

Vetr^un

JUNE
2005
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The magazine of Masters Athletics WA

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Lyn Ventris takes Open 5k record

NOT many Masters athletes make their mark in Open competition. But every so often someone special comes along to startle the young. Lyn Ventris is one of them.

She recently realised that a couple of her Pbs exceeded the best-ever WA State Open times. Alarmed, our club statistician Campbell Till promptly submitted Lyn's 5k & 10k Track Walk times to Athletica.

Athletica has accepted her 10k mark - 46:35.95 on February 9, 2002 in Canberra, when she was a 45-year old; but not the 5k submission, which was set at Coker where they could not be sure of IAAF conditions.

Race Directors - tell us what we don't know!

YOUR event is all over, thank god. It wasn't a complete disaster (or maybe it was; I can remember a few.)

Now you can reflect on it, and tell us the story behind the brave front.

What were the hitches this year - helpers didn't show? - flat tyre at 5am? - snakes on the course? Maybe someone poisoned the water (it often tastes like it.)

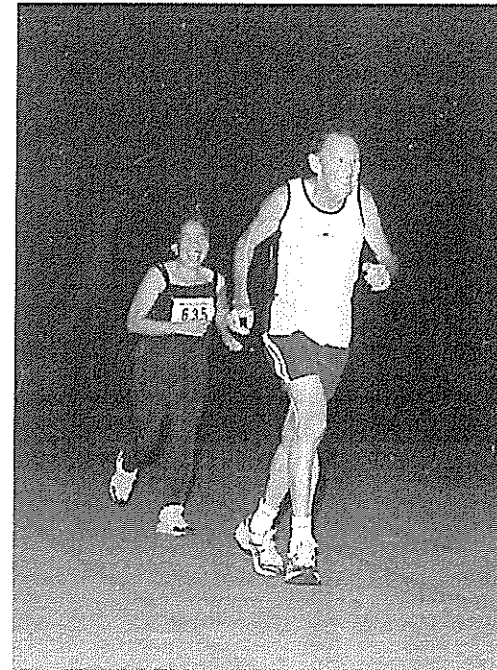
In other words - tell us

something we don't know.

We can read the results list, so there's no need to say how many were there, or who won.

New records, outstanding performances? Of course we want to know.

Changes to the course?



Smith family dual winners

RACING to the finish (but probably not to marital harmony) John and Jenni Smith duelled for 10K Track Handicap honours. (Report, page 5.)

Jorgensen Park Lunch

ON July 17 you can take part in one of our most sociable events. An early lunch - starting at 11am - follows the run. Cost is just \$16; see Helen Lysaght for a ticket, and please book early so she can organise the catering.

It's a very relaxed affair. I fondly recall sitting ON, rather than AT, a table to eat my own lunch a few years back, nursing what turned out to be a broken ankle. Ah, wonderful Jorgensen, the most perilous course on our cross-country calendar! VW

HAVE YOU RENEWED? (Your membership, that is!)

IF not, this is the final Vetr^un you'll receive. And of course, you will have to pay as a visitor next time you come to a Sunday run.

Please check the address label on this Vetr^un. If 'NF' appears there, you have NOT renewed your membership.

You'll also find another 2005/6 renewal form inside. We hope you DO want to remain a Masters member; we will be pleased to receive your application. Should you have decided not to renew, the committee thanks you for your participation in the club.

We hope you decide to rejoin at some future date.

Life Members

Life Members who have not submitted a 2005/6 form will also find one enclosed; and your address label is marked 'L'.

Bob Schickert

**CONTACT
THE CLUB?**
▶ back page ▶

HELPERS – WE NEED YOU!

WITHOUT helpers there would be no events.

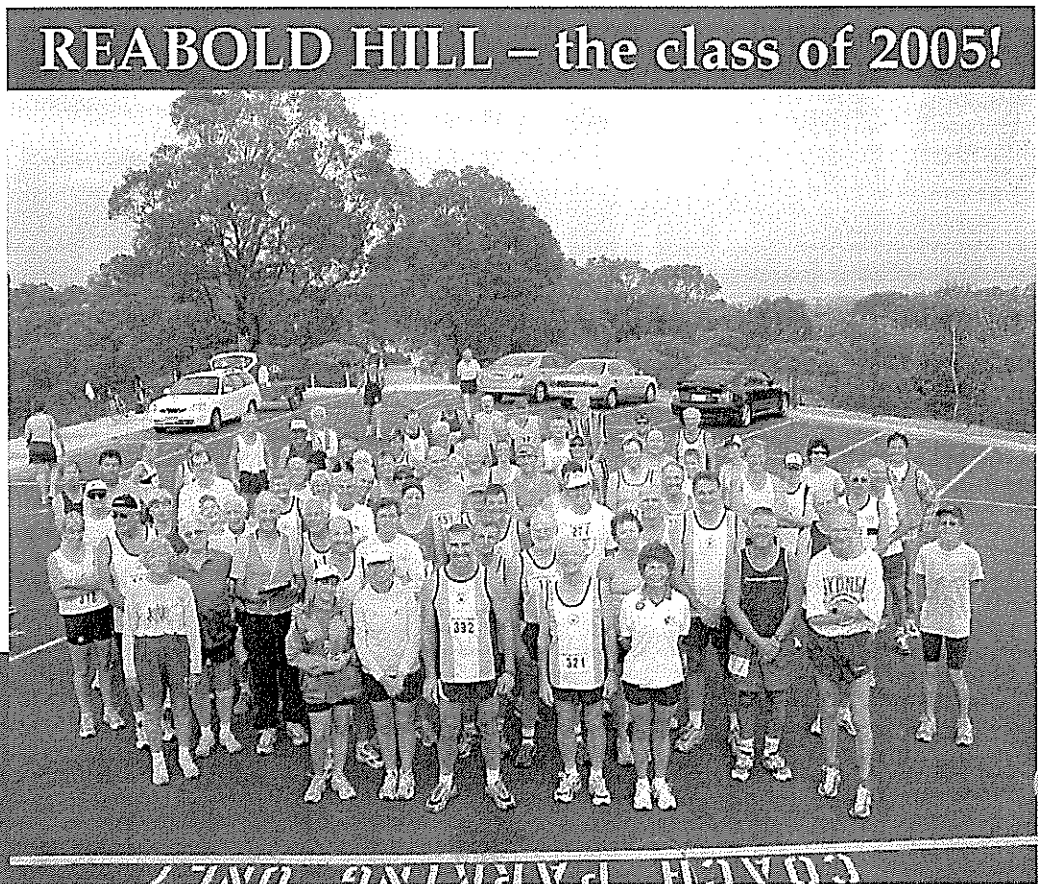
Race directors can't manage alone.

