




VET RUN






**COMPETE
VOLUNTEER
CHEER**

PERTH 2016

XXII WORLD MASTERS ATHLETICS CHAMPIONSHIPS
PERTH, WESTERN AUSTRALIA 26 OCTOBER - 6 NOVEMBER 2016

  **EXPERIENCE
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WESTERN AUSTRALIA**

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**No. 492
AUGUST 2016**



World Championship
medallists – see page 3.

NEXT EDITION
Vetrun no. 493 will publish in
October 2016.

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AGM to follow Claypit Run

AGM agenda 2016

- WELCOME
- ATTENDANCE/ APOLOGIES
- MINUTES OF 2015 AGM
- MATTERS ARISING
- REPORTS – President – Secretary – Treasurer
- STATISTICIAN REPORT & PRESENTATION OF TROPHIES
John Gilmour Trophy Achievement Award
- Appointment of CLUB OFFICIALS
Patron – Auditor – Course Measurement – Editor Vetrun – Handicapper – Registrar – Social Secretary – Statistician – Webmaster.

President and Treasurer reports; receipts/payments; pp 14-15

2016 brings new Associations law

THIS year the new Associations Law came into effect on July 1st, 2016 with a new set of model rules for our constitution. We have three years to make any adjustments needed. They are only minor changes and the committee will be drafting any amendments needed next year.

One of the new laws is that a copy of the constitution must be made available to all new members. We keep a copy on our website under 'Our Club' in 'About Us'. Also under the new law mem-

OUR AGM last year drew a record crowd so we're doing it again. It will follow our Sunday morning events on:

**11 September –
at the Hockey
Clubrooms,
Perry Lakes.**

■ ELECTION OF OFFICE BEARERS

President – Vice-President – Secretary – Treasurer – Committee Members (4)

■ LIFE MEMBERSHIP AWARD

■ GENERAL BUSINESS

■ CLOSE

Secretary's Report

By Delia Baldock

bers are excluded from being on the committee if they are bankrupt or have been convicted of a fraud offence in the past five years. We have amended our nomination slips to include this declaration.

Thanks to all members and the committee for their great assistance and support in the running of the club.

Carry-on, Campers!

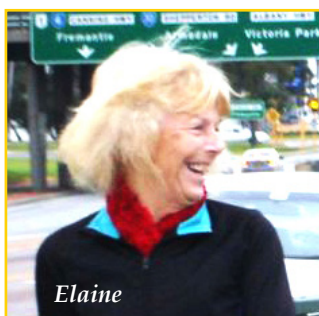
Hi Vic, Could you please put a notice in the next Vetrun for the September camp?

It is at Lewana on the September long weekend - Friday September 23 to Monday September 26.

The cost will be approximately \$110 per person.

To put your name down or receive more info please contact Elaine Dance at the run on a Sunday; call 0895934607; or email danaine@hotmail.com

At the camp we will be have a run/walk each morn-



ing, plus a yoga class one morning and a Pilates class on the other morning.

Lots of exercise, food, drinks and fun!

What's the Committee up to?

From May/June summary posted on June 25

MEMBERSHIP is over 600 for the first time in our history; MAWA coaching sessions are going well with typically 5-10 members at each; Joan Pellier will be Race Director for Jorgensen X/C replacing Jim Langford; and a commercial coffee van is now attending selected Sunday runs.

Russell Smith's iron-on club numbers can now include members' names.

AMA have asked State views on continuing Postal Relays. Ours will be that despite our best efforts we cannot get enough support.

Website menus have been rationalised and improved; T-shirt sales have proved popular and so they have been added to the MAWA shop options; and uniform sales through the shop are going well.

Preparations are underway for the AGM in September. Nominations for Life Membership must be submitted to Club Secretary by early August. Nomination slips for committee positions are now available. All nominations must be signed by a proposer and a seconder.

The possibility of providing accident insurance cover for all members is being re-visited.

The Strategy sub-committee has made some recommendations to improve the road programme which the committee has adopted:

1. A Road Running Championships for short-distance runners will be introduced with three distances up to six or seven kilometres.

2. To ensure interest and variety we will aim to introduce a new run each year, initially dropping at least one of the many runs at Burswood/McCallum. For 2017 we already have Woodbridge in Midland instead of East Perth, and we may make one other change.

Finally, the first edition of AMA's E-Newsletter is now available. ■

"I represented Australia at World Championships"

HOW'S that for bragging rights?

Tell your mates, kids, grandchildren that you were there in 2016, running, walking, jumping for your club, State and country.

It really could happen to you.

Many, many of your club-mates have gone before, competing for Australia against the world, all over the globe.

Cover pictures

Vetrun highlights a few of them this month.

The Perth 2016 poster on our cover features world record-holder David Carr, winner of 17 gold medals at World Championships.

You might be surprised to know that the athletes pictured around him are some of the people you compete with every week, on Sundays or at the track; and they have all competed at world level.

Clockwise, from top right – there's Marg Saunders, coach and middle-distance specialist. (You can benefit from her expertise in free coaching sessions at McGillivray.)

Next – Irwin Barrett-Lennard, one of our awesome-eighties!

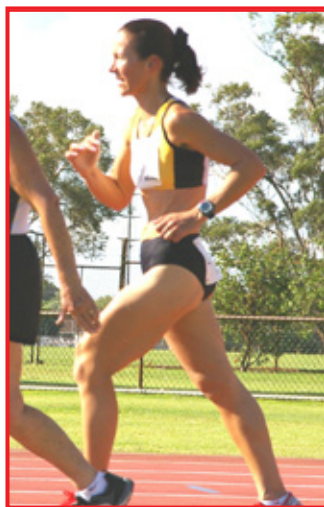
"My first attempt at World Championships was at Lahti, in Finland in 2009, running as an M80," he writes. "The roar from onlookers when I went down the finishing chute in the first event had me wondering for seconds what could be wrong, but it was Australia's first gold. Subsequently picked up same again in the 10,000m and 5000m track races. Surprised? You bet."

Then there's Dorothy Whittam (who turned 80 last month).

Dorothy Whittam, Pat Carr and Eileen Hindle all set triple-jump world records at the 1987 Melbourne Championships. Dorothy and Lorna Lauchlan also brought home team bronze in the 10km walk at Gateshead.

Amazing Mark Jeffries is in the lower picture; his one-armed pole-vault was the sensation of the 2011 Sacramento meeting!

Beside Mark are Jim Langford, MAWA's fastest marathon-man; and Peggy MacLiver, the club's outstand-



Two very fast ladies; Lyn Ventris, above; and also Barbara Blurton, right.

ing current athlete and team world-record setter at Lyon last year. Next, Brian Bennett, best known for superb Iron-man performances is also a Worlds representative.

Track athletes know Byrony Glass – who has been setting records since she was too young to be a Masters member!

Above Byrony are Lorna Lauchlan, Lorraine Lopes, Jackie Halberg and Bruce Wilson – medal-winners all.

Gold-diggers

Our most prolific individual gold medallists are John Gilmour – 33; David Carr – 17; Lyn Ventris – 21; and Barbara Blurton – 6.

John's gold medal tally started in the late '70s and he won repeatedly at events ranging from the 5000m to the marathon. David began his spree with a win in the 1,500m in Durban and fought some memorable battles for gold with Canada's Earl Fee in following years.

By Brazil he was unbeatable and won the 400/800/1500 steeple both there and in Lyon.

Lyn first tasted success at Gateshead in 1999 winning a bronze. She progressed with two more gold medals in Brisbane, in the 5,000m and 10km road walk, beginning a long spell of World Championship wins and world records.

Barbara's six individual gold all came in the 400m or 800m. She did the double in



Durban and Brisbane, picked up 400m gold in Turku and 800m gold in Buffalo.

It's about being there!

Of course, not everyone brings home a medal. But nil desperandum!

Ray Hall told *Vetrun*:

"I have won and been placed frequently at Nationals but in Finland I was disqualified in one event; then in the other I made the second-last fellow really glad that I'd made the trip!"

Archive

The search for members who won medals competed at World Championships continues. Jackie Halberg and others have helped research this article. Barrie Kernaghan is another fount of knowledge about Worlds and is assembling as comprehensive list as he can. But so many members have competed at world level that we will probably list only medallists.

If you can add a name or two – get in touch!

We hope to publish them later in the year, perhaps on the website and could include this year's medallists.

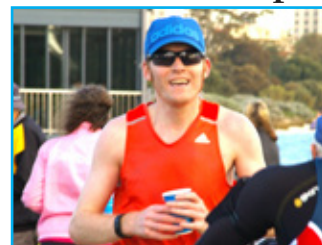
Here's the list so far.

Past medallists

Irwin Barrett-Lennard; Brian Bennett; Barbara Blurton; Carol Bowman; Kerrieanne Bresser; Pat Carr; David Carr; Lynne Choate; David Clive; Todd Davey; Bjorn Dybdahl; Roy Fearnall; Melissa Foster; Kate Glass; Byrony Glass; Peter Gare; John Gilmour; Gary Hastie; Bev Hamilton; Kath Holland; Barb Humphries (Atkinson); Mark Jeffries; Jan Johnson; Barrie Kernaghan; Jim Langford; Lorna Lauchlan; Lorraine Lopes; Peggy MacLiver; Keith Martin; Erica Mercer; Alan Merrett; John

Do you
really
want to
improve?

