

VETRUN



No. 519
FEBRUARY 2021



Membership tops 700 – more directors needed



A large field packed into Piney Lakes.

NEXT EDITION: Vetrune No. 520 will be published in April 2021

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**COVID 19
LOCKDOWN**

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Times they are a'changin!

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Sunday directors needed

MORE than 700 people are now MAWA members and we need more of them to become Sunday morning race directors.

In mid-July 2020 we did reach 700 members but to attain such a total so early in the membership year is unprecedented. In 2016 when Perth hosted national T&F championships we numbered just under 600.

Sunday morning fields are swelling again now COVID-19 restrictions have eased and our club again welcomes visitors.

Parking can be a bit of a problem at some of our runs, so don't arrive at the last minute and risk missing the start, as did a few members at Piney Lakes!

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



So many of our stalwarts have run events for decades. Dave Roberts reached thirty years at Point Walter this year. His able assistant, Paul Martin, is also nearing his thirtieth as Shark Run director. John Bell directed Perry Lakes for 25 years; as did VW with the GOT.

Call for directors

But a more urgent problem was highlighted at Piney by President Richard Blurton, who told us the club needs at least half a dozen more members to step up and become Race Directors.

Right now, many of the older existing directors are doubling up to cover the shortfall.

At Piney Lakes Paul Hughes and Jim Langford took charge.

Paul, one-time MAWA President, has organised his Mosman run for many years. Jim Langford set up the Roe Run last year and has directed at least four events since the shut-down ended last July!

New members

Of course, many newer members do take on Sunday morning directorships. A quick glance at the programme shows people like Joe Patroni, Liz Gomez and Jason Kell, Haydn Gawne, Gary Wilmot and more who became race directors soon after joining us.

And we thank Nick Franey and Simon McGarvie for responding to the appeal at Piney. Nick will direct the RRC 25km; Simon will do Piney Lakes next year. Thanks to David Adams (taking on the GOT) and many more the club's programmes are thriving. However, we still need more members to help out.

IT'S NOT HARD!

Most of you have experienced Sunday events as helpers.

IF you become the director, a previous director of that run will be around to help you. Here's what you do.

- Arrange collection of the essential equipment a week earlier. Often, you would help at that previous event, and be there anyway.
- A list of helpers is given to you by Jim Langford; contact them and organise their duties; water stations, marshalling, timing and recording etc.

One of our expert timing/recording team is at every Sunday event to help and advise on this aspect.

- Make a timely start and mark the course. Often you will delegate helpers to assist with this.

Occasionally, some people mark the course the night before and check it on Sunday morning.

- When everyone is home and hosed, and start thinking about a report for Vetrune!

That's all folks, just like in the cartoons!



Lynne Schickert doles out the awards - Patron's Trophies to Colin Smith, above, and to Barbara Blurton; and then to BB a clutch of WR 400m certificates for her 72.51 on 12 November; 71.78 on 10 December; and also the AR certificate for 800m on 3 December in 3:03.93. M30 Warren Button, right, received an AR certificate for his 17.76m Weight Throw of 30 July.



PATRON'S TROPHY

WELL done to all those who took part in this year's event and congratulations to the 2020 winners, Colin Smith and Barbara Blurton. Points scored are:

WOMEN

W70	Barbara Blurton	655.02
W50	Jenn Parker	623.52
W40	Dani Fuda	423.28

MEN

M55	Colin Smith	605.80
M70	Geoff Brayshaw	573.28
M40	Rob Nichols	559.99
M30	Matt Dean	477.54
M40	David Adams	453.06

CONGRATULATIONS to all MAWA members up for AMA Awards!

Please go to the club website for all our very worthy nominees -

AMA award nominees

who include World, Australian and State record setters - such as Barbara Blurton, Mandy Mason,

Robert Busi, Sharon Davis, Andrew Duncan, Hans Venter, Warren Button, and Jenn Parker.

Have a weekend away!

COME and enjoy a fun weekend with your fellow runners/walkers on the Labour Day weekend - Friday, 26 February to Monday, 1 March - staying in cabins at the Dwellingup Caravan Park.

