



December 2003

Number 358

# VETRUN



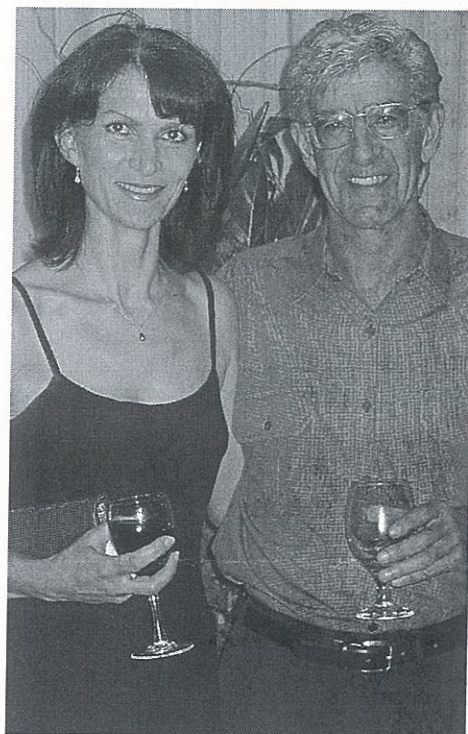
MASTERS ATHLETICS WA NEWSLETTER

Patron: Bill Hughes • President: Lynne Schickert • Club Correspondence: The Secretary MAWA, 11a Dandenong Rd, Attadale, WA 6156  
Copy for Vetrunc: Email: Jeff Bowen: jeffbowen@smartchat.net.au • Website: www.mastersathleticswa • enquiries@mastersathleticswa.org

## A Merry Christmas to all our readers



*Limbo Dancing and other antics at the club's Christmas party*



*Winner of the Cliff Bould Trophy, Christina Rompotis, and Race Director Ivan Brown - in a somewhat more flattering photo than the one which appeared in last month's Vetrunc!*



### RESULTS IN THIS ISSUE:

- Guess Your Own Time
- Mullaloo
- Pelican Point
- Garvey Gallop
- Coker T&F
- RIB Run
- McGillivray T&F
- Safety Bay



## Please Don't Hesitate!

If you spot errors in Vetrin, or if your name or age group are being listed incorrectly, please don't hesitate to let the Editor know!

Rather than being one-off typos, many of these mistakes will have arisen from faulty information being entered into computer files and thus will crop up again and again unless corrected.

Also, please don't hesitate to forward contributions to Vetrin! Letters, photos, feature articles are all very welcome.

The Editor can be contacted:

by phone on **9382 2628**

or email < [jeffbowen@smartchat.net.au](mailto:jeffbowen@smartchat.net.au) >

or by writing to **207 Townshend Rd, Subiaco 6008**. Thank you.

## Track Suits

### Please Indicate Your Interest

Lynne Schickert has been investigating with a potential supplier the provision of a club track suit. This would be medium weight MicroFibre in the same style as the Australian Masters uniform and would cost around \$120 - \$125. It is proposed that a bulk order be given to the supplier when the level of interest among club members has been established.

Therefore, if you feel that you are likely to purchase a track suit, it would be very much appreciated if you would contact **Lynne Tel. 9330 3803;** email <[schickertl@bigpond.com](mailto:schickertl@bigpond.com)> and indicate the size(s) you would require. Thank you.

### NEW WEBSITE AND EMAIL ADDRESSES

Please note that the Club's website is now located at:

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

with an email contact address at:

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

## New Members

(R = rejoining)

55	Barrie Kernaghan	20/3/40	R
86	Tony Speechley	23/3/44	R
131	Toni Frank	15/6/45	R
181	Heather Sanderson	4/9/49	R
207	Helen Lysaght	7/6/52	R
233	Colin O'Sullivan	13/5/55	R
337	Micheal Watson	8/4/65	R
404	Bob Neville	23/8/33	R
405	Liz Neville	18/9/51	R
586	Ian Lyon	01/10/37	
587	Thea Bailey	13/3/55	
588	Anthea Cheney	13/2/56	
589	Lyn Weigel	27/12/40	
590	Margaret Neill	26/12/45	

## Guess Your Own Time 19 October '03

Competitor	Guessed Time	Actual Time	Difference (secs)
<b>10.4km Run</b>			
Gary Fisher	60.00	54.45	-315
Pam Toohey	66.23	62.10	-262
Nick Miletic	57.00	53.48	-192
Ian Davies	47.56	46.01	-115
Roger Walsh	63.00	61.39	-81
Jim Halliday	53.50	52.36	-74
Kris Adrian	62.00	60.53	-67
*John Doust	48.00	47.57	-3
Bob Schickert	52.30	52.38	8
Gillian Young	56.00	56.26	26
David Muir	48.48	49.27	39
John Pressley	51.52	52.47	55
Doug Ashfield	46.30	47.28	58
Ron Spencer	53.00	53.59	59
Shorty Turner	77.06	78.08	62
John Ellard	52.00	53.10	70
Margaret Bennett	75.05	76.19	74
John Mack	50.20	51.37	77
Alan Nicholls	41.00	42.18	78
John Pellier	52.02	53.25	83
Mike Hale	46.48	48.16	88
Julie Keeley	52.10	53.38	88
John Cresp	44.00	45.35	95
Gary Carlton	47.00	48.38	98
Robin King	54.05	55.53	108
Margaret Warren	64.21	66.17	116
Gareth Brunt	44.10	46.27	137
Paul Hughes	40.00	42.18	138
Alan Gower	39.00	41.25	145
John Bell	45.00	47.43	163
Liz Chandler	63.00	65.45	165
Ann Turner	59.02	61.55	173
John Frost	51.00	54.03	183
Ivan Pilton	43.30	46.42	192
Hamish McGlashan	53.00	56.13	193
Robert Sheedy	50.53	54.09	196
Robyn Mitsopoulos	50.00	53.30	210
Vance Mitsopoulos	42.00	45.31	211
John Dance	57.00	60.38	218
Brian Danby	43.20	47.01	221
Graham Thornton	51.16	54.58	222
Johan Hagedoorn	47.45	51.28	223
Duncan McAuley	41.00	44.44	224
Margaret Robinson	58.00	61.56	236
Joe Sticksles	52.30	56.34	244
Mitch Loly	62.29	66.47	258
Laurie Collett	72.00	76.19	259
Aldo Giacomini	56.00	60.21	261
David Roberts	52.42	57.06	264
Raymond Loly	47.00	51.28	268
Paul Martin	52.00	56.46	286
Michael Khan	49.36	54.23	287
Anne Jones	53.10	58.00	290
David Baird	42.40	47.53	313
Milton Mavrick	52.18	57.33	315
Martina Murphy	41.49	47.05	316
Mal Vernon	46.00	51.24	324
Chris Pattinson	59.30	65.03	333
Wayne Bates	47.15	52.49	334
Don Pattinson	59.30	65.05	335
Geraldine Carlton	58.00	63.49	349

Morris Warren	72.02	78.07	365
Deb Mayerhoffer	49.05	56.17	432
Jackie Halberg	63.00	70.26	446
Jo Richardson	70.00	78.10	490
Terry Manford	60.00	69.37	577
Brian Bennett	50.00	60.00	600
Mike Taylor	-	41.04	-
John Smith	-	61.48	-
Elaine Doust	-	69.41	-

### 5.7km Run

Jeff Spencer	65.00	41.50	-1390
Frank Gardiner	50.40	32.05	-1115
Jane Thompson	55.00	37.38	-1042
Jim Klinge	42.30	27.14	-916
Richard Harris	52.00	37.37	-863
Corinne Astori	44.00	36.35	-445
Vic Beaumont	42.31	36.31	-360
Ray Lawrence	42.47	38.49	-238
Jenni Shillington	45.00	41.02	-238
Debbie Dance	45.00	42.17	-163
Arnold Jenkins	37.10	35.16	-114
Sue Bullen	37.15	35.26	-109
Mary Young	42.50	41.02	-106
Kirt Johnson	37.32	36.19	-73
Francis Usher	55.00	53.57	-63
Mike Anderson	32.27	31.42	-45
Jim Barnes	36.01	35.39	-22
Mike Polkinghorne	36.00	36.06	6
Jim Langford	23.10	23.33	23
Stephen Dunn	22.00	22.34	34
Delia Baldock	33.00	33.46	46
Brian Hardy	29.40	30.38	58
Graeme Dahl	23.50	25.01	71
Mike Faunge	35.00	36.21	81
Marg Taylor	45.10	46.47	97
Fiona McAuley	33.00	35.57	177
Graeme Neill	31.30	35.33	243
Bernadette Height	31.45	35.50	245
Julie Wood	36.00	40.27	267
Ray Hall	29.00	33.47	287
Ian Lyon	39.05	44.21	316
Peggy MacIver	27.25	32.58	333
Jo Zucaro	-	31.34	-
Melissa Gardiner	-	31.39	-
Lauren Gardiner	-	31.51	-
John Herbert	-	34.43	-

### 5.7km Walk

Beryle Doust	50.00	36.57	-783
Maggie Flanders	54.05	44.00	-605
Elaine Ellard	48.00	37.57	-603
Rex Bruce	43.00	38.01	-299
Lorraine Lopes	38.00	36.43	-77
Val Millard	35.00	33.53	-67
*Lynne Schickert	36.32	36.31	-1
Sue Wells	42.00	44.09	129
Norm Miller	63.00	66.37	217
Pat Miller	57.23	64.15	412
Alison Brookes	-	46.23	-
Allen Tyson	-	47.15	-
Angelina Bowden	-	46.23	-
Geraldine Erridge	-	46.01	-
Karen Polkinghorne	-	44.06	-



## Garvey Gallop Sunday 26/10/03

Arthur Leggett

Well as you all know I am at rather smart fellow, and as such, the Bardon Bash had near perfect weather and very few "moozies".

