

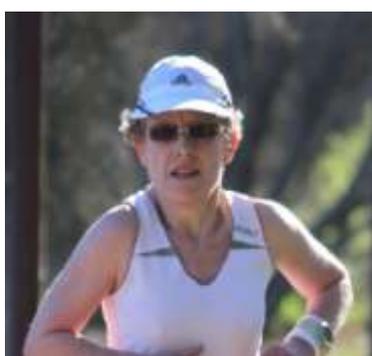
**30 YEARS OF ROAD RUNNING**  
with  
**VETERANS / MASTERS ATHLETICS**  
in  
**Western Australia**

**Part Five**  
***“Looking to the Future”***

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2012



*Kim Thomas*



*Karen March*



*Carl Stockman*



*Regina Crouch*



*Hamish McLeod*



*Melissa Hynds*

*Some of our younger members who are the future of our club  
They bring an amazing amount of talent with them*

## Chapter 12:

### ***“Looking to the Future - The next Generation Masters”***

In this, my last section, I will be talking about some of the newer members, along with some I consider still young but who have been members for a few years. The new members are the future of our club and I hope they enjoy being a member as much as I have done.

My first is **Karen March**

As reported in the *Vetrun* #439, p2, Karen gives us a look at how she became involved with the club:

#### **“Karen’s march to fine times”**

“Unlike many of the club’s runners, I have no childhood history in sport. I was the short skinny kid with frizzy hair and glasses who was always left standing on the side of the netball court. Basically I was pretty useless!

I began running in my early 40s, joined Masters in 2004, became friends and then running buddies with Christine Engels. We ran our first marathon together a year later in Perth; my time was 4:26:08. Pete, my husband, found Perth-based work after 20 years working in the northwest. He began running, became a member of the Masters, and we then became running buddies.

#### **New approach**

Three marathons later, all in 2007, my times were still disappointing and late in the year I decided to get serious about my preparation and training. After much reading about diet, speed training, long slow runs and strength training Pete and I sat down and put together a training plan.

#### **Track**

For the first time I ran on the track, and Coker Park became a regular Thursday night session for me. I increased hill training, long slow running sessions and strength-trained three times a week. My times for 10k gradually improved over the months and then I began my marathon training. I moved up from the weekly 60-70km a week that preceded my previous marathons, to 100km a week spread over six days a week.

#### **PB for 10km**

2009 brought a PB of 43:24 for 10km at the Mill Point Championships, and an average in the 50k Road Racing Championship of 4:32. I don’t have an official time for my PB in the Perth half marathon, but I believe it was 1:35.

In 2009 my goal for the Perth marathon was to finish in around 3:35; I actually came in at 3:30:05, just over five minutes behind my old man. I don't know who was more surprised!

Jim Barnes was at the finish line with John Gilmour handing out the medals. Jim has had a big influence on my desire to run a good marathon. I have great respect for Jim and his achievements; he is a great bloke too.

Many runners have been an inspiration and influenced my attitude towards running. They are Jim Barnes, David Baird, David Carr, Irwin Barrett-Lennard, Bob Schickert, Cecil Walkley, Ross Keane, Gillian Young and Lorraine Lopes – to name a few!”



*Karen in fine form*



*Karen and Peter at Rottnest 2011 – ready for the Marathon*



*Off they go in the 2011 Rottnest Marathon – Karen and Peter March with Brian Danby just behind*

## Sandra and Karl Stockman

Both must be the biggest improvers in the club! As reported in *Vetrun* #461 (September 2012), recently we have watched Sandra and Karl become fitter, faster (and lighter). Sandra has set new PBs over 10km and Karl's transformed from an occasional runner to the bloke who just knocked nine minutes off his half marathon PB.

### Sandra



To start with, Sandra only competed with the Masters once or twice a year, plus the odd fun run, becoming serious in April 2009 and attending Sunday runs regularly. Bob Lane suggested she give the Perth 2011 marathon a go, so she started doing longer runs and her time for the marathon was 3.43. She felt good enough at the end to want to do another so committed to running the Melbourne marathon in October 2011 and ran 3.23. An increase in training proved too much so she stopped running in early February this year for treatment before commencing training again for the 2012 Melbourne marathon.

As Sandra said later, "I arrived in Melbourne feeling fitter and confident of a faster time than last year. My pace was even ... I was thrilled with the result, crossing the line in 3.12, a PB by 11 minutes.

My dad, Peter Kallio, has been my inspiration and the reason I started running. He still holds the Australian marathon record for M50s set in 1987, with a time of

2.30. He still competes with the Veterans in Canberra, the club I ran with when I lived there until 1998. I joined the Masters club in Perth because of my association with the Vets in Canberra and have never looked back. I wish I'd competed more regularly when I first joined as it took me a number of years before I started to come to the Sunday runs every week. I enjoy being associated with the club for the great friends I have made, the various types of competition, the encouragement offered and the welcoming nature of established club members towards newcomers.

*It is good to see that Sandra has now taken on the role of contact person for club uniforms.*

### Karl



Karl joined the club in 2008 and before that he was just running the odd fun run with Sandra. He mainly did the shorter distances for the first couple of years but committed to doing a half marathon in Melbourne in October 2011. It was his first long distance race and his time was 2.02.

Together with Sandra he signed up for speed classes with the Running Centre, consisting of six sessions for six weeks. Like Sandra, Karl suffered a number of injuries too from the increased training, but slowly built up the kilometres early in 2012 and ran his first Perth marathon in 4.32. Feeling OK, and after running another half in early August in a time of 1.53 – a PB by 9 minutes, he too committed to training for the Melbourne marathon in October, completing this in 3.48.37 – another huge improvement.