There will be a run/walk each morning, yoga classes, plenty of eating, some drinking and lots of fun and laughter.

Cost will be around \$145 per person for the three nights, depending on numbers, and will need to be paid by February 5. Numbers are limited so book early. Contact Elaine on 0421 397 821 or email - danaine@hotmail.com - or see her at one of our Sunday events.

State championships timetable

MAIN WEEKEND

Saturday, 27 March -

Sunday, 28 March

Friday, 12 March

Pole Vault (WAAS)

Sunday, 14 March

5,000m; Outdoor

Pentathlon;

Throws Pentathlon;

High Jump

Thursday, 18 March

10,000m

Thursday, 25 March

2,000m Steeplechase;

3,000m Steeplechase

VALE

Don Frearson

DON, a MAWA member for many years and the top WA sprinter in his age group for the latter part of his running years, died on January 2 after a long life - he was 100.

Bob Schickert writes:

"I particularly recall one year when a group of MAWA athletes were on the same plane going to the AMA Championships. We and the crew of the plane made a fuss of Don as I think it was his birthday, some time in his 80s.

"A quick look at 2003 Perth AMA Championship results shows Don at 83 years placing in M80 100 (3rd) and 200 (2nd) just behind a couple of outstanding athletes from other states who were both in their first year in the age group. Don was a gentleman and always had a good word about others. We missed him when due to age he was unable to continue as an active athlete."

VALE

Christine Oldfield

John and Christine Oldfield - the outstanding MAWA running couple who performed on road and track, organised countless events, founded the T&F Newsletter and wrote the club's celebratory history to mark our 40th anniversary. VW



WITH great sadness that the club reported the passing of Christine Oldfield on December 20 after a sudden heart attack.

I am sure the whole club will want to pass their best wishes to John and their family at this difficult time.

Richard Blurton



AGE-GROUP LEADERS 8KM RUN



1392 Adrian Fabiankovits M35 33:07

2041	Simon McGarvie	M55	34:01
1400	Kevin Johnson	M60	34:53
2134	Gerrit Myburgh	M45	35:03
308	Lachlan Marr	M60	35:16
1864	Martin O'Connell	M50	36:36
1202	Akos Gyarmathy	M65	38:20
1256	Mercurio Cicchini	M70	42:24
512	David Baird	M75	43:31

WOMEN

1943	Sophie Giles	W45	37:17
1716	Elizabeth Gomez	W40	39:10
650	Karen March	W55	40:00
843	Rochelle Airey	W50	44:26
987	Julie Wilson	W65	45:43
1512	Noelene Treen	W60	48:53
1813	Isolde Tietz	W70	57:53
2052	Amanda Wylde	W35	62:55

4KM RUN

741	Ian Cotton	M55	17:22
2054	Xinhuan Yan	M45	20:14
2043	Paul Falconer	M60	22:30
1781	Rohan Thompson	M40	25:39
112	Bob Schickert	M75	29:43
40	John Pellier	M80	30:11
174	Mike Anderson	M70	30:18

WOMEN



1883	Joanna Lloyd	W45	18:12
2042	Heather Longworth	W50	18:55
689	Sandra Stockman	W55	19:02
1963	Loren Gee	W35	34:03



Sophie Giles – stylish finish to win the 8km.



Yan, 1st 4km M45, who told me he's doing loads of distance training – despite a dodgy knee!

ALDERBURY WALKERS

Inspired perhaps by the Scouts' symbol and Be Prepared motto, the front-walkers put on Alderbury's fiercest competition over the national course.



6KM WALK

1704	Melissa Lewis	W30	37:44
1257	Karyn Tolardo	W55	40:00
1231	Wendy Farrow	W50	45:36
1808	Marcela Isabel Ruiz Valdes	W60	47:52
128	Irene Ferris	W65	55:36
111	Lynne Schickert	W75	57:51

MEN

1729	Victor Munoz	M65	41:32
262	Johan Hagedoorn	M75	45:47
1138	Lui Cecotti	M70	46:05
455	Sean Keane	M55	55:49
321	Irwin Barrett-Lennard	M90	57:47
11	Bob Fergie	M85	61:23

4KM WALK

510	Delia Baldock	W55	32:46
99	Peggy MacIver	W75	34:08
1531	Lesley Dowling	W60	36:48
339	Elaine Dance	W65	36:50
295	Julie Wood	W70	47:13

MEN

1624	Haydn Gawne	M70	33:28
1242	Joseph Patroni	M65	34:20
244	John Brambley	M75	36:21



Melissa prepares her overtaking gambit ...



