

Vetrun

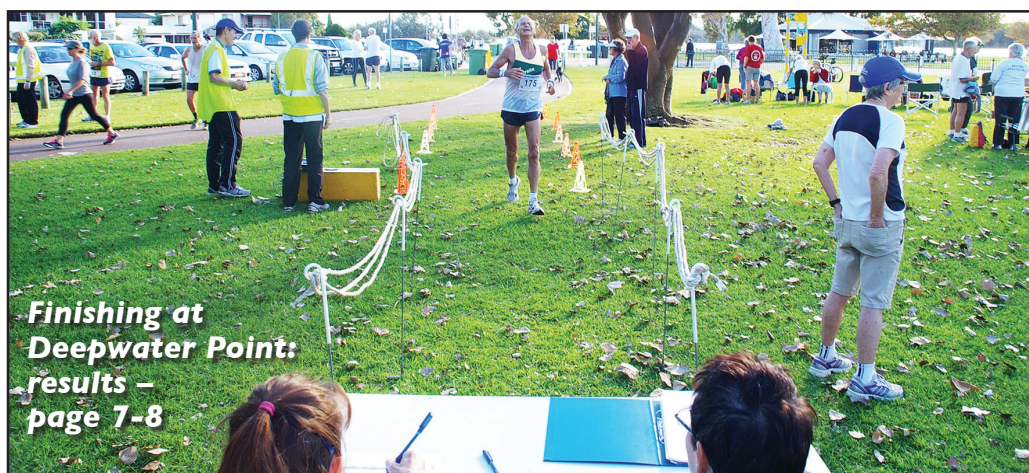
JUNE
2013
No. 470



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The magazine of Masters Athletics WA



Perth Marathon helpers needed

PLEASE call Gillian Young if you can help on our water stations in this year's Perth Marathon and Relay, June 16.

Also, check the back-page lists and you'll see that more helpers are required at the June 30 Bardon Bash. Email young.gillian@hotmail.com or 9295 1754.

Please correct your programme!

CORRECTED version of the new club programme is on-line.

But those that were sent out with the printed *Vetrun* have a couple of incorrect phone numbers.

Paul Hughes' correct number is 0412 513 348.

Val Millard's number should be 6468 7720.

(PS: not my fault! Ed)

Year-end okayed

THE Department of Commerce has approved the constitutional change to financial year end made at the AGM.

The financial period this time will be for a period of 15 months to 30 June 2014. At this stage we are planning to hold the 2014 AGM in July, but will revisit this as the time gets closer to ensure we don't clash with other activities involving our members, such as world championships.

The revised Constitution as amended on May 9, 2013 can be viewed on the MAWA website on the About Us page – MAWA Constitution 2013.

How many events can you run in?

A FEW of our runners are so good they can run and finish a 5km event while waiting for their handicap time to clock up. At Aquinas John Allen, Bjorn Dybdahl and Jim Klinge (and maybe others?) did the double.

While nobody blames them for making the most of a good day out, this raised an old snag for recorders and results compilers.

On Sunday afternoons compilers working from the record sheets often have to interpret confusing information. Members might be shown in the wrong event;

some even wear the wrong number on occasions.

Two listings

So if the same name and number is listed in more than one event, how do we know which is accurate?

Emails and phone calls fly around. If the relevant members cannot be contacted, others are asked 'who was just ahead of you?'; 'did you see so-and-so today?' and so on.

Bob Schickert and Jackie Halberg are often the experts we consult, and more often than not a satisfactory set of results are posted online, and then printed in *Vetrun*.

Committee decision

This has been debated before and we asked the committee for a ruling.

Vice-president Richard Blurton writes:

"The previous decision (to

disallow) related to multi-lap courses.

"Two years ago at Darlington Dash a member went through the chute after one lap and then carried on, did the second lap, and then went through the chute to record a time for two laps.

"The committee ruled that this was not allowed and on Monday (May 13, 2013) the current committee endorsed that decision.

Handicaps okay, but tell the recorders!

"However, the situation at the 10k handicaps is different. Our speedy runners can complete the 5km race, and have a break before they start their 10km race. We believe that this should be allowed, although those doing it should alert the recorders if possible to avoid confusion."

New Members – Welcome!

1195 MACKAY-KOELEN:
Julia W50

1196 TAYLOR: Andy M35

1197 COOKE: Bridget W55

1198 HENDERSON: Scott
M55

1199 SIMES: David M50

1200 LLOYD: Susan W60

You write ...

Hi there Vic,
I HAVE attached a small article on the Peace Run and are hoping you can include it in *Vetrun*.

