	08:48	62:09
David Carr	M75	72:00	19:36	52:24
Melissa Fry	W30	73:05	15:00	58:05
Milton Mavrick	M50	74:47	15:00	59:47
Ray Lawrence	M55	76:05	00:00	76:05
Steve Toohey	M55	76:18	00:00	76:18
Denise Viala	W55	76:59	03:36	73:23
Vis 4		64:19	04:00	60:09
Vis 2		69:11	09:00	60:11

## WALKERS

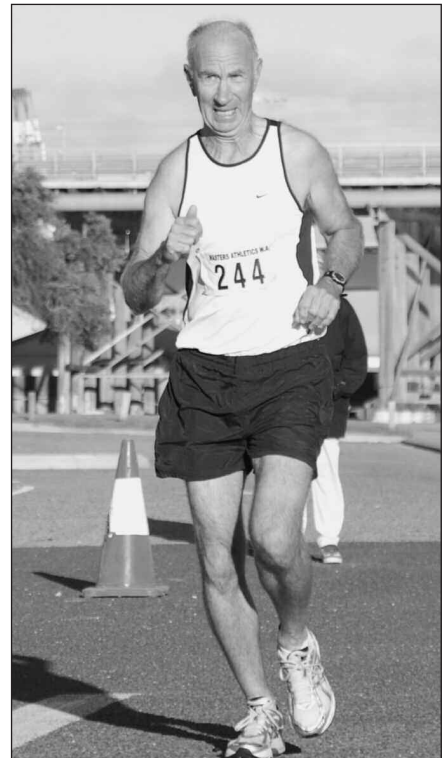
#### 10K WALK

		Time	H/cp	Total
Peter Ryan**	M55	72:46	24:42	1:37:28
Linda Rhodes**	W60	80:07	18:06	1:38:13
Elaine Ellard	W65	97:27	1:18	1:38:45
Roger Walsh	M60	74:34	24:32	1:39:06
Val Millard	W60	63:37	36:12	1:39:47
Lynne Schickert	W65	73:31	26:24	1:39:55
Jeff Whittam	M70	80:24	19:36	1:40:00
Patricia Hopkins	W65	87:35	15:30	1:43:05
Mike Rhodes	M60	80:02	28:42	1:48:44

**\*\* Peter and Linda took the trophies for first male, and first female.**

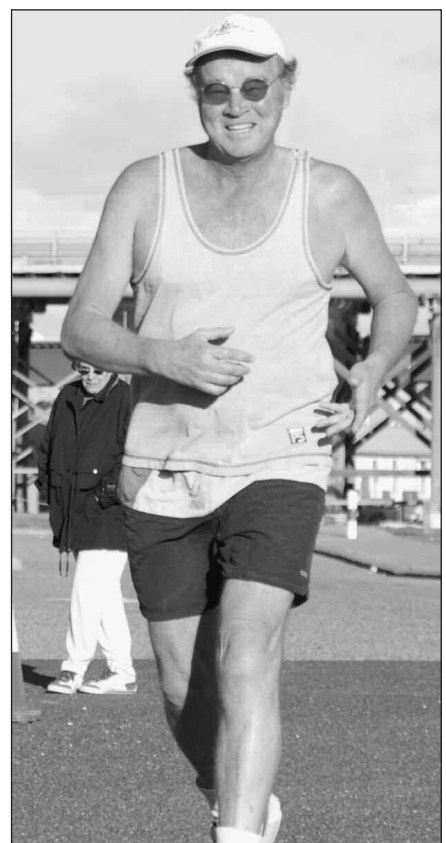
#### 5K WALK

John Frost	M70	38:00
Beryle Doust	W55	39:05
Rosa Wallis	W60	39:12
Kirt Johnson	M75	41:07
Lorna Lauchlan	W75	41:20
Simon Mort	M50	43:13



*John Brambley, M65, overcame a 16:12 handicap to win the men's trophy.*

*Below, Peter Ryan won the men's 10km walk trophy.*



Maggie Flanders	W70	46:42
Pat Ainsworth	W70	46:55
Ann Turner	W70	46:56
Pat Carr	W75	47:00
Phyllis Farrell	W60	47:00
Brigitte Sieger	W55	47:35
Brian Martus	M70	47:36
Dorothy Whittam	W70	48:34
Pat Miller	W65	50:12
Norm Miller	M75	54:26

## Weir Run

KENT ST WEIR

May 11, 2008

Directors: Sean Keane &  
Neil Mcrae

HOW considerate; the rain waited for us to start, poured for three minutes and stopped. Depending how long you were out there, steaming finishes were guaranteed. Tessa Brockwell earned some derisory whoops by sheltering under a tree. She then paid most of us back by storming past.

Distances? Various GPS readings suggested the 10km is between 30 and 50 metres short. Previous director Chris Coates says the 5km is a bit long. He obviously called on this insider trading to clean up the short event.

Good turnout for the 10km; does this mean a record field for the three-event 50km this year?

One of our visitors was 30-year old Ross Langford, who managed to finish ahead of his dad for the first time ever.

*Vic Waters*

MANY thanks to all the helpers. Because there was a full complement it was a stress free event. Special thanks to Neil for marking the course and to Jim Barnes for his help and speech afterwards about Dot Brown and John Tarrant.

*Sean Keane*

### 5K RUN

Vis		18:42
Christopher Coates	M50	19:52
Dave Roberts	M65	21:11
Ian Cotton	M40	21:41
Ivan Lazarus	M55	23:01
Colin Smith	M45	23:35
Margaret Langford	W60	24:04
Vis1		24:48
Dante Giacomini	M35	24:48
Vis		26:53
Aldo Giacomini	M70	31:53
Vic Beaumont	M75	32:20
Vis 5		34:42
Toni Frank	W60	40:18
Jeni Shillington	W50	40:18
Mary Heppell	W70	40:18



5km walk  
winner  
Michele  
Mison

### 5K WALK

Michele Mison	W60	32:44
Ray Hall	M70	34:54
Mike Rhodes	M60	35:16
Lynne Schickert	W65	37:04
John Frost	M70	37:47
Linda Rhodes	W60	39:37
Jeff Whittam	M70	39:53
Kirt Johnson	M75	41:23
Lorna Lauchlan	W75	41:50

Patricia Hopkins	W65	42:59
Pat Ainsworth	W70	46:01
Ann Turner	W70	46:02
Rosa Wallis	W60	47:38
Phyllis Farrell	W60	47:39
Elaine Ellard	W65	47:51
Sylvia Szabo	W50	50:39
Vis 6		50:41
Shorty Turner	M70	76:07

### 10K RUN

Brett Roach	M35	35:00
Lachlan Marr	M45	37:59
Vis 4		38:05
Paul Hughes	M55	38:46
John Pentecost	M45	39:09
Jim Langford	M60	40:03
John Allen	M50	40:09
Bert Carse	M65	40:36
Jim Klinge	M60	41:37
Mike Hale	M60	43:30
Wayne Taylor	M45	43:56
Syd Beer	M60	44:24
Tom Tralau	M35	44:27
Tessa Brockwell	W50	44:41
Brian Danby	M55	44:41
Michael Karra	M40	44:43
Bob Schickert	M65	44:46
Ivan Brown	M60	45:01
Johan Hagedoorn	M60	45:10
Brian Bennett	M60	46:21
Gillian Young	W60	46:40
Frank Smith	M65	46:51
David Carr	M75	47:11
Bruce Mathieson	M60	47:18
Gary Fisher	M55	47:28
Helen Lysaght	W55	47:43
Keith Atkinson	M50	47:47
Vic Waters	M60	47:57
Nick Miletic	M55	48:24
Peter March	M45	48:38
Maurice Creagh	M60	48:44
Shirley Bell	W55	48:49
Stephen Dunn	M40	48:57
Irwin Barrett-Lennard	M75	49:06
Bryan Hardy	M60	49:21
#N/A	#N/A	49:56
Paula Karra	W35	50:07
Carol Bowman	W50	50:40
Mike Khan	M60	51:06
Mark Rosen	M60	51:25
Julie Keeley	W40	51:30
Graham Thornton	M65	51:34
John Brambley	M65	52:09
Claire Walkley	W40	52:35
Richard Blurton	M55	52:37
John Ellard	M65	53:32
Michele Froudish	W45	53:52
Lorraine Lopes	W65	53:57
Milton Mavrick	M50	55:06
Charlie Chan	M55	55:30
Grace Hollin	W50	56:11
Theresa Howe	W55	56:22
John Dance	M55	56:43
Paul Martin	M65	57:16
Val Millard	W60	57:58
Irene Ferris	W55	58:37
Cecil Walkley	M75	59:20
#N/A	#N/A	60:40
Arnold Jenkins	M60	61:39
Hamish McGlashan	M70	66:46
Kathy Burr	W65	68:38
Margaret Warren	W70	69:23
Ray Lawrence	M55	72:26
Eldon George	M35	75:09
Margaret Bennett	W65	76:06

April 27, 2008

3Ps

POINT WALTER

Director: Val Millard

PLEASANT weather favoured the 104 runners and walkers who completed the 5K, 8K and 16K distances, with some excellent times recorded. Congratulations to all. Thanks to Mike and Paula, Jeff and Wendy on the drink stations, recorders Melinda and Toni, and marshals David, Jill and Merv. Special thanks to Jim Barnes for erecting the tent and setting up the finishing chute.

*Valerie Millard*

### 5K RUN

Dave Roberts	M65	19:55
V15		20:50
Raymond Gimi	M40	21:30
V6		21:39
Ross Keane	M45	21:47
V3		26:30
V4		25:24
Delia Baldock	W45	25:37
Damien Hanson	M50	26:05
Leonie Jones	W45	26:26
Bob Sammells	M70	27:17
Vic Beaumont	M75	32:29
Joan Pellier	W65	35:37
Mary Heppell	W70	38:45

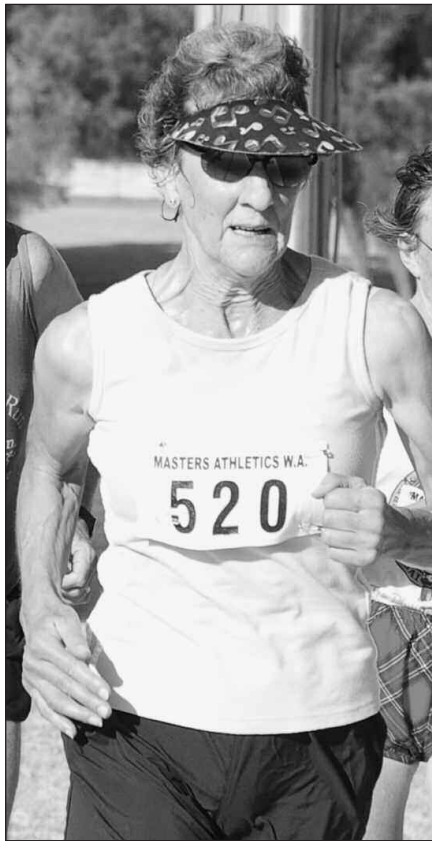


Fastest over 3Ps 5km run was  
Dave Roberts.

### 8K RUN

Jim Langford	M60	32:03
Chris Frampton	M40	32:11
V12		32:49
Syd Beer	M60	35:00
Kay Burt	W50	37:32
V11		38:26
Hamish McGlashan	M70	38:32
Richard Blurton	M55	40:24
Nick Miletic	M55	40:35
Peggy MacIver	W60	41:48
V9		42:13
Charlie Chan	M55	42:57
John Ellard	M65	43:42
Graham Ainsworth	M50	44:20
Michael Faunge	M70	44:39
John Dance	M55	44:54
Arnold Jenkins	M60	46:02
Wendy Clements-Green	W65	46:22
Sarah Ladwig	W55	46:22
V13		48:46
Ivan Lazarus	M55	49:20
Jackie Halberg	W60	51:30





Lorraine Lopes made the most of her 6:30 start to lead the field home. Below, John Dennehy had a rare long-distance outing!



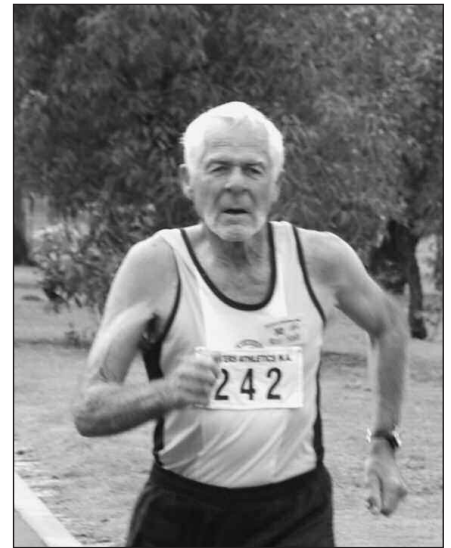
## 10km Track HANDICAP

April 24, 2008

THIS was the 20th time this event has been run, and once again the weather came good after a week of showers. Our thanks go to all who came along to help, especially Lynne & Bob (clock/watches), Barrie (results) and Mike (H'caps). Without you we could not run the event. Thanks also to all those who entered. If you did not win, we hope you were pleased with your time. I think this year was the biggest entry of ladies. making up a third of the field. Keep up the good work - we hope to see even more next year.

*Dorothy and Jeff*

		clock	h/cap	actual
Lorraine Lopes	W65	61:27	6:30	54:57
Ray Hall	M70	64:26	5:48	58:48
Wayne Taylor	M45	65:25	23:00	42:25
John Dennehy	M45	65:52	13:30	52:22
Barry Jones	M50	66:07	18:24	47:43
Mark Dawson	M45	66:24	25:12	41:12
John Pellier	M65	66:32	15:54	50:38
Val Millard	W60	66:44	8:54	57:50
Paul Haylett	M45	66:47	23:00	43:47
Nick Miletic	M55	66:57	19:00	47:57
John Kerr (Vis)	#N/A	67:07	26:00	41:07
Brian Danby	M55	67:07	22:12	44:55
Bob Schickert	M65	67:16	21:18	45:58
Irwin...				
Barrett-Lennard	M75	67:32	18:24	49:08
Carol Bowman	W50	67:34	16:00	51:34
Paul Hughes	M55	67:41	28:06	39:35
Shirley Bell	W55	67:47	17:06	50:41
Theresa Howe	W55	67:54	9:24	58:30
Maurice Creagh	M60	67:58	19:18	48:40
Gillian Young	W60	68:31	21:18	47:13
David Carr	M75	69:37	20:18	49:19
* David Baird	M65	69:38	24:24	45:14
Jo Richardson	W55	74:28	00:00	74:28
Margaret Bennett	W65	74:28	00:00	74:28
* ran 1 extra lap				



Ray Hall, above, must have broken into a trot to become first man in! Below, Wayne Taylor is still improving.



Sheila Maslen	W70	56:09
Kathy Burr	W65	56:24
Margaret Warren	W70	56:24
Ray Lawrence	M75	58:08
Julie Wood	W55	58:12
Jo Richardson	W55	58:12
Dalton Moffett	M75	66:02

### 16K RUN

V2		61:06
Chris Maher	M55	62:06
Lachlan Marr	M45	63:26
Andrew Brooker	M35	64:01
Paul Hughes	M55	64:09
Gary McLean	M45	65:20
John Allen	M50	66:24
Geoff Barrett	M45	67:34
David Willmer	M50	69:06
David Baird	M65	69:44
Paul Burke	M35	70:22
V1		70:45
Amanda Walker	W40	70:58
Neil McRae	M55	72:30
V10		73:29
V5		73:41
Keith Atkinson	M50	74:24

Wayne Taylor	M45	74:48
Keith Miller	M55	75:02
Ivan Brown	M60	75:24
Bruce Mathieson	M60	75:35
Johan Hagedoorn	M60	75:48
Gillian Young	W60	75:53
Bob Schickert	M65	78:32
V7		79:07
Gary Fisher	M55	79:20
David Carr	M75	80:53
Maurice Creagh	M60	80:57
Irwin Barrett-Lennard	M75	81:02
Carol Bowman	W50	84:12
Mike Hale	M60	84:32
John Pellier	M65	84:51
Mike Khan	M60	85:41
Julie Keeley	W40	88:01
Marg Forde	W65	92:24
Lorraine Lopes	W65	92:47
Richard Danks	M65	92:58
John Smith	M70	96:06
Tanya Burke	W35	97:34
Graham Thornton	M65	98:49
Berni Scott	W45	1:40:51
V14		1:41:48

Cecil Walkley	M75	1:41:50
Irene Ferris	W55	1:43:22
Rhod Wright	M55	1:44:53

### 5K WALK

Rosa Wallis	W60	39:54
Lorna Lauchlan	W75	41:13
Pat Ainsworth	W70	41:59
Kirt Johnson	M75	41:59
Patricia Hopkins	W65	42:22
Leo Hassam	M75	46:30
Elaine Ellard	W65	47:17
Pat Miller	W65	48:52
Phyllis Farrell	W60	48:53

### 8K WALK

Ray Hall	M70	58:20
Mike Rhodes	M60	59:16
Mark Warrenner	M45	67:04
Roger Walsh	M60	69:29

### 16K WALK

Michael Harvey	M55	1:56:35
Peter Ryan	M55	2:00:59
Lynne Schickert	M55	2:04:59
Peter Hopper	M60	2:18:09



# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

5 June: 100, 300, 4k, 60, 800

12 June: 200, 1500, 60, 400 & 400H, 2k

19 June: 600, 3k, 100, 1000, 200

26 June: 60, 800, 100, 400, 5k, 3k walk

3 July: 100, 1 mile, 200, 600, 3k

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### JUNE 29

#### DARLINGTON DASH

Director: Delia Baldock - 9250 1650

Kerriann Bresser, Stan Delandgraft, Mike Khan, John Mack, Norm & Pat Miller, Graham Thornton, Colin Smith

### JULY 13

#### MILL PT RD

Director: Milton Mavrick - 9227 1559

Tessa Brockwell, Bjorn Dybdahl, Maggie Flanders, Michele Froudust, Bernadette Height, Ruth Jamieson, Peter Ryan, Tom Tralau, Mark Warrener, Deb Wolfenden

### JULY 20

#### BARDON BASH

Director: Mike Hale - 9370 1523

Graham Ainsworth, Pat Ainsworth, Brian & Margaret Bennett, Dee Haines, Brian & Pam Smith, Ann & Shorty Turner, Denise & Pierre Viala

### JULY 27

#### SHARKS

Director: Paul Martin - 9336 1838

Charlie Chan, Dave Charlton, Paul Hughes, Sean Keane, Nick Miletic, Dave Roberts, Reece Waldock

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## WINTER THROWERS

THE winter throwing group are meeting every Saturday morning from 9.30 to 11.00 at Perry Lakes stadium. We train in two or three implements each week under the guidance of coach Lindsey Glass. The season will run until September and conclude with the club weight pentathlon. All members are welcome. Contact Damien Hanson on 9383 4406 or 0407 477 986 or just turn up.

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

For club uniform

clothes, call:

Patricia Hopkins 9446 4452

pathopkins@myplace.net.au

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

# Vetrun

The magazine of Masters Athletics WA

JULY  
2008  
No. 412



## Inside...

You write, Profiles, birthdays, Bunbury records	P2
RRC & RRW Championship Coming Events	P3
Deepwater Point Joondalup	P4
Around Herdsman Darlington Dash	P5
Nedlands 15K, 10KW	P6
Pictures - 15K, 25K	P7
Coming Events and Helpers	P8

## PERTH MARATHON 2008



**COLD**, fine conditions drew fast times and many PBs from the 22-strong Masters contingent in this year's marathon. Congratulations to all finishers, and especially to the first-timers who are helping keep the marathon tradition strong. As usual, great support for the main event was given by dozens of relay teams and Masters members were prominent in many of them. (Team details are not available as this edition of Vetrun closes.)

Thanks go to WAMC for conducting the Masters Marathon Championship within the Perth Marathon; to MAWA helpers organised by Jackie Halberg at two drink stations; others at the half-way point, and Bob Schickert for compiling our results.

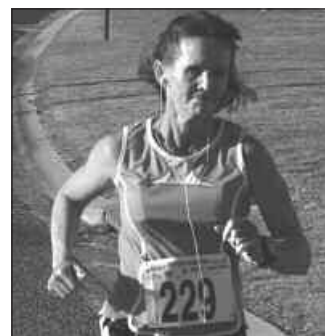
Table below shows overall position, far left: \* indicates age-group winner.

3	Brett Roach	M35	2:40:6*
24	Bjorn Dybdahl	M50	3:02:3*
29	Lachlan Marr	M45	3:06:5
33	Peter Sullivan	M45	3:07:2
44	Rosemary Johnson	W30	3:11:2*
46	Saskia Letham	W35	3:13:6
47	Bert Carse	M65	3:14:2*
95	Steve Giles	M50	3:27:4
99	Peter March	M45	3:28:6
127	Gary Carlton	M50	3:38:2
144	Paul Burke	M35	3:42:5
147	Keith Miller	M55	3:43:1
176	Gillian Young	W60	3:50:3*
181	Nick Miletic	M55	3:51:2
193	Tom Tralau	M35	3:54:3
230	John Pellier	M65	4:01:6
244	Geraldine Carlton	W40	4:07:6
247	John Smith	M70	4:08:4*
272	Carol Bowman	W50	4:16:2
282	Terry Humphrey	M55	4:19:3
287	Julie Keeley	W40	4:21:2
334	Stephen Dunn	M40	4:46:3

*Bert Carse (M65) continues rivalling younger runners.*



*Good to see so many Masters as pack-leaders; clockwise, from above, Julie Keeley, Carole Bowman, Terry Humphrey, Gillian Young and Rosemary Johnson.*



## TIME CHANGE

At JORGENSEN PARK on August 10, start time changes to 8am (previously shown as 9am). Morning tea served in the hall.



## You write...

Vic,

A minor correction to your otherwise excellent newsletter. The 3Ps race name does in fact stand for something, it indicates the three geographic features/locations the race visits, ie Point Walter, Point Waylen (or Tompkins Park, take your pick) and Point Heathcote (or Point Dundas if you don't want to go that far!).

*Keep up the good work,  
John Pressley*

*Good point John: polite, precise and punctilious.*

*Thanks, Vic*

## New Members – Welcome!

779	NICOL Prabuddha	M50
780	PEET Claire	W30
781	LANGFORD Ross	M30
782	COLLINS Kevin	M40

## Profiles

*by Jim Barnes*

## Masters do it with the lights on...



## C YOURSELF INVOLVED ?

**CALM, Crisp, Clear, Cool, Conditions, Competition, Clark Centre, Coker, Cannington, Coffee, Cake, Conversation, Conviviality.**

Thursday evenings at Ern Clark Athletic Centre are currently ideal for 3k/5k events, and the sprints if you keep warm. Tea/coffee (milo for Karen March) provided with biscuits and sometimes cake. All members welcome to attend. For more details contact Bob Schickert or Barbara Blurton.

## MASTERS' BUNBURY RECORDS

NEW records established this year are:

**W60 Half Marathon**

Gillian Young 1:45:41

**W40 50k**

Geraldine Carlton 5:12:34

**W50 50k**

Christine Pattinson 4:28:17

**Unjudged walks**

**W50 Half Marathon**

Lyn Ventris 1:49:31

**M45 Half Marathon**

Gary Hastie 1:52:25



*Missed but not forgotten -  
Shirley Bell*

## Happy Birthday JULY Members!

Bell	Shirley	W60
Brown	Barbara	W50
Cardy	Gladys	W80
Carse	Bridget	W65
Chalmers	Robert	M70
Choate	Clive	M55
Doyle	Garry	M60
Fergie	Bob	M70
Forden	Margery	W65
Fry	Melissa	W30
George	Eldon	M35
Gower	Alan	M50
Green	Stanley	M90
Heppell	Mary	W70
Hewitt	Mark	M55
James	Lyle	M65
Jones	Merv	M65
MacBeth	Robert	M55
Manford	Terry	M70
March	Karen	W45
Martin	Paul	M65
Selby	Stan	M60
Till	Campbell	M50
Waldhuter	Brian	M65
Walkley	Claire	W40
Whittam	Dorothy	W70
Williams	Gary	M55
Wolfenden	Debbie	W45
Young	Gillian	W60

## Frank Gardiner

**ACCOUNTANT** Frank Gardiner has some interesting thoughts about our club. He likes the efficiency, simplicity and friendliness in the running. The name 'Masters' for the club though, being of masculine gender, doesn't really sum up what the club is. A different name would be more appropriate.

Born in Middlesex in 1949, he met Gail his wife while she was on a working holiday in London from Sydney. They travelled overland to NSW in 1976 where they were forced to marry due to immigration pressure. They have four children who all at one time or other have run with our club. A two-year spell in Vancouver they enjoyed before settling at Parkerville with 13 acres. Organic gardening is a big interest in Frank's life, also horse racing and Birmingham City football club. In his mind the greatest sportsman of our life time is Ron Clark, Frank saw him run at White city in the sixties "he was awesome". Of all the events we have on our calendar Frank has a penchant for track with 10km handicap his favourite.



*Frank Gardiner, tailed by  
David Carr at the Weir Run*

Also, we omitted to acknowledge in Vetrun last month that Shirley Bell won her W55 age group, and Rosemary Johnson was first female in the marathon. Congratulations to Shirley and Rosemary and apologies to them for not showing full details.

*Campbell Till*



*Campbell Till - happy birthday!*

## COMING EVENTS Descriptions

### AUGUST 3RD CLUB HALF MARATHON

From Burswood Park, two circuits of Causeway, Claisebrook footbridge and upstream to Bardon Park turn around. Return via rail-bridge then path next to Burswood Golf course.

### AUGUST 10 JORGENSEN PARK

Tough, very hilly and rough underfoot. Three laps for about 8k but for those who enjoy cross country this is a great course. Morning tea provided in hall. **START TIME IS NOW 8AM.**

### AUGUST 17 MULLALOO BEACH

Starts Tom Simpson Park, Oceanside Prom. Course goes north along bike path towards Burns Beach and return. 5k turn near Ocean Reef Boat Harbour.

### AUGUST 24 STATE CROSS COUNTRY

Kings Park, two laps of 5k for 10k event. From Synergy Parkland course is cross shaped using the Lovekin Dr and both sides of the Broadwalk. Challenging hills and soft surfaces. Medals to first three finishers in each age group.

# 22-up and no end in sight

**OUR annual road race and walk championship must surely be one of the club's best established events. This was its 22nd year.**

The runners' challenge is to complete three events, currently the 10km Weir, 15km Uni and 25km from Burswood.

Walkers cover 37.1km in the RWC - at Weir, Deepwater, Uni and the Burswood 15km.

#### Runners

20 men and nine women finished the 50km RWC this season.

Brett Roach and Gillian Young repeated their trophy wins of 2007. Brett at a rate of 3:41 per K, Gillian at 4:51 per K.

Gillian has taken home the trophy three times - in 2004, 07 and 08. Marg Forden is still ahead, with four wins - in 1988, 89, 93, 01.

This year, Irene Ferris and Cecil Walkley both completed for the 10th time.

(And Bob being too modest to point it out, I shall remind everyone that he has run the 50K no less than 19 times! VW)

Everyone completing the full distance receives a medal, to be awarded at Presentation Day September 14.

## 15RM/21M PICS - see page 7

#### Results

In the tables below, figures far left indicate number of completed RRC or RWC.

#### RRC MEN

2 Brett Roach	M35	3:41
1 Lachlan Marr	M45	4:03
9 John Allen	M50	4:13
6 Brian Bennett	M60	4:42
19 Bob Schickert	M65	4:44
1 Tom Tralau	M35	4:45
1 Peter March	M45	4:46
4 Wayne Taylor	M45	4:46
8 Brian Danby	M60	4:49
1 Mike Hale	M60	4:52
3 Mike Karra	M40	4:59
7 Nick Miletic	M55	5:08
5 Irwin Barrett-Lennard	M75	5:13
1 Bruce Mathieson	M60	5:22
8 Keith Atkinson	M50	5:29
4 John Ellard	M65	5:30
8 Mark Rosen	M60	5:34
9 Mike Khan	M60	5:43
1 Eldon George	M35	5:48
10 Cecil Walkley	M75	7:41



*For a miler he handles distance very well! Cecil Walkley, ten-times a 50K finisher*

#### RRC WOMEN

6 Gillian Young	W60	4:51
6 Shirley Bell	W55	5:04
1 Claire Walkley	W40	5:24
2 Carol Bowman	W50	5:24
5 Julie Keeley	W40	5:35
5 Lorraine Lopes	W65	5:57
10 Irene Ferris	W55	6:23
9 Val Millard	W60	6:31
1 Kathy Burr	W65	7:28

#### 37.1K RWC

Mike Rhodes did really well to win the event, making it two in a row, after recent setbacks which hindered his training earlier in the year. Michele Mison had her first trophy win since 2000, and now equals the total of five wins by Dorothy Whittam 1991 - 1995. Paul Martin has won most often, with six from 1995 to 2002.