They should not have to call you. When you see you are listed to help at an event, please call the director and confirm that you are available.

Also, if your phone number has changed, let the club know.

(After all, we might just need it in an emergency.)

Were you there? See this picture on the club website in colour. If you have the technical ability you could download it and blow yourself up! Quality is good enough – I have checked. VW



REABOLD HILL – the class of 2005!

ABOUT 80 runners turned up to try out the new course in Bold Park. Sorry about the 725 metres walk up the hill; there is not enough parking space up top, but it is a good warm-up for the run. And I promise that there will be more toilet facilities next year!

Thanks to all my helpers on the day, it would not be the same without them.

Dick Blom

Reabold Hill CROSS-COUNTRY April 24, 2005

Conditions:
fine, moderate
temperature,
dry underfoot

This new 5kms route through Bold Park's limestone trails is an all-hills course without a single level stretch. 10kms runners get to enjoy it twice. Walkers had an alternative, down on the flat around the lakes. It's a superb facility between the ocean and Perry Lakes. Let's make the most of it before the Kings

Park Board change their minds again!

Barrie Thomsett beseeches:

"My apologies for unknown 10k Runners, I was given 71 names and 74 times. The recorders did their part, but some people did not stay in the queue. This is essential if we are to give accurate race reports." VW

10KM RUN

Ian Davies	M55	40:26
John Allen	M45	41:02
Gary McLean	M40	42:14
Neil McRae	M50	42:38
Mike Hale	M55	43:05
Ola Ovstedal	M40	44:20
David Baird	M60	44:47
Rhod Wright	M55	45:06
Bob Schickert	M60	45:19
David Muir	M60	46:20
John Mack	M60	47:18
Sean Keane	M40	49:11
Allen Tyson	M80	49:19
Keith Atkinson	M45	50:29
Martin Watkins	M55	50:56
Terry Humphrey	M50	51:04
Julie Keeley	W35	52:15
Christine Engels	W45	52:47
Nick Miletic	M50	52:51
Sandra Kallio	W40	53:00
Wayne Bates	M60	53:15
Helen Lysaght	W50	53:34
Karen March	W40	53:36
John Smith	M70	54:23
John Dance	M55	56:23
Terry Manford	M65	56:57

Bob Sammells	M65	57:03
Stan Lockwood	M75	57:04
Kevin Payne	M45	57:17
Joan Osborne	W55	62:25
???		64:18
???		72:26
???		72:30
Glenice Shanahan	W80	81:49
5KM RUN		
Patrick Smith	M40	19:40
Deborah Gardner	W35	21:25
Johannes Hagedoorn	M60	22:17
Dave Roberts	M60	22:23
Ivan Brown	M60	23:05
John Doust	M55	23:44
Raymond Gimi	M40	23:58
Robin King	W45	24:06
David Carr	M70	24:16
Dee Haines	W45	24:52
Vic Waters	M60	25:28
Irwin Barrett-Lennard	M75	25:34
Hamish McGlashan	M65	25:40
Ray Attwell	M65	26:45
Mike Anderson	M55	27:24
Richard Harris	M65	28:49
Wendy Clements-Green	W60	28:55
Joe Stickles	M65	29:42

Michael Faunge	M65	29:48
Barbara Humphrey	W50	30:29
Ray Hall	M70	30:50
Merv Jones	M65	31:06
Arnold Jenkins	M60	32:02
Val Millard	W55	32:26
Jennie Smith	W50	33:05
Pierre Viala	M55	33:55
Julie Wood	W55	34:26
Debbie Dance	W35	35:43
Jenni Shillington	W45	36:07
Ron Spencer	M65	39:16

8KM WALK

Rex Bruce	M60	66:30
Jeff Whittam	M70	66:30

6KM WALK

Beryle Doust	W55	49:47
Patricia Hopkins	W60	51:46
Ian Lyon	M65	54:14
Leo Hassam	M70	64:00
Ernie Moyle	M75	65:00

4KM WALK

John Bailey	M75	40:36
Barbara Bailey	W75	40:36
George Schaefer	M70	41:55

Training Tips and Racing Secrets

ALWAYS arrive late on Sunday morning, so you have the challenge of overtaking the entire field.

John Bell

■ Avoid injury at all costs.

Basil Worner (who holds the Albany falling-down record; three tumbles in a 6kms cross-country.)

■ You can do a marathon with a broken big-toe. You don't use your big toe much when you're running.

Bob Schickert

■ Falling off a roof shouldn't interrupt your training.

John Pellier

■ Nice and easy does it every time.