And as Sandra says "Oh yes: he's also lost 15kg since last year!"

### **Sandra Rourke**

Sandra joined Masters in January 2010. She had run the City to Surf in 2008 and 2009 with a friend and enjoyed it so much she looked on the internet to find a running club and came across Masters.

Her training is three times a week, around 6kms and her favourite club runs are Jorgensen Park and Darlington Dash. Sandra likes the friendliness of the club and loves talking to all the older members, greatly admiring Lorraine Lopes and Irwin Barrett-Lennard.

Sandra also enjoys playing tennis and played “pennants”.

*Sandra enjoying a Sunday run along the river*



### **Regina Crouch**



Regina joined Masters in 2009. She heard about our club from a friend who was in the Marathon Club. Be it walking, running track or road, and competing in the field events, this lady will always ‘have a go’. Coming from South Africa, she has been in athletics since early childhood. Regina loves everything about the club and is grateful for all the encouragement she gets from the members.

One of her favourite race walks was in Melbourne at the Nationals in 2012 when she competed in the 10km walk at Faulkner Park. She also went to the Oceania Championships in Tauranga, New Zealand in 2012 and won gold in the W40 3000m, silver in the 5000m walk and bronze in the half marathon. To relax she likes to read, and in the future, will maybe try a marathon.

*Regina seen here throwing the Javelin at the OMA Championships in Tauranga, NZ, February 2012*

### **Karen Peace**

Karen is one of our newer members as she only joined Masters around six months ago, after having lunch with her ex-boss Mark Hewitt who brought her along to the club. Karen loves the casualness of the club ‘where you can set your own goals’. I notice she has been improving all the time and am looking forward to see how she goes during 2013. Her favourite run so far has been the Mosman Park run, although she said the course was tough but thought the scenery was magnificent (*You are not supposed to be looking at the scenery, Karen, just running hard!*)

Her long term plans are to run a marathon (Paul Hughes has been helping her); down time is taken up with her two boys who are now into Little Athletics.



## Hamish McLeod



Hamish has told me that he joined the club in November 2011, a few months after he had started running again (he had previously run for a couple of years while at University ... a long time ago). His first event was Kalamunda Railway (at which he was a visitor). He found out about MAWA and the Kalamunda run through Barbara Blurton, who he knows from seeing her as patient at Nervana Chiropractic – in Kalamunda, where he works. It was not till later on that he ended up “googling” Barbara and realised just how talented a runner she is.

The warm welcomes and encouraging atmosphere have been what Hamish enjoys most about being part of it all. Also, the regularity of organised runs.

In terms of runs, 10km would be his preferred distance – as for his favourite event, he says that’s a bit tougher - Bardon Bash, Sharks,

Canning Caper, Weir Run.

Last October Hamish competed in the Fremantle Half Marathon and he plans to do three or so more Half Marathons this year (Joondalup, MAWA, Perth or City to Surf). He’s also done a couple of the Perth Trail Series this year ... and may look at the 6 inch in December this year, but more likely he will do a road Marathon first so 2014 is the plan.

Although still a very new member, Hamish is already helping the club as our webmaster. Thanks from us all, Hamish.

## Tony Smith



Tony is one of our newest members. He joined the club about April 2012 and found out about it on the web. He was looking to build up his running to be able to finish off triathlons more strongly. He likes the variety of courses and locations and said that it is great for getting to better know the Perth area after moving here two years ago.

Tony enjoys competing in both track and distance events. He really enjoyed the three runs in the Road Racing Championships and the cross country at Jorgenson Park. He is looking forward to competing in the 2013 Masters State Track and Field Championships in March.

Tony’s plans for the future are to eventually improve his marathon time by about half an hour and he hopes to break 5 hours for the 70.3 Triathlon at Busselton in May 2013.

## Family Groups

*These days, which helps the future of the club, we have several groups of father and daughter, father and son and mother and daughter members, so meet one of our mothers and daughters:*

### Gillian Young and Melissa Hynds

**Gillian** joined Masters in February 2000, hearing about the club from members John and Elaine Ellard. She enjoys both road running and track and has won the Road Running Championships in 2004, 2007 and 2008. She has also run the Perth Marathon three times, but 10km is her favourite distance and the Canning Caper her favourite run. Other hobbies are swimming and cycling. This year, Gillian won the track and field Patrons Trophy and finishing a half ironman event in Busselton was one of her biggest thrills. She loves the camaraderie and great support of the fellow club members and for the future plans another marathon and to run in a National Championships

Gillian and her partner Mark Sivyer are race directors of the Masters Age-Graded run, and Gillian is also a member of the club committee.



*Gillian and Melissa seen here competing in the 1500m in the 2011 Postal Relay*

### Melissa

With encouragement from her Mum Gillian, Melissa joined Masters in November 2008. She loves the support and friendliness of the members and her favourite run is the Ashfield run in Katanning Street. Her times improved and in 2011 Melissa won the **Handicap Trophy**.

Melissa and her husband Kevin (also a club member) had a baby boy Jayden a few months ago, so she now finds it very hard to go training, but wants to get back into running and enjoy it.

## Kim Thomas and Family

*MAWA is really a family affair for the Thomas's and it is good to have them all coming along. Who knows, one day Kim Thomas's sons may be future masters champions too! Kim has given us a great story on how they all became involved with the club.*



*Kim with Monique keeping him company only a few kms to go in the Perth Marathon*

As Kim tells us:

“I joined Masters in October 2008 after moving back to Perth from the country. I looked on the internet and found the Masters contact and Bob Schickert emailed me back. He invited me down to the Sunday run at Bibra Lake - which I fondly remember. After the run I got talking to some very lovely people, and thought “this is for me”.