I can be contacted on 0416 160 719 if need be. Hopefully the team will be able to bring the Peace torch to the Herdsman event on the 9th of June. Hope to see you out there soon.

Cheers, Prabuddha



Non-club events – let us know

Hi Vic,
JUST received the May *Vet-run* in the post and on page 3 the Bunbury 3 Waters Festival results of WAMAC participants are shown.

I have looked and looked for misprints or any reason why the Smiths do not appear in the Half Marathon results.

Bronwyn had a good run and finished in 2:10 just behind Theresa Howe and they both enjoyed the competition.



Bronwyn Smith and her dad, Brian

In my case after coughing, spitting and hard breathing for 21 km and then crawling over the line in 2:26 I think I deserve to be mentioned.

In order for me to enjoy the moment this year several of our members did not attend,

Mum's the word from Ray

G'day

WHAT is it about the Mothers' Day events?

My Pat asked me who was/were my main opposition this year so I said: "It's a handicap, everyone is!"

Margaret Warren has won it three times, Sheila Maslen twice, Val Millard (in the walk version) a seemingly-invincible four or five times in succession until her sister Lynne Schickert ended her 'run'.

Brian Smith has come in first, and so has his daughter Bronwyn, years later.

I was of course delighted that I'd done it three times until the recorders said that Vic Beamont and Elaine Dance were so far ahead of me that I never realised they were in it!

More interesting thoughts: Think of Margaret Warren, Sheila Maslen, Gillian Young, both Brian and Bronwyn Smith, Val Millard, Lynne Schickert, Janet Jiang's second this year and that Leo Hassam was the first winner. Hmmm – is it a matter of lesser wind resistance?

Ray took home the Walk Trophy from Aquinas this year. In his acceptance speech he gave his mother an honourable mention, for producing Ray as a 10lb-plus baby. VW

Ray Hall

such as the Danby, Schickert, and Pellier which allowed me to win the fastest male in the over 70s.

Theresa Howe also was the fastest W60.

Robert Sheehy also ran in the 10k.

What have we done?

Do you think you could advise me if it is something against the Smiths? Or are we not financial members, as we signed up online this year and computer things do go astray?

Regards to all who get their names and photos in the *Vetrun* as I do not hold a grudge!

Brian Smith, Member ? (195)
Bronwyn Smith, Member ? (840)

World's longest relay run is coming to WA

THE Peace Run is a global torch relay founded in 1987 by athlete, philosopher, artist, musician and poet Sri Chinmoy, who believed that sport is a powerful instrument for promoting global harmony, peace and friendship.

Every year hundreds of volunteer runners carry a flaming torch representing hope and friendship to over 100 countries in six continents, uniting thousands of communities and millions of people worldwide.

This year runners from 25 nations will carry the torch 15,000km around Australia starting in Canberra on April 26 and finishing there 112 days later on August 15.

The run can be followed, by visiting www.peacerun.org.

Many activities have been organised en-route and interest in participating in these can be expressed by contacting prabuddha@peacerun.org or by phoning 0416 160 719.

The torch crosses the SA/WA border on Sunday May 26 and arrives in Perth on Saturday June 8.

Everyone can participate, whether you run a kilometre or more, walk a few steps or just hold and pass on the torch. What is important is



Pole-vaulter, and Olympic team captain, Steve Hooker with the Peace Torch

that we all can make a big wish for a better world.

The Peace Run is supported by many prominent people throughout the world. Past carriers of the torch include President Nelson Mandela, President Mikhail Gorbachev, Pope John Paul II, Mother Teresa, Archbishop Desmond Tutu, the Dalai Lama, Carl Lewis, Muhammad Ali, Viv Richards, Ron Clarke, Robert DeCastella and Cathy Freeman.

.... yours is the first step

Online history awaits you!

NEWER members might enjoy reading about their illustrious predecessors. Older member can enjoy revisiting past glories. No matter which mob you fit into, there's a lot to enjoy in Joan Pellier's insight into our club.

It's online. Go to the home page and open Archives and then Historical Publications.

Joan doesn't pretend to be an historian. This is simply her take on 30 years of running with Masters, aka 'the Vets'!

VW replies:

Great isn't it? We can always blame the computer!

Not this time though. The Smiths are kosher members all right.

*But – just a reminder to all members; if you're in a non-WAMA event we rely on someone to let us know. Generally some observant and conscientious member will advise *Vetrun*. But as this example shows, it's not foolproof – unlike the immaculate system operated by Richard Danks and Lorraine Lopes (and their worthy predecessors).*

*So, if you're in something, somewhere, and you want *Vetrun* to know about it – send us your results, please. We really do want them!*

Winter Vetruns

OUR next two editions – July and August – will come to you from somewhere in England. As that place is so far behind us in every way, each will appear later in the month than usual. July will include events up to and including the Club Half (July 14). It will appear on, approximately, Friday July 19.