Brian Bennett

■ Don't believe any doctor who says you'll never run again.

Margaret Langford, Joan Pellier (and how many more?)

Most contributions to this column are welcomed. Don't let veracity stand in the way of a good story.

It's nice to be back...

by Vic Waters

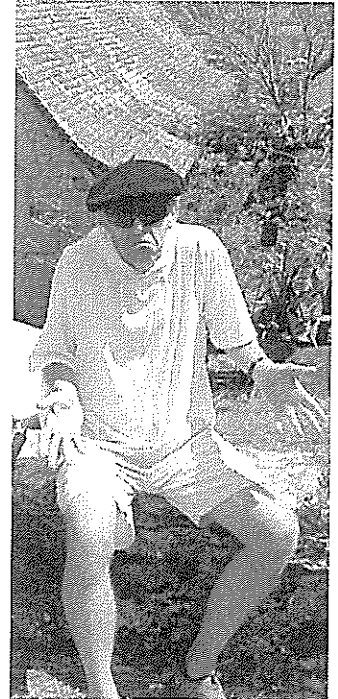
'Inside this edition' (see front page) was suggested by Frank Smith and is particularly useful for those who keep Vetrun and want to compare performances year by year.

Members biographies – suggested by Neil McRae. They'll be back, shorter and sharper, so we can carry more in each edition.

Action pictures – Dave Carr's idea. So if you see me with a camera, keep moving!

Complaints

If you want to make a suggestion, or a complaint, this recent picture will help you find the editor. Good luck.



Torndado aftermath – but show goes on

WHAT a difference a day makes.

If the destructive weather front of May 16 had been just 24 hours earlier the races would probably have been abandoned. As it was, the wind was strong and in your face over the last 5K but (as predicted by Brian

BUNBURY 2005

Kennedy) the rain held off until just after the presentation ceremony.

We all had a good time at Bunbury and, as always, were made very

welcome by the Bunbury Runners Club – and by John and Lynne Ventris at their own venue, Henry's Café. Many thanks to Race Director Brian Kennedy and the other key organisers and all the helpers.

Bob Schickert

FIFTY KILOMETRES

M45 Gary Carlton	1st	4.10.49
M50 Don Pattinson	3rd	4.43.14

MARATHON

M45 Gary Carlton	10th	3.28.12
M60 John Davies	19	3.44.06
M60 Jim Barnes	23	3.46.40
M50 Don Pattinson	29	3.49.39
M55 John Bell	32	3.57.34
M65 John Pellier	43	4.12.43
W35 Jane Elton	53	4.39.53
M60 Lyle James	64	5.49.56

HALF MARATHON

M35 Myles Ferrell	1	1.15.01
M40 Gary McLean	17	1.32.15
M60 David Baird	24	1.37.58
W45 Robyn King	27	1.39.15
M60 Johan Hagerdoorn	30	1.41.57
M40 Bruce Haustead	31	1.42.40

M55 Brian Danby	33	1.43.37
M50 Dave Reid	36	1.44.30
M60 Graham Thornton	39	1.44.57
M50 John Bocian	44	1.47.45
M55 John West	45	1.47.59
W50 Helen Lysaght	49	1.49.16
M40 Sean Kean	50	1.49.28
M55 Rob Sheehy	53	1.50.01
M50 Nick Miletic	63	1.53.07
M55 Frank Gardiner	64	1.53.43
W45 Chris Pattinson	65	1.53.49
M60 Mike Khan	66	1.54.01
M45 Keith Atkinson	67	1.54.18
M50 Terry Humphrey	68	1.54.48
W45 Dee Haines	70	1.55.37
W55 Shirley Bell	73	1.56.29
W70 John Smith	74	1.56.42
W50 Frances Casella	79	1.58.24
M60 Dan Bending	80	1.58.41
W40 Geraldine Carlton	83	2.00.40
W45 Christine Engels	89	2.03.55
M75 Cecil Walkley	94	2.05.23

W60 Marge Forden	95	2.02.26
W35 Julie Keeley	96	2.05.43
W55 Wendy Duncan	98	2.07.11
W50 Barb Humphrey	102	2.10.19
M65 Merv Jones	107	2.13.32
M60 Bob Schickert	109	2.15.39
M70 Vic Beaumont	117	2.19.29
W65 Joan Pellier	119	2.29.39
W60 Margaret Bennett	121	2.34.08
M65 Shorty Turner	122	2.34.08

HALF MARATHON WALK

W45 Lynne Ventris	1	1.52.36
M55 Bruce Cornish	2	2.30.50
W55 Valerie Millard	3	2.31.52
W65 Lorraine Lopes	4	2.38.38
W60 Lynne Schickert	5	2.39.09
M55 Pierre Viala	6	3.06.19
W60 Wendy Spencer	7	3.06.20
W65 Ann Turner	8	3.15.00
W65 Jacqui Beaumont	9	3.15.06

Well, for a start, the date is a mistake...

HAD this run been scheduled for 1 April rather than 1 May, it would all have made sense. However, as I constantly tell my children, when everything goes according to plan, it makes for a dull report. The stuff-ups and disasters provide the most entertaining reading.

These are the things that could and did go wrong on Sunday 1 May:

Scheduled helpers not available, resulting in:

- no drink stop on a warm day
- telephone numbers provided for two of the helpers were incorrect
- no toilet paper in the loos (necessitating a frenzied trip home around 7.30am to gather the necessary)
- the big clock decided to have a sickie
- the stop clock registered the results but didn't issue a print out, which is why we have no times

Herdsman Run

May 1, 2005

Conditions: fine, warm

■ the 5 km runners did not have a well marked return route

■ the 5km run wasn't. It was more like 5.5km.