I always ran when I was younger from little athletics to seniors but had a break for ten years while I was in the country.

I then started running Thursday nights at Ern Clark and was that impressed that I told my whole family how enjoyable it was. One by one they would appear inquisitively on a Thursday night to see what I was going on about. My brother and sister (Corey and Michelle) came down and they got hooked as well. Then my son Mitch (12yrs) started to come with me and he realised that he had the potential to become a good runner. I was so proud when Mitch made the School Sports WA State Cross Country Team in 2012 and we both headed to Adelaide to compete in the Nationals.

Next on my list to come and run with me was my wife Monique and son Jai (11 yrs). I said to her that it would be a great idea if we made Thursday night as our “family running night!” She finally came down after months of me harassing her and after her first night she realised what I had been on about. She enjoyed spending quality time with her family and all the new friends she made. Last on my list was my mum and step father – Carolyn and Bob Fawcett. Once again I got them there and they have not looked back. Now we all try to run on a Thursday evening and Sunday mornings.

***What do and your family enjoy about being part of it?***

**Kim** – Running with my family and seeing my times improve over the years. Waiting for my son Mitch to beat me.

**Monique** - Catching up for a chat with everyone. Losing some weight in a social atmosphere.  
**Mitch**- I like the encouragement that the other masters runners give me. Trying to stick with the lead pack.

**Jai** - I like running with Nanna and Poppa.

**Bob** - I have never run in my whole life and now I am addicted and get angry with myself when I miss a run. I have lost 14kgs since I started with Masters

**Carolyn** - I like it when everyone claps and encourages me when I cross the finishing line.

***What is my favourite distance? And Sunday run?***

I really like anything from 3km to a Marathon. My marathon times have come down 34minutes in 3 years, to my current PB of 2.51hrs. I am hoping this year to run in the 40's. My favourite Sunday run would have to be the three RRC Runs.

***Plans for the Future***

My family headed over to Melbourne in 2012 for the Nationals and Monique and I ran over there. We were very luck to both pick up numerous medals due to the encouragement of our boys on the sidelines.

Now when we plan our family holidays we incorporate an international run. April 2012 we ran in the Bali International Half Marathon and I finished 3<sup>rd</sup> in the 30-39 age group, which I was very happy about as the first and second place runners were from Kenya.

In 2012 I also ran the Zermatt Alpine Marathon while on holidays in Switzerland. I ran the full marathon and was very proud when Mitch joined me for the second half of it. Jai ran the last 5kms with us, while Monique was at the finishing line taking photos. “



*Kim on the track in the 2012 MAWA State Championships at the WA Athletic Stadium*

## Supporting each other

*Although we're an athletic club, we're like a large family and we had a couple of members with head injuries in late 2011 and 2012 which concerned us all.*

### John and Elaine Dance

John and Elaine joined Masters in 2001 and in no time they were race directors – at one stage they ran two races a year. Elaine took on organising the club social events including the Dinner Dance, Presentation Day Lunch, the canteen for the State Champs when they were held at Coker Park and many other club events. They are great members and the club has recognised this with a Life Membership for Elaine.

On 2 April 2012 their lives changed forever. A call from John's work (he's a butcher) told Elaine that he's fallen off a ladder when working in the freezer room, was disoriented and had been taken to hospital. Collecting her son they went to Fremantle Hospital to pick him up, her son saying "I wonder what the silly old bugger's done". Arriving at the hospital they were told John had a brain injury, was in an induced coma and in a critical condition and was being transferred to Royal Perth Hospital.

It was during the long days and nights as Elaine sat with John that she realised what a big family she had, as many of the club members went to see John. All kinds of help was offered, from meals to accommodation nearer the hospital, money and lots of shoulders to cry on.

It's going to be a long slow journey for John as he sustained serious brain damage. He gets very tired, angry and easily upset, finds it hard in shopping centres because of the noise and is unhappy about the weight he's putting on because of the medication he has to take. At the club long weekend camp in September it was great to see him walking by himself – one thing he hasn't lost is his sense of humour. John is going to see his beloved Manchester United play in Sydney later in the year, which will be a great boost for him.

John and Elaine thank the club members for their love and support and we all wish them all the best for the future.



*On a slow road to recovery, John is seen here proudly showing off his club number at one of our recent Sunday events with Elaine, Keith Atkinson and new mum Andrea Byrne*

## Neil McRae and Janet Jiang



**Neil** always brought his dog Shep to the Sunday runs but sadly Shep passed away two years ago.

One night back in 2011, Neil went to sleep and never woke up for two months – he had a brain infection. After spending two months in hospital he was transferred to Shenton Park Rehabilitation Hospital which he wasn't keen on. I am pleased to say he's now back to his old self as he has a great sense of humour and loves having a crack at me.

Neil says he's lazy and only runs three times a week now. He was second in the RRC in 2008 and his favourite distance is 5km to 15km. He thinks the club is great and doesn't need any changes to the way it is run.

Neil's hobby is American cars and he drives a black Trans Am.

## Janet Jiang

**Janet** is Neil's partner; she joined Masters in 2009, wanting to share a hobby with Neil (I take it she's not into American cars!).

At first she found it hard as Asian women don't normally run, but now is happy to come along on Sunday mornings.

She has run a few half marathons but her favourite run is the Mill Point 10km club championship to South Perth. Janet is at University doing a Banking and Finance degree and enjoys the stock market, hoping to be a professional trader.



## Acknowledging other Club Members

*In looking to the future with our newer, younger members, I would also like to acknowledge, in no particular order, the contribution of the club members who have been with us over the years. Some of them have been involved since the foundation of the club and others have achieved great times or amazing performances over the years.*

### David Carr

David was a founder member of WA Veterans (now MAWA) when it commenced in 1 April 1974 and has had continuous membership ever since. David was born in Harvey (WA) to a family of no sporting note and educated at many schools in that state, developed an interest in athletics as a teenager. David competed in inter-service meetings, this time earning places. He could run 53.5 for 400m.

