





2011 PROGRAMME

Date	Name of Race	Dist	Type	Venue / Time	Race Director
09/01/11	Christ Church Run	12 km 5 km AA	CN	Charles Court Reserve, Broadway, Nedlands 7.00 am	Tom Hindmarsh 0422 052 925 9472 4833
16/01/11	Event Management Seminar			WAMC Clubrooms 2.30 pm to 5.00 pm	Bob Braid 9227 7281
16/01/11 (Sun night)	Burswood Twilight	5 km AA	CNB	WAMC Clubrooms 6.00 pm	Phil Webb 0413 327 287
23/01/11	Matilda Bay Run <i>(incl. Joey's Run)</i>	10 km AA 4 km	CNB K	Charles Court Reserve, Broadway, Nedlands 7.00 am	Des Mallon 0412 647 596
30/01/11	Ultra Marathon Running Seminar			WAMC Clubrooms See registration form for details	WAMC Office 9472 4833
30/01/11	Bold Park Cross Country	10.7 km 5.8 km	NX	Bold Park Perry Lakes 7.00 am	Chris Maher 0408 944 879
06/02/11	Vets Friendship Run	11 km 5.6 km	N	Saw Avenue, Kings Park 7.30 am	Jim Barnes 9459 2617
13/02/11	Pt Walter Run	16 km 5 km	CN	Point Walter Reserve Burke Drive 7.00 am	David Cane & Kim Ribbink 0410 669 245
20/02/11	John Forrest Cross Country	12.6 km 6 km	NX	Bilgoman Pool Gt Eastern Hwy Darlington 7.30 am	Mark Faithfull 9298 9695
NOTE: 12.6km now has a mass start, with no handicaps					
20/02/11	Annual Social Presentations			WAMC Clubrooms 12 noon	WAMC Office 9472 4833
21/02/11 (Mon night)	WAMC AGM			WAMC Clubrooms 7.30 pm	WAMC Office 9472 4833
06/03/11	3hr, 6hr, 12hr, Races		O	Ern Clark Athletic Track See entry form for details	Nathan Fawkes 9529 1133
06/03/11 (Sun night)	Swan Twilight	5 km AA	CN	WAMC Clubrooms 6.00 pm	David Bishop 0414 680 223
13/03/11	Darlington Half Marathon	21.1 km 8 km AA	CNB	Pine Terrace Darlington 7.00 am	WAMC Office 9472 4833
20/03/11	Neil Hawkins Park Run	10 km 5 km AA	CN	Neil Hawkins Park Joondalup 7.00 am	Allison Ratcliffe 0450 842 011
27/03/11	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
03/04/11	MOUNT HELENA 40 MILER and Relay		S	See entry form for details	John Pattersson 0408 924 555
10/04/11	 BRIDGES FUN RUN	10 km 5 km AA	CS	Foreshore Reserve, Perth See entry form for details	Kim Ribbink 0410 669 245

Date	Name of Race	Dist	Type	Venue / Time	Race Director
17/04/11	GALLIPOLI RUN		O	See entry form for details	AthleticsWA 6272 0480
17/04/11	Distance Running Seminar			WAMC Clubrooms See registration form for details	WAMC Clubrooms Bob Braid 9227 7281
01/05/11	Perth 32	32 km 10 km AA	CN	WAMC Clubrooms 7.30 am	Eldon George 9472 4833
15/05/11	CHALLENGE FUN RUN	10 km 3.1 km AA	CS	Challenge Stadium Mt Claremont See entry form for details	Jeff Lawson 0422 401 513
22/05/11	Bunbury Marathon Half Marathon & 50km	42.2 km 21.1 km AA	O	Bunbury Runners Club Clubrooms Bunbury	Doug Wright 9791 5812
22/05/11	HBF "Run for a Reason"	14.5 km AA	O	WACA	HBF / Trievents 9204 1899
29/05/11	WAMC Mob Run	up to 32 km	M	WAMC Clubrooms 7.30 am	Bob Braid 9227 7281
05/06/11	Albany Half Marathon	21.1 km 10 km	O	Elleker, Albany	Mark Weaver 9845 1215
06/06/11 (Monday)	Col Junner Memorial Race	7 km 3.5 km	O	Canning Districts AC Kent St Weir, Cannington	Austen Langford 9437 1774
12/06/11	Lake Monger <i>(incl. Little Mongrels Run)</i>	10 km 3 km AA	CN K	Dodd St Lake Monger Dr Leederville 8.00 am	Mike Hodgson 9242 7709
19/06/11	PERTH MARATHON and Relay	42.2 km AA	CS	WAMC Clubrooms See entry form for details <i>(State Championship)</i>	Evan Kolbe 0437 206 250
26/06/11	King of the Mountain	16.1 km	NXB	Start : Helena Valley Primary School 8.00 am Finish : Fred Jacoby Park Mundaring	Trevor Robertson 0417 924 874
NOTE: This event now has a mass start, with no handicaps					
<i>Bus will leave Fred Jacoby Park at 7.15am to go to start.</i>					
03/07/11	WOMEN'S CLASSIC	10 km 5 km AA	WS	WAMC Clubrooms See entry form for details	Steve Harling 0408 941 839
10/07/11	Wally Cairns Cross Country	15 km 10 km 5 km	NX	Synergy Parkland, Kings Park 8.00 am	Mel Ebstein 0416 756 663
10/07/11	Geraldton Marathon, Half Marathon & Relay	42.2 km 21.1 km	O	Geraldton	Lesley Davidson 0417 966 561
17/07/11	Lake Joondalup <i>(State Road 10k Championship)</i>	10 km 5 km AA	CN	Rotary Park Scenic Drive Wanneroo 8.00 am	Kevin Matthews 0422 222 253
24/07/11	 RUN for GOLD FUN RUN	10 km 5 km AA	CS	WAMC Clubrooms See entry form for details	Gary Carlton 0408 440 120
07/08/11	PERTH HALF MARATHON <i>(State Championship)</i>	21.1 km 5 km AA	CS	WAMC Clubrooms See entry form for details	Russell Platts 0451 047 887
14/08/11	Pancake Run <i>(incl. Pikelet Run)</i>	15 km 5 km AA	CNB K	Saw Ave/May Dve, Kings Park 8.00 am	Bob Braid 9227 7281