The good news?

There were no head on collisions as runners approached the finishing line from both directions; the 8km runners seemed to really enjoy the course; everyone was good natured about the chaos at the end of the run; the weather was glorious after the rain (for which we take full credit); our helpers remained admirably calm while runners and walkers appeared from all directions.

So does this mean Jim and I are deemed totally incompetent to direct a run? I suspect

we won't escape so easily. Perhaps we just need more practice. Most of the above was out of our control and we have discussed problems relating to the clock, with Bob; and helpers, with Vic (please see this month's helpers' list.)

On the other hand, we will work on the ones that were our responsibility, and in particular, re-think the finishing procedure.

Grateful thanks to Jodie and Jenni for recording, Barry for his assistance with the results, Bernadette for operating the clock and Roger our ever reliable traffic controller. Two other people who deserve a mention are Kirt, who always arrives early and pitches in to help; and John Cresp, who wasn't a scheduled helper but volunteered to help set the course then acted as a marshall before heading off to collect flags.

Margaret Langford

8KM RUN

Ian Davies	M55
Paul Hughes	M50
John Allen	M45
Gary McLean	M40
Neil McRae	M50
Ralph Henderson	M55
Dave Roberts	M60
Mike Hale	M55
Johannes Hagedoorn	M60
Bob Schickert	M60
David Baird	M60
Ivan Lazarus	M50
Doug Ashfield	M45
Jim Klinge	M55
Brian Danby	M55
John Mack	M60
Bill Jones	M55
Frank Smith	M60
Scott Claxton	M35

Gary Fisher	M50
John Doust	M55
Milton Mavrick	M50
Dee Haines	W45
Graham Thornton	M60
Helen Lysaght	W50
Paul Martin	M60
Vic Waters	M60
Ray Attwell	M65
Shirley Bell	W55
Fenella Gill	W40
Nick Miletic	M50
Hamish McGlashan	M65
Jim Barnes	M60
Sandra Kallio	W40
Steve Barrie	M65
John Ellard	M60
Marc Evans	M40
John Smith	M70
Karen March	W40

Troy Lundgren	M50
Terry Manford	M65
John Byrne	M55
John Dance	M55
Liz Chandler	W35
Bob Sammells	M65
Stan Lockwood	M75
Kevin Payne	M45
Ray Hall	M70
Michael Faunge	M65
Wendy Clements-Green	W60
Mick Malone	M50
Dick Blom	M70
Pamela Toohey	W55
Joan Osborne	W55
Arnold Jenkins	M60
Merv Jones	M65
Kelly Hind	W30
Rhod Wright	M55
Bev Whitfield	W40
Jo Richardson	W50
Julie Wood	W55
Elaine Dance	W50
Jennie Smith	W50
Debbie Dance	W35
Margaret Bennett	W60
Ray Lawrence	M75
Dalton Moffett	M70

5KM RUN

John Collier	M35
Barry Jones	M45
Mike Anderson	M55
Peter Airey	M65
Leonie Jones	W45
Delia Baldock	W40
Brian Foley	M60
Peter March	M45
Jackie Halberg	W55
Bob Fergie	M65
Ann Turner	W65
Allen Tyson	M80

The WHO, WHAT, WHERE and WHEN of our 10,000m Track Handicap Statistics

by Jeff Whittam

After this years event I was asked for a few statistics about the event - ie, who had competed most often, etc. Here are a few of them.

But what ISN'T recorded is the number of helpers who have volunteered to help at all of the events. I hope they'll accept this brief mention as a tribute; without you there would be no statistics.

■ Jim Langford, winner in 1995, is the only athlete to triumph off the back mark!

■ Jacqueline Greenfield (Billington) won the inaugural run, in (To come).

■ Alan Chambers is the only dual winner - 1993 and 1996.

■ John Pellier placed 2nd in 2002, and 2003; and was 3rd in 1989.

■ Margaret Bennet was 2nd in 2001, 3rd in 2005.

■ Heather Sanderson ran 2nd twice, in 1993 and 1996.

■ Husband and wife, John & Jennie Smith battled for first place this year (2005). It was the closest finish ever, with John just pipping Jennie. (He claims he didn't know she was also finishing!)

■ Smallest fields, just 14 starters, were in 1944 and 1996.

■ Biggest field was this year - 32 starters.

Shorty Turner	M65
Glenice Shanahan	W80

8KM WALK

Lynne Schickert	W60
Jeff Whittam	M70
Rex Bruce	M60
Leo Hassam	M70

5KM WALK

Val Millard	W55
John Carrington	M70
Lorraine Lopes	W65
John Frost	M65
Beryle Doust	W55
Pat Miller	W65
Lyn Ventris	W45
Phyllis Farrell	W60
Pat Ainsworth	W65
Christine Engels	W45
Norm Miller	M70
Barbara Bailey	W75
John Bailey	M75

Glucosamine tales - who's on what?

DRUG-taking is rife in our club. Of course I don't mean 'performance-enhancing' drugs. Though, where should the line be drawn? Isn't a knee-reconstruction an aid to performance? Ask Norm Miller; or Jeff Whittam.

How about heart bypass surgery, or replacement hips?

The latest wonder-powder is glucosamine, the joints and ligaments cure-all that appears to be doing the trick for some of us.

I've heard of several runners and walkers finding some solace here, but as I have promised Merv Jones

not to postulate any half-baked health and fitness theories I shall wait for members to write of their experiences!

If you do have positive, or negative, advice to share with your fellow athletes, please let me know.

