

# VETRUN



No. 517

OCTOBER 2020



Kings  
Park CC





Cover - Orderly path start of the Kings Park CC led to ditches and sand-tracks.

NEXT EDITION: Vetrune No. 518 will be published in December 2020

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## MAWA members by age group

• See page 11 - Discounts for seniors?

30-34	16
35-39	24
40-44	55
45-49	68
50-54	89
55-59	85
60-64	65
65-69	60
70-74	59
75-79	44
80-84	17
85-89	8
90+	6

## CLUB CONTACTS

**Editor:**  
Victor Waters  
vfdwaters@gmail.com

**Website:**  
www.mastersathleticswa.org

**Secretary:**  
mawasecretary@gmail.com

**President:**  
Richard Blurton  
r.blurton@iinet.net.au  
ph: 0434 287 757

**Clothing:**  
Colin Smith  
colinsmith@netspace.net.au

**Patron:**  
David Carr

# AGM - a record turnout

WE crowded into the Hockley Club rooms at Perry Lakes after the Claypit Run to welcome new committee members, farewell some, and to acknowledge the past year's high-achievers and congratulate record-setters.

An excellent post-race breakfast provided by Elaine Dance, Melissa Lewis and their helpers might have boosted the crowd. It even encouraged one member to attend and re-join on the day.

(Incidentally, the age group breakdown on this page had to be amended on press day, when a new member, a man of 93-years, joined the club!)

It's all good news for a club that just keeps growing. Right now, we cannot welcome visitors, because as President Richard Blurton explained, while parkrun is closed down MAWA's Sunday meetings would be overwhelmed. But the mood of the AGM overwhelmingly favoured continuing with our current, open approach to visitors.

**New Committee - see page 3.**

We're used to Barbara Blurton's annual report of the year's record-setters and achievers. But this one was too late for the list! Pictured at ECAC on October 9, she rounds the last bend on the way to a W70 400m pending World Record 72.76s, beating the old mark by around 1.2s.

## BB's WR



## New members - welcome!

2099 ACHARYA: Biju M35  
2100 HILL: Gerry M35  
2101 AVERILL: Ed M35  
2102 LUMSDEN: Helen W45  
2103 RIDSDALE: Ben M50  
2104 GANESHANANDAN: Navin M35  
2105 DE VRIES: Chris W55  
2106 BAIRD: Anubha W45  
2107 RADESTOCK: Madeline W60  
2108 DOWNING: Darryl M40  
2109 SIECZKA: Mell W45  
2110 MARTYN: Doug M60  
2111 FORREST: Jenelle W40  
2112 RIMMER: Audra W50  
2113 TYLER: Kim W65

2114 GREAVES: Rachel W30  
2115 KEMTER: Kaye W40  
2116 BEVERIDGE: Todd M50  
2117 BRADDOW: Wendy W55  
2118 WILKINS: Ken M55  
2119 STEPHENS: Heather W55  
2120 WILCOCK: Ingrid W40  
2121 WEBB: Brad M45  
2122 HISCOX: Donna W50  
2123 MARTIN: Tracy W50  
2124 ROWLINSON: Lucy W45  
2125 READ: Ian M55  
2126 HARWOOD: Fran W60  
2127 HANRAHAN: Gavin M65  
2128 MILLER: Heather W65  
2129 SHERVINGTON: Tim M45  
2130 CALLIER: Luke M40  
2131 LAU: Gloria W65  
2132 SEIF: Nas M35  
2133 ROWLAND: Paul M45

## Trophies presented

**John Gilmour Trophy for Athlete of the Year:**

Paul Jeffery

**Achievement Award for most improved – Sunday runs:**

Michael Pascoe

**Achievement Award for most improved – Track & Field:**

John Fettus

**President's Pin for outstanding helper:**

Margaret Bennett

**Life Membership awards:**

Paul Hughes and Jim Langford

*All-round media man, and Patron, David Carr made rapid-fire interviews of award winners Michael Pascoe, below, and Paul Jeffery while handing over their trophies. Far right., Margaret Bennett, Jim Langford and Paul Hughes with their awards.*



# Your new MAWA club Committee

**THESE** are the members who will steer our club through 2020-2021.

Richard Blurton continues as President.

Also staying on is Silke Peglow, who steps up to the role of Vice-President.

Gillian Young returns to the club committee in a new role, replacing Secretary Delia Baldock.

Treasurer Gary Fisher will continue to serve in that position.

Two new committee mem-

bers are Rochelle Airey and John Fisher. They join Mark Howard and Pam Thonell, both remaining members from the 2019-2020 line-up.

Heartfelt tributes and thanks were proffered to the outgoing committee, with particular mention for past service to Delia, Andrew and Janne.

Full committee contact details will be posted on the website under "Our Club" – "About Us" and AGM Minutes will also be posted.



▲ Margaret

◀ Jim



Paul ▶



## Claypit

OCTOBER 11, 2020

Directors: Geoff Vine & Tristan Bell



*Geoff being encouraged by Delia Baldock to send in a speedy report. He listened and delivered his words in time to meet the October deadline. Other directors – please note! VW*

TRISTAN and I can report the races went well thanks to all the fantastic helpers and all runners and walkers getting around safely. Not one runner went off course – so listening and visual skills are perfect!

The weather was WA-style beautiful and the timing worked so well to let us all get off to the AGM. No magpie attacks despite local warning signs suggesting a mass attack was possible.

We marked the course out at 5pm the night before and to prove that the Western Suburbs' population are honest and kind, not one flag went missing!