As is appropriate, I must thank all my helpers, who, but not in order were: Shirley Bell, Marg' Taylor, Barbara Blurton. Doug Ashfield, Alan Pomery, Kirt Johnson and Lachlan Marr. I do hope I have forgotten no one.

Last but not least, was the composer of this big thanks, who followed my instructions to the letter, who was, well lets say, Anon

### 10km Run

Allan Nicholls	M45	38:10
Darryl White	M40	39:01
Andrew Cook	M35	40:25
Gareth Brunt	M50	40:58
Robert Roll	M55	41:36
David Baird	M60	41:44
ry McLean	M40	41:59
Bob Schickert	M60	42:31
Ivan Pilton	M60	42:37
David Reid	M50	43:04
Brian Bennett	M55	43:18
Michael Karra	M35	43:34
Mal Vernon	M45	44:52
John Mack	M75	45:30
Mark Sivy	M55	46:17
Robyn Mitsopolous	W50	47:01
Vance Mitsopolous	M50	47:02
Wayne Bates	M55	47:13
Frank Smith	M60	47:17
Wayne Taylor	M40	47:46
John Ellard	M60	47:56
Mike Khan	M55	47:57
Irwin Barrett-Lennard	M70	48:42
Jim Halliday	M60	49:02
Paul Martin	M60	49:14
Nick Miletic	M50	49:31
Milton Mavrick	M45	50:12
Graeme Neill	M40	50:28
Vic Waters	M55	50:49
Gillian Young	W55	50:51
John Frost	M65	52:00
Damien Hanson	M50	52:43
Christine Engels	W45	52:59
Margaret Robinson	W65	53:21
John Dance	M50	54:01
John Smith	M65	54:22
Pamela Toohey	W55	54:36
Paula Karra	W30	55:07
Paul Lewis	M55	56:07
Christina Rompotis	W40	56:40
Liz Chandler	W30	57:44
Joan Osborne	W55	58:06
Merv Jones	M60	58:20
Terry Manford	M65	58:24
Sue Bullen	W40	58:37
Vic Beaumont	M70	59:25
Mitch Loly	M60	59:57

Elaine Dance	W50	61:20
Mike Polkinghorne	M50	62:27
Jo Richardson	W50	65:58
Margaret Bennett	W60	66:12

### 6km Run

Bjorn Dybdahl	M50	22:21
Ian Davies	M55	22:30
Bert Carse	M60	23:46
Simon Mort	M45	25:41
Miroslav Glisic	M40	26:09
Colin Smith	M40	29:06
Mike Anderson	M55	29:38
Dick Blom	M70	30:52
Roger Walsh	M60	32:00
Jim Barnes	M60	32:58
Wendy Clements-Green	W60	33:10
Delia Baldock	W40	33:18
Sue Lake	W40	36:35
Ray Lawrence	M75	36:45
Michael Andrews	M35	37:24
Debbie Dance	W35	37:50
Mary Young	W50	38:12
Jenni Shillington	W45	38:12
Merv Moyle	M75	40:51
Elaine Ellard	W60	48:31
Jeff Spencer	M60	40:51

Sheila Maslen	W65	41:53
Fenella Gill	W40	48:48
Ron Spencer	M60	51:06
Ernie Moyle	M75	63:54

### 10km Walk

Val Millard	W55	69:17
Lynne Schickert	W60	72:19
Lorraine Lopes	W60	72:50

### 6km Walk

Bev Whitfield	W40	45:01
Rex Bruce	M60	48:50
Denise Van Winsen	W50	49:13
Maggie Flanders	W65	52:11
Pat Ainsworth	W65	53:25
Allen Tyson	M75	55:49
Christine Tinniswood	W50	57:21

## Dili orphanages

Donations to Dili Orphanages

Thanks have been received for the box of stationary and the big fluffy koala bear which members generously donated to send to orphanage children in impoverished areas outside Dili. Many thanks to Shorty Turner for organising this on behalf of the Club.

## 2004 WORLD MASTERS ATHLETICS CHAMPIONSHIPS VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

With the introduction of on-line entries for World Masters Athletics championships, MAWA members are reminded that evidence of age is still required to ensure validation of their on-line entry. A photocopy of the athlete's birth certificate or passport giving date of birth must be forwarded. This also applies to all paper copy entries.

Entrants must be financial members of the state masters/veterans club. AMA will check that this is so.

Please enclose details of a contact at home in case of accident or other problems.

Your validation documentation should reach

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

at least ONE month before close of entries to ensure sufficient time for validation.

In 2004 these regulations apply to three WMA international competitions,

- 1st World Masters Athletics Championships Indoors at Sindelfingen, Germany, March 10-14, 2004
- World Masters Athletics Non-Stadia Championships at Auckland, New Zealand, April 18-24, 2004
- Oceania OAVA Regional Championships, Raratonga, Cook Islands, October 21-28, 2004

### Australian Uniforms

It should be noted that when competing in an international event, including Oceania events, it is compulsory for competitors to wear the uniform of their country.

Australian uniforms can be viewed via the Queensland Masters Athletics website at [www.mastersathletics.com.au](http://www.mastersathletics.com.au), or by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: [mcdonnellh@bigpond.com.au](mailto:mcdonnellh@bigpond.com.au))

### Team Managers - Auckland

Depending on the number of Australian entries for the World Masters Athletics Non-Stadia Championships at Auckland next April there may be a need to appoint a team manager to coordinate teams and manage athletic activities. Expenses in Auckland associated with managing duties, meetings, transport etc. would be reimbursed by Australian Masters Athletics. There will not be any funding provided for travel and accommodation expenses.

Expressions of interest in this position should reach Brian Foley, Secretary, AMA Inc, 8 Habgood Street, East Fremantle WA 6158 (or by email to: [brianfoley@bigpond.com.au](mailto:brianfoley@bigpond.com.au)) by 31 January 2004.

Applicants should provide a brief summary of their qualifications and experience.



## Safety Bay Run 9.11.03

Pam & Steve Toohey

Another perfect day in paradise, well almost, a beautiful sunny morning on Waikiki Beach comes very close. 92 elite athletes lined up for the Safety Bay run for 2003, of these 35 were visitors, not sure if this is a record or not, but anyway it was certainly a great response from the locals.

This particular event was also notable for the number of helpers. I cannot recall a run before this one where it was actually hard to find a job for everyone who volunteered, so thanks to John and Elaine Debbie, Dee, Gerry, Mitch, Dennis, Paul, Geoff, Audrey and Aldo, Ray, Nick, and Murray and a special thanks to the West's for their stirring efforts on the barbeque, perhaps John needed a sausage or two after his light training ride from Mundaring.

It was a new course this year and a few runners were surprised to find that we have a few gentle undulations in the Safety Bay / Warnbro area, however most of the feedback on the day was positive so we will be keeping to the same track for next year.

So a big thankyou to all the members who made the trek down the freeway to our lovely part of the world to take part in what was our first effort in holding a club run hope to see many more of you next year.

*The One Armed Bandit and Pam.*

### 10km run

Bjorn Dybdahl	M50	40:38
Andrew Cook	M35	40:40
Gareth Brunt	M50	41:08
Brian Bennett	M55	42:23
David Baird	M60	42:25
Paul Burke	M30	44:20
Johan Hagedoorn	M55	45:37
Keith Atkinson	M45	47:23
John Pressley	M55	47:35
Mark Sivyver	M55	48:39
John Pellier	M60	49:12

Graeme Neill	M40	49:17
Liz Neville	W50	49:33
Paul Martin	M60	49:39
John Ellard	M60	50:24
Gillian Young	W55	51:18
Troy Lundgren	M50	51:18
Shirley Bell	W55	54:54
Kris Adrian	W30	55:33
Christina Rompotis	W40	57:09
John Smith	M65	57:16
Liz Chandler	W30	57:26
Joan Osborne	W55	60:04
Tanya Burke	W30	60:27
Vic Beaumont	M70	62:16
Jo Richardson	W50	68:26
Merv Moyle	M75	68:35
Mary Young	W50	72:18

### 5km Run

Bob Schickert	M60	26:07
Bob Sammells	M65	26:33
Aldo Giacomini	M65	27:20
Ray Hall	M65	28:22
Arnold Jenkins	M55	28:59
Malcolm Hawley	M50	29:43
Bob Neville	M70	31:25
Julie Wood	W55	31:26
Kirt Johnson	M70	34:13
Dianne Sharpe	W45	36:43
Toni Frank	W55	40:11
Elaine Ellard	W60	41:02
Frank Usher	M75	41:18
Gordon Medcalf	M70	42:22

### 10km Walk

Val Millard	W55	71:50
Lynne Schickert	W60	72:23
Lorraine Lopes	W60	72:24

### 5km Walk

Bev Whitfield	W40	35:55
Lorna Lauchlan	W70	42:42
Dorothy Whittam	W65	42:43
Maggie Flanders	W65	43:55
Allen Tyson	M75	45:46
Pat Ainsworth	W65	51:19
Leo Hassam	M70	51:20
Jill Midolo	W55	52:40
Norm Miller	M70	53:23

**It's that time of the year and the elves are busy planning their costumes**



**YES**, Christmas is fast approaching and the Christmas Gift Run, THE FUN EVENT for our club, is scheduled Sunday 21 December at McCallum Park.

For those new members who have not experienced this run before, it is a time to exercise your creativity and come dressed in a Christmas outfit.

