

Vetrun

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IRON PEOPLE

CONGRATULATIONS to Brian Bennett and Shirley Bell for completing the Ironman in Busselton. Brian was third in his age group and Shirley scored a big front-page story in The Senior newspaper.

The Ironman comprises a 3.8 km swim, 180 km bike ride and 42.2km run.

Brian came in 558th – swim 1:16:30; ride 5:49:25; and run 4:05:33.

Shirley was 1109th – swim 1:50:01; ride 6:51:57; run 5:53:07.

Many entrants DNF; 1167 did!

Shirley, and the four others in her age group, all broke the record time. Brian plans another in NZ in March.

Sarah Ladwig

Rottnest

OF the 140 competitors in this year's offshore event, six were Masters.

Jo Clark-Murphy	3:30:19
37th overall	
Brian Danby	4:11:33
Kelvin Hourquebie	5:03:31
Glynis Hourquebie	5:03:32
Julie Keeley	5:18:46
Stephen Dunn	5:41:49

Apologies if I have missed anyone!

Sarah Ladwig

Favourites take Patron's Trophy again

THE Patron's trophy took place at ECAC and UWA during the past three months. This is an age-graded test of the all round performance of our track and field athletes. In recent years only Henri Cortis and Campbell Till have wrested the men's trophy from David Carr, but this year David maintained his hold.

Peggy Macliver continues to reign supreme with outstanding scores in both track and field events. Certificates are awarded to all those who completed the competition.

BB

Nine days, five records: Is this a record?

THE club's statistician had already been alerted to be prepared for a clutch of new state records as Bev Hamilton was about to turn 65. But the speed with which all five throws records have been broken has stunned all of us. At ECAC, the day after her birthday and with the cake just about digested, the weight throw and hammer records fell to the strong lady. A week later at the same venue it was the turn of the shot put and javelin records to fall. Still

Helpers needed

SWITCHING the Membership Run to 27 March has caused numbers to fall away sharply – so we need offers of help for that event please.

Jeff Bowen

with a thirst for more, Bev completed the clean sweep the following day at the Strive meet. This time it was with the discus. Nine days, five records – is this another record?

John Oldfield



Perennial Patron's Trophy winner David Carr – club number 2 – is pictured at the Perry Lakes run with new member – no 1000 – Monique Fountain.

New Members: – Welcome!

THE 1000 barrier is well and truly hurdled and WA Masters' membership keeps on growing.

- 997 MILICICH: Marguerita W30
- 998 CHALMERS: Colin M35
- 999 VOGLER: Garry M35
- 1000 FOUNTAIN: Monique W35
- 1001 URBANOWICZ: Greg M30
- 1002 PHILLIPS: Mark M45
- 1003 PHILLIPS: Linda W45