Geoff Vine



# Nedlands Handicap

AUGUST 16, 2020

Director: Gary Fisher

## 10KM RUN HANDICAP

Full results - see club website

1255	Clare	Clock	H'cap	Time
	Wardle	W45	1:05:09	21.46 43:23
2054	Xinhuan			
	Yan	M45	1:04:11	7.27 56.44

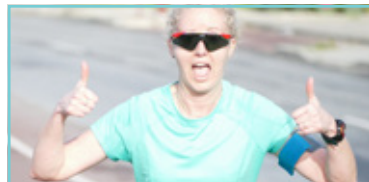
## AGE-GROUP LEADERS

### 5KM RUN

1978	Mike Haederle	M55	20:24
1400	Kevin Johnson	M60	20:52
762	Mark Hewitt	M65	24:56
512	David Baird	M75	25:25
2001	Hairi Yusuf	M50	26:04
637	Martin Watkins	M70	27:30
2	David Carr	M85	41:19

### WOMEN

739	Margaret Saunders	W65	24:29
689	Sandra Stockman	W55	24:33



928	Sandra Rourke	W50	30:34
1961	Sofia Dumlao	W40	31:14
481	Theresa Howe	W70	32:26
2080	Maja Zivanovic	W30	46:41

## 10KM WALK

1138	Lui Cecotti	M70	1:13:16
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## 5KM WALK

174	Mike Anderson	M70	36:37
2059	David Gardiner	M75	39:36

### WOMEN

510	Delia Baldock	W55	37:11
99	Peggy Macliver	W75	41:18
1301	Erika Blake	W65	46:27
1531	Lesley Dowling	W60	51:34
1027	Sylvia Szabo	W35	55:43

AFTER the club's re-opening all our events took some re-organising and we thank Gary Fisher and his team for stepping up and taking over Nedlands this year. A seemingly pointless river-side fence complicated the start/finish and ... then there was the weather! Running into a rain-filled jet-stream which intermittently howled upriver, was pretty nasty for one-lappers. Those who went out again for the two-lap handicap all deserve a medal. Marshalling is no picnic either, on such a day. At least the scorers were protected with a well-placed tent. I was in there with them; it's a Vetrun first - race pictures taken from indoors! VW



Above: How was it, Andy? No reply. OK Milton, how d'you go? Unrepeatable.

Below: Gillian and Jason look philosophical; Liz and Brian are happy to finish; Shareenah was well-prepared for all weathers; and Rohan's expression speaks for all.



Clare at Nedlands checks to see who's following her to the chute; and Xinhuan passes handicap-walk winner Lui Cecotti at City Rail.



## Pity the poor old handicapper!

IT WAS always claimed that you could only win one handicap race in your lifetime, but Clare Wardle and Xinhuan Yan have scotched that theory. The pair were first woman and first man in successive August races, 10km at Nedlands and 10.7km down at the Bardon Park City Rail run.

Despite our attentive handicapper, Tristan Bell, bumping up their handicaps between events - by two minutes 39 secs for Clare - and 2:43 for Xinhuan - they won again.

VW



# City Rail

AUGUST 23, 2020

Director: Erika Blake

## 10.7KM RUN (HANDICAP)

			Clock	H'cap	Time
1255	Clare				
	Wardle	W45	1:11:01	24.25	46.36
2054	Xinhuan				
	Yan	M45	1:09:14	10.10	59.04

## 7.3KM WALK (HANDICAP)

1138	Lui				
	Cecotti	M70	56:02	17.54	38.08
188	Val				
	Millard	W70	1:03:25	7.07	56.18

## AGE-GROUP LEADERS

### 7.3KM RUN

1450	John Ranger	M50	31:57
755	Bob Lane	M70	33:46
2051	Steven Okelly	M45	35:07
106	Paul Hughes	M65	35:45
468	Wayne Taylor	M60	36:30
745	Mark Dawson	M55	36:36
2071	Nate Walsh	M30	39:51
53	Jim Langford	M75	40:54
1781	Rohan Thompson	M40	49:31

### WOMEN

2042	Heather Longworth	W50	33:46
689	Sandra Stockman	W55	35:50
739	Margaret Saunders	W65	37:10
1751	Shareenah		
	Virahsawmy	W40	41:09
2030	Raquel Bebbington	W45	43:32
2044	Eleanor Tobe	W35	53:17
149	Jackie Halberg	W70	54:29
967	Carolyn Fawcett	W65	57:41
1440	Marion Kavenagh	W60	1:01:54
2080	Maja Zivanovic	W30	1:03:16



IT WAS a beautiful cool and clear running/walking morning for the City Rail event this year with the rain holding off for the entire morning.

This was a handicap event for the 10.7km run and the 7.3km walk beginning with a section alongside the river from Bardon Park to Windan Bridge where the views are very pretty.

At Windan the course headed towards the city alongside the Graham Farmer Freeway. From here, although the view was not as pretty, the course gave us all an interesting insight into inner city life.

The course went through the East Parade underpass and then between the Freeway on the left and the Midland Railway line on the right.

Next a long incline across a pedestrian footbridge spanning the Freeway to Claisebrook railway station, then another long ramp down to run alongside the railway line to McIver Station.

Under the Lord Street pedestrian underpass there were many homeless people who had pitched their tents. We had spoken to them the day before and warned them their Sunday morning sleep may be interrupted by MAWA



competitors. They were very supportive on both days and some (those who were awake) were there on Sunday morning cheering the competitors on.

Not far from there was the water station and the first turnaround point.

Two views of the City Rail start as scratch handicap runners joined the short-distance runners and handicap walkers in a merry melee. Below, Lui Cecotti was first man in the 7.3km handicap walk off a substantial handicap.

The short course competitors made their way back the same way, and the long course competitors were diverted to East Parade alongside the Midland Railway Line. They passed the East Perth Station and Mount Lawley Station to the second turnaround point.

It's quite a complicated course to mark out but feedback we got from people wearing GPS devices said the distances were relatively accurate (+/- 100 metres). Many also said they really enjoyed the course.

Thanks go to all the helpers on the day who made the event run very smoothly. We managed to have marshalls at all the turn points and the course was very thoroughly marked by David Fardig.

Thank you also to the many competitors who gave us lots of positive feedback.



Erika



# The Roe Run

AUGUST 30, 2020  
Director: Jim Langford

## AGE-GROUP LEADERS

15KM RUN		TIMES
1342	Alex Tinniswood	M35 1:02:18
1816	Trent Harris	M30 1:08:04
796	Steven Hossack	M55 1:09:29



1111	Ian Carson	M65 1:10:00
1202	Akos Gyarmathy	M60 1:12:30
175	Brian Bennett	M70 1:18:22
512	David Baird	M75 1:19:54
1362	David Boyd	M50 1:21:15
2054	Yan Xinhuan	M45 1:22:59
2000	Andy Wong	M40 1:45:10

## WOMEN

1943	Sophie Giles	W45 1:14:12
406	Chris Pattinson	W60 1:23:08
2039	Jaimie Henderson	W40 1:24:32
1972	Amanda Smith	W50 1:38:05
2049	Sharon Woodfield	W55 1:48:04

## 10KM RUN

1400	Kevin Johnson	M60 41:51
1522	Mark Kerr	M50 45:57
2051	Steven Okelly	M45 47:51



Two starts. The inset shows the 7.30 starters and fortunately for your editor (who over-exposed the snap of their first 'off') they all went wrong and came back to give me a second chance!