Karyn feels the heat and smells the burning rubber of buggy wheels ...



Pram-spit! Melissa jettisons her buggy and passenger, and surges into the lead!



In the pits, mum takes good care of the baby.



AGE-GROUP LEADERS 10KM RUN

		TIMES
798	Kim Thomas	M45 40:25
1726	Jerry Peters	M40 40:58
2041	Simon McGarvie	M55 40:58
1953	Pragalathan Subramanian	M60 43:03
755	Bob Lane	M70 44:28



2104 Navin Ganeshanandan M35 45:40

1202	Akos Gyarmathy	M65 47:49
1450	John Ranger	M50 49:09

WOMEN



1833 Sally-Anne Smith W40 51:13



843 Rochelle Airey W50 53:25
987 Julie Wilson W65 56:01

1393 Lori Sexton W55 57:10



2102 Helen Lumsden W45 58:31
2107 Madeline Radstock W60 1:06:05

DECEMBER 13, 2020
Directors: Karen & Peter March

PETE and I arrived to set up at 5.30am, Maurice Creagh arrived with the clock minutes later.

Andrew Grosas was also very early, they both quickly had the clock and chute sorted.

Pete was able to get on his bike and mark the course.

I welcomed the other volunteers and showed them to their location on the course.

Having such obliging volunteers willing to do things they haven't done before (Nick), our job is so easy and enjoyable. Thank you all, we couldn't do it without you.

We had a record turn out 125 runners and walkers combined. Maybe due to the cool moist conditions. See you all again next year.

Karen March



He never sleeps - Maurice the super-helper and clock carrier!

Woodman Point

5KM RUN

2134	Gerrit Myburgh	M45	20:02
1400	Kevin Johnson	M60	20:48
1342	Alex Tinniswood	M35	21:14
807	Rod Hamilton	M55	21:30
106	Paul Hughes	M65	25:29



1226	David Adams	M40	25:42
1256	Mercurio Cicchini	M70	25:53
512	David Baird	M75	26:13
1362	David Boyd	M50	27:32
2	David Carr	M85	31:57
110	Merv Jones	M80	37:49

WOMEN



689	Sandra Stockman	W55	23:30
406	Chris Pattinson	W65	27:19
1313	Cassie Hughes	W45	27:51
1661	Liz Bryson	W70	29:16
2106	Anubha Baird	W50	30:17
1961	Sofia Dumlao	W40	30:28
1523	Ngaio Kerr	W50	32:19
1828	Phillippa Bennett	W60	37:10
2052	Amanda Wylde	W35	38:07

10KM WALK

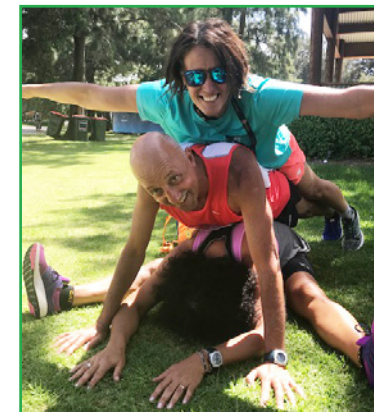
262	Johan Hagedoorn	M75	1:12:50
74	John Bell	M75	1:20:27
5KM WALK			
1257	Karyn Tolardo	W55	31:18
1704	Melissa Lewis	W30	32:35
99	Peggy MacIver	W75	39:09
339	Elaine Dance	W65	39:16
1508	Sue Hamilton	W60	40:57
2090	Umesha Subramanian	W50	50:21

MEN

174	Mike Anderson	M70	36:57
1944	Steve Travell	M65	41:35
244	John Brambley	M75	42:24
455	Sean Keane	M55	44:42
11	Bob Fergie	M85	48:31



Ian makes pre-race check of Sophie; declares her well-fit. Mike asks, Why can't I get that job? Delia is deaf to all pleas. Left: changing babies at Vet runs - what next? Buggy racing? Right, count the hands!