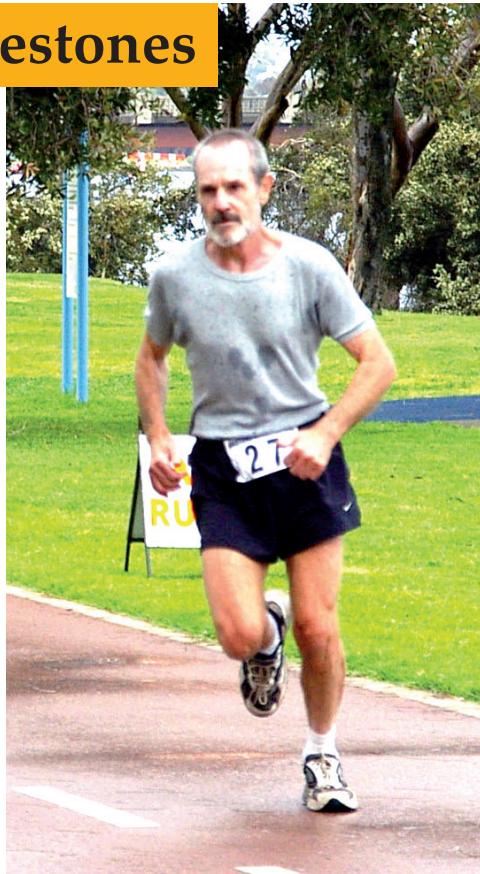
MAWA's marathon milestones

by
John Oldfield

A CASUAL conversation whilst marshalling the Garvey Gallop with Brett Roach elicited the fact that he had run 2h39m in the 2010 Melbourne Marathon – a PB by more than a minute. Impressed with this achievement by one of our present-day top runners, I thought I'd check it against the State records – just in case. That sowed the seeds for this article.

What I found out was that the M40 state record for the marathon is a stunning 2:29:06, set in 1982 by Frank Smith.

"Actually it was 2:29:05.6" quips Frank "but they rounded it up!"



The records....

MEN'S WA State records are: M35, 2h:33m; M40, 2h:29m; M45, 2h:30m; M50, 2h:40m - and that was all before John Gilmour got into the act at age 55.

Full details of these and other records are on the website and the list brims with great names in the distance-running pedigree of the club. Frank speaks fondly of the wonderful battles he had over 10km, 10 miles, half marathon and marathon with the great Hank Stoffers, a Bunbury man.

Hank died a few years ago, struck down by cancer. However, his 2h30m at M45, set in 1987 and an age-graded 90%, still lives on in the record books.

Phil Wall, a less well-known runner who was around in the early years of WAVAC, holds the M35 marathon record of 2h:33m, which has stood since 1979. A teacher by profession, it's thought that he went off to work in the north-west somewhere.

Steve Barrie, whom Bob Schickert describes as a "top marathon runner in his 50s" still holds the M50 record of 2h:40m set in the Perth Marathon of 1991.

Steve, who turns 75 on

All record-holders: above left Irwin Barrett-Lennard and, right, Frank Smith.

Below, Steve Barrie, and right, Steve Dunn.



of 1978 at the age of 34, but he was too young to be a Vet in those days.)

Stephen Dunn has a further claim to fame that will not be surpassed. He was the second MAWA member to run 100 marathons, after Jim Barnes.

John Gilmour

West Australian running legend John Gilmour was already 55 when he decided there was sufficient interest to form a veterans' club. And so WAVAC (now MAWA) came into being in 1978. Australian Masters' national and state records can only be set by fully paid-up members of a Vets/Masters club, so John's

records begin with his M55 time of 2h38m.

This he achieved in the 1978 Perth Marathon when he was already at the top end of the age group – a young 59. His 95.8% age-grading defies any challengers. It will take another very exceptional runner to knock this one off the record books.

In his memoirs, *Lasting the Distance*, by Paul Collier, John remembers great battles he had over the years with Frank Smith, 20 years his junior and of no mean ability.

John Gilmour also holds pride of place through the next three age groups – each with age-graded times that exceed 90%.

World best

Undoubtedly his greatest marathon record is the M60, when in Albany in November 1981 he set a world-best. His time of 2:41:07 is mind-numbing, rated at 97% in the modern tables.

Twenty-nine years later this is still the Australian record, and is likely to remain so for some time to come. Five years later John also broke the M65 record with a run of 2h58m, better than 92%.

In his memoirs, John reminisces about his attempt to be the first 70 years old to run a sub-3hour marathon. He chose Albany again, some six ►

You write...

About the buggies....

'No'

Vic

I presume that you were either flying a kite or playing devil's advocate with the piece about buggies? I can't imagine our Garvey Lakes run with buggies - 'twould be a real problem.

John Oldfield

'Yes'

Hi Vic,

I agree that people pushing prams or wheelchairs should be welcome at Sunday morning runs.