3 Mike Rhodes	M60	6:49
4 Ray Hall	M70	7:05
8 Jeff Whittam	M70	8:00
8 Michele Mison	W60	6:50
9 Lynne Schickert	W65	7:26
2 Elaine Ellard	W65	8:43
12 Ann Turner	W70	9:07



*A very welcome new member - Claire Peet*

## New member Claire wins Open

**CONGRATULATIONS to Claire Peet, winner of the Athletics WA State short-course X/C championship's Open Women division.**

On Sunday June 22 Claire took a convincing victory in the 4km combined division race (open and U20 women) running with the pack for the first 2km before taking the lead for the rest of the race.

This event was Claire's first as a MAWA member. She is an accomplished middle distance runner and hopefully she will become a regular at MAWA and Athletics WA events.

#### Relay runners

In the June 7 Karrinyup cross-county relays Masters entered three teams, one male, two female. Kerriann

Bresser, Eldon George, Niamh Keane, Margaret Saunders and Patrick Smith represented MAWA, and recruited five running mates from other clubs.

*More Masters members would be welcomed, to swell our representation in the*

#### cross-country contests.

Our women were quite competitive at Karrinyup, finishing 3rd and 9th in a field of 14 teams. The men fought it out in the B division and with a strong finish in the final laps passed a young Aquinas College team.

*(L to R)  
Kerriann  
Bresser and  
Margaret  
Saunders in  
heavy traffic at  
the relay zone*





## 7.1K RUN

Patrick Smith	M40	27:06
Christopher Coates	M50	27:42
Paul Burke	M35	28:40
Jim Klinge	M60	28:43
Raymond Gimi	M40	30:38
Tessa Brockwell	W50	30:52
Bryan Hardy	M60	32:30
Gary Fisher	M55	33:10
V4		33:29
V7		33:42
V10		33:29
Richard Blurton	M55	35:15
John Brambley	M65	35:35
Maurice Creagh	M60	35:41
John Dennehy	M45	35:56
Paul Martin	M65	35:59
Karen March	W45	36:19
Graham Thornton	M65	36:38
Delia Baldock	W45	36:49
Theresa Howe	W55	38:16
Damien Hanson	M50	38:37
Jim Barnes	M65	39:25
Jeff Spencer	M65	39:30
Mike Anderson	M60	39:31
Charlie Chan	M55	39:55
Michael Faunge	M70	40:10
Jackie Halberg	W60	40:12
Roger Walsh	M60	42:10
Vic Beaumont	M75	44:21
Kathy Burr	W65	47:58
V2		47:59
Margaret Warren	W70	48:20
Pam Toohey	W60	50:12
Margaret Bennett	W65	50:13
Arnold Jenkins	M60	51:19
Julie Wood	W55	53:47
Denise Viala	W55	53:48
Pierre Viala	M60	53:49

## 7.1K WALK

Mike Rhodes	M60	43:08
Michele Mison	W60	46:18
Ray Hall	M70	49:24
Richard Danks	M65	49:30
John Frost	M70	51:34
Lynne Schickert	W65	51:41
Linda Rhodes	W60	53:00
Elaine Dance	W55	54:11

## Deepwater Point

May 25, 2008

Directors: Paula & Mike Karra

AN honest number of 96 athletes were on hand to brave the weather to compete in this year's Deepwater Point event. Perfect weather conditions consisting of cool temperatures and no wind (along with a slightly shorter distance than advertised) made for some very quick times. I am sorry to say that due to a slight mathematical miscalculation, distances were 7.2km and 14.4km only. Nevertheless, conditions ensured times were very quick and everyone that completed the course appeared to be very satisfied. Thanks to all the helpers who were involved and those that offered on the day but were not required. Your assistance was appreciated. Next year's event distances will be as advertised.

### Mike and Paula

Jeff Whittam	M70	54:39
Kirt Johnson	M75	56:56
Lorna Lauchlan	W75	57:28
Dorothy Whittam	W70	58:20
Lorraine Lopes	W65	59:44
Patricia Hopkins	W65	60:35
Elaine Ellard	W65	61:35
Ann Turner	W70	62:02
Pat Ainsworth	W70	62:03
Rosa Wallis	W60	62:30
Keith Atkinson	M50	62:30
Pat Miller	W70	67:24
Sylvia Szabo	W50	67:40
Shorty Turner	M70	71:26

## 14.2K RUN

Peter Sullivan	M45	53:14
Lachlan Marr	M45	54:46
Bert Carse	M65	58:16
V8		62:11
Paul Burke	M35	62:51
Brian Bennett	M60	63:34
Mike Hale	M60	65:03



Paula



Mike

DID the Deepwater Point front page picture in our last edition (June) confuse you? If so, the runners shown are: (top, from left) John Brambley, David Carr, Vis and Richard Blurton. (Bottom, from left) John Brambley, David Carr, Vis and Richard Blurton. Hope that clears it up?

VW

Brian Danby	M55	65:48
David Willmer	M50	65:57
Neil McRae	M55	65:58
Johan Hagedoorn	M60	66:20
Eldon George	M35	66:26
V1		67:11
Gillian Young	W60	67:45
Bob Schickert	M65	68:11
Kay Burt	W50	68:22
Bruce Mathieson	M60	68:42
Sean Keane	M40	69:52
Irwin Barrett-Lennard	M75	70:16
Helen Lysaght	W55	70:52
David Carr	M75	72:38
V3		72:47
V10		73:10
John Pellier	M65	73:40
John Ellard	M65	74:25
Nick Miletic	M55	74:39
Carol Bowman	W50	74:44
John Smith	M70	81:45
John Dance	M55	82:10
Milton Mavrick	M50	82:32
V6		82:34
Tanya Burke	W35	82:49
V9		83:49
Cheryl Van Der Spuy	W50	84:22
V5		84:23
Val Millard	M55	85:01
Sarah Ladwig	W55	89:05

## 14.2K WALK

Peter Hopper	M60	118:32
--------------	-----	--------

## Pitter-patter, pitter-patter...

IN fact it was more of a 'splish-splash' for the hardy few at Joondalup, but Bob Schickert, who compiled the results, noted that every club member in the 5k walk is named 'Pat'. Probably the first time this has happened in a MAWA Sunday event?

## Novel start

Pre-start, the entire field plus helpers squeezed under one small pergola to avoid the downpour. At least everyone heard the instructions, which was just as well.

For the first time, the dynamic duo (the M&Ms) concocted a diabolical start that gave fresh vigour to the generally meaningless sporting term 'back-to-back'. At Joondalup, it means that two fields - one for the short event, one for the long - stood back-to-back and raced, or lurched, off in opposing directions. In fact it was very clever and worked well.

But I couldn't help imagining how much more entertaining it would have

been if the two fields had FACED each other, and at the gun, weaved their way through the opposition, like a rugby scrum. That would have warmed us up!

VW

## 5K RUN

Duncan McAuley	M55	20:44
Mark Hewitt	M55	24:09
Barbara Blurton	W55	24:24
Delia Baldock	W45	24:58
Bob Sammells	M70	29:29
Vic Waters	M60	29:30
Arnold Jenkins	M60	33:42

## 5K WALK

Pat Hopkins	W65	43:20
-------------	-----	-------

## Joondalup

June 15, 2008

Directors: Margaret and Morris Warren

Pat Carr	W75	44:47
Pat Ainsworth	W70	50:18
Pat Miller	W70	50:19

## 7K WALK

Lynne Schickert	W65	53:10
Jeff Whittam	M70	54:41

## 10K RUN

Ralph Henderson	M55	43:25
Brian Bennett	M60	45:21
Bob Schickert	M65	46:11
Johan Hagerdoorn	M60	46:32
Margaret Langford	W60	48:02
Raymond Gimi	M40	49:51
Genevieve Spiro	W35	49:53
Irwin Barrett-Lennard	M75	50:30
Richard Blurton	M55	50:57
David Carr	M75	51:00
John Ellard	M65	51:52
Milton Mavrick	M50	56:59
Jackie Halberg	W60	57:02
Fiona McAuley	W55	58:42
Pam Toohey	W60	59:37
Kathy Burr	W65	69:47
Ray Lawrence	M80	79:49

## 5K RUN

Bob Sammells	M70	42:37
Hamish McGlashan	M70	42:38

## 7.5K RUN

V11		27:56
Christopher Coates	M55	29:40
Jim Klinge	M60	29:56
Paul Burke	M35	30:04
Dave Roberts	M65	30:26
Ralph Henderson	M55	31:11
V2		31:16
Bob Lane	M60	31:28
Duncan McAuley	M55	31:52
Blakeney Tindall	M45	32:52
V4		33:09
Ivan Brown	M60	33:35
Karen March	W45	35:15
Gary Fisher	M55	35:46
Margaret Saunders	W50	36:21
Mark Hewitt	M55	36:59
Ray Attwell	M70	38:27
Nick Miletic	M55	39:00
Charlie Chan	M55	39:55
Delia Baldock	W45	39:57
Paul Martin	M65	41:00
Damien Hanson	M50	41:46
Michael Faunge	M70	42:39
Wendy Clements-Green	W65	43:51
Pam Toohey	W60	44:09
Jim Barnes	M65	45:31
Ray Hall	M70	48:33
V11		51:41
Arnold Jenkins	M60	52:29
Margaret Warren	W70	53:07
Ray Lawrence	M80	53:18
Steve Toohey	M55	55:34
Margaret Bennett	W65	55:51
Julie Wood	W55	55:51
Jeni Shillington	W50	60:01
V8-MK		68:42

## 15K RUN

Brett Roach	M35	56:15
Chris Frampton	M40	60:16
Bert Carse	M65	61:29
Geoff Barrett	M45	62:49
Gary McLean	M45	63:34
John Allen	M50	63:34
Prabuddha Nicol	M50	64:14
Amanda Walker	W40	65:58
Chris Maher	M55	66:00
Eldon George	M35	66:20
Brian Bennett	M60	67:27
Peter March	M45	68:06

## Around Herdsman

June 1, 2008

Directors: Margaret and  
Jim Langford

JUST to let you know we clearly bask in the favour of the God of Weather so if any of you race directors want to guarantee perfect conditions for your run, contact Jim or me and we'll organise it for you.

Why do I say this? Well, as you may recall, the day before our run was a VERY wet Saturday (33mm on our state-of-the-art rain gauge) and we were considering our options – organise search and rescue teams? put the SES on red alert? muster a few rubber dinghies? Okay, okay I exaggerate a little but we don't get much rain in Perth so it's understandable. Then after all our anxiety, Sunday was fine and clear with ideal running conditions apart from a little

Neil McRae	M55	68:19
Mike Hale	M60	68:49
Paul Burke	M35	69:11
David Muir	M60	69:13
Michael Karra	M40	69:53
Bob Schickert	M65	70:12
V3		70:19
Johan Hagedoorn	M60	70:59
Tom Tralau	M35	72:04
Kay Burt	W50	73:03
Bruce Mathieson	M60	73:31
Sean Keane	M40	74:04
V5		74:54
V10		75:49
Irwin Barrett-Lennard	M75	75:56
David Carr	M75	76:30
Shirley Bell	W55	76:36
Carol Bowman	W50	77:29
John Ellard	M65	80:45
Graham Thornton	M65	82:24
Milton Mavrick	M50	83:44
Lorraine Lopes	W65	84:07
#N/A	#N/A	86:10
John Dance	M55	88:20
Irene Ferris	W55	90:53
Jackie Halberg	W60	92:06



Rightly honoured for his magnificent sporting record, Jim Langford, pictured with Mayor Trevor Vaughan, is one of the first athletes inducted by Victoria Park into its Walk of Fame.

mud on the track but no self-respecting runner has clean shoes anyway. Lots of options – a 5 km walk, 15 km walk, 7.5 km run and a 15 km run so something for everyone. Our helpers made up in quality for what we lacked in quantity and a big thank you to Roger Walsh, Chris and Don Pattinson, Dave Scott and Mark Dawson.

Margaret and Jim Langford

Fiona McAuley	M55	92:06
Cheryl van der Spuy	W50	97:53
John Smith	M70	97:57

## 5K WALK

Dorothy Whittam	W70	42:02
Pat Carr	W75	44:55
Pat Miller	W70	51:26
Norm Miller	M75	57:38

## 7.5K WALK

V8-AR		55:31
Linda Rhodes	W60	58:35
Elaine Dance	W55	60:00
Elaine Ellard	W65	66:09
Lorna Lauchlan	W75	69:33
Patricia Hopkins	W65	69:33
Sylvia Szabo	W50	72:42

## 15K WALK

Val Millard	W60	1:41:07
Michael Harvey	M55	1:44:58
Lynne Schickert	W65	1:52:35
Peter Ryan	M55	1:52:43
Peter Hopper	M60	2:01:07
Mike Rhodes	M60	2:01:21
Jeff Whittam	M70	2:01:28

THANKS to everyone for their forbearance with the changes to the course this year. This is my fifth year as race director and I had to change the start yet again!

With the shortened course I had re-measured it exactly to 8km, adding in an extra section at the start. To my dismay, with the heavy deluge of rain over the previous two nights the skate park turned into a mud bath, so I had to cut that bit out and just run everyone around the oval before going up the bridle path. Runners with sophisticated equipment assured me on their return that the run was now closer to 7k so next year we may make it a 7k and 14k permanent change - and I will measure it again! Hopefully we will all be less confused next year. So if the times look fast that is why. Mind you no-one found the course easy and the two laps going up

## Darlington Dash

June 29, 2008

Director: Delia Baldock

the steep hill is now particularly challenging so well done everyone. The course was still treacherous in places with plenty of water underfoot however the heavens were kind and we didn't get too wet during the run.

I think it is a tribute to the depth of the club that every year a different couple wins the Dick Horsley trophy. One partner has to run 8k and the other the 16k. This year it was closely contested as usual even though numbers were down on previous years. The visitors were particularly competitive too - we even had one visitor try and hitch up with one of

our members she had just met during the run to try and enter for the trophy! Ultimately, the winners were Peter and Karen March.

Congratulations to them on a great effort, and special thanks to my wonderful helpers: Colin Smith, Stan Delandgrafft, Graham Thornton, Kerriann Bresser, Mike Khan, John Mack, Norm and Pat Miller. Also, thanks to the extra nice people who just rolled up and offered to help.

I hope the Dash is also now famous for its sumptuous morning tea of freshly baked bread, jam and cream, thanks to our great morning tea team of helpers. This year at the hall we were allocated the social club's room which was very cosy. Finally, thanks for leaving so little mess for me to tidy up.

Delia Baldock ►



EXCELLENT conditions and a great turnout with more than 110 walkers and runners taking part in the event. As race director it appeared to be trouble free. Hopefully the competitors found it so.

Thanks to all of the helpers with a special mention to Chris Coates and Dave Roberts who volunteered when they heard that I was two helpers short. Congratulations to the trophy winners, Amanda Walker who has previously won this event and to Brett Roach who - somewhat surprisingly - is a first time winner. This is a great reflection on the strength within the club and the quality

## RRC and RRW

ABRAHAMS RESERVE,  
NEDLANDS

June 8, 2008

Director: Gary Fisher

Gary



of the past winners.

Congratulations also to all participants, young or old, fast or slow.

Hope to do it all again next year.

*Cheers, Gary*

### 5K RUN

Tessa Brockwell	W50	22:09
Margaret Langford	W60	24:41
Barry Jones	M50	25:59
Paul Martin	M65	26:21
Leonie Jones	W45	26:35
Wendy Clements-Green	W65	29:58
Steve Barrie	M70	30:43
Aldo Giacomini	M70	31:20
Arnold Jenkins	M60	31:30
Genevieve Spiro	W35	31:31
Vic Beaumont	M75	31:12
Julie Wood	W55	34:19
V2		35:19
Margaret Warren	W70	36:49
Sheila Maslen	W70	37:27
Mark Warrener	M45	43:44

### 10K RUN

Paul Hughes	M55	40:41
V4		41:24
John Mack	M65	49:23
Richard Blurton	M55	52:52
Michele Froudish	W45	54:59
Michael Faunge	M70	57:03
Mike Anderson	M60	58:00
Pam Toohey	W60	59:34
Merv Jones	M65	62:09
Margaret Bennett	W65	72:53
Ray Lawrence	M80	77:22

### 15K RUN

Brett Roach	M35	54:56
Jim Langford	M60	59:21
Lachlan Marr	M45	59:51
Bjorn Dybdahl	M50	61:34
John Allen	M50	62:12
Chris Frampton	M40	63:22
Bert Carse	M65	63:34
Jim Klinge	M60	64:02
Peter March	M45	64:20

V6		65:37
Chris Maher	M55	65:41
David Willmer	M50	65:57
Amanda Walker	W40	66:25



1st 15km  
woman  
Amanda  
Walker

Michael Karra	M40	66:38
Paul Burke	M35	67:39
Graeme Uren	M40	67:51
Brian Bennett	M60	68:04
Bob Schickert	M65	68:12
Wayne Taylor	M45	68:14
Neil McRae	M55	69:39
Geoff Barrett	M45	69:47
David Muir	M60	69:51
Brian Danby	M55	69:58
Tom Tralau	M35	70:34
Gillian Young	W60	70:57
Paul Haylett	M45	71:20
David Carr	M75	72:10
Bruce Mathieson	M60	72:16
Helen Lysaght	W55	72:30
Sean Keane	M40	73:12
Johan Hagedoorn	M60	73:28
Karen March	W45	73:54
Nick Miletic	M55	74:29
Shirley Bell	W55	75:46
Mike Hale	M60	76:01
Irwin Barrett-Lennard	M75	76:21
V7		76:31
Claire Walkley	W40	77:40
John Pellier	M65	77:45
Stephen Dunn	M40	78:09

Ray Attwell	M70	78:16
Carol Bowman	W50	78:29
Julie Keeley	W40	79:53
Keith Atkinson	M50	80:02
John Ellard	M65	80:51
Mike Khan	M60	81:00
Eldon George	M35	81:25
Mark Rosen	M60	82:50
Terry Manford	M65	83:55
Graham Thornton	M55	84:05
Milton Mavrick	M50	84:13
Lorraine Lopes	W65	84:40
Di Jones	W55	85:05
V1		85:52
John Dance	M55	88:52
John Smith	M70	88:54
Irene Ferris	W55	89:54
Jim Barnes	M65	90:53
Val Millard	W60	91:14
Cheryl van der Spuy	W50	91:41
Cecil Walkley	M75	97:28
Kathy Burr	W65	1:46:26

### 5K WALK

David Brown	M60	36:27
Maggie Flanders	W70	50:31
Lorna Lauchlan	W75	50:33
Pat Carr	W75	50:34
Sylvia Szabo	W50	50:59
V3		51:01
Leo Hassam	M75	58:17

### 10K WALK

David Smyth	M35	57:37
Mike Rhodes	M60	68:12
Michele Mison	W60	68:32
Ray Hall	M70	70:00
Richard Danks	M65	70:31
Lynne Schickert	W65	72:43
Roger Walsh	M65	73:49
Peter Hopper	M60	76:19
Bridget Carse	W60	76:37
Elaine Dance	W55	77:15
Jeff Whittam	M70	78:47
Elaine Ellard	W65	81:40
Ann Turner	W70	84:56
Debbie Wolfenden	W40	88:04
Shorty Turner	M70	1:44:57
Steve Toohey	M55	1:44:57

### DICK HORSLEY TROPHY

1:36:45 Peter March/Karen March  
1:38:20 Grace Hollin/John Pentecost  
1:57:39 Margaret Bennett/Brian Bennett  
2:04:44 Lynne Schickert/Bob Schickert

### 8K RUN

Jim Klinge	M60	29:37
Dave Roberts	M65	29:37
Peter March	M45	29:55
Robin King	W45	32:29
Mark Hewitt	M55	35:40
Bryan Hardy	M65	36:16
Dante Giacomini	M35	36:28
Nick Miletic	M55	36:42
Maurice Creagh	M60	37:43
Grace Hollin	W50	39:36

V9		40:52
Charlie Chan	M55	41:30
Sarah Ladwig	W55	42:07
John Dance	M55	42:27
Merv Jones	M65	43:23
Jeff Spencer	M65	44:03
Aldo Giacomini	M70	44:25
Berni Scott	W45	45:31
Arnold Jenkins	M60	47:12
Vic Beaumont	M75	47:46
Ray Hall	M70	48:06
Mike Rhodes	M60	48:34
Margaret Bennett	W65	53:30
Lynne Schickert	W65	55:00

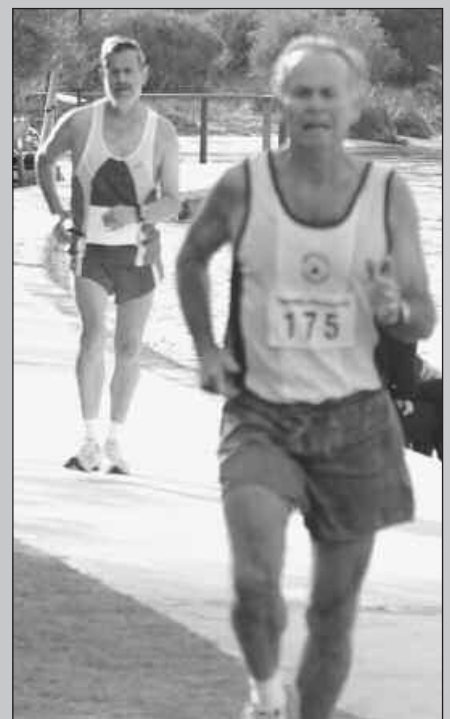
### 16K RUN

V3		56:28
V2		57:11

V1		57:37
V4		58:19
John Pentecost	M45	58:44
Lachlan Marr	M45	59:00
Chris Frampton	M40	59:56
John Allen	M50	62:07
Brian Bennett	M60	64:08
Michael Karra	M40	64:50
Mike Hale	M60	65:27
V8		65:41
Karen March	W45	66:48
Bob Schickert	M65	69:44
Sean Keane	M40	70:49
Gillian Young	W60	72:15
Eldon George	M35	72:46
David Willmer	M50	75:38
Julie Keeley	W40	80:48



*Brett Roach (left) flying home in the 15km and ultimately, the overall 50K RRC. Clockwise, from above: start of the 15km; Bob Schickert in a biting 15km finish with Wayne Taylor; Brian Bennett, ahead of Road Walk Champion Mike Rhodes; the whole field at the 25k event; and below, Paul Hughes, David Carr, Helen Lysaght and Gillian Young.*





# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

17 July 200+200 hurdles, 800, 300, 2km, 100

24 July 60, 1500, 100, 400, 3km

31 July 800, 60, 300+300 hurdles, 5km, 3km walk

07 Aug 60, 3km, 600, 200, 1000

14 Aug 60, 800, 100, 300, 5km, 3km walk

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### AUGUST 3 HALF MARATHON

Director: Jim Klinge - 9294 4029

Kathy Burr, Ross Keane, Margaret Langford, Arthur Leggett, Karl & Sandra Stockman, Mike & Janet Walter

### AUGUST 10 CLUB CROSS COUNTRY

Directors: Committee

Michael Anderson, Irwin Barrett-Lennard, John Dance, Merv Jones, Stan Lockwood, Keith Martin, John & Joan Pellier, Sylvia Szabo, Darryl White

**AUGUST 17  
MULLALOO BEACH**  
Directors: Mike Anderson - 0407 940 520 & Johan Hagedoorn - 9401 3280  
John Collier, Keith & Marg Forden, Ray Lawrence, Chris Maher, Denise & Pierre Viala, Amanda Walker, Julie Wood

**AUGUST 24  
STATE CROSS  
COUNTRY**  
Director: Ralph Henderson - 9401 3115  
Jeff Bowen, John Brambley, John & Beryl Doust, Barb & Terry Humphrey, Anne Jones, Ivan Lazarus, Bruce Mathieson, Lynne Schickert

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## WINTER THROWERS

THE winter throwing group are meeting every Saturday morning from 9.30 to 11.00 at Perry Lakes stadium. We train in two or three implements each week under the guidance of coach Lindsey Glass. The season will run until September and conclude with the club weight pentathlon. All members are welcome. Contact Damien Hanson on 9383 4406 or 0407 477 986 or just turn up.

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters

Ph/fax: 9341 3464

email:

[vicwaters@iprimus.com.au](mailto:vicwaters@iprimus.com.au)

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

For club uniform

clothes, call:

Patricia Hopkins 9446 4452

[pathopkins@myplace.net.au](mailto:pathopkins@myplace.net.au)

### Website:

[www.mastersathleticswa.org](http://www.mastersathleticswa.org)

### email:

[enquiries@mastersathleticswa.org](mailto:enquiries@mastersathleticswa.org)



### President:

Barbara Blurton

### Patron:

John Gilmour

AUGUST  
2008  
No. 413



# Vetrun

The magazine of Masters Athletics WA

## Inside...

You write, Birthdays	
Our next centurion?	P2
Marathon Trophy winner	
Coming Events, Rickman	
X/C	P3
Sharks Run	
Profile	P4
Mill Point Rd Champs	P5
Bardon Bash	P6
Anne Shaw tribute	P7
Helpers for	
Coming Events	P8



Good weather for sharks last Sunday, not for runners and walkers, especially those who had to wait out a long handicap...! Full results are on page 4.

## Perth Marathon Relay Results

SEVERAL members ran in Perth Marathon teams this year. Those I can identify are listed here.

VW

### CLUB CHEST NUMBERS

IS your running number tatty and torn? You can order a new number for \$3.50. Please advise Bob Schickert: 9330 3803 rschicke@bigpond.net.au



#### 7th STRIDE FOR STRIDE

John Allen 59.35  
John Allen 1.39.27  
Gary Mclean 2.18.37  
Gary Mclean 2.57.51

8th  
**TEAM LANGFORD**  
Ian Thomsett 1.04.54  
Drew Langford 1.43.16  
Grant Langford 2.22.31  
Ross Langford 2.57.55

18th  
**PAUL & ELDON**  
Eldon George 1.03.39  
Eldon George 1.47.25  
Paul Haylett 2.31.44  
Paul Haylett 3.15.08

55th  
**BUDDIES**  
Karen March 1.06.46  
Karen March 1.55.01  
Christine Engels 2.50.59  
Christine Engels 3.46.28

65th  
**TEAM 45**  
M Hale 1.06.21  
M Hale 1.51.16  
Lorretta Shillinglaw 2.53.46  
Derek Woodhouse 3.59.14

72nd  
**PETITE 4**  
Lorraine Lopes 1.16.38  
Valerie Millard 2.13.29  
Margaret Bennett 3.19.21  
Sue Bullen 4.10.09



Jeff

## GONG FOR JEFF?

MAWA has nominated Jeff Whittam for City of Cambridge Volunteer of the Year Award 2008 in recognition of his outstanding work for the club over many years. Jeff is a life member and has been a committee member, Vetrun editor, race director (still organising two per year) and walk handicapper.

MAWA also recognises and would like to have also nominated Dorothy Whittam, who has done much work with Jeff, and also Henri Cortis for his work as director of Tuesday track and field for several years. But only one nomination per club is allowed.

## PRESENTATION DAY LUNCH

EVERYONE is welcome for the presentation of medals for 2008 winter season. It's at the METRO INN, Sunday September 14, from noon. Tickets for the lunch are \$33. Contact Elaine Dance: 9593 4607 danaine@hotmail.com or Valerie Millard: 9368 2187 valerie.millard@bigpond.com



## You write...

### Ladies would like to lunch, please

Hi Vic,

It would appear that another of the club traditions is to be lost.

The Club Cross-Country lunch at Jorgensen Park seems to be lost now. If the reason is loss of numbers, maybe the lunch should be back at the club house as it used to be.

*Dorothy Whittam*



*Dorothy*

Dear Committee,

It is probably too late to change now, but, committee please consider keeping the lunch on at the Jorgensen Park Run next year. It's been a fixture forever, which people enjoyed after the hard cross-country, three times-round run. Having a cup of tea after that, plus the trip there: it won't be the same. Also the clubrooms were more congenial (than the new venue)!

I'm hoping lunch will be back on the programme in 2009-plus, and the run too!

*Lorna Lauchlan*

### Half-marathoners

Hi Vic

If you are interested, Gary Mclean and I each ran exactly half of the Perth Marathon.

John Allen's time - 1:29:08

Gary Mclean time - 1:28:42

Total time 2:57:50

We changed over at the 21.1 km clock.