Look, Mum ... NO HANDS!

Online UK Wordplay

I RECENTLY discovered the *Daily Drone*, which is compiled by ex-Fleet Street hacks who have nothing better to do. It's like an online retirement home for (mainly) blokes who enjoy wordplay.

Many of their utterances are sports-based, so I feel justified in recommending the site - daily-drone.co.uk - to *Vetrun* readers. For instance:

ON YOUR MARX

Sir - The well-known philosopher Karl Marx is, rightly, a household name. But now I read that his sister, Onya, also has a claim to fame: she was instrumental in the development of the starting pistol.

I wonder what comment that would elicit from the distin-

guished actor Michael Caine were he to be informed?

Freddie Steady-Goshanks

Bloopers!

Errors made by online broadcasters elicit glee at the *Drone*. I can't reprint the most salacious; here are some of the less-vulgar.

- 'Ah, isn't that nice ... The wife of the Cambridge President is kissing the cox of the Oxford crew ...' (Harry Carpenter at the Oxford-Cambridge boat race, 1977.)

- 'There goes Juantorena down the back straight, opening his legs and showing his class.' (Ron Pickering)
- 'And this is Gregoriava from Bulgaria ... I saw her snatch this morning and it was amazing!' (Pat Glenn, weightlifting commentator)
- 'Stephen Hendry jumps on Steve Davis's misses every chance he gets.' (Mike Hallett discussing missed snooker shots on *Sky Sports*)



JANUARY 3, 2021
Director: John Fisher

AGE-GROUP LEADERS

12KM RUN

		TIMES
Andrew McLeish	M35	44:55
Drew Langford	M40	48:57
Simon McGarvie	M55	49:35
Paul Watson	M50	50:07
Gerrit Myburgh	M45	53:04
Chris Maher	M65	55:43
Bob Lane	M70	55:44
Peter March	M60	56:19
James Hadfield	M30	1:07:19

WOMEN

Jessica Smith	W30	51:46
Clare Wardle	W45	52:41
Vanessa Carson	W40	52:54
Sue Zlnay	W60	57:02
Pamela Thonell	W50	58:34
Karen March	W55	1:01:10
Chris Pattinson	W65	1:05:55
Theresa Howe	W70	1:26:41

5KM RUN

Ian Cotton M55 21:51



Darren Sugars M50 23:23
Ralph Henderson M70 23:26



Gavin Bain M50 24:15
Matthew Dunstan M40 24:22
 Mark Hewitt M65 25:24
 Bert Carse M75 26:24
 Bob Colligan M60 29:34
 John Pellier M80 34:58

WOMEN



Nicole Cole W40 23:11

CONTINUES - PAGE 9



The NY event set a record (probably) for the greatest number of potential directors. Fittingly, experienced John Fisher finally took command and we thank him and his team, who were drilled to military precision. The day even had two starts – both pictured (left) – to ease congestion.



Melissa brought her urn to the party, but nobody asked her to play! (No power, we suppose.) Didn't matter, she and her team provided another fine welcoming breakfast after the event.



5KM RUN - CONTINUES

Gayle Craft W65 27:58
Liz Bryson W70 29:11



Anita Cipriano W50 29:29
Ruth Metcalf W55 30:27
Madeline Radestock W60 31:12
Stephanie Manuel W45 32:42



Bridget Carse W75 34:43
Amanda Wylde W35 35:34
12KM WALK
Karyn Tolardo W55 1:18:57
Victor Munoz M65 1:19:08
Johan Hagedoorn M75 1:29:28
5KM WALK
John McDonagh M70 32:50

The stretch-show, as entertaining as ever: from left we have the traditional achilles; then the CAN-CAN't; above - the Morecombe and Wise side-kick, with inset skip; next the knees-up Mother Brown; and finally, the graceful overarm googly.