(Maybe we can make some bulk purchases and save a few dollars?) VW

Runner	Events	Best	Year
(*Indicates PB)			
Brian Danby	12	39:32	1984
John Pellier	10	38:03	1989
David Carr	10	41:19	1995
Frank Smith	10 (1 DNF)	34:26	1989
Graham Thornton	8 (Win '04)	37:42	1989
John Bell	9 1 (Win '02)	41:01	2003
Milton Mayerick	7	40:06	1997
John Pressley	6 (Win '92)	36:10	1992*
Bob Schickert	6	36:44	1991
Bob Sarmells	6	41:32	1995
Frank Gardner	6	41:01	2003
Ann Turner	4	53:12	1995
Jackie Halberg	4 (Win '99)	49:59	1999*
Robin King	4	40:43	1996
Heather Sanderson	3	47:39	1996
Margaret Bennet	3	60:46	2001

(Fastest time: Jim White 33:40, in 1992)

10km Track Handicap

MCGILLIVRAY OVAL

April 28, 2005

Conditions: fine

		Clock	H/cap	Actual
John Smith	M70	63:02	11:20	51:42
Jennie Smith	W50	63:03	0:00	63:03
Margaret Bennett	W60	64:55	0:00	64:55
Frank Gardiner	M55	65:18	21:36	43:42
Jim Barnes	M60	65:33	16:21	49:12
Ian Davies	M55	65:47	28:01	37:46
Frank Smith	M60	65:49	24:56	40:53
Clement Schmidt	M50	65:59	30:36	35:23
Graham Thornton	M60	66:16	21:00	45:16
Don Pattinson	M50	66:26	20:56	45:30
Chris Pattinson	W45	66:36	16:06	50:30
Bob Schickert	M60	66:42	23:46	42:56

David Carr	M70	66:51	20:16	46:35
Ola Ovstedal	M40	66:54	25:06	41:48
Barry Jones	M45	66:55	21:01	45:54
Mike Hale	M55	67:00	24:56	42:04
Michel Bermudes	M30	67:03	29:26	37:37
Karyn Gower	W45	67:10	19:36	47:34
Alan Gower	M45	67:10	28:36	38:34
Brian Danby	M55	67:21	22:06	45:15
Chris Maher	M50	67:29	30:36	36:53
Karen Riley	M50	67:32	22:00	45:32
Robin King	W45	68:02	23:36	44:26
Helen Lysaght	W50	68:02	20:06	47:56
Ivan Lazarus	M50	68:11	25:30	42:41
Joan Osborne	W55	68:32	10:06	58:26
Ivan Brown	M60	68:37	22:36	46:01
John Bell	M55	68:53	24:51	44:02
Jo Richardson	W50	68:59	3:26	65:33
David Baird	M60	69:23	25:06	44:17
Terry Humphrey	M50	70:11	22:00	48:11
Bob Hayres	M70	71:44	15:06	56:38

RUN WITH A RIVER VIEW

ANDY Wright was the club handicapper and the Aquinas College run was named in his memory after he died in a car accident. Fittingly, the long run has always been a handicap event.

Runners and walkers have the choice of five or ten kilometres and - this year - an

Andy Wright Run

AQUINAS COLLEGE

May 8, 2005

Conditions: fine, warm

up-close view of the huge works adding new lanes to the Mount Henry Bridge. Athletes going the longer distance continue their journey

around the bridges for a picturesque 7.2km loop of the Canning River, before returning to the school campus.

It's hard to believe that this spectacular patch of ground was given to the Christian Brothers back in 1932 to entice them way from the old Terrace site in the City. What a snap!

Aquinas College students' marshalling was greatly appreciated by our runners and walkers. However,

Marathon Club runners might have been less happy. Some of them followed the directions of our young marshals and were sent right off course!

Several parents and students of Aquinas ran as visitors on the day and a hearty morning tea in the pavilion was enjoyed by all before departing on their Mothers' Day visits.

Andrew Cook

(#570 - and maths teacher!)

10K RUN

		Clock	H/cap	Actual
Vic Beaumont	M75	62:05	4:16	57:49
Elaine Dance	W50	62:17	1:36	60:41
Ray Hall	M70	64:43	10:56	53:47
Rhod Wright	M55	65:02	9:36	55:26
Liz Chandler	W35	65:08	13:06	52:02
Shirley Bell	W55	65:09	15:36	49:33
Jennie Smith	W50	65:13	3:36	61:37
Neil McRae	M50	65:19	25:36	39:43
Pamela Toohey	W55	65:30	8:36	56:54
John Ellard	M60	66:01	15:06	50:55
Richard Blurton	M55	66:12	15:06	51:06
Bev Whitfield	W40	66:16	4:36	61:40
John Dance	M55	66:18	12:01	54:17
Margaret Bennett	W60	66:22	0	66:22
Irwin Barrett-Lennard	M75	66:47	18:36	48:11
Jim Barnes	M60	66:53	17:36	49:17
Nick Miletic	M50	66:55	16:46	50:09
Merv Jones	M65	67:09	7:46	59:23
Brian Danby	M55	67:23	21:56	45:27
Karen March	W40	67:29	16:06	51:23
John Pellier	M65	67:36	15:46	51:50
Terry Humphrey	M50	67:39	19:56	47:43
Keith Atkinson	M45	67:41	21:06	46:35
Debbie Dance	W35	67:45	0	67:45
Helen Lysaght	W50	67:48	19:41	48:07
John Doust	M55	67:50	22:06	45:44
Arnold Jenkins	M60	67:52	8:36	59:16
Johannes Hagedoorn	M60	67:54	24:01	43:53
Wayne Bates	M60	67:58	17:56	50:02
Bob Sarmells	M65	67:59	12:26	55:33
Bernadette Height	W45	68:02	0	68:02
Martin Watkins	M55	68:04	21:06	46:58
Mike Khan	M60	68:05	17:36	50:29