As a teacher he continued his athletics during country and overseas postings including two years as President of the Eastern Highland Athletic Association in Goroka, Papua-New Guinea. Seemingly too old for athletics, he responded enthusiastically when Masters athletics started in Australia. He was a founding member of WA Veterans Athletic Club (Masters WA), and later president, convenor of an Australian Masters Championships and a MAWA Life Member. He has served many years on club committees. For several years he organized the MAWA state championships. For the last twenty years David has been an official with Athletics WA and served on related committees and he is a Life Member of AWA.

As an athlete David ran events from 100m (12 seconds) to marathons (2:57), threw and jumped. This was life at last: Athletic Association, Marathon Club, Vets, professional handicaps, interstate championships and world championships. A runner's life. Amazingly, David found he could hold on to the times of his youth. At age fifty-five he could run under 2:10 for 800m, two seconds slower than his best. Besides his numerous Australian and State records David has held M75 World records in the 800m and 2000m steeplechase, and is currently setting out to re-write the M80 records.

David says he has no secret training programme - just solid aerobic background, gym work, weekly interval session and some competition. Solid basic stuff, and consistency is the key.



Inaugural winner of Brian Foley Trophy

**David Carr**



M75 800m WR holder leading Earl Fee into home straight 2007 WMA Championships, Riccione

## John Gilmour



John is a foundation member of WA Veterans (now MAWA) when it commenced in 1 April 1974 and is still a member as well as being club Patron. He is also a founding member of the WA Marathon Club and the prime mover behind the formation of the Canning Districts Athletic Club. He competed in age groups M50 to M80 and set World and Australian records in each of the five ages M50 to M70.

*This photo of John Gilmour shows him running in the 10000m at the 1989 Australian Nationals in Perth. John is seen here with Theo Orr and Jack Clark of Victoria*

John was a promising Western Australian State Athlete when his sporting career was interrupted by World War Two. He enlisted in 1940, was captured at the fall of Singapore in February 1942 and incarcerated in the infamous Changi Prison. After three and a half years as a POW he was a physical wreck on his return to Perth in

1945. His weight had decreased to about 42 kilos and he was classified as a blind soldier. His health gradually improved but his sight was and still is poor. Due to his immense will power John resumed running. Up to 1956 John set a number of WA State records and gained state selection five times for the WA team for the Australian Nation Cross Country Championship. He retired from open athletics in 1956 but made a comeback in 1962 competing for the next five years.

In 1975 John was recognised as the WA Sportsman of the Year and in 1978 he was awarded an Order of Australia. In 1987 he received the WA Visually Handicapped Sportsman of the Year Award and was the Community Newspapers WA Sportsman of the Year. John was an Olympic Torch Bearer for Sydney 2000 and is Patron of the WA Lest We Forget Run, conducted by Athletics WA on behalf of Athletics Australia and he is also Patron of Masters Athletics WA.

From 1972 to 1991 John set 114 world age group records, 87 track and 27 road – however, some of these are single age records not generally recognised. John still holds the World records for - M60, M65 and M70 one hour run. Also he still holds the following Australian records:

3000m M60 and M65; 5000m M60, M65 and M70; 10000m M60, M65 and M70  
Half Marathon M60, M65 and M70; Marathon M60, M70

John was very much involved with more than just competing and is held in very high esteem in the sporting and wider community, being a positive role model for athletes of all ages. In 2009 John was one of the first three inductees into the Australian Masters Athletics Hall of Fame. The Hall of Fame was established to recognise those outstanding individuals who are role models for the sport of Masters Athletics in Australia, and who have made sustained performances at the highest levels as Masters athletes. Herb Elliott had this to say of John:

*“John [is] the greatest track and field athlete in Australia. His record is impressive not only because he won so many titles, but he has also shown that advancing age need not be as much of a disadvantage as most people allow themselves to believe. His times alter little with age.”*

For many years, the Open Athletics WA State Championship was named the John Gilmour 10000m track event in honour of his achievements.

## Jim Langford



Jim joined Vets/Masters in 1982. Although he rarely ran with the club at that time, he helped at all the Australian National Championships. It was only when he saw we had some good looking ladies he came along to the Sunday Runs.

It was at the Vets long weekend camp at Margaret River he met Margaret Birks and they married. Their honeymoon was spent bush walking with Bob Fergie and a few friends.

*Jim is seen here on his way to winning the 10000m at the 1989 Nationals at Perry Lakes*

*The photo of Jim had these words on the back:*

*“Jim was our computer programmer for the event and walked out of the computer van, ran 10k and went straight back to work. Brilliant computer programme. Tireless worker. Gives, gives, gives.”*

Jim joined Canning Districts at 17 and was coached by John Gilmour. He has won 53 State titles and is the only person to have won seven titles in a year. In 1963 he ran in the Australian cross country at the age of 19 and came 7<sup>th</sup>. He represented Australia three times in cross country – at Limerick, Rabat and Dusseldorf, and in 1965 won the Australian cross country event which included Ron Clarke. He also won the 1978 Australian Marathon in 2.18.35, on his 35<sup>th</sup> birthday.

Jim’s best 10K is 29.10.6. He believes, unlike many top class athletes, he still runs because he runs for himself.

In 2003, in a ceremony hosted by MP Julie Bishop, Jim was awarded the Australian Centenary Medal for services to athletics.