John Brambley M75 40:38
Sean Keane M55 43:09
Michael Cyran M45 46:50
Bob Fergie M85 47:52
Heiner Huning M60 51:30
WOMEN
Wendy Farrow W50 33:15
Delia Baldock W55 38:01



Irene Ferris W65 40:27
Lesley Dowling W60 40:33
Marg Forden W75 43:44
Maja Zivanovic W30 47:30
Julie Wood W70 48:14



Paul Martin (left) with Heiner Huning, who made a welcome return to the Lists (1st M60 5km Walk) while listing a bit on his stitched-up achilles.

Point Walter



Giantkiller? Amanda Walker, above, 1st woman, 5km in 20:53. Vanessa Carson, left, 1st woman, 10km in 44:28. Ross Langford, right, 1st man, 5km in 18:27. Top right, Bob Lane and Steve Hossack, a second apart in the 10km.



JANUARY 10, 2021
Director: Dave Roberts

AGE-GROUP LEADERS

10KM RUN

Chris Gould	M45	34:48
Andrew McLeish	M35	37:46
Martin O'Connell	M50	43:02
Steven Hossack	M60	45:59
Bob Lane	M70	46:00
Ian Carson	M65	49:03
Russell Smith	M55	57:16
Leon Mitchell	M40	1:12:04

TIMES

WOMEN

Vanessa Carson	W40	44:28
Clare Wardle	W45	46:27
Sandra Stockman	W55	49:12
Pamela Thonell	W50	49:16
Lauren Anderson	W35	54:00
Julie Wilson	W65	58:44
Noelene Treen	W60	1:04:44
Rachel Greaves	W30	1:14:34

5KM RUN

Ross Langford	M40	18:27
Paul Watson	M50	19:20
Kevin Johnson	M60	20:21
Chris Maher	M65	21:01
Rod Hamilton	M55	22:05
Patrick Jones	M45	24:16
Alan Perrella	M35	24:45
Jim Klinge	M70	26:41
James Hadfield	M30	27:33
Bruce Wilson	M75	28:18

WOMEN

Amanda Walker	W55	20:53
Dee Roe	W50	21:41
Joanna Lloyd	W45	22:44
Ceri Morton	W35	28:50
Sue Hamilton	W60	28:59
Liz Bryson	W70	29:01
Barbara Putland	W55	33:21
Kerry Bickers	W60	34:06

10KM WALK

Melissa Lewis	W30	57:13
Victor Munoz	M65	1:06:44
Johan Hagedoorn	M75	1:14:29

5KM WALK

Karyn Tolardo	W55	35:25
Marcela		
Isabel Ruiz Valdes	W60	37:29
Elaine Dance	W65	41:01
Lynne Schickert	W75	48:42
Sofia Dumlao	W40	51:52
Roselyne Pillay	W70	55:37

MEN

John McDonagh	M70	35:31
Jason Kell	M45	40:30
John Brambley	M75	42:28
Sean Keane	M55	43:03
Mike Hale	M70	43:05
Gary Fisher	M65	43:07
Heiner Huning	M60	50:14
Bob Fergie	M85	52:28

Piney Lakes



JANUARY 17, 2021
Directors: Jim Langford &
Paul Hughes



Thanks to Jim and Paul, Piney
Lakes went well.

AGE-GROUP LEADERS 8KM RUN

1954	Andrew McLeish	M35	28:37
798	Kim Thomas	M45	30:21
2041	Simon McGarvie	M55	30:54
1726	Jerry Peters	M40	31:11
796	Steven Hossack	M60	34:19
1111	Ian Carson	M65	36:24
2028	Anthony Wilson	M50	38:24
512	David Baird	M75	39:54
1256	Mercurio Cicchini	M70	40:37
2015	Frederick Smart	M85	47:25

WOMEN

1255	Clare Wardle	W45	32:26
1445	Vanessa Carson	W40	33:10
650	Karen March	W55	37:31
2181	Lauren Anderson	W35	40:37
843	Rochelle Airey	W50	40:46
406	Chris Pattinson	W65	41:57
2107	Madeline Radestock	W60	49:35
481	Theresa Howe	W70	52:44

'Hold that dog!'
Frontrunners, above, are
Gerrit Mayburgh, Andrew
McLeish, Kim Thomas, and
Simon McGarvie.
Left, Karen March 1st 8km
W55; far left, David Baird,
1st 8km M75; and right,
Simon McGarvie, 1st 8km
M55.