August will cover up to and including Kings Park CC (August 18) and publish around Friday August 23.

Please send all copy for publication as and when it suits you – but use my changed email address vfd-waters@gmail.com



Committee plans October survey

THE committee agreed at its May meeting that a small team representing the spectrum of club members (young/old, road/T&F) should get views from a large number of members in face-to-face discussion on how well we communicate and how they would like to see it improved.

Unfortunately, with most T&F members not competing at this time of year, this cannot be achieved now. We will therefore carry out the review in October/November.



Val Millard

Members don't have to wait until October of course.

You can send suggestions, comments and ideas to Vetrun at any time, and I'm sure they will be noted by your committee.

Idea like this one perhaps, from Mike Anderson.



Flyers

At Aquinas, Mike suggested to me the club could print flyers, with basic information and contacts about the club. These would be held by helpers at Sunday runs, at marshal

Do we need a communications co-ordinator?

Views vary.

I am writing because of the recent Vetrun articles regarding club communications and the mention of the need for a club communications coordinator.

My view is that the club communications are working very well.



Bob Schickert

Information available for members is now huge, seems to be clearly assembled and generally promptly up dated. Sources include Vetrun, TFNL, club website and advice from the President and/or Secretary before Sunday and track events. Committee members are also available at every club event and members have the opportunity to informally seek information and have input at each event. There are also the annual AMA Handbook and the AMA website for mainly national matters.

As mentioned the communications systems seem to me to be working very well both ways, both formally and in-

points and water stations, for distribution to curious passers-by.

He says he has made this suggestion to various committee members in the past, to no effect.

Are we talking?

READERS might recall my suggestion that the club's communications could stand an overhaul. Each month I'll keep you informed of any progress, in this new Vetrun feature – Are We Talking?

formally. I cannot see what else we need; all bases seem to be covered. Why appoint someone to a role which appears to be not needed, could complicate matters and disturb the current very good situation.

Bob Schickert

Vic, I am following your move for a communications portfolio – a brilliant approach which I have already referred to in a project I am doing for sports clubs in the Ongerup region.

It is interesting to see how some big Perth clubs transact a lot of their player arrangements week-by-week with some form of facebook.



Basil Worner

Emails

Last month I wrote that a positive move for the communications co-ordinator to consider would be direct email contact with members on urgent matters.

Richard Blurton tells me that Barbara was put out by the inference that we need to do this, because she already does so.

In fact, she emailed directly to around 300 members whose subs were due last month, says Richard. Barbara also regularly emails T&F members when necessary.

I wasn't aware of this – because until then I hadn't been told about it.

Perhaps it's a minor example of our need for broader communications?

Committee Meetings

These usually take place on the second Wednesday of every month. If you wish to raise any matter, let the secretary know before then. I am assured that you will be informed of the outcome of your concern.

MAWA and Vetrun

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Paul Hughes



Weir Run

May 5, 2013

Directors: Sean Keane & Neil McRae

Above, Weir Run start into the low morning sun. Right, inspired by fast finishers (?) Sean Genin demonstrates how it should be done! All pictures – Frank Smith.

