



# West Australian Marathon Club (Inc.)

# 2008 PROGRAMME

# Runner's World

Perth's Specialist Running & Triathlon Store

OPEN 7 Days  
5 Fitzgerald St. Perth  
Tel: 9227 7281

Date	Name of Race	Dist	Type	Venue / Time	Race Director
06/01/08	Event Management Seminar			WAMC Clubrooms 1.00 pm to 5.00 pm	Bob Braid 9227 7281
06/01/08 (Sun night)	Burswood Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
20/01/08	Ex-Christ Church Run	12 km 5 km AA	CN C	Charles Court Reserve, Broadway, Nedlands 7.30 am	Tom Hindmarsh 0422 052 925 9472 4833
<b>Note: START VENUE</b>					
26/01/08	Australia Day Fun Run	5 km 10 km	O	Bunbury	Alan Whitfield 9721 6610
03/02/08	Vets Friendship Run	11 km 5.6 km	N	Saw Avenue, Kings Park 7.00 am	Jim Barnes 9459 2617
17/02/08	Matilda Bay Run (incl. Joey's Run)	10 km AA 4 km	CNB K	Charles Court Reserve, Broadway, Nedlands 7.30 am	Des Mallon 9445 9276
24/02/08	Pt Walter Run	16 km 5 km	CN	Point Walter Reserve Burke Drive 7.30 am	John & Kerry Conte 9336 2252
01/03/08	Bunbury 6 hour Race		O	Bunbury	Shane Walker 9725 9576
02/03/08 (Sun night)	Swan Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
09/03/08	Neil Hawkins Park Run	10 km 5 km AA		Neil Hawkins Park Joondalup 7.30 am	Mike Szalek 0428 770 144
16/03/08	Bold Park Cross Country	10 km 5 km	NX	Bold Park Perry Lakes 8.00 am	Simon Coates 0400 475 722
24/03/08 (Easter Monday)	<b>MOUNT HELENA 40 MILER and Relay</b>		S	See entry form for details	<b>John Pettersson 0408 924 555</b>
30/03/08	WAMC Mob Run	Up to 32 km	M	WAMC Clubrooms 7.00 am	Bob Braid 9227 7281
06/04/08	<b>ASICS BRIDGES FUN RUN</b>	10 km 5 km AA	CS	Langley Park, Perth See entry form for details	<b>Phil Webb 0413 327 287</b>
13/04/08	Darlington Half Marathon	21.1 km AA 8 km	CN B	Pine Terrace Darlington 7.30 am	Nick Miller 0417 911 042
20/04/08	<i>LEST WE FORGET RUN</i>			See entry form for details	<i>WA Athletics 9287 1200</i>
20/04/08	<b>Distance Running Seminar</b>			WAMC Clubrooms See registration form for details	<b>Bob Braid 9227 7281</b>
27/04/08	<b>WOMEN'S CLASSIC</b>	10 km 5 km AA	W S	McCallum Park See entry form for details	<b>Michael Wilkin 0409 889 864</b>
04/05/08	John Forrest Cross Country	12.6 km 6 km	HX	Bilgoman Pool Gt Eastern Hwy Darlington 7.30 am	Mark Faithfull 9298 9695
11/05/08 (Mothers Day)	Perth 32	32 km 10 km AA	CN B	McCallum Park 7.30 am	Warren Thorne 0439 073 691