Jim now competes regularly on Sunday mornings, is a race director and represented MAWA in Melbourne at the 2012 AMA National Championships winning the M65 8km cross country in a time of 32:59.00.

## Steve Dunn's 100 Marathons



Steve ran his 100<sup>th</sup> marathon at Rottneest in 2008. He has run 122 marathons, 24 ultra-marathons and 21 sub-three hour marathons with his fastest time being 2.47.07 in Adelaide in 1989.

Other interesting marathons he competed in include the Great Pyramids of Giza, Ang Koit Wat in Cambodia, Hamilton New Zealand, London, Great Wall of China, Istanbul, Singapore.

He won the Alice Springs Marathon and the Geraldton Marathon twice. Steve suffers from Bipolar Disorder depression and getting out of bed in the morning is sometimes tough. He would like to thank all the wonderful members of Masters Athletics for their support over the last couple of years, in particular John Bell, Richard Harris and Jim Barnes.

*Steve is seen here running a Bunbury Marathon but has now moved back to his home state of South Australia.*

## Jacqui and Vic Beaumont

Vic and Jacqui joined Vets/Masters in 1983 and are both Life Members of the club. They came to Perth from the UK in 1969 and after over forty years, still love life in Aussie.

As a child Vic was an asthmatic and attended a special open air school. The Beaumonts met at work at a local paper mill, Vic being an electrical fitter, Jacqui working in the office. They have two boys, both married. Simon, the oldest boy, ran with us in the Vets for many years and went on to be an excellent triathlete.

Some of the Beaumont's fondest memories with the Vets are training and running the London Marathon – a group of us went in 1987 after we all trained together. Jacqui has walked several half marathons including Bunbury. Vic's best marathon time is 3hrs30s at the World Masters Games in Melbourne. Vic is a member of the M80 4x400m Australian record relay team who set a time of 7m11.0s in 2011.

In 2000 Vic and Jacqui took over setting up the morning teas at our runs from Alan Chambers and are doing a great job. They are shown here getting morning tea ready at the GOT run at Hale School.



## **Dorothy and Jeff Whittam**

**Dorothy** was into athletics at school and ran 100m/200m (which were then in yards). She represented her county of Yorkshire and competed against the great British sprinter Dorothy Hyman.

Jeff, I've been told, was a very good cyclist, but after meeting Dorothy took up cross country running. The Whittams came to Australia in 1965 and have three children.

**Jeff** joined the club in 1978 and Dorothy in 1979. They had run City to Surf and received a letter from then secretary Rob Shand asking if they would like to join the club. I remember the first time I saw Dorothy running the 200m at Perry Lakes on a Saturday afternoon. I couldn't get over the power she had coming off the bend (Happy Memories, Dorothy). She also ran in two of the 24hr relays (and did she ever complain about the training I made her do!). Dorothy now walks owing to injuries. Jeff has had replacements in both knees but still does the Road Walking Championship each year.

Dorothy has been club secretary and Jeff was newsletter editor for many years.

The Whittams are both Life Members of the club.



**Dorothy** throwing the Javelin (not her best event) at the 1989 Perth Nationals



**Jeff** running the 1979 Australian Vets Marathon at Herne Hill in a time of 3.33.45



*1987 World Veterans Athletics Championships, Melbourne 4x400 relay team (silver)  
Dorothy with Lorraine Woodman, Ann Cooper and Daphne Pirie*



*1990 – “Dead Heat” for Dorothy and Jeff in the Bunbury Half Marathon Walk*

## **Bob Fergie**

If you want an event well-run, this is the man to see.

Bob joined Vets/Masters in 1977. After playing rugby for many years he came to McCallum Park on Sundays and did field events with Alex Cummings.

In the early days we never had track and field, so like most members Bob joined the Association (AAWA, now AWA) and competed Saturdays. He says in the early days he loved competing against Dorothy Whittam in the 100m and 200m.

His first LONG run was up to Kings Park in a group job where he soon got left behind. In 1978 and 1979 Bob also ran in the Perth to Pinjarra Relay which was an Association event. He had a 5km leg which was all uphill.

In track and field he enjoyed the hammer and shot put and holds the M75 State Record for high jump.

After having a heart attack Bob started race walking and does the Road Walking Championship most years.

As an organiser, Bob is the tops – quietly spoken but very efficient. He helped organise many of the National and State Championships and also the 24hr relays.

For many years he printed our early newsletters on a Gestetner printer in his lunch hour at work, he has been on the committee many times and is a life member of the club.



**“And you thought I was a race walker”**

2011 MAWA State Championships  
*Bob Fergie showing his skills as a high jumper setting the M75 high jump record at ECAC*

## Peggy Macliver – “Happy to be on Road or Track”

Peggy was a junior athlete here in WA, mainly running 800m. After marriage and children her thoughts were to maybe have another try. It was while working for Dr John McKecknie who was a member of the Veterans and was a keen runner and also talking about long distance running including the “Comrades” that she decided she liked the sound of the club.

Peggy joined in 1986 with her first run at Lake Monger.



*Peggy is seen here at the 2011 Brisbane Nationals – showing her skills in the long jump and starting a sprint race*

Although never running long distance before, she thought she’d try the first Road Running Championship in 1987. The 25km was held from Herne Hill school, the course had a few hills, and seeing she had never run over 15km before, found 25km challenging, but was surprised to finish second lady over all.

In 1990 after running the Perth Half Marathon and the club half marathon, Peggy ran the RRC again. This time the 25km was from McCallum to Mt Henry Bridge and back and Peggy was first lady, in a great time of 4.33 per km. Sadly we never had a trophy and medals those days. Peggy’s road time for 10km was 44 min and she says she could never beat Marg Fordon on the road. These days Peggy sticks to the shorter distances.