Our runners are experienced and know where to be in the line-up at the start, and how to facilitate safe overtaking. The safety issues of all kinds are much less than at fun runs with a large number of inexperienced runners.
...and also

Another thing I would like to see is an associate membership category for our younger runners. We have regular younger runners who are recorded only as a visitor number and spend more on

MAWA's marathon milestones

months after his 70th birthday in 1989. "I found myself bunched with a group of quality runners", John begins. All were top-class marathoners and yet the 70-year-old Gilmour was up there with them. He berates himself for missing his target by attempting to stay with the younger, faster men instead of staying back in the field. It is a measure of the man that he goes on to say (in *Lasting the Distance*, the recent Gilmour biography by Paul Collier) "This tactical error proved that you are never too old to learn."

The final two men in the marathon state record book are M75 Irwin Barrett-Lennard and M80 Cecil Walkley. Each set their times in the Perth Marathon, Irwin in 2005 and Cecil in 2009. Irwin showed at the World Masters Championships in Finland that he can tough it out over a whole range of distances, taking gold in the

'No'

OTHER – verbal - comments re baby-buggies (or pushers) made by members to me include:

"IF the majority of members want them OK – but I disagree on safety grounds."

Jackie Halberg.

"IT'S not what this club is about."

David Carr.

JOAN Pellier was also against the idea. She recalled a runner in a Marathon Club event being tripped by a pusher. "We're not so nimble," she said "and when you hear someone call 'coming though' it can become a problem."

Others had no objection, but made the (jocular) comment that the only problem with them was that they were too fast and would beat us!

Vic Waters

visitor fees than the rest of us spend on membership.

I suggest that we allow anyone under 30 to join as an associate with the same rights and responsibilities as other members – for Sunday morning runs only.

The Masters restriction to over 30 seems relevant to track and field but not to our Sunday morning activities.

John Byrne



Cecil Walkley

5000m, 8km cross-country and 10,000m and Cecil's genes are clearly evident in daughter Claire, who recently completed a very creditable Comrades Ultra Marathon.

In a future Vetrur, John will examine the marathon performances of Veteran/Masters women in Western Australia.

'Yes'

Hi Vic,

I would love to see younger Mums and Dads at the Sunday runs. I see no problem with them pushing their babies on the course.

I've seen a few in the marathon club events and even more in races in Melbourne, where there are much greater numbers.

Some are very quick and some slower, but they always seem to seed themselves according to pace and I've never heard of any complaints. I had a couple of babies from age 35 when I was competing in Vets and if the prams were around then I may have tried it. Then, maybe with my eyesight, perhaps not a good idea.

Young people love the interaction with older people, and vice versa. So if it allows younger people to join, then I think that's a good thing.

Regards Tessa Brockwell

Hi Vic

Could we just remind members once again that they can join AWA for \$10, particularly if they are planning to enter Strive events. I know Bob has been encouraging people!

Sarah Ladwig

They also serve

Hi Vic

Good article about distribution of MAWA jobs.

You may not be aware that at ECAC on Thursdays Carol Bowman and Nick Miletic have for over six months been looking after the gear and arranging the tea/biscuits/cake (April to Sept). Tom Lenane has for many years done the starting. Suggest you mention them in the January Vetrur.

Bob Schickert

Garvey glitch

Hi Vic,

There was a recording error in the results of the Garvey Gallop – due to hoards coming through the chute at the same time – is it worth a correction in the next Vetrur?

Anne Turner was omitted from the 4.8km walk - she did 49:00 (walking with Margaret Warren)

*Cheers,
Christine Oldfield*

My View... by The Editor



Dear ANON...

THANKS for your interesting letter about the City to Surf, but anonymous correspondence doesn't make it in Vetrur. If you want your comments to appear here, have the courage to stand up for them. Send your name.

Dear Diarist...

RECYCLING is a good thing, but wrapping your old, part-used diary and placing it as your contribution at the Christmas Gift Run is plain mean. If you can't afford to bring a present, there's a simple solution: don't take one.

Six-Inch Marchers

PETER and Karen March completed the Six Inch Trail Marathon on the Munda Biddi track at the end of December. Both finished in 5:01:27, over 46km on tough terrain.