Piney Lakes



Rare challenge for our young visitor by David Adams; but Ian Cotton, above, was 1st 4km runner.

Below, 1276 Tina Franklin, 1st 4km W55; and 1926 Gayle Craft, 1st 4km W65.

Right – quite a debut by Fred Smart, in the 8km, in 47:25! Fred is M85 and we believe Piney Lakes was his first run as a member.

PINEY LAKES WALK

8KM WALK

1729	Victor Munoz	M65	49:58
1138	Lui Cecotti	M70	53:28
262	Johan Hagedoorn	M75	54:33

WOMEN

1856	Justine Stewart	W30	59:21
1852	Stephanie Manuel	W45	1:04:51
339	Elaine Dance	W65	1:05:18
1531	Lesley Dowling	W60	1:05:19

4KM WALK

1808	Marcela Isabel Ruiz Valdes	W60	27:45
1716	Elizabeth Gomez	W40	29:22

510	Delia Baldock	W55	29:25
111	Lynne Schickert	W75	33:50
1515	Sandra Keenan	W50	39:41
2080	Maja Zivanovic	W30	40:19
2089	Suzanne Renton	W70	40:30
1143	Gail Castensen	W65	41:54

MEN

174	Mike Anderson	M70	27:58
1487	Jason Kell	M45	29:21
2059	David Gardiner	M75	31:17
455	Sean Keane	M55	33:30
227	Gary Fisher	M65	33:35
824	Heiner Huning	M60	39:12



4KM RUN

741	Ian Cotton	M55	16:28
1226	David Adams	M40	17:29
762	Mark Hewitt	M65	19:30
139	Jim Klinge	M70	19:46
1689	Nick Franey	M60	21:14
194	Ivan Brown	M75	23:52
40	John Pellier	M80	27:31

WOMEN

1910	Nicole Cole	W40	18:06
1926	Gayle Craft	W65	21:13
1276	Tina Franklin	W55	21:18
928	Sandra Rourke	W50	22:17
1137	Carmel Meyer	W60	23:09
1813	Isolde Tietz	W70	24:09
1963	Loren Gee	W35	30:17
V21	V21		41:01





The sun is always in your eyes Akos. I said we should go the other way! VW

JANUARY 24, 2021

Director: Akos Gyarmathy

HELPFUL guidance sheets MAWA's committee provides to all Race Directors advises that the course needs to be checked prior to the event in case there have been some changes. Well, this year there were!

Only about two weeks ago, in the course of re-verifying the course distance, I noticed a large housing development had just started with large fences blocking the footpath used for the 10km participants. As the fencing was directly opposite the Maylands police station, it was obvious that the option of scores of athletes running 200 metres along the roadway would not be sensible.

That meant that this year all those covering 10km had to repeat the 5km course.

I didn't think too much of that, but obviously a number of the people had, exclaiming that now that meant they had two hill climbs en route rather than a single one. I, perhaps unhelpfully, responded that meant that they could now enjoy two downhills.

I do want to extend a special thanks to all the helpers who had volunteered for this event. They did a great job. For some

that meant putting up with heaps of mosquitoes that are plaguing Perth, and especially Maylands, near the river this year.

How far?

The event itself? The event was well patronised and went off without a hitch. After weeks of weather above 30°C and often well above that, it was great that the forecast for the Australia Day Run was for a max of only 25°C (well down on the 35°C from last year). Okay, some humidity, but

the lower temp was welcome.

Finally, a point about the measured course distance. In my pre-event address, I had mentioned that I had used numerous devices to check the course distance and would appreciate feedback from members about what their running watches told them.

The feedback was that whilst there was a little variation (up to 50 or so metres over 10km), quite a number came in with exact, or very close to, the course distance.

Akos

Helpers – thanks!