Although she is now mainly a track runner, she enjoys Sunday morning runs “it’s part of her life” she says. During the summer season Peggy competes in the Patron’s Trophy awarded annually for male and female track and field points, and has been the winner for the past 6 years, having won the trophy 15 times since 1990.

Peggy’s most pleasing performance was in 1999 at the World Veterans Athletics Championships in Gateshead UK, winning the 800m in stiff competition and coming second in the 400m and 200m. Peggy goes to most of the National and World Track and Field championships – she enjoys the competition but not the build-up (her nerves sometimes get the better of her).

She has been on the club committee and is currently our club registrar.

*There are so many other wonderful people in the club I could write about but I just had to include three people who are special to me – Jackie Halberg, Kirt Johnson and Brian Danby.*

### **Jackie Halberg**



Jackie joined Vets/Masters in 1990. She is every club's dream member, with great experience in athletics. She is always prepared to give up her run if the club is short of helpers on a run, she has been on the committee many times and is a life member.

Sadly for Jackie she seems to get injured training for a National or World Masters championships.

Jackie likes to travel and as I write this part (November 2012), she's in Antarctica with Lorraine Lopes.

Jackie and Lorraine plan to keep up their training in the gym on the boat, wearing the latest Perth 2016 promotional tee-shirts!

### **Kirt Johnson**



Now, my great mate and friend Kirt Johnson.

I could never write anything without a mention of Kirt.

We're great friends (I hope) and have run, walked and cycled together since the early eighties. He is my confidant – we discuss anything but he is always prepared to put me in my place and introduces me as his 'mother'.

Kirt has run 10ks around 45 minutes and his best half marathon in the 80s in 1.39.26 at Bunbury.

Kirt's yet another great worker around the club and he is also a life member.

### **Brian Danby**

Brian joined Vets/Masters in 1979. He was 31 and one of the youngest members to join as at that time pre-Vets were 35 and 40 for Vets. Brian is another member who has always been prepared to help. In the early days we had a small trailer to carry the club equipment and he towed it and stored it at Pinnaroo where he worked and lived. Along with Jeff Whittam, Brian set the course for the National Cross Country in Perry Lakes several times and has always been a Race Director – the Pinnaroo run was a favourite for the many years it was held.

Brian is a long distance runner with a time of 33 minutes for 10k and 2.50.10 for a marathon in 1983. Brian has run every Rottneest Marathon which I believe now totals 20, and he is also a life member of the club.



*Keith Forden, John Pellier and Brian Danby enjoy a well earned thirst quencher after tackling the sand hills at the Pinnaroo run, and below, Brian competing in a recent MAWA run*



*And to finish off the snapshots of some of our club members I must mention Bob and Lynne Schickert and my "better half" - John Pellier.*

## **Bob and Lynne Schickert**

Where do I start? Seems as Bob and Lynne have always been involved in athletics. In 1996 I featured them in *Vetrun's Running Mates*, so I'll start there.

Lynne was born in Perth; Bob in Melbourne. They met when Bob was transferred to Perth, both working at that time for MLC Insurance. After they married Bob was transferred to Tasmania, where he was the only senior member in the Tassie NW athletics club – in the 1960s most seniors ran in professional races. Earlier, I told you about Bob's marathons.

In 1967, they were transferred to Melbourne. Bob continued running with the Open athletics and in 1976 they joined the Victorian Vets, going on to found the East Burwood Vets group in 1983. During their time in Melbourne, Bob competed in the first Cradle to Lake St Claire 80 mile run and ran a number of 50 mile races around Melbourne University track.

The Schickerts returned to Perth in 1987 after Bob had competed in the World Veterans Championships in Melbourne; they joined our club and are now both Life Members. They have both been involved on the committees organising the Nationals when held in Perth every seven years and, as qualified officials, they are also very involved each summer track season with the Open athletics. They have attended all World Masters Athletics Stadia Championships since 1999 variously as team managers, competitors and Australian representatives at the General Assembly meetings. Along with Vic Waters, Bob and Lynne have produced six editions of the annual AMA Handbook. They were also members of the Perth 2016 WMA Championships Bid Committee and continue to be involved on the committee organising this major event.

### **Bob**

Bob was thirteen when he won his first race which was a mile event and he still has training manuals from the 50s. He records all his training and racing kms and up to 1996, had run 121,673km!! (What's the score now, Bob?) Bob has been club handicapper, committee member, President and Secretary for many years. He is on the Board of Australian Masters Athletics and is secretary for Oceania Masters.

Bob no longer runs marathons, but has run the most Road Running Championships. His favourite club run is the Darlington Dash and his most pleasing performance was a 10km track run in 1984 at the Victorian Vets championships – he ran so hard in the second last lap to win that he doesn't remember the last lap. His best time for 10km is 33.12, and when he came to Perth as a M45, he was still running under 35 minutes for 10km. Bob was also a member of the Aus M65 silver medal winning 8km cross country team at the WMA Championships in Riccione Italy in 2007.

You'll be surprised to know Bob played footy for Swan Districts Reserves in 1964 when they won the Reserves grand final. Another club member, John Mack was also in the team with Bob.



*2012 OMA Championships, Tauranga NZ: Bob running the 5000m*

### **Lynne**

In the early days in Melbourne, when the children were small, Lynne was President, team member, and dressmaker at their daughter's calisthenics club. When Bob joined the Vets she took up race-walking as it looked interesting and then went on to train and run distances up to half-marathons. Her most pleasing performance was a 10km track run with a time of 49.49, having "warmed up" beforehand with an hour's calisthenics training.