Vetrun can help!



Stuart McKinnon; last year he trained for 3:30 and hit the mark. This year his aim was 3:15; he beat it. At just 35 (this month) time is on his side. Will he break three hours – in the World Champs marathon perhaps?

- On pages 6-7 there's advice and inspiration from top performers from previous generations – and some records to aim for!

- Coaching help? See pages 8 and 9.

- Training harder seems to be the key, especially in company.

Where to run – page 9 – points you to training groups and coaching sessions.

- How do your times compare? Sunday results in this edition show best times by age group – pages 10 and 11.

Perhaps you're happy as you are ... and that's fine.

Yet ... it's human to want to improve.

For some of us, maintaining form as we age is success enough.

But for the younger up-and-comers, who can still get much better ... well, it's up to you.

Being part of this club can help everyone – especially younger members – improve performance, whether they run, walk or jump – or do the lot!

Can the club do more? Let us know!

Molloy; Toni Phillips; Gary Ralston; Mike Rhodes; Marg Saunders; Frank Smith; Colin Smith; Chris Tittell; Bruce Wilson; Jacqueline Billington; Christine Oldfield; Lynne Schickert; Bob Schickert; Dorothy Whittam; Bruce Wilson.

You write ... In short, not at length ...

G'day Vic, I was a bit surprised to see in the summary of the May/June MAWA committee minutes that there is a proposal for "A Road Running Championship for short runners".

To me this seems to be a clear case of heightism and discriminates against tall runners like you and me. (I use the term runner somewhat loosely in my case!) I presume we will have a corresponding championship for tall runners!

Roger Walsh



Lofty Walsh



Marathon listings ... and more?

THE June magazine was a beauty and I would like to add my comments.

The list of marathon runners is a good idea. Unfortunately I cannot add to it because I have treated marathons like fun runs and have not kept medals, dates or times.

Comrades

I believe enough members have run the 90km South African 'Comrades' to justify a separate list. That is one event for which I have kept the bronze medal. (2007: aged 72, and sub 11 hours.)

It was quite an eventful day which included running for a while with Oscar Pistorius



We're so sociable

MEDALS Day, combined with the Racecourse event on July 24, started cold enough to freeze your medals off. It turned into a perfect running day and breakfast was enjoyed in the sunshine outside the Marathon Club – thanks WAMC!

Next week there's another beanfeast, at Jorgensen for the club's X/C Championships. And don't forget – the Melbourne Cup lunch is planned for November 1st at Miss Mauds in Perth. Watch the website for details.

before he literally bounded away.

Two people died and made headlines, but the newspapers were also concerned that the Russians had again finished first. This was felt to be a reflection on the quality of South African athletes.

Climb every mountain ...

I have also retained one other trophy, this time from Japan. Thirty years ago the Kobe Steel Sports Club organised a 56km run from the outskirts of Kobe to a bar outside Osaka. A small group of expatriates were invited to take part.

Just to make life interesting the course entailed climbing seven steep miniature mountains most of which were about 900m high. A couple of them required fixed chains to allow you to get to the summit.

It started at dawn and finished in the dark but some Nippon style 'Health Wise' comforts were provided. Piping hot red bean soup was served at the halfway point and near the top of the last mountain Suntory whiskey laced with hot water was very welcome. By then the sun had set. We were tired and hungry and determined to complete the last sector just as fast as we could go.

That final alcohol fuelled downhill run was something to be remembered but not repeated. Finishers/survivors were rewarded with a very handsome engraved plaque.

John

Farewell East Perth Event



John Smith writes: AS most of you are probably aware the East Perth run has been dropped from the calendar. It was one of the older established events and was noted for the variety packed into its short distance. However, as Perth develops, the committee continuously evaluates each event to make sure it still meets the club's requirements.

The decision was really based on two considerations:

First, construction of the bridge to the stadium now requires two crossings of Nile Street. It is also probable that developments at the city end of the Causeway would have required even more changes.

Secondly, the committee want to introduce more new runs and move away from such a high concentration at Burswood/McCallum

Woodbridge

The replacement will be at Woodbridge Park, Midland and the first event will be in February 2017. I have gladly accepted the position of race director. This is one of the courses used by the Park Run organisation and details can be found on www.parkrun.com.au/woodbridgeriver site/course/

In fact, those who want to familiarise themselves with

the course could turn up for their regular Saturday morning events.

This is a good time to thank all those who assisted in making the East Perth run so successful. For the most part the same people turned up year after year and I do not remember ever having a "no-show". It was great teamwork and it would be wonderful if as many as possible could assist in our new Midland venture.

Jim rules!

BEFORE you start hollering – I have been reminded that the best marathon by a club member is actually Jim Langford's as an M35. He ran 2:18.8 in 1979 (see the records story, page 6.) Unfortunately that marvellous run occurred just before he joined the club. Under the current rules for records, it does not appear as a MAWA State Record.

Please – it's B, not 'Bernie'!

BERNADETTE Benson says: "I do detest Bernie. If I grow a lot more facial hair and start smoking cigars, I can be a Bernie."



"My mates (and even my partner) call me B and that's how I sign all casual correspondence (small b). You have to accept nicknames in Australia or you'll get one anyway, so I tried to cut off 'Bernie' quickly. One would never call someone by a nickname without permission in Canada, so that's quite a cultural difference. My running mates also know me here as 'Mama Bear' for my tendency to look after everyone on the trails and I'm also called Miss B by some in Canada (mostly, I'm Bernadette in Canada).

"So 'B' is definitely what people in Perth call me. Oh, and a few say it's B for Beast."

Mone's money run in the Perth Mara

STEVE Moneghetti certainly had an easy run in this year's Perth Marathon. Was he just making a recce of the course? Can we expect him in Perth for the Worlds? Probably not. I'm told WAMC Marathon Club paid Steve's exes to give the event a boost.

In My View ...



by the Editor

Norm Miller – getting better



NORM is settling well into a care home, wife Pat reports.

We all wish him well and hope his caustic wit is also on the mend!

No Mickey taken

NICKNAMES, as mentioned by Bernadette, are endemic in Australia and the UK. Sometimes people eschew them later in life (as long-time member Jacqueline Billington did a while ago). Spelling of diminutives can also drop an editor in it. Jacqui Beaumont likes it one way; Jackie Halberg prefers another.

A few years ago the Tuesday night Kings Park mob devised a name game to deal with a proliferation of members named Michael. We had Mike Karra – aptly renamed 'Big'. Most of the other new nicknames were less flattering, and didn't catch on; 'Breather' was one, 'Hairy' another. One fine-looking bloke was re-christened 'Handsome Mike'; but we never told him!

Slanged-off

Appropriately I have just checked the origin of 'taking the Mickey'. It's cockney



Nice picture – cute kid! But against the rules!

Please – check the club restrictions on wearing your bib number, use of strollers, skateboards, dogs on leads and more. A reminder of what's what came in the note sent to you with your club number. OK, I know blokes never read instructions or ask directions; get your lady to read it out to you!



Rex Bruce returned to Perth and Masters after so many years I barely knew him.

The green hair and eyebrows didn't help. He painted-up for Sharks Run, day after the federal fiasco (sorry, should that read 'election'?). I was amazed that Rex didn't know he was kin to the Oompa Loompas, straight out of *Willy Wonka's Chocolate Factory*. Obviously doesn't waste as much time as me on kids' culture.

Spear carrier?

Hi Vic

Is it significant that the only WA member of the 61 strong ALL-AUSTRALIAN Olympic team is a javelin thrower?!

Rob (Shand)

rhyming slang, of course. Full version is 'taking the Mickey Bliss'.

'Mickey Bliss, thought to be a BBC radio personality, has never been conclusively identified. A competing theory is that 'taking the mick' was derived from the verb, 'micturate' (to urinate)(alphadictionary.com).

The more polite alternative, to get or 'take a rise' has just about disappeared. According to dictionaries it's meant to 'Provoke an angry or irritated response'. So maybe it wasn't so polite!



Rob Shand – the club's great spear-carrier for field sports

FOR this feature I have concentrated on longer distances, run by male runners who are – mostly – still active club members.

Most of the times quoted here and shown in the attached tables have been set on a track.

But, 3,000m apart, the distances involved are relevant because they are all regularly run by Sunday members.

Comparing road events and track times is not really fair, of course.

Running 5km in the park, on paths, with gradients, will always be more demanding than 5,000m on a modern track. But – it's a guide; and not all the comparisons are odious.

How many marathon runners would prefer going round and round a 400m circuit, to covering the distance alongside the Swan?

The point to stress is that many of the standing records have been on the books for many, many years.

With all the modern advantages of improved health, training knowledge, diet (and even technologically better shoes!) why can so few club runners match past athletes?

Marathon

M35	Todd Ingraham	2:32:42
M40	Frank Smith	2:29:06
M60	John Gilmour	2:41:07
M65	John Gilmour	2:57:59
M70	John Gilmour	3:03:04
M75	Irwin Barrett-Lennard	4:08:20
M80	Cecil Walkley	6:06:05

Marathon

Let's start with the big one.