Vic, Re my phone call to you on 15/11/10, the photo of the beach runners could not be 1973 as the club was formed in 1974 (per page 45 of Australian Masters Athletics Handbook 2010–11).

Alan Deans

Thanks Alan. Good to know that I'm not infallible. VW

Picture was taken in the early 80s.

More from you – page 4.

Smarten up your number

ANY members who want a replacement or spare running number please contact Secretary Sarah. It's more cost-effective to order in some bulk, and so far she has only one order.

So if your's is a bit tatty - or you have to make a shaky hand-drawing on a bit of kitchen-roll every Sunday morning, do yourself a favour. You'll be helping the recorders, too!

About those early numbers....

LAST month's list of the early members missed one important name. David Carr is no. 2, and one of the club's most notable people.

You may have noticed some missing numbers. The following fills in the gaps; first, those members who are deceased.

1 Cliff Bould
5 Colin Junner
8 Bill Hughes
21 Jill Midolo
28 Val Tyson
32 Henk Stoffers
The following have not kept up their memberships.

12 Kathleen Holland
13 Ross Holland
14 Charlie Spare
15 Allen Tyson
17 Don Caplin
18 Mike Berry
22 Derek Crowther
26 Nora Berry
29 Enid Crowther
36 Joan Slinger

Last month's collection ended at no. 40, John Pellier.

Here are some more golden oldies.

41 Barrie Thomsett



42 Dalton Moffett
43 Roger Walsh
44 Ross Williams

45 Brian Waldhutter
46 Pat Carr



47 Joan Pellier
48 Eileen Hindle (non/fin.)
49 Mike Khan
50 Margaret Warren
51 Brian Foley (dec'd.)
52 Phyllis Farrell
53 Jim Langford
54 Stan Latchford (non/fin.)
55 Barrie Kernaghan
56 Hamish McGlashan
57 Erica Mercer
58 Graham Thornton
59 Sheila Maslen
60 Dave Roberts

That's all for now, don't want to get you too excited.

Next month I'll drag some more creaking joints from the vaults, so everyone can marvel at how many of these originals are still on their feet, and competitive!

VW

'TENDINOPATHY' is an overuse or degenerative injury of the tendon that is common in mature athletes. Predisposing factors relevant to Masters include the number of years of running (collagen changes occur as we age), a change of footwear (or poor/aging footwear), increase in training load, (speed, distance, etc), decreasing recovery time, or poor strength or flexibility (can be related to calf or foot injuries).

Common sites for tendinopathy include Achilles

Tendinopathy

by
Chris Perrey

tendon (often runners), patellar tendon (jumpers) or rotator cuff tendons (throwers). Symptoms of tendinopathy are that the tendon is painful when cold, but pain may diminish when warmed up (and can often run pain-free), but gets painful once activity has finished, and is often tight and sore the next morning. There may also be a thickening of the tendon.

Training runs



Hi Vic

With reference to your request for details of our Saturday training runs, it's hard to give any details as we seem to change the course more or less every time we run. I suggest that if anybody does want to join us, they could be put on our mailing list and receive an email sent out every week as to the venue.

We are mainly a south of the river group but we often go as far as East Perth, Vic Park and other areas not in our neighbourhood. As we have runners of all abilities, there is no reason why anybody can't join us. There is also a walking group for the injured, infirmed or for those just feeling lazy! We exercise for approximately one hour and then all of us join up for breakfast at whatever establishment is close by. Everybody is welcome. Starting time is 6.30am every Saturday and my email address is b.t.s@westnet.com.au.

Regards Paul Martin

Sabrina

G'day Vic

Sabrina Hahn's article on Chia seeds in the West Weekend (Saturday 18th Dec.) waves enticing words such as massive quantities of protein, potassium, omega-3 before us, also claiming 'performed outstandingly well in athletics'. However various websites warn of possible side effects.