There are prizes for the best creations and we have previously seen Angels, Fairies, Wise Men of the East (or is it West?), presents in a box, Christmas puddings, Christmas trees, Santa and his reindeer ..... and assorted Christmas decorations on running gear.

We do have a run (or try to in our costumes) but no times are recorded and we then join together for the present swap whilst enjoying Christmas cake and coffee provided by the Club.

Members bring a gift to the value of \$5.00, marked if necessary for male or female. These are then distributed in a random manner according to age groups. Because of the large number of members who attend this event, we ask that gifts are not brought for any children in attendance as it is gift time for the members not the children.

As the Snowflake Fairy in charge of these festivities, I look forward to seeing how creative you have all been this year.

*Lynne Schickert*



*On 14 November members of Shorty Turner's training group held a breakfast sendoff for Mal Vernon, who is off to Ireland for six months to do locum work. Expect some updated Irish jokes!*



## Wellington Mills Weekend

### Wellington Mill Cottages, Wellington Mills

Five cottages have been booked for the long weekend of 27-28-29 February.

\$40 per person for the 3 night stay. For bookings/further information please contact:

**Joan Pellier 9459 7782**

**or Margaret Bennett 9275 0169**



## RIB Run

2-Nov-03

Roma Irene Brian

### 8.6km Run

Chris Frampton	M35	31:20
Allan Nicholls	M45	32:15
Bjorn Dybdahl	M50	32:41
Jim Langford	M55	32:43
Andrew Cook	M35	33:45
Gareth Brunt	M50	33:49
Brian Bennett	M55	34:09
David Baird	M60	34:20
John Cresp	M50	34:60
Doug Ashfield	M45	35:01
Ivan Pilton	M60	35:05
Brian Danby	M55	35:19
Mike Hale	M55	35:29
Geoff Barrett	M40	36:22
Robert Roll	M55	36:28
David Muir	M55	36:41
Bob Schickert	M60	37:04
Johan Hagedoorn	M55	37:13
John Mack	M60	37:47
Dave Bishop	M45	37:52
Mark Sivyver	M55	38:36
David Scott	M55	39:15
Liz Neville	W50	39:23
Wayne Bates	M55	39:33
Gillian Young	W55	40:16
John Pellier	M60	40:30
John Ellard	M60	40:57
Nick Miletic	M50	40:01
Graeme Neill	M40	41:11
Troy Lundgren	M50	42:03
Simon Jawichre	M35	42:43
Paul Martin	M60	42:46
Milton Mavrick	M45	43:31
Don Pattinson	M50	43:34
Margaret Robinson	W65	43:59
John Dance	M50	44:28
Roger Walsh	M60	45:04
John Smith	M65	46:11
Terry Manford	M65	46:31
Kris Adrian	W30	47:05
Margaret Warren	W65	47:18
Brian Smith	M60	48:15
Elaine Dance	W50	48:40
Merv Jones	M60	49:19
Jo Richardson	W50	51:32
Margaret Bennett	W60	56:17
Morris Warren	M65	57:08

### 4.8km Run

Stephen Dunn	M35	16:27
Ian Davies	M55	17:14
Frank Smith	M60	18:36
Henri Cortis	M55	18:56
Vic Waters	M55	20:02
Simon Mort	M45	20:04
Margaret Langford	W55	20:22
Ivan Brown	M55	20:29
Fenella Gill	W40	22:08
Brian Foley	M55	22:13
Karyn Gower	W40	22:34
Shirley Bell	W55	22:39
Mike Anderson	M55	22:48

## NEW WEBSITE AND EMAIL ADDRESSES

Please note that the Club's website is now located at:

**www.mastersathleticswa.org**  
with an email contact address at:  
**enquiries@mastersathleticswa.org**

Marg Forden	W60	23:06
Dick Blom	M70	23:21
Keith Forden	M60	23:42
Stan Lockwood	M70	23:49
Wendy Clements-Green	W60	24:16
Delia Baldock	W40	24:18
Paul Buckley	M50	24:28
Ray Hall	M65	24:49
Pamela Toohey	W55	24:52
Chris Pattinson	W45	25:43
Arnold Jenkins	M55	25:48
Joan Pellier	W60	26:01
Sue Bullen	W40	26:09
Jim Barnes	M60	26:27
Julie Wood	W55	26:51
Kirt Johnson	M70	26:58
Mike Polkinghorne	M50	26:59
Vic Beaumont	M70	27:13
Doug Hazel	M50	28:12
Ray Lawrence	M75	28:23
Merv Moyle	M75	28:29
Mary Young	M75	29:08
Jenni Shillington	W45	29:09
Debbie Dance	W35	30:23
Ian Lyon	M65	30:58
David Carr	M70	33:21
Sheila Maslen	W65	34:26
Ron Spencer	M60	34:50
Elaine Ellard	W60	35:31
Frank Usher	M80	38:52

### 8.6km Walk

Val Millard	W55	57:05
Lynne Schickert	W60	59:32
Lorraine Lopes	W60	59:51

### 4.8km Walk

David Brown	M55	31:51
Bev Whitfield	W40	33:11
Bob Neville	M70	34:50
Maggie Flanders	W65	40:49
Dorothy Whittam	W65	40:50
Patricia Hopkins	W60	41:11
Rex Bruce	M60	47:39
Leo Hassam	M70	47:41
Jill Midolo	W55	47:42
Ernie Moyle	M75	49:23
Glenice Shanahan	W75	50:52

Don't hesitate to forward contributions to Vetrin! Letters, photos, feature articles are all very welcome.

The Editor can be contacted: by phone on **9382 2628** or email

< [jeffbown@smartchat.net.au](mailto:jeffbown@smartchat.net.au) >

or by writing to

**207 Townshend Rd, Subiaco 6008.**

## "The Sportsmen"

Get us a can and a packet of chips, and turn the telly on. Grab some fags from the bottle shop. Mine are all nearly gone.

Hey Chubby, old mate, do us a favour. Call at the T A B. If Fatso is still in the Sportsmens' Bar, borrow a fifty for me.

Hey look at the guts on Warnie now. You'd reckon he'd show some pride.

Don't need an excuse, neither do you. We're not in the Aussie side.

Bring us all home some fish and chips, and fill up the oven with pies.

The end of the week is sport for us. Go on and round up the guys.

If Beachball, Jumbo, Tiny and Slim each drop in with a block, We can indulge in a sportathon, watching it round the clock.

We can watch every sport in the book, and have us a whale of a time, And dream of the men that we could have been, before we went into decline.

I'd have my running shoes on right now, if I could just see my feet.

But if I bend, I'll never get up, so I'll have to admit defeat.

Why don't you go for the ball, You mug. Get up and show some guts.

Norman's a slacker today with his drive, but he's been O K with his putts.

Who do we play in the darts this week, and how'd we go in the pools?

I hope it's not the footy club, this time. They make us look like fools.

Look at the size of that Sumo, Tubby. What sort of diet's he on? Do the Japs eat Pizzas with buckets of chips? Hey a pig tail is stuck on his scone!

Oi, Porky, check out the netball chicks. The one in the blue'd do me.

She'd make you feel like a pig in a poke, squealing to be set free.

Come in Beanbag. G'day Sludge. What do you think of Hewitt? I used to hit it better than that, but now days I don't overdo it.

The Eagles have all been slack this year, and some of them seem too slow.

Bring back Kickett. He'll sort 'em out. Hey, look at that Belly go.

The A F L has ignored the bush. I used to be good back when, I was a star down in Bellyup, Pud. I captained the under tens.

The kids are all day on that play station. Why don't they go out and play?

Why don't they get into sport like us? There's something the matter today.

But what a great sporting nation we are; the best in the world by miles.

I'm making a comeback too, next year, as soon as I'm rid of my piles.

Our Hockey teams, and the Wallabies are down a bit on form. They're not half what they used to be. It's getting to be the norm.

Look at our Masters Athletes mate; Gilmour, Carr and the rest. Age is never a barrier there. Form is an endless quest.

What about our Louise Sauvage, she will just never say die? She's an example of good Aussie guts. Give us another pie.

I'll have a Bourbon, this time Spud, and it's Diet Coke for me. One thing's for certain, the older we get, the better we used to be.

Wayne Pantall 10/11/2003

[waynepantall@westnet.com.au](mailto:waynepantall@westnet.com.au)



## Mullaloo Beach 16-Nov-03

M Anderson & J Hagedoorn

### 13km Run

Andrew Cook	M35	55:54
Jim Klinge	M75	56:07
Brian Bennett	M55	56:27
Mark Speechly	M35	57:46
David Baird	M60	57:46
Mike Hale	M55	60:25
John Mack	M60	61:12
Bob McNamara	M60	61:57
Bob Schickert	M60	62:58
Doug Ashfield	M45	63:11
Mark Sivyver	M55	63:12
Wayne Taylor	M40	65:23
John Pressley	M55	65:42
Simon Mort	M45	65:44
John Ellard	M60	66:10
Jim Halliday	M60	66:17
Nick Miletic	M50	66:55
Gillian Young	W55	67:26
Christine Uren	W30	67:26
Vic Waters	M55	67:55
Paul Martin	M60	69:55
Graeme Neill	M40	70:12
Julie Keeley	W35	71:42
Troy Lundgren	M50	73:54
Christina Rompotis	W40	75:37
John Dance	M50	75:45
John Smith	M65	75:51
Dick Blom	M70	75:53
Brian Smith	M60	75:54
Ann Turner	W65	76:09
Margaret Warren	W65	81:36
Merv Jones	M60	82:05
Jo Richardson	W50	85:44
Margaret Bennett	W60	92:56
Mary Young	W50	94:38
Shorty Turner	M65	96:06