Regards, John Allen



*John*

## Will Steve be next Centurion?

STEVE Dunn, who is running well below his best at present due to a series of health setbacks, could well become the next sandgroper to reach the 100 marathon mark. Despite having to walk all the way in from Raffles in this year's Perth event, he plans to compete in Geraldton and Adelaide in the next few weeks.

This would be followed by Rottneest - number 100.

### Sub-3

In earlier days Steve ran dozens of sub-3 hour marathons and originally hoped to complete 100 before

turning 40. He didn't make that, but now we should all give him maximum support for soldiering on against adversity.

I for one intend cheering him on in Geraldton.

*VW*



*Steve*

## 'Questions'

by  
**Lorna Lauchlan**

HERE I have a tricky one  
Shall I walk or shall I run?

Decide I must before the race  
And also going at what pace.

Running's easy, lift those legs  
Stay on the track follow the  
pegs

Race walking now is not so  
easy

All those rules and no bent  
kneesies

If contact with the ground is  
lost

Call it running at the post

Shall I run or shall I walk

Must decide or folk will talk

.....LCL

## Happy Birthday August Members!

Beer	Syd	M60	Dahl	Graeme	M55
Bennett	Brian	M60	Danby	Brian	M60
Carse	Bert	M65	Dance	John	M55
Copley	Doug	M35	Doust	John	M60
Cotton	Ian	M40	Dunn	Stephen	M40
			Dybdahl	Bjorn	M55
			Flanders	Maggie	W70
			Hanson	Damien	M55
			Henderson	Ralph	M60
			Hughes	Bill	M80
			Jamal	Fayaz	M55
			Jones	Stan	M80
			Langford	Jim	M60
			Martin	Keith	M65
			Medcalf	Gordon	M75
			Midolo	Jill	W60
			Mison	Michele	W60
			Mort	Simon	M50
			Neville	Bob	M75
			Ogden	Gary	M50
			Osborne	Neal	M50
			Peet	Claire	W35
			Pentecost	John	M50
			Ralston	Garry	M50
			Richards	Norm	M70
			Sanders	Susan	W55
			Sheehan	Danny	M55
			Solomon	David	M40
			Sullivan	Peter	M50
			Szabo	Sylvia	W50
			Turner	Shorty	M70
			Viala	Pierre	M60
			Whittam	Jeff	M70
			Wood	Julie	W60



*Maggie Flanders – happy birthday!*

## New Members – Welcome!

783 METHAM Russell	M30
784 HURRING Dianna	W35
786 DAY Ann-Maree	W50
787 GALLAGHER Ian	M55
788 MATTISON Paul	M50

*Well done, both of you. As you have suggested John, It would be interesting if the WAMC would consider including an official half within the annual marathon. But it might pose too many recording/logistical problems.*

*(By the way, check Anne Shaw's half-marathon times, in this edition.)*

*VW*

## COMING EVENTS Descriptions

### SEPT 7

#### WHITEMAN PARK

Out and back on sealed and unsealed paths (5k event is all on sealed paths.) In 10k, from approx 4k to 6k, course is a loop.

### SEPT 14 MATTAGARUP

10k is from Burswood Park to Windan Bridge: pass UNDER, then turn right TWICE and cross over bridge. Follow path and turn back opposite East Perth rail terminal. Back to riverside path and t/right and under bridge. Along path next to river, t/right into Brown St, t/left and cross footbridge, t/right, and follow Claisebrook to Royal St. Return is back to footbridge - but do not cross it. Instead, continue on along bike path to Causeway, under bridge, t/right over bridge, and cross to the other, south, side of river. T/right, pass under bridge and back to Burswood. 5k turn-back is approx 150m further along the path towards racecourse, after the point where 10k competitors turn right to go over Windan bridge.

### SEPT 21 BIBRA LAKE

Special start time of 8.30am as event is held with Cockburn Council fun run (6K). MAWA members MUST completed an entry form and wear a special number but the entry fee is waived because of the work done by us as officials.

Be aware of small children and inexperienced entrants, particularly at start. Skates and skate boards are no longer allowed in the event. MAWA members can do two laps of lake for 12k but Cockburn fun run is officially 6K.

### SEPT 28 RACECOURSE

From Burswood Park, upstream. 5k turn is about 300m after passing under the Windan train/road bridge and following the path (same as in Mattagarup event.) Racecourse is on your left, take care when crossing entrance road. Take care from 3.5k point, to the turn for 10K event, as path has hills and curves.

# Bert Carse wins Marathon trophy

INAUGURAL winner of the JIM BARNES PERTH MARATHON TROPHY is one of Masters' top athletes, Bert Carse.

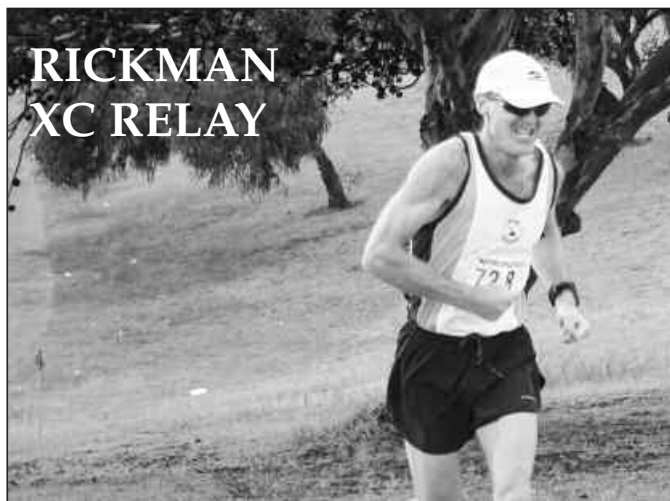
Christine and John Oldfield suggested and donated this new club honour, which is introduced to mark Jim Barnes becoming the first West Australian to run 100

marathons. It's an age-graded age graded trophy, and the following table shows the percentage achieved by each of the Masters in this year's run.

Bert Carse	M66	83.89 %	Steve Giles	M50	67.35
Gillian Young	W60	79.79	Peter March	M48	65.83
Bjorn Dybdahl	M54	79.45	Carol Bowman	W53	64.96
Brett Roach	M39	79.29	Gary Carlton	M51	64.54
Peter Sullivan	M49	74.57	Nick Miletic	M57	64.40
Lachlan Marr	M47	73.62	Geraldine Carlton	W43	59.36
Rosemary Johnson	W33	71.34	Terry Humphrey	M56	56.89
Saskia Letham	W35	71.13	Paul Burke	M37	56.47
John Smith	M73	71.01	Julie Keeley	W41	54.98
John Pellier	M68	68.95	Tom Tralau	M35	53.37
Keith Miller	M59	68.01	Stephen Dunn	M41	45.12



Bert



Peter Sullivan heading uphill for the finish

## RICKMAN XC RELAY

MASTERS entered two men's and one women's team at the Rickman Delaney Relay on Saturday 12 July 2008. John Collier, Niamh Keane, Patrick Smith and Peter Sullivan represented MAWA with the help of two running friends adopted from other clubs.

With a few people from the other clubs racing as individuals and many others away for the school holidays, or recovering from the Perth marathon, there were fewer relay teams than in previous years. The men's race was won by Stirling Swans and the women's by MAWA (Niamh and Mirella Tarulli) who fought a hard battle against the junior girls.

## Is that a stroke?

A WHILE back Jeff Bowen forwarded this advice on how to tell if someone is having a stroke. I have checked it with John Bell, who confirms it's sound advice, - 'if a little lame'. More from John later, but here are the quick tips.

### S,T,R

Remember three steps - S, T, R.

**S** - ask the person to SMILE.

**T** - ask them to TALK, just to speak a simple sentence coherently, for instance "It is sunny today."

**R** - ask them to RAISE BOTH ARMS.

If the suspected stroke victim has trouble with any of these tasks, call for medical help right away.



John Bell

### Treatment

Dr John Bell says that people should take care as unskilled treatment can make a stroke worse.

"Main treatment is working with nature's healing process.... get moving, keep

hydrated and, the best option, good nutrition.

"It is a worry that with people becoming fatter and lazier, blood pressure tends to go up and that's the cause of most strokes. Consequently, they are increasing.

"So my message is, even when you have had a minor stroke, get moving.

### Cliff Bould

"Cliff Bould was an expert at disobeying doctors, and walking around his Hills hoist he recovered from about 15 strokes. And they stopped when he got into Pritikin food, and off the eggs and bacon that the doctors advised at that time!"



## PROFILE Vic Waters

by the Editor

PAUL Hughes suggests a 'quick-questions' feature would help us all learn more about each other. Thanks Paul; I have adapted the concept, to focus on running/walking, which we all have in common.

This month I'll be the example. I hope others will follow suit, and submit their own points.

### VIC WATERS, M64

Born: London, UK

#### Background

A non-athlete, at age 30 I began jogging for fitness (and to get out of the pub we were running at the time.) Ran first marathon at 40 in Birmingham, on the wettest, coldest Whitsun weekend in 50 years, but raised £2,000 for leukaemia research.

Migrated to Perth in 1989. A few days after arriving I met Mike Rhodes out training and joined the Vets a few days later. For the first time I experienced the camaraderie of sports people. Encouragement and support of Basil Worner, Keith Forden and others was instrumental in my modest improvement.

With proper training I eventually managed a reasonable marathon, in Perth, but learned I was meant for shorter runs!

#### Proudest running experience

1,000m in 2:57.9. Aged 47, in March 1992 I was in great company at Coker Park and managed to finish ahead of David Carr – a rare feat!

#### Current targets

Stay injury-free; regain 4 minute/km pace for 5km; and (long-term) 2.20 for 800m.

#### Training target

One long run per week (1 hour); 30 minutes daily on beach or cross-country, with hills.

#### Role model

This may surprise readers, because we have so many fine athletes – such as Jim, Bert, Bob and Frank in my age-range; and such fine mentors as Basil in the club. But I would most like to match Arthur Leggett, who shows that wit, as well as mental and physical fitness are all achievable at any age.



Vic

## TEDDY'S SECRETS BARED

NOT a lot of people know this... but Joan Pellier does. The origin of Teddy Bear's Picnic goes to the days when 'birds' (females) were comparatively rare in our club – which was then called WAVAC, or the Vets.

President Barry Slinger suggested the female few organise a run. To make it extra girly, they would provide cakes and stuff. Joan and Joan Slinger took on much of the task, with baking expertise provided by June Strachan. They chose the children's playground lake in Kings Park for start and finish. Kids equate to teddy bears; it was a bit of a picnic; and the ladies were all then glamorous young birds (around 1920 or so.)

Thanks Joan; what a sport!

VW



Paul



Even in the rain, what a great place to run! Tiny figure at centre is Paul Burke on his way back, about to meet Peggy McLiver.

#### 5K RUN

Paul Burke	M35	20:05
Graeme Uren	M40	22:10
Mark Hewitt	M55	23:33
Phil Cowin	M55	23:36
Maurice Creagh	M60	24:31
Dante Giacomini	M35	24:42
Leonie Jones	W45	24:49
Barry Jones	M50	24:52
Peggy MacIver	W60	25:40
Delia Baldock	W45	25:54
Roger Walsh	M65	27:36
Nick Miletic	M55	27:55
Bob Sammells	M70	27:59
Aldo Giacomini	M70	29:52
John Dance	M55	31:54
Denise Viala	W55	32:02
Julie Wood	W55	32:03
Pierre Viala	M60	32:05
Pam Toohey	W60	32:45
Margaret Warren	W70	33:47
Mary Heppell	W70	35:33
Toni Frank	W60	41:36

#### 5K WALK

		Total	H/cap
Peter Hopper	M60	46:28	12:18
John Frost	M70	46:46	10:18
Phyllis Farrell	W60	48:07	02:18
Jeni Shillington	W50	48:40	7:54
Lorna Lauchlan	W75	48:42	07:24
Rosa Wallis	W60	48:52	8:06
Jeff Whittam	M70	48:57	10:06

Linda Rhodes	W60	49:13	10:18
Val Millard	W60	49:26	17:30
Michele Mison	W60	50:31	16:48

#### 10K RUN

Claire Walkley	W40	63:44	14:24
Karen March	W45	67:06	22:36
Wayne Taylor	M45	67:18	23:36
David Carr	M75	67:28	19:36
Carol Bowman	W50	67:32	16:30
Genevieve Spiro	W35	67:38	12:12
Peter Sullivan	M45	67:52	30:00
Neale Osborne	M50	67:53	22:18
Mike Hale	M60	67:55	23:12
Jackie Halberg	W60	68:10	11:12
Kathy Burr	W65	68:16	00:00
Peter March	M45	68:28	24:48
Jim Klinge	M60	68:40	25:48
Lachlan Marr	M45	69:07	29:00
Irwin Barrett-Lennard	M75	69:23	18:24
Graham Thornton	M65	69:51	14:00
Cecil Walkley	M75	69:59	06:12
Tanya Burke	W35	70:19	9:12
Carl Ciccarelli	M45	70:56	23:00
Merv Jones	M65	72:15	7:54
Arnold Jenkins	M60	72:27	08:42
Johan Hagedoorn	M60	74:56	21:30
Ray Hall	M70	76:49	8:24

#### Vi and Temp H/caps

Monique Humich	W30	62:19	12:00
V2		66:53	29:00
V1		69:18	20:00

Left, Peggy McLiver - glad to be back from Qld(?); and below, Mary Heppell.



**5K RUN**

V1

17:29

*Phil Cowin*

Phil Cowin	M55	23:48
Gillian Young	W60	23:55
Damien Hanson	M50	27:29
Mike Anderson	M60	27:34
Arnold Jenkins	M60	29:16
V2		31:49
Denise Viala	W55	36:35
Julie Wood	W55	36:36
Rosa Wallis	W60	36:42
Sheila Maslen	W70	37:03
V5		39:44

**10K RUN**

Brett Roach	M35	35:29
-------------	-----	-------

*Ross Langford*

Ross Langford	M30	37:53
Jim Langford	M60	38:41
John Pentecost	M45	39:11
David Willmer	M50	39:50
Geoff Barrett	M45	40:17
John Allen	M50	40:21
Chris Frampton	M40	40:28
Jim Klinge	M60	41:29
Bob Lane	M60	41:38
Graeme Uren	M40	41:52
Peter March	M45	42:02
V7		42:31
Brian Bennett	M60	42:33
Eldon George	M35	42:51
V11		43:30
Bob Schickert	M65	43:41
Karen March	W45	43:57
Mike Hale	M60	43:59
Neil McRae	M55	44:19
Brian Danby	M55	44:31
Danny Sheehan	M50	45:18
V6		45:34
Tom Tralau	M35	45:50
David Carr	M75	45:52
Wayne Taylor	M45	46:31
Johan Hagedoorn	M60	46:35
Dee Haines	W45	46:38
Don Pattinson	M50	47:13
Margaret Saunders	W50	47:27
Chris Pattinson	W50	48:36
Julie Keeley	W40	49:03

**Mill Point****ROAD CHAMPS****July 13, 2008***Director: Milton Mavrick*

THE looping start and finish to this one provides extra photo opportunities, splitting the field early into groups that fit the frame. So I have taken the chance to snap and introduce some of our newer members on these pages.

Thanks go to Milton, and his merry band of helpers.

**VW**

Russell Metham	M30	49:11
Irwin Barrett-Lennard	M75	49:41
Richard Blurton	M55	50:11
V3		50:12
Paul Martin	M65	50:15
Maurice Creagh	M60	50:25
Jane Elton	W40	50:27
Mike Khan	M60	50:37
Ray Attwell	M70	50:40
John Pellier	M65	50:43
Nick Miletic	M55	50:56
Carol Bowman	W50	50:57
V4		51:22
Sue Bullen	W45	52:36
John Ellard	M65	53:20
Lorraine Lopes	W65	54:04
Graham Thornton	M65	54:21
Jackie Halberg	W60	54:27
V8		54:38
Bob Sammells	M70	56:38
Grace Hollin	W50	57:09
Dianna Hurring	W35	57:26
Irene Ferris	W55	58:01
Val Millard	W60	58:37
Cecil Walkley	M75	61:06
Claire Walkley	W40	61:07

*Milton*

John Smith	M70	61:09
Merv Jones	M65	61:27
Berni Scott	W45	61:35
Ray Hall	M70	62:42
Vic Beaumont	M75	63:10
Kathy Burr	W65	67:21
Margaret Warren	W70	69:53
Margaret Bennett	W65	70:46
Pierre Viala	M60	70:47
Mary Heppell	W70	78:30
Ray Lawrence	M55	78:33

**5K WALK**

Peter Hopper	M60	34:34
David Brown	M60	34:38
Kirt Johnson	M75	40:27
Linda Rhodes	W60	42:10
Lorna Lauchlan	W75	43:00
Pat Ainsworth	W70	44:12
Alan Pomery	M75	45:57
Dorothy Whittam	W70	46:28
Charlie Chan	M55	51:33
Joan Pellier	W65	55:33
Merv Moyle	M80	57:53

**10K WALK**

Michele Mison	W60	71:13
Lynne Schickert	W65	72:16
Roger Walsh	M65	72:37
Elaine Dance	W55	76:58
Mike Rhodes	M60	78:52
Jeff Whittam	M70	80:25
Elaine Ellard	W65	83:30
Bob Fergie	M70	83:38
Ann Turner	W70	86:41
V12		99:59

*507 is Greame Uren; 772 is Tom Tralau.***More pictures - page 6 ►**





Top: 755 is Bob Lane, closely followed by George Eldon.

Middle pic: Claire Walkley, 567, leads Jane Elton, 684.

Left: Peter Hopper and David Brown, stride for stride early in the Mill Pt Rd walk; and right, Roger Walsh choosing to walk this time.



## Bardon Bash

July 19, 2008

Director: Mike Hale

FINE conditions for this picturesque event on a cold, crisp morning were custom-made for runners and walkers. That includes several members who enjoyed a stroll along the riverside but don't feature in the results list. Thanks go to Mike and his helpers for marking and manning the route.

### 7K RUN

Paul Hughes	M55	28:43
Neil Morfitt	M50	28:52
Jim Klinge	M60	29:42
Tessa Brockwell	W50	31:45
Tom Tralau	M35	31:47
Neale Osborne	M50	32:15
Margaret Saunders	W50	34:36
Mark Hewitt	M55	35:13
Phil Cowin	M55	35:32
Barry Jones	M50	35:40
Leonie Jones	W45	36:09
Stephen Dunn	M40	36:11
Maurice Creagh	M60	36:15
Vic Waters	M60	36:58
Delia Baldock	W45	38:06
#N/A	#N/A	38:22
Damien Hanson	M50	40:02
Mike Anderson	M60	41:14
Pam Toohey	W60	43:16
Arnold Jenkins	M60	43:48
Ray Hall	M70	48:26
Margaret Warren	W70	50:45
Sheila Maslen	W70	51:32
Mary Heppell	W70	51:45

## Joondalup

June 15, 2008

Directors: Margaret and Morris Warren

THIS year must be a record for low numbers and high rainfall during the run. Fortunately a few hardy souls turned up, even a few all the way from Rockingham. We had a new course because the local council have covered the limestone path going north. This gives us 7km out and back.

The helpers were the heroes of the day, standing in the pouring rain. Thanks very much - Denise and Pierre Viala, Marg Forden, Margaret Bennett and Elaine Ellard. Say a prayer for dry weather next year!

Margaret and Morris





**Rosa Wallis**                      **W60**                      **54:59**

### 13K RUN

Peter Sullivan	M45	49:57
Jim Langford	M60	51:58
Lachlan Marr	M45	51:59
#N/A	#N/A	53:07
Bob Lane	M60	54:47



**Chris Frampton**                      **M40**                      **55:12**

Brian Bennett	M60	55:35
Michael Karra	M40	55:57
#N/A	#N/A	56:14
Wayne Taylor	M45	58:35
Karen March	W45	58:43
Peter March	M45	58:43
Brian Danby	M55	60:20
Neil McRae	M55	60:40
Bob Schickert	M65	60:57
Martin Watkins	M60	61:21
Johan Hagedoorn	M60	62:04
Sean Keane	M40	62:06
Shirley Bell	W60	63:17
Helen Lysaght	W55	63:37
Keith Atkinson	M50	63:39
Irwin Barrett-Lennard	M75	64:19
John Doust	M60	65:35
Carol Bowman	W50	65:50
Paul Martin	M65	66:57
David Carr	M75	67:11
#N/A	#N/A	67:11
Mike Khan	M60	67:47
John Pellier	M65	68:05
Milton Mavrick	M50	69:25
John Ellard	M65	70:27
Lorraine Lopes	W65	71:16
Graham Thornton	M65	73:44
Jackie Halberg	W60	73:49
#N/A	#N/A	73:55
Ian Gallagher	M55	75:08
Paul Mattison	M50	75:52
Cheryl van der Spuy	W50	75:53

## The GREAT Anne Shaw

RECENTLY I was asked about how good an athlete Anne Shaw was before her untimely death three to four years ago. Today I came across a summary which says it all. The AMA handbook shows Anna still holds five Australian records: 3000m W50 10:44; & W55 12:01; 10000m W50 37:31; and 2000 Steeplechase W45 8:02; & W55 8:23.

*Bob Schickert*

*Antoinette Shaw - as determined as she was self-effacing - finishing in the 2000 Perth Marathon.*



**ANNE became a club member in 1989, started setting records in her first year and continued at an extraordinary rate until June of 2003.**

In all she set 98 State records – of which 34 are still current – as well another 22 Australian records. Seven of those still stand.

### World class

In the early 1990s Anne discovered the steeplechase. Despite never mastering the quicker vaulting technique, Anne set seven W40 two-kilometre steeple World

records.

Overall, she ranged from 800 metres to the marathon, a truly remarkable accomplishment.

This list shows Anne's best performances in all the events and age brackets where she achieved a State Record (progressive performances within an age bracket are not listed.)

(A) denotes a current Australian Record.				10,000 Metres	W40	39:36.6	24-Mar-90
800 Metres	W40	2:19.1	15-Feb-92	10,000 Metres	W45	38:00.6	27-Nov-97
800 Metres	W45	2:20.4	20-Feb-93	10,000 Metres	W50	37:31.9	24-Mar-00 (A)
1000 Metres	W45	3:14.5	9-Jan-97	10K Road Run	W40	38:23	21-Jul-91
1000 Metres	W50	3:21.1	1-Oct-98	10K Road Run	W50	38:24	28-May-00
1500 Metres	W40	4:52.4	1-Mar-91	10K Road Run	W55	41:55	29-Jun-03
1500 Metres	W50	4:53.8	19-Mar-98 (A)	15K Road Run	W40	1:00:04	24-Jun-89
1500 Metres	W55	5:16.63	19-Apr-03	15K Road Run	W50	59:17	6-Jun-99
1 Mile	W40	5:35.0	13-Mar-91	16K Road Run	W50	1:05:24	25-Apr-99
1 Mile	W45	5:18.6	14-Mar-96	10 Miles Road Run	W40	1:05:13	4-Aug-91
2000m Steeplechase	W40	7:44.9	15-Feb-92	10 Miles Road Run	W50	1:05:47	9-Jul-00
2000m Steeplechase	W45	8:02.0	4-Feb-96 (A)	Half Marathon			
2000m Steeplechase	W50	8:14.6	26-Mar-98	Road Run	W45	1:21:19	29-Jun-97
2000m Steeplechase	W55	8:23.96	19-Apr-03 (A)	Half Marathon			
3000 Metres	W45	10:33.0	19-Dec-96 (A)	Road Run	W50	1:31:35	12-Aug-02
3000 Metres	W50	10:44.4	18-Dec-97 (A)	25K Road Run	W50	1:40:00	20-Jun-99
3000 Metres	W55	11:17.0	6-Mar-03 (A)	Marathon	W45	3:01:19	21-Jul-97
5000 Metres	W40	18:48.0	15-Apr-90	Marathon	W50	2:57:06	5-Jul-98
5000 Metres	W45	18:20.8	21-Nov-96	4 x 400 Metres Relay	W40	5:03.33	21-Apr-03
5000 Metres	W50	18:18.4	29-Mar-98				
5000 Metres	W55	19:23.9	20-Apr-03				

#N/A	#N/A	79:07
Jane Elton	W40	79:08
Merv Jones	M65	83:04
Kathy Burr	W65	89:01

### 7K WALK

Mike Rhodes	M60	49:13
David Brown	M60	49:58
Lynne Schickert	W65	55:30
Linda Rhodes	W60	55:55
Beryle Doust	W55	58:09
Lorna Lauchlan	W75	62:23

Dorothy Whittam	W70	68:56
Maggie Flanders	W70	69:02
Leo Hassam	M75	70:57
Bob Fergie	M70	71:15

### 13K WALK

Michele Mison	W60	92:53
Peter Hopper	M60	98:47
Roger Walsh	M65	98:54
John Smith	M70	101:57
Jeff Whittam	M70	104:20
Elaine Ellard	W65	117:33



# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

7 Aug	60, 3k, 600, 200, 1000
14 Aug	60, 800, 100, 300, 5k / 3k walk
21 Aug	1000, 100, 3k, 200, 600
28 Aug	200, 1 mile, 60, 400, 3k
4 Sept	100, 800, 60, 5k / 3k walk, 300

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

## SEPTEMBER 7 WHITEMAN PARK

Director: Brian Hardy - 9342 7692

Jan Jarvis, Merv Jones, Mike Khan, John Mack, Margaret Saunders, Alan Thornily, Bjorn Dybdahl & Deb Wolfenden

## SEPTEMBER 14 MATTAGARUP

Director:

Wayne Pantall - 9362 3715

John Brambley, Brian & Sue Danby, Stan Delangrafft, Irene Ferris, Di Jones, Brian Martus & Brigitte Sieger, Dianna Hurring & Russell Metham, Valerie Millard, John & Michele Mison, Victor Ratana, Frank Usher, Darryl White

## SEPTEMBER 21 BIBRA LAKE

\* 8.30 START

Directors: Paul & Tanya Burke - 0437 227 112

Syd Beer, Elaine Dance, Maggie Flanders, Karen & Peter March, Dennis & Margaret Miller, Peter Ryan, Pam & Steve Toohey

## SEPTEMBER 28 RACECOURSE

Directors: Christine Engels & Gary McLean - 9383 9161  
Jim Barnes, Delia Baldock, Kay & Sandy Burt, John Frost, Niamh Keane, Julie Keeley, Gary Ogden, Neal Osborne

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## WINTER THROWERS

THE winter throwing group are meeting every Saturday morning from 9.30 to 11.00 at Perry Lakes stadium. We train in two or three implements each week under the guidance of coach Lindsey Glass. The season will run until September and conclude with the club weight pentathlon. All members are welcome. Contact Damien Hanson on 9383 4406 or 0407 477 986 or just turn up.

## MASTERS ATHLETICS WA – Club Contacts

### Magazine

#### Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

For club uniform

clothes, call:

Patricia Hopkins 9446 4452

pathopkins@myplace.net.au

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

# Vetrun

The magazine of Masters Athletics WA

SEPTEMBER  
2008  
No. 414



## Inside...

News; You Write; Birthdays	P2
Memories of running in France - by John Spencer; Coming Events	P3
Jorgensen Park	P4
Club Half-Marathon	P5
Mullaloo Magic	P6
Summer T&F programme	P7
Helpers for Coming Events	P8

## President's Message

### Be ready for a busy T&F summer

AFTER a very successful winter on the track, we're now focussing on the coming track and field summer season. The full programme is included in this Vetrun and on the web-site.

Patron's Trophy events begin on October 16 at Coker Park and October 21 at UWA. I hope many of you will be encouraged to try out a few different events in the weeks leading up to Christmas.

The National Relays were a great success this year and in the New Year we shall again be entering that contest. Throwers, you have not been overlooked! In January there will be an age-graded competition to find the best overall thrower athlete. We'll give you full details in December.

*Barbara Blurton*

## New Members – Welcome!

789 HUMICH Monique	W30
790 HOPPER Diana	W60
791 GRIFFITHS Sean	M40
792 KEY Jenny	W30
793 BLACKWEIR Dermot	M35
795 LIS Basia	W40
796 HOSSACK Steve	M45

## RRC apology!

SORRY, Bruce Mathieson. Your average per kilometre is 5:01 not 5:22 as published.



State X/C Championships, Kings Park

Almost all the field are pictured here, in the Kings Park Championship. Full results are in Vetrun October, plus a round-up of the club's Athletics WA season. Patrick Smith reports our men were second in B division; and our women are probably third, among seven youthful teams.

## Medals for MAWA at Oceanic Champs

SIXTEEN MAWA members competed at Townsville in the Oceania Masters Athletic Championships with around 400 athletes drawn mostly from Australia, New Zealand and the Pacific Islands. It was a great week of competition and social activities.

These championships are held each two years the next being in Tahiti in 2010. What a great trip that will be!