Self-management for tendinopathic injuries include

Applying ice after training (for 20 minutes)

Load management, including reducing distance, speed, number of sessions per week, while maintaining fitness by 'cross-training' (e.g. spending time in the pool or on a cycle instead of on the track)

A regime of strengthening and/or stretching may be required, as well as hands-on or manual therapy such as dry needling (acupuncture) and massage. Tendinopathies can be difficult conditions to

You write...

Barbara to get the boot!

Dear Lyn and Bob,

Could you please pass on my thanks to everyone who helped me back to the car after my accident. I am now in a plaster cast (didn't want the surgical procedure) so might be a bit longer job but I am a wus on OPs. The cast stays on for 6 weeks then a surgical boot. Very frustrating.

Hope to see you at some later date.

Wish you all a Happy Xmas and a successful season.

Barbara Campbell

(Barbara collapsed in a recent 60m at UWA.)

Missing Member?

THE policeman on Christmas Island interviewed on ABC news over the boat tragedy is Jon Tuttle who was member 427. I wondered why he did not renew. Now the answer is known. It is difficult to travel to Sunday runs from where he lives.

Bob Schickert

WWW.Chiaseeds.us does mention boosting energy level, help in cancer treatment, those attention-grabbing words 'weight loss' but (their grammar) —in upper age group be careful as chia seeds are capable of lowering the pressure of the blood to the dangerous level' and 'addictive effects' also "warfarin - exclude this - chia seeds increases the risk for bleeding.' Now if every one of us took performance boosters wouldn't that return us to the existing status quo ?

Ray Hall

fully recover from, and your physiotherapist can help with managing your condition and can co-ordinate with other health professionals such as podiatrists or sports physicians if required, to facilitate your prompt return to sport.

Chris is a WA Masters and current Australian M35 400m and 400m hurdles champion. He is a physiotherapist at Challenge Stadium. Contacts: chris@ascendphysio.com.au, or 9387 2699. MAWA athletes can benefit from a \$10 discount – just ask at reception.



First in the short run: has anyone ever seen Jim Klinge having an easy one?

5.25K RUN

Jim Klinge	M60	22:20
V4		22:29
Tristan Bell	M45	23:29
Mark Hewitt	M55	23:47
Graeme Dahl	M60	24:27
Sandra Stockman	W45	24:52
Margaret Saunders	W55	25:19
Dante Giacomin	M40	25:52
Wayne Taylor	M50	26:12
Chris Koemam	M50	26:33
Vic Waters	M65	26:50
V7		27:17
Nick Miletic	M55	27:46
John Mack	M65	27:53
Johan Hagedoorn	M65	28:08
Delia Baldock	W45	28:28
Hamish McGlashan	M70	28:35



Equally determined, Regina Crouch keeps on improving, be it run or walk. ►

◀ Toni Frank took on those riverside hills twice, while many thought better of it.



Mosman Park

December 5, 2010

Director: Paul Martin

AS this event's race director, Paul Hughes, was away, Bernadette Berrell and myself were asked to organise it.

Apart from the fact that the individual who gave us the key for the changing rooms gave us the wrong alarm code, and hence the dulcet tones of the alarm were heard by all for the duration of the event, everything seemed to go as planned.

Thanks to the helpers and all competitors who competed in this difficult event. Although only two 5.25km laps, the terrain is very varied with plenty of steep inclines.

I must also apologise for inviting my nephew and his wife, who are here for a week from the US, to compete, only to have him finish six minutes ahead of Chris Reid the club winner of the 10.5k race. I tried to trip him up on the turnaround but he was just too quick! Oh well better luck next time!

Paul



WHO was that masked man? We don't usually point out visitors, but when they beat the field by six minutes, a mention is deserved. It's director Paul Martin's US-based nephew under that disguise.