Australia Day run

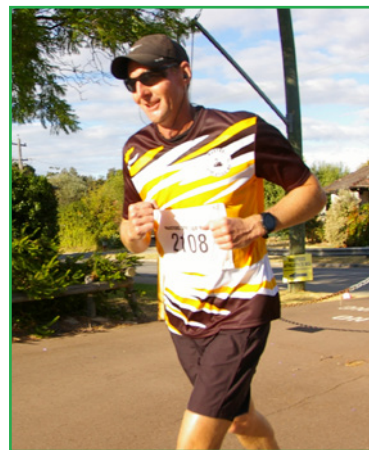
AGE-GROUP LEADERS

10KM RUN

798	Kim Thomas	M45	39:36
2041	Simon McGarvie	M55	40:56



1702 Stephen Helm M60 45:33



2108	Darryl Downing	M40	45:50
1342	Alex Tinniswood	M35	47:19
1111	Ian Carson	M65	48:12
278	Keith Miller	M70	49:53
512	David Baird	M75	53:51



1655 Jonathan Lester M50 58:56

WOMEN

1255	Clare Wardle	W45	45:46
689	Sandra Stockman	W55	48:48



1716 Elizabeth Gomez W40 53:13
843 Rochelle Airey W50 56:14



987 Julie Wilson W65 57:17
1512 Noelene Treen W60 1:04:06

5KM RUN



2003 Paul Watson M50 20:01



1726 Jerry Peters M40 20:18
1400 Kevin Johnson M60 21:47
178 Ralph Henderson M70 24:16
743 Ross Keane M55 24:43
186 Bert Carse M75 25:42



2054 Xinhuan Yan M45 28:47
227 Gary Fisher M65 38:06

WOMEN



1867 Melinda Evans W40 22:36



1862 Ceri Morton W35 27:06
1926 Gayle Craft W65 28:16
1276 Tina Franklin W55 28:20
928 Sandra Rourke W50 29:41
1813 Isolde Tietz W70 32:22
2159 Kerry Bickers W60 33:39

10KM WALK

1729 Victor Munoz M65 1:07:38
262 Johan Hagedoorn M75 1:12:40
339 Elaine Dance W65 1:20:42



1883 Joanna Lloyd W45 22:39

5KM WALK

1704	Melissa Lewis	W30	30:14
1808	Marcela Isabel Ruiz Valdes	W60	35:55
510	Delia Baldock	W55	38:03
99	Peggy MacIver	W75	41:14
1301	Erika Blake	W65	44:01
2115	Kaye Kemter	W40	51:56
295	Julie Wood	W70	52:13

MEN

1110	John McDonagh	M70	34:22
74	John Bell	M75	38:52
455	Sean Keane	M55	41:14
824	Heiner Huning	M60	46:58
347	Neil McRae	M65	59:11



Johan

Age Graded Handicaps



LOCKDOWN

Watch the website!

AS this edition of Vetrin goes online, and to print, our future race programme is in some doubt. However, let's hope the present trend, with zero community transmission, continues and our meetings can return to normal.

With the lockdown imposed the club immediately cancelled T&F meetings and training; postponed entries for the State Championships until February 6; and advised all members to study the club website for updates, especially regarding the Friendship Run scheduled for Sunday, February 7.

OUR Age-Graded Handicap event was held a few hours before Perth went into a snap COVID-19 lockdown, at 6pm on the last day of January.

Conditions were warm but didn't deter 81 competitors (out of 159 overall) attempting the 8km trophy event. Everyone else did either the 5km run/walk or 8km walk.

For the Age-Graded event you run off a handicap time calculated by your age and gender, rather than previous performance.

JANUARY 31, 2021

Directors: Jason Kell & Elizabeth Gomez

This gives older runners an advantage over the younger ones – but it's tough on ordinary mortals who are unlucky enough to be born in the same year as Jim Langford!

Thanks go to Jason Kell and Liz Gomez and their helpers for their endeavours; and to Liz and Mark Hewitt who each provided pictures of this event.