MAWA has a strong administrative association with OAMA. Lynne Schickert was re-appointed as a Council member for another two years and Bob Schickert elected secretary of OAMA.

**Details of all club members' Townsville performances will be published next month in Vetrun.**

## Jorgensen meal went down well

A STRAW poll done at the post-race breakfast showed 52 favouring breakfast and two in favour of a lunch. All wanted the function to stay at the Jorgensen hall, where it was held this year.

As usual the course was difficult and the competitors struggled up the hills and over the creek crossings. I'm sure we all wish Michele Mison a speedy recovery from her fall and surgery. She should be back race walking in three months.

John Pellier's course marking, and the contribution by our other on-course helpers – Michael Anderson, Irwin Barrett-Lennard, Barbara Blurton, John Dance, Jackie Halberg, Merv Jones, Stan Lockwood, Keith Martin and Sylvia Szabo is greatly appreciated. Thanks also, for the wonderful breakfast arranged by Jacqui Beaumont, Elaine Dance, Berwin Barrett-Lennard, Sue Jones and Bev Thornton.

*Bob Schickert*

## WALKING FEDERATION 2008 MELBOURNE

1 Lyn Ventris	W50	51:33
11 Rose-Maree Hollaway	W50	70:07
DNF David Smyth	M35	injury



## You write...

### In praise of breakfast



Hi Vic,

One of my roles on the committee is co-ordinating the club's social activities, and I'd like to say what a pleasure it was to be involved in the breakfast following the club's cross country run at Jorgensen today. As you know, this year the committee opted not to have the usual lunch, and started the run at 8.00am followed by the breakfast. Jackie Beaumont and Elaine Dance (with a little input from me) organised the food, and what a spread it was! Fruit, cereal, yoghurt, raisin toast, jam, cream, ham & cheese croissants, cakes, sandwiches, fruit loaves, tea, coffee, milo, orange and apple juice. In addition, many ladies donated cakes, sandwiches and sausage rolls. All there voted the breakfast "the best" and would like it to continue.

Jackie and Elaine, as I said, were the chief organisers of the day, and to them go our greatest thanks. Berwine Barrett-Lennard was tireless in the kitchen sink washing up, Sue Jones, Bev Thornton and Pat Miller helped set up and prepare the food, and we shouldn't forget Vic Beaumont who kept the urns bubbling for our tea and coffee. Many thanks to all who helped make the day so terrific, I'm sure to have missed naming a few. Thanks also to Michele Mison, Karen March, and to the other ladies who I didn't catch up with, who donated food for the breakfast.

For our first effort, the breakfast went really well, although next year with a little more promotion, we'd hope to have more stay and enjoy the conviviality.

Regards,  
Valerie Millard

## Running 'can slow ageing process'

**RUNNING** on a regular basis can slow the effects of ageing, a study by US researchers shows.

Elderly joggers were half as likely to die prematurely from conditions like cancer than non-runners.

They also enjoyed a healthier life with fewer disabilities, the Stanford University Medical Centre team found.

Experts said the findings in Archives of Internal Medicine reinforced the importance that older people exercise regularly.

### Survival of the fittest

The work tracked 500 older runners for more than 20 years, comparing them to a similar group of non-runners. All were in their 50s at the start of the study.

Nineteen years into the study, 34 per cent of the non-runners had died compared to only 15 per cent of the runners.

Both groups became more disabled with age, but for the runners the onset of disability started later - an average of 16 years later.

The health gap between the runners and non-runners continued to widen even as the subjects entered their ninth decade of life.

### - BBC REPORT

#### Aerobic

According to author Professor James Fries, emeritus professor of medicine at Stanford - "The health benefits of exercise are greater than we thought. If you had to pick one thing to make people healthier as they age, it would be aerobic exercise."

#### Disease fighter

Running not only appeared to slow the rate of heart and artery related deaths, but was also associated with fewer early deaths from cancer, neurological disease, infections and other causes. And there was no evidence that runners were more likely to suffer osteoarthritis or need total knee replacements than non-runners - something scientists have feared.

#### Less training

At the beginning of the study, the runners ran for about four hours a week on average. After 21 years, their weekly running time had reduced to around 76 minutes, but they were still seeing health benefits from taking regular exercise.

## IT'S A GIVEAWAY!

LORNA Lauchlan has a massage table to give away - portable, lightweight, face-hole, green vinyl. Contact Vetrin and we'll give you Lorna's number.

VW

### More exercise needed

Age Concern says many older people do not exercise enough.

Figures show more than 90 per cent of people in the UK over 75 fail to meet international guidelines of half-an-hour moderate intensity exercise at least five times a week.

Gordon Lishman, director general, said: "This research re-confirms the clear benefits of regular exercise for older people."

"Exercise can help older people to stay mobile and independent, ensure a healthy heart, keep weight and stress levels under control, and promote better sleep."

"While younger people are barraged with encouragement to lead healthier lifestyles, the health needs of older people are often overlooked."

(Thanks, Frank Gardiner, for finding this report.)

## Happy Birthday September members

Beaumont	Jacqi	W70	Warren	Morris	M70
Bennett	Margaret	W65	Wilson	Barbara	W55
Bullen	Sue	W45	Wilson	Bruce	M55
Day	Ann-Maree	W50	Worner	Basil	M75
Doust	Beryl	W60	Wright	Rhod	M55
Frost	John	M70			
Froudish	Michele	W50			
Giacomin	Dante	M40			
Hayres	Bob	M75			
Hollin	Grace	W50			
King	Robin	W50			
Langford	Margaret	W60			
Leggett	Arthur	M90			
Lockwood	Stan	M75			
Mayrhofer	Debra	W50			
McAuley	Duncan	M55			
Neville	Liz	W55			
O'Reilly	Mike	M65			
Pantall	Wayne	M55			
Pattinson	Don	M55			
Presland	Les	M45			
Scott	David	M60			
Uren	Graeme	M40			
Usher	Francis	M85			

Arthur - Happy 90th!



## Robin Bell wins slalom bronze

**ON August 12 in Beijing, John Bell's son Robin was the first Australian man to win an Olympic slalom medal.**

Bell improved from fifth after the semi-final to claim bronze with a clean final run in front of hundreds of screaming Australian fans at the Shunyi Olympic Canoe Park.

### World best

Robin was 2005 World Champion, and finished an agonising fourth at the

Athens Olympics. In Beijing he was leading with four paddlers to come, then relegated one place by David Florence (Great Britain).

Bell survived the efforts of two more paddlers before the last competitor - Slovakian Michal Martikan - claimed gold and moved Bell to third.

(Report from AOC - Beijing)

It was a cold, damp, Paris Sunday February morning as I waited – bleary-eyed, still half-asleep – for the large green Simca car. At 7am precisely it arrived and I clambered into the rear, joining my three colleagues from the Racing Club of France.

On the bench-seat, sitting next to the driver and coach, was another man whom I had not met before. He was quiet-spoken, aloof, but not unfriendly. He was thin, wiry, sporting a short Gallic crew-cut and a neatly-trimmed moustache, looking every inch the serious classical French athlete.

Together we were off to run in an annual cross-country race in Mortagne au Perche, a small ancient town in the heart of the Normandy countryside. By the time we arrived it was mid-morning. The weather was fine, cold and the early cloud had evaporated revealing a clear blue sky with a faint breeze; just perfect for the town's annual event which attracts runners from across the north of France.

#### Mimoun

For many years the celebrity runner had been Alain Mimoun, the Algerian Olympic marathon champion. Sadly he was unable to attend this year, being replaced by Marcel Vaillant, the silent front seat passenger in the green Simca.

Though this was an annual local event we had little idea what we had committed ourselves to. What a surprise! This was no ordinary Sunday morning run and it seemed as if most of the town had turned out for the event. The streets were decorated with red, white and blue bunting, large French flags and large posters were pinned on windows, shop-fronts and telegraph poles. There were hundreds of athletes walking or jogging up and down the main street, wearing track-suits and berets to keep out the cold morning air, leaving faint wisps of breath in the dry wintry air. Outside the ancient church, the town band was playing patriotic music whilst excited children jumped up and down, attempting to keep time.

#### Carnival

This was just not a cross-country race. It was obviously an annual carnival. Mouth-watering smells wafted from an enormous charcoal grill supervised by a large bald-

## French Memories of Mortagne au Perche

by John Spencer

*(John is one of the earliest, now a past-member of WAVAC/Masters.)*

headed Frenchman, wearing a blue and white striped apron and busy cooking spicy herb sausages for the queue of hungry, chattering villagers.

On arrival, we were met by a jolly little man wearing a trilby hat, who spoke far too quickly for my untrained English ear. After a couple of minutes of undecipherable talk and frantic arm-waving, we were escorted into a small busy bistro where the smell of fried food and Gitane smoke filled the air, creating a thick blue haze and we were invited to order whatever we wished for our petit déjeuner.

#### Calvados

The usual pre-race eating routine was totally overlooked and we all tucked into bacon, sausages, eggs and freshly-baked baguettes. Monsieur Vaillant remained quiet and reserved despite the frivolity of the occasion, but I did notice that he finished his meal with a small digestif of Calvados, the local apple brandy. Then he announced that he was going for a short sleep as the race was not due to start for another hour. The rest of us were then invited to inspect the course.

This was unique, consisting of two circuits or 'boucles' as they were called; one 'grand' and one 'petit'. The start was in front of the local stadium containing the excited crowd (with the town band still playing). Runners would then proceed through a wood, across frozen fields and after a couple of kilometres, re-enter the stadium for la petite boucle, in front of the cheering clapping crowd.

In order to make the spectacle more interesting, a large bale of hay straddled the track. Runners had to scramble over it before completing the circuit and venturing out again for a second circuit of the grande boucle through the wintry Normandy countryside.

The course finished after the second circuit of the petite boucle and the finishing line was a hundred metres after the bale of hay. Great fun for the spectators but somewhat testing for the runners!

Our post-prandial inspection of the two circuits made me aware in the pit of my stomach of the large petit déjeuner I had consumed, demonstrating the hazards of eating spicy sausages before exercise. Even the start of the race was exciting and the spirit of participating in a significant local festival was quite unforgettable, overshadowing the actual running itself. The noise of people, music, laughter, the smells of French food, the Normandy countryside with smoke coming from cottage chimneys, all amalgamated into a single unique sensation of pleasure in just participating in the event.

#### UK rep

Being the only English person present, I was obviously a marked man. I recall vividly the local priest shouting at me in French "Allez Bannister, Allez Bannister!" as I plodded around the frozen field.

#### Vaillant

Monsieur Vaillant, who was the replacement for Mimoun, was the eventual winner despite (or perhaps because of) the morning Calvados and sleep. I think I was fourth but that was irrelevant for this had been more than just a country race. It had been a cultural experience.

After completion of the day's events, the Mayor, dressed in his best suit and wearing his chain of office, gave out the prizes, hundreds of them, or so it seemed.

I have enjoyed a long-running career and in many parts of the world but if it were possible to repeat just one event, that cold winter's day in

## COMING EVENTS Descriptions

#### OCT 5 WIRELESS HILL

One lap or two, start on road near museum, follow path next to McCallum Crescent, through park down Hickey St hill and up old access road, with circuit including paths next to Davy and Barnard St. Return to finish via downhill on old road, and up on path which continues from up Hickey St.

#### OCT 12 LAKE MONGER

XC Run is the 4km circuit in the area between Gregory St and lake, from start near Dodd St. Walk is 3.5km circuits of lake.

#### OCT 19 GUESS OWN TIME

Circuit within Hale School grounds. PARK AND ENTER at COBB ST (NOT Hale Rd). Watches must not be worn. Competitors nominate their likely finish time before the start. Winners are those nearest their estimate.

#### OCT 26 CLIFF BOULD

McCallum Park start: on grass to Causeway, cross first part to Heirisson Island, clockwise around island, back over Causeway and along pedestrian path to finish. 10.4k is two laps.

Mortagne au Perche would be my choice where just participating and competing well were the primary rewards and where winning was of little consequence.

Many years ago a large sign was displayed above the Olympic arena stating simply that the aim of the Games was to compete well. Sadly his has now been replaced with the almost authoritarian latin motto starkly stating, 'sitius, altius, fortius; which when roughly translated means 'swifter, higher, stronger'. Whilst these three goals may appear noble and worthy, they do not reflect the memories and feelings we all shared at Mortagne au Perche that cold February day nearly 50 years ago when running was truly 'just for fun'.





Above, Peter March lets the visitor test for depth.



Above, Graham Thornton; left, Mike O'Reilly. Bottom left (in his x/c element) Patrick Smith; and right, Arnold Jenkins followed by Sarah Ladwig.



## Club X Country

JORGENSEN PARK,  
KALAMUNDA  
August 10, 2008

### 2.7K RUN

Vic Waters M60 15:10

### 5.4K RUN

Ross Langford M30 23:56  
Ian Cotton M40 29:16  
Terry Humphrey M55 32:10  
Barb Humphrey W55 37:30  
Aldo Giacomini M70 38:15  
Vis 5 38:49  
Mike Rhodes M60 41:15  
Vis 2 42:45  
Vis 3 42:45

### 8K RUN

Brett Roach M35 32:38  
Vis 6 34:15  
Lachlan Marr M45 35:15  
Jim Langford M60 35:28  
Geoff Barrett M45 35:55  
Bert Carse M65 36:09  
Patrick Smith M40 36:22  
Bjorn Dybdahl M50 37:02  
John Allen M50 37:45  
Vis 4 38:44  
Peter March M45 38:51  
Jim Klinge M60 38:58  
Ralph Henderson M60 39:46  
Michael Karra M40 40:25  
Blakeney Tindall M45 40:31  
Bob Schickert M65 40:55  
Tom Tralau M35 41:37  
Karen March W45 41:43  
Mike Hale M60 43:35  
Dee Haines W45 44:08  
Bruce Mathieson M60 44:22  
Shirley Bell W60 45:36  
Johan Hagedoorn M60 45:56  
Maurice Creagh M60 46:46  
Nick Miletic M55 47:03  
Carol Bowman W50 47:07  
John Pellier M65 47:31  
Paula Karra W35 47:50  
Delia Baldock W45 49:28  
Charlie Chan M55 50:47  
David Carr M75 51:10  
Peggy MacIver W60 51:21  
Bob Sammells M70 51:42

## Break-FAST a success but body count is up

A GREAT initiative by our committee to restore the post-race conviviality at Jorgensen provided a superb breakfast for all competitors. On such a cold and windswept day it was most welcome. Personally, I felt it an improvement on the old lunch system.

### Michelle

Unfortunately it was only partial comfort to poor Michelle Mison. Propped in a corner, she seemed cheerful enough. But later in the day she was in hospital having hip surgery and will be out of walking action for three months.

It's infuriating to learn that her injury was caused by an unrestrained dog. Its owners were totally cavalier. They quickly exited the scene of the crime, not even stopping to help Michelle to her feet.

### Crash-course

We know that Jorgensen is a perilous course where everyone has to watch their step. As far as I'm aware, David Carr was the day's only other casualty, and he suffered only some deep cuts.

A low early-morning sun in our eyes made it difficult to see rocks and gravel underfoot on some parts of the course. Helper and local, Keith Martin, pointed out that a later start would enjoy a higher sun. So perhaps the club will consider reverting to a 9am start next year.

VW

Roger Walsh	M65	52:48
Lorraine Lopes	W65	52:49
Mike O'Reilly	M65	52:59
Graham Thornton	M65	54:22
Val Millard	W60	55:57
Ray Hall	M70	56:27
Sarah Ladwig	W55	56:32
Arnold Jenkins	M60	57:01
Vis 1		63:41
Vic Beaumont	M75	64:56
Lynne Schickert	W65	72:35





## Club Half-Marathon Championships

August 3, 2008

BURSWOOD PARK

Director: Jim Klinge

### 21.1K RUN

Peter Sullivan	M45	81:42
Lachlan Marr	M45	85:21
Bert Carse	M65	85:45
Chris Frampton	M40	85:54
Bjorn Dybdahl	M50	87:42
John Allen	M50	90:03
Peter March	M45	92:49
Eldon George	M35	93:13
Wayne Taylor	M45	97:01
Karen March	W45	97:05
Graeme Uren	M40	97:53
Keith Miller	M55	98:57
Brian Danby	M55	99:04
Mike Hale	M60	99:32
Alan James	M55	99:43
Neale Osborne	M50	1:43:22
Neil McRae	M55	1:43:33
Don Pattinson	M50	1:44:07
Shirley Bell	W60	1:44:48
Keith Atkinson	M50	1:45:43
Chris Pattinson	W50	1:45:45
Tom Tralau	M35	1:46:26
David Carr	M75	1:47:31
Irwin Barrett-Lennard	M75	1:47:44
Claire Walkley	W40	1:48:09
Barry Jones	M50	1:52:24
John Pellier	M65	1:53:19
Carol Bowman	W50	1:53:20
Mark Rosen	M60	1:53:42
Milton Mavrick	M50	1:54:00
Stephen Dunn	M40	1:55:48
Sue Bullen	W45	1:58:56
Geraldine Carlton	W40	2:00:48
Maree Creighton	W55	2:06:32
Genevieve Spiro	W35	2:07:11
Irene Ferris	W55	2:09:51
Wendy Duncan	W55	2:12:02
Julie Keeley	W40	2:12:12
Val Millard	W60	2:12:51
Cheryl van der Spuy	W50	2:15:51
Jane Elton	W40	2:15:53
Cecil Walkley	M75	2:17:49

### 6K RUN

Ian Cotton	M40	27:10
Vic Waters	M60	29:20
Maurice Creagh	M60	30:34
Damien Hanson	M50	33:04
Mike Anderson	M60	34:32
John Talbot	M60	37:14
Michael Faunge	M70	37:42
Wendy Clements-Green	W65	37:52
Aldo Giacomini	M70	38:13
Vic Beaumont	M75	38:16
Julie Wood	W55	44:37
Marg Forden	W65	44:48
Sheila Maslen	W70	46:08
Rosa Wallis	W60	46:55

THE new Half Marathon course was designed to replace the previous course because of safety concerns at Mill Point Road near the Narrows Bridge. There are now two laps around the river between the Causeway and Windan Bridge with an extension to Bardon Park.

After a week of heavy rain, Sunday morning turned out to be a perfect day. A sunny but cool day with only a light breeze made for perfect running conditions. The 6km, 10.5km and half-marathon turnarounds were well flagged and nobody had trouble locating them. Most of the kilometre intervals were flagged with a red cone or yellow flag. There was some extensive flooding near Trinity College. However the runners and walkers were able to keep their feet dry by following a well flagged detour across the grass. Due to a shortage of volunteers there may have been a bit of congestion at the water stations. There was only one helper at each water station.

The run attracted 129 runners and walkers. Thanks to all of you who competed and especially thanks to the volunteer helpers whose efforts made this a very enjoyable morning.

Peter Sullivan ran strongly to take first place in half-marathon. The first half-marathon female runner was Karen March. The top half-marathon female walker was Michele Mison and the top half-marathon male walker was Michael Harvey.

Jim Klinge

### 6K WALK

David Brown	M60	40:11
Kirt Johnson	M75	51:01
Lorna Lauchlan	W75	51:26
Pat Ainsworth	W70	56:33
Patricia Hopkins	W65	56:52
Sylvia Szabo	W50	56:54
Maggie Flanders	W70	58:22
Bob Fergie	M70	61:55
Leo Hassam	M75	63:15
Norm Miller	M75	65:26

### 21.1K WALK

Michael Harvey	M55	2:28:47
Michele Mison	W60	2:30:44
Peter Ryan	M55	2:39:26
John Smith	M70	2:39:35
Roger Walsh	M65	2:41:52
Peter Hopper	M60	3:03:14

### 21.1K WALK VISITORS

V1 1:44:19

Anyone who noticed a very classy visiting walker in the half – well-spotted. V1 is indeed Victoria's Andrew Jamieson, joint-winner of the 2007 IAAF Master of the Year award.

As you can read on page 9 of the AMA Handbook (produced here in WA) Andrew won the award after outstanding world record and gold medal performances in Australia and abroad. We didn't spot him in time to introduce the champ pre-race – but now you know!

It was very pleasing to have a huge turnout of visitors, right across all the events on August 3. We don't have enough room to mention them all this time, but let's hope many become members.

### 10.5K RUN

Michael Karra	M40	45:32
Ralph Henderson	M55	45:35
Leonie Jones	W45	54:01
Johan Hagedoorn	M60	54:09
Bryan Hardy	M65	54:11
Gary Fisher	M55	54:22
Mike Khan	M60	54:49
Paul Martin	M65	55:19
John Bell	M60	56:02
Richard Blurton	M55	56:08
Paula Karra	W35	56:10
Nick Miletic	M55	56:31
Graham Ainsworth	M50	58:29
John Brambley	M65	59:01
Charlie Chan	M55	59:24
Terry Humphrey	M55	59:52
Lorraine Lopes	W65	61:09
Bob Sammells	M70	61:54
Pam Toohey	W60	65:27
Arnold Jenkins	M60	66:24
Berni Scott	W45	68:57
Margaret Warren	W70	74:48
Mary Heppell	W70	81:37

### 10.5K WALK

Debbie Wolfenden	W45	78:52
Simon Mort	M50	78:53
John Frost	M70	81:48
David Willmer	M50	92:43



# Mullaloo Magic Run

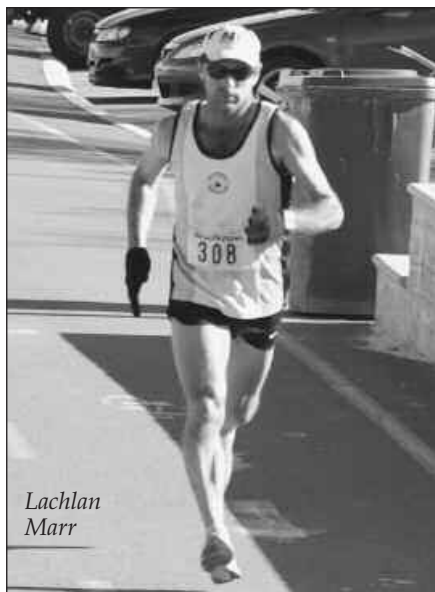
August 17, 2008

Directors: Mike Anderson  
and Johann Hagedoorn

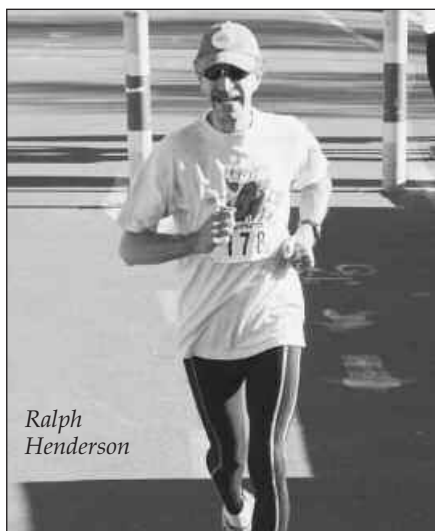
JOHANN and I agreed when we biked the course the day before our race that the outward is definitely harder than the homeward since the climbs are steeper on the way out. It's a tough course but how spectacular! And what cool and bright weather we had.

We re-measured the course thanks to my brand new computer on my brand new bike and confirmed the longer distances as accurate 8 and 13 kms with the shorter distance to Ocean Reef measuring 5.5 kms. A straw poll at the end of the race disclosed there was little if any support for extending the 8kms option to 10. So we'll leave the distances as is for next year.

Our helpers mainly went to places they had previously marshalled and got everything right once again. So our thanks to you all: Julie, Doug, Denise



Lachlan  
Marr



Ralph  
Henderson

Director Mike,  
far right, sees  
in Bob Lane,  
Peter March  
and Margaret  
Warren.



and Dalton; Margaret and John; Amanda and Chris; John and Ray.

This time of the year does seem best for the staging of this race since when the warmer months come the finish area gets crowded with Mullaloo surfing families. Johann and I were wondering why it always seems less than a year between our races. Then we realised that it always has been, since our race has become re-scheduled progressively earlier in the calendar as the years have gone by.

Well done to place winners of the walking and running events, mainly the 'usual suspects' - those born with unnaturally long legs and muppet arms. But an equal well done to all competitors who participated this year and proved that, with regular exercising, we older Australians can stay fit many years into later life.

Looking forward to meeting up with you for the Mullaloo Magic next year!

Mike

## 5.5K RUN

Duncan McAuley	M55	22:45
Ian Cotton	M40	23:40
Neale Osborne	M50	23:52
Bruce Mathieson	M60	25:21
Vic Waters	M60	26:04
Dante Giacomini	M35	26:39
Maurice Creagh	M60	26:53
Delia Baldock	W45	29:00
Toni Phillips	W35	31:00
Wendy Clements-Green	W65	32:39
Michael Faunge	M70	32:33
Aldo Giacomini	M70	33:54
Sheila Maslen	W70	38:18
Mary Heppell	W70	38:52
V3		43:51
Toni Frank	W60	45:21

## 8K RUN

Ralph Henderson	M60	35:42
Mark Dawson	M45	36:45
Frank Smith	M65	40:09
Neil McRae	M55	40:10
Russell Metham	M30	41:11
Phil Cowin	M55	42:08
V7		42:58
Graham Ainsworth	M50	44:25
V12		44:48
Terry Humphrey	M55	44:53
V6		45:11
John Ellard	M65	46:16
Roger Walsh	M65	46:33
Bob Sammells	M70	46:58
Theresa Howe	W55	47:07
V5		52:57
Arnold Jenkins	M60	53:39
Ray Hall	M70	54:13
Margaret Warren	W70	60:40

## 13K RUN

Lachlan Marr	M45	52:09
V13		54:42
John Allen	M50	55:23
V10		57:25
V4		60:27
Karen March	W45	60:30
Peter March	M45	60:31

Bob Lane	M60	60:32
v2		61:48
Keith Miller	M55	62:49
Martin Watkins	M60	62:51
Michael Karra	M40	63:58
Bob Schickert	M65	64:35
John Doust	M60	64:35
Carol Bowman	W50	69:03
Nick Miletic	M55	69:20
Milton Mavrick	M50	70:37
John Pellier	M65	70:41
V1		71:06
V11		71:28
V8		73:52
Genevieve Spiro	W35	75:26
V9		77:02
Lorraine Lopes	W65	77:26
Paul Mattison	M50	78:00
Ian Gallagher	M55	78:01
Jackie Halberg	W60	78:14
Pam Toohey	W60	79:15
Paula Karra	W35	80:23
Sarah Ladwig	W55	80:32
Fiona McAuley	W55	80:39
Dianna Hurring	W35	81:04
David Baird	M65	95:21
Jo Richardson	W55	95:22
Margaret Bennett	W65	97:46

## 5.5K WALK

Kirt Johnson	M75	44:40
Sylvia Szabo	W50	44:40
Maggie Flanders	W70	51:32
Patricia Hopkins	W65	51:33
Steve Toohey	M55	54:15
Joan Pellier	W65	58:16

## 8K WALK

#N/A	#N/A	65:38
Elaine Ellard	W65	73:35
Pat Ainsworth	W70	75:57
Ann Turner	W70	75:57

## 13K WALK

Val Millard	W60	91:46
Lynne Schickert	W65	1:41:49
Peter Hopper	M60	1:46:07

# MAWA TRACK AND FIELD PROGRAMME 2008/2009

## TUESDAY 6pm UWA (grass) THURSDAY 6pm COKER PARK (mondo)

The Patron's Trophy commences on 16 October 2008. Those events marked \* are points scoring events.

Athletes compete in a **maximum of 15 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 enter everything. The walk will be judged by accredited judges. **The 10 events must include 3 field events, at least one of which is a jump.**

Events will be in order shown below in two sections; track/jumps and throws. r/w = run or walk

There is a fee payable each night of \$3 for club members, \$5 for visitors.

*Throwers age-graded competition in January & National Relay competition in February.*

Details to be announced in later issues of Vetrin.