1332	Russell Smith	M55 49:57
1814	Peter Tietz	M65 59:13
986	Greg Wilson	M70 1:08:43

## WOMEN

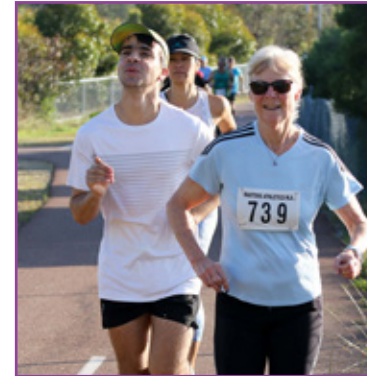
650	Karen March	W55 49:32
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2085	June Wu	W45 49:41
843	Rochelle Airey	W50 52:21
2052	Amanda Wylde	W35 1:11:33

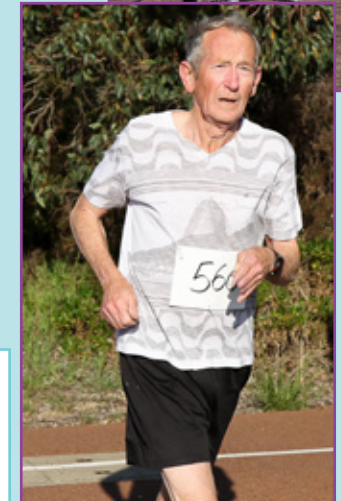
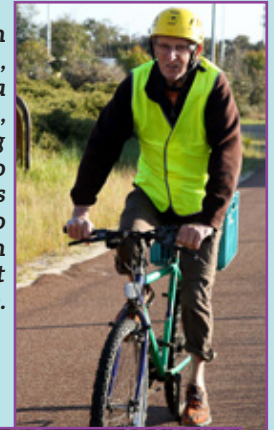
## 5KM RUN

689	Sandra Stockman	W55 24:03
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739	Margaret Saunders	W65 24:37
1833	Sally-Anne Smith	W40 25:39
2030	Raquel Bebbington	W45 28:33
928	Sandra Rourke	W50 30:12
1828	Phillippa Bennett	W60 43:58

Jim Langford, right, did a fine job, re-locating his Two Rivers event to Beckenham at short notice.



Spot the family resemblance? Fred Langford has made a welcome re-appearance at club runs recently.

## MEN

762	Mark Hewitt	M65 25:13
139	Jim Klinge	M70 26:20
1587	Patrick Jones	M45 26:37
784	Grahak Cunningham	M40 26:54
2053	Paul Bebbington	M50 28:00
2	David Carr	M85 35:58
112	Bob Schickert	M75 36:23
110	Merv Jones	M80 37:36
1827	Steve Barrie	M55 43:47



# The Roe Run

## 15KM WALK

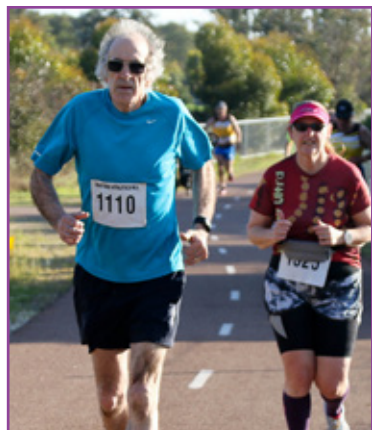
1856	Justine Stewart	W30	2:03:37
251	Mike Hale	M70	2:09:08
525	Peter Ryan	M70	2:24:13

## 10KM WALK



1138	Lui Cecotti	M70	1:11:25
2080	Maja Zivanovic	W30	1:37:24

## 5KM WALK



1110	John McDonagh	M70	33:37
262	Johan Hagedoorn	M75	36:15
455	Sean Keane	M55	44:02
227	Gary Fisher	M65	50:59



Think Alex Tinniswood is looking a bit flat-footed lately? Blame it on his toe shoes. They certainly speeded him to victory in the 15km, but as he slaps the deck they must give his opponents early warning as he approaches!

## WOMEN

510	Delia Baldock	W55	37:49
99	Peggy MacIver	W75	39:37
1301	Erika Blake	W65	42:42
295	Julie Wood	W70	53:28
1027	Sylvia Szabo	W35	54:25
740	Sylvia Szabo	W60	54:26



Above, Hairi Yusef plays up to the camera alongside Yan Xinhuan, who was running 15km for the first time ever. Below, Jim Barnes, Gary Fisher and Paul Martin enjoyed a convivial walk over 5km.



Check the start picture on page 6 and you might just spot Patrick Jones (far left) getting his daughter Lily - and her bike - organised and onto her pushchair. They started well behind the field and by the finish (above) Lily was probably in the land of Nod!



## you WRITE



## Dave was a regular

Hi Vic,

I would like to thank you again for the write-up that you gave me in the Vetrin. It unfortunately has been many moons since I have been able to run again with the Vets, but hopefully if the body holds up I hope to be a more regular participant on the Sunday runs.

It is always good to catch up with you and Frank, long time friends.

There is one mistake in the write-up, however, it is not your fault. My service was not just as a reservist, the first 15 years was as a regular soldier.

Whoever wrote the original press release obviously didn't check on my history!

Kindest regards, Scotty



A SLOW pace of walking in middle age could be a sign of accelerated ageing, a study has found.

An international team of experts assessed more than 900 people across 45 years, based in New Zealand, looking at their gait speed, as well as other ageing factors including facial age and IQ. They found those who walk slow in their midlife may be ageing faster.

The team found associations between gait and ageing, usually found in older age, were present in middle age too.