10 KM RUN

Kim Thomas	M35	37:05	Lorraine Lopes	W70	54:45
Tony Smith	M35	37:50	John Pellier	M70	55:12
Steve Weller	M35	38:01	Sandra Rourke	W45	56:27
V5		39:22	Nick Miletic	M60	56:51
Ante Perdija	M40	40:01	Frank Price	M60	57:46
Lisa Searle	W40	40:17	Rochelle Airey	W40	58:39
Peter March	M50	40:28	Bronwyn Smith	W40	59:08
Paul Odam	M50	40:32	Theresa Howe	W60	59:11
Lachlan Marr	M50	40:55	V14		60:44
Bjorn Dybdahl	M55	40:58	V15		63:21
John Allen	M55	41:21	Melissa Hynds	W35	66:32
Bob Lane	M65	41:27	Rebecca MacKinnon	W30	71:24
Paul Hughes	M60	42:07	5 KM RUN		
Ross Keane	M50	42:41	V16		21:42
Hamish McLeod	M35	42:43	Tony Bart	M55	22:48
Sandra Stockman	W45	43:10	Dante Giacomini	M40	22:53
Brian Bennett	M65	43:34			
Wayne Taylor	M50	43:40			
Karen March	W50	44:23	Meet one of the newer members, Jeff Bremner.		
V9		44:34			
Tristan Bell	M45	44:39	Jeff Bremner	M50	24:06
Trisha Farr	W40	45:06	Johan Hagedoorn	M65	24:37
V1		45:28	Dave Roberts	M70	25:17
Bert Carse	M70	45:48	Chris Genin	M40	26:25
Maurice Creagh	M65	46:01	V2		27:50
Sue Bourn	W45	46:15	John Talbot	M65	29:50
Jackson Wong	M45	46:28	Irwin Barrett-Lennard	M80	30:00
Karen Peace	W40	46:48	John Byrne	M65	30:49
Stuart MacKinnon	M30	46:50	V4		31:15
Charlie Chan	M60	47:15	Monique Thomas	W35	31:22
V8		47:32	Dennis Hughes	M65	31:38
Ivan Brown	M65	47:46	Merv Jones	M70	31:56
Milton Mavrick	M55	47:59	Delia Baldock	W50	32:20
Jennifer Williams	W65	48:06	Sandra Hughes	W65	33:06
Martin Watkins	M65	48:22	Aldo Giacomini	M75	33:08
David Baird	M70	48:29	Andrea Byrne	W30	35:53
Chris Koeman	M55	49:13	Bob Fawcett	M60	37:26
Bob Schickert	M70	49:23	Carolyn Fawcett	W60	37:29
Frank Gardiner	M60	49:30	Debbie Wolfenden	W45	38:02
John Fisher	M50	49:46	Lee Chan	W50	38:56
V13		49:56	John Ellard	M70	39:33
Mike Hale	M65	50:02	Vic Beaumont	M80	39:53
Gillian Young	W65	50:13	Gail Castensen	W55	43:19
V3		50:28	Julie Wood	W60	43:19
John Bell	M65	50:59			
Carol Bowman	W55	51:09			
David Carr	M80	51:34			
Raymond Gimi	M45	51:37			
Vic Waters	M65	51:57			
John Mack	M70	51:59			
Richard Blurton	M60	52:38			
Gary Fisher	M60	53:04			
Maxine Santich	W60	53:40			
Jim Farr	M45	54:14			
Peter Bath	M70	54:38			



5 KM WALK

Robin King	W50	32:40
Paul Martin	M70	33:39
John McDonagh	M65	35:30
Val Millard	W65	35:40
Sarah Ladwig	W60	37:30
Peter Hopper	M65	37:47
Lynne Schickert	W70	38:07
Roger Walsh	M65	38:09
Elaine Dance	W60	39:12
Ray Hall	M75	39:44
Jeni Shillington	W55	40:49
Mike Rhodes	M65	41:24
Joan Pellier	W70	41:37
Jeff Whittam	M75	42:24
Michele Mison	W65	42:59
Sofia Carson	W50	44:30
Lorna Lauchlan	W80	44:46
Ann Turner	W75	44:53
Elaine Sillery	W80	46:31
V7		48:03
V6		48:04
Margaret Warren	W75	48:29
Morris Warren	M75	48:30
Margaret Bennett	W70	50:15
Jo Richardson	W60	50:16
Sylvia Szabo	W30	51:05
Sylvia Szabo	W55	51:06
V11		52:18
V10		52:19
V12		52:48
Elaine Ellard	W70	55:05
Bridget Cooke	W55	55:45
Leo Hassam	M80	55:46
Richard Harris	M75	55:48



The kids were out in force for the Weir Run.



Aquinas

May 12 2013

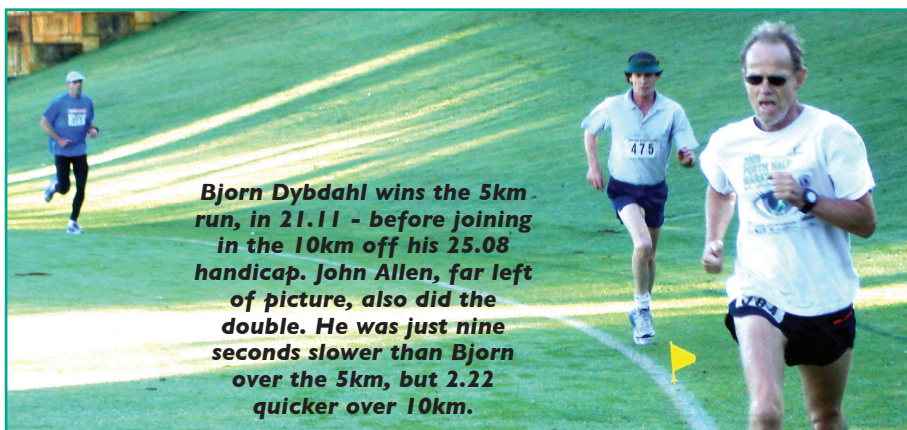
Director : Lachlan Marr



Anybody still think these walkers cruise? Inset, Peter Hopper finishing.