Date	Name of Race	Dist	Type	Venue / Time	Race Director
18/05/08	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
18/05/08	<i>Bunbury Marathon Half Marathon &amp; 50km</i>	42.2 km 21.1 km	O	<i>Bunbury Runners Club Clubrooms Bunbury</i>	<i>Sharon Wright 9791 5812</i>
25/05/08	<b>CHALLENGE FUN RUN</b>	10 km 3.1 km AA	CS	Challenge Stadium Mt Claremont See entry form for details	<b>Jeff Lawson 0400 561 866</b>
01/06/08	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
01/06/08	<i>Albany Half Marathon</i>	21.1 km 10 km	O	<i>Contact John Pettersson re bus details</i>	<i>John Pettersson 0408 924 555</i>
08/06/08	Lake Monger (incl. Little Mongrels Run)	10 km 3 km AA	N K	Dodd St Lake Monger Dr Leederville 8.00 am	Niamh Keane 9242 7709
15/06/08	<b>PERTH HALF MARATHON (State Championship)</b>	21.1 km AA	CS	See entry form for details	<b>Russell Platts 9450 3970</b>
29/06/08	Cottesloe Cup	9.2 km	H N	Cottesloe Hotel John St Cottesloe 8.00 am	Joanne Ormsby 9574 6094
06/07/08	<b>PERTH MARATHON and Relay (State Championship)</b>	42.2 km AA	CS	WAMC Clubrooms See entry form for details	<b>Sally Vaughan 0406 995 426</b>
20/07/08	King of the Mountain	16.1 km	H X B	Start : Helena Valley Primary School 8.00 am Finish : Fred Jacoby Park Mundaring	Trevor Robertson 9275 7485
<b>Bus will leave Fred Jacoby Park at 7.15am to go to start.</b>					
27/07/08	<b>ASICS RUN for GOLD FUN RUN</b>	10 km 5 km AA	CS	Burswood Park See entry form for details	<b>Gary Carlton 0408 440 120</b>
10/08/08	Wally Cairns Cross Country	15 km 10 km 5 km	N X	Western Power Parkland 8.00 am	Dave Bishop 0414 680 223
17/08/08	Lake Joondalup (State Road 10k Championship)	10 km 5 km AA	CN	Rotary Park Scenic Drive Wanneroo 8.00 am	Trevor Robertson 9275 7485
24/08/08	<i>Geraldton Marathon &amp; Relay</i>	42.2 km	O	<i>Geraldton</i>	<i>Grant Woodhams 0428 643 648</i>
31/08/08	<i>City to Surf</i>		O	<i>Activ Foundation</i>	<i>9387 0500</i>
07/09/08	Pancake Run (incl. Pikelet Run)	15 km 5 km AA	NB K	Saw Ave/May Dve, Kings Park 8.00 am	Bob Braid 9227 7281
14/09/08	Lake Gwelup Run	10 km 5 km AA	N	Lake Gwelup Sports Centre, Huntriss Rd Gwelup 7.30 am	John Hickey 9244 1182

Date	Name of Race	Dist	Type	Venue / Time	Race Director
21/09/08	<b>FREMANTLE HALF MARATHON</b>	21.1 km AA 5 km	CS	South Beach, Fremantle See entry form for details	<b>John Griffiths 9403 2271</b>
28/09/08	<i>Esperance Half Marathon</i>	21.1 km 10 km 5 km	O	<i>Esperance</i>	<i>Howard &amp; Alison Reddyhough 0427 712 794</i>
05/10/08	<b>FREMANTLE FUN RUN</b>	10 km 5 km AA	CS	The Esplanade Reserve Fremantle See entry form for details	<b>Bob Braid 9227 7281</b>
12/10/08	One Hour & Half Hour Race		N	McGillivray Oval Claremont 7.00 am	Chris Kowalski 9300 2540
19/10/08	<b>BROOKS ROTTNEST MARATHON &amp; FUN RUN</b>	42.2 km AA 10 km 5 km AA	CS	Rottneest Island See entry form for details	<b>Bob Braid 9227 7281</b>
31/10/08 (Friday night)	John Gilmour 10km Track	10 km AA	CN	Coker Park Wharf St Cannington 6.00 pm 40 mins + 7.15 pm sub 40 mins (State 10k Track Championship)	John Smith 9310 1647
09/11/08	Founders 10 miler	16.1 km 6.2 km AA	CN	Hockey Club Rooms Perry Lakes 7.30 am	Ian Roberts 9389 7484
16/11/08	Peninsula Run	10 km 5 km AA	CN	WAMC Clubrooms 7.30 am	Lachlan Marr 0413 881 960
23/11/08	<b>Annual Social Presentations</b>			WAMC Clubrooms 12 noon	WAMC Office 9472 4833
24/11/08 (Monday night)	<b>WAMC AGM</b>			WAMC Clubrooms 7.30 pm	WAMC Office 9472 4833
30/11/08	Deepwater Point Run	15 km 7.5 km AA	CN	Deepwater Point The Esplanade Mt Pleasant 7.30 am	Simon Coates 0400 475 722
14/12/08	City Beach Run	8 km 4 km AA	CN B	City Beach Kiosk Challenger Drive City Beach 7.30 am	Des Mallon 9445 9276
26/12/08	Parlour Relay		N	Hyde Park Vincent Street North Perth 10.00 am	Jane Elton 0431 855 373
31/12/08	Mizuno New Years Eve Run	7.5 km 4 km	NB	WAMC Clubrooms 6.30 pm	Peter Grose 0418 914 971

## OTHER EVENTS

The events shown in italics are not conducted by the WAMC, but may be of interest. The WAMC accepts no responsibility for the organization or safety of these events. The information was correct at the time of printing.

Please refer to our website [www.wamc.org.au](http://www.wamc.org.au), The West Australian newspaper Saturday's Sports Diary (inside rear page), the WAMC Newsletter race previews, or ring the WAMC Office (9472 4833) for any changes to the above events.