Slower walking was associated with other signs of accelerated ageing, like rapid deterioration of multiple organ systems and facial age.

Participants with slower gait also had lower IQs, the study found. There was a mean difference of 16 IQ points between the slowest and the fastest walkers.

The report states:

"Slow gait was also associated with multiple indices of compromised structural brain integrity, including smaller total brain volume, global cortical thinning and reduced total surface area."

The team says the link between midlife gait speed might help give credence to the use of walking pace to predict Alzheimer's and dementia.

Dr Clare Walton, Alzheimer's Society Research Manager, told Sky News:

## HOW FAST DO YOU WALK?

Warning about being a slow walker!

October 2019  
Sky News, UK

"This study has shown walking speeds in midlife can be a really good indicator of how fast your brain is ageing and a good indication of how you are ageing.

"Research funded by Alzheimer's Society and published last month showed that people with different types of dementia have different walking speeds and styles.

"We do not know exactly how this is all linked. We do know the causes of dementia can appear decades before the symptoms start.

"Changes in the eyes, changes in walking, changes in blood, this leads to evidence to show that if you look at the right time and with the right analysis you can see how the brain is ageing in midlife."

She said the study shows it is "never too late and never too early" to make lifestyle changes, including a balanced diet and getting exercise.

The participants in the study were assessed at multiple points, from three-years-old up to the age of 45. Their speed was measured along an electronic walkway, and they were also tested on physical function like balance and grip strength.

Personal trainer Joe Schofield said: "In their 40s I've got people that are very able and active and healthy and then I've got the massive contrast in the people that have co-morbidities – they have issues that aren't just necessarily fitness based, they could be health related, so it's things like chronic obstructive pulmonary disease and osteoarthritis."

He also agreed that people in their 40s seem older if they walk slower.

The report, published on the JAMA Network, concludes: "Gait speed is more than just a geriatric index of adult functional decline; rather, it is a summary index of lifelong ageing with possible origins in childhood CNS deficits.

"This helps to explain why gait can be such a powerful indicator of risk of disability and death in the elderly. It also encourages re-thinking gait as not only a motoric concern, but as an integrative measure of health."

Gait speed could be used as an early indicator tool to assess for dementia, the study says, because it's "cheap, safe, easy to test repeatedly, and feasible to use among people in their 40s".

## Winning walkers



Andrew Duncan



Wendy Tolardo

**THE Athletics West State Road Walking championships were held under the trees in Perry Lakes parklands last month and cool conditions marked the start of the race.**

As the weather warmed, the path became busier, which added to the challenge of the event. Of the four athletes in the Open 20km walk, three were MAWA members. Congratulations to Karyn Tolardo and Andrew Duncan who won gold. Victor Munoz also competed strongly, but unfortunately was disqualified.

Similar successes came in the AMA postal contest, where Andrew Duncan's time was a State record. However, in the Athletics West 20km Road Walk State Championships he bettered that time with 1:41:58.48. Karyn's time was 2:13:23.81.

### POSTAL EVENTS 20KM MALE

Andrew Duncan	1.43.47
Victor Munoz	2.15.49
Oliver Berry	3.00.43

### 20KM FEMALE

Karyn Tolardo	2.14.15
Wendy Farrow	2.23.52



# Whiteman Park

SEPTEMBER 6, 2020

Director: Ross Langford

## AGE-GROUP LEADERS

10KM RUN		Times
1342	Alex Tinniswood	M35 40:52
1864	Martin O'Connell	M50 42:36
1710	Mitch Cleasby	M60 44:33
1111	Ian Carson	M65 45:46
175	Brian Bennett	M70 51:08
745	Mark Dawson	M55 51:35
512	David Baird	M75 53:43
2054	Xinhuan Yan	M45 54:48
2000	Andy Wong	M40 1:11:08

## WOMEN

650	Karen March	W55 50:16
288	Gillian Young	W70 55:28
1926	Gayle Craft	W65 58:19

## 5KM RU

2071	Nate Walsh	M30 18:04
178	Ralph Henderson	M70 23:18
741	Ian Cotton	M55 23:55
2001	Hairi Yusuf	M50 25:00
2066	Alan Cassels	M75 40:33

## WOMEN

739	Margaret Saunders	W65 25:18
406	Chris Pattinson	W60 26:13
928	Sandra Rourke	W50 30:35
1994	Lorna McGavock	W45 31:20
1958	Annabel Vaughan	W30 32:04
1260	Melinda Fisher	W55 35:38
149	Jackie Halberg	W70 36:52

## 10KM WALK

262	Johan Hagedoorn	M75 1:14:15
74	John Bell	M75 1:24:18

## 5KM WALK

174	Mike Anderson	M70 37:24
2059	David Gardiner	M75 41:19
20	Jeff Whittam	M85 49:34

## WOMEN

510	Delia Baldock	W55 37:43
99	Peggy MacIver	W75 39:10
295	Julie Wood	W70 51:37
339	Elaine Dance	W65 52:24
1531	Lesley Dowling	W60 52:24



A NEW, flat and fast course devised by the Langfords drew only a small field on a storm-predicted day.

No storm broke, but speedy M30 Nate Walsh broke the four-minute barrier with 3:36 pace over 5km. He's pictured at the start, above, alongside Alex Tinniswood (grey singlet) who ran close to 4's in 40:52 over 10km. Personally, I experienced only the first 5km of this new course, but it seems a pity that Whiteman has transformed from a cross-country into a path event. Some members may recall the rugged Mussel Pool Muster at Whiteman, with regret?

Thanks to all the organisers and helpers, especially Jim Langford who deputised for his son Ross.



Our recording team has been strengthened by the welcome return of this intrepid pair of ultra-runners, Christine and Don Pattinson, pictured above, by Graeme Dahl.

Graeme had competition this week, when Narelle Gaynor and Kerriann Bresser skilfully used my camera to capture themselves, marshals Craig Lines and Nick Franey, and some early finishers!