### 5km Run

Lachlan Marr	M40	23:20
Blakeney Tindall	M40	24:08
Karyn Gower	W40	26:28
Brian Foley	M55	26:45
Thea Bailey	W45	28:17
Bob Sammells	M65	28:43
Stan Lockwood	M70	28:46
Roger Walsh	M60	29:13
Liz Chandler	W30	29:32
Kris Adrian	W30	29:33
Wendy Clements-Green	W60	30:32
Bernadette Height	W45	31:12
Ray Hall	M65	32:28
Sue Lake	W40	32:44
Irene Ferris	W50	34:00
Kirt Johnson	M70	36:14
Pierre Viala	M55	36:16
Denise Lancaster	W50	36:25
Ray Lawrence	M75	37:34
Ian Lyon	M65	37:34
Heather Sanderson	W50	37:56
Sheila Maslen	W65	38:41
Bev Whitfield	W40	39:37
Elaine Ellard	W60	42:29

### 13km Walk

Val Millard	W55	1:36:20
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### 5km Walk

Lynne Schickert	W60	38:51
Rex Bruce	M60	42:15
Lorna Lauchlan	W70	44:05
Dorothy Whittam	W65	47:48
Patricia Hopkins	W60	47:49
Jenny Binns	W50	50:56
Christine Tinniswood	W50	50:56
Jill Midolo	W55	54:58

## HELPERS LIST

### 4 JAN ALDERBURY PK

*Brian Foley 9339 2716.*

Frank Smith, Arnold Jenkins, Thea Bailey.  
Wendy Clements-Green, Jeff Spencer,  
Graham Lucas, John Cresp, Janis Malin.

### 11 JAN EAST PERTH

*Jill Midolo 9381 5565.*

Jacqui Halberg, Jenny Hart, Ralph  
Henderson, Sean Keane, Peter & Judy  
Hill, Phyllis Farrell, Peter & Sue Sanders,  
Dalton Moffett.

### 18 JAN FRIENDSHIP RUN

*Jim Barnes 9459 2617.*

Wendy Clements-Green, Jeff Bowen,  
Don Caplin, John & Joan Pellier, Wendy  
Duncan, Tony Speechly, Heather  
Sanderson, Toni Frank, Raymond Gimi,  
Mark Sivyver, Steffi Heussi.

### 25 JAN POINT WALTER

*Dave Roberts 9472 0039.*

Paul Hughes, Gary Fisher, Jeff Bowen,  
Mike & Paul Karra, David Muir,  
Ann Jones, Doug Hazell, Kevin Davis,  
Maree Creighton.

### 1 FEB AGE GRADED

*David Carr 9339 8289.*

Sue Bullen, Blakeney Tindall, David Reid,  
Gordon & Noala Medcalf, John & Elaine  
Ellard, Barry Weatherburn, Dee Haines,  
Gillian Young, George Innes, Mark  
Rosen. Troy Lundgren, Keith & Marg  
Forden, Fiona & Duncan McCauley,

## Happy Birthday to January Members

Fraser	Deanus	01.01.1940	64	remains M60	Christine	Wheeler	16.01.1954	50	becomes W50
Lorraine	Lopes	01.01.1940	64	remains W60	Anne	Langford	17.01.1951	53	remains W50
Dee	Campbell	02.01.1956	48	remains W45	Blakeney	Tindall	17.01.1961	43	remains M40
Eileen	Hindle	02.01.1949	55	becomes W55	Les	Beckham	20.01.1933	71	remains M70
David	Muir	02.01.1945	59	remains M55	Andrew	Brooker	20.01.1969	35	becomes M35
Peter	Ryan	02.01.1950	54	remains M50	Barry	Weatherburn	20.01.1943	61	remains M60
Colin	Smith	02.01.1963	41	remains M40	Rod	Tinniswood	25.01.1950	54	remains M50
Barry	Audsley	03.01.1941	63	remains M60	Marg	Taylor	22.01.1951	53	remains W50
Penny	Brown	03.01.1946	58	remains W55	Graham	Lucas	23.01.1955	49	remains M45
Sheila	Maslen	06.01.1938	66	remains W65	Alison	Aldrich	24.01.1943	61	remains W60
Keith	Miller	06.01.1949	55	becomes M55	Mary	Burke-Heydon	24.01.1958	46	remains W45
Robert	Sammells	06.01.1937	67	remains M65	Mary	Chan	24.01.1951	53	remains W50
Wayne	Bariolo	07.01.1968	36	remains M35	James	Barnes	25.01.1943	61	remains M60
Robert	Sheehy	09.01.1946	58	remains M55	Vance	Mitsopoulos	26.01.1951	53	remains M50
Robyn	Mitsopoulos	10.01.1951	53	remains W50	Ross	Parker	27.01.1949	55	becomes M55
Rose-Maree	Hollaway	11.01.1955	49	remains W45	Ann	Turner	27.01.1936	68	remains W65
Ivan	Pilton	11.01.1943	61	remains M60	Sandi	Crossman	28.01.1966	38	remains W35
Doug	Ashfield	13.01.1957	47	remains M45	Gill	Edmonds	28.01.1965	39	remains W35
Raymond	Attwell	13.01.1936	68	remains M65	Stephen	Toohey	30.01.1949	55	becomes M55
Lynne	Choate	14.01.1953	51	remains W50	Sue	Clifton	31.01.1953	51	remains W50
Fenella	Gill	14.01.1963	41	remains W40	Christine	Engels	31.01.1956	48	remains W45
Ruth	Johnson	14.01.1941	63	remains W60					



## Pelican Pt

23-Nov-03

J.Ellard & N.Miletic

Typical weather greeted us on this run, beautiful one day better the next.

We had 112 thrill seekers, participating on this leisurely 5km and 7km run and walk, feed back was good as many enjoyed the morning.

Being John and my first stint as race directors we were a bit apprehensive as to how things would go - but thanks to many willing advisors it was a breeze.

Special thanks to Barry Thomsett for his helpful input, also our other helpers:

Gillian Young, Mark Sivy, Steve Toohey, Julie Woods, Mike and Paula Karra on the computer, Barry Weatherburn, George Schaafer, Elaine Ellard.

Thanks everyone,

*Regards, John Ellard and Nick Miletic*

### 7km Run

Jim Klinge	M55	27:34
Port Carse	M60	27:56
Brian Bennett	M55	28:05
John Doust	M55	28:07
Gareth Brunt	M50	28:39
Ivan Pilton	M60	28:45
David Baird	M60	28:54
David Muir	M55	30:06
Paul Burke	M30	30:19
Wayne Taylor	M40	30:30
Keith Atkinson	M45	30:32
David Scott	M55	30:36
Johannes Hagedoorn	M55	30:59
John Bell	M55	31:12
Bob Schickert	M60	31:17
Robert Sheehy	M55	31:28
Geoff Barrett	M40	31:46
Mike Hale	M55	32:17
Liz Neville	W50	32:28
Wayne Bates	M55	32:33
Steve Barrie	M65	32:56
Barry Jones	M45	33:04
Graeme Neill	M40	33:21
Don Pattinson	M50	33:21
Jim Halliday	M60	33:26
Mike Khan	M55	33:30
John Pellier	M60	33:46
Paul Martin	M60	34:04
Anne Jones	W50	34:11
Brian Foley	M55	34:13
Troy Lundgren	M50	34:45
Hamish McGlashan	M65	34:54
Julie Keeley	W35	35:28
Stan Lockwood	M70	35:47
Marg Forden	W60	35:50
Frank Gardiner	M50	36:09
Christina Rompotis	W40	36:41
Margaret Robinson	W65	36:42
John Dance	M50	37:19
Roger Walsh	M60	37:24
Mitch Loly	M60	37:41
Bob Sammells	M65	37:41
Terry Manford	M65	37:55

Pamela Toohey	W55	37:58
Aldo Giacomini	M65	38:08
Ann Turner	W65	38:39
Brian Smith	M60	38:52
Chris Pattinson	W45	39:17
John Davies	M55	39:21
Mike Polkinghorne	M50	39:54
John Smith	M65	40:07
Mick Malone	M50	40:35
Merv Jones	M60	40:44
Arnold Jenkins	M55	42:35
Sue Liebich	W35	43:19
Elaine Dance	W50	43:26
Jo Richardson	W50	44:23
Shorty Turner	M65	47:36
Margaret Bennett	W60	47:36
Sheila Maslen	W65	49:48

### 5km Run

Stephen Dunn	M35	18:13
Ian Davies	M55	19:29
Amanda Walker	W35	22:11
Bob McNamara	M60	24:07
Barbara Blurton	W50	24:12
Colin Smith	M40	24:43
Mike Anderson	M55	25:00
John Brambley	M60	25:15
Chris Frampton	M35	25:31
Irwin Barrett-Lennard	M70	26:26
Keith Forden	M60	26:35
Jim Riddell	M60	26:36
Ray Hall	M65	27:16
Peter Gare	M60	28:05
Jim Barnes	M60	29:23
Tanya Burke	W30	29:46
Denise Lancaster	W50	31:13
Jeff Spencer	M60	31:21
Vic Beaumont	M70	31:23
Bob Neville	M70	32:22
Pierre Viala	M55	33:26
Merv Moyle	M75	33:56
Ian Lyon	M65	33:56
Jenni Shillington	W45	34:52
Frank Usher	M80	44:39
Glenice Shanahan	W75	64:25

### 7km Walk

Val Millard	W55	47:17
Lorraine Lopes	W60	50:14

### 5km Walk

David Brown	M55	35:10
Lynne Schickert	W60	37:39
Fenella Gill	W40	38:19
Dorothy Whittam	W65	41:41
Patricia Hopkins	W60	42:42
Maggie Flanders	W65	45:34
Kirt Johnson	M70	47:08
Rex Bruce	M60	47:08
Rosa Wallis	W55	49:45
Allen Tyson	M75	49:47
Pat Ainsworth	W65	51:39
Leo Hassam	M70	51:39
Jill Midolo	W55	51:40
Ernie Moyle	M75	54:27

## From the Committee

- The AMA have advised that there was a typo error in the recommended hurdle specifications which they provided for the November Vetrin. The M45-49 400m hurdles height is 0.840m and not the previously published 0.914m.