Damien Hanson	M55	42:05
Toni Frank	W65	44:13
V5		44:17
Linda Rhodes	W60	49:53
Mary Heppell	W70	49:55

10.5K RUN

V2		40:14
Chris Reid	M45	46:46
Paul Burke	M40	49:35
Ross Keane	M45	52:09
Maurice Creagh	M60	52:47
John Bell	M65	53:48
Neil McRae	M55	54:01
Sean Keane	M45	54:02
Bruce Mathieson	M65	55:04
Gary Fisher	M55	55:28
Mark Dawson	M45	55:56
Keith Atkinson	M50	56:27
Mike Hale	M60	57:07
Maree Brown	W45	57:16
Dennis Hughes	M60	59:40
V9		60:05
Milton Mavrick	M55	60:40
Julie Wilson	W55	60:52
Greg Wilson	M60	62:41
Sarah Ladwig	W60	62:43
John Byrne	M60	64:19
John Pellier	M70	65:03
John Dance	M60	65:59
Val Millard	W60	67:50
Cecil Walkley	M80	81:58

10.5K WALK

Bryan Hardy	M65	75:26
Peter Ryan	M60	86:13

5.25K WALK

Irwin Barrett-Lennard	M80	37:26
John Smith	M75	37:29
David Brown	M60	40:34
Regina Crouch	W40	42:36
Lynne Schickert	W65	43:45
Kirt Johnson	M80	45:05
Carol Bowman	W55	45:54
Rosa Wallis	W65	47:19
Jennie Lee	W55	47:42
Ray Lawrence	M80	49:00
Simon Mort	M50	49:01
Lorna Lauchlan	W80	51:10
Steve Toohey	M60	54:08
Joan Pellier	W70	54:09
Leo Hassam	M80	55:43

8K RUN

Thomas Waumsley	M35	30:57
Jim Langford	M65	33:06
Bjorn Dybdahl	M55	33:52
John Allen	M50	33:54
Paul Odam	M50	33:56
Grahak Cunningham	M30	34:19
Chris Reid	M45	34:59
Jim Klinge	M60	35:26
V4		36:39
Brian Bennett	M60	36:57
Ross Keane	M45	37:12
Karen March	W45	37:22
Peter March	M50	37:23
Sandra Stockman	W45	38:36
Michael Karra	M45	38:37
Mike Hale	M60	39:04
Maurice Creagh	M60	39:20
Neil McRae	M55	40:09
Martin Watkins	M60	40:28
Keith Miller	M60	40:29
Gary Fisher	M55	40:42
Wayne Taylor	M50	41:00
Bruce Mathieson	M65	41:04
Mark Sivyer	M60	41:13
Bob Schickert	M65	41:39
Raymond Gimi	M45	42:12
John Mack	M65	42:12
Mark Dawson	M45	42:19
Mike Khan	M65	42:28
Maree Brown	W45	42:48
V1		43:01
Paula Karra	W35	43:21
V7		44:04
Jane Elton	W40	44:05
Glynis Hourquebie	W50	44:06
Richard Blurton	M60	44:29
Heiner Huning	M50	44:37
Milton Mavrick	M55	45:01
V5		45:10
Barbara Blurton	W60	45:26
Greg Wilson	M60	45:34
Julie Wilson	W55	45:35
Melissa Hynds	W30	45:50
Barry Jones	M50	46:13
Jim Barnes	M65	46:17
Charlie Chan	M55	46:26
John Byrne	M60	47:12
Mark Rosen	M60	47:43
Theresa Howe	W60	47:50
John Pellier	M70	48:07
Tanya Burke	W35	48:12

Melissa Hynds leads Barry Jones, a visitor, and Jim Barnes.

**Perry Lakes**

December 12, 2010

Director: John Bell

LOOK closely at the world around you and see beauty in every direction. Listen to the harmony and rhythm of life's sounds. New little chinzy slalom path at the developing estate. Tried a bit to keep runners off the ever encroaching concrete paths.

It was interesting for me to chat to the 73-years young lady sitting it out whilst her son ran - she said she was too old and infirm. I took great joy in pointing out some of our truly amazing over 75s and over 80s.