Henri Cortis	M55	68:17	22:36	45:41
Brian Hunter	M60	68:27	1:26	67:01
Bob Schickert	M60	68:30	23:46	44:44
John Smith	M70	68:54	14:36	54:18
Sandra Kallio	W40	69:02	17:36	51:26
Hamish McGlashan	M65	69:10	18:36	50:34
John Talbot	M55	69:24	0	69:24
Gary Fisher	M50	69:30	21:06	48:24
Sheila Maslen	W65	69:33	0	69:33
Mike Anderson	M55	69:35	17:06	52:29
Mike Hale	M55	69:46	24:36	45:10
Sue Bullen	W45	69:51	9:16	60:35
Brian Smith	M65	69:51	14:36	55:15
Doug Ashfield	M45	70:23	25:06	45:17
Jim Langford	M60	70:46	28:06	42:40
John Brambley	M60	71:03	15:36	55:27
Dan Bending	M60	71:25	18:36	52:49
Shorty Turner	M65	71:28	0:01	71:27
Bill Jones	M55	72:03	22:06	49:57
Jenni Shillington	W45	72:18	0:36	71:42
Lachlan Marr	M45	73:08	28:26	44:42
Peter Ryan	M55	75:48	3:36	72:12
David Carr	M70	76:15	20:41	55:34

5K RUN

David Willmer	M50	17:38
Colin Smith	M40	18:54
Ivan Lazarus	M50	19:05
Dave Roberts	M60	19:21
David Baird	M60	19:26
Raymond Gimi	M40	21:19
Barbara Blurton	W55	21:38
Jim Riddell	M65	25:27
Peter March	M45	25:35
John Dennehy	M45	25:40

Peggy MacIver	W60	26:39
Damien Hanson	M50	27:52
Bob Fergie	M65	30:34
Sue Lake	W40	31:29
Pierre Viala	M55	32:01
Kirt Johnson	M75	33:32
Ray Lawrence	M75	35:02
Elaine Ellard	W60	35:53
Brian Foley	M60	56:48

10K WALK

		Clock	S-Hcp	Time
David Brown	M55	65:18	35:30	100:48
Val Millard	W55	66:34	37:00	103:34
Lorraine Lopes	W65	69:36	35:00	104:36
Lynne Schickert	W60	69:43	34:00	103:43
Alan Pomery	M70	85:29	17:00	102:29
Mitch Loly	M65	86:15	19:00	105:15
Rex Bruce	M60	95:00	no handicap	
Leo Hassam	M70	95:00	no handicap	

5K WALK

John Frost	M65	36:07
Beryle Doust	W55	39:09
Rosa Wallis	W60	41:19
Sue Wells	W50	43:31
Nola Bending	W60	44:09
Allen Tyson	M80	44:16
Pat Ainsworth	W65	44:20
Maggie Flanders	W65	45:35
Norm Miller	M70	46:36
Phyllis Farrell	W60	47:12
Pat Miller	W65	50:04
Denise Lancaster	W55	50:04

At Easter this year I was one of the WA contingent at Brisbane for the Nationals.

As usual, no medals for me - but it was an enjoyable four days except for the cross-country on Easter Monday. It was so humid that I lost three kilo's over the 8km course, and was forced to spend the rest of the day recovering over a long lunch at the spectacular Sirromet Winery.

Part of our justification for the Brisbane trip was to visit my son Marcus and his new wife Melody, at Chapel Hill, which is seven k's west of Brisbane. Marcus is back in training, and at age 29 still hopes to break 30 minutes for 10km, after producing a 14:55 5000m in February. His current PB of 30:26 was set in the 1997 Zatopek.

Trainer Pat

Marcus works with Suncorp in Brisbane and trains with the University of Queensland squad coached by Pat Clohessy. I had the opportunity of meeting Pat at the track the week after

Meeting Pat Clohessy

- Patron of Masters Athletics Australia

by Ivan Brown

Easter, when he was apologetic for not attending the Nationals in his home State. His daughter and son-in-law had insisted he attend a family celebration in Tasmania; fair enough, I said. (Daughters have very powerful influences on dads!).

Pat kindly agreed to autograph my copy of 'The Self Coached Runner', which was written by Allan Lawrence with a foreword by Pat, in his capacity as Australia national coach of distance running from about 1983 until 1998. The book is now out of print but was my 'bible' in the days I was running sub-40 mins for 10,000m.

Pat told me he is still in contact with Allan Lawrence who now lives in the USA. Allen won bronze for Australia in the 10,000m at the 1956 Olympics in Melbourne - the famous race won by Vladimir Kuts of USSR.

NCAA Champ

Pat, while studying in the USA, in 1961 won the three-mile NCAA Championship in 13.47. Although now in his mid-60s Pat takes an active role as coach and has under his guidance a large group of young Queensland athletes, including Peter Nowill who ran the 3000m steeplechase for Australia at the Athens Olympics. He has the advantage of a top class artificial surface track at the University plus excellent running trails along the bank of the nearby Brisbane River.

Pat is a delightful person; in physical appearance he resembles our own Bob Sammells. Pat asked me to convey his best wishes to Lyn Schickert and all WA Masters athletes.

News in brief...

GET well soon, John Stone, who runs our website. Just back from an overseas trip, where he must have been shot-put training, John is about to undergo a shoulder reconstruction. Well, it makes a change from all those knees. John will be posting pictures and Vetrun pages on the site again soon.