- The Alice Springs Masters Games will be held between 16 - 23 October 2004. For further information:

Website: <[www.alicespringsmasters.nt.gov.au](http://www.alicespringsmasters.nt.gov.au)>

Email: <[alicespringsmasters.dsr@nt.gov.au](mailto:alicespringsmasters.dsr@nt.gov.au)>

Phone 1800 658 951

*Letter to the Editor MAWA*

### Subject: Use of Computer by Officials at Finish Line.

First off; my thanks to all for being so understanding, and patient, as I have grappled with use of "Lap-Top", and all the mysteries hidden therein. I took over from a real master in Bob Sammells.

Bob set up the program in "Excel", where to have a Programmer devise a special program, would have cost in the vicinity of \$150 per hour, for goodness knows how many hours.

I seem to have overcome the "nervous twitches", panic, and whatever made the toilet such a desirable place, and am now reasonably comfortable with the little beastie. I am sure one or two Race Directors, must have thrown their hands up in despair, in fact I know they did.

So now, the real Message to all Race Directors and their Volunteers.

I have no burning desire to sit at the table each week, but will be happy to be there if we are short of volunteers.

I do want to set up the computer each event, show the volunteer in 5 minutes or whatever, how to use a few arrow keys to enter the member's number and length of Run/Walk, the Computer does the rest. Yes, competitor's name, age group etc.

By clicking on the "Save" Icon occasionally all will be kept safe and secure... End of Lesson.

I will then return towards the end of the event - after I have had a pleasant stroll over part of the course, or found the nearest coffee shop - to close down the computer, take it home, and process results and send them to Jeff Bowen, our very new Editor.

If Race Directors care to write up a thank you note to helpers, competitors, etc., they can either hand it to me, or phone it to me after the event on 9276 6446.

I will then forward it, with results, to Editor.

*Barrie Thomsett*



# Track and field results

## COKER PARK 16/10/2003

\* Pending State Record

### 200M

Greg Van Der Sanden	M45	24.5
Craig Owens	M45	26.1
Henri Cortis	M55	28.7
Colin Smith	M40	26.7
David Clive	M65	27.4
Toni Phillips	W30	27.7
John Stone	M50	28.8
Keith Durrans	M50	31.1
Eileen Hindle	W50	33.2
Delia Baldock	W40	33.3
Jacqui Sanders	W35	34.9
Pat Carr	W70	40.7
Lil Heatly	W75	63.3

### 1500M Walk

Rose-maree Hollaway	W45	7.53.1
Tom Lenane	M45	8.38.3
Ray Hall	M65	9.30.5
Lynne Schickert	W60	9.31.5*

### 1500M

Elaine Ellard	W60	10.50.8
Lil Heatly	W75	11.22.4

### 100M

Greg Van Der Sanden	M45	12.6
Colin Smith	M40	13.2
David Clive	M65	13.4
Henri Cortis	M55	13.9
Mike Edwards	M45	12.5
Craig McGowen	M35	12.8
John Stone	M50	13.6
Nick Boccardo	M40	14.1
Katrina Spilsbury	W35	14.1
Ian Sanders	M45	14.7
Delia Baldock	W40	15.8
Eileen Hindle	W50	16.0
Jacqui Sanders	W35	17.0
Keith Durrans	M50	15.0
Gillian Young	W55	17.3
Pat Carr	W70	17.8
Lil Heatly	W75	28.9

### 3000M

Greg Van Der Sanden	M45	10.28.5	77.38
Lachlan Marr	M43	10.49.2	73.82
Brian Hewitt	Vis	10.59.6	
Bob Schickert	M61	11.15.4	82.40
Gareth Brunt	M52	11.21.4	75.39
Campbell Till	M46	11.35.6	70.44
Henri Cortis	M57	12.21.3	72.34
John Ellard	M61	12.59.0	71.44
Nick Bailey	M55	13.04.5	67.15
John Frost	M66	13.21.7	73.07
Gillian Young	W56	13.35.1	74.62
Jacqui Sanders	W37	14.19.7	59.68
Colin Smith	M40	14.25.0	54.21
Jackie Halberg	W57	14.52.9	68.83
Tom Lenane	M47	14.56.4	55.08
Margaret Robinson	W65	15.00.8	74.72
Toni Phillips	W31	15.04.5	55.06
Ian Sanders	M45	15.57.2	50.81
Delia Baldock	W41	16.01.1	55.15
Lynne Schickert	W61	18.14.9	58.63

## SHOT

Geoffrey Gee	M50	11.97
Nick Boccardo	M40	7.60
Toni Phillips	W30	7.47
Ian Sanders	W45	7.33
Damien Hanson	M50	6.73
Eileen Hindle	W50	6.69

## DISCUS

Geoffrey Gee	M50	33.80
Damien Hanson	M50	19.25
Nick Boccardo	M40	16.95
Eileen Hindle	W50	16.70
Toni Phillips	W30	12.51

## LES BECKHAM LONG JUMP

Nick Boccardo	M40	4.20
Damien Hanson	M50	3.62

## COKER PARK 23/10/2003

\* Pending State Record

### 2000M

Lachlan Marr	M40	7.03.7
Gareth Brunt	M50	7.23.3
John Ellard	M60	8.25.6
Nick Bailey	M55	8.32.3
Gillian Young	W55	9.00.0
Margaret Robinson	W65	9.40.9

### 2000M Walk

Stan Jones	M75	15.00.7
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### 400M

Greg Van Der Sanden	M45	56.3	84.76
Mike Edwards	M47	56.9	85.08
Campbell Till	M46	57.0	84.32
Andrew Brooker	M34	57.5	77.18
Henri Cortis	M57	62.8	83.25
Colin Smith	M40	59.7	77.27
Toni Phillips	W31	63.3	76.21
Bob Schickert	M61	67.8	79.82
David Carr	M71	68.8	87.17
Brian Hewitt	Vis	69.1	
Mike Watson	Vis	67.0	
Aron Ombaso	Vis	68.0	
John Stone	M51	69.0	72.25
Ian Sanders	M45	71.0	67.21
Nick Boccardo	M41	72.2	64.32
Katrina Spilsbury	W37	67.9	74.24
Lachlan Marr	M43	69.0	68.22
Gareth Brunt	M52	73.0	68.81
Damien Hanson	M50	76.0	65.09
Keith Durrans	M52	77.1	65.15
John Ellard	M61	77.4	69.92
Delia Baldock	W41	76.3	68.13
Nick Bailey	M55	77.0	66.77
Gillian Young	W56	85.7	69.00
Margaret Robinson	W65	98.5	66.00
Lynne Schickert	W62	1.50.2	57.06
Lil Heatly	Vis	2.28.0	

### 100M

Greg Van Der Sanden	M45	12.1
Craig McGowen	M35	12.4
Colin Smith	M40	12.7
Mike Watson	Vis	13.1
Campbell Till	M45	12.7
John Stone	M50	13.3

Ian Davies	M55	14.3
Bernie Oliver	M55	16.6
Eileen Hindle	W50	15.6
Delia Baldock	W40	15.9
Pat Carr	W70	18.0
Lil Heatly	Vis	27.7

### 1500M

Mike Watson	Vis	4.50.4
Ian Davies	M55	4.50.7
Brian Hewitt	M45	4.59.8
Lachlan Marr	M40	5.18.3
Bob Schickert	M60	5.39.7
Gareth Brunt	M50	5.40.0
Henri Cortis	M55	5.51.8
Barbara Blurton	W50	5.52.0
John Ellard	M60	6.07.9
Gillian Young	M55	6.40.1
Margaret Robinson	W65	7.13.8
Elaine Ellard	W60	10.14.2
Lil Heatly	Vis	11.58.1

### 1500M Walk

Lynne Schickert	W60	9.50.0
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## LES BECKHAM TRIPLE JUMP

Ian Sanders	M45	8.02
Damien Hanson	M50	7.15
Eileen Hindle	W50	7.15
Lynne Schickert	W60	5.80

## HAMMER

Geoffrey Gee	M50	34.18*
Eileen Hindle	W50	24.53
Damien Hanson	M50	16.33

## JAVELIN

Andrew Brooker	M34	40.12	21.35
Geoffrey Gee	M50	28.18	39.52
Keith Durrans	M52	25.55	34.09
Damien Hanson	M50	24.72	32.15
Tom Lenane	M47	24.22	27.94
Greg Van Der Sanden	M45	23.74	27.45
Campbell Till	M46	22.58	36.79
David Carr	M71	18.95	44.18
Ian Sanders	M45	18.06	24.45
Nick Boccardo	M41	17.11	38.63
John Ellard	M61	16.27	21.50
Toni Phillips	W31	16.21	31.11
Gillian Young	W56	15.03	41.93
Marg Taylor	W52	14.57	28.39
Eileen Hindle	W54	14.08	31.18

## COKER PARK 30/10/2003

\* Pending State Record

### 60m

Campbell Till	M46	7.9
Colin Smith	M40	7.9
Ian Sanders	M45	9.2
Bernie Oliver	M55	10.1
Ian Sanders	M45	9.2
Eileen Hindle	W50	9.9
Gillian Young	W55	10.0
Pat Carr	W70	10.9