Huge Tributes to the wonderful team of helpers who bring it all together. Great stuff all of you. Special mention to Richard Danks – not only does he coach me, set me up with all the info – where would we be without a key to the loo?

Thanks and regards, John

John Bell



John Dance	M60	48:27	Stephen Dunn	M40	21:23
Janet Jiang	W45	49:04	David Carr	M75	21:55
Richard Danks	M65	49:35	Nick Miletic	M55	22:17
Roger Walsh	M65	50:16	Monique Fountain	W35	22:50
Val Millard	W60	50:57	Peggy Macliver	W65	22:54
Paul Martin	M65	52:21	Delia Baldock	W45	23:19
Brian Smith	M70	52:22	Sandra Rourke	W40	23:24
Cecil Walkley	M80	57:25	Irwin Barrett-Lennard	M80	23:45
Sheila Maslen	W70	63:42	Brian Danby	M60	23:54
Mary Heppell	W70	63:43	John Batta	M45	24:15
Elaine Dance	W55	66:31	John Dennehy	M50	24:34
Jo Richardson	W55	66:32	Mike Rhodes	M65	24:51
4K RUN					
Lachlan Marr	M50	16:55	John Brambley	M65	25:20
Rod Hamilton	M45	17:06	Mike Anderson	M60	25:23
V2		17:26	Pierre Viala	M60	27:14
Graeme Dahl	M60	18:58	Bernadette Height	W50	27:26
John Collier	M40	19:08	Aldo Giacomin	M70	27:32
Mark Hewitt	M55	19:23	Graham Thornton	M70	27:56
Dante Giacomin	M40	19:43	Christine Oldfield	W65	28:32
Margaret Saunders	W55	20:01	Steve Clark	M65	28:34
Frank Gardiner	M60	20:04	John Ellard	M65	28:53
Dave Roberts	M65	20:47	Vic Beaumont	M80	29:35

6K WALK

Bryan Hardy	M65	42:21
Michele Mison	W60	45:19
John Smith	M75	45:23
Lynne Schickert	W65	47:35
Jeni Shillington	W50	48:32
Kirt Johnson	M80	51:16
Bob Fergie	M75	51:16
Jennie Lee	W55	53:54
Rosa Wallis	W65	55:18
Morris Warren	M70	57:31
Leo Hassam	M80	66:09

4K WALK

Lesley Romeo	W65	30:07
Joan Pellier	W70	32:44
Ray Lawrence	M80	35:51
Lorna Lauchlan	W80	36:35
Margaret Warren	W75	36:51
Dorothy Whittam	W70	37:53
Richard Harris	M70	44:47



Above: worthy winners of the Christmas Gift fashion parade – couturier Elaine Dance and her work in progress – John the Candy Man. Below, Alan Pomery, determined as ever despite the hat.



Looking better all the time, Janet Jiang is one of the club's many improved runners. Also improving – as a photographer – is Frank Smith, and we thank him for these and many other pictures in this Vetrur. Until he's running again, it keeps him out of mischief!

City v Country Challenge

ON February 5th you can try out Bunbury's new track in our annual challenge match with the Bunbury club.

Programme details are still to be decided, but there will be a steeplechase as well as at least one event from each discipline, such as a sprint, throw and jump.

T&F NEWS

Thursday Prog changes

UNFORTUNATELY we are not able to hold steeplechase events at ECAC. The programme for 24 February is now:

300m, 1500m, 100m, javelin, wt throw, LJ relay and 4 x 800 relay.

Steeple

The State Championship steeplechase events will now be held on Friday 11 March at WAAS in conjunction with AWA. If you want to get some pre-championship training for the event the WA Athletic Stadium is open for training Saturday and Sunday mornings from 8-12.

The stepples are always available (no water jump though) All you need is some muscle to lift them onto the track. Entry charges are from \$2-\$6 depending on age etc.