	THURS	TUES	event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct-08	2	7	100	1500 r/w	400	5k r/w	LJ	discus	shot
	9	14	200	3k r/w	300	800	TJ	hammer	discus
	16	21	100	600	60	10k*	LJ	shot	javelin
	23	28	60	400	200	3k*	TJ	discus*	weight throw
	30		1000	100	3k r/w	400*	LJ	shot*	javelin
Nov-08		4							
	6	11	1000	100	3k r/w	400*	LJ	shot*	javelin
	13	18	300	800	200	3k + 3k walk*	TJ	javelin	discus
	20	25	100*	1500 r/w	600	5k r/w	LJ	discus	hammer*
	27		200	3k r/w	60	800*	TJ*	shot	javelin
			1500 r/w	100	400	5k*	LJ	discus	weight throw
Dec-08		2							
	4	9	1500 r/w	100	400	5k*	LJ	discus	weight throw
	11	16	1500*	100	300	3k r/w	TJ	shot	javelin*
	18		800	60	3k r/w	200*	LJ*	hammer	javelin
			400	1 mile	60	5k r/w	TJ	shot	weight throw
Jan-09		6							
	8	13	400	1 mile	60	5k r/w	TJ	shot	weight throw
	15	20	100	800	200	3k r/w	LJ	weight throw	javelin
	22	27	600	100	400	5k r/w	TJ	hammer	shot
	29								
			Pentathlon + 60, 2000 also 200, 800, 1500 r/w and L.J, javelin, discus						
Feb-09		3	1 mile	100	600	5k r/w	TJ	discus	weight throw
	5	10	1 mile	100	600	5k r/w	TJ	discus	weight throw
	12	17	100	1000	400	3k r/w	LJ	javelin	shot
	19	24	60	600	200	3k r/w	TJ	discus	weight throw
	26		400	800	100	3k r/w	LJ	hammer	javelin
			200	1500 r/w	60	3k r/w	TJ	shot	discus
Mar-09		3							
	5	10	200	1500 r/w	60	3k r/w	TJ	shot	discus
	12	17	60	800	300	5k r/w	LJ	hammer	discus
	19	24	1000	60	200	3k r/w	TJ	javelin	shot
	26		300	1500	100	2k r/w	LJ	shot	weight throw
			to be the first night of the winter programme						



# COMING EVENTS and helpers list

## Track and Field

FULL winter schedule is on the club website.

11 Sept 60, 400 & 400(H),  
1500, 200, 2km  
18 Sept 1000, 60, 100, 600,  
5km / 3km walk  
25 Sept 200, 1 mile, 60, 300,  
3km

### OCTOBER 5 WIRELESS HILL

Directors: Barry & Leonie  
Jones - 9364 1857

ALL HELPERS – contact  
your director and confirm if  
you are available. If not,  
also call Bob Schickert to be  
re-assigned.

Charlie Chan, Graeme Dahl,  
Wendy Duncan, Bob Fergie,  
Aldo & Danti Giacomini, Alan  
James, Lorraine Lopes, Peggy  
Macliver, Dalton Moffett, Bob  
& Liz Neville, Jeff & Wendy  
Spencer, Rosa Wallis

### OCTOBER 12 LAKE MONGER CC

Directors: Dorothy & Jeff  
Whittam - 9387 6438

John Cresp, Mike Faunge,  
Niamh Keane, Lorna  
Lauchlan, Sheila Maslen,  
Keith Miller, Morland Smith,  
Martin Watkins

### OCTOBER 19 GUESS OWN TIME

Director: Vic Waters -  
9341 3464

Irwin Barrett- Lennard, Ian

Cotton, Irene Ferris,  
Raymond Gimi, Bernard  
Mangan, Simon Mort, Neil  
McRae, Prabuddha Nicol,  
Frank Smith, Russell  
Metham and Dianna  
Hurring, Dermot Blackweir  
and Jenny Key

### OCTOBER 26 CLIFF BOULD

Director: Ivan Brown - 9384  
8582

Tessa Brockwell, Bert &  
Bridget Carse, Jane Elton,  
Phyllis Farrell, Chris  
Frampton, Raymond Gimi,  
Mary Heppell, Fayaz Jamal,  
Michele Mison, Jim Riddell

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## WEIGHT PENTATHLON

The winter throwing season finishes on  
Saturday October 11 with the club's Weight  
Pentathlon.

Venue: Perry Lakes Stadium.

Times: 8:30am – Registration  
9am – First Event.

Contact: Damien Hanson  
9383 4406 or 0407 477 986

## MASTERS ATHLETICS WA – Club Contacts

### Magazine Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

9330 3803

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

For club uniform clothes, call:

Patricia Hopkins 9446 4452 pathopkins@myplace.net.au or

Peter March 9418 8770 karenmarch312@msn.com

# Vetrun

The magazine of Masters Athletics WA

OCTOBER  
2008  
No. 415



## Inside...

Birthdays, New Members, Coming Events	P2
Vale Keith Forden	P3
Profile: Ivan Brown	
Bibra Lake, Whiteman	P4
State Cross Country Championships, Kings Park	P5
Whiteman Park	P6
Mattagarup Run	P7
Helpers	P8

## Low-cost insurance for members

MEMBERSHIP of our club has always been the best-value in the country. Now there's another bonus available – insurance against accidents while competing in MAWA official events – for just \$10 a year. This includes SUNDAY events – so it's for everyone, not just T&F competitors.

Because Masters is affiliated with AWA, which runs athletics in our State, this miserly sum buys membership of AWA (Athletics WA.) Personal accident Insurance is included in that membership. The insurance year runs from October 1 2008 to September 30 2009.

As well as official MAWA organised Tuesday and

Thursday T&F meetings, Sunday events, and official training sessions, members are covered while competing in other Athletics Australia sanctioned events.

The Athletics WA Gallipoli Run (in our programme on Sunday April 19, 2009) would be in that category. Bob Schickert is checking whether the WAMC organised Perth Marathon and the City to Surf are covered.

This is a genuine bargain and it's yours – even if you never intend taking part in AWA meetings.

Bob has checked the policy information booklet.

Covered are members up to aged 80 (85 for volunteers) for the following:

- death and permanent total disablement – maximum of \$100,000
- permanent paraplegia or quadriplegia – maximum of \$175,000
- various amounts, as a percentage of \$100,000, for loss of limb/s, eye, ear, etc
- non-Medicare medical expenses incurred within 52 weeks (excluding the MEDICARE GAP which is not claimable)
- up to \$2,500 (private hospital, dental, ambulance, chiropractic, physiotherapy, osteopathy) per injury
- broken bones \$150 to \$3,000

Cont P2



## Remembering Keith Forden

To Marge

### I Wish

I wish I was a horse  
I'd have four legs of course  
I'd run twice as fast as you  
'cause you have only two

Keith Forden  
20 Jan 2002

*Few knew that Keith wrote poetry, such as this whimsical piece!*

The sad and untimely loss of Keith Forden – pictured here by Vic Beaumont at Jorgensen Park – is commemorated in this edition (page 3.)

Bannister did it first, by weeks, running 3:59.4 on May 6 1954 at Iffley Road, Oxford UK.

Weeks later, on June 20 in Turku, Finland, John Landy reduced that world record to 3:58 – a time that stood for almost four years.

AGM Report – P2



David Baird in the Kings Park x/c: now on his way to Sydney, pushing his barrow for charity, David will be on the road for the next five months.

## JOHN LANDY BECOMES AMA PATRON

JOHN Landy, one of the finest milers of all time, became Patron of our parent body, Australian Masters Athletics at the recent AGM.

Best known in recent years as Governor of the State of Victoria, John Landy (AC, MBE) was a Bradman-like figure in 1950s Australia. The nation followed his every move in hot contention with Britain's Roger Bannister to achieve the first sub-four minute mile.



## Return to Kings Park?

TO honour and remember Keith Forden, the Tuesday-night irregulars gathered again for a run in Kings Park (good idea, Sue Bullen).

Despite mosquitoes as big as bats arriving with the dusk, the general consensus is that we should do more in the park, on a casual training basis.

Let's have your suggestions for best time/day, please.

Tuesdays clash with the track for some. Evenings can be a problem (dark, mossies) until daylight saving kicks in. Some of us could make a morning meeting perhaps.

VW

## Happy Birthday October members



Happy Birthday Dee Haines

Allen	John	M50
Blackweir	Dermot	M35
Bocian	John	M55
Burke	Paul	M35
Dennehy	John	M45
Everard	John	M50
Farrell	Phyllis	W60
Haines	Dee	W50
Hunter	Brian	M60
Klinge	Jim	M60
March	Peter	M45
McClelland	Steve	M50
Morfitt	Neil	M50
Morgan	Garnet	M80
Oldfield	John	M65
Parker	Richard	M50
Pellier	John	M65
Polkinghorne	Mike	M55
Roberts	Dave	M65
Romeo	Lesley	W60
Sander	Rae	W65
Schaefer	Josephine	W60
Schickert	Lynne	W65
Schickert	Bob	M65
Shillington	Jenni	W50
Simmonds	Dave	M70
Smyth	David	M35
Stockman	Karl	M45
Thornton	Graham	M65
Ventris	Lyn	W50
Waldock	Reece	M55
Walter	Michael	M60

## Low-cost insurance deal for members

from page 1

- loss of income benefit of up to 80 per cent of net weekly earnings – with a maximum of \$600 per week for up to 52 weeks.

### Conditions

- must claim within 52 weeks of date of injury
- if you belong to a private health fund you must first claim from that fund
- excess \$100 per injury; nil excess if member belongs to a private health fund.

Cover applies when:

- a) competing in official club, state and national events
- b) during official organised training or practice sessions for activities as described in (a)
- c) travelling directly between activities (a) and (b) and own residence or workplace.

(Further cover is given to administrators and volunteers when away from home.)

"Lynne and I, and a few other members, have already joined up. We think it is very worthwhile," said Bob.

A brochure outlining the insurance will be on the Sunday morning notice board; copies are available from Bob.

It is very simple to join on-line. Go to [www.waathletics.org.au](http://www.waathletics.org.au); click On-line Registration; then New Membership; select Masters Athletics WA as your club. Payment is made on-line by credit card.

### Encourage

Of course, it's to be hoped this will encourage more Masters to get involved in AWA. As an AWA member you are entitled to compete in the 2008/2009 Athletics WA T&F season (starting October 2008) plus the 2009 Winter season. The \$10 fee also covers entry to one interclub competition.

After that a competition entry fee of just \$8 (\$5 if you hold a Seniors Card) is payable each time you compete.

Our members taking up AWA membership will be issued with an AWA number for the 2008/9 year.

## COMING EVENTS

### NOVEMBER 2

#### KALAMUNDA RAIL

Meet at car park corner Railway Rd & Mead St. Follow old railway track out and back. Extra care needed crossing Schmidt Rd

### NOVEMBER 9

#### SAFETY BAY

Along bike path towards Port Kennedy straight out and back for both events. Snakes have been seen near path. Hills and curves.

### NOVEMBER 16

#### RECOVERY

Out in a westerly direction and back, once for 5k or twice

for 10k on bike path. Flat fast course. Path may be crowded.

### NOVEMBER 23

#### GWELUP LAKE

Start on oval next to Huntriss Rd then either one or two laps along gravel and concrete paths around lake.

### NOVEMBER 30

#### CANNING CAPER

Over Riverton Bridge and follow bike path out and back for either 3k or 5k. River on right outwards, left on return. Flat fast course.

## AMA AGM Report

from page 1

Club President Barbara Blurton and vice-President Jackie Halberg represented us at the AGM. They were among 14 delegates from the States and the ACT. The AMA Council elected the executive and board directors for 2008/09 and our own Lynne Schickert was again made President of AMA. Bob Schickert is a director for the coming year.

### Jackie reports:

"AMA's financial position is sound; some minor constitutional amendments were made and a more detailed review will be undertaken during the year.

"The national data base project is progressing well, but some privacy issues still need to be ironed out.

### T&F

"Following discussions with athletes a new national track and field championship timetable was established and will be posted on the AMA website. The women's outdoor pentathlon event has been changed to bring it into line with Oceania. Events will be 100m, shot put, long jump, javelin and 800m.

"The national championship grant given by AMA has been increased to \$5000, but sponsorship for the championships is hard to find.

"The wearing of correct uniform, both for National and World championships was emphasised. A position of co-ordinator of coaching

development has been created.

"The National Postal Relays will be held in February 2009.

### World Masters

"Plans for the WMA championships in Lahti, Finland are progressing well. Judy Cooper and Harry Giles have been appointed managers, and a masseur will soon be named. A travel package for Lahti is available through International Sports Tours ([www.sportstours.com.au](http://www.sportstours.com.au))

"The Council endorsed nomination of Stan Perkins (QLD) for WMA President, and Lynne Schickert as Women's Representative on the WMA Council.

### Hall of Fame

"AMA Hall of Fame nominations have been invited."

# SALUTE TO KEITH

KEITH'S Forden's exceptionally well-attended funeral drew more than 100 mourners to Pinnaroo, and was testament to a well-loved man with a wide range of interests and associations.

Keith and Marg are the kind of people that make friends easily. Their family and close personal friends are legion. Many attended, others abroad were bitterly disappointed they were unable to do so, after the sudden ending, far too soon, of a fine and courageous man.

## Runners

Keith and Marg Forden joined the WA Veterans Athletic Club in April 1984 (Keith's club number 70, Marge 71) and both were very regular competitors at Sunday events until the past few years. While illness reduced Keith's running output he was a constant support for Marg in her continued marathon career. Keith also ran distance events, including the marathon, but in recent years he competed in triathlons and was mostly seen on a bike.

He was elected as President of WAVAC (now MAWA) in April 1988 and was President of the national body – then called the Australian Association of Veteran Athletic Clubs (now Masters) – when the nationals were held in Perth in 1989. In those days the Presidency was always assumed by the leader of the State club hosting the event.

## Friends

Marge and Keith spent a lot of time bike-riding in recent years and their cycling mates were at Pinnaroo. Marathon Club was well-represented of course, and it was especially heartening that so many Masters members were there to support Marg.

In addition, members of Keith's regiment came to salute a comrade. After a standing-room only, celebrant-conducted chapel ceremony the cortege moved on for the interment, and the most poignant episode of the day.

Immaculate in military uniform at the graveside, our own Dave Scott gave a splen-



*Marg and Keith finishing the London Marathon in 1987, when Barry Slinger organised a mass entry from the club. That time? This run was before mass marathons used timing-chips and Marg says it took ages to cross the start line!*



did rendition of the Last Post – Reveille. We struggled for composure as the bugle rang out; and L/Cpl Scott admitted afterwards that it's especially hard to play for a lost friend.

## Vietnam

Among WO2 Keith Forden's array of medals earned in a lengthy Australian army career were those awarded by the USA for his work in Vietnam – as well as the Medal

for Gallantry from the South Vietnamese government.

In all, Keith served almost three years in South Vietnam in several units including the AATTV, a training unit for South Vietnamese forces. He spoke often of the other legacy – apart from medals – of his time on the frontline. Keith was convinced that his cancer was a result of the agent orange deployed in that theatre of war.



*Those were the days! Keith, with moustache, follows Basil Worner and Joan Pellier (pic: Joan Slinger.)*

# 'Neath the stars of the "Ole Southern Cross"

*I was born in Western Australia  
'Neath the stars of the "Ole  
Southern Cross"*

*I've had a wonderful life  
With a beautiful wife  
Who bore two lovely children for me*

*Now the years are rolling by  
and before the memory grows dim*

*I would like to say my farewells  
I hope I am out when the Grim  
Reaper calls  
but he'll keep coming back till  
he scores*

*I can't leave this unsaid  
you can't speak when you're  
dead  
so I had better tell you all now  
I love you but can't tell you  
how*

*"so"  
Lay me to rest, where the  
wildflowers grow  
among the headstones, row upon  
row  
and leave some room for my  
darling  
For when she is ready to go*

*Drape my coffin in red, white  
and blue  
and the stars of the "Ole  
Southern Cross"  
Let Roy and KD sing "Crying"  
and the Bugler will play the  
"Last Post"*

*I will wait for you here my  
darling  
Call to me, when you are ready  
and we'll be together again  
Just come here and lay down  
beside me  
and we'll sleep here together my  
darling  
Forever and ever,  
and ever,  
and ever  
'Neath the stars of the "Ole  
Southern Cross"*

Keith Forden  
17 Dec 2001



IVAN is first to respond to my request for 'self-profiles'. In August my own appeared; please use that as a rough guide when supplying information on your own 'life and times'.

Ivan was a little light on his life for this contribution; but his times are great! For newcomers who may not know him so well, I'll fill in a little.

Now retired from the bench (and attempting to perfect his golf game) magistrate Brown became very well-known in Perth, for all the right reasons. He's the kind of lawyer who gives the law a good name. This is infuriating for the bigots who would like to cast adrift all journos, politicians, lawyers and estate agents in the same leaky boat.

Ivan's been a good runner all his life, unlike most of us. A great clubman, and recent past-president of Masters, he's kindly passed on his genes to son Marcus, a superb runner.

Now, his own words:

#### Recollections:

How sweet it was in 1998!

Like many members I have some special memories of achieving all-time Pbs on the track. This October it will be ten years since my magic month of October 1998, at age 53.

So, after digging out the Vetrans for November and December '98 the memories came flooding back. Picture McGillivray Oval on 29 October that year, with non-perfect conditions i.e. warm with strong head-winds on the home straight.

#### 5000m

There was a field of 22 for the 5000m, including Bob Schickert (M57, 18:42) my dear friend Anne Shaw (W50, 18:51), Robyn King (W40, 19:42) and Bruce Wilson (M53, 18:57).

Earlier in the year I had run my third Perth Marathon in 3:32 after a build-up of 1660km in the prior six months. After that I did 90km per week up to the track season and focussed on breaking the 40 minutes/ 10km barrier. (I had narrowly missed out in many earlier attempts.)

#### Sub-4min

At Bibra Lake (October 18) I ran sub-4 pace for the 6km which gave me some encouragement; and I believe it was Frank Smith who paced me to an 11:10 for 300m on October 15.

## Profile Ivan Brown



So it was all or nothing for the 5000m on the 29th at McGillivray.

My diary reminds me that Bob Schickert told me to ignore the stiff wind and just concentrate on keeping a strong pace.

Felt good at 94 secs per lap, with six to go. Raced to the line with Bruce Wilson, lungs bursting, both recorded 19:57.

After that night it all seemed too easy. Ran 39:50 for the John Gilmour 10km in pouring rain (with Robyn King on my shoulder) on Friday 13th November; then did a 1500m in 5:02 on Nov. 18th.

On Nov. 26th did my all-time 10km PB, 39:41, at McGillivray after a blistering final lap of 86 seconds. Dreams do sometimes come true!

For good measure I managed 3000m in 10:58 on December 10 by tailing Bob for 7.5 laps. From then on it's been all downhill!

**My thanks go to all those who provided advice and support over the years.**

*Ivan Brown*

MY thanks to the organisers of Bibra Lakes event, the volunteers at finish table and in the shute.

I was not overjoyed at being co-opted for this event but although I came home rather cold and wet, there was a smile on my dial, and I am looking forward to 2009. Must have had something to do with the large field, fun-runners of all ages, some holding Mum or Dad's hand, all happy and smiling. I had 263 on the printout and this figure matched the finish sheets.

*Barrie Thomsett*

*Because this was a public run we are waiting on full results, which will appear in the November Vetrans.*

## New Whiteman run measures up

THE excellent new run at Whiteman Park – with something for everyone, whether you enjoy tarmac or x/c – deserved a bigger turn-out. There was brilliant weather perfect for running or walking with warming sunshine later. But it was Fathers' Day, and it's always difficult luring people 'out-of-town'. Bryan and his helpers did a fine job – thanks all.

But this event highlighted an interesting new conun-

### Mike's a winner!

JUST when he thought he would never win anything at a Masters run, Mike Anderson went home with a bag of lollies from the Racecourse Run. Well done, directors Gary and Christine, for making the big man's day and thinking outside the box. It reminds me of Basil and Kate Worner's approach to the Deadly Medley, when home-made jam prizes and the like made the sprinting worthwhile.

Full report and results next month – and maybe I'll find space for those overdue Oceanic details?

*VW*

## Bibra Lake September 21, 2008

*That turnout is particularly interesting. At the start I gazed around the starters and opined authoritatively:*

*"Hmm, bit over a hundred; about the same as one of our better-attended club runs."*

*It shows why there's always such a divergence of crowd estimates at any decent-sized demo. Police always say there are far less than the organisers claim. Probably shows why I'm always further overdrawn than anticipated, too.*

*VW*

drum regarding course measurement. We have come to rely on GPS gadgets of late, in preference to the old wheel. Bryan measured Whiteman assiduously to 10kms - with a bike-mounted GPS.

But at least two runners' own GPS measures - worn on the wrist - called it long. Peter Sullivan said it was about 10.4km; John Bocian says approx 10.2kms.

Why the variation? Well, it seems to have something to do with swinging arms! In effect, wrist-GPS travel further because of the continuous arm movement.

Jackie Halberg reports there was some discussion of the relative merits of wearing a GPS on the wrist, or a belt, at the recent national AGM. So while there is no ruling yet, we'll probably need one eventually so the handicapper can work from accurate data.

#### Track trial?

Perhaps we could make a 5kms trial at the track, one runner/walker with a wrist GPS, the other with it fixed to the body?

*VW*

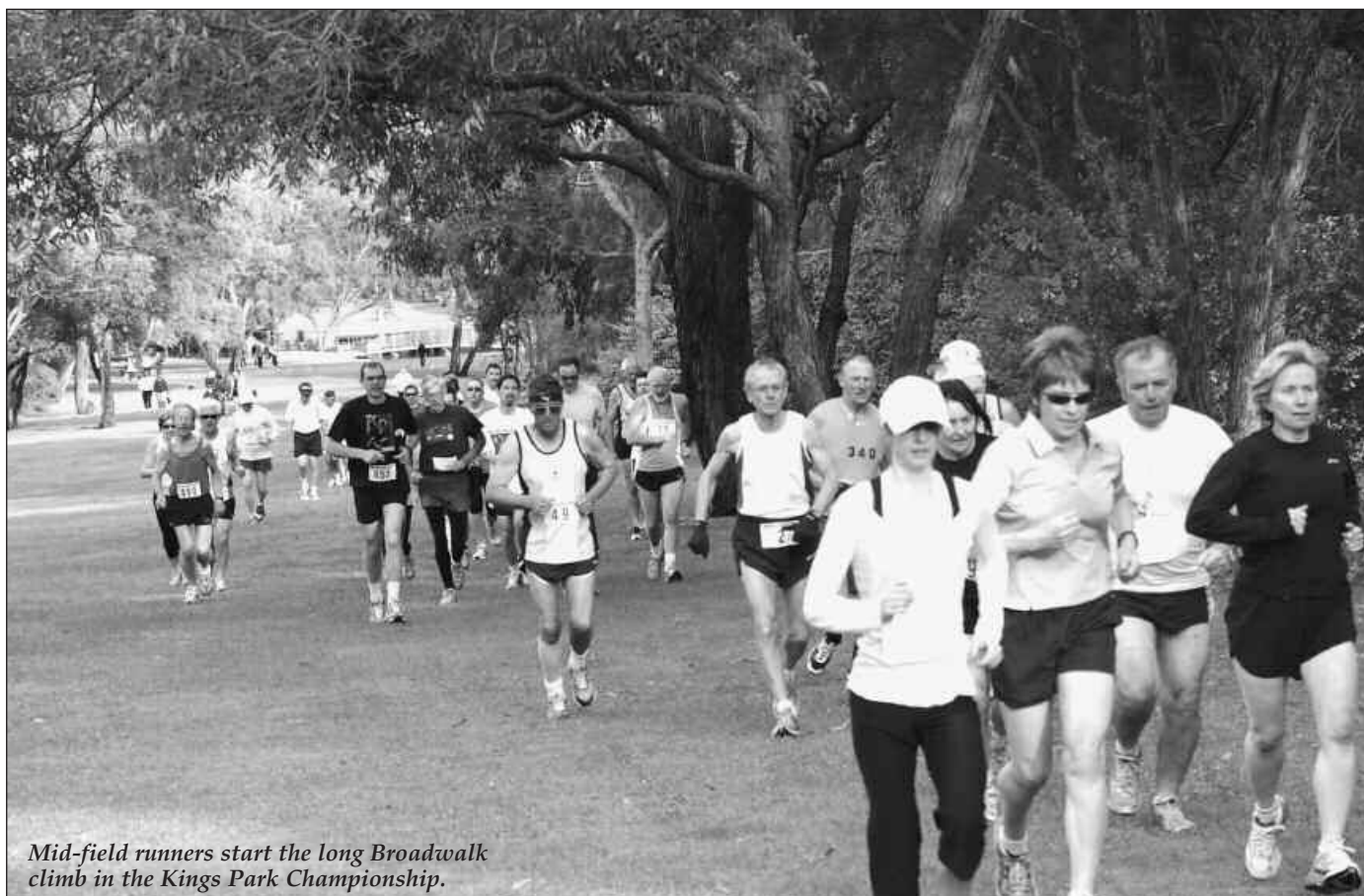
## Ladies looking good!

ONE lighter moment at Keith's funeral was provided by a comparison between the Masters men and women. Our female members stood out among the crowd – because all are so slim and svelte.

The blokes didn't fare so well.

"Why do we all look so much older with our clothes on?" speculated one of our own. Perhaps grey hair contrasts more with a grey/black/brown jacket than a singlet, David?

*VW*



*Mid-field runners start the long Broadwalk climb in the Kings Park Championship.*

I DECIDED to keep the same grass and sand track course for this year and all the feedback seemed to be that it was a good challenge enjoyed by most competitors. Remember, however that it is a CROSS-COUNTRY, so you must stay off the road. The Ranger has threatened to ban us if she sees anyone running on the road!

*(Yes, that would be totally in character for the Kings Park Board. VW)*

Hope the walkers enjoyed their 'exclusive' course. We were blessed with a perfect morning weatherwise and I am pleased to say that no one got lost. Thanks to the competency of all my willing helpers the event went off without a hitch. So a big thank you to marshals Irwin Barrett-Lennard, Ian Gallagher, John Brambley, Margaret Saunders, Terry Humphrey and Jackie Halberg; timekeeper Jeff Bowen, recorders, Barb Humphrey and Barrie Thomsett; and Anne Jones and Bruce Matheson on the drinks.

The championship medals were presented at the presentation lunch in September. Hope to see you all again next year.

*Ralph Henderson*

#### 5K RUN

Vis 1		18:36
Vis 10		19:11
Neil Morfitt	M50	20:01
Bernard Mangan	M50	20:56
Paul Burke	M35	21:09
Alan Gower	M50	21:38
Ian Cotton	M40	22:15
Vis 5		22:57

## State Cross Country

KINGS PARK

August 24, 2008

*Director: Ralph Henderson*

Bryan Hardy	M65	25:32
Ivan Brown	M60	26:17
Ray Attwell	M70	27:01
Vis 11		27:06
Sean Keane	M40	27:10
Sue Bullen	W45	28:27
Damien Hanson	M55	28:46
Vis 2		29:06
Arnold Jenkins	M60	29:24
Vis 12		30:02
Ray Hall	M70	31:16
Aldo Giacomini	M70	31:49
Wendy Clements-Green	W65	31:52
Tanya Burke	W35	32:14
Stan Lockwood	M75	33:21
Pierre Viala	M60	34:23
Denise Viala		34:30
Vic Beaumont	M75	36:05
Vis 4		36:12
Margaret Warren	W70	38:21
Sheila Maslen	W70	39:02
Ray Lawrence	M80	41:12

#### 5.5K WALK

John Smith	M70	43:37
Linda Rhodes	W60	44:22
George Schaefer	M75	44:26
Kirt Johnson	M75	44:34
Margaret Bennett	W65	46:08

Patricia Hopkins	W65	49:09
Elaine Ellard	W65	50:42
Sylvia Szabo	W50	51:11
Ann Turner	W70	51:32
Pat Ainsworth	W70	51:32
Pat Carr	W75	51:33
Maggie Flanders	W70	51:47

#### 10K State Cross Country

##### M35

Myles Ferrell	38:37
Eldon George	44:16
Dermont Blackweir	82:05

##### M40

Chris Frampton	40:27
Sean Griffiths	43:18
Michael Karra	44:54
John Collier	45:13

##### M45

Lachlan Marr	39:15
Geoff Barrett	44:04
Peter March	44:12
Steve Hossack	44:49
Blakeney Tindall	45:49
Mark Dawson	46:41
Wayne Taylor	48:33

##### M50

Peter Sullivan	39:05
John Allen	42:23
Barry Jones	50:34
David Willmer	55:05
Milton Mavrick	56:10

##### M55

Paul Robinson	41:44
Bjorn Dybdahl	43:03
Christopher Coates	45:07





M70 Bob Sammells

Keith Miller	46:52
Neil McRae	47:40
Nick Miletic	53:07
Charlie Chan	58:52
John Dance	61:26

#### M60

Jim Langford	40:19
Bob Lane	44:03
Brian Danby	47:13
Maurice Creagh	52:21
Mark Rosen	52:58
Mike Khan	54:13
John Talbot	62:23

#### M65

Bert Carse	40:39
Dave Roberts	44:15
Bob Schickert	45:53
David Baird	54:24
John Pellier	54:45
John Ellard	56:14
Roger Walsh	58:22

#### M70

Bob Sammells	56:47
--------------	-------

#### M75

David Carr	55:04
Cecil Walkley	66:26

#### W30

Jenny Key	82:05
-----------	-------

#### W35

Lisa Searle	50:00
-------------	-------

#### W40

Terri Budge	50:28
Claire Walkley	57:11
Basia Lis	59:00

#### W45

Karen March	47:27
Karyn-Sue Gower	49:08
Delia Baldock	57:32

#### W50

Carol Bowman	54:08
--------------	-------

#### W55

Di Jones	59:32
Sarah Ladwig	63:28

#### W60

Shirley Bell	50:09
Peggy Macliver	56:28
Val Millard	61:18
Pam Toohey	61:52

#### W65

Lorraine Lopes	60:04
Lynne Schickert	81:20

## Whiteman Park

September 7, 2008

Directors: Brian & Jane Hardy

COMPETITORS were greeted by cool and fine conditions for the Fathers Day run. Some 70 runners and walkers turned up for the first event at Whiteman park since Basil Worner's cross country runs here about 20 or more years ago. Thanks to the helpers – Mike and Margaret (drinks), Merv (road crossing), John (5k turn) and Alan, Jan and Jane (finish). Apologies to those who turned right instead of left upon entering the park.