# Matagarup

SEPTEMBER 13, 2020

Director: Wayne Pantall

## AGE-GROUP LEADERS

### 12KM RUN

### TIMES

1632	Roberto Busi	M40	43:38
1946	Yury Hotimsky	M40	44:40
2088	Drew Langford	M40	49:34
1342	Alex Tinniswood	M35	49:37
346	Chris Maher	M65	50:10
798	Kim Thomas	M45	53:03
2079	Jeff Hughes	M50	53:05
1953	Pragalathan Subramanian	M60	53:53
278	Keith Miller	M70	58:56
106	Paul Hughes	M65	1:01:17
1180	Jackson Wong	M55	1:05:15
1942	James Hadfield	M30	1:09:58

### WOMEN

1445	Vanessa Carson	W40	53:16
1882	Pamela Thonell	W50	57:32
1415	Johanna Leahy		
	Marstrand	W45	59:01
650	Karen March	W55	59:32
1862	Ceri Morton	W35	1:05:32
288	Gillian Young	W70	1:08:38
1494	Wendy Grace	W65	1:15:24
1512	Noelene Treen	W60	1:16:54
1389	Janne Wells	W50	1:18:40

### 6KM RUN

2003	Paul Watson	M50	22:02
220	Giovanni Puglisi	M65	25:33
1587	Patrick Jones	M45	25:45
2026	Liam Hayes	M35	26:44
1729	Victor Munoz	M65	27:27
741	Ian Cotton	M55	28:08
779	Prabuddha Nicol	M60	29:08
139	Jim Klinge	M70	31:46
1960	Leon Mitchell	M40	31:59
53	Jim Langford	M75	32:05
2	David Carr	M85	39:42



A stretch too far – and a bit late too?

### WOMEN

1833	Sally-Anne Smith	W40	31:23
2098	Vynka Cridge	W45	31:39
1926	Gayle Craft	W65	32:07
406	Chris Pattinson	W60	32:11
1393	Lori Sexton	W55	33:02
928	Sandra Rourke	W50	36:09
1787	Hazel Stephen	W70	47:10
1722	Liz Dewhurst	W35	47:26
1638	Andrew Duncan	M55	1:04:52
1704	Melissa Lewis	W30	1:22:23
1257	Karyn Tolardo	W55	1:22:24
525	Peter Ryan	M70	2:02:52

### 6KM WALK

1110	John McDonagh	M70	39:58
262	Johan Hagedoorn	M75	42:39
455	Sean Keane	M55	52:33
1944	Steve Travell	M60	1:00:49
2054	Yan Xinhuan	M45	1:01:07
11	Bob Fergie	M85	1:02:44
20	Jeff Whittam	M85	1:02:45
347	Neil McRae	M65	1:05:18

### WOMEN

1808	Marcela Isabel Ruiz Valdes	W55	44:28
1856	Justine Stewart	W30	50:05
128	Irene Ferris	W65	51:09
71	Marg Forden	W75	52:36
1852	Stephanie Manuel	W45	54:05
2090	Umesha Subramanian	W50	56:27
47	Joan Pellier	W80	59:46
1735	Deborah Franey	W60	1:01:19
295	Julie Wood	W70	1:06:58

## That's a director's report!

Great poetry like Wayne's oft needs explaining. His final stanza, inspired by a pre-race dispute over Masters' start and finish shelter refers to China's usurping the Spratly Islands. A Chinese gentleman had taken residence, wanting it for a family party, and becoming irate when told it couldn't be reserved. Finally he realised that all the other shelters were just as good for him, and moved. **VW**

**DIRECTOR** Wayne Pantall makes another inimitable contribution.

A day from heaven, made for running, made our day today. No one got lost and all came home from mostly the same way.

The sun shone down, the sky lit up, the wind stopped altogether. The club has done a jolly job, organising weather.

Few flags were out, but we had chalk, and self-raising flour. Which raised the pace considerably – at least by half an hour.

Construction of the bridge climb, and zip line couldn't beat us

With friendly Marshals stationed there, to wave us through and greet us.

The club has used a clever trick, signing more new runners. Just block the visitors each week, then sign up the stunners.

Poor Roma needs some help next year, two arms were not enough.

They came from three directions at her, making her job tough.

A right of navigation test, a Spratly Islands spat tried to claim our shed for China – we soon took care of that.

All in all we had a good day, and congratulations all. Next year we'll use the flying fox, and really have a ball.



## Matagarup Matters ...



We welcome new members.



Late pick-up - Alicia Edwards collects the Darlington, Dick Horsley Couples trophy.  
And below - Wayne, not singing!



Hi Vic  
HAVING been a member of the Masters for more than 30 years and never having written a letter to the *Vetrun*, after reading the August issue I have a few suggestions to make.

Firstly, I would like to remind readers of this item:

"As a gesture to our older members, we are going to offer free membership to everyone over 90."

How many members are we talking about?

Although admirable I think that this idea should be extended to members over 80, as they deserve some acknowledgement for their years of commitment to the club.

Again, how many members are there in this age bracket?

### Finance

The club is financially secure and the fees could be increased next year to cover this shortfall. \$40 really is quite reasonable compared to the \$60 fee charged by the WA Marathon club.

There are a number of life members who are not required to pay their fees, however, I'm sure this suggestion could be accommodated as membership has swelled to 700+.

Older members (ie over 65) don't even get a pensioners or senior

## Discount for MAWA seniors



### What do members think?

If you would like to offer comment or opinion on allowances for senior and/or long-term members, please email the editor [vfdwaters@gmail.com](mailto:vfdwaters@gmail.com); or if you prefer, contact any committee member. VW

card discount for their membership fees. According to the WAMC's website they charge \$60 for over-18's whereas pensioners/seniors pay \$25 - less than half price.

Secondly, another benefit, or reward for long-time members of the club (like me) would be to exempt them from having to help at two runs.

They could still "volunteer" if they wanted to offer their services, as due to the increase of new members I believe that we now have sufficient numbers for the newer members to take on that responsibility. They are the members who are the new contributors to the future of the club. This might be managed as simply as by looking back and exempting member numbers from 1-200, for instance. Or it might be based on duration of membership in years.

We just need a mathematician to work out some of the logistics!

I calculated, roughly, that the maximum number of helpers needed for a run are approximately 20 x 26 runs a year as they have to help at two. So, 520 members are required. I acknowledge that in addition we still need race directors who usually have volunteered to take on that job.