You want
**MEMBERS'
PROFILES?**
We got 'em.

BEFORE deciding which club members should be exposed in Vetrun I thought to check the back numbers. Many have already been featured and when space permits I'll print the list. In the meantime, if you want to read about someone, but don't have all the back numbers, give me a call (9245 3169.)

June - Members' Birthdays

Brown Tracey	W32	Hamilton Mark	M35	Ovstedal Ola	M42
Cable Rob	M61	Hough Tracey	W45	Reid David	M55
Carr David	M73	Jones Anne	W52	Sanders Ian	M47
Clements-Green Wendy	W63	Jones Bill	M57	Sanders Jacqui	W39
Coates Chris	M52	Kelly Chris	M53	Sivyer Mark	M57
Collett Laurie	M74	Lees Gillian	W43	South Bec	W35
Danks Richard	M63	Lysaght Helen	W53	Streeter June	W56
Davies Ian	M58	Mack John	M64	Talbot John	M59
Davies John	M61	Mahony Kylie	W37	Thomsett Barrie	M65
Elton Jane	W38	Mantell Mick	M50	Turnbull Jim	M69
Evans Marc	M43	Milligan Shirley	W68	Webster Kevin	M38
Frank Toni	W60	Neill Graeme	M50	Whitfield Bev	W44
Gardner Deborah	W38	Osborne Joan	W57	Wirth Christine	W55

Keeping Vetruns?

IF, like me, you keep your back numbers in a shoe box in the shed, shame on you. Get 'em bound up, in club-coloured gold and black hard cover books. Laurie Green does the job, and Wendy Clements-Green takes the orders. Phone: 9447 1146 or see Wendy. A twelve-issues book costs \$15; two-year volume \$20.

8K RUN

Ian Davies	M55	29:06
Andrew Cook	M35	31:09
Neil McRae	M50	31:15
John Allen	M45	31:55
Jim Klinge	M55	32:10
Bjorn Dybdahl	M50	35:29
Gary Fisher	M50	36:45
Sandra Kallio	W40	38:50
Mike Hale	M55	39:29
David Carr	M70	40:11
John Byrne	M55	40:20
Paul Martin	M60	40:50
John Dance	M55	41:46
Bob Sammells	M65	42:59
Pamela Toohey	W55	43:16
Brian Foley	M60	44:52
Arnold Jenkins	M60	47:06
Jennie Smith	W50	48:05
Bev Whitfield	W40	48:08
Elaine Dance	W50	50:54
Debbie Dance	W35	51:33

Southern River Sojourn

May 15, 2005

(No report yet!)

Sheila Maslen	W65	52:46
Jenni Shillington	W45	57:38
8K WALK		
Jeff Whittam	M70	62:15
Mitch Loly	M65	67:38
Sue Wells	W50	68:46
5K RUN		
Patrick Smith	M40	18:36
Kate Glass	W55	18:48
Christopher Coates	M50	20:16
Henri Cortis	M55	21:41
Raymond Gimi	M40	22:02

Barbara Blurton	W55	22:57
Margaret Langford	W55	23:47
Jim Riddell	M65	25:29
Richard Blurton	M55	25:51
Peggy Macliver	W60	26:07
Peter Airey	M65	26:29
Delia Baldock	W40	26:56
Richard Harris	M65	27:29
John Dennehy	M45	28:35
Sue Lake	W40	31:31
Kirt Johnson	M75	33:06
Dalton Moffett	M70	36:13
Stan Jones	M75	36:35

5K WALK

Dorothy Whittam	W65	45:29
Lorna Lauchlan	W75	45:37
Maggie Flanders	W65	45:57
Pat Ainsworth	W65	46:01
Debbie Wolfenden	W40	46:02
Graham Ainsworth	M45	46:28
Leo Hassam	M70	47:49
Rex Bruce	M60	47:50

Track and Field

COKER PARK

(Visitors' performances are NOT listed;
* indicates pending State record.)

April 28, 2005

200M

Jim Riddell	M65	36.5
Bev Sheard	W49	47.9

1500M

Campbell Till	M47	5:24.4
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1500MWALK

Tom Lenane	M49	9:38.3
Bev Sheard	W49	12:43.8

100M

Delia Baldock	W43	15.3
Jim Riddell	M65	17.3

400M HURDLES

Campbell Till	M47	1:03.5
Toni Phillips	W33	1:19.1
Delia Baldock	W43	1:25.8
Gill Edmonds	W40	1:42.9
Tom Lenane	M49	1:31.1

May 5, 2005

300M

Richard Parker	M45	42.1
Roy Fearnall	M60	43.9
David Clive	M65	44.0
Henri Cortis	M55	44.4
Barbara Blurton	W55	45.0
Brian Hewitt	M50	47.6
Toni Phillips	W30	51.3
Delia Baldock	W40	52.2
Jim Riddell	M65	56.9

60M

Colin Smith	M40	7.4
David Clive	M65	8.4
Brian Hewitt	M50	9.1
Richard Parker	M45	8.1
Roy Fearnall	M60	8.3
Delia Baldock	W40	9.2
Jim Riddell	M65	10.5
Bev Sheard	W45	11.3

2000M STEEPLECHASE

Campbell Till	M45	8:15.2
Bob Schickert	M60	8:36.4
Tom Lenane	M45	9:37.6
Toni Phillips	W30	*10:06.4

200M

Richard Parker	M45	27.0
Roy Fearnall	M60	27.9
Barbara Blurton	W55	29.0
Brian Hewitt	M50	29.3
Delia Baldock	W30	32.1
Jim Riddell	M65	37.1
Bev Sheard	W45	43.5