Bryan

#### 5K RUN

Mark Dawson	M45	21:13
Bruce Mathieson	M60	23:40
Maurice Creagh	M60	26:13



First woman, Delia Baldock

Delia Baldock	W45	26:56
Mike Anderson	M60	29:09
V4		29:49
Pam Toohey	W60	30:11
V5		30:55
Jeff Spencer	M65	32:15
V1		35:42
Julie Wood	W60	39:51
V2		46:06

#### 10K RUN

Brett Roach	M35	38:07
Peter Sullivan	M50	38:58
John Allen	M50	41:38
Gary McLean	M45	41:43
Christopher Coates	M55	43:04
Ralph Henderson	M60	44:02
V3		45:48
Mike Hale	M60	46:04
Bob Schickert	M65	47:01
Brian Danby	M60	47:44
Sandra Stockman	W40	49:20
Johan Hagedoorn	M60	49:57
Russell Metham	M30	50:01



Bryan

John Bocian	M55	53:03
Vic Waters	M60	53:03
Terry Humphrey	M55	55:44
David Baird	M65	56:25
Roger Walsh	M65	57:06
Bob Sammells	M70	57:16
Jackie Halberg	W60	57:16
Di Jones	W55	57:31
Christine Engels	W50	57:33
John Dance	M55	58:56
Karl Stockman	M45	59:02
Charlie Chan	M55	59:20
Dianna Hurring	W35	62:24
Val Millard	W60	63:03
Lorraine Lopes	W65	63:03
John Talbot	M60	63:41
Arnold Jenkins	M60	69:22
Jo Richardson	W55	77:48
Ray Lawrence	M80	86:46

#### 5K WALK

Linda Rhodes	W60	41:42
Lynne Schickert	W65	44:36
Elaine Dance	W55	44:37



Pat Hopkins

Patricia Hopkins	W65	45:42
Sylvia Szabo	W50	48:56
Maggie Flanders	W70	49:05
Norm Miller	M75	54:52
Bob Fergie	M70	54:52

#### 10K WALK

Mike Rhodes	M60	75:39
-------------	-----	-------

# 5K RUN

Patrick Smith

M40

19:42



Such a fast performer over 5Kms - Dave Roberts

Dave Roberts	M65	20:42
Vis 1	#N/A	21:38
Vis 5	#N/A	23:00
Bruce Mathieson	M60	23:14
Bob Lane	M60	23:27
Margaret Langford	W60	24:23
David Scott	M60	24:25
Paul Hughes	M55	24:48
Margaret Saunders	W50	24:49
Hamish McGlashan	M70	24:53
Irwin Barrett-Lennard	M75	25:23
Maurice Creagh	M60	25:31
Vis 6	#N/A	26:15
Delia Baldock	W45	26:16
Peter Hopper	M60	27:13
Vis 3	#N/A	27:15
Bob Sammells	M70	27:21
Damien Hanson	M55	27:24
Vis 8	#N/A	28:26
Mike Anderson	M60	28:28
John Talbot	M60	29:05
Vis 7	#N/A	29:21
Aldo Giacomini	M70	30:50
Barb Humphrey	W55	31:28
Marg Forden	W65	32:45
Vic Beaumont	M75	32:46
Graham Thornton	M65	33:49
Sheila Maslen	W70	36:57
Jeni Shillington	W50	36:58

## 10K RUN

Brett Roach	M35	37:35
Peter Sullivan	M50	37:50
Lachlan Marr	M45	38:44
John Allen	M50	41:53
Christopher Coates	M55	42:32
Ralph Henderson	M60	43:13
Paul Burke	M35	44:07
Jim Langford	M60	44:09
Michael Karra	M40	44:48
Vis 4	#N/A	45:18

# Mattagarup

BURSWOOD PARK

September 14, 2008

Director: Wayne Pantall

LUCKY competitors, this year, had a doozy, with added wind assistance and little heat. Brett Roach, Peter Sullivan, and Lachlan Marr breezed in (cool as you like) to claim the Men's 10km spots, as did Karen March, Liz Neville and Sandra Stockman for the girls.

Last year's 10km winner, Patrick Smith, took out the men's 5km ahead of Dave Roberts and Bruce Mathieson, whilst Margaret Saunders just missed repeating last year's win, courtesy of Margaret Langford. Delia Baldock nabbed the third ladies 5km spot.

In the 5 km casual saunter, David Brown, John Smith and Kirt Johnson claimed gold, silver and bronze, and were joined on the stage by Leslie Romeo (repeat offender), Linda Rhodes and Paula Karra.

Lonely Lynne Schickert claimed all the female booty in the 10 km walk, whilst Mike Rhodes had to share his with Ray Hall.

Mattagarup Marshal Law was dutifully maintained throughout the event by your selfless band of volunteers, some of whom were not listed for duty. The festive drinks handed out, bubbling urn and assistance was greatly appreciated. We thank you all.

Wayne



Mike Hale

Mike Hale	M60	45:44
Brian Bennett	M60	45:46
Karen March	W45	45:55
Peter March	M45	45:55
Bob Schickert	M65	45:59
Liz Neville	W55	46:58
David Muir	M60	47:33
Frank Smith	M65	47:45
Sandra Stockman	W40	48:21
Tom Tralau	M35	48:22
Shirley Bell	W60	48:59
Rob MacBeth	M55	49:21
Johan Hagedoorn	M60	49:25
Vic Waters	M60	50:03
Bryan Hardy	M65	50:41
Sean Keane	M40	51:19
Richard Blurton	M55	51:44
Nick Miletic	M55	51:51
David Carr	M75	51:53
Keith Atkinson	M50	52:07

Mike Khan	M60	52:18
Graham Ainsworth	M50	52:44
Carol Bowman	W50	52:56
Milton Mavrick	M50	53:04
Ray Attwell	M70	53:21
Peggy MacIver	W60	54:15
Terry Humphrey	M55	54:30
David Baird	M65	55:16
Roger Walsh	M65	56:23
Jackie Halberg	W60	57:20
Karl Stockman	M45	57:48
Charlie Chan	M55	58:20
Sarah Ladwig	W55	58:53
John Dance	M55	59:10
Vis 2	#N/A	59:17
Arnold Jenkins	M60	63:39
Cecil Walkley	M75	63:53
Merv Jones	M65	67:13
Kathy Burr	W65	69:43
Margaret Warren	W70	74:17
Margaret Bennett	W65	77:19
Jo Richardson	W55	77:20
Ray Lawrence	M80	87:14

## 10K WALK

Mike Rhodes	M60	71:29
Ray Hall	M70	74:32
Lynne Schickert	W65	77:43

## 5K WALK



David Brown

David Brown	M60	36:00
Lesley Romeo	W60	36:07
Linda Rhodes	W60	38:23
Paula Karra	W35	39:42
John Smith	M70	39:43
Kirt Johnson	M75	40:12
Elaine Dance	W55	40:13
Bob Neville	M75	41:07
Jennie Lee	W50	41:10
Lorna Lauchlan	W75	41:15
Patricia Hopkins	W65	42:38
Pat Carr	W75	44:11
Pat Ainsworth	W70	46:23
Ann Turner	W70	46:23
David Willmer	M50	46:24
Maggie Flanders	W70	47:15
Sylvia Szabo	W50	47:23
George Schaefer	M75	49:44
Leo Hassam	M75	49:45
Bob Fergie	M70	49:46



# COMING EVENTS and helpers list

## Track and Field

Summer meetings begin October 8 – see September Vetrin no. 414 for full programme.

### NOVEMBER 2

#### KALAMUNDA RAILWAY

Directors: Bert & Bridget Carse - 9293 4934

Kerriann Bresser, Bjorn Dybdahl & Deb Wolfenden, Sarah Ladwig, Bob & Liz Neville, Leslie Romeo, Graham Thornton

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

### NOVEMBER 9

#### SAFETY BAY

Directors: Pam & Steve Toohey – 9591 3767

Ray Attwell, Geoff Barrett, Elaine & John Dance, Elaine & John Ellard, Ray Hall, Mitch Loly, Dennis & Margaret Miller, Murray Tolbert

### NOVEMBER 16

#### NEDLANDS

Director: Frank Gardiner – 9295 4246

Michele Froudish, Peter and Diana Hopper, Ross Langford, Mark Rosen, Graeme Uren

### NOVEMBER 23

#### GWELUP LAKE

Director: Richard Danks – 9355 1570

Carol Bowman, Wendy Clements-Green, Ian Cotton, Mike Faunge, Dee Haines, Pat Hopkins, Jim Klinge, Ray

Lawrence, Nick Miletic, Ross Parker, Bob Sammells, David Scott, Roger Walsh, Martin Watkins

### NOVEMBER 30

#### CANNING CAPER

Director: Keith Atkinson – 9313 1669

Alison Aldrich, Ivan Brown, Chris Coates, Phyllis Farrell, Gary Fisher, Frank Gardiner, Richard Harris, Brian Hunter, Val Millard, Mike Polkinghorne, Jeff & Wendy Spencer, Cecil Walkley, Claire Walkley

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## WEIGHT PENTATHLON

The winter throwing season finishes on Saturday October 11 with the club's Weight Pentathlon.

Venue: Perry Lakes Stadium.

Times: 8:30am – Registration  
9am – First Event.

Contact: Damien Hanson  
9383 4406 or 0407 477 986

## MASTERS ATHLETICS WA – Club Contacts

### Magazine Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

9330 3803

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

For club uniform clothes, call:

Patricia Hopkins 9446 4452 pathopkins@myplace.net.au or

Peter March 9418 8770 karenmarch312@msn.com

# Vetrun

The magazine of Masters Athletics WA

NOVEMBER  
2008  
No. 416



## Inside...

You write;	
Profile - Barrie Thomsett	P2
Vale Bill Hughes	
Events, birthdays	P3
Racecourse Run	
Bibra Lake	P4
Wireless Hill	P5
Lake Monger X/C	
Guess-Own-Time	P6
T&F: Patron's Trophy	
Oceania; Alice Springs	P7
HELPERS	P8
CHECK THE BACK PAGE!	



## Dave wins it on time, too

M65 Dave Roberts extended his short-course winning streak at the GOT Run. He was first in the 6.3km, and also took home the trophy by predicting his time within just four seconds. The 'big' Timeless Trophy - hand-crafted and studded with priceless watch parts - will adorn Karra Mansion for the next year. Paula was the winner, estimating her time for the 9.5kms race at 53:53, which was only seven seconds adrift of reality. Results, page 6. Helpers - thanks again, especially you late stand-ins, Jackie Halberg and Sue Jones.

VW

## These shoes are meant for walking



VISITING Adelaide last month Mike Rhodes fitted in the Race for Life on 12 October. The event was raising money for breast cancer research and

Mike won the 4.5 km walk section, collecting the trophy for first male in. Unfortunately, without Linda to do his packing for what was a real flying visit to the city of churches, he neglected to pack his running shoes and walked the race in his street shoes. Not a bad performance!

## Dine at Frenchy's

THE club's dinner/dance is to be held at Frenchy's Melville Parade Como on Saturday November 15, tickets are \$47 per head. Please contact Valerie Millard at track and field or a Sunday run.

## Booking for World Championships in Lahti

ENTRY books are now available from Bob Schickert but entries cannot be submitted to AMA international entries clerk Judy Cooper Qld until early in 2009. With the current fluctuation in the \$AUS a decision on the exchange rate for payments has not yet been made.

For travel and accommodation packages, which are available through the official AMA agents IST, refer to the extensive details on the AMA website [www.australianmastersathletics.org](http://www.australianmastersathletics.org) or contact IST on - 1800 242 987 email [info@sportstours.com.au](mailto:info@sportstours.com.au)

## Quindanning weekend away

ANOTHER great long weekend was enjoyed by 26 members. Many thanks to Margaret Bennett (accommodation etc) and Shorty Turner (courses for runs/walks) in what is for both of them the end of their stints as arrangers. Denise Viala and Steve Toohey are now taking over. The next weekend away is at Lewana, the long weekend of February/March 2009 and all club members are welcome to join in for a weekend of running/walking, eating/drinking and friendly company. Contact Denise at a Sunday run or 9307 1249 [gumtree.p.d@australiaonline.net.au](mailto:gumtree.p.d@australiaonline.net.au)

## ATHLETICS WA - \$10 Membership and personal accident insurance

PLEASE note that MAWA members competing in AWA events should wear their Masters club number - NOT one issued by AWA, as incorrectly stated in October Vetrun.



## You write...

### Throwers say 'thanks'



*Raema at Perry Lakes*

Dear Vic,

As discussed I should like to take this chance to send a most grateful 'thankyou' from all the winter throwing group to Lindsay Glass and Damien Hansen for their continued enthusiasm and encouragement. Also, a special 'thank-you' to Lurline and Bruce Everard for their help recording and measuring at our recent weight pentathlon.

*Sincerely,  
Raema McMillan*

Hullo Vic,

I wondered if you would like this photo of the two Brians at the Rotto marathon on Sunday. Just a fluke I caught them both together! They both went well although Brian Bennett was seen in his bedroom slippers all over Rottneest the next day!

A small group of Masters competed in the 10km fun run in the blazing heat (10.30 start) on Sunday. We had a good weekend anyway!

*Cheers  
Sarah Ladwig*

*Brian Danby  
has run every  
Rotto; Brian  
Bennett was  
in his first-  
ever 42 k'er!*



Dear Vic,

I am hoping you many find a small space for this very big thank you.

I have endeavoured to send notes to most of the members who supported me following my recent argument with the dog however, I would hate to think I missed anyone. I had such support from the members it was a true demonstration of just what the club is all about - support and friendship.

I am recovering too slowly for my liking but they do say nurses are terrible patients and I guess I am proving that to be true. I have again joined the Tuesday trainers but I wouldn't call what I do anything like training. Dorothy set a program while they were away and I did achieve something as I broke 6 minute k's on Friday and the hip on Sunday - she says that was definitely not in her programme!

By November I will be walking on Sundays but it will be so slow that I will be able to reminisce about my walk judging days and look at the different styles.

Again thank you all for your warm support and friendship it has made a frustrating time a little easier.

*Sincerely  
Michele Mison*



*Michelle in 2007 Cliff Bould event*

## From running to walking to walking frame!

### PROFILE Barrie Thomsett

*by  
Barrie Thomsett*

AFTER reading Ivan Brown's profile, I realised I had a completely different journey through the Masters Athletic Club.

My journey started with a rather terrible mental breakdown due to over work, but thanks to some very caring medical people, and in particular, a caring and beautiful wife, I was able to climb out of that long dark tunnel and turn my life around. Mind you there are some who still have their doubts!

The name Whittam and orienteering/Veteran Athletics were well known in the 1970s, and due to my wife Fay, I somehow found myself at orienteering events, and under the tender care of Jeff and Dorothy Whittam. From there it was not long before I was trailing behind Jeff on the paths around Perry Lakes.

November 1979, and I was a 'Pre-vet' until I turned 40 in June of the next Year. Fay was somewhat amused that I took a great joy in turning 40. I was now a fully fledged Veteran Athlete.

My running was only mediocre, 5min/km was comfortable, and 4-30/km was stretching it a lot.

Over the passing years we lost Fay to cancer, but the Vets became more and more my passion, due mainly to the competition and friendship in the Club.

I retired early, and by my 50th birthday was attending the Tuesday morning group. I was a reasonable walker, I'm told my technique was sound, and the great Dick Horsley took me under his wing.

I attended the Hobart Australian Champs and the Australian Pacific Champs on Norfolk Island, helping at the track and competing, I believe I won a couple of medals, but again the holiday and good food was more important.

With orienteering came rogaining in 1980s, and trailing behind my son and other super-fit maniacs for a few years. Bob Fergie (a powerful Vets thrower) and I teamed up to do reasonably well in super-vet rogaining.

Touring cycling was another passion of mine, riding throughout the Eastern States including Tasmania and New Zealand. Eventually I cycled

with a large group from Adelaide to Perth.

A week earlier I was cycling from Bairnsdale, Victoria with Tim Fry, a well known Marathon Club member and Tim was killed by a passing vehicle. Somehow, with the encouragement of his family, I completed the ride that Tim had started in Sydney.

I subsequently rode from Perth to Sydney, via the Murray River towns; from Adelaide to Sydney via the Coast Road; then Perth to Esperance return. While cycling into the Gammon Ranges in the far North of The Flinders range I needed the help of the Flying Doctor. Fittingly, I was on a fund-raising ride for this very worthy cause! A week in Broken Hill Hospital helped my back into a 'sort of' better shape.

Finally, while riding with a friend in the Yallingup area in 2003, my legs started to give way. Not even extensive surgery halted a progression to the walking frame.

It was then Bob and Lynne Schickert suggested I get involved in computerising our Sunday events results. Most of the now seem to stay put in my computer and I never seem to lose them. Oh yes, one lot went missing this year, but that's down to Australia Post!

The years have passed. Life membership in 2006 was an honour I never expected. We have had a couple more Life Members, and I can not believe that I am included in their ranks. They truly deserve the honour. In fact I still believe that Life Membership should be a rare honour, and only given in very exceptional circumstances. But I'm still deeply grateful, and very proud.

*Barrie Thomsett*

## COMING EVENTS Descriptions

### DECEMBER 7

#### MOSMAN PARK

Out of reserve and down hill to path along river, turn left and follow path to boardwalk. Turn left again along Colonial Gardens for short distance and back the way you came. After climbing hill from river path 8.7k does not go back in to reserve but repeats loop to boardwalk.

### DECEMBER 14

#### PERRY LAKES

Starts at Hockey club rooms and goes to edge of Perry Lakes Dr. 8.1k is two laps around outside of park on paths in a clockwise direction. 4.4k is one lap. Take care when crossing Meagher Dr twice each lap. Walk is 2k loop on internal road.

### DECEMBER 21

#### CHRISTMAS GIFT

A fun day from McCallum Park up river 2k or 3k and return. Prizes for dressing up mainly with a Xmas theme. Bring and receive a gift to \$5 value.

### DECEMBER 26

#### BOXING DAY - PM

Event around Yokine reserve for 4k or 8k followed by a BYO BBQ

### DECEMBER 28

#### ALDERBURY PARK

Starts Hockey club rooms. Two 4k loops in parklands, a few rises and some sand. Walk is on 2k loop on internal road.

WE salute Bill, who passed away on 14 October aged 81, for his contribution to the club in so many ways.

He was one of the very early members – as his club number 8 indicates – a life Member, club Patron for many years, and major sponsor of the 1989 Nationals in Perth through his company, Westwools Carpets.

Bill was an athlete on road, track and field. In the 1989 championships he won a bronze medal in the M60 10,000m, silver in the 2000m steeple and was fifth in the shot put.

Bill was a very keen marathon runner.

#### Writes Paul Hughes:

Dad's Boston Marathon was on 19th April 1982, when he was 57. It was the 86th running of the Boston and he finished in 3:14:28 secs in position 3560 out of 7647.

His time was very good for a 57 years old, better than mine on Boston. I copped one of the hottest days on record in 2003 and walked 12 kms with a case of hypothermia. (My time was 3hrs 52mins!)

*Basil Worner recalled another outstanding Bill Hughes marathon.*

To raise money for his beloved South Freo football team (Bill was President) he ran the Perth for sponsorship and wrung much-needed cash for the club from his mates. He was not really fit enough for it and never fully recovered.

#### No tickets...

Though a wealthy man, Bill 'had no tickets on himself,' as Bas would say.

"One Sunday morning someone was complaining about the cold. Another men-

## VALE BILL HUGHES



tioned that he was always cold when flying. Bill, who generally flew first-class, agreed.

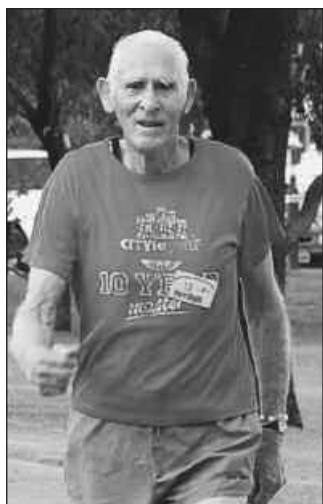
"I always take a pair of old socks to wear on my hands," he told us!

"Another time a few of us decided to club together and buy him a new pair of shorts, because his saggy and revealing old ones were a disgrace!"

Much to his disappoint-

ment Bill was unable to compete for about the last fifteen years of his life due to injury. But even many new members will have run into Bill: we all got to say hello to him each year when he was on duty at the North Fremantle turning point of the Mosman Park run, which Paul and his wife Sue direct.

*Vic Waters & Bob Schickert*



*Merv Moyle - enjoying his 80s!*

## Happy Birthday – November Masters

Atkinson	Keith	M50	Mangan	Bernard	M50
Billington	Jacqueline	W65	Mavrick	Milton	M55
Bowman	Carol	W50	McMillan	Raema	W80
Brockwell	Tessa	W50	Miller	Margaret	W65
Brown	Ivan	M60	Miller	Norm	M75
Calnan	Ross	M65	Moyle	Merv	M80
Ciccarelli	Carl	M45	Oldfield	Christine	W60
De Klerk	Maria	W40	Oliver	Bernard	M65
Delandgraft	Stan	M80	Pellier	Joan	W65
Duncan	Wendy	W55	Perrey	Chris	M35
Hagedoorn	Johan	M65	Rhodes	Mike	M60
Hall	Ray	M75	Smith	Morland	M70
Hollaway	Phil	M55	Smith	Patrick	M45
Humich	Randal	M35	Spencer	Ron	M65
Karra	Mike	M40	Ventris	John	M60
Lazarus	Ivan	M55	Warren	Margaret	W70

## New members- Welcome!

717 GRAVESTOCK Tom M50  
784 CUNNINGHAM  
Graham M30  
800 YOUNG Gary M50  
801 ADAMS Mick M50  
802 WARD Clara W50  
803 PLACKETT Julie W35  
804 PLACKETT Andrew M40  
805 EASTWOOD Karen W40  
806 EASTWOOD Terry M40



# Racecourse Run

BURSWOOD PARK

September 28, 2008

Directors: Gary McLean and  
Christine Engles

## 5K RUN

Vis 3		17:49
Mark Dawson	M45	19:55
Dave Roberts	M65	20:13
Amanda Walker	W40	20:18
Dante Giacomini	M40	22:17
Bruce Mathieson	M60	22:44
Phil Cowin	M55	23:13
Ivan Brown	M60	25:24
Paul Hughes	M55	23:24
John Mack	M65	23:31
Maurice Creagh	M60	23:38
Carol Bowman	W50	25:11
Irwin BarrettLennard	M75	25:36
John Brambley	M65	25:53
Damien Hanson	M55	26:49
Vis 4		26:53
Vis 5		27:16
Mike Anderson	M60	27:48
John Talbot	M60	28:33
Wendy ClementsGreen	W65	28:43
Aldo Giacomini	M70	29:13
Genevieve Spiro	W35	29:48
Frank Gardiner	M55	29:53
Bob Sammells	M70	30:11
Vis 2		30:29
Paula Karra	W35	32:09
Berni Scott	W45	32:10
Julie Wood	W60	34:15
Jeni Shillington	W50	40:19

## 5K WALK

Beryle Doust	W60	38:05
Jennie Lee	W50	40:20
John Smith	M70	42:02
Pat Carr	W75	44:32
Elaine Ellard	W65	45:20
Joan Pellier	W65	45:30
Maggie Flanders	W70	45:51
Norm Miller	M75	49:38

## 10K RUN

Brett Roach	M35	35:07
Trevor Scott	M45	36:40
Peter Sullivan	M50	37:12
Chris Maher	M55	39:17
Andrew Brooker	M35	39:44
Chris Frampton	M40	40:13
John Allen	M50	41:08
Geoff Barrett	M45	41:41
Christopher Coates	M55	41:43
Ralph Henderson	M60	42:07
Robin King	W50	42:35
Bob Lane	M60	42:38
Bernard Mangan	M50	43:40
Michael Karra	M40	44:00
Paul Haylett	M45	44:38
Peter March	M45	44:53
Mike Hale	M60	44:57
Vis 1		45:19
Wayne Taylor	M45	45:42
Karen March	W45	45:44
David Carr	M75	46:52
Frank Smith	M65	46:58
Brian Danby	M60	47:07
Tom Tralau	M35	47:37
Bryan Hardy	M65	48:20
Vic Waters	M60	48:36



Christine



Gary

THE weather cleared wonderfully on Sunday morning when 98 steely-eyed competitors lined up on the start line. The wind apparently helped all participants on the way out and the way back (a little prayer goes a long way.) What a nice change to finish with the wind in your back!

I sincerely thank all the helpers who made the event run smoothly. The good feedback from the field must be shared amongst all who were involved. So a big bear-hug to you all (well, to the all the female helpers, from me, and to the males from Christine.)

There was plenty of speed in the front runners' legs - a time around 35 minutes, excellent on an undulating course - and there were quite a few runners on Brett's heels.

Congratulations to the lolly winners in 8th, 18th, 28th and 38th positions - in theme with the Olympics and lucky number 8 this year.

Special thanks to Neil McRae who volunteered to help since he was carrying an injury. This is the spirit the club should uphold.

Gary McLean

Gillian Young	W60	48:48
Mark Sivyer	M60	48:49
Johan Hagedoorn	M60	49:25
Keith Atkinson	M50	49:55
Mark Rosen	M60	50:50
Barry Jones	M50	51:39
Richard Blurton	M55	51:51
Peggy Macliver	W60	52:32
Ray Attwell	M70	52:51
John Pellier	M65	54:30
Roger Walsh	M65	54:48
Charlie Chan	M55	55:02
Karl Stockman	M45	56:22
Gary Young	M50	58:06
Graham Thornton	M65	59:29
John Ellard	M65	59:45
Cheryl van der Spuy	W50	60:26
Jane Elton	W40	60:27
Marg Forden	W65	62:24
Merv Jones	M65	64:49
Arnold Jenkins	M60	65:39

## AGE-GRADED 10K WALK - MEN

Percentage	Age	Time	
Mike Rhodes	62	69:15	67.86%
Kirt Johnson	79	87:16	66.94%
Bob Neville	75	82:40	66.56%
Peter Ryan	58	73:25	61.55%
Bob Fergie	73	87:17	61.31%

## AGE-GRADED 10K WALK -

### WOMEN

Lorna Lauchlan	78	88:07	78.28%
Liz Neville	57	66:33	75.08%
Lesley Romeo	63	74:49	71.97%
Patricia Hopkins	66	88:07	63.70%

# Bibra Lake

COCKBURN FUN RUN

September 21, 2008

Directors: Paul and Tanya Burke

THIS event was held in conjunction with Cockburn Council. Leading the way home was our very own Brett Roach; he's probably going professional now with all that prize money! The weather held off until just after the presentations (as requested, except more time was needed as the volunteers took a hit.)

Peter Ryan, Steve and Pam Toohey, Maggie Flanders, Barry Thomsett, Neil McRae, Dennis and Margaret Miller were fantastic.