Fastest time by a club member is Frank Smith's 2:29:06, set when he was M40.

In 30-odd years no member – of any age – has surpassed that time.

But look at the table and marvel at the John Gilmour times!

John was around 20 years older than Frank when he set the M60 record – and it was only eleven minutes slower than Frank's time.

Then John went on to establish club marathon records as an M65 and M70.

(Incidentally, I believe John also ran the Olympic qualifying time as an M60!)

The Gilmour domination of the record charts, from 55 to 70, is apparent from even a

Ready for a challenge? Decades-old club records stand today

These figures have been extracted from the records section of the club website where you can find them in full – along with many others. Readers should remember that today Frank Smith and Jim Langford are in their 70s; David Carr and Irwin Barrett-Lennard are into the 80s; and John Gilmour is nearer 100 than 90! Many of these records have stood for decades.



quick glance at the selections printed here.

Endurance

Other names keep on appearing of course, notably those of Jim Langford and David Carr. A few others do elbow their way in, though.

For instance, members who know Rob Shand as a strictly (and volubly!) field athlete might be surprised to find him among the one-hour endurance runners.

As an M45 he set the one hour record by covering 16.248km. No surprise to me.

I know that in the early days of the club Rob used to run around the streets delivering *Vetrum* to members!

A young M40 Jim Langford has the overall top score, with 17.843km in the hour; and next up is that man Smith again, with 17.405 when M35.

One Hour

M35	Frank Smith	17,405
M40	Jim Langford	17,843
M45	Rob Shand	16,248
M55	John Gilmour	17,186
M60	John Gilmour	16,853
M65	John Gilmour	15,983
M70	John Gilmour	15,474

Half Marathon

M30	Scott Tamblin	1:11:27
M35	Scott Tamblin	1:10:23
M55	John Gilmour	1:13:16
M60	John Gilmour	1:17:03
M65	John Gilmour	1:17:17
M70	John Gilmour	1:21:41
M75	Irwin Barrett-Lennard	1:41:47
M85	Irwin Barrett-Lennard	2:07:56



The 10km benchmark

It's probably the distance most of us reckon by.

What's your 10km time? Can you break the 40-minute barrier?

A few – not many – can.

Scott Tamblin is one promising athlete who is challenging the record-setters. As an M35 he now has the club's best 10km time, at 31:12.8.

Notably, that's considerably quicker than the record Scott set as an M30.

Let's hope he can maintain the progress, because there are some formidable times ahead!

10,000m

M30	Scott Tamblin	32:00.9
M35	Scott Tamblin	31:12.8
M40	Trevor Scott	31:49.32
M45	Frank Smith	32:41.68
M50	Jim Langford	32:58.0
M55	John Gilmour	33:40.0
M60	John Gilmour	34:23.0
M65	John Gilmour	36:11.0
M70	John Gilmour	38:27.0
M75	David Carr	46:57.8
M80	David Carr	49:05.1
M85	Irwin Barrett-Lennard	1:01:27.3

3,000m

M45	Jim Langford	9:13.4
M50	Jim Langford	9:21.7
M55	John Gilmour	9:20.0
M60	John Gilmour	9:41.2
M65	John Gilmour	10:10.2
M70	John Gilmour	11:25.6
M75	David Carr	12:18.3
M80	David Carr	13:12.3
M85	Irwin Barrett-Lennard	17:03.2

5,000m

M45	Jim Langford	15:51.4
M50	Jim Langford	16:02.7
M55	John Gilmour	16:09.7
M60	John Gilmour	16:33.3
M65	John Gilmour	17:25.3
M70	John Gilmour	18:46.62
M75	David Carr	21:45.4
M80	David Carr	23:40.9
M85	Irwin Barrett-Lennard	28:28.5

'The way we were'

There's no reason for today's runners to slow down. It's all about training, say veterans.

20 years ago ...

University and Back
June 16, 1996

15km Run

- | | | | |
|----|--------------|-----|-------|
| 3. | Frank Smith | M50 | 57:25 |
| 4. | Jim Klinge | M50 | 57:39 |
| 5. | Dave Roberts | M50 | 57:56 |

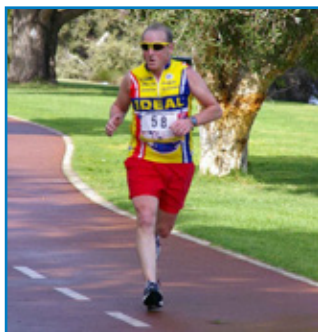


Dave



Gary

- | | | | |
|-----|-----------------|-----|-------|
| 6. | Gary Fisher | M40 | 58:22 |
| 7. | Bob Schickert | M50 | 58:26 |
| 8. | Ralph Henderson | M45 | 58:29 |
| 12. | Graham Thornton | M55 | 61:36 |



Graham

- | | | | |
|-----|------------|-----|-------|
| 13. | Vic Waters | M50 | 61:50 |
| 14. | Ivan Brown | M50 | 61:51 |

By Vic Waters

GARY Fisher began directing the Nedlands 15km event – part of the 50km RRC – about 15 years ago. In that first year he says that around 15 people, including the late Antoinette Shaw, ran the 15km in better than four-minute pace.

We compared that to recent Sunday ten kilometre run when only a couple of club members managed such a pace.

Why have the standards dropped?

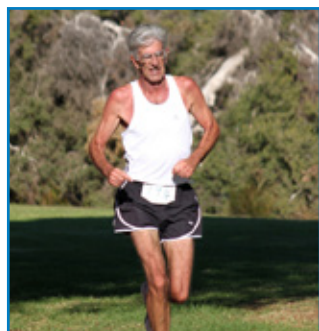
It's the training!

Consensus among older members is that competition is less intense.

Many of them talk of training hard every day, in a tough group.

John Pellier says he would always expect to run under four minutes per kilometre, in training. Six times a week he and other members would run hard, around the bridges, in Kings Park and elsewhere.

"We had the advantage of training in large groups so you always had someone to catch; and we always ran six days a week with Saturday mornings the long run, anything from 20km to 32km.



Ivan

- | | | | |
|-----|----------------|-----|-------|
| 17. | Robin King | W35 | 64:01 |
| 20. | Milton Mavrick | M40 | 65:23 |
| 21. | Mike Khan | M50 | 65:58 |
| 24. | Mitch Loly | M55 | 66:56 |
| 26. | Cecil Walkley | M65 | 68:13 |
| 27. | Mike Anderson | M45 | 68:14 |
| 28. | Keith Atkinson | M35 | 68:48 |
| 29. | Bob Sammells | M55 | 68:48 |
| 30. | Simon Mort | M35 | 68:57 |
| 31. | Richard Harris | M55 | 69:40 |
| 41. | John Bell | M50 | 73:49 |
| 42. | Vic Beaumont | M65 | 74:23 |
| 43. | Stan Lockwood | M65 | 74:45 |
| 44. | Merv Jones | M55 | 75:14 |
| 45. | Dalton Moffett | M65 | 75:29 |
| 46. | Morris Warren | M65 | 75:29 |

Frank Smith agrees: "The group would start steadily, and after about three or four kilometres someone would start to push it. There was no such thing as an easy, comfortable run."

"And after a Sunday event, such as the Bridges 10km, a mob would run it again," says John Pellier, "to pick up the flags."

Old Vetrun

Ivan Brown must have shared a similar conversation with Gary, for he has dug out a 20-year old Vetrun report of the 15km – known then as the 'University and Back' run.

Shown here is part of that 1996 result list, showing only runners who are still active club members today.

Ten runners (not all shown here) ran sub-4. The winner was actually the late John West, M45, in 53:55.

I believe this snapshot of the past shows it wasn't just the top runners that benefited from the club's aura of friendly, but intense, competition.

Even we lesser runners were dragged along. It's also heartening to realise – 20 years on – that so many early members are still out there having a go.

Vic Waters



Dalton

- | | | | |
|-----|----------------|-----|---------|
| 49. | Aldo Giacomini | M60 | 76:25 |
| 54. | Roma Barnett | W45 | 84:01 |
| 56. | Irene Ferris | W40 | 85:02 |
| 58. | Sheila Maslen | W55 | 1:38:24 |
| 59. | Mary Heppell | W55 | 1:42:59 |

Can you outrun a javelin thrower?

ENCOUNTERING Rob Shand at the gym, on his way to a one-hour pilates session, I badgered him for some prehistoric running times.

He gave up running marathons in 1981 when his time crept above three hours.

His best time, of 2:52:07, was run in June 1979. In September, same year, he did 2:56:11.

How many of us would give an arm and leg to run 3:05? That was Rob's 1981 marathon swan-song.

He saw little point in continuing the marathon distance once he was declining. There lies injury for nothing much to gain, he says.

All-rounder

Now 84, Rob concentrates his athletics on the javelin, which the records show he has thrown since he was M60.

But as a Masters runner he was an all-rounder, with a best mile of 5:17; best 1,500m of 4:32.4; best 3,000m – 10:04; best 800m – 2:10.