Finally, I would also like to see a graph of members by age group and also by length of membership to see the dynamics of how the club is shaped at present and how these may change over the years.

Regards, Irene Ferris  
Member No. 128



## COMMITTEE RESPONSE

THE committee welcomes all comments and suggestions from members, and if others have views on this topic we would welcome them - either speak to a committee member or use the 'contact us' button on the website.

The breakdown of members by age group is an interesting statistic which we have provided in the past and is updated in this *Vetrun*.

The committee believes that our active 80 year olds should be treated no differently from any other member; indeed we don't think they would want to be. Note that less active members can designate 'rarely participate' and are not required to be helpers.

We do not believe comparisons with the Marathon Club are valid - their circumstances and age demographics are totally different.

### Helpers

In calculating helper numbers it is necessary to take into account that around 200 members are track and field and a further significant number either don't, or rarely participate, in club events.

In recent years helper supply has matched requirement quite well. If we move to a situation where supply exceeds demand, the committee will consider how best to deal with that, and exempting our longest serving members could be an option.



# Kings Park CC

SEPTEMBER 20, 2020  
Director: Ralph Henderson

## AGE-GROUP LEADERS 10 KM RUN



<b>1673</b>	<b>Steve Preece</b>	<b>M50</b>	<b>43:57</b>
1342	Alex Tinniswood	M35	46:17
666	Peter March	M60	51:03
1111	Ian Carson	M65	51:25
1820	Mark Glyde	M55	57:04
1960	Leon Mitchell	M40	1:02:41
175	Brian Bennett	M70	1:05:52
1985	Michael Cyran	M45	1:06:31

## WOMEN

1943	Sophie Giles	W45	53:14
1716	Elizabeth Gomez	W40	53:39
1940	Kathy Nicholas	W50	57:03
288	Gillian Young	W70	1:05:22
1512	Noelene Treen	W60	1:10:19
1500	Julie Walters	W55	1:12:28



Sophie Giles

## 5KM RUN

220	Giovanni Puglisi	M65	23:43
1522	Mark Kerr	M50	24:48
741	Ian Cotton	M55	25:00
2055	Jan Brankaer	M35	26:16
1552	Kevin Goodman	M60	27:12
53	Jim Langford	M75	28:31
139	Jim Klinge	M70	29:07
1487	Jason Kell	M40	44:52

Giving me the run-around - thanks to Raynor, left; John Talbot, right; and all who followed!

## WOMEN

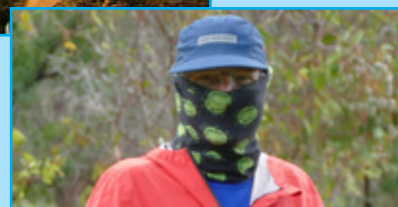
739	Margaret Saunders	W65	27:23
1389	Janne Wells	W50	32:30
2107	Madeline Radestock	W60	35:11
1961	Sofia Dumlaio	W40	35:45
1994	Lorna McGavock	W45	35:48
1856	Justine Stewart	W30	36:40
149	Jackie Halberg	W70	41:44

## 7KM WALK

1257	Karyn Tolardo	W55	48:25
1301	Erika Blake	W65	1:00:32
1027	Sylvia Szabo	W35	1:22:07
740	Sylvia Szabo	W60	1:22:09
<b>MEN</b>			
1138	Lui Cecotti	M70	49:02
262	Johan Hagedoorn	M75	52:15



Ralph gathered a fine crew of helpers, equipped for every kind of weather.



## 4KM WALK

510	Delia Baldock	W55	29:00
339	Elaine Dance	W65	33:28
1523	Ngaio Kerr	W50	38:01
111	Lynne Schickert	W75	38:26
2080	Maja Zivanovic	W30	45:10
<b>MEN</b>			
174	Mike Anderson	M70	28:57
392	Nick Miletic	M65	32:01
455	Sean Keane	M55	32:24
2059	David Gardiner	M75	33:26
1454	Andrew Cuthbertson	M60	36:33

11	Bob Fergie	M85	40:17
2054	Yan Xinhuan	M45	42:23



The question on everyone's lips: "Who was that masked man?"  
Clue: it's definitely not Kemosa-be (John Ranger).



**Kings Park  
report by  
Ralph  
Henderson**



Despite the forecast for wind and rain, the weather cleared for the event with the only dampener being a heavy shower later on, just when we were dismantling the tent!

Last year half of the competitors were visitors, so without them, the numbers were obviously lower. However, the 96 members were actually comparable with the number last year.

Keeping the change I made to the run course last year meant there was twice the distance down and up the sand-track as before but the feedback suggested most enjoyed the challenge. Some even enjoyed all the drainage ditches; a real cross-country course now!

My job was made much easier by having sufficient willing helpers and, as a result, we had a most successful event. Hope to see everyone back next year.



# Mullaloo Magic

**SEPTEMBER 27, 2020**

*Director: Mike Anderson &  
Johan Hagedoorn*

## AGE-GROUP LEADERS

### 13KM RUN

### TIMES

2003	Paul Watson	M50	53:04
2019	Daniel O'Brien	M35	57:28
346	Chris Maher	M65	59:31
666	Peter March	M60	1:02:56
796	Steven Hossack	M55	1:03:59
1622	Tommy Glackin	M40	1:04:22
278	Keith Miller	M70	1:07:45
1922	Grant Mercorella	M45	1:14:03
1487	Jason Kell	M40	1:18:51

### WOMEN

1634	Eulalia		
	Van Blomestein	W50	1:00:33
1255	Clare Wardle	W45	1:05:57
1716	Elizabeth Gomez	W40	1:10:52
288	Gillian Young	W70	1:20:09
512	Noelene Treen	W60	1:27:12

### 8KM RUN

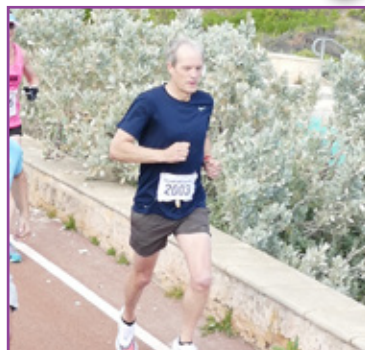
### Times

1400	Kevin Johnson	M60	36:43
1587	Patrick Jones	M45	37:32
741	Ian Cotton	M55	40:14
53	Jim Langford	M75	46:02
762	Mark Hewitt	M65	46:03
1960	Leon Mitchell	M40	48:53
1854	Gavin Bain	M50	49:20
690	John Talbot	M70	1:00:09