See you all next year,

Paul and Tanya Burke



Tanya



Paul

## 6K RUN

Brett Roach	M35	20:32
Geoff Barrett	M45	23:23
Mark Dawson	M45	24:35
Kim Thomas	M30	25:40
David Carr	M75	27:50
Vic Waters	M60	27:59
Maurice Creagh	M60	28:58
Hamish McGlashan	M70	29:42
John Brambley	M65	31:39
Delia Baldock	W45	31:50
Sarah Ladwig	W55	33:11
Nick Miletic	M55	33:12
Jeff Spencer	M65	34:35
John Talbot	M60	35:03
Ray Hall	M70	36:16
Marg Forden	W65	37:21
Berni Scott	W45	38:25
Vic Beaumont	M75	38:31
Sheila Maslen	W70	41:58

## 6K WALK

Peter Hopper	M60	43:59
Lynne Schickert	W65	46:20
Rosa Wallis	W60	51:05
Lorna Lauchlan	W75	51:08

## 12K RUN

John Allen	M50	49:48
Gary McLean	M45	49:49
Bernard Mangan	M50	51:41
Bob Schickert	M65	55:59
David Muir	M60	56:10
Sandra Stockman	W40	58:29
Bruce Mathieson	M60	59:22
Frank Smith	M65	61:15
Richard Blurton	M55	64:03
Carol Bowman	W50	64:21
Charlie Chan	M55	67:12
John Pellier	M65	68:46
Graham Thornton	M65	69:41
Ian Gallagher	M55	69:52
Paul Mattison	M50	70:16
Val Millard	W60	72:21
Jackie Halberg	W60	73:22

## 12K WALK

Mike Rhodes	M60	91:15
-------------	-----	-------



*All ages, all styles, all directions - and all smiles at the top of the hill!!*

## 9.5K RUN

Vis 2		38:02
Chris Frampton	M40	38:48
Julie Keeley	W40	39:26
Gary McLean	M45	39:43
John Allen	M50	40:37
Bob Lane	M60	41:00
Bernard Mangan	M50	41:14
Mark Dawson	M45	42:19
Michael Karra	M40	42:53
Jim Klinge	M60	43:23
Wayne Taylor	M45	44:13
Don Pattinson	M55	44:35
Brett Roach	M35	45:06
Mike Hale	M60	45:12
Danny Sheehan	M55	45:21
Brian Bennett	M60	45:27
Neil McRae	M55	45:28
Paul Burke	M35	46:34
David Carr	M75	46:47
Keith Atkinson	M50	46:54
Gillian Young	W60	47:18
Mark Sivyer	M60	47:19
Vis 1		47:40
David Muir	M60	47:42
Bruce Mathieson	M60	48:15
Johan Hagedoorn	M60	49:23
Vis 4		49:26
Irwin BarrettLennard	M75	50:48
Paul Martin	M65	54:08
John Ellard	M65	54:28



*Chris Frampton, first member home in the 9.5kms*

Paula Karra	W35	55:55
John Dance	M55	56:34
Tanya Burke	W35	59:04
Dianna Hurring	W35	59:38
Arnold Jenkins	M60	65:30
Margaret Warren	W70	70:09
Ray Hall	M70	70:15

## 4.8K RUN

Neil Morfitt	M50	20:36
Neale Osborne	M50	22:16
Ross Keane	M45	22:19
Ivan Brown	M60	22:19
Raymond Gimi	M40	23:30
Paul Hughes	M55	23:51
Bert Carse	M65	23:51
Bryan Hardy	M65	23:57
Maurice Creagh	M60	24:49
Margaret Saunders	W50	25:20
Di Jones	W55	26:44
Christine Engels	W50	27:23
Vis 3		27:52
Jackie Halberg	W60	28:25
John Talbot	M60	28:40
Vic Waters	M60	28:47



*Jim Klinge passes Pat Carr to finish.*

# Wireless Hill

October 5, 2008

*Directors: Barry and  
Leonie Jones*

ON a beautiful cool morning more than 100 athletes participated in the Wireless Hill event in Ardross. Runners and walkers enjoyed the challenge of the hilly course, sustained by picturesque views to the Swan River as well as colourful wildflowers, a touch of history and pleasant weather.

The course twists and turns throughout the park and past some beautiful wildflower sections, one reason why the run was moved a few years ago to October in the Masters calendar. This year the kangaroo paw had a very good showing, which even the fast runners could not have missed. All athletes probably missed the spider orchids; they take time to find!

For extra interest, the course goes on an old bituminised track past heritage houses used for running the old hill-top wireless station which will be celebrating its centenary in a few years.

Four marshals and many flags on the course helped the athletes around the windy course and up to the finish line. This was ably staffed by many volunteers; mostly locals who know this is a tough course where it's better to be a volunteer!!

Thanks to all of them, and thanks also for the encouragement from athletes who enjoyed the fact that this course offers something a little bit different, but is still close to the city.

*Barry*

Roger Walsh	M65	28:48
Theresa Howe	W55	28:49
Pam Toohey	W60	29:02
Peter Hopper	M60	29:07
Merv Jones	M65	30:00
Pierre Viala	M60	34:50
Julie Wood	W60	35:20
Sheila Maslen	W70	35:43
Jim Barnes	M65	35:54
Margaret Bennett	W65	36:11
Elaine Dance	W55	36:13
Toni Frank	W60	41:04
Mary Heppell	W70	46:14

## 9.5K WALK

Mike Rhodes	M60	71:51
-------------	-----	-------

## 4.8K WALK

David Brown	M60	33:40
John Frost	M70	36:27
Ray Lawrence	M80	39:41
Jennie Lee	W50	42:58
Lorna Lauchlan	W75	43:14
Kirt Johnson	M75	43:16
Pat Carr	W75	43:28
Denise Viala	W55	43:59
Pat Ainsworth	W70	44:00
Elaine Ellard	W65	46:05
Maggie Flanders	W70	46:21
Leo Hassam	M75	46:45



# Lake Monger X Country

Directors: Jeff and  
Dorothy Whittam

October 12, 2008

The forecast showers were over by the time the event started. The walkers came under 'duck attack' while waiting for the start, when one of the species tried to get them moving.

The ducks were determined to get in on the show, as a couple raced some finishers up the chute. We didn't get their names or times though. However, for consistent running, Karen March equalled her own record from last year, of 40:59.

There were some surprised runners who were expecting a nice flat run around the lake. (That happens in Feb', not in Oct')

Our thanks go to all our helpers, Sheila & Lorna, recording; Morland and Martin, drinks; Sarah, Keith, Jan, Mike, John & Barrie, marshals and flag collecting; Jackie and Bob, timing equipment; Kirt, setting up. And last but not by no means least, Jacquie and Vic for the morning tea and Barrie for results. Also, all who came & walked & ran!

Hope to see you all again next year,  
*Dorothy & Jeff*

## 4K RUN

Lachlan Marr	M45	16:05
Bert Carse	M65	16:12
Dave Roberts	M65	17:16
Blakeney Tindall	M45	17:52
Jim Klinge	M60	18:01
Tom Tralau	M35	18:12
Ross Keane	M45	18:18
Ian Cotton	M40	18:50
John Collier	M40	19:18
Ivan Brown	M60	19:21
Margaret Saunders	W50	20:06
Vis 1		20:14
Phil Cowin	M55	20:20
Vis 5		20:51
Ray Attwell	M70	21:20
Frank Gardiner	M55	21:39
Nick Miletic	M55	22:03
Delia Baldock	W45	22:07
Damien Hanson	M55	22:50
John Dennehy	M45	24:00
Wendy ClementsGreen	W65	24:17
Marg Forden	W65	24:30
Pam Toohey	W60	24:57
Aldo Giacomini	M70	26:19
Bob Sammells	M70	26:20
Berni Scott	W45	27:02
Jim Barnes	M65	27:06
Vic Beaumont	M75	29:06
Julie Wood	W60	30:16
Margaret Warren	W70	30:18
Elaine Dance	W55	30:23
Steve Toohey	M55	31:52
Toni Frank	W60	33:37
Ray Lawrence	M80	37:31

## 8K RUN

Chris Maher	M55	32:56
John Allen	M50	34:49



## Guess-Own- Time

HALE SCHOOL  
Director: Vic Waters  
October 19, 2008

*Timeless Trophy winner Paula Karra, far left*

## 9.5K RUN

Trevor Scott	M45	35:33	Mark Dawson	M45	28:06
Brett Roach	M35	36:03	Bob Lane	M60	28:45
Lachlan Marr	M45	40:02	Tom Tralau	M35	29:04
John Allen	M50	41:28	Jim Klinge	M60	29:18
Prabuddha Nicol	M50	41:36	Russell Metham	M30	33:14
Graeme Uren	M40	42:12	Paul Hughes	M55	34:10
Ralph Henderson	M60	42:16	Margaret Saunders	W50	34:23
V1		42:38	Delia Baldock	W45	34:48
John Collier	M40	'44:01	Peggy MacIver	W60	35:45
Syd Parke	M55	44:56	Bob Sammells	M70	38:52
Chris Frampton	M40	45:49	Genevieve Spiro	W35	38:54
Mike Hale	M60	46:48	Theresa Howe	W55	39:17
Ivan Brown	M60	47:09	Mike Anderson	M60	39:31
Sandra Stockman	W40	47:34	Dianna Hurring	W35	39:36
Bob Schickert	M65	48:26	Marg Forden	W65	40:51
Ivan Pilton	M65	49:42	Arnold Jenkins	M60	40:55
Michael Karra	M40	49:54	Wendy ClementsGreen	W65	40:58
Johan Hagedoorn	M60	50:11	Aldo Giacomini	M70	41:22
Shirley Bell	W60	50:53	Peter Hopper	M60	42:13
Bryan Hardy	M65	51:03	Merv Jones	M65	42:58
David Carr	M75	52:17	Berni Scott	W45	46:21
Maurice Creagh	M60	52:27	Mike Rhodes	M60	46:41
Paula Karra	W35	53:54	Denise Viala	W55	46:46
John Pellier	M65	55:13	Kathy Burr	W65	46:59
Milton Mavrick	M50	55:28	Margaret Warren	W70	49:36
John Ellard	M65	55:45	Sheila Maslen	W70	50:09
Paul Martin	M65	56:37	Lynne Schickert	W65	52:51
Carol Bowman	W50	57:23	Toni Frank	W60	54:05
Charlie Chan	M55	57:33	Ray Lawrence	M80	55:04
Roger Walsh	M65	58:06			
Val Millard	W60	59:37			
John Talbot	M60	60:52			
Ray Hall	M70	64:23			

## 6.3K RUN

Dave Roberts	M65	27:52
Graeme Dahl	M55	28:00

## 6.3K WALK

Kirt Johnson	M75	54:30
Bob Fergie	M70	54:49
Jeff Whittam	M70	55:14
Rosa Wallis	W60	57:59
Lorna Lauchlan	W75	58:11
Elaine Ellard	W65	64:50
Leo Hassam	M75	64:52

Andrew Brooker	M35	35:36	Mike Hale	M60	39:28
Ralph Henderson	M60	35:39	Mark Sivyer	M60	39:38
Michael Karra	M40	36:21	Johan Hagedoorn	M60	40:07
Amanda Walker	W40	36:28	Sandra Stockman	W40	40:32
Vis 2		36:30	Ivan Pilton	M65	40:40
Peter March	M45	36:52	Karen March	W45	40:59
Vis 3		37:20	Vis 7		41:42
Bob Schickert	M65	37:41	Vis 6		42:46
Bob Lane	M60	37:46	Maurice Creagh	M60	42:54
Brian Bennett	M60	38:24	Gillian Young	W60	43:05
Paul Burke	M35	39:05	Richard Blurton	M55	43:33
Wayne Taylor	M45	39:05	Graham Ainsworth	M50	45:06
Neil McRae	M55	39:07	David Carr	M75	45:07



Noela Medcalf, Maggie Flanders and Mary Heppell on the track at Alice Springs, where they competed in the Masters Games. Gordon Medcalfe was there too, and presumably is holding the camera!

#### Keith Martin M65

Gold - in 100, 200, 400, 800, LJ, HJ

#### Maggie Flanders W70

Silver 5kW; Bronze 1500W, Discus

#### Mary Heppell W70

Silver Javelin, road Mile

#### Noela Medcalf W70

Silver in 1500W, Hammer, Discus; Bronze Javelin; Swim 3 silver, 2 bronze

#### Gordon Medcalf M75

Pentathlon Gold; Silver in 100, 200, Discus; Swim 8 gold and age aggregate trophy

#### Toni Phillips W35

\* 200 400 2 Gold - 2 records

1500 Silver, Shot Bronze, Javelin 4th

#### Mark Dawson M45

800m Gold; Silver in 1500, 3000, road Mile, 10k; 5k road 4th

Paula Karra	W35	45:33
Vis 4		45:54
John Pellier	M65	46:16
Milton Mavrick	M50	46:39
Charlie Chan	M55	46:57
Lorraine Lopes	W65	47:45
Di Jones	W55	47:57
John Dance	M55	49:51
Theresa Howe	W55	50:00
Tanya Burke	W35	50:18
John Talbot	M60	50:38
Val Millard	W60	50:39
Arnold Jenkins	M60	55:08
Jenny Key	W30	59:48
Margaret Bennett	W65	70:08

#### 3.5K WALK

Kirt Johnson	M75	29:21
Patricia Hopkins	W65	30:32
Pat Carr	W75	30:40
Joan Pellier	W65	31:19
Vis		35:12
Shorty Turner	M70	38:47

#### 7K WALK

Peter Hopper	M60	50:25
Lynne Schickert	W65	51:14
Jeni Shillington	W50	56:32
John Smith	M70	56:33
Richard Danks	M65	58:03
Rosa Wallis	W60	58:07
Ann Turner	W70	74:33
Pat Ainsworth	W70	74:33

## Track and Field

### WA Masters results from Oceania Masters Championships, Townsville Jul-Aug 2008

Rob Antonioli	M55		
7	Disc	21:65	
3	60	8:89	
5	800	2:32:7	
7	200Ht	28:40	
8	200Fn	31:44	
6	100	14:45	
2	LJ	4:24	

Margaret Bennett	W65		
3	5000	33:23	
4	8KCC	101:4	
(Team - Bronze)			
2	200	55:23	
1	400	2:14:4	
2	Half	2:46	

Brian Bennett	M60		
4	5000	20:50	
5	8KCC	35:51	
(Team - Silver)			
4	Half-M	1:38:5	
(Team - Bronze)			

David Clive	M70		
1	60	9:02	
1	100	14:28	
1	200	29:39	

Don Chambers	M70		
3	60	9:22	
5	HJ	1:05	
4	Shot	9:55	
1	300Hd	55:12	
2	100	14:83	
2	LJ	4:01	
1	80Hd	16:52	
3	PV	1:50	
2	TJ	8:02	
4	Ham	26:40	
3	Wgt	13:83	
6	Jav	21:06	
3	200	30:92	
2	DEC	5294	
2	AMA	DEC	
3	WPTH	2522	
3	PTH	2102	

Christine Engles	W50		
226	Half-M	2:12	

Bev Hamilton	W60		
5	Ham	21:70	
3	Shot	9:21	
3	Wgt	9:93	
3	Disc	22:10	
3	Jav	19:00	

Duncan McAuley	M55		
4	800	2:29	
4	400	62:4	
	200	DQ	
9	8KCC	37:01	
(Team - Bronze)			

Fiona McAuley	W55		
4	5000	28:52	

In the first Patron's Trophy 10,000m of the season at Coker Park (16.10.2008) David Carr set a new State M75 record.

10,000m			%
Peter Sullivan	M50	37:18.4	80.70
Lachlan Marr	M48	38:39.1	76.65
David Solomon	M44	40:05.9	71.62
Trevor Griffiths	Vis	41:22.4	
Rebecca de Fiddes	Vis	41:24.4	
Graeme Dahl	M59	41:30.9	78.18
Peter March	M49	42:19.0	70.58
Robin King	W50	42:53.0	79.82
Kim Thomas	M34	42:53.4	62.40
John Collier	M42	43:56.1	64.38
Bob Schickert	M66	44:23.5	77.85
Paul Haylett	M47	44:38.6	65.85
* David Carr	M76	47:23.3	83.10
Gillian Young	W61	47:45.0	83.76
Bruce Mathieson	M64	47:48.7	70.97
Peggy Macliver	W64	50:12.3	83.51
Nick Miletic	M57	50:16.7	63.45
Richard Blurton	M58	53:07.8	60.56
Steve Fuller	Vis	55:46.6	
Diane Jones	W59	55:54.4	69.42
Valerie Millard	W61	58:17.0	68.63

7	8KCC	50:59
4	Half-M	2:25
(Team - Silver)		

Gary McLean	M45	
22	Mara	3:32

Bob Schickert	M65	
4	5000	21:01
5	800	2:48
4	8KCC	36:26
(Team - Silver)		
3	2KST	8:45
4	1500	5:41
4	Half-M	1:44
(Team - Gold)		

Lynne Schickert	W65	
6	10KW	75:28
(Team - Bronze)		
2	60	13:05
2	TJ	5:50
1	LJ	2:49
5	5KW	36:35
1	2KSt	13:53
6	3KW	21:32
2	Half	2:51

Colin Smith	M45	
7	Disc	17:22
5	LJ	4:36
2	60	7:89
1	200	25:37
1	800	
2	100	12:65
1	400	57:33
4	TJ	9:12

David Smyth	M35	
1	10KW	58:46
1	5KW	28:16
1	3KW	16:46

Rob Young	M60	
9	Disc	26:92
8	Ham	25:99
6	Shot	8:87
8	Wght	9:38



# COMING EVENTS and helpers list

## Track and Field

Summer meetings began October 8 – see September Vetrin no. 414 for full programme.

### DECEMBER 7 MOSMAN PARK

Director: Paul Hughes - 9433 5737

Shirley Bell, Brian & Margaret Bennett, Graeme

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

Dahl, Barry & Leonie Jones, Robin King, Paul Martin, Sheila Maslen, Peggy Macliver, Karen & Peter March, Dave Roberts, Jeanette Tiverios

### DECEMBER 14 PERRY LAKES

Director: John Bell - 9386 6975  
Carol Bowman, Sue Bullen, John Cresp, Diana & Peter Hopper, Anne Jones, Terry Manford, Hamish McGlashen, Keith Miller, Ross Parker, Cecil Walkley, Claire Walkley

### DECEMBER 21 CHRISTMAS GIFT

Directors: Elaine & John Dance

### DECEMBER 26 BOXING DAY

Director: Barrie Thomsett - 9440 3820  
Arnold Jenkins, Stephen Dunn, Brian Hardy, Margaret Langford, Tom Tralau

### DECEMBER 28 ALDERBURY PARK X/C

Director: Wayne Taylor - 9272 3705  
Myles Ferrell, Theresa Howe, Arnold Jenkins, Ivan Pilton, Frank Smith

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## MASTERS ATHLETICS WA – Club Contacts

### Magazine Editor:

Vic Waters

Ph/fax: 9341 3464

email:

vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA

11A Dandenong Rd

Attadale WA 6156

9330 3803

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

For club uniform clothes, call:

Patricia Hopkins 9446 4452 pathopkins@myplace.net.au or

Peter March 9418 8770 karenmarch312@msn.com

# Vetrun

The magazine of Masters Athletics WA

DECEMBER  
2008  
No. 417



## Inside...

Steve Dunn's 100 marathons	
Your letters, X/C round-up	P2
Vintage Vetrun, events	
Throwers news, birthdays	P3
Kalamunda Railway	
Rottneest Marathon	P4
Cliff Bould Trophy	P5
Safety Bay	
Nedlands	P6
Patron's Trophy	P7
HELPERS	
CHECK BACK PAGE	P8

## Gwelup Lake November 22, 2008



*The camera loves a tussle at the finish!  
Brian Danby let them go, then Ray Gimi (left)  
decided to fight Syd Parke into the chute.*



EXACTLY 100 competitors finished the course and I was pleased to learn that this was the highest recorded number here in recent years. With the anticipated rain holding off, it turned out to be a successful and enjoyable event. There were no glitches or problems, largely due to my team of willing and reliable helpers, to whom I extend warm thanks. Those involved were: Carol Bowman, Wendy Clements-Green, Ian Cotton, Mike Faunge, Dee Haines, Pat Hopkins, Jim Klinge, Frank Usher, Nick Miletec, Bob Sammells, David Scott, Roger Walsh and Martin Watkins.

*Richard Danks*

## It's 'Run for Fun' Season!



**OUR normal cut-throat spirit of competition gives way to yo-ho-ho and silly hats this month.**

New members be aware – the Christmas Gift events (December 21) make heavy demand on your creative skills, but not your pocket. Bring an inexpensive gift (up

to \$5) and try to dress like you live at the north pole.

In previous years we have seen reindeer, sleighs, elves, fairies, Santas by the dozen; and lots of red and green. No snow though. There are prizes for the most sartorially apt.

Then on Boxing Day, the club's most laid-back director invites you to do your own thing (6pm Yokine Reserve). Barrie says there are no rules, no set course, and you take your own time; but there is a BBQ to follow – BYO of course.

DICK Blom was always a great clubman and competitor of ironman proportions, but his latest exploit was a rare triumph of endurance. He walked the entire Bibbulmun track, and finished as trim, fit and tanned as he's ever looked. (Pic: Paul Martin.)



## STEVE'S DUNN IT!

WA has another  
marathon centurion



DESPITE a string of emotional and medical setbacks Steve Dunn has achieved his aim of finishing 100 marathons. And he's still a young man in vet terms, with a long career ahead. I asked Steve for a summary of his marathons. The term 'journey' is much over-used of late; in Steve's case it's justified, for he has certainly spread his running around.

*More – page 2*



## You write...

*Thanks from Paul  
- for Bill Hughes*

THE article titled 'Vale Bill Hughes' was very touching, brought tears to my eyes and it really showed what a down to earth guy he was. On behalf of my mother Sheila, sisters Geraldine, Carmel, Clare and myself I thank the members of the club for their sincere condolences.

*Paul Hughes*

## Geoff, not Julie

Hi Vic,

I just got my November Vetrun and was checking out the runs I'd done and I think I've been mistaken for Julie Keeley.



*That's definitely Geoff; check the beard.*

I did the Wireless Hill run on October 5th. Chris Frampton, Gary McLean and I did much of the two lap course close together. Chris got a jump on us coming up the hill to complete the first lap. Gary and I kept him in our sights and I thought we could pull him back in if we worked together. Gary didn't stay with me on my surge and the end result was that Chris stayed away from us, and I held a gap on Gary. Chris finished second (to a visitor). I was third with Gary just behind me.

Cheers, Vic. Keep up the good work with the mag!!

*Geoff Barrett*

## not wired...

SOMEWHERE on the hill Barrie and I crossed wires. And you all thought we were wireless? OK, rewrite last month's results in your treasured back numbers. Julie Keeley was NOT third up Wireless Hill. Geoff Barrett it was. Julie did very well in the Rotto Marathon though: she tells us she's aiming to get her 10-runs medal. I think that's known as a decadence, Julie.

VW

## Blistering pace for Peter

Hi Vic,

After running the Cliff Bould event and feeling fine, it came as a bit of a shock to wake up Monday morning with my right foot swollen and painful. I couldn't put any shoe or thongs on at all so I had to cut the top out of an old pair of running shoes just to get to the doctor. By Wednesday the swelling was diagnosed as a Golden Staph infection and by Friday I was in Hollywood Hospital on an intravenous drip with antibiotics being pumped into my arm every 4 hours. Five days later the swelling started to recede and was able to go home on a high dose of penicillin tablets for the next 2 weeks.

The doctor thinks I caught the infection through a small blister over my right toe. Hope to get out soon and start running again though my wife says its good that I'm spending more time at home and less time pounding the pavement.

*Pete Sullivan*



*Pete's now pounding pavement again; but this was in last year's City to Surf.*



*Pictured in great company a couple of years back: Steve, left, with Lachlan Marr and Bernard Mangan.*

**QUITE** apart from the mental toughness required to complete 100 marathons, Steve's medication has piled on the kilos. Add that to lack of proper training, and his determination to complete Adelaide, Geraldton and then Rottneest in the past few months is staggering.

VW

### Steve writes:

I ran 21 sub-three hour marathons and my PB of 2.47.02 was at the South Australia State Marathon (SA). Wins came in the 2001 Alice Spring Marathon and the 2003 and 2006 Geraldton Marathons.

I've raced in all the Australian states and territories including Christmas Island. Other good results include third in the 1997 Rottneest Island Marathon, fourth in the 2001 Bunbury and fifth in the 2001 Perth.

### Travelling runner

'Abroad, I finished second in the 1996 race around the Great Pyramids of Giza and third in the 2004 race around Angkor Wat in Cambodia.

Other overseas Marathons I've raced include the 1987 Hamilton Marathon in New Zealand, 1999 Istanbul Marathon (which starts in Asia and finishes in Europe), 2002 London Marathon, 2002 Great Wall of China Marathon and the 2003 Singapore Marathon.

'As you know, for the past couple of years I've struggled with Bipolar Disorder depression. Getting out of bed in the morning is tough enough, making marathon training an impossibility.

I would like to thank all the wonderful members of the Masters Athletic Club for their support over the last couple of years - in particular Jim Barnes, John Bell and Richard Harris.'

## Cross-Country Season Round-up

by

*Patrick Smith*

Our women enjoyed particular success, winning one perpetual trophy and some cash prizes.

As reported previously, Claire Peet took the individual Short Course State Championship over 4km). Rosemary Johnson also ran well in the Long Course State Championships (8km), finishing 3rd.

AWA have released the final standings for the relay events, and our women finished third of seven teams behind, Penhros and Melville. The men's team was second

of six teams behind Stirling Swans, beating Westrack by one point and Melville by two. I hardly need to point out that these teams are considerably younger than ours!

Official results for the top four are:

Men	Women
SSN 62	Penrhos 69
MAWA 34	MLV 37
WTC 33	MAWA 32
MLV 32	WTC 22

This year's competitors were: Kerriann Bresser, Rosemary Johnson, Niamh Keane, Claire Peet, Margaret Saunders, John Collier, Eldon George, Patrick Smith, Peter Sullivan.

**MASTERS** competed with success in most Athletics WA cross country events this year and I want to thank our own members, as well as the non-MAWA runners who joined our Saturday efforts.

They ensured we could field full teams in the relays.

## New Member

SOMEONE else confused the typesetter last month.

New man, no 784, is Grahak Cunningham, not Graham. Sorry mate, you must get fed up with that mistake.

VW

## VINTAGE VETS IN VETRUM

IN the early days of the club Bob Sammells indulged his own fascination with veteran athletics and sporting performance to produce an absorbing series of articles for Vetrum.

I persuaded Bob to trawl through the archives so we can reproduce these pieces for today's membership. Too lengthy for the limited space of our monthly magazine, they will appear in full on the club website. Go to 'Vetrum Extra'.

### Olympians

There you'll find the oldest Olympic winners and place-getters (up to the mid-1980s!) Who's the man who won the Olympic marathon, and four years later improved his time by five minutes - to take bronze?

### Comrades

Read about the 39-years old farmer who won the 54-mile Comrades Marathon in 1922 and so began a career of world-record performances that lasted years.

### Walking with guns!

How about walking 1000 miles in 1000 hours, as 32-years old Mrs Emma Sharp did, two miles at a time over six weeks in 1864. Even



Bob Sammells

though she used a measured course - of 120 yards, railed-off outside a hotel in Laisterdyke, near Bradford - there were dangers.

Mrs Sharp dressed in men's clothes and walked this course two miles at a time, taking 30 minutes. She then rested in the hotel for 90 minutes before resuming. This was to go on for six weeks.

100,000 people paid to watch this lady pre-Vet. Some were punters who tried to nobble her by tripping, even trying chloroform her when it became apparent she would succeed. Given some police protection she also carried two pistols herself, fired 27 times during the last few days to protect herself!

Mrs Sharp completed the 1,000 miles at 5.15 a.m., October 29, 1864. The only reported discomfort was some swelling of the ankles in the early stages of the walk.

Bob says:  
"I've also been going through some old newspaper clippings on oddities and unusual feats. One was from the (UK) Daily Telegraph, dated 1971. I saved it for the results of a veterans international cross country race held in Epping Forest (near London).

In those days, of course, veterans sport generally didn't exist. If it did, it never made the national press. But I

## WINTER CONTEST ENDS IN STATE RECORD

**THE winter throwers met every Saturday morning at Perry Lakes from May to October and trained under the guidance of Lindsey Glass. Our regulars were joined by several new members and we even had guests from NSW and NT.**

In the season-final club Weight Pentathlon on October 11 some excellent performances were capped when Stan Selby set a new state record by a slender 15 points.

Many thanks to Lindsey for his coaching and support, and also to Bruce and Lurline Everard for their help with the pentathlon.

### Overall scores

M35	Randal Humich	2737
M40	Ian Cotton	2199
M45	John Everard	2523
M50	Tom Gravestock	2367
M60	Stan Selby	2970
		(SR)

saved it because it was a curiosity.

Then I came across it a few years ago and re-read it. Winner of the Men's 50 - 59 class, whose name meant nothing to me at that time, was John Gilmour!

## Age-graded throwers competition to come

IN January there will be an age-graded competition for throwers as part of the track and field programme held at Coker Park (Ern Clarke AC) on Thursdays, and UWA, McGillivray on Tuesdays.