Since coming back to Perth Lynne has added steeplechase, long and triple jump to the events she competes in, and joins in with the sprinters to help her speed when jumping. In 2012, Lynne competed in her first World Indoor Championships in Jyvaskyla, Finland, race walking 10km in 74.12 in zero degrees and coming home with a bronze medal in the W70 triple jump.

Lynne has been a committee member and President of MAWA, and was President of Australian Masters Athletics for six years. She is a Council member of Oceania Masters Athletics, and has been an AMA Board member for 10 years. She is also currently the Oceania Representative on the World Masters Athletics Council.



*Lynne is seen here walking 10k in the snow at Jyvaskyla, Finland*

## John Pellier



When I started writing my story John asked not to be a part of it.

Up to now, I've gone along with it, but now, reaching the end I felt I should just write a small article about him, as we have been married 54 years, have two children and three grandchildren.

*John running a 10km for the Vets in the 10km State Road Championships at WAIT (now Curtin University) in the early eighties.*

It was John who got me into running. He's a marathon runner and has run 82 marathons, only one of which was outside WA, being Bristol in the early eighties.

His fastest time was at Bunbury in 1985 in 2hrs 53 mins. He has a 10km time of 37 mins but now is happy to toddle around the Perth marathon in 4hrs 30 mins.

John has run 31 Perth marathons although the course and the name have changed many times.

Thanks John for getting me into running, it's been a happy time in our life with meeting so many wonderful "fellow runners".

### ***Nearly at the end ...***

*Now, in finishing off my story of thirty years of road running with the club, I want to give you some more stories of great friendships and good times.*

### **Club and Group Training Runs**

Another highlight of the club over the years has been our club and group training runs.

When I first joined Vets/Masters in 1980, John took me to Kings Park on a Tuesday evening to meet the ladies. It was one of the club training runs. We started from Saw Avenue and regular runners were the Whittams, Berries, with Tara their dog, Crowthers, Slingers, Tysons, Jill Midolo, Merv Moyle, Phyl Lorens and Barrie Thomsett. There must have been a few males but the men mainly ran cross country. The ladies and Phyl ran 7kms. Jeff Whittam and Joan Slinger also knew every inch of tracks in the park - sadly they are now overgrown and we also had many barbies over the years. Vic Waters, Maxine Santich, Simon Mort also ran cross country on their own.

After running in Kings Park for over thirty years the only runners left were John Pellier, Marg Forden, Joan Slinger, Kirt Johnson and myself, walking. Barrie Slinger came along for a beer after taking the dog for a short walk. In later years we often saw Margaret Saunders training young athletes in Kings Park, and it is good to have her now in the club, competing again.

Mondays was for many years an easy 10km around the bridges – the ladies plus Merv Moyle and Kirt. Wednesday was 22kms, Heirisson Island up through Kings Park, down to the Uni and back to the start at McCallum Park. Most of the long runs were from McCallum.

Saturday morning again from McCallum, up to 32kms, with always a large group of ladies and guys. I always enjoyed training in packs and we always had a few beers after a long run. These days, if you are looking for a run, try Friday morning. There is a big group of runners and walkers who meet at a different venue each week, with breakfast at a coffee shop afterwards. Anyone is always welcome and sometimes there are up to thirty runners and walkers.

Saturday mornings, Paul Martin along with Paul Hughes, Dick Blom, Gary Fisher, Roger Walsh, Dave Roberts and others run from Fremantle, again having a coffee stop at the finish of the run. Most Saturdays Lorna Lauchlan and Jan Fletcher walk in King Park and on Tuesday mornings, Jeff and Dorothy Whittam, Val Prescott and David Carr and many other club members meet at Perry Lakes and have morning tea afterwards.

So besides the Sunday distance events and the track and field program throughout the year, these groups are another way our club members all help each other to keep motivated and to keep fit.

### **My Coffee Ladies and ‘Girls Night Out’**

In the late eighties, a group of runner’s wives came along to the Sunday runs and they all became good friends. As the club had no organised help in those days, for many years they all helped at the finish of the runs and Sue Jones in particular was club treasurer at one stage.

In the nineties, we asked members to help at two runs a year, so, unless we were having morning tea at which they would help, the ladies went off for coffee. They also helped Elaine Dance at the Christmas Gift Run and the Jorgensen Breakfast. These ladies are Sue Jones, Jackie Beaumont, Liz Khan, Sue Danby, Bev Thornton and later on Berwine Barrett-Lennard joined them. The group at one time also included Fran West until John passed away and Maureen Pomery.



**MAWA Coffee Ladies** - Standing: Jacqui Beaumont and Sue Jones  
Seated: Berwine Barrett-Lennard, Sue Danby, Bev Thornton and Liz Khan

I say to my “coffee ladies” a big thank you for all your help over many years – which leads me to Bill Crellin, one of our club treasurers, who died in 1992. Bill’s wife Karen was a reluctant member of the Vets although she did run a few half marathons. Lynne Schickert and myself know Karen would stop coming to the club after Bill died, so we started “Girls Night Out”. It worked for a few years before Karen fell away.

However, Lynne and myself carried on and now we have around fourteen runners/walkers and we go out to dinner four or five times a year and solve the world’s problems. Our group includes Peggy Macliver, Margaret Bennett, Pat Ainsworth, Sheila Maslen, Jackie Halberg, Denise Viala, Lorraine Lopes, Margaret Saunders, Phyl Farrell, Marg Forden, Val Millard and the late Brian Foley’s wife Norma – who I haven’t had much luck in getting along to the club on a Sunday morning. Norma says that she was happy to let Brian toddle off while she stayed in bed!