5000M

Ian Davies	M55	17:54.6
Bob Schickert	M60	21:27.0
David Carr	M70	21:38.1
Ivan Brown	M60	22:02.3
John Dennehy	M45	24:49.0

3000M WALK

Robin King	W45	17:59.3
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2000M WALK

Bev Sheard	W45	17:34.0
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May 12, 2005

100M

Colin Smith	M40	12.5
Richard Parker	M45	13.0
Roy Fearnall	M60	13.3
David Clive	M65	13.4
Delia Baldock	W40	15.6
Jim Riddell	M65	16.9
Bev Sheard	W45	19.9

600M

Colin Smith	M40	1:41.7
Henri Cortis	M55	1:42.6
Richard Parker	M45	1:44.0
Barbara Blurton	W55	1:44.9
David Carr	M70	1:46.1
Toni Phillips	W30	1:54.2
John Dennehy	M45	1:55.3
Delia Baldock	W40	2:09.7
Robin King	W45	2:11.3
Jim Riddell	M65	2:20.4

200M

Colin Smith	M40	26.1
Richard Parker	M45	27.4
Roy Fearnall	M60	27.4
David Clive	M65	27.8
David Carr	M70	30.8
Delia Baldock	W30	33.4
Jim Riddell	M65	35.1
Bev Sheard	W45	42.9

3000M

Ian Davies	M55	10.21
Neil McRae	M50	10.50
John Dennehy	M45	13.53
Richard Parker	M45	14.39
Gill Edmonds	W40	15.27

3000M WALK

Robin King	W45	16.14
Tom Lenane	M45	19.04
Lynne Schickert	W60	19.51
Stan Jones	M75	19.57

2000M WALK

Bev Sheard	W45	17.59
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May 19, 2005

400M HURDLES

Toni Phillips	W30	75.8
Tom Lenane	M45	88.5

60M

Colin Smith	M40	7.7
Richard Parker	M45	8.1
David Clive	M65	8.3
Roy Fearnall	M60	8.3
Rob Antonioli	M50	8.4
Delia Baldock	W40	9.2
Jim Riddell	M65	10.4

1000M

Ian Davies	M55	2:59.4*
Colin Smith	M40	3:01.4
Brian Hewitt	M50	3:03.6
Henri Cortis	M55	3:04.3
David Carr	M70	3:23.4*
Barbara Blurton	W55	3:24.3*
Bob Schickert	M60	3:29.2
Rob Antonioli	M50	3:30.7
John Dennehy	M45	3:34.9
Robin King	W45	3:45.4
Ivan Brown	M60	4:07.8
Delia Baldock	W40	4:08.4
Jim Riddell	M65	4:24.8
Keith Edmonds	M35	4:42.1
Gill Edmonds	W40	4:42.7



IAN Davies, winner of the Reabold Hill Run, pictured crossing the line. Now he's set a 1K track record.

ON TRACK FOR RECORDS

EXPERIMENTING with 'out-of-season' T&F on the Coker Park surface is producing record results. Although participation levels are down, the quality is up, as the pending State records nestling among May results show (see this page).

Ian Davies is one potential record-holder, his ever-lengthening run of successes now including a 1km time of 2:59.4. The 5kms specialist is also winning consistently over 8kms on Sunday mornings. What's the next step-up Ian, half-marathon?

1000M WALK

Lynne Schickert	W60	6:20.6
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100M

Colin Smith	M40	13.2
Richard Parker	M45	13.1
Roy Fearnall	M60	13.2
David Clive	M65	13.3
Rob Antonioli	M50	13.7
Delia Baldock	W30	15.5
Jim Riddell	M65	16.9

5000M

Brian Hewitt	M50	19:24.2
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3000M

Bob Schickert	M60	12:13.5
Ivan Brown	M60	12:34.2

3000M WALK

Robin King	W45	16:15.7
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**June 5 UNI
RRC/RRW**

Director: Gary Fisher -
9472 7062

Helpers: Cassandra Zervos,
Mike Hale, Ola Ovstedal,
Rosa Wallis, John & Barbara
Bailey, Sue Wells, (Rhod
Wright,) John Talbot.

**June 12 Joondalup
X/C**

Directors: M&M Warren -
9304 1105. Helpers: Graeme
& Christine Uren, Ivan
Lazarus, Mike Anderson.
Terry & Barbara Humphrey,
Brian Danby.

**COMING EVENTS
and helpers list**

**June 19 Burswood
25k**

Director: Wayne Pantall -
9362 3715

Helpers: Barry & Leonie
Jones, Dave Reid, Chris Kelly,
Debbie Dance, Arnold
Jenkins, Sandra Kallio, Joe
Stickles, Vance Mitsopoulos.

**June 26 Darlington
Dash X/C**

Director: Delia Baldock -

9250 1650

Helpers: Dee Haines, Joe
Stickles, Pat & Norm Miller,
Mike Khan, John Mack,
Richard Danks.

**July 3 Perth
Marathon**

Director: call 9459 2617

Helpers: Peter Airey, Liz
Chandler.

July 10 Bardon Bash

Directors: Brian and Marg

Bennett - 9275 0169

Helpers: Colin O'Sullivan,
Mike Khan, Norm & Pat
Miller, Brian Smith, Ann &
Shorty Turner, Karen
Sexton, Ed Barrett-Lennard,
Pat Ainsworth, Telsey
Hatwell, Denise Lancaster.

**Coker Park
T&F, June**

9th: 200, 60, 400, 5000

16th: 1500, 100, 600, 3000

23rd: 100, 800, 60, 5000

30th: 200, 2000 S, 300, 3000

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