5K RUN

Bjorn Dybdahl	M55	21.11	Julie Wilson	W60	26.40
John Allen	M55	21.20	Chris Genin	M40	27.50
Jim Klinge	M65	22.32	Neil McRae	M60	29.14
Tony Bart	M55	22.40	Frank Price	M60	29.17
Bob Lane	M65	23.00	John Talbot	M65	29.33
Paul Ankers	M55	23.00	Kylie Mahony	W40	29.37
Dante Giacomini	M40	23.27	Geoff Mullins	M65	29.39
Sandra Stockman	W45	23.39	John Byrne	M65	30.46
Jeff Bremner	M50	23.46	Delia Baldock	W50	32.10
David Baird	M70	23.53	Aldo Giacomini	M75	34.23
Karen Peace	W40	24.27	Andrea Byrne	W30	36.23
Margaret Saunders	W55	24.29	Debbie Wolfenden	W45	37.49
Mark Hewitt	M60	25.06	Lee Chan	W50	38.45
Johan Hagedoorn	M65	25.45	Vic Beaumont	M80	43.52
Dave Roberts	M70	26.16	Julie Wood	W60	43.53
Dee Conibeer	W50	26.17	Sheila Maslen	W75	43.55
			Lui Cecotti	M65	50.36



Bjorn Dybdahl wins the 5km run, in 21.11 - before joining in the 10km off his 25.08 handicap. John Allen, far left of picture, also did the double. He was just nine seconds slower than Bjorn over the 5km, but 2.22 quicker over 10km.

5K WALK HANDICAP

Name	Age	Time	H'cap	Actual
Ray Hall	M75	43.35	5.52	37.43
Lynne Schickert	W70	44.33	6.26	38.07
Sofia Carson	W50	45.00	1.22	43.38
Peter Hopper	M65	45.08	7.26	37.42
John McDonagh	M65	45.09	10.15	34.54
Val Millard	W65	45.13	8.53	36.20
Elaine Dance	W60	45.19	6.07	39.12
Jeff Whittam	M75	45.31	3.21	42.10
Kirt Johnson	M80	46.03	2.50	43.13
Michele Mison	W65	46.23	3.21	43.02
Ann Turner	W75	47.16	1.23	45.53
Joan Pellier	W70	47.56	3.23	44.33
Rosa Wallis	W65	47.57	3.24	44.33
Patricia Hopkins	W70	48.32	2.16	46.16
John Smith	M75	49.47	6.46	43.01
Pat Ainsworth	W75	50.02	0.00	50.02
Phyllis Farrell	W65	52.11	0.00	52.11
Dorothy Whittam	W75	52.27	0.00	52.27
John Dance	M60	53.03	0.00	53.03
Ced Turner	M75	57.26	0.00	57.26
Not Eligible for Handicap				
Graham Thornton		M70		44.36
Paul Martin		M70		45.36
V2				50.07
V4				50.11
V3				50.11
Mitch Loly		M70		51.24
Jo Richardson		W60		52.11
Richard Harris		M75		53.42
Bridget Cooke		W55		53.42
Pat Miller		W75		57.25

10K RUN HANDICAP

Name	Age	Time	H'cap	Actual
Melissa Hynds	W35	63.52	0.00	63.52
Richard Blurton	M60	64.21	14.00	50.21
Milton Mavrick	M55	65.51	17.00	48.51
Rod Hamilton	M50	66.06	24.26	41.40
David Carr	M80	66.20	14.09	52.11
Peter March	M50	66.31	25.15	41.16
Stuart MacKinnon	M30	66.43	18.53	47.50
Janet Jiang	W45	66.44	6.00	60.44
Tristan Bell	M45	66.49	21.54	44.55
Jim Langford	M65	66.54	24.41	42.13
Rochelle Airey	W40	67.07	7.58	59.09
Maree Brown	W45	67.18	16.20	50.58
Bob Lane	M65	67.53	23.57	43.56
Charlie Chan	M60	67.59	19.11	48.48
Lorraine Lopes	W70	68.08	12.46	55.22
John Pellier	M70	68.10	11.09	57.01



Start of the Uni Run; all race directors carry events on their shoulders, but Gary Fisher does it on one arm! P7 pics, from top – Trisha Farr; Bob Schickert and Mike Khan; Julie Wilson gets her W60 S/C record cert. from the Pres; Peter March; and Sandra Rourke.