**“Play time” – a MAWA ‘Ladies Night Out’ at the Windsor Hotel**



L-R around the table: Val Millard, Pat Ainsworth, Sheila Maslen, Margaret Taylor, Jackie Halberg, Joy Hicks visiting from UK, Joan Pellier, Margaret Bennett, Denise Viala, Lynne Schickert  
(Joan who hasn’t yet caught up with computers, still writes letters by hand to her friend Joy in UK)

## Club Trophies

MAWA has quite a few trophies that are awarded annually. These fall broadly into four categories - road running, road race walking, track & field and general awards. I have tried to cover winners in most awards during my story, but if you want to check a particular year, the full list can be found on the MAWA website under "Archives".

### **Road Running and Road Walking Championships**

I thought you might be interested to see who has run and/or walked the most times for the Road Running and Road Walking championships. Up to 2012 the RRC has been run 26 years and the RRW 24 years with varying distances forming the RRW championship.

As you can see Bob Schickert (who was still in Victoria in 1987, the first year the RRC was run) has completed the RRC for 23 years. John Pellier is next with 18. Anne Turner has completed a combination of the RRC and RRW for 15 years, and Marg Forden for 13 of the RRC and Lynne Schickert 13 of the RRW. Thanks to Barbara Blurton for providing the list below.

	<b>Surname</b>	<b>Given</b>	<b>Gender</b>	<b>Number</b>		
	Allen	John	M	12		
	Beaumont	Vic	M	10		
	Bennett	Margaret	F	6		
Walk	Bennett	Margaret	F	5	total = 11	for Margaret Bennett
	Danby	Brian	M	10		
	Ferris	Irene	F	12		
	Forden	Marg	F	13		
	Khan	Mike	M	12		
	Martin	Paul	M	3		
Walk	Martin	Paul	M	9	total = 12	for Paul Martin
	Millard	Val	F	7		
Walk	Millard	Val	F	5	total = 12	for Val Millard
Walk	Mison	Michele	F	11		
	Moyle	Merv	M	11		
Walk	Moyle	Merv	M	1	total = 12	for Merv Moyle
	Pellier	Joan	F	9		
Walk	Pellier	Joan	F	3	total = 12	for Joan Pellier
	Pellier	John	M	18		
	Rosen	Mark	M	10		
Walk	Schickert	Lynne	F	13		
	Schickert	Bob	M	23		
	Thornton	Graham	M	10		
	Turner	Ann	F	11		
Walk	Turner	Ann	F	4	total = 15	for Ann Turner
	Walkley	Cecil	M	11		
Walk	Whittam	Dorothy	F	11		
Walk	Whittam	Jeff	M	12		

As record of the number of RRC and/or RRW championships completed, certificates are now given out after ten years and then every five years.

Thanks again to Morris Warren for coming up with such a wonderful concept. It really makes the winter season interesting and a challenge.

## **MAWA Life Members**

The first Life Members of the club were appointed in 1979 (see Vetrin No 80).

They were Dick Horsley, John Gilmour, David Carr, Cliff Bould and Jack Collins. At that time they had to have continuous membership for 5 years and they were awarded certificates.

From 1984 a 10 year membership criterion applied.

There were no Life Memberships awarded in 1984-1987 (or not recorded in the AGM minutes), nor in 1990, 1997, 1999, 2002, 2004, 2006 and 2010.

Cliff Bould	1979	Jacqueline Billington	1996
David Carr	1979	Brian Foley	1998
Jack Collins	1979	Bob Schickert	1998
John Gilmour	1979	Merv Jones	2000
Dick Horsley	1979	Graham Thornton	2000
Bob Hayres	1981	Jackie Halberg	2001
Rob Shand	1981	Lynne Schickert	2003
Bob Fergie	1982	Jim Barnes	2005
Bob Sammells	1988	Valerie Millard	2005
Jeff Whittam	1988	Barrie Thomsett	2007
Bill Hughes	1989	Vic Beaumont	2008
Val Prescott	1989	Jacqui Beaumont	2008
Dorothy Whittam	1990	Vic Waters	2009
Barrie Slinger	1991	Morris Warren	2009
Joan Pellier	1991	Keith Atkinson	2011
Brian Danby	1994	Elaine Dance	2011
Kirt Johnson	1995	Barbara Blurton	2012
Basil Worner	1995	Roger Walsh	2012

## Well, that's it!

My story has reached its end. It has been a wonderful experience over the last thirty odd years, one that John and I would never have wanted to miss. Writing these articles has brought back many happy memories for me, and also for lots of other members in the club. I've had some great competition back in the eighties, and wonderful friendships. It's like being part of a large family. Run on the 'smell of an oily rag', with no club rooms and yet so successful, it's a credit to all the members over the years for the way our club has grown, and I thank you all.

I also wish the committee and competitors in the 2016 World Masters Athletics championships every success, which I am sure it will be.

Now, a huge **Thank You** to all the people who have helped me with my story: Dorothy and Jeff Whittam, and also Margaret Bennett for the use of their *Vetrans*; Sandi Hodge and Bridget Cheek for typing up my early work on their computer; Bob Fergie for his proof reading; Frank Smith, Vic Waters, Vic Beaumont, Margaret Bennett, Joan Slinger, Graeme Dahl and all those others who have given me photos – I've been told many times how much members have enjoyed seeing the old photos - "Thanks Guys".

A special thanks to my niece Tracy who has printed out drafts and final hard copies of each section – she'll think it hilarious having her name in amongst all the runners!

And last but not last, my friend and editor Lynne Schickert. Lynne has been my inspiration right from the beginning, helping me and leading me. Her knowledge and experience in athletics is second to none and she has done so much work – maybe it should be a joint "thirty years", so I truly thank her.

Here's hoping you all stay in good health and happiness. *Good Running and Walking.*

## Joan



*We've finished! Joan and Lynne going off to lunch to celebrate*