You can also do the AWA Friday night steeple events. Prior to our championship events on 11 March, there will be a 3km steeple on 14 January and 11 February; and a 2km steeple on 28 January and 25 February.

Normal AWA registration and entry fees apply. Further details from Jackie Halberg.

State Championships

Online Entry – available early January
For the first time you can enter online. This is a simple secure method, similar to that used for the Nationals but with a few refinements making it even better. Please consider this way to enter our Championships – it avoids errors in transferring from paper and saves administration time.

Closing date

This is Sunday 6 March. NO LATE ENTRIES ACCEPTED.

Barbara Blurton

Clothing

We encourage you to wear our uniform while competing. (For the Nationals in Brisbane it's compulsory.) We have a range of singlets, crop tops and shirts, which are available at track and field nights and Sunday runs. Please contact Pat Hopkins – details, back page of Vetrur.

Dianella Open Space Boxing Day, 2010

Director: Barrie Thomsett

THE day was hot but by 6pm a breeze was just stirring to make life quite pleasant (!?) for the hardy few that braved the elements.

Distances ranged from 1km for the Vialas to more than 7km for the Wilsons.

For myself, the longest walk was to & from to the BBQ, clutching something cold in my hand.

With the intense heat and a run next morning at Alderbury, it was a wonder anyone ventured outside at all.

Thank you all, as usual you made Boxing day something special, a tradition going back into the early days of the club.

Barrie

RESULTS

Denise Viala	W60
Pierre Viala	M60
Stephen Dunn	M40
Shirley Bell	W60
Jackie Halberg	W60
Toni Frank	W65
Arnold Jenkins	M65
Liz Kelly (Vis Vic)	
Paul Haylett	M45
John Batta	M45
Dorothy Whittam	W70
Jeff Whittam	M75
Bryan Hardy	M65
Paul Sherrington Vis NSW	
Greg Wilson	M60
Julie Wilson	W55

T&F records ERN CLARKE AC

9/12/10

*Pending State Record

WEIGHT THROW

Lajos Joni	M55	15.35
Matt Staunton	M35	12.62
Bev Hamilton	W65	11.99*
Julie Plackett	W40	8.24
Stella Turner	W60	7.49

HAMMER

Lajos Joni	M55	43.98*
Matt Staunton	M35	41.64
Bev Hamilton	W65	28.70*
Bec Plackett	Vis	27.43
Julie Plackett	W40	25.52
Stella Turner	W60	19.78

COMING EVENTS – HELPERS

JANUARY 23

ASHFIELD

Race Directors:
Karl & Sandra Stockman -
08 9375 5294

Pat Ainsworth, Jan Jarvis,
Kirt Johnson, Trish Knox,
Lorraine Lopes, Norm & Pat
Miller, Dalton Moffett, Brian,
Pamela & Bronwyn Smith,
Ann & Shorty Turner,
Denise & Pierre Viala

JANUARY 30

POINT WALTER

Race Director:
David Roberts -
08 9472 0039

David Brown, Maurice
Creagh, Maree Creighton,
Regina (or Michelle) Crouch,
Wendy Duncan, Irene Ferris,
Gary Fisher, Paul Hughes,
Paul Martin, Graeme Uren,
Michael Whitford

FEBRUARY 6

FRIENDSHIP

Race Director:
Jim Barnes - 08 9459 2617

John Batta, Sylvia Byers,
Wendy Clements, Chris
Coates, Mark Dawson,
Monique Fountain, Frank
Gardiner, Alan James,
Hamish McGlashan, Paul
Odam, John & Joan Pellier,
Genevieve Spiro

FEBRUARY 13

MCCALLUM LAKES

Race Director:
Sue Bullen - 08 9474 3718

Keith Atkinson, John Byrne,
Jim Langford, Duncan &
Fiona McAuley, Nick
Miletic, Val Millard, Joan
Pellier, Lesley Romeo,
Blakeney Tindall, Rhod
Wright

ALL helpers – you must contact the race director to confirm that you are available for the allocated event.

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