10K WALK

Paul Martin	M70	69:21
John McDonagh	M65	72:51
Val Millard	W65	73:01
Lynne Schickert	W70	76:14
Elaine Dance	W60	76:19
John Smith	M75	85:10

Joan Pellier	W70	86:09
Sofia Carson	W50	86:20
Ann Turner	W75	96:02
Margaret Bennett	W70	96:04

5K WALK

Ray Hall	M75	37:38
Peter Hopper	M65	41:59
Rosa Wallis	W65	42:04
Denise Viala	W60	42:32
Kirt Johnson	M80	42:33
Lorna Lauchlan	W80	42:35
Mike Rhodes	M65	44:20
V4		46:13
Elaine Sillery	W80	46:47
Patricia Hopkins	W70	46:48
Mitch Loly	M70	49:18
Jo Richardson	W60	52:13
Phyllis Farrell	W65	52:13
Leo Hassam	M80	52:27

15K RUN

Kim Thomas	M35	57:29
Peter March	M50	61:35
Tony Smith	M35	61:39
Ante Perdija	M40	62:05
Bjorn Dybdahl	M55	63:08
Paul Odam	M50	63:15
Lisa Searle	W40	63:23
John Allen	M55	65:13
Paul Hughes	M60	66:27
Sandra Stockman	W45	67:13
Ross Keane	M50	67:30
Jim Klinge	M65	67:38
Brian Bennett	M65	67:56
Karen March	W50	68:47
Bert Carse	M70	69:08
Wayne Taylor	M50	69:10
V2		70:17
Tristan Bell	M45	70:49
Karen Peace	W40	72:22
Charlie Chan	M60	73:15
Maurice Creagh	M65	73:17
Trisha Farr	W40	73:58
Carl Ciccarelli	M50	74:10
David Baird	M70	74:31
Ivan Brown	M65	74:40
Milton Mavrick	M55	75:17
Claire Walkley	W45	75:41
Stuart MacKinnon	M30	76:22
Karl Stockman	M50	77:00
Raymond Gimi	M45	77:15
Bob Schickert	M70	78:37
Richard Blurton	M60	79:14
Mike Khan	M65	80:17
Julie Wilson	W60	81:58
Jim Farr	M45	82:17
V1		82:30
Mike Hale	M65	83:22
Peter Bath	M70	86:50
Nick Miletic	M60	87:12
Theresa Howe	W60	87:40
John Pellier	M70	88:29
Mark Rosen	M65	92:54

Aquinas concludes

Brian Danby	M60	68.11	19.02	49.09
Sandra Rourke	W45	68.17	7.59	60.18
Ivan Brown	M65	68.21	19.01	49.20
Paul Hughes	M60	68.22	25.22	43.00
Mike Anderson	M65	68.27	10.59	57.28
Theresa Howe	W60	68.34	10.20	58.14
Paul Ankers	M55	68.37	24.05	44.32
John Fisher	M50	68.51	18.22	50.29
John Allen	M55	68.52	25.41	43.11
Karen March	W50	68.52	23.19	45.33
Vic Waters	M65	69.22	16.21	53.01
Chris Reid	M45	69.44	23.29	46.15
Bob Schickert	M70	69.49	17.50	51.59
Kim Thomas	M35	69.58	28.12	41.46
Gary Fisher	M60	70.03	16.53	53.10
Carol Bowman	W55	70.10	17.50	52.20
Hamish				
McGlashan	M75	70.13	11.57	58.16
Bjorn Dybdahl	M55	70.41	25.08	45.33
Jim Klinge	M65	71.30	24.21	47.09
Mike Hale	M65	71.35	18.44	52.51
Chris Koeman	M55	71.49	16.11	55.38
Kathy Barr	W70	72.20	0.00	72.29
Monique Thomas	W35	72.43	11.39	61.04
Merv Jones	M70	73.08	5.54	67.14
Ross Keane	M50	73.10	24.18	48.52
Rebecca				
MacKinnon	W30	74.37	0.00	74.37
Raymond Gimi	M45	76.06	19.50	56.16
Bob Fawcett	M60	77.09	0.00	77.09
Carolyn Fawcett	W60	78.34	0.00	78.34
Not Eligible for Handicap				
V7			63.15	
V6			66.26	
V1			67.02	
Bernadette Height	W55		67.43	
V5			68.04	
Lee Holliday	M55		68.31	
Kirstin McGregor	W45		69.40	



Our synchronised walk team are in serious training for 2016.