### 5000m

Greg Van Der Sanden	M45	17.43.0	78.90
Brian Hewitt	Vis	18.35.4	
Bert Carse	M62	18.42.2	86.34

Lachlan Marr	M43	18.47.5	73.30
Ian Davies	M56	18.50.3	81.07
Bob Schickert	M62	19.16.2	83.80
Mike Watson	Vis	19.27.9	
Gareth Brunt	M52	19.32.1	75.58
Doug Ashfield	M46	19.40.6	71.58
David Scott	M56	19.52.8	76.82
Henri Cortis	M57	19.59.7	77.06
Frank Gardner	M53	21.49.5	68.21
Liz Neville	W52	22.03.3	76.16
John Ellard	M61	22.09.2	72.18
Brian Foley	M59	22.16.1	70.46
John Frost	M66	22.27.6	74.93
David Carr	M71	22.57.1	77.71
Gillian Young	W56	22.57.6	76.10
Peggy MacIver	W59	24.42.8	72.96
Damien Hanson	M50	24.46.9	58.62
Margaret Robinson	W65	24.50.7*	77.77
Tom Lenane	M47	25.25.6	55.81
Delia Baldock	W41	26.13.2	58.12
Lynne Schickert	W62	31.46.0	58.70

### 2000m Walk

Liz Neville	W52	12.34.9
Stan Jones	M78	12.40.6
Ray Hall	M69	13.04.4
Lynne Schickert	W62	13.57.3
Elaine Ellard	W61	14.11.6

### 200m

Greg Van Der Sanden	M45	25.0
Colin Smith	M40	26.0
Campbell Till	M45	26.4
David Jansen	M40	29.7
Bernie Oliver	M55	32.6
David Carr	M70	35.4
John Ellard	M60	35.4
Bob Neville	M70	35.7
Eileen Hindle	W50	34.0
Gillian Young	W55	36.1
Pat Carr	W70	40.9

## Les Beckham Long Jump

Ian Sanders	M45	4.14
Colin Smith	M40	3.94
Eileen Hindle	W50	3.78
Damien Hanson	M50	3.66
Pat Carr	W70	3.07

## Discus (Points) %

Alex Cummings	M72	27.09	55.33
Dave Jansen	M42	24.80	35.82
Greg Van Der Sanden	M45	20.26	31.19
Ian Sanders	M45	19.30	29.71
Henri Cortis	M57	19.00	33.60
David Carr	M71	18.30	36.56
Eileen Hindle	W54	18.06	36.51
Damien Hanson	M50	17.34	26.30
John Ellard	M61	15.88	25.52
Peggy MacIver	W59	13.54	30.93
Gillian Young	W56	12.92	27.44



# COKER PARK 6/11/2003

## 100m (Points)

			%
Greg Van Der Sanden	M45	12.4	86.13
Terry Collins	M37	13.0	77.92
Campbell Till	M46	13.0	82.69
Colin Smith	M40	13.0	79.46
Henri Cortis	M57	13.5	85.70
Dave Jansen	M42	14.0	74.79
John Stone	M51	13.4	82.91
Tom Lenane	M47	14.5	74.62
Ian Sanders	M45	14.9	71.68
Brian Hewitt	Vis	14.9	
Damien Hanson	M50	15.2	72.63
John Ellard	M61	17.9	66.42
Geoff Gee	M50	13.9	79.42
Mike O'Reilly	M64	15.5	78.52
Bob Schickert	M62	15.6	76.86
Peggy Macliver	W59	15.8	83.35
David Carr	M71	16.1	80.50
Delia Baldock	W41	15.8	72.53
Eileen Hindle	W54	15.9	79.62
Bob Neville	M70	16.4	78.23
Gillian Young	W56	16.9	76.09
Brian Foley	M59	18.4	63.70
Gillian King	Vis	16.9	
Pat Carr	W71	17.9	82.68
Margaret Robinson	W65	20.8	66.78
Lynne Schickert	W62	23.8	56.81
Lil Heatly	Vis	27.4	
Elaine Ellard	W61	30.6	43.79

## 800m

Ian Davies	M55	2.18.8
Campbell Till	M45	2.22.6
Brian Hewitt	Vis	2.24.1
Henri Cortis	M55	2.25.4
Colin Smith	M40	2.38.9
Barbara Blurton	W50	2.40.6
Dave Jensen	M40	2.44.5
Carl Ciccirelli	Vis	2.46.1
Katrina Spilsbury	W35	2.54.1
Liz Neville	W50	2.57.1
Mike O'Reilly	M60	3.00.3
John Ellard	M60	3.02.8
John Frost	M65	3.12.0
Delia Baldock	W40	3.15.0
Gillian Young	W55	3.18.9
Ian Sanders	M45	3.21.3
John Stone	M50	3.27.8
Margaret Robinson	W65	3.40.7
Gillian King	Vis	4.02.8
Lil Heatly	Vis	5.48.1

## 3000m Walk (Pnts)

		%
Brian Foley	M59	18.26.2 70.96
Liz Neville	W52	18.49.1 73.42
David Carr	M71	18.55.2 78.31
Tom Lenane	M47	18.56.0 62.50
Lynne Schickert	W62	18.59.7 80.20
Ray Hall	M69	19.16.3 75.15
Stan Jones	M78	19.28.5 82.93
Bob Schickert	M62	19.29.6 69.08
Peggy Macliver	W59	20.34.7 71.76
Damien Hanson	M50	20.42.9 58.49
Elaine Ellard	W61	21.17.6 70.76
Bob Neville	M70	21.23.9 68.39
Gillian Young	W56	22.32.6 63.58
Lil Heatly	Vis	24.46.6

## 3000m

Ian Davies	M55	10.57.2
Carl Ciccirelli	Vis	11.27.1
John Ellard	M60	13.00.9
John Frost	M65	13.10.4
Mike O'Reilly	M60	13.33.3
Dave Jansen	M40	13.34.1
Gillian Young	W55	13.48.4
Margaret Robinson	W65	14.48.2
Gillian King	Vis	18.16.3
Lil Heatly	Vis	23.44.8

## Les Beckham Triple Jump

Katrina Spilsbury	W35	10.10
Ian Sanders	M45	8.09
Eileen Hindle	W50	7.90
Damien Hanson	M50	7.79
Pat Carr	W70	6.37

## Shot

Alex Cummings	M70	9.11
Eileen Hindle	W50	6.75
Hannah Travaglini	W55	5.79
Lyn Weigel	W60	4.75

## Heavy Weight

Geoffery Gee	M50	14.10
Alex Cummings	M70	13.08
Eileen Hindle	W50	8.34
Damien Hanson	M50	7.38
Hannah Travaglini	W55	6.31
David Jansen	M40	6.18
Lyn Weigel	W60	5.26
Ian Sanders	M45	5.25

# COKER PARK 13/11/2003

\* Pending State Record

## 200m

Colin Smith	M40	27.0
David Clive	M65	28.1
Geoffery Gee	M50	28.6
Dave Jansen	M40	29.8
John Stone	M50	28.4
Katrina Spilsbury	W35	30.0
Keith Martin	M60	30.9
Damien Hanson	M50	32.5
Bernie Oliver	M55	33.9
Eileen Hindle	W50	34.8
Anthea Cheney	W45	34.8
Frank Gardiner	M50	38.6
Pat Carr	W70	41.9

## 1000m Walk

Robin King	W45	5.09.3
Tom Lenane	M45	5.35.0
Lynne Schickert	W60	5.55.1*
Ray Hall	M65	6.14.8

## 1000m

Mike Watson	Vis	3.01.6
Campbell Till	M45	3.04.0

## 10000m (Points)

		%
Carl Ciccirelli	Vis	40.42.2
Bob Schickert	M62	40.43.1 82.03
Brian Hewitt	Vis	40.48.9
Doug Ashfield	M46	40.54.5 71.19
Gareth Brunt	M52	40.54.9 74.62
Dave Scott	M56	41.00.7 77.01
Henri Cortis	M57	42.03.3 75.78
John Ellard	M61	46.29.4 71.14

Richard Blurton	Vis	49.41.0
Margaret Robinson	W65	51.58.4*76.70
Delia Baldock	W41	53.08.1 59.23
<b>Les Beckham Long Jump</b>		
Katrina Spilsbury	W35	4.58
David Clive	M65	4.51
Keith Martin	M60	4.41
Eileen Hindle	W50	4.15
Damien Hanson	M50	3.74
Anthea Cheney	W45	3.15
Lynne Schickert	W60	2.45

## Javelin

Dave Jansen	M40	34.60
Damien Hansen	M50	24.48
Hannah Travaglini	W55	11.80
Lynette Weigel	W60	7.92

## Discus

Dave Jansen	M40	25.01
Keith Martin	M60	21.92
Eileen Hindle	W50	18.22
Hannah Travaglini	W55	14.77
Lynette Weigel	W60	10.75

# COKER PARK 20/11/2003

## 200m

Colin Smith	M40	26.5
Dave Jansen	M40	28.7
Rob Antonioli	M50	29.4
Keith Martin	M60	30.3
Bernie Oliver	M60	32.4
Jan Morrey	W60	32.4
Gillian Young	W55	35.6
Bob Neville	M70	35.7
Jim Riddell	M60	36.1
Pat Carr	W70	40.4

## 2000m

Gareth Brunt	M50	7.22.7
Keith Edmonds	M35	7.33.8
Nick Bailey	M55	8.31.0
Frank Gardiner	M50	8.31.7
John Ellard	M60	8.33.0
Liz Neville	W50	8.37.2
Gillian Young	W55	9.24.9
Jackie Halberg	W55	9.49.9
Gill Edmonds	W35	9.53.0