All these were set at M45, but Rob's all-time bests were run on a grass/cinder track in Cape Town when he was 21.

An 880 yards came up in 1:57.6 – equivalent to 1:56 for 800m; and a 4:19.6 mile – equivalent to 4:1.9 for 1500m.

His many impressive road-run times include a 25km in 1hour 35mins; and a 10-miler in 60:18.

The elusive sub-4 min km

When it comes to the elusive 4 minute kilometre, consider these 10km times, run in 1978, as an M45.

Track 10,000m – 35:32;

Road 10km – 35:38.

Yes, it seems that in those days they really all did run better than 3-hour marathons – and much better than 4-minute kilometres!

"The one hour run on the McGillivray grass track – 16.248km as an M45 – is my only existing track record!" he says. "But in earlier times there was a lot more depth among us, unlike today when there is one ahead of the pack. More of the pack was at the top."

ENTRIES are now coming in at a good rate for the October/November games, after an anticipated slow start. Traditionally for these Masters World Championships more than 50 per cent of athletes sign up in the final two weeks – which doesn't make life easy for us!

TriEvents' marketing efforts are in full swing, and include ads in our only daily newspaper, *The West Australian* as well as TV commercials. One of these features Melissa Foster and can be viewed on our website; while the other has Bob Schickert in a supporting role as a parking inspector!

Calling Asia

Given their geographic proximity, we do see the Perth Championships as a great opportunity for Asian athletes to compete, and a major promotional visit was made by Lynne, Richard and Gemma, (TriEvents), to the Asian Masters Championships in Singapore in early May.

This included a presentation by Richard to their General Assembly; and we were encouraged to learn that numbers at the Asian Masters Championships were low because many athletes were planning to come to Perth instead.

Our booth was continuously busy, and many Asian Masters Associations stated they will bring good-sized teams.

Nepal for example has not been represented before, and will bring 25 athletes. We spent a lot of time taking athletes through the Australian visa process which is obviously a concern for them.

Home ground

Nearer home we need to encourage Perth's fun runners to participate. This might be a once in a lifetime chance to wear the green and gold and compete for Australia. Our promotion at the Perth marathon sparked a lot of interest, and we will now be handing out flyers at all of Perth's parkruns.

We do request that all members promote the event through their clubs/gyms/physios etc and we have plenty of these flyers available for your use.

Entries mounting for the World Championships in Perth

It's less than three months from the start of the Championships and Vetrin has asked MAWA members of the Local Organising Committee – Lynne and Bob Schickert, Geoff Brayshaw, Delia Baldock and Richard Blurton – to tell us what has been going on, and what we can expect at Perth 2016.



Bob Schickert as we never hope to meet him – a parking inspector in our TV ad.

Timetable

Setting the final championship timetable for Worlds has always been a bit of a nightmare. We will do this very soon after entries close. Sandy Pashkin (WMA) and Wilma Perkins (AMA), will visit from September 6 and go into conclave with Bob, Barbara Blurton and Stephen Stingemore (AWA) until it is agreed and finalised.

Early publication of the programme will help all athletes plan for their events.

Facilities

Significant improvements to our facilities have been required. The LOC worked relentlessly with State government and Canning Council through 2014 to have ECAC resurfaced.

AWA has led our efforts to install a new discus cage at UWA, a new hammer cage at ECAC, cages around weight throw circles, and re-concreted circles at ECAC.

New pole vaults and some new throws implements have been purchased. All of these will provide MAWA with a great legacy. In particular, it means that ECAC can be used for our State Championships for years into the future.

Live streaming

During the Championships we have signed up for live streaming of the major track finals, so if you can't come and watch you can see it on your laptop. And if you are in one of the streamed races you can see a slow motion replay

on the big screen – just like the Olympics!

We have recruited a highly qualified team of 150 officials from Australia and around the world, including about 40 of our local WA officials.

While we put out-of-state officials up in a city centre hotel and pay meal costs, all these officials pay for their airfares, so deserve a huge thank you for the commitment they are making.

TriEvents still needs volunteers to fulfil a variety of interesting roles, so if you are not competing and have some time, please sign up through the Perth2016 website.

Proximity

Compared to many past World Championships cities, most Perth competition venues are in close proximity and visitors to our city will enjoy the ease of getting around.

To make travel easier we have agreed with the Perth Transit Authority that all registered athletes, accompanying persons, officials and helpers will receive free transportation on all trains and buses up to three hours after the end of competition on each day. So it will be easy for everyone to get down to the beach, out to the big shopping centres, or over to Subi or Freo for the evening meal.

Non-competition events will be truly spectacular and not to be missed. The City of Perth has generously sponsored the Opening Ceremony at Elizabeth Quay, and this will be quite special.

The athletes party will be at the Perth Zoo and is geared towards giving our overseas visitors a true Australian experience with traditional Australian fare (don't worry – no witchetty grubs), up close and personal with wildlife, indigenous culture and a description of the Southern Hemisphere sky from a local astronomer. We must all remember that for a high pro-

**Get ready
for Worlds
with Masters
coaching**

**Sprints/Hurdles
ECAC every Wednesday**

Tom Lenane is a very experienced coach and his sessions will include sprinting, hurdling and starting block techniques. Normally this will be between 4:30pm and 6pm but Tom is happy to stay until 7pm for any member who can't get to the track early.

portion of the overseas visitors this will be their one and only visit to Australia, and quite possibly the Southern Hemisphere.

Merchandise

TriEvents has designed a unique set of Championship Merchandise, which will become 'must have'. The designs have been kept under wraps until now they are revealed and can be purchased online from the Perth2016 website ahead of the event. We recommend that members do the online purchase to avoid disappointment should their preferred item runs out during the Championships.

It has been a long journey for the Organising Committee since we sat in the Sacramento Holiday Inn in 2011 and witnessed the WMA vote that gave us the right to hold the Championships in Perth. We knew then, as we know now, that all MAWA members will lend us their 100 per cent support.

Finally, two reminders!

All competitors must wear the official uniform of their nation. So go online to the AMA website www.australianmastersathletics.org.au to purchase.

Lynne Schickert has some samples she is taking to Sunday and Thursday MAWA competitions.

Secondly, entrants are encouraged to complete a medical form and submit it to the LOC in case their medical details are needed by first aid officers. You'll find the form at the bottom of the Perth website registration page. ■

Masters coaching

Middle Distance

Every Saturday 9am at WAAS

John Dennehy is an excellent coach specialising in 400/800m and will work with you on key track sessions.

Middle Distance

Every Thursday, meet 3.45pm at the top car park at McGillivray Oval.

Margaret Saunders is a top AWA-qualified coach and has State Records over 800m/1000m/1 mile and Steeplechase.

Throws

Every Thursday at WAAS, 6pm start.

Tom Gravestock is a highly experienced coach particularly with discus and shot, but also hammer. He will not cover javelin and we will seek a javelin coach.



Jim Barnes

Marathon/Half Marathon

6am start, sharp! Every Saturday at McCallum Park, Taylor street car park.

Jim Barnes is our Marathon Man having completed over 100 marathons.

Jumps

WAAS - 5:30pm every Tuesday.

Dave Wyatt has coached Masters in jumps technique for many years. He will alternate Long/Triple/High. Stay on for our track and field competition to put your improved technique into practice.

How do your times stack-up?

THIS month, a change to the way we present a snapshot of Sunday results.

Handicap runs excepted, *Vetrin* will show the age-group winners of each Sunday run and walk.

Full results of every event are available at the club website, of course. But this age-group listing will give you a quick guide to your own form, compared to that of the people topping your age category.

Around Herdsman

June 5, 2016

Director: Rod Hamilton

Bardon Bash

26 June 2016

Director: Sue Bourn

15km Run

Men

Rick Cooke	M45	57:42
Lachlan Marr	M55	1:04:41
Bryant Burman	M40	1:05:36
Paul Hughes	M60	1:10:27
Herman du Plessis	M50	1:11:40
Brian Bennett	M65	1:13:14
David Baird	M70	1:14:00

Women

Clare Wardle	W40	1:06:44
Chris Pattinson	W60	1:15:23
Maree Brown	W50	1:16:11
Renia Niderla	W55	1:17:47
Joanne Burman	W35	1:32:12

7.5km Run

Keith Hill	M55	30:23
Paul Mitchell	M45	30:24

13km Run

Men

Kim Thomas	M40	48:54
Stuart MacKinnon	M30	54:03
Bjorn Dybdahl	M60	55:23
Lachlan Marr	M55	55:58
Giovanni Puglisi	M65	56:20



Jackson

Jackson Wong	M50	1:02:21
Ivan Brown	M70	1:07:54
Wayne Davies	M45	1:09:46
Ray Attwell	M80	1:17:00

Women

Karen March	W50	1:02:45
Trisha Farr	W40	1:04:22
Sandra Keenan	W45	1:05:04
Chris Pattinson	W60	1:07:11
Anna Bamber	W35	1:07:12
Noelene Treen	W55	1:19:32