### WOMEN

1943	Sophie Giles	W45	40:54
987	Julie Wilson	W65	46:44
2020	Emma Hartley	W30	48:51
1875	Sha Watson	W50	55:58
1826	Rhonda Newburn	W60	57:50
2052	Amanda Wylde	W35	59:16

**Sandra Stockman, 1st woman, 5.5km;  
Kevin Johnson, first man, 8km run.  
To follow, they rode their mountain  
bikes 32km through the hills!**



### 5.5KM RUN

### TIMES

2051	Steven Okelly	M45	25:27
178	Ralph Henderson	M70	25:46
1226	David Adams	M40	26:51
1332	Russell Smith	M55	28:36
392	Nick Miletic	M65	37:38
136	Vic Waters	M75	42:52

### WOMEN

689	Sandra Stockman	W55	26:17
928	Sandra Rourke	W50	34:10
2107	Madeline		
	Radestock	W60	35:03
1813	Isolde Tietz	W70	36:07
1961	Sofia Dumlao	W40	37:18
1613	Charlotte Webb	W45	40:34

### 8KM WALK

1138	Lui Cecotti	M70	58:10
251	Mike Hale	M70	1:13:03
1852	Stephanie Manuel	W45	1:14:35

### 5.5KM WALK

510	Delia Baldock	W55	42:28
99	Peggy MacIver	W75	43:10
128	Irene Ferris	W65	49:17
1599	Alicia Edwards	W45	52:02
2115	Kaye Kemter	W40	57:48
1735	Deborah Franey	W60	58:56

### MEN

2059	David Gardiner	M75	47:06
1874	Michael Pascoe	M60	53:14
11	Bob Fergie	M85	53:59
347	Neil McRae	M65	59:34



**Tommy Glackin, inset left, and above at the start. This bloke just can't keep his feet on the ground! Left, top, Paul Watson was clear winner in the 13km run.**



# Wireless Hill

OCTOBER 4, 2020

Directors: Lynne & Bob  
Schickert

## AGE-GROUP LEADERS

8KM RUN		TIMES	
2019	Daniel O'Brien	M35	34:17
1726	Jerry Peters	M40	34:49
2079	Jeff Hughes	M50	35:16
1400	Kevin Johnson	M60	35:29
1966	John Herzfeld	M55	39:58
175	Brian Bennett	M70	43:36
1942	James Hadfield	M30	44:38
53	Jim Langford	M75	46:05
729	Charlie Chan	M65	46:21
1985	Michael Cyran	M45	49:41
40	John Pellier	M80	1:04:33

## WOMEN

1445	Vanessa Carson	W40	36:09
1958	Annabel Vaughan	W30	38:49
650	Karen March	W55	40:26
1882	Pamela Thonell	W50	42:08
1862	Ceri Morton	W35	43:16
2113	Kim Tyler	W65	44:40
288	Gillian Young	W70	46:17
987	Julie Wilson	W65	46:18
1422	Carolyn Stephens	W60	46:35
1939	Trisha Griffiths	W45	50:53

## 4KM RUN

858	Tristan Bell	M50	18:39
798	Kim Thomas	M45	19:38
743	Ross Keane	M55	19:43
106	Paul Hughes	M65	20:47
139	Jim Klinge	M70	21:35
1439	Bob Colligan	M60	22:01
2066	Alan Cassels	M75	33:07

## WOMEN

689	Sandra Stockman	W55	19:08
1833	Sally-Anne Smith	W40	21:02
2044	Eleanor Tobe	W35	21:53
1515	Sandra Keenan	W50	23:51



**Cheery start – nobody ran down the snapper. Pre-start, Brian Bennet checked the going. His report? Firm – hills likely.**

1994	Lorna McGavock	W45	26:05
1813	Isolde Tietz	W70	26:16
1828	Phillippa Bennett	W60	31:29
967	Carolyn Fawcett	W65	32:53
2080	Maja Zivanovic	W30	35:42

## 8KM WALK

262	Johan Hagedoorn	M75	58:11
251	Mike Hale	M70	1:09:49

## 4KM WALK

174	Mike Anderson	M70	29:48
244	John Brambley	M75	33:45
227	Gary Fisher	M65	39:16
455	Sean Keane	M55	39:21
11	Bob Fergie	M85	40:48

## WOMEN

339	Elaine Dance	W65	35:08
2126	Fran Harwood	W60	36:20
2115	Kaye Kemter	W40	40:39
90	Rosa Wallis	W75	40:47
295	Julie Wood	W70	47:25
47	Joan Pellier	W80	58:21



**Above, marshalls' nightmare – the unique three-way junction. Left, top; Don Pattinson's two-way offer near the end. Left, tags are back – don't forget yours.**



THE usual “athletes coming from three directions” worked well again – see pictorial proof below – and everyone seemed to successfully get around the hilly course on a great day, weather-wise.

Some of the competitors moved at a pace which enabled them to notice the wildflowers – and there was a reported snake-sighting. Thanks to all our helpers.

**Bob and Lynne**



OK  
boys,  
don't  
push  
it!



RESPECT? Sure, I know he's a past-President but even Hughesy doesn't rate such obeisance from Mark Hewitt and Charlie Chan.

DECEMBER 20 at McCallum Park will be a riot of colourful seasonal costumes, jollity and a brilliant breakfast by Elaine Dance and her elves. Don't forget to bring a gift – around \$10-worth – for the swap. Yes, there will be some casual running and walking and if you dress-up in something seasonal it will make Elaine very happy!



Ooh, she didn't!



Mind you ...



'Nuff said!

## Cynical? Me?

**MOST** non-runners think we runners are crazy.

To prove the point they might mention those particular loonies who decide to run a marathon, alone, unaided and unapplauded and then pay for it.

So if you would like to prove the cynics right, bolster the case for the prosecution, you might choose to send \$35 to the organisers of this year's virtual Melbourne Marathon, which will 'take place' in your mind between December 5-13.