Date	Name of Race	Dist	Type	Venue / Time	Race Director
21/08/11	Cottesloe Cup	7.5 km	N	Mudurup Rocks car park, Marine Pde Cottesloe 8.00 am	WAMC Office 9472 4833
NOTE: This event now has a mass start, with no handicaps					
28/08/11	City to Surf		O	Activ Foundation	9387 0500
04/09/11	Lake Gwelup Run	10 km 5 km AA	N	Lake Gwelup Sports Centre, Huntriss Rd Gwelup 7.30 am	Paddy Foley 0433 388 093
11/09/11	FREMANTLE FUN RUN	10 km 5 km AA	CS	The Esplanade Reserve, Fremantle See entry form for details	Bob Braid 9227 7281
25/09/11	FREMANTLE HALF MARATHON	21.1 km 5 km AA	CS	South Beach, South Fremantle See entry form for details	John Griffiths 0411 071 937
02/10/11	Esperance Half Marathon	21.1 km 10 km 5 km	O	Esperance	Howard & Alison Reddyhough 0427 712 794
NOTE: Not a long weekend this year					
09/10/11	One Hour & Half Hour Race		N	McGillivray Oval Claremont 7.00 am	Chris Kowalski 9300 2540
23/10/11	 BROOKS ROTTNEST MARATHON and FUN RUN	42.2 km 10 km 5 km AA	CS	Rottneest Island See entry form for details	Bob Braid 9227 7281
04/11/11 Friday night	John Gilmour 10km Track	10 km AA	CN	Venue to be advised 6.00 pm 40 mins + 7.15 pm sub 40 mins	Daniel Taborsky 0414 337 391
20/11/11	Peninsula Run	10 km 5 km AA	CN	WAMC Clubrooms 7.00 am	Lachlan Marr 0424 136 862
NOTE: Both events now mass starts, no handicaps and the 5km is a Club Championship event					
27/11/11	Deepwater Point Run	15 km 7.5 km AA	CN	Deepwater Point The Esplanade Mt Pleasant 7.00 am	Simon Coates 0400 475 722
04/12/11	Founders 10 miler	16.1 km 5.25 km AA	CN	Hockey Club Rooms Perry Lakes 7.00 am	Ian Roberts 0400 721 390
18/12/11	City Beach Run	8 km 4 km AA	CNB	City Beach Kiosk Challenger Drive City Beach 7.00 am	Des Mallon 0412 647 596
26/12/11	Parlour Relay		N	Hyde Park Vincent Street North Perth 10.00 am	Jane Elton 0431 855 373
NOTE: Teams of two (one fast / one slow) as determined by Race Director					
31/12/11	 New Years Eve Run	8 km 4 km AA	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, 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.

WEST AUSTRALIAN MARATHON CLUB (Incorporated)

Postal Address: **PO Box 104, Burswood WA 6100**
Street Address: **Burswood Water Sports Centre**
1 Camfield Drive, Burswood

Admin. Officer: **Eldon George**
Office Hours: **9.30am to 2.30pm, Monday to Friday**
Telephone: **9472 4833** Fax: **9472 4855**

E-mail: **wamc@iinet.net.au**
Website: **www.wamc.org.au**

Committee: See website for details

Membership Fees: Single membership: Adult \$35.00
Under 18 \$10.00
Family membership \$50.00
Pensioner \$10.00

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 weeks 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). Race fees are:

Members	\$ 3.00	Children under 16	\$1.00
Non-members	\$12.00	(members or non-members)	

For events designated "B" (breakfast or other social after the run), race fees will be:

Members	\$ 5.00	Children under 16	\$1.00
Non-members	\$17.00	(members or non-members)	

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 Running Rules

4.1 You must obey all road traffic laws and directions given by the Police and the event marshals. To ensure your safety and that of everyone else in the race, the use of headphones or any musical device is strongly discouraged. Any use of headphones is a safety hazard since such use may compromise a participant's ability to hear critical safety and/or directional instructions, especially instructions that may arise in an emergency situation.

This is a **REAL** safety concern and not just a perceived one; there have been many cases of women being attacked on the streets whilst wearing headphones and we have had many instances of participants not following marshals instructions due to wearing of headphones.

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:

- DO NOT push or shove
- DO NOT cut off other runners
- DO NOT 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.

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. WAMC Office 9472 4833

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

For details contact Chris Kowalski 9300 2540
or Allison Ratcliffe 0450 842 011.

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 0450 842 011.

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. Entries will not be accepted on-the-day for these events with the exception of the Rottneet Marathon and Fun Run.

X Cross-country Event: The majority of the course is off sealed roads.

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".



2011 PROGRAMME

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