7km Run

Men

Mark Dawson	M55	29:33
Paul Hughes	M60	31:56
Ralph Henderson	M65	32:09
David Baird	M70	32:51
Alan Gray	M50	33:18
Vic Waters	M70	36:24
Jim Farr	M45	38:07

Women

Margaret Saunders	W60	34:51
Rochelle Airey	W45	35:53
Carol Bowman	W60	36:44
Karen Hill	W55	38:34
Katie McGrath	W30	38:41
Delia Baldock	W50	40:15
Monique Thomas	W35	42:49
Shirley Bell	W65	43:03
Marg Forden	W70	1:00:00
Mary Heppell	W75	1:15:30

13km Walk

Don Pattinson	M60	1:35:58
Elaine Dance	W65	1:38:10



Paul Mitchell

Tristan Bell	M50	32:22
Graeme Dahl	M65	32:44
Bernard Mangan	M60	33:09
Edward Beck	M40	34:59
Jim Klinge	M65	36:21
Vic Waters	M70	38:42

15km Walk

Irwin Barrett-Lennard	M85	1:53:52
Don Pattinson	M60	1:53:53
Mike Hale	M65	2:14:14

7.5km Walk

Wendy Farrow	W45	50:31
Elaine Dance	W65	55:39
Sue Hamilton	W55	1:03:41

MONDAY

POINT Walter 8km time trial at Point Walter run by Dick Blom for 32 years now, 6.00pm every Monday night. Contact 1959blom@ozemail.com.au

TUESDAY

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club Rooms 5.45pm/6.30pm.

An informal Tuesday night group meets at Kent Street, Cannington; and Kings Park, Saw Avenue entrance; both at 6pm.

Perth Urban Runners run in various locations on Tuesday and Thursday evenings, also at 6pm. www.Perthurbanrunners.com

WEDNESDAY

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 16.30pm there's usually a group running from 15km to 21km.

Call John Bell for more info: 9386 6975.

FRIDAY

ROAD: 6am start most of the year, for an hour-long run or walk at various

Where they're running

points along Swan River from UWA to Bassendean.

Marg Bennett organises a programme every four months; her phone number is 9275 0169; email mbe37778@bigpond.net.au

SATURDAY

parkrun

Go online to parkrun.com for full details of the many parkrun locations in and around Perth.

David Carr's 'Saturday Group' meets weekly.

8am start - 9.45am finish at WAAS (the new track.)

Cost: \$3.60 seniors - \$6.50 others; pay at the door.

All are welcome. Contact: davidcarr6@bigpond.com

ROAD runs early every Saturday morning. Contact Dick to go on his list, at 1959blom@ozemail.com.au or contact Paul Hughes on 0412 513 348 or email paul.ljahh@westnet.com.au

Mill Point Road Run

June 19, 2016

Director: Milton Mavrick

10km Run

MEN

Thomas Waumsley M40 37:25



Tom

Rod Hamilton M50 40:59
Giovanni Puglisi M65 41:42
Bjorn Dybdahl M60 42:21
Simon Johnson M30 42:46
John Ranger M45 42:47
Mick Francis M55 43:54
David Baird M70 50:05
Graham Thornton M75 57:37

WOMEN

Vanessa Carson W35 42:04
Clare Wardle W40 44:06
Nicki du Plessis W45 45:53
Barbara Putland W50 50:12
Chris Pattinson W60 51:26



Christine

Katie McGrath W30 55:05
Karen Hill W55 56:22
Gillian Young W65 56:31

5km Run

Paul Hughes M60 22:50
Graeme Dahl M65 24:48
Raymond Gimi M50 25:09
Vic Waters M70 26:50
Irwin Barrett-Lennard M85 32:29
Merv Jones M75 34:07
Cecil Walkley M851:01:07

WOMEN

Kim Chandler W55 23:18
Margaret Saunders W60 24:32
Delia Baldock W50 28:25
Gen Schreyvogel W45 28:37

Lui Cecotti M65 30:41
Peggy Macliver W70 31:04
Bethan Beck W30 34:33
Bronwyn Smith W40 35:38
Toni Frank W70 41:42
Sheila Maslen W75 48:49
Meghann Blakeman W35 49:39

10km Walk

Robbie Pringle M35 50:40
Don Pattinson M60 73:47
Peter Ryan M65 88:27



Peter

Jeff Whittam M80 91:57
WOMEN
Elaine Dance W65 76:51
Lynne Schickert W70 82:09
Lorna Lauchlan W85 91:57

5km Walk

John McDonagh M65 38:11
John Brambley M70 40:29
Ray Hall M80 44:51
Joseph Patroni M60 44:56
Rex Bruce M75 53:22

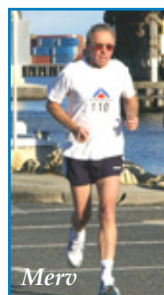
WOMEN

Denise Viala W65 41:05
Rosa Wallis W70 41:05
Priscilla Wilson W35 46:44
Joan Pellier W75 47:34



Joan

Debbie Wolfenden W50 49:01
Gail Castensen W60 49:04
Sylvia Szabo W55 49:06
Jo Richardson W60 50:30



Merv



Delia

Club Half Marathon

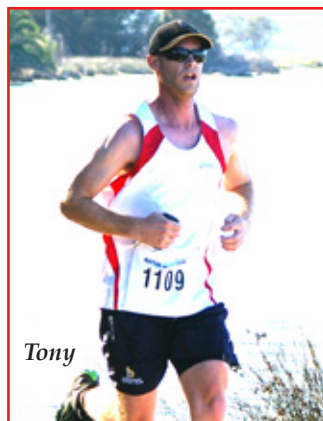
July 10, 2016

Director: Jim Klinge

Half Marathon State

Championship Run

Stuart MacKinnon M30 1:28:00
Tony Smith M35 1:31:26



Tony

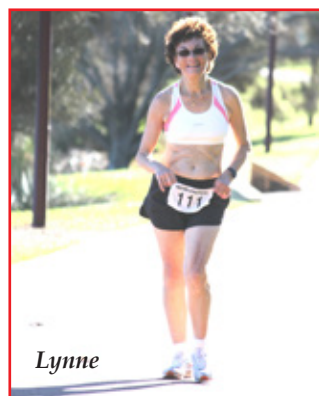
Steve Weller M40 1:22:38
Tony Smith M45 1:22:19
Tristan Bell M50 1:45:30
Peter March M55 1:36:18
Ian Carson M60 1:42:16
Keith Miller M65 1:41:11
Ivan Brown M70 1:56:31

Women

Anna Bamber W35 1:45:17
Clare Wardle W40 1:37:48
Nicki du Plessis W45 1:36:33
Karen March W55 1:45:30
Chris Pattinson W60 1:53:40
Carolyn Fawcett W65 2:33:31

Half Marathon Walk

Robbie Pringle M35 1:52:17
Marie Fitzsimons W50 2:22:40
Don Pattinson M60 2:46:46
Peter Ryan M65 2:53:05
Lynne Schickert W70 2:56:46



Lynne

6 km Walk

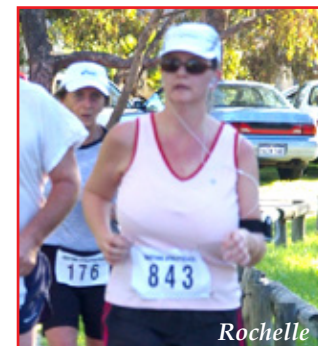
Peter Hopper M70 49:43
Denise Viala W65 54:15
Jeff Whittam M80 55:49
Jo Richardson W60 57:21
Priscilla Wilson W35 59:06
Patricia Hopkins W70 1:02:52
Karen Peace W40 1:06:11
Sylvia Szabo W35 1:06:32
Sylvia Szabo W55 1:06:33
Brian Dalton M60 1:31:43

10.5 km Run

Adrian Fabiankovits M30 45:28
Steve Hossack M55 45:34
Bernard Mangan M60 48:37
David Baird M70 52:17
Russell Smith M50 55:18
Nick Miletic M65 1:02:00
Frank Gardiner M65 1:04:25

Women

Gillian Young W65 55:34
Rochelle Airey W45 56:15



Rochelle

Tina Franklin W50 1:00:21
Elizabeth McFarland W55 1:02:01
Erica Blake W60 1:12:45

6 km Run

Giovanni Puglisi M65 25:08
Raymond Gimi M50 31:24
Vic Waters M70 32:01
Jim Farr M45 33:15
Gary Fisher M60 36:30
Irwin Barrett-Lennard M85 38:30

Women

Margaret Saunders W60 30:47
Meghann Blakeman W35 32:47



Meghann

Karen Hill W55 33:52
Judy Davis W50 34:23
Gen Schreyvogel W45 34:57
Theresa Howe W65 36:58
Peggy Macliver W70 38:09
Sheila Maslen W75 56:45

10.5 km Walk

Mike Hale M65 1:36:30



Peter

SHARKS



The Sharks are running, and caught by snapper Vic Beaumont!

WITH Sharks having the reputation as *The Run with the Worst Weather* it was very pleasing to see 114 battle hardened individuals taking part.