## 2008 WAMC COMMITTEE

President:	Phil Webb	0413 327 287
Financial Controller:	John Hillen	0417 986 762
Membership Coord:	Bev Wilkin	0419 928 035
Sponsorship Coord:	Bob Braid	9227 7281
Race Programme Coord:	Gary Carlton	0408 440 120
Public Relations Coord:	Evan Kolbe	0437 206 250
Equipment Officer:	Bob Frost	9386 6744
Social Coordinator:		
Newsletter Editor:	Peter Grose	0418 914 971
Special Events Coord:	John Pettersson	0408 924 555

### WAMC DETAILS

Postal Address:	<b>PO Box 104, Burswood WA 6100</b>
Street Address:	Burswood Water Sports Centre 1 Camfield Drive, Burswood
Admin. Officer:	Nancy Reed / Dawne Vickers
Office Hours:	9.30am to 2.30pm, Monday to Friday
Telephone:	<b>9472 4833</b> Fax: <b>9472 4855</b>
Membership Fees:	Single membership: Adult \$35.00 Under 18 \$10.00 Family membership \$50.00 Pensioner \$10.00
E-mail:	wamc@iinet.net.au
Website:	www.wamc.org.au

### CONDUCT OF WAMC EVENTS

#### 1. Race Director

A Race Director, as nominated on the Programme, controls each event. All enquires should be directed to that person. If you do not intend to compete but wish to HELP, then contact the Race Director, preferably a couple of days prior.

#### 2. Registration (Normal Club Runs)

With the exception of mob runs, all runners are required to display the official WAMC number on the front of the body, and register prior to the event (preferably 30 minutes before the stated start time).

Members	\$3.00	Children under 16	\$1.00
Non-members	\$6.00	(members or non-members)	

For events designed "B" (Breakfast or other social after the run) race fees will be: Members \$5.00 Non-members \$8.00

#### 3. Finish

The race finishes at the start of the chute – please slow to a walk in the chute. Never pass anyone in the chute – places relate to times recorded at the start of the chute.

#### 4. Basic Road Running Rules

- 4.1 You must obey all road traffic laws and directions given by the Police.
- 4.2 Always run on the right hand side of the road unless directed otherwise. Run with the two C's in mind - Caution and Commonsense. Runners do not have the right of way, so don't expect it. In a collision the runner will be the loser every time.
- 4.3 Be courteous to your fellow runners:
  - DON'T push or shove
  - DON'T cut off other runners
  - DON'T speed past other runners and prop in front of them.

## TRAINING GROUPS

All (members or non-members) are welcome to join in at any of these training groups.

**Point Walter:** 8km time trials, 6.00pm every Monday. Pt Walter Kiosk. Dick Blom 9337 7796.

**Kings Park:** 12km +, 5.30pm every Monday, meet at The Palms (cnr. Nicholson Rd & Thomas St. Subiaco) Jo Youd 0402 987 990.

**Intervals Session:** 5.30pm every Tuesday, Alderbury St Reserve, Perry Lakes. Cost \$2.00 per person per session - payable to coach (Jon Kappler) at session. WAMC office 9472 4833.

**Note:** WAMC covers the venue costs and therefore participants are expected to be members or to join if they are to regularly use these sessions.

#### WAMC Clubrooms (Burswood Water Sports Centre):

6km + 5.30pm every Wednesday. Bob Braid 9227 7281.

#### Joondalup: 5 to 15km, Northern Suburbs Running Group.

For details contact Chris Kowalski 9300 2540 or Allison Ratcliffe 0432 939 292.

#### Novice Runners Sessions:

- **WAMC Clubrooms**, 5.30pm every Wednesday, advise WAMC Office 9472 4833 if attending for the first time.

- **Joondalup**, Northern Suburbs Running Group (as shown above) Chris Kowalski 9300 2540 or Allison Ratcliffe 0432 939 292.

### TYPE CLASSIFICATION

- N Normal Club Run:** Registration on the day.
- C Club Championship Event:** Only these events will be used to determine the annual club awards and to be eligible you must be financial and have completed a minimum of 8 of the races with a "C" notation alongside the race distance.
- H Handicap Event:** Only members given handicaps are eligible for places. (Members must have recorded a result in at least one WAMC event to be given a handicap.)
- O Other:** Event not conducted by WAMC but may be of interest to members. Entry fees and registrations variable.
- M Mob Run:** No fee, registration or race number required. Group training over longer distances.
- W Women - only Event:** Designed to encourage women to participate in the sport of distance running.
- S Special Event:** Registration normally by entry form before the day. Entry fee variable.
- X Cross-country Event.**
- B Breakfast or other social activity after the run.** Race fee increases by \$2.
- K Separate event included for children (usually less than 1km).** No fee, registration or race number required.
- AA** Indicates the course has been officially measured and is "Athletics Australia certified accurate".



# 2008 PROGRAMME

*Run for fun & fitness  
any pace, any distance*