



**West
Australian
Marathon
Club (Inc.)**

www.wamc.org.au

2009-2010 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
04/01/09	Event Management Seminar			WAMC Clubrooms 1.00 pm to 5.00 pm	Bob Braid 9227 7281
04/01/09 (Sun night)	Burswood Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
18/01/09	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
Note: START VENUE					
26/01/09	Australia Day Fun Run	5 km 10 km	O	Bunbury	Alan Whitfield 9721 6610
08/02/09	Vets Friendship Run	11 km 5.6 km	N	Saw Avenue, Kings Park 7.00 am	Jim Barnes 9459 2617
15/02/09	Matilda Bay Run (incl. Joey's Run)	10 km AA 4 km K	CNB	Charles Court Reserve, Broadway, Nedlands 7.30 am	Des Mallon 9445 9276
22/02/09	Pt Walter Run	16 km 5 km	CN	Point Walter Reserve Burke Drive 7.30 am	John & Kerry Conte 9336 2252 Chris Maher 0408 944 879
01/03/09 (Sun night)	Swan Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
08/03/09	Neil Hawkins Park Run	10 km 5 km AA	CN	Neil Hawkins Park Joondalup 7.30 am	Mike Szalek 0428 770 144
15/03/09	Bold Park Cross Country	11.3 km 5.7 km	NX	Bold Park Perry Lakes 8.00 am	Simon Coates 0400 475 722
22/03/09	Darlington Half Marathon	21.1 km AA 8 km K	CNB	Pine Terrace Darlington 7.30 am	Nick Miller 0417911042
29/03/09	John Forrest Cross Country	12.6 km 6 km	HX	Bilgoman Pool Gt Eastern Hwy Darlington 7.30 am	Mark Faithfull 9298 9695
05/04/09	ASICS BRIDGES FUN RUN	10 km 5 km AA	CS	Langley Park, Perth See entry form for details	Phil Webb 0413 327 287
13/04/09 (Easter Monday)	MOUNT HELENA 40 MILER and Relay		S	See entry form for details	John Petterson 0408 924 555
19/04/09	GALLIPOLI RUN		O	See entry form for details	WA Athletics 9287 1200
19/04/09	Distance Running Seminar			WAMC Clubrooms See registration form for details	Bob Braid 9227 7281
26/04/09	Perth 32	32 km 10 km AA	CN	WAMC Clubrooms 7.30 am	WAMC Office 9472 4833
17/05/09	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
17/05/09	Bunbury Marathon Half Marathon & 50km	42.2 km 21.1 km	O	Bunbury Runners Club Clubrooms Bunbury	Doug Wright 9791 5812
24/05/09	CHALLENGE FUN RUN	10 km 3.1 km AA	CS	Challenge Stadium Mt Claremont See entry form for details	Jeff Lawson 0400 561 866
31/05/09	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
31/05/09	Albany Half Marathon	21.1 km 10 km	O	Contact John Petterson re bus details	John Petterson 0408 924 555

Date	Name of Race	Dist	Type	Venue / Time	Race Director
07/06/09	Lake Monger (incl. Little Mongrels Run)	10 km 3 km AA	CN K	Dodd St Lake Monger Dr Leederville 8.00 am	Mike Hodgson 9242 7709
21/06/09	PERTH HALF MARATHON (State Championship)	21.1 km 5 km AA	CS	WAMC Clubrooms See entry form for details	Russell Platts 9754 7698
28/06/09	Cottesloe Cup	9.2 km	HN	Cottesloe Hotel St Cottesloe 8.00 am	John Kim Vivian 9382 2990, 0417 965 420
05/07/09	PERTH MARATHON and Relay (State Championship)	42.2 km AA	CS	WAMC Clubrooms See entry form for details	Evan Kolbe 0437 206 250
19/07/09	King of the Mountain	16.1 km	HXB	Start : Helena Valley Primary School 8.00 am Finish : Fred Jacoby Park Mundaring	Trevor Robertson 9275 7485
Bus will leave Fred Jacoby Park at 7.15am to go to start.					
26/07/09	ASICS RUN for GOLD FUN RUN	10 km 5 km AA	CS	WAMC Clubrooms See entry form for details	Gary Carlton 0408 440 120
09/08/09	WOMEN'S CLASSIC	10 km 5 km AA	WS	WAMC Clubrooms See entry form for details	Michael Wilkin 0409 889 864
16/08/09	Lake Joondalup (State Road 10k Championship)	10 km 5 km AA	CN	Rotary Park Scenic Drive Wanneroo 8.00 am	Trevor Robertson 9275 7485
23/08/09	Wally Cairns Cross Country	15 km 10 km 5 km K	NX	Western Power Parkland 8.00 am	Dave Bishop 0414 680 223
23/08/09	Geraldton Marathon & Relay	42.2 km	O	Geraldton	Grant Woodhams 0428 643 648
30/08/09	City to Surf		O	Activ Foundation	9387 0500
06/09/09	Pancake Run (incl. Pikelet Run)	15 km 5 km AA	CNB K	Saw Ave/May Dve, Kings Park 8.00 am	Bob Braid 9227 7281
13/09/09	Lake Gwelup Run	10 km 5 km AA	N	Lake Gwelup Sports Centre, Huntriss Rd Gwelup 7.30 am	John Hickey 9244 1182
20/09/09	FREMANTLE HALF MARATHON	21.1 km AA 5 km	CS	South Beach, Fremantle See entry form for details	John Griffiths 0411071937
27/09/09	Esperance Half Marathon	21.1 km 10 km 5 km K	O	Esperance	Howard & Alison Reddyhough 0427 712 794 Bob Braid 9227 7281
04/10/09	FREMANTLE FUN RUN	10 km 5 km AA	CS	The Esplanade Reserve Fremantle See entry form for details	9227 7281
11/10/09	One Hour & Half Hour Race		N	McGillivray Oval Claremont 7.00 am	Chris Kowalski 9300 2540
18/10/09	BROOKS ROTTNEST MARATHON & FUN RUN	42.2 km AA 10 km 5 km AA	CS	Rottneest Island See entry form for details	Bob Braid 9227 7281
06/11/09 Friday night	John Gilmour 10km Track (State 10k Track Championship)	10 km AA	CN	WA Athletics Stadium AK Reserve 6.00 pm 40 mins + 7.15 pm sub 40 mins	John Smith 9310 1647
08/11/09	Founders 10 miler	16.1 km 6.2 km AA	CN	Hockey Club Rooms Perry Lakes 7.30 am	Ian Roberts 9389 7484