There was a little precipitation towards the end but not enough to dampen one's spirits. My thanks to all my willing helpers: Paul Hughes, Peter Bath, Simon Coates, John Batta, Tony Smith, Dave Roberts, Lisa Searle, Ray Hall and ex member Dick Blom. I offer my apologies for no drink station at the end of the run but I promise this will be rectified next year.

Paul Martin

5km Run

Men

Bjorn Dybdahl	M60	20:57
Peter March	M55	21:03
Graeme Dahl	M65	21:28
Jim Farr	M45	24:38
Ivan Brown	M70	25:00
Raymond Gimi	M50	25:18



Ray

Sharks

July 3, 2016

Director: Paul Martin

10km Handicap Run

		Time	H'cap	Act
Ann Andersen	W60	1:03:18	0.00	63:18
Trisha Farr	W40	1:05:15	17.20	47:55
Joanne Burman	W35	1:06:35	6.54	59:41
Giovanni Puglisi	M65	1:07:13	24.13	42:60
Ian Carson	M60	1:07:30	20.00	47:30
Bryant Burman	M40	1:08:09	26.24	41:45

David Carr	M80	28:52
Merv Jones	M75	32:56
Cecil Walkley	M85	1:02:32

Women

Delia Baldock	W50	27:02
Julie Wilson	W60	28:47
Gen Schreyvogel	W45	29:01
Jenny Audsley	W55	29:22
Lorraine Lopes	W75	39:58
Jan Jarvis	W70	44:05

10km Walk

Johan Hagedoorn	M70	1:12:18
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Johan

IT seems the weather report kept some people in their beds, however, the sky cleared and all who came along had a great run/walk. Numbers were less than usual. However, everyone enjoyed the slightly challenging course.

A big thank-you to our helpers who managed to man their posts after a slight hiccup with an access gate being locked. Thanks for your patience under these trying circumstances.

Brian and I have now retired as directors of this event, so there is an opening for someone to take over next

10km Run – Men

Hamish McLeod	M40	42:58
Peter March	M55	44:34
Tristan Bell	M50	46:02
Ian Carson	M60	46:30
Mark Kerr	M45	48:04
Martin Watkins	M65	52:41
Frank Gardiner	M65	53:53
Bob Schickert	M70	54:15
John Pellier	M75	69:28

5km Walk

Peter Hopper	M70	39:21
Joseph Patroni	M60	41:24
Mike Hale	M65	42:45
Jeff Whittam	M80	44:24
Rex Bruce	M75	46:01

Women

Elaine Dance	W65	37:48
Debbie Wolfenden	W50	40:04
Jacqueline Billington	W70	41:16
Su Lloyd	W60	41:20
Lorna Lauchlan	W85	44:08
Priscilla Wilson	W35	46:19
Therese Carr	W55	51:10

Whiteman Park

July 17, 2016

Directors: Margaret and Brian Bennett

year, and we would encourage any new members who have not taken on the role of Race Director to have a go. We would be happy to assist them next year. It is only one Sunday out of a year and benefits everyone. Without Race Directors there would be no Sunday events!

Margaret Bennett

Women

Karen March	W55	48:03
Chris Pattinson	W60	52:15
Sandra Rourke	W45	54:43
Sue Gibbons	W50	68:13

Sandra



BERNADETTE'S very first running race – over any distance – was a 42km trail marathon in Canada in late 2006. She was 37.

"I was broken shortly after that, from having ramped up the distances too fast and with no knowledge of strength work and the like."

Yet a year later she ran her first 50km trail-ultra.

"Then I moved to Australia in 2008. I bounced off injuries a few more times until 2009 when I got sick of it and finally started learning how to strengthen and otherwise take care of my body!"

By 2016 she was a superb, experienced ultra-runner.

In 2014 *Vetrun* reported her Australian Open 24-hour record run of 238.261km in Coburg, Victoria. Circling a track for 24 hours takes a very special state of mind. But Bernadette had virtually no experience of treadmill running.

"Before agreeing to have a go at this challenge, I'd probably been on a treadmill three times in my life. First time was enough to discover that in just a few minutes it made me really dizzy!"

"Then in the summer of 2014-2015, I remember getting on one twice, for 40 minutes to do a speed session – when I just couldn't bear another 40 degree C run outdoors.

"Both times I was dizzy and couldn't take my eyes off the screen in front of me – I couldn't turn my head at all without feeling like I was going sideways and about to come off the thing."

Tedious?

How did she overcome the tedium?

"Someone looked at the screen of my treadmill at one point and said, 'Wow, that's a pretty boring screen to look at'.

"I disagreed. I said, 'Are you kidding? Look at all the words. Enter, Navigate, Tools, Change, View. I can meditate on any one of them!'

"Although I said it jokingly, I was pretty serious. I would actually just choose a word and meditate on it. I could make that word quite helpful to my efforts." Bernadette says that endurance running is partly a 'staying in the moment' exercise.

"And mostly that's a wonderful place to be – not wor-



B sets WR in 12 hours on a treadmill

Bernadette Benson holds the women's Guinness World Record for distance run in 12 hours, on a treadmill. Set on May 28 this year the new record is 128.62km, surpassing the previous best of 110.24km (Susie Chan, UK, January 30, 2016).

ried about the past or the future, thinking about what might have been or should be.

"I also spend quite a bit of mental energy in an event like this doing body scans on my running efficiency, cooling, fuelling and the like, to avoid any breakdown before it arises."

To meet all the requirements for Guinness record ratification the 12-hour attempt had to be made in a public place.

"I did it at Zoom Fitness Osborne Park, where I do my weekly strength work with a trainer. She also has ultra running and other competition experience, and understood how important it was to me to dial in the set-up, temperature control, and the like.

"May 28 was a Saturday and I ran from 6am to 6pm, concurrently with 26 Canadian runners attempting other Guinness endurance records. They started on Friday night their time, which was our Saturday morning. We streamed each other's live video feed at our respective venues.

Bernadette was on the treadmill a total running time of 11hr 51min 14 sec – which means it was paused for only 8min 46seconds during the run.

"That was the time I was off to the toilet, five times, I think it was. I used that time to do some quick hip looseners, high knee lifts, and such.

"Food and drink were all taken as I ran. I had one bottle with Hammer Perpetuem in it and another with plain

The records set in May were: Bernadette Benson (Australia): 12 hours – 128.62 kilometres;

Dave Proctor: 12 hours – 139.2 kilometres;

Dave Proctor: 24 hours – 260.4 kilometres;

Arielle Fitzgerald: Fastest 50 kilometres – 3:51.25;

Arielle Fitzgerald: Fastest 100 kilometres – 8:30.34;

Women's team of 12: 24 hours – 344.45 kilometres;

Men's team of 12: 24 hours – 394.76 kilometres

water. Every 30 minutes one kind crew member gave me half a peeled pear!

"There was a lot of soaking me down needed from about the two-hour mark. Despite having the gym air/con as low as possible (19°C) and a portable air/con unit blowing on me I got really hot. Everyone else was in puffy jackets or big jumpers but I looked like quite the drowned hamster by the end!

"Company and support was a great help.

"Normally I like to race on my own, but in this event, I found the support of others around me really buoyed my spirits.

"I had six official witness-timekeepers (two at a time in four-hour shifts), plus two dedicated crew people for the 12 hours, plus my partner who manned multiple laptops – with live video feed (in and out), mandatory full video recording for Guinness, and our music entertainment.

"I had a spare treadmill beside me that members of the public could run or walk on for 15 minutes at a time, by donation (I was also raising awareness for mitochondrial disease).

"Other people also came in throughout the day just to wish me well. By the finish, we had over 20 people in the gym. It was pretty special!"

Invigilation of the time and distance covered was crucial and exacting.

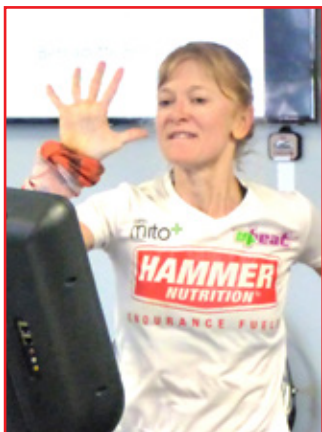
Guinness required two independent witness-timekeepers at a time, changing at least every four hours.

"They had to note my distance (against time) in a log-book at least every hour, but I had them record every 15 minutes, in case of a power failure or something. They also had to record any non running 'events' – such as ▶

How B became a Master

I JOINED Masters in March 2011; nervously went down to McGillivray grass oval. I was wearing denim shorts and a bikini top with a t-shirt over it and sandals, as it was a hot day and I was just there to check it out. I was warmly welcomed and heartily encouraged to run the 3km race.

I had no idea what I was doing. They asked me what my 10km time was. I said I didn't know, as I'd never done one. They asked what my 5km time was. Same response. I told them I knew my 50km time! So I ended up running that 3km race – in bare feet and a bikini!



That's some high-5 as B signals the 50km mark!

my pausing for a toilet trip, or if there was an equipment breakdown, for instance.

"Guinness also required a continual 12 hour video recording and several photos that showed aspects such as set-up, the witnesses in position, and my reaching significant milestones.