Deepwater Point

May 26, 2013

Director: Ian Carson

15K RUN

Ante Perdiija	M40	61:37
Bob Lane	M65	64:33
Paul Hughes	M60	67:53
Paul Ankers	M55	68:39
Jim Klinge	M65	68:52
Brian Bennett	M65	69:45
Karen March	W50	72:25
Peter March	M50	72:27
Jackson Wong	M45	73:09
Karen Peace	W40	74:49
Ross Keane	M50	74:50
Charlie Chan	M60	74:51
V5		75:54
Raymond Gimi	M45	76:10
Milton Mavrick	M55	76:25
Maurice Creagh	M65	76:32
Carl Ciccarelli	M50	77:23
Maree Brown	W45	77:52
Mike Khan	M65	82:06
Richard Blurton	M60	83:05
Julie Wilson	W60	83:56
Bruce Mathieson	M65	84:39
John Fisher	M50	86:59
Frank Price	M60	87:31
John Pellier	M70	91:28
Theresa Howe	W60	93:31
Rebecca MacKinnon	W30	1:50:54
V1		2:04:54

7.5K RUN

Lachlan Marr	M50	30:59
Paul Odam	M50	31:16
Chris Frampton	M45	31:39
Sandra Stockman	W45	32:31
Bert Carse	M70	33:00
Chris Reid	M45	33:27
Frank Gardiner	M60	34:50
Steve Hossack	M50	35:36
David Baird	M70	36:05
Michael Lee	M60	36:25
Stuart MacKinnon	M30	37:18
Margaret Saunders	W55	37:52
Johan Hagedoorn	M65	38:19
Karl Stockman	M50	38:22
Chris Genin	M40	38:33
Gary Fisher	M60	39:57
Dee Conibeer	W50	40:13
Sean Keane	M45	40:52
Gail James	W45	41:07
Sally Floyd	W45	41:14
Mike Anderson	M65	43:10
Lorraine Lopes	W70	44:02
Mark Sivyver	M60	44:50
V3		45:22
Graham Thornton	M70	45:27
Jim Barnes	M70	45:38
Neil McRae	M60	46:01
John Byrne	M65	46:08
Damien Hanson	M55	47:18
John Talbot	M65	47:42
David Carr	M80	48:21
Brian Smith	M70	48:35
Merv Jones	M70	49:53
Richard Danks	M70	50:46
Andrea Byrne	W30	54:04
Lee Chan	W50	58:26
Vic Beaumont	M80	61:32

10K RUN

Mark Hewitt	M60	48:21
Maree Brown	W45	49:46
Chris Genin	M40	51:59
John Mack	M70	52:02
Maxine Santich	W60	52:06
Bruce Mathieson	M65	53:28
Sandra Rourke	W45	57:41
Lorraine Lopes	W70	57:53
Ali Menegola	W50	70:47
Allison Lilly	W40	70:48
Bob Fawcett	M60	79:24

5K RUN

Lachlan Marr	M50	20:37
Dante Giacomini	M40	22:23
Jeff Bremner	M50	22:44
Frank Gardiner	M60	22:49
Margaret Saunders	W55	23:53
Vic Waters	M65	25:00
Johan Hagedoorn	M65	25:03
Chris Koeman	M55	25:23
Anne Jones	W55	27:02
Mike Anderson	M65	27:19
Hamish McGlashan	M75	27:46
Neil McRae	M60	28:03
Gail James	W45	28:13
Ray Attwell	M75	28:31
John Byrne	M65	29:09
Kirstin McGregor	W45	29:21
Delia Baldock	W50	31:02
Mark Sivyver	M60	31:10
Dennis Hughes	M65	31:19
Janet Jiang	W45	31:21
Merv Jones	M70	31:24
Sandra Hughes	W65	32:07
Brian Smith	M70	32:08
Pierre Viala	M65	33:00
Damien Hanson	M55	33:55
Kathy Barr	W70	34:14
Andrea Byrne	W30	34:27
V3		34:29
Rebecca MacKinnon	W30	35:35
Debbie Wolfenden	W45	36:39
Carolyn Fawcett	W60	36:49
Julie Wood	W60	37:16
Bronwyn Smith	W40	38:03
Vic Beaumont	M80	38:15
Gail Castensen	W55	38:16
Cecil Walkley	M80	39:27
Sheila Maslen	W75	41:54
Jan Jarvis	W65	43:37





Ante Perdija returned to form with a fine 15km

Deepwater Point continues

Sheila Maslen	W75	68:05
Julie Wood	W60	70:38
Jan Jarvis	W65	70:39

7.5K WALK

Val Millard	W65	57:29
Paul Martin	M70	57:30
John Smith	M75	58:29
Lynne Schickert	W70	58:29
Elaine Dance	W60	58:33
David Brown	M65	59:17
Ray Hall	M75	60:04
Peter Hopper	M65	60:05
Irwin		
Barrett-Lennard	M80	63:08
Rosa Wallis	W65	65:31
Bob Fergie	M75	66:12
Lorna Lauchlan	W80	66:14
Jeff Whittam	M75	66:14
Kirt Johnson	M80	66:18
Margaret Bennett	W70	66:47
Jeni Shillington	W55	66:48
V4		68:02
Phyllis Farrell	W65	68:35
Ann Turner	W75	68:37
Elaine Sillery	W80	68:37
Patricia Hopkins	W70	70:50
Jo Richardson	W60	71:39
Joan Pellier	W70	71:40
Mitch Loly	M70	76:37
John Dance	M60	77:24