It's great value, really, if you live in a virtual reality.

Because, as an alternative, you could send them \$35 to run just 5km; or 10km; or even 21.1km.

I have asked the Melbourne organisers how the money they bring in will be used. At the time of writing I am still awaiting their reply.

What were they really saying? Readers' suggestions please, to the Editor!



**IT WAS** my new knee's birthday on September 19. I thought of taking it out for a treat, but that sounded a bit messy. Likewise, cracking a bottle of champagne on it.

Instead I founded a new club – Mother Brown's Boys – and organised a photo-shoot at the HBF Gym.

Granted, 'boys' is a euphemism, but our bunch of Gym-mates are all young at heart.

Knee replacements (KR) are rare among Masters, but the gym is creaking full of them.

Big Al, left has one; next to him, Rampaging Roy has a half; Iron Ian had both replaced – at the

same time! – three months ago. I'm the young bloke on the right.

At least four more regulars are scuttling around with KR's and a Guinness-record attempt with a mass Knees-up Mother Brown performance is planned.

In the meantime, peruse the Sunday results' nether regions and you might find my name. If nothing else this proves it possible to run with a KR.



# Where you're HELPING!

## October 18 – KALAMUNDA RAILWAY



**Race Directors: Bert & Bridget Carse – 0433 820 443**

Bernadette Height, Frank Gardiner, Christopher Coates, Gillian Young, Richard Blurton, Fiona Evans, Charlotte Webb, Christopher Stones, Matthew Webb, David Eustace, Amanda Wylde, David Gardiner, June Wu

## October 25 – BIBRA LAKE



**Race Directors: Nick Miletic & Gail Castensen – 0439 092 590**

Bernadette Height, John Brambley, Trevor Scott, Alan James, Claire Walkley, Cassie Hughes, Alastair Wallace, John Mcshane, David Sadler, Julian Mcgrath, Sophie Giles, Sharon Woodfield, Jeff Hughes

## November 1 – CLIFF BOULD TROPHY



**Race Director: John Fisher – 0418 555 977**

Rosa Wallis, Merv Jones, Lesley Romeo, Jackie Halberg, John McDonagh, Michihito Muroi, Janne Wells, Lori Sexton, Johanna Leahy Marstrand, Matt Skellern, Jerry Peters, Justine Stewart, Pamela Thonell, Jenny Hogg, Raquel Bebbington, Paul Bebbington, June Wu, Ally Oroure

## November 8 – SAFETY BAY



**Race Director: Trevor Scott – 0421 314 399**

Irwin Barrett-Lennard, Nick Miletic, Prabhuddha Nicol, Steven Hossack, Tristan Bell, Gail Castensen, Kevin Goodman, Gina Bell, Geoffrey Vine, Victor Munoz, Marcela Ruiz

## November 15 – GWELUP LAKE



**Race Directors: Sandra Stockman (0439 946 856) & Kevin Johnson (0478 436 235)**

Roger Walsh, Peter Sanders, Susan Sanders, Irene Ferris, Keith Atkinson, Mark Dawson, Wendy Farrow, Geoff O'Brien, Chris Kowalski, Tim Inglis, Martin O'connell, David Eustace, Mark Comber, Suzanne Renton, Yvette Dawson

## November 22 – CANNING CAPER

**Race Director: Keith Atkinson – 0403 865 351**

Helen Lysaght, Robin King, Blakeney Tindall, Gillian Young, Mark Sivyver, Fiona Evans, Lori Sexton, Justine Stewart, Loren Gee, Brian Greenhalgh, Alan Cassels, Kim Tyler

## December 6 – Mosman Park Race Director: Paul Hughes – 0412 513 348

James Barnes, Paul Martin, Gary Fisher, John Brambley, Charlie Chan, Rodney Hamilton, Rochelle Airey, Akos Gyarmathy, Susan Hamilton, Kathy Skehan, Peter Brooke, Geoffrey Vine, Stephen Grannells, Jenny Hogg, Simon McGarvie, Diane Seager

## December 13 – WOODMAN POINT

**Race Directors: Karen – 0401 064 826 & Peter March – 0428 573 862**

Wayne Taylor, Steven Hossack, Andrew Thorpe, Carolyn Stephens, Haydn Gawne, Steve Preece, Nick Franey, Andrew Grosas, Deborah Franey, Tim Inglis, Frederick Smart, Steven O'Kelly, Kaye Kemter



# Where they're running

**EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the casual group runs listed here. All are organised by members, volunteers and supporters.**

Do you have a regular training group? Like some extra company? Email the details – location, time, day of the week, distance and type of run/walk – to [Vetrun](mailto:Vetrun) and we'll add it to this feature. Send to [vfdwaters@gmail.com](mailto:vfdwaters@gmail.com)

## MONDAY

Point Walter 8km; 6pm. Richard Simmons, tel. 0408 986 631 has taken over organisation of this run from Dick Blom.

## TUESDAY (am)

McGillivray Oval and Perry Lakes; 10am. Contact Jeff Whittam [djwhittam@pixelvision.com.au](mailto:djwhittam@pixelvision.com.au).

## TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

## WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412 990 945; [brianbennett47@gmail.com](mailto:brianbennett47@gmail.com)

## THURSDAY

Perth Trail Series, Kings Park Kiosk, Fraser Ave. Start 6pm, finish 7pm. 8km to 10km mob run, on the trails.

Contact Melina Mellino 0423 729 949 [melina@perthtrailseries.com.au](mailto:melina@perthtrailseries.com.au)

## FRIDAY

6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or [mbe37778@bigpond.net.au](mailto:mbe37778@bigpond.net.au)

## SATURDAY

DC's group at WAAS; 8-9.45am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door. Contact [davidcarr@bigpond.com](mailto:davidcarr@bigpond.com) parkrun – go online to [parkrun.com](http://parkrun.com) for details of many locations around Perth. ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email [gary.fisher@y7mail.com](mailto:gary.fisher@y7mail.com) or mobile 0400 855 978. Paul Hughes, email [paul@wjhi.com.au](mailto:paul@wjhi.com.au) or mobile 0412 513 348.