"Witnesses had to complete documents after their shifts, outlining what they'd verified, including distance. They had to be independent of me, couldn't be friends, family or even workmates.

"To ensure accuracy of the equipment I had to provide a letter from the treadmill company indicating that the treadmill had been calibrated prior to the event. And the event had to be open to the public at all times.

"We had two videos recording (one on *YouTube*) a frontal view plus a GoPro recording from behind me, capturing the treadmill screen.

"Organising all this was intensely stressful; always the fear that something could go awry and spoil everything.

"One practical point to consider was that I could not hold onto the handrails whilst running (fair enough!) but was allowed to add an incline if I wanted (I didn't!)."

International entente

The Canadians in this joint Canadian/Australian multi-record attempt set up their treadmills at the Calgary Marathon expo and they had hundreds of people on the scene, going by collecting race packs and so on during many of their 24 hour-attempts.

"That would have helped spur them on, and I'm very pleased to report that the Canadians were all successful!"

Masters in Perth Marathon 2016

TWENTY-seven runners, including one woman, went under three hours in this year's Perth Marathon. Only one Masters member, Tony Smith, was amongst them. Total finishers numbered 653; and 171 teams took part.

Masters' Sandra Stockman (W50), Liz Neville (W60) and John Talbot (M70) were first in their age-groups.

M45 Tony Smith	2:51:15
M40 Steve Weller	2:57:53
M30 Stuart MacKinnon	3:13:33
M40 Hamish McLeod	3:17:47



Hamish

M40 Bryant Burman	3:21:40
M45 Jim Farr	3:22:34
W40 Tina Major	3:22:34
M40 Ante Perdjia	3:23:45



Ante

M30 Simon Johnson	3:24:22
W50 Sandra Stockman	3:36:28



Sandra – W50 winner

M30 Adrian Fabiankovits	3:46:51
W40 Trish Farr	3:50:15
W30 Seranica Williamson	3:52:14
M55 Wayne Taylor	3:52:43
W40 Johanna Leahy	
Marstrand	3:55:08
M55 Dennis Devereaux	4:01:09
M55 Kevin Johnson	4:02:35
W60 Liz Neville	4:03:43



Wayne Taylor leads

M40 Chris Neilon	4:03:58
M65 Keith Miller	4:08:56



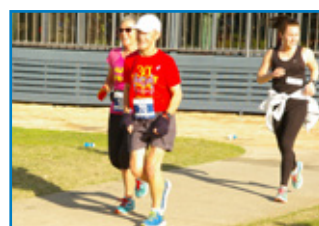
Keith

W50 Tina Franklin	4:24:01
M60 Eamonn McNulty	4:25:18



Eamonn

M55 Clarke Hendry	4:25:22
M50 Wayne Bertram	4:28:28
M45 Jason Ferris	4:48:24
W50 Sam Farman	4:50:57
W55 Denise Newport	5:00:15
M70 John Talbot	5:08:35
M45 David Pereira	5:11:05
W40 Sarah San	5:33:21



Sam Farman and John Talbot

You write ...

Hi Vic, Our Perth Marathon is a great event and fabulous to see so many take on the challenge.

I should like to encourage members old and new to come along and assist at our water station next year! Jackie Halberg kept us all on our toes and it is a very social occasion with lots of MAWA members and others dropping in to say hello. I was able to chat away and work at the same time! The morning went very fast and I certainly find it inspiring to see so many youngsters joining the sport. *Sarah Ladwig*

Database volunteers – step up please

IN 2006, when I started keeping all the T&F results on a database for MAWA, I did not imagine that I would still be doing it ten years later.

Even less that I would have been able to go back to the 1975 beginning of MAWA (WAVAC) so that the records were complete. But, as they say, all good things must come to an end. I have reluctantly decided that it is time to hand this over to someone else, since I am now based permanently in England.

With the World Championships taking place in Perth in the 2016/17 athletics year I will continue for one more year. It would be good to find someone to take over from me before I 'hang up my pen' to give us time for a proper handover during a transition period.

If there is a club member who would like to volunteer, I can promise copious how-to notes. I don't expect there will be a large queue, but you never know.

The records are kept in Excel, so an understanding of the programme would be useful, but it does not require the use of complicated formulae as everything is already set up. It takes me about twenty minutes three times a week to maintain so the routine is not arduous.

John Oldfield

THIS is our second report to cover a 12-month financial year. Hence, unlike the last few years, my comparisons from year to year are a lot easier to see and understand. I have commented below both on the financial numbers for this year and comparisons where appropriate.

This year's result is a reasonably strong performance despite showing a small operating deficiency of \$690, compared to last year's surplus of \$12,470.

The variance can be accounted for primarily by two operational items – our contribution to the new hammer cage at ECAC, and our new uniform, both of which are discussed below.

We have finished the year with funds on hand of \$75,067 compared to \$75,757 at 30 June 2015.

Revenue

Our membership fee per member remained relatively consistent with the prior year. However, with numbers up to a record 624 at June 30, 2016 our membership income is very healthy.

Approximately 40 of these memberships are temporary memberships related to the World Masters but we would hope to convert these to full membership in the ensuing year.

Importantly, our visitor fee income has continued to rise, and this year raised \$5,732 which is indicative of our increasing visitor numbers and potential members participating in Sunday events.



As you are aware, this year we have introduced the new uniform and have introduced on-line purchasing. Sales have reached \$5,692 since we commenced with the new uniform, and at 30 June held an inventory at \$5,868 purchase value.

Treasurer's Report

by
Geoff Brayshaw

12 months ended
30 June 2016



Overhead expenditure

Consistent with last year, *Vetrun* is now being produced every two months and our production and print costs per edition have been consistent with prior years.

Our equipment purchases this year included a defibrillator which had a purchase price of \$2,000; as well as an upgrade of the Meet Manager software used for the State Championships, at a cost of \$1,029.

Additionally we made a \$5,000 contribution to the new hammer cage at ECAC. This was made to ensure we were able to continue holding our State Championships at ECAC for years to come and also continue with throws events on Thursday evenings.

Events

Consistent with our budget management, and as in previous years, all events were held at a break-even cost or better. Our state championships, as with previous years made a small surplus which helps cover some other sundry costs in the year for track and field usage.

Summary of receipts and payments

A summary is included in this *Vetrun* and will also be put on the website. These figures are still subject to audit. ■

2016 will be a momentous year for our club when the Masters World Championships comes to Perth this October/November. Lynne Schickert, Bob Schickert, Geoff Brayshaw and Delia Baldock are working with me on the Local Organising Committee, and our plans are well on schedule. Holding the event here will leave a great legacy for the club through improved facilities, equipment, development funds and strong membership numbers. Our most immediate benefits are from the track resurface and new hammer cage at ECAC.

Our membership level passed 600 in May and continues to soar to record heights, while visitor numbers at Sunday runs remain very strong. Peggy MacIver continues to do great work as registrar.

I have enjoyed the support of an outstanding committee in my first term as President. Joan Pellier will step down after two years during which she has worked relentlessly to improve communications between members and the committee. Geoff Brayshaw will also step down as Treasurer. Geoff has done a great job for us over the past four years, overseeing important changes to our financial and membership years, revisions to our constitution, and actively helping AMA through their financial crisis in 2015. The remaining six committee members will stand again.

Numbers at Sunday runs have increased and we now regularly see nearer 200 than 100. The new watch and camera are helping our team compile results, which are normally posted the same day. New runs will be introduced in 2017, along with a new Road Running Championship for those who just do the shorter runs. Vic and Jacqui Beaumont stepped down from doing morning teas, replaced by a member roster. We have persuaded a coffee van to attend at appropriate Sundays.

Our track and field athletes continue to be successful on the World and National stage, winning an outstanding 16 gold medals at the WMAC in Lyon, and no less than 56 golds at the Nationals in Adelaide. We returned to ECAC for our State Championships for the first time since 2009 and enjoyed the more intimate atmosphere, and of

President's Report 2016

by
Richard Blurton



course Elaine's offerings in the canteen. I would like to thank Barbara once again for a superbly organised event, for processing and posting T&F results every week, and for her hard work as Statistician where she has improved our processes for claiming records and converted our records to the more readable html format on the website. Congratulations to Melissa Foster and Scott Tamblin for winning AMA Awards. Finally on T&F a special thanks to John Oldfield for setting up and maintaining our database. John will relinquish the role next year.

In May this year we launched a coaching initiative, utilising the skills of seven members with extensive coaching experience, particularly with masters-age athletes. This has been very well received, each coach getting typically 5-10 athletes at their weekly sessions.

We introduced our new uniform, with a modern design much liked by members. At the same time we launched the MAWA online shop where uniforms, other clothing, and tickets for social events can be purchased.

Elaine Dance now manages our social programme which is reported through a new tab on the website. The Presentation Breakfast at the Marathon Club was a great success, with much higher numbers attending than the previously held Presentation Lunches. Also the Melbourne Cup lunch was popular and will be repeated this year.