Training Tips

Marg Saunders recommends

RECOVERY

HOW did I get injured? This is a common question I hear from many athletes. The answer is actually quite simple, but also rather complex.

It is generally because one of the general principles of training has not been adhered to. This article will look at the principle of recovery with reference to distance athletes only, as speed and power athletes may use different methods. Future articles will cover other principles.

Get smart

My motto is to train smarter, not harder. This is particularly relevant as we grow older. One important training principle is recovery.

In order to improve one must train hard and progressively overload the body. The body then adapts to the new work load. However, recovery from these sessions is essential to reduce the chance of suffering injury. Train with hard intensity and then have one or two days with lower intensity. Another important consideration is that each athlete is different and the same training session may load each athlete in a different way.

Research

I can find very little research on older athletes and recovery.



ery. However the fact that the physiological responses to training decline with age, it is fair to assume that recovery is more important as we grow older. As athletes age it appears that they may require more recovery.

Recovery does not necessarily mean doing no training. Recovery can begin immediately after a hard session with a cool down jog of between three to ten minutes, stretch, drink and a snack. In the 35-40 minutes after exercise there is an increased blood supply to the muscles so this is an excellent time to begin the replenishment of the glycogen stores.

High GI foods are recommended. Sports drinks help restore electrolyte balance as well as fluid replacement.

There are a variety of recovery strategies. These include active recovery, rest day, compression garments and massage. Active recovery may mean cross-training where swimming or cycling may be used to give variety to the programme. It may also be an easy running session.

Deep water running can allow the athlete to train more intensely as intervals may be replicated in the pool. You can do more repetitions and have less recovery due to non-weight bearing. Heart rate is generally about ten beats a minute lower with this type of training. I have personally used this type of training very successfully when injured in 2011.

Massage has many benefits. It helps improve circulation, increases flexibility, helps stretch muscle adhesions that can lead to scar tissue, helps reduce tension and thus aids in increasing relaxation.

Self massage of the lower leg is effective in minimising tightness. The use of spikey balls and rollers is also effective. At least one rest day a

ALL HELPERS

Please contact your race director to confirm that you are available for your allocated event. If you are not available, please find a replacement and advise your race director.

2 JUNE

RRC 25km RWC 15km

Race Director: Mark Hewitt
6262 5220

Jim Langford, Delia Baldock, Jackie Halberg, John Dance, Mike Hale, Chris Genin, Vic Waters, Ian Carson, Mary Heppell, Catherine Keane

9 JUNE

AROUND HERDSMAN

Race Director: Rod Hamilton
0428 940 089

Peter Bath, Morland Smith, Ian & Sofia Carson, Bob Cavin, Julie Keeley, Karen Peace, David Scott

16 JUNE

PERTH MARATHON

More helpers needed please

23 JUNE

MILL POINT ROAD

Race Director: Milton Mavrick - 0417 972 435

John Batta, Syd Parke, Rebecca & Stuart MacKinnon, Mickey Muroi, Keith Miller, Les Smith, Robert & Suzanne Poulinet, Ed Wall, Sarah Ladwig, Pierre Viala, Lui Cecotti

30 JUNE BARDON BASH

Race Director: Sue Bourn - 9293 1007

Brian & Margaret Bennett, Les Smith, Arnold Jenkins, Ed Wall, Mike Hale, John McDonagh

MORE HELPERS NEEDED PLEASE

7 JULY SHARKS

Race Director: Paul Martin - 9339 1648

John Batta, Peter Ritson, Paul Hughes, Charlie & Lee Chan, Dave Roberts, Tony Bart, Dee Conibeer, Tracey Koziniec, Lisa Searle, Maxine Santich

week is recommended, however a very light jog is acceptable. Sleep is an important part of the recovery process

The harder or longer the intensity of training or performance then the harder or longer the recovery required. Everyone responds differently to the stress of hard training. Therefore try different methods of recovery and evaluate which works best for you. Sometimes athletes do not perform well – and then increase the intensity in order to improve their performance. Perhaps they need to programme more relevant recovery.



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Porto Alegre, Brazil

16-27 October, 2013



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