The competition will comprise three attempts at each of the five throwing disciplines, the performances then being age-graded to find the overall winner. So throwers, here is your chance to shine regardless of age and gender.

Dates:

8 January & 13 January - weight throw and javelin

15 January & 20 January - hammer and shot

29 January & 3 February - discus

M70	Bob Fergie	2832
W55	Kate Glass	3770
	June Streeter	1517
W60	Bev Hamilton	3073
W80	Rae McMillan	

## News in brief

■ Damien Hanson - new ph. 9438 1310

■ City/Country T/F Challenge  
February 14, Bunbury

■ On-line entry, PLUS more info on Australian Masters Athletic Championships 2009 is on SAMA website [www.samastersathletics.org.au](http://www.samastersathletics.org.au)

## COMING EVENTS DESCRIPTIONS

### JAN 4 EAST PERTH

From McCallum Park; over then under Causeway, bike path near Police HQ and Gloucester Park. Up Nile St hill, rt at Trafalgar Rd, rt just before Claisebrook, return via bike path and Causeway. Short event turn is near Trinity.

### JAN 11 ASHFIELD

Under Tonkin Hwy, follow bike path to 10K turn near Tranby House. Take extra care on footpath of Swan View Tee.

### JAN 18 PT WALTER

Bike path to Troy Park and return. About 500m from start/finish long event takes brick path up hill. Follow to Blackwall Reach, return down brick path then turn left to finish. Watch for bikes on winding section after crossing Pt Walter Rd.

## Happy Birthday - December Masters

Ainsworth	Graham	M50	Keeley	Julie	W40
Antonioli	Nick	M55	Khan	Mike	M60
Bailey	Nick	M60	Lane	Bob	M60
Barrett	Geoff	M45	Latham	Saskia	W35
Barrie	Steve	M70	Lundgren	Troy	M55
Beaumont	Vic	M75	Millard	Val	W60
Carlton	Geraldine	W40	Moffett	Dalton	M75
Charlton	David	M55	Owens	Grant	M45
Collins	Kevin	M40	Pattinson	Chris	W50
Cowin	Phil	M60	Russell	John	M75
Ellard	John	M65	Saunders	Margaret	W55
Frearson	Don	M85	Schaefer	George	M75
Gardiner	Frank	M55	Slinger	Barrie	M65
Griffiths	Sean	M45	Smith	Brian	M70
Hamilton	Bev	W60	Toohey	Pam	W60
Harris	Richard	M70	Wallis	Rosa	W65
Hopper	Diana	W60	Watson	Graeme	M30
Humphrey	Terry	M55	Wills	Carolyn	W35



# Kalamunda Railway

November 2, 2008

Directors:  
Bridget and Bert Carse

**BRIDGET and I thank members who helped in one way or another to ensure that the Kalamunda Railway Heritage Run was successfully completed and safely held in an historic part of Kalamunda.**

Many years have passed since logs were transported by rail on the route now used for recreational pursuits. It was good to hear from members who enjoyed the tree-shaded tracks among a variety of wild flower blooms. Some members took time to stop and look at the wild flowers while other were running so quickly that they were looking for the finish. We hope that everyone

enjoyed their time in Kalamunda and would like to see them back here for the next run.

Thank you Bob Schickert, Barrie Thomsett, Ivan and Penny Brown, Barbara Blurton, Sarah Ladwig, Kerriann Bresser, Sandra Stockman and those other members who offered to help.

## 8K RUN

Rod Hamilton	M45	33:42
Bernard Mangan	M50	34:16
Dave Roberts	M65	35:40
Peter March	M45	35:40
Graeme Dahl	M55	35:51
Robin King	W50	36:04
Syd Parke	M55	36:20
Bob Schickert	M65	36:58
Wayne Taylor	M45	37:06
Chris Frampton	M40	37:09
Mike Hale	M60	37:38
Karen March	W45	38:03
Michael Karra	M40	38:15
Frank Smith	M65	39:17
Keith Atkinson	M50	39:18
Neil McRae	M55	39:20
Gillian Young	W60	39:45
Ivan Pilton	M65	40:05
Bruce Mathieson	M60	40:55
John Mack	M65	41:05
Maurice Creagh	M60	41:05
Richard Blurton	M55	41:06
Paula Karra	W35	41:12
Mike Khan	M60	42:21
Nick Miletic	M55	42:49
Peggy Macliver	W60	43:21
Carol Bowman	W50	43:27
John Pellier	M65	44:13
Julie Keeley	W40	45:36
Karl Stockman	M45	46:03
Ian Gallagher	M55	46:06
Lorraine Lopes	W65	48:14
Jeff Spencer	M65	49:27
Pam Toohey	W60	49:59
Marg Forden	W65	52:07
Arnold Jenkins	M60	52:13
Jim Barnes	M65	54:32
Vic Beaumont	M75	54:57
Margaret Bennett	W65	63:12
Margaret Warren	W70	65:25

## 4K RUN

Christopher Coates	M55	17:26
Jim Klinge	M60	18:02
Ross Keane	M45	18:17
Dante Giacomini	M40	18:40
Delia Baldock	W45	21:01
Jim Riddell	M65	22:58
Aldo Giacomini	M70	26:22
Genevieve Spiro	W35	26:22
Vic Waters	M60	28:15
Steve Toohey	M55	30:11

## 4K WALK

Beryle Doust	W60	32:17
Denise Viala	W55	38:37
Kirt Johnson	M75	38:38
Joan Pellier	W65	38:52
Maggie Flanders	W70	39:17
Dorothy Whittam	W70	40:27
Sylvia Szabo	W50	41:58
V1		41:59

## 8K WALK

Lynne Schickert	W65	65:33
Ray Hall	M70	65:33
Jeff Whittam	M70	68:48
Shorty Turner	M70	71:52
Pat Ainsworth	W70	80:24
Ann Turner	W70	80:25
Pierre Viala	M60	80:29

Bert



# Rottnest Marathon

October 19 2008

(153 FINISHERS)

## Pos.

11	Geoff Barrett	M40	3:17
41	Christine Pattinson	W50	3:41
62	Don Pattinson	M50	3:54
64	Brian Danby	M60	3:45
65	Brian Bennett	M60	3:55
120	Julie Keeley	W40	4:32
136	Steve Dunn	M40	4:47

*Pictured below, out on the trail (to prove you can run and carry a camera) are Aldo Giacomini and Genevieve Spiro. Inset are Dave Roberts and Peter March flying to the finish; and bottom, Wayne Taylor (running well in preparation for an NZ marathon) outdoing Chris Frampton.*





Trophy winner Sandra Stockman pictured a week earlier at Hale.



New member Rod Hamilton was overall winner at Kalamunda; below, part of the pack at the start.



# Cliff Bould Trophy

October 26, 2008

Director: Ivan Brown

Ivan Brown



A BRILLIANT morning tea in the sunshine followed the excellent running conditions for this traditionally tough handicap event. The event commemorates the memory of one of our founding members.

My thanks to the helpers. They were Bert and Bridget, who supplied drinks on Herrison Island; Raymond Gimi and Chris Frampton who organised drinks at the turn; Jane Elton and Phylis Farrell, gatekeepers on the island; Fayaz Jamal and Jim Riddell who gave directions at critical turns; and Penny and Alan who

did the recording, while Mike Rhodes was kept busy as handicapper.

The trophy went to Sandra Stockman although John Doust ran strongly (after a great effort in the Melbourne Marathon). Although he came in first he had not run enough races in the preceding months to qualify for a handicap win.

## 10.4K RUN

				H/CP
John Doust	M60	68:14	19:18	48:56
Sandra Stockman	W40	68:18	19:35	48:43
Di Jones	W55	68:38	10:24	58:14
Ray Hall	M70	68:45	06:30	62:15
Mark Sivyver	M60	68:48	19:24	49:24
Graham Thornton	M65	69:44	15:00	54:44
Amanda Walker	W40	70:07	25:00	45:7
John Talbot	M60	70:08	07:24	62:44
John Mack	M65	70:18	19:12	51:6
Liz Neville	W55	70:26	21:24	49:2
Syd Parke nf	M55	70:38	21:36	49:2
Pam Toohey	W60	70:41	07:36	63:5
Richard Blurton	M55	70:52	17:24	53:28
Garry Ogden	M50	70:54	22:00	48:54
Mark Rosen	M60	70:57	16:48	54:9
Michael Karra	M40	71:05	25:36	45:29
Val Millard	W60	71:14	09:24	61:50
John Allen	M50	71:21	28:30	42:51
V10		71:22	28:30	42:52
Fiona McAuley	W55	71:40	07:42	63:58
Maurice Creagh	M60	71:41	19:12	52:29
Charlie Chan	M55	71:42	12:54	58:48
Milton Mavrick	M50	71:45	15:36	56:9
Mike Khan	M60	71:46	17:06	54:40
Chris Maher	M55	71:47	30:54	40:53
Lorraine Lopes	W65	71:58	13:54	58:4
Gary McLean	M45	72:08	28:18	43:50
Peter March	M45	72:18	26:42	45:36
Paul Martin	M65	72:20	17:06	55:14
Roger Walsh	M65	72:23	11:42	60:41

## 5.2K RUN

Brett Roach	M35	19:01
V7		19:10
Mark Dawson	M45	21:46
Dave Roberts	M65	22:25
Ross Keane	M45	22:41
Ivan Lazarus	M55	22:56
Paul Hughes	M55	23:15
V6		27:02
Graham Ainsworth	M50	27:03
Ray Attwell	M70	28:36
Mike Anderson	M60	29:28
Wendy Clements-Green	W65	31:38
Jim Barnes	M65	32:04
Aldo Giacomini	M70	32:10
V4		34:38
Vic Beaumont	M75	35:52
Kathy Burr	W65	36:04
Steve Toohey	M55	37:33
Sheila Maslen	W70	37:52
V3		38:05
Denise Viala	W55	40:02

Duncan McAuley	M55	72:24	25:06	47:18
Frank Smith	M65	72:25	21:36	50:49
Peter Sullivan	M50	72:26	32:00	40:26
Neil McRae	M55	72:28	23:48	48:40
Delia Baldock	W45	72:29	15:00	57:29
Bob Schickert	M65	72:46	24:18	48:28
V1		72:57	22:00	50:57
Jim Klinge	M60	73:03	27:18	45:45
Gillian Young	W60	73:07	21:48	51:19
Bruce Mathieson	M60	73:08	21:30	51:38
Brett Roach	M35	73:12	34:00	39:12
Wayne Taylor	M45	73:13	24:35	48:38
Keith Atkinson	M50	73:15	21:24	51:51
Karen March	W45	73:19	24:24	48:55
Karl Stockman	M45	73:24	10:24	63:0
Ian Cotton	M40	73:28	23:54	49:34
Mike Hale	M60	73:32	24:48	48:44
John Pellier	M65	73:37	17:00	56:37
Nick Miletic	M55	74:11	18:36	55:35
Brian Bennett	M60	74:23	26:06	48:17
Bryan Hardy	M65	74:31	20:00	54:31
Carol Bowman	W50	74:45	17:36	57:9
Ian Gallagher	M55	75:02	14:00	61:2
Arnold Jenkins	M60	75:05	07:54	67:11
Paul Mattison	M50	75:13	13:40	61:33
John Ellard	M65	75:40	15:42	59:58
Paula Karra	W35	76:00	17:42	58:18
V5		78:39	n/h	
John Brambley	M65	77:18	17:30	59:48
V2		79:28	n/h	
Margaret Bennett	W65	80:14	00:00	80:14

## 5.2K WALK

				H/CP
Pat Ainsworth	W70	49:06	05:12	43:54
Bob Fergie	M70	50:11	6:48	43:23
Kirt Johnson	M75	51:14	08:24	42:50
Lorna Lauchlan	W75	51:22	07:42	43:40
Patricia Hopkins	W65	51:23	06:36	44:47
Maggie Flanders	W70	51:30	01:42	49:48
Peter Hopper	M60	51:33	14:24	37:9
Ann Turner	W70	52:22	06:36	45:46
Lynne Schickert	W65	52:30	14:00	38:30
Sylvia Szabo	W50	52:33	03:36	48:57
Peter Ryan	M55	53:22	13:54	39:28
Beryle Doust	W60	53:25	09:36	43:49
Jennie Lee	W50	53:38	08:06	45:32
Dorothy Whittam	W70	53:51	05:18	48:33
Jeff Whittam	M70	53:52	10:48	43:4
Richard Danks	M65	56:05	15:06	40:59
Rosa Wallis	W60	56:38	08:54	47:44
Shorty Turner	M70	58:38	00:00	58:38
Pierre Viala	M60	58:39	00:00	58:39
John Smith	M70	58:41	11:54	46:47
Elaine Ellard	W65	60:42	07:48	52:54



# Safety Bay

November 9, 2008

Directors: Pam and Steve Toohey

ANOTHER fine but slightly windy day for our annual Safety Bay run, and about fifty people turned out to enjoy our normal challenging course and sausage sizzle to follow. This year the proceeds (\$80) have been sent to David Baird's wheelbarrow charities.

Thanks to all our helpers on the day. This unfortunately was our last time as race directors for this run as, hopefully, we will be on the road with our caravan next year playing grey nomads. The baton has been passed to the capable hands of John and Elaine Dance. Maybe next year they will see more members renewing their passports and making the trip to Safety Bay?

Thanks once again to all our helpers over the past six years.

Steve and Pam



Pam Toohey, showing off her number at Kalamunda.

## 5K RUN

Ross Keane	M45	21:01
Barry Jones	M50	24:50
Shirley Bell	W60	25:12
John Brambley	M65	25:19
Maurice Creagh	M60	25:50
Carol Bowman	W50	27:13
Martin Watkins	M60	27:34
Vis 9		27:34
Merv Jones	M75	30:18
Vic Beaumont	M65	30:49
Jim Barnes	M60	33:06
Shorty Turner	M70	47:00
Pierre Viala	M60	47:00
Gordon Medcalf	M75	48:02

## 10K RUN

Lachlan Marr	M45	39:06
Rod Hamilton	M45	42:02
Peter March	M45	44:00
Brian Danby	M60	46:09
Vis 10		47:22
Sandra Stockman	W40	47:30
Bruce Mathieson	M60	49:00
Nick Miletic	M55	50:46
Vis 3		50:56
Vis 4		54:49
Lorraine Lopes	W65	57:23
Charlie Chan	M55	57:27

# Nedlands

November 11, 2008

Director: Frank Gardiner

## 5K RUN

Andrew Brooker	M35	18:58
Paul Burke	M35	20:31
Graeme Dahl	M55	21:04
Dave Roberts	M65	21:26
Ross Keane	M45	21:40
Jim Klinge	M60	21:51
V5	#N/A	22:09
Dante Giacomini	M40	22:50
Ivan Brown	M60	23:18
Paul Hughes	M55	23:38
Bruce Mathieson	M60	23:53
Margaret Saunders	W55	24:05
Margaret Langford	W60	24:33
Vic Waters	M60	24:58
V4	#N/A	25:45
Hamish McGlashan	M70	26:05
Delia Baldock	W45	26:28
Irwin Barrett-Lennard	M75	26:37
Peggy MacIver	W60	26:55
Mike Anderson	M60	28:21
Arnold Jenkins	M60	29:22
Aldo Giacomini	M70	30:45
Merv Jones	M65	31:07
V7	#N/A	31:38
Steve Barrie	M70	32:04
V1	#N/A	32:09
V6	#N/A	32:34
Pierre Viala	M60	35:01
Kathy Burr	W65	35:13
Sheila Maslen	W70	36:00
V8	#N/A	37:24
Margaret Warren	W70	38:28
Ray Lawrence	M80	38:50

## 10K RUN

Brett Roach	M35	37:50
Peter Sullivan	M50	39:45
Grahak Cunningham	M30	41:47
Rod Hamilton	M45	42:34
Mark Dawson	M45	42:45
V2	#N/A	43:00
V10	#N/A	43:42
Steve Hossack	M45	44:00
Syd Parke	M55	45:25
Wayne Taylor	M45	45:45
Garry Ogden	M50	46:17
Bob Lane	M60	46:20
Sandra Stockman	W40	47:00
Michael Karra	M40	47:02
Raymond Gimi	M40	47:13
Neil McRae	M55	47:36
Frank Smith	M65	50:00
Ivan Pilton	M65	51:23
Paula Karra	W35	51:49
Barry Jones	M50	52:28

Vis 7		59:12
Vis 8		59:13
Sarah Ladwig	W55	59:34
Vis 2		63:37
Brian Smith	M65	63:43
Vis 1		65:08
Kathy Burr	W65	72:47
Margaret Warren	W70	75:16

## 5K WALK

Peter Hopper	W60	34:50
--------------	-----	-------



Frank

V11	#N/A	53:08
Richard Blurton	M55	53:12
Mike Khan	M60	53:20
Graham Thornton	M65	53:47
Brian Bennett	M60	55:12
Milton Maverick		55:52
John Ellard	M65	56:18
Roger Walsh	M65	57:06
Bob Schickert	M65	57:09
Jackie Halberg	W60	57:32
Charlie Chan	M55	57:34
Karl Stockman	M45	57:57
V3	#N/A	62:15
Jeff Spencer	M65	62:16
Val Millard	W60	65:21
Lorraine Lopes	W65	65:21
Brian Smith	M70	65:21
Vic Beaumont	M75	73:56

## 5K WALK

Mike Rhodes	M60	34:14
David Brown	M60	36:06
Lynne Schickert	W65	38:56
Lesley Romeo	W60	38:57
John Frost	M70	40:09
Kirt Johnson	M75	40:55
Barbara Blurton	W55	41:52
Jeff Whittam	M70	41:55
Lorna Lauchlan	W75	42:57
Rosa Wallis	W65	43:38
Elaine Ellard	W65	43:41
Beryle Doust	W60	43:58
Pat Ainsworth	W70	44:53
Denise Viala	W55	45:24
Ann Turner	W70	45:24
Sylvia Szabo	W50	47:43
Maggie Flanders	W70	48:51
Leo Hassam	M75	48:52
Phyllis Farrell	W60	49:07
Shorty Turner	M70	55:13

## 10K WALK

Peter Ryan	M55	76:53
V9	#N/A	82:27

Beryle Doust	W65	37:13
Lynne Schickert	M45	38:37
Jeff Whittam	M70	40:29
Patricia Hopkins	W65	43:18
Ann Turner	W70	43:22
Dorothy Whittam	W70	44:54
Maggie Flanders	W70	47:20
Noela Medcalf	W70	47:30

## 10K WALK

Val Millard	W60	68:59
-------------	-----	-------

# McGILLIVRAY

October 28, 2008

## 3000M

Points event			%
Mark Dawson	M47	11:05.0	73.86
John Collier	M42	11:44.4	67.09
Duncan McAuley	M59	12:02.1	75.11
Wayne Taylor	M49	12:17.3	67.68
Ross Keane	M47	12:23.2	66.09
Frank Smith	M66	12:46.0	75.38
Ivan Brown	M63	13:01.2	71.91
Vic Waters	M64	13:48.7	68.41
Peter Hopper	M63	14:25.3	64.93
Carl Ciccarelli	M47	14:30.0	56.46
Tracey Hancock	Vis	14:31.4	
Carol Bowman	W53	15:35.7	65.34
Nick Miletic	M57	15:36.7	56.91
Fiona McAuley	W57	17:23.9	61.85

## DISCUS

			%
Rocky Cloete	Vis	29.68	
John Everard	M50	27.11	36.60
Rob Shand	M76	21.03	47.44
Peter Hopper	M63	19.81	32.00
Ivan Brown	M63	17.54	28.34
Mark Dawson	M47	14.87	21.90

November 4, 2008

## 400M

			%
Mark Dawson	M47	61.2	79.27
Duncan McAuley	M59	63.1	83.26
Toni Phillips	W36	63.2	79.47
Roy Fearnall	M65	65.2	83.66
Keith Edmonds	M41	69.4	67.01
David Luck	M49	73.9	66.56
Graeme Dahl	M59	70.2	74.84
Peggy Macliver	W64	79.2	83.40
Ivan Brown	M63	80.0	67.33
Liz Neville	W57	82.4	75.34
Carol Bowman	W54	88.4	68.32
Shirley Bell	W60	90.7	70.35
Ross Keane	M47	73.2	66.27
Peter Hopper	M63	83.9	64.20
Scott Haylett	Vis	87.2	
Catherine Keane	Vis	1:47.3	
Lynne Schickert	W67	2:06.6	54.26
Val Prescott	W64	2:06.7	52.14

## SHOT

			%
Graeme Dahl	M59	5.17	31.24
Liz Neville	W57	5.29	36.92
Peggy Macliver	W64	6.24	50.49
Lynne Schickert	W67	4.86	42.22
Peter Hopper	M63	7.61	45.56
Geoffrey Gee	M55	11.66	64.23
Rae McMillan	W80	6.43	82.05
Ivan Brown	M63	6.69	40.05
Rob Shand	M67	6.91	46.98
Mark Dawson	M47	6.34	31.80
Shirley Bell	W60	5.51	40.86

## LONG JUMP

			%
Peggy Macliver	W60	3.55	
Lynne Schickert	W65	2.40	

11 November 2008

## 3000M WALK

			%
Tanya Holloway	Vis	16:35.1	

# Patron's Trophy

Liz Neville	W57	19:08.6	72.75
Peter Hopper	M63	19:43.9	68.92
Shirley Bell	W60	20:42.8	69.39
Lynne Schickert	W67	22:18.4	70.04
Ivan Brown	M63	22:28.9	60.49

18 November 2008

## 100M

Lee Stergion	Vis	12.5	
Barrie Kernaghan	M68	14.0	87.68%
Norm Richards	M71	14.5	86.69
Mark Dawson	M47	15.4	69.87
Toby Dawson	Vis	13.5	
Duncan McAuley	M59	15.7	74.06
Peggy Macliver	W64	15.7	89.50
Peter Hopper	M63	16.4	72.65
Liz Neville	W57	16.6	79.25
Ross Calnan	M68	17.1	71.79
Carol Bowman	W54	18.4	69.42
Shirley Bell	W60	19.9	68.07
Ivan Brown	M63	16.2	73.55
Scott Haylett	Vis	16.4	
Ross Keane	M47	19.8	54.34
Catherine Keane	Vis	20.1	

## HAMMER

Mark Dawson	M47	13.22	18.78%
Liz Neville	W57	11.77	21.88
Shirley Bell	W60	6.32	12.52
Rob Shand	M76	15.65	34.97
Rae McMillan	W81	18.02	66.35
Peter Hopper	M63	16.39	28.50

# COKER PARK

October 21, 2008

## 10,000M

			%
Alan Gower	M50	38:56.5	79.22
Andrew Brooker	M39	39:08.9	70.65
Mark Dawson	M47	40:43.2	72.19
Graeme Dahl	M59	41:59.3	77.30
John Collier	M42	43:36.3	64.87
Ivan Brown	M63	46:54.8	71.67
Sandra Stockman	W43	47:32.3	66.79
Shirley Bell	W60	49:31.8	79.54
Tracey Hancock	Vis	54:41.7	
Carl Ciccarelli	M47	54:41.7	53.75
Fiona McAuley	W57	60:58.1	61.82

October 30, 2008

## 400M

Chris Neale	M39	56.0	81.85
Campbell Till	M51	58.5	85.22
Ian Cotton	M44	58.7	80.94
Toni Phillips	W36	61.8	81.27
David Luck	M49	68.7	71.59
Paul Haylett	M47	61.3	79.14
Kim Thomas	M34	65.6	67.32
Ross Keane	M47	68.5	70.82
David Carr	M76	71.3	92.73
Peter March	M49	72.1	68.22
David Clive	M71	72.2	83.25
Bob Schickert	M66	72.7	77.37

John Dennehy	M49	76.1	64.63
Bruce Mathieson	M64	80.0	67.76
Delia Baldock	W46	76.1	73.43
Gillian Young	W61	83.8	76.79
Jackie Halberg	W62	88.2	73.60
Carol Bowman	W53	88.2	67.82
Sarah Ladwig	W59	1:43.3	61.20
Lynne Schickert	W67	1:59.2	57.62

## SHOT

Bob Schickert	M67	6.12	41.61
Lynne Schickert	W67	6.31	54.82
Carol Bowman	W53	3.53	22.83
Chris Neale	M39	8.77	38.75
Ian Cotton	M44	8.47	40.11
Campbell Till	M51	7.58	38.36
John Dennehy	M49	5.41	28.33
Paul Haylett	M47	7.06	35.42
Julie Plackett	W39	6.65	33.71
Peter March	M49	5.96	31.21
Kim Thomas	M34	8.16	35.29
Bruce Mathieson	M64	8.74	53.93
David Carr	M76	6.33	42.51
Mark Hamilton	M38	12.02	52.83
Gillian Young	W61	4.30	32.58
Toni Phillips	W36	6.89	32.81
Sarah Ladwig	W59	3.66	26.58
Karen March	W47	3.37	20.64

November 6, 2008

## 3000M WALK

Robin King	W50	16:06.8	81.00
Liz Neville	W57	18:36.3	74.86
Valerie Millard	W61	19:55.9	72.92
Shirley Bell	W60	20:40.3	69.53
Lynne Schickert	W67	21:46.6	71.74
Stan Jones	M83	22:20.3	79.20
Bob Neville	M75	23:58.3	65.48

November 13, 2008

## 100M

Chris Neale	M39	12.0	84.85
Campbell Till	M51	12.5	88.40
Paul Haylett	M47	12.6	85.39
Colin Smith	M45	13.1	81.06
Roy Fearnall	M65	13.6	88.68
Corey Thomas	M32	13.3	73.61
Kim Thomas	M34	14.2	69.16
Nick Miletic	M57	15.0	76.54
Bob Schickert	M67	15.9	76.74
Bruce Mathieson	M64	17.5	68.50
Graeme Dahl	M59	15.2	76.49
Valetta Boddy	W45	15.3	76.01
Peggy Macliver	W64	15.3	91.84
Delia Baldock	W46	15.9	73.91
John Dennehy	M49	16.0	68.15
Gillian Young	W61	16.7	81.85
Carol Bowman	W54	18.5	69.05
Valerie Millard	W61	20.5	66.68
Lynne Schickert	W67	22.5	64.16

## HAMMER

David Carr	M76	16.57	37.03
Valerie Millard	W61	13.75	27.86
Valetta Boddy	W45	13.65	26.89
Lynne Schickert	W67	9.96	23.33
Mark Hamilton	M35	34.29	
Mick Adams	M50	18.64	
Julie Plackett	W35	15.72	
Karen Eastwood	W40	12.76	



# COMING EVENTS and helpers list

## Track and Field

Summer meetings began October 8 – see September Vetrin no. 414 for full programme.

ALL HELPERS – contact your director and confirm if you are available. If not, also call Bob Schickert to be re-assigned.

## JANUARY 4 EAST PERTH

Directors:  
Jill Midolo & David Brown  
9381 5565

Shirley Bell, Kay & Sandy Burt, Ralph Henderson, Steve Hossack & Basia Lis, Jan Jarvis, Stan Lockwood, Lorna Lauchlan, Dalton Moffett, Ralph Henderson, Mark Rosen, Alan Pomery, Mark Sivyler, Gillian Young.

## JANUARY 11 ASHFIELD

Directors:  
Denise & Pierre Viala  
9307 1249

Graham Ainsworth, Pat Ainsworth, Johan Hagerdoorn & Julie Wood, Kirt Johnson, Lorraine Lopes, Norm & Pat Miller, Dalton Moffett, Brian & Pam Smith, Alan Thornily, Ann & Shorty Turner.

## JANUARY 18 POINT WALTER

Director:  
Dave Roberts  
9472 0039

Maree Creighton, Gary Fisher, Paul Hughes, Robin King, Paul Martin, David Muir, Graeme Uren, Mal Vernon, Rhod Wright.

**PRINT  
POST**

PP644113/00007

**POSTAGE  
PAID  
AUSTRALIA**

IF UNCLAIMED PLEASE RETURN TO:  
PO Box 197 SUBIACO WA 6904

## MASTERS ATHLETICS WA – Club Contacts

### Magazine Editor:

Vic Waters  
Ph/fax: 9341 3464  
email:  
vicwaters@iprimus.com.au

### Correspondence:

Secretary MAWA  
11A Dandenong Rd  
Attadale WA 6156  
9330 3803

### Website:

www.mastersathleticswa.org

### email:

enquiries@mastersathleticswa.org



### President:

Barbara Blurton

### Patron:

John Gilmour

For club uniform clothes, call:

Patricia Hopkins 9446 4452 pathopkins@myplace.net.au or  
Peter March 9418 8770 karenmarch312@msn.com