Date	Name of Race	Dist	Type	Venue / Time	Race Director
15/11/09	Peninsula Run	10 km 5 km AA	CN	WAMC Clubrooms 7.30 am	Lachlan Marr 0413 881 960
29/11/09	Deepwater Point Run	15 km 7.5 km AA	CN	Deepwater Point The Esplanade Mt Pleasant 7.30 am	Simon Coates 0400 475 722
13/12/09	City Beach Run	8 km 4 km AA	CNB	City Beach Kiosk Challenger Drive City Beach 7.30 am	Des Mallon 9445 9276
26/12/09	Parlour Relay		N	Hyde Park Vincent Street North Perth 10.00 am	Jane Elton 0431 855 373
31/12/09	Mizuno New Years Eve Run	8 km 4 km	NB	WAMC Clubrooms 6.30 pm	Peter Grose 0418 914 971
10/01/10	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
17/01/10	Event Management Seminar			WAMC Clubrooms 2.30 pm to 5.00 pm	Bob Braid 9227 7281
17/01/10 (Sun night)	Burswood Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
24/01/10	Matilda Bay Run (incl. Joey's Run)	10 km AA 4 km K	CNB	Charles Court Reserve, Broadway, Nedlands 7.30 am	Des Mallon 9445 9276
26/01/10	Australia Day Fun Run	5 km 10 km	O	Bunbury	Alan Whitfield 9721 6610
31/01/10	Bold Park Cross Country	11.3 km 5.7 km	NX	Bold Park Perry Lakes 8.00 am	Simon Coates 0400 475 722
07/02/10	Vets Friendship Run	11 km 5.6 km	N	Saw Avenue, Kings Park 7.00 am	Jim Barnes 9459 2617
14/02/10	Pt Walter Run	16 km 5 km	CN	Point Walter Reserve Burke Drive 7.30 am	David Cane & Kim Ribbink 0410 681 642
21/02/10	John Forrest Cross Country	12.6 km 6 km	HX	Bilgoman Pool Gt Eastern Hwy Darlington 7.30 am	Mark Faithfull 9298 9695
21/02/10	Annual Social Presentations			WAMC Clubrooms 12 noon	WAMC Office 9472 4833
22/02/10 (Monday night)	WAMC AGM			WAMC Clubrooms 7.30 pm	WAMC Office 9472 4833
07/03/10 (Sun night)	Swan Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Chris Maher 0408 944 879
14/03/10	Darlington Half Marathon	21.1 km 8 km AA	CNB	Pine Terrace Darlington 7.30 am	Chris Gillard 0437 201 386
21/03/10	Neil Hawkins Park Run	10 km 5 km AA	CN	Neil Hawkins Park Joondalup 7.30 am	Mike Szalek 0428 770 144

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, 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.

2009 WAMC COMMITTEE

President:	Phil Webb	0413 327 287
Financial Controller:	John Hillen	0417 986 762
Membership Co-ord:	Jane Elton & Kim Ribbink	0431 855 373
Sponsorship Co-ord:	John Pettersson	0408 924 555
Race Programme Co-ord:	Gary Carlton	0408 440 120
Public Relations Co-ord:	Evan Kolbe	0437 206 250
Equipment Officer:	Bob Frost	9386 6744
Social Co-ordinator:	Rob Pilsneniks	0414 635 080
Newsletter Editor:	Peter Grose	0418 914 971
Special Events Co-ord:	Bob Braid	0419 004 935

WAMC DETAILS

Postal Address:	PO Box 104, Burswood WA 6100
Street Address:	Burswood Water Sports Centre 1 Camfield Drive, Burswood
Admin. Officer:	Nancy Reed / Dawne Vickers (Fri)
Office Hours:	9.30am to 2.30pm, Monday to Friday
Telephone:	9472 4833 Fax: 9472 4855
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	\$10.00	(members or non-members)	

For events designed "B" (Breakfast or other social after the run) race fees will be: Members \$5.00 Non-members \$15.00

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)
Joanne Ormsby 9574 6094

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 and 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 after the run.** Increased race fee applies.
- 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".



2009 PROGRAMME

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