## 2000m Walk

Tom Lenane	M45	12.10.4
Ray Hall	M65	12.30.9
Elaine Ellard	W60	13.51.6

## 1500m (Points)

		%
Greg Vander Sanden	M45	4.31.7 83.67
Micheal Watson	M38	4.45.7 75.61
Ian Davies	M56	4.48.7 86.13
Henri Cortis	M57	5.07.0 81.73
Bob Schickert	M62	5.14.9 83.57
Keith Edmonds	M36	5.23.5 65.85
Gareth Brunt	M52	5.28.4 73.17
Rob Antonioli	M51	5.30.8 72.04
Frank Gardiner	M53	5.31.6 73.07
Barbara Blurton	W53	5.42.5 80.62
Dave Jensen	M42	5.52.5 63.07
David Carr	M71	5.55.9 81.80
Liz Neville	W52	6.02.6 75.41
John Ellard	M61	6.02.8 71.81
Peggy Macliver	W59	6.19.6 77.41

Nick Bailey	M55	6.21.0 64.68
Delia Baldock	W41	6.27.5 63.93
Gillian Young	W56	6.36.1 71.85
Tom Lenane	M47	6.36.7 58.19
Margaret Robinson	W65	7.09.2 73.44
Ray Hall	M69	7.46.7 60.86
Lynne Schickert	W62	8.29.3 59.70
Elaine Ellard	W61	10.16.048.79

## 400m

Greg Vander Sanden	M45	54.6
Colin Smith	M40	59.6
Micheal Watson	M35	61.2
Dave Jensen	M40	66.3
Keith Edmonds	M35	69.5
Rob Antonioli	M50	71.0

Katrina Spilsbury	W35	67.0
Keith Martin	M60	67.4
Bob Schickert	M60	75.3
Jan Morrey	W60	76.8
John Ellard	M60	80.0

Peggy Macliver	W55	74.6
Nick Bailey	M55	78.4
Gillian Young	W55	81.2
Bob Neville	M70	88.0
Liz Neville	W50	80.7
Jackie Halberg	W55	97.0
Margaret Robinson	W65	1.40.9
Lynne Schickert	W60	1.49.4

## Les Beckham Triple Jump (Points) %

Keith Edmonds	M36	9.69 54.90
Delia Baldock	W41	8.85 66.29
Gill Edmonds	W38	8.35 59.60
Keith Martin	M60	7.94 63.57
Eileen Hindle	W54	7.92 73.13
Damien Hanson	M50	7.61 52.74
Peggy Macliver	W59	7.35 73.57
Pat Carr	W71	6.68 81.17
Gillian Young	W56	6.48 61.77
Lynne Schickert	W62	5.68 59.66

## Discus

Mark Hamilton	M30	37.75
Geoffery Gee	M50	30.11
Dave Jansen	M40	25.17
Keith Martin	M60	21.26
Damien Hanson	M50	18.91
Rob Antonioli	M50	17.85
Eileen Hindle	W50	16.42

## Shot

Mark Hamilton	M30	11.44
Geoffery Gee	M50	10.92
Dave Jansen	M40	7.21
Damien Hanson	M50	7.01
Eileen Hindle	W50	6.82
Rob Antonioli	M50	5.96



# **McGillivray Oval 21-10-2003.**

## **Discus**

M50	Geoffrey Gee	33.74
M63	Peter Gare	33.40
M50	Damien Hanson	18.06
W75	Rae McMillan	14.83

## **Shot Put**

M50	Geoffrey Gee	12.48
M63	Peter Gare	8.86
M35	Simon Jawichre	6.02
W75	Rae McMillan	5.85

## **Les Beckham Long Jump**

M50	Damien Hanson	3.94
W37	Jacqui Sanders	3.12
W62	Lynne Schickert	2.51

## **100m**

M32	Greg Henry	13.7
M51	John Stone	13.9
M65	Norm Richards	14.1
M48	Alan Gower	14.2

M63	Peter Gare	14.2
M45	Ian Sanders	14.6
M62	Ross Calnan	16.2
W37	Jacqui Sanders	16.9

M61	Bob Schickert	16.5
M59	Geoff Mullins	18.2
W71	Pat Carr	18.3
W61	Lynne Schickert	22.8

## **200m**

M47	Richard Parker	27.7
M57	Henri Cortis	28.3
M65	Norm Richards	29.5
M51	John Stone	29.8
M63	Peter Gare	29.9

M32	Greg Henry	29.4
M50	Damien Hanson	32.6
M61	Bob Schickert	32.9
W59	Peggy Macliver	33.2
M46	Barry Jones	36.7

M62	Ross Calnan	34.3
W37	Jacqui Sanders	34.7
M59	Geoff Mullins	39.5
W71	Pat Carr	41.0
W61	Lynne Schickert	49.3

## **3000m**

		Points	%
M48	Alan Gower	10.07.8	81.90
M34	Andrew Brooker	10.22.9	72.20
M48	Bernard Mangan	10.34.2	78.46
M44	Darryl White	10.41.0	75.31
M	Matt Jones	10.44.2	V
M54	Graeme Dahl	11.11.9	77.74
W39	Denise McMorrow	11.29.4	75.63
M46	Doug Ashfield	11.33.9	70.62
M57	Henri Cortis	11.40.7	76.53
M38	Simon Jawichre	12.25.7	62.01
M46	Barry Jones	12.45.1	64.05
M66	John Frost	13.12.0	73.97
M59	Geoff Mullins	13.14.4	68.74
M58	Ivan Brown	13.15.4	68.03
M71	David Carr	13.33.7	76.32

M43	Graeme Neill	13.43.6	58.18
W43	Karen Gower	13.45.6	65.29
W37	Jacqui Sanders	14.08.1	60.49
M50	Damien Hanson	14.14.1	59.17
M41	Nick Boccardo	14.28.1	54.41
W59	Peggy Macliver	14.40.5	71.30
M45	Ian Sanders	15.44.1	51.51
M69	Ray Hall	15.59.2	63.19

## **1500m Walk**

M52	Tony Heppener	4.50.4
M	Matt Jones	5.19.1V
M61	Bob Schickert	5.40.7
M59	Geoff Mullins	6.37.6
M66	John Frost	6.58.4
W43	Leonie Jones	7.21.0
M46	Barry Jones	7.21.4
M41	Nick Boccardo	7.26.3
W61	Lynne Schickert	9.28.3
W56	Val Millard	9.29.9
M69	Ray Hall	10.46.5
M38	Simon Jawichre	10.47.8

# **McGillivray 28-10-2003**

## **Hammer**

M50	Geoffrey Gee	34.53	Record
W67	Dorothy Whittam	21.97	
M50	Damien Hanson	16.26	
W75	Rae McMillan	16.01	

## **Javelin (points)**

			%
M50	Geoffrey Gee	35.83	53.45
M63	Peter Gare	31.41	56.16
M71	Rob Shand	28.00	52.88
M43	Graeme Neill	27.33	38.80
M50	Damien Hanson	23.23	34.65
M62	Ross Calnan	20.60	36.07
W67	Dorothy Whittam	15.89	43.80
W75	Rae McMillan	15.41	49.76
W59	Val Prescott	12.09	28.41

## **Les Beckham Triple Jump**

W37	Katrina Spilsbury	9.72
M50	Damien Hanson	7.11
W59	Peggy Macliver	6.34
W50	Robyn Watts	5.71

## **100m**

M25	Dave Kennedy	13.2V
M35	Simon Jawichre	13.3
M48	Alan Gower	13.7
M51	John Stone	13.9
M65	Norm Richards	13.9

M62	Ross Calnan	16.0
W59	Peggy Macliver	16.7
M	Alex Stone	17.5V
M66	Ian Lyon	17.7
W71	Pat Carr	18.7

## **400m (points)**

			%
M25	Dave Kennedy	60.7	V
M48	Alan Gower	61.8	78.90
M57	Henri Cortis	62.4	83.78
M38	Simon Jawichre	64.9	70.15
M48	Bernard Mangan	67.5	72.24
M51	John Stone	68.8	72.46
M71	David Carr	69.7	86.04
M63	Bob Schickert	70.7	77.99
M65	Norm Richards	72.7	77.29

M63	Peter Gare	73.2	75.33
W39	Denise McMorrow	73.7	69.44
W59	Peggy Macliver	75.3	80.89
M46	Doug Ashfield	76.1	63.15
M58	Ivan Brown	79.9	65.98
M43	Graeme Neill	79.0	59.58
M	Alex Stone	87.7	V
W43	Karyn Gower	88.1	59.93
W50	Robyn Watts	89.0	62.88
W59	Val Prescott	136.0	44.79

## **1500m Run/Walk**

M25	Dave Kennedy	?V
M45	Rob Catrall	4.42
M48	Alan Gower	4.52
M57	Henri Cortis	5.28
M61	Bob Schickert	5.29
M46	Doug Ashfield	
M38	Simon Jawichre	6.04
M58	Ivan Brown	
W52	Liz Neville	6.20
W43	Karyn Gower	6.25
M71	David Carr	
W38	Gill Edmonds	
W67	Dorothy Whittam	11.00
M66	Ian Lyon	12.04

## **2000m Run/Walk**

M25	Dave Kennedy	6.23.7	V
M48	Bernard Mangan	6.54.3	
W39	Denise McMorrow	7.42.1	
W52	Liz Neville	8.28.6	
W37	Katrina Spilsbury	9.18.9	
W59	Val Prescott	12.52.6	
W56	Val Millard	12.56.6	
M70	Bob Neville	14.47.0	