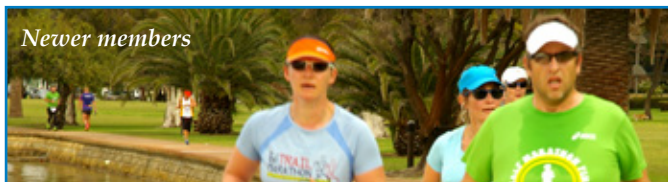
Finally a special thanks to Vic Waters and to Graeme Dahl for producing our two outstanding club publications, to Hamish McLeod for maintaining and developing our excellent website, and to the numerous members who help either at events or behind the scenes to make our club the success it is. ■

MASTERS ATHLETICS WA INC.

Summary of Receipts and Payments

For the Year ended 30 June 2016

Receipts	2016	2015
	\$	\$
Membership income		
Membership fees – 2014	–	2,270
Membership fees – 2015	1,539	23,225
Membership fees – 2016	28,625	–
Visitors fees	5,732	4,866



Total fees	\$35,896	\$30,361
Surplus/(Deficit) on membership	\$18,531	\$13,084

Events		
Dwellingup Weekend	3,205	2,990
Lewana Weekend	2,220	–
Wellington Forest weekend	–	1,265
Presentation Day	–	–
State Championships 2016	10,250	11,690
Track & Field	2,939	2,061
10K Handicap	95	110
Total receipts Events	\$18,709	\$18,116
Surplus/(Deficit) on Events	(\$1,331)	(\$337)

Other		
Clothing Receipts	5,692	832
Sundries	106	469
Net deposits - venues	–	–
Equipment grant – DSR	–	500
Interest	1,724	1,781
Member donation	500	–
Total receipts other	\$8,022	\$3,582
Surplus/Deficit on Other	(\$17,890)	(\$277)

Total Operating Receipts	\$62,627	\$52,059
Operating Surplus/(Deficit)	(\$690)	\$12,470

Cash on Hand	2016	2015
	\$	\$
Bankwest Cheque Account	17,049	19,268
Term Deposit	22186	21,590
Term Deposit	35,336	34,208
ANZ deposit account	496	691
Total Cash on Hand	75,067	75,757

Clothing Stock on Hand	\$5,868	–
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Payments	2016	2015
	\$	\$
Running costs		
National Affiliation fees	4,172	4,158
Drinking cups	753	528
Bank fees (credit cards)	1,776	1,939
Travel	955	960
Venue Costs	1,643	1,312
Vetrun Postage	496	519
Vetrun Production	6,500	6,209
Postage/Stationery	553	456
Website costs	295	393
Medals/Trophies	222	803
Total running costs	\$17,365	\$17,277

Events		
Dwellingup Weekend	3,225	2,970
Lewana Weekend	1,480	740
Wellington Forest w/end	–	420
Wellington Forest 2016	520	–
Presentation day	–	425
State Champs – 2015	9,738	9,948
Track & Field	5,077	3,950
10K Handicap	–	–
Total payments Events	\$20,040	\$18,453

Other		
Clothing purchases	11,521	314
Uniform costs	832	–
Bib number inventory	2,621	–
Sundries	1,023	783
Net deposits/refunds	101	95
Equipment purchases	4,814	2,667
Hammer cage ECAC contrib	5,000	–
Total payments other	\$25,912	\$3,859

Total Operating Payments	\$63,317	\$39,589
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Stalwart T&F lap-scorers

Geoff Brayshaw
Treasurer

HELPERS

Be there – or contact your director to make other arrangements!

7 August 2016

Nedlands

*Race Director: Frank Gardiner
– 9295 4246*



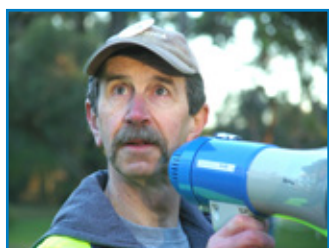
Peter Hopper, Johanna Leahy Marstrand, Carmel Meyer, Anne Jones, Frank Gardiner, Greg Wilson, Julie Wilson, Su Lloyd, Joseph Patroni, Wendy Grace.

10 Required: Spare – Nina Salib, Elizabeth McFarland.

14 August

Kings Park CC

Race Director: Ralph Henderson – 9401 3115



Alan Thorniley, Rob Collins, John Dance, Adam Dance, Anne Jones, John Fisher, Melinda Fisher, Andrew Cuthbertson, Simon Coates, Alexander Ring.

10 Required: Spare – Hamish McLeod.

21 August

City Rail

*Race Director: Claire Walkley
– 0410 434 257*



Peter March, Karen March, Paul Ankers, Christopher Coates, Roma Barnett, Ray Barnett, Sandra Eastley, Darren Miller, Mark Kerr, Ngaio Kerr, Elizabeth McFarland, Ann Andersen.

4 September

Darlington Dash

*Race Director: Delia Baldock
– 0418 935 040*



Richard Blurton, Kerriann Bresser, John Mack, Kelly Underwood, Jeremy Savage, Wayne Bertram, Janice Bertram, Tracy Sulejmani, Max Sulejmani, Wayne Pantall.

10 Required: Spare – Dale-Lyn Russell.

11 September

Claypit Circuit

Race Directors: Jeff & Dorothy Whittam – 9387 6438



Michael Lee, Michele Mison, Carol Bowman, Lorna Lauchlan, Janet Jarvis, Sheila Maslen, Tina Franklin, Jonathan Storey, Julie Storey, Katrina Tyza, Margaret Flanders, Brian Kinneen.

12 Required: Spare – Robyn Dunlop.

18 September

Mattagarup Run

*Race Director: Wayne Pantall
– 0415 684 368*



Mark Hewitt, Sylvia Szabo, Nick Miletic, Gail Castensen, Allan Billington, Virginia Mulvey, Margery Forden, Bob Colligan, Marion Kavenagh, Tony Smith (1109), Seranica Williamson.

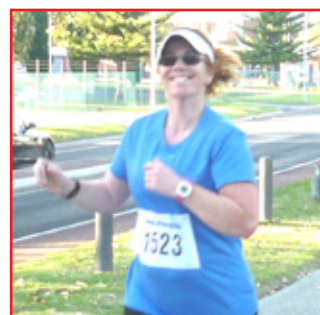
11 Required: Spare – Zora Harvie.

New members – Welcome!

MORE and more new members are enjoying our road, cross-country and track and field competition. At the end of June we reached a new record of 624 members – see Treasurer's Report, page 14.

1508 HAMILTON: Sue W55
1509 SMITH: Steve M50
1510 DEVEREAUX: Dennis M55
1511 COOKE: Rick M45
1512 TREEN: Noelene W55
1513 GRANT: Gary M45
1514 DABORN: Phil M45
1515 KEENAN: Sandra W45
1516 FRANKLIN: Damian M35
1517 DAMOUNI: Maha W50
1518 WALLACE: Alastair M60

1519 MILLER: Darren M35
1520 SALIB: Nina W40
1521 PEYPER: Jan M45

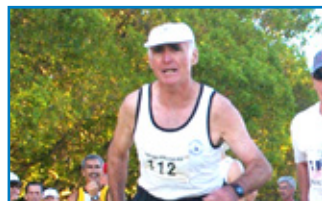


New members Mark and Ngaio, above, were photographed by Vic Beaumont at Sharks Run.

25 September

Wireless Hill

Race Directors: Lynne & Bob Schickert – 9330 3803



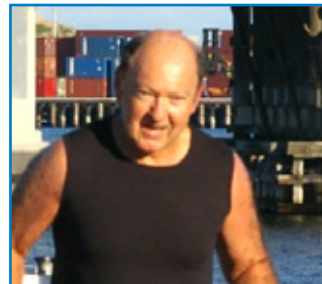
Dante Giacomini, Aldo Giacomini, Rosa Wallis, Sylvia Szabo, Graeme Dahl, Peggy Maccliver, Dalton Moffett, Lynne Choate, Clive Choate, Herman du Plessis, Nicki du Plessis, Bob Fergie.

12 Required: Spare – Anna Bamber, David Adams, Paul Burns.

2 October

Mullaloo Magic

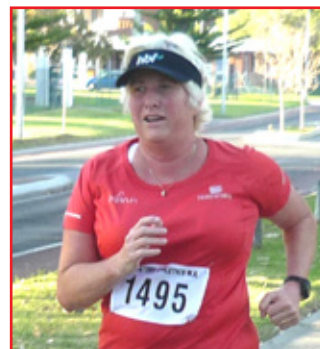
*Race Director: Mike Anderson
– 9405 2090*



Martin Watkins, Sandra Rourke, Julie Wood, Johannes Hagedoorn, Dalton Moffett, Denise Viala, Pierre Viala, Marie Fitzsimons, John Collier, Rick Cooke, Gary Grant, Barb Humphrey.

13 Required: Spare – Terry Humphrey, Ben Klerk.

1522 KERR: Mark M45
1523 KERR: Ngaio W45
1524 HILLBECK: Andrew M40
1525 DE KLERK: Ben M50
1526 CARR: Therese W55
1527 CROOK: Mark M55
1528 RUSSELL: Dale-Lyn W45
1529 HARVIE: Zora W50
1530 MANSFIELD: Cate W45
1531 DOWLING: Lesley W55



From last edition's joiners, no 1495 is Ann Andersen.