# **McGillivray 4-11-2003**

## **Discus (points)**

			%
M50	Geoffrey Gee	32.39	49.12
M63	Peter Gare	26.49	44.48
M68	John Sutton	24.35	44.84
M45	Ian Sanders	20.00	30.79
M38	Simon Jawichre	18.51	26.03
M50	Damien Hanson	16.73	25.38
M43	Graeme Neill	16.06	23.70
M58	Ivan Brown	14.45	26.12
W37	Jacqui Sanders	14.39	19.48
W59	Peggy Macliver	13.39	30.59
W56	Val Millard	11.03	23.42
M58	Bruce Wilson	10.83	19.57

## **Javelin**

M50	Geoffrey Gee	31.75
M63	Peter Gare	31.30
M68	John Sutton	21.20

## **Les Beckham Long Jump**

M32	Greg Henry	4.47
M36	Keith Edmonds	4.07
M50	Damien Hanson	3.87
M66	Norm Richards	3.82
M50	Geoffrey Gee	3.55
W59	Peggy Macliver	3.37
M63	Ross Calnan	3.20
M68	John Sutton	2.74
W62	Lynne Schickert	2.64

## **60m**

M32	Greg Henry	8.2
M57	Henri Cortis	8.7
M65	Norm Richards	8.7
M62	Ross Calnan	9.3
M49	Milton Maverick	9.2
M62	Bob Schickert	9.8
W59	Peggy Macliver	9.9
M68	John Sutton	11.3

M50	Geoff Gee	8.5
W37	Jacqui Sanders	10.1
M66	Ian Lyon	10.2

## **200m**

M32	Greg Henry	29.1
M66	Norm Richards	29.6
M63	Ross Calnan	33.0
W59	Peggy Macliver	33.1

M57	Henri Cortis	28.6
M38	Simon Jawichre	29.3
M36	Keith Edmonds	30.2
M45	Rob Catrall	30.5
M49	Milton Maverick	37.5

M62	Bob Schickert	33.2
M46	Doug Ashfield	33.6
M46	Barry Jones	40.3
W62	Lynne Schickert	48.5
W56	Val Millard	52.8

## **5000m (points)**

			%
M48	Alan Gower	17.43.0	80.72
M45	Rob Catrall	17.52.8	78.18
M58	Bruce Wilson	19.24.2	80.13
M52	Gareth Brunt	19.38.5	75.17
M46	Doug Ashfield	19.48.3	71.12
M61	Frank Smith	19.50.4	80.60
M36	Keith Edmonds	20.20.6	64.44
M38	Simon Jawichre	22.10.6	59.94
M58	Ivan Brown	22.12.5	70.01
M46	Barry Jones	22.23.2	62.92
M43	Graeme Neill	22.56.0	60.07
M49	Milton Maverick	23.36.8	61.04
M50	Damien Hanson	24.21.5	59.64
W37	Jacqui Sanders	25.33.7	57.71
W56	Val Millard	29.47.3	58.66
M66	Ian Lyon	34.28.3	48.82

## **2000m Run/Walk**

M57	Henri Cortis	7.43.7
M62	Bob Schickert	7.44.2
M36	Keith Edmonds	7.55.0
M46	Doug Ashfield	8.21.6
M38	Simon Jawichre	8.21.9
W38	Gill Edmonds	9.26.8
W43	Leonie Jones	10.27.8
M46	Barry Jones	10.28.2
M58	Bruce Wilson	11.34.3
W62	Lynne Schickert	13.20.6
M69	Ray Hall	13.30.5
M49	Milton Maverick	13.32.5



## Resting During Interval Training

*Old Mutual Virtual Coach Dave Spence*

You're doing some tough intervals at the track or on the road, and after each one you're gasping for oxygen and hoping that the pain in your muscles will subside soon. You've read that it's best to exercise lightly during your recovery intervals, but your body and mind are telling you to lean over and clutch your knees while your lungs heave to and fro...

Does it really make a difference what you do between work intervals?

Research carried out recently answers that question with a resounding yes. The new study suggests that if you're carrying out short, very intense work intervals, you're far better off exercising lightly during your recovery intervals, compared to just resting.

Healthy male runners did intervals at an 'all-out' intensity six second intervals, with five-minute recoveries. Although such recoveries might seem unusually long to you, they are of a duration which is often recommended during intense training sessions. The principle behind such elongated recoveries is that they permit higher-quality work during subsequent work intervals.

After the initial sixty second work interval and five-minute recovery, the runners completed a second six-second work interval up a hill, recovered again, carried out a third six-second interval with even higher gradient hill, and recovered.

On one occasion, runners completed the session while recovering 'passively' (e.g. while standing around). On a second occasion, the athletes recovered 'actively' - while jogging slowly at a moderate intensity (about 50 per cent of maximal heart rate), a work rate which some exercise physiologists have suggested is optimal during recovery periods.

In both of these situations (passive and active recovery), the scientists measured blood-lactate levels at the beginning and end of each recovery interval and charted actual power produced

during successive work intervals. Of course, the whole idea was that if one recovery mode were better than the other, it would produce higher power production during the work intervals.

The focus on lactate levels during recovery made a lot of sense. After all, during short, very intense work intervals, most energy for muscle contractions is produced anaerobically (oxygen-independently). Anaerobic energy production is thwarted by high lactate levels, so the researchers reasoned that the recovery method which did the best job of attenuating lactate would also produce the best-quality work intervals.

So what happened? Well, of course heart rate was higher after the active recoveries, compared to the passive ones. That might seem like a bad thing, but it was actually good, since it meant that there was less 'shock' to the cardiovascular system (heart rate was required to rise less precipitously) during each subsequent work interval, and it also meant that the heart was doing a better job of pushing blood to the muscles after the active recoveries, too.

And lactate? It was significantly lower at the ends of the recovery periods when the recovery was active, rather than passive.

How's that? Greater activity led to lower lactate? Absolutely! You see, muscle cells - especially 'slow-twitch' muscle cells - actually use lactate as an important fuel. If the muscle cells are basically dormant, as they are during passive recovery, they 'burn' lactate at very low rates. If they're moderately busy, as they were during the active-recovery periods, they metabolise lactate at appreciably greater rates. This should lead to lower muscle-lactate levels and - most importantly - less interference with anaerobic energy production during subsequent work intervals.

So what's the take-home message for you? If you're conducting a high-quality interval session, it's always wise to resist the temptation to be passive during your recoveries. Leaning up against a fence by the track may seem like the right thing to do, but moving around at a slow

but steady rate is the best way to prepare yourself for the next work interval. Active recoveries lead to better-quality work intervals, which ultimately produce higher fitness levels and improved competitive performances.

The practical investigation also provided a second important message. As I said, lactate levels were lower following active recoveries, compared to passive ones. However, what I didn't say is that in both cases lactate levels actually went up during the recoveries (they just rose less during active recoveries).

Now, the whole point of a long recovery-to-work time ratio has been to mollify lactates and therefore prepare athletes for high-quality work intervals. But note that a ratio of 5 minutes of recovery to six seconds of work, the one used in the study, is about as long as this ratio EVER gets, yet lactate levels still rose during recoveries.

The message is that there's no point in making your recovery interval ridiculously long in hopes of zeroing-out lactate. That troublesome fellow is actually going to go up during your recoveries. Instead of focusing on long, 'perfect' recoveries, you should remember that a key principle of training is to make your high-quality workouts as specific to the demands of your competitions as possible.

During competitions, you don't get extraordinarily long recoveries between bursts of energy; you must work at a high level continuously. Therefore, it makes sense to progress in your interval sessions from longer to shorter active recoveries over a period of several weeks.

As long as the shortened recoveries don't compromise how fast you can run during your work intervals, your workout will be of higher specificity and quality and you'll be better prepared for competitive situations.

Happy running!

Many thanks to John Bell for forwarding the above. Other articles by the same author may be found at < <http://worldofendurance.com/> >

## Officials and Helpers for State Championships

Members who are able to help at the state championships are asked to contact Barbara Blurton or return the form below - please circle as applicable.

Dates of Championships	Friday	March 19 (eve)	Yes/No	Thursday March 25 (eve)	Yes/No
	Saturday	March 27	Yes/No	Food Preparation	Yes/No
	Sunday	March 21	Yes/No	Canteen	Yes/No
	Sunday	March 28	Yes/No		

Name \_\_\_\_\_ Phone \_\_\_\_\_

Barbara Blurton 9293 0190 6 Curran Court, Kalamunda, 6076

CREDIT CARD PAYMENT

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

☐ Club Weekend Away ☐ Championship entry

by ☐ Visa ☐ Bank Card ☐ Mastercard

Card Number                 Expiry Date

Card Holder's Name.....

Signature.....





**PURPOSE**



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

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

aspect is also important and many members enjoy a picnic breakfast after the Sunday races.

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

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

Print Post Approval 644113/00007

If unclaimed please return to:

1/37 Bombard Street, Ardross WA 6153.



**SURFACE  
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R & C Tinniswood  
15 Fitzpatrick Way  
PADBURY WA 6025

**Running Gear**



### Club Clothing

Contact Maggie Flanders: 9314 7556

### THE NEW MASTERS RANGE IS NOW AVAILABLE

Club clothing in the new Masters livery:

- |                          |                    |
|--------------------------|--------------------|
| ■ WINDCHEATERS           | \$25 <sup>00</sup> |
| ■ COMPETITION SINGLETS   | \$25 <sup>00</sup> |
| ■ LONG SLEEVED T-SHIRTS  | \$20 <sup>00</sup> |
| ■ SHORT SLEEVED T-SHIRTS | \$18 <sup>00</sup> |

*The only old logo items left are five Short Sleeved T-Shirts (all Large Size).  
Phone Maggie for a real bargain!*