Congratulations to 2020 winner

8KM HANDICAP RUN

		Clock Times	Handicap	Run Times
2003 Paul Watson	M50	46:14	14.57	31.17
1400 Kevin Johnson	M60	46:33	12.41	33.52
220 Giovanni Puglisi	M70	47:03	11.02	36.01
2041 Simon McGarvie	M55	47:21	14.31	32.50
650 Karen March	W55	48:27	8.59	39.28

Paul Watson – who proved that one handicap win doesn't necessarily rule you out for life – and becoming the 2021 champ!

Ever-reliable Karen March cemented her recent return to form as winner of the women's trophy, just ahead of Sandra Stockman, the 2019 winner. Clare Wardle was third placed female.

5KM HANDICAP WALK

		Clock Times	Handicap	Run Times
99 Peggy MacIver	W75	45:07	6.12	38.55
321 Irwin Barrett-Lennard	M90	45:48	0.00	45.48

As usual, full results are on the website.

5KM RUN

745 Mark Dawson	M55	22:32	22.32
1256 Mercurio Cicchini	M70	23:52	23.52
2196 Akiva Kremnizer	M35	24:36	24.36
106 Paul Hughes	M65	24:40	24.40
49 Mike Khan	M75	31:28	31.28
1781 Rohan Thompson	M40	32:16	32.16
40 John Pellier	M80	35:49	35.49

WOMEN

1926 Gayle Craft	W65	27:06	27.06
1661 Liz Bryson	W70	28:54	28.54

1961 Sofia Dumlao	W40	31:01	31.01
1323 Silke Peglow	W50	33:32	33.32
1218 Ginny Mulvey	W60	35:42	35.42
2022 Jenny Hogg	W55	35:53	35.53
1722 Liz Dewhurst	W35	49:07	49.07

8KM WALK

262 Johan Hagedoorn	M75	59:59	59.59
1856 Justine Stewart	W30	1:01:47	61.47
251 Mike Hale	M70	1:19:38	79.38
2054 Xinhuan Yan	M45	1:19:40	79.40

Where you're HELPING!

February 14

Woodbridge

(Race Director: Delia Baldock - 0418 935 040)

* pictured, far right, contesting a finish with David Carr!

Michael Khan, Arnold Jenkins, Adrian Fabiankovits, Roselyn Pillay, Isolde Tietz, Peter Tietz, Gayle Craft, Chico Subramanian, John Herzfeld, Umesha Subramanian



March 14

3Ps

Race Director: Lachlan Marr - 0497 069 216

Margery Forden, Adrian Fabiankovits, Maryanne Marr, Zora Harvie, Victor Munoz, Betty Kooy, Michael Pascoe, Shalini Watson, Suzanne Farcich, Lizelle Smith, Greg Smith, Navin Ganeshanandan

March 21

Lake Monger



Race Director: Kim Thomas - 0414 362 473

Irene Ferris, Keith Miller, Carolyn Fawcett, Robert Fawcett, Monique Thomas, Lui Cecotti, Clare Wardle, Russell Smith, Mark Kerr, Ngaio Kerr, Stephen Helm, Thomas Tolchard

April 11

Perry Lakes

Race Director: Mark Hewitt - 0447 914 971

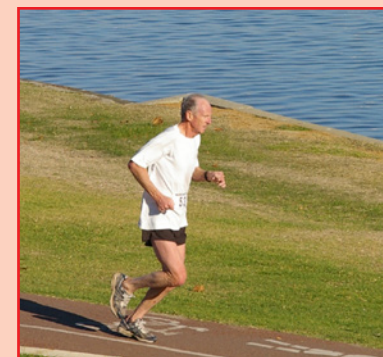
John Bell, Irwin Barrett-Lennard, Ian Carson, Carmel Meyer, Bob Britton, Zane Walsh, Sulette Le Roux, James Hadfield, Hairi Yusuf, Brian Greenhalgh, Xinhuan Yan, Madeline Radestock

April 4

The Roe Run

Race Director: Jim Langford - 0401 916 925

Margaret Langford, Jim Klinge, Frederick Langford, Sandra Rourke, Mandy Mason, Roberto Busi, Betty Kooy, Hugh Lloyd, Brett Bowker, Raquel Bebbington, Paul Bebbington, Lizelle Smith, Greg Smith



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 and we'll add it to this feature. Send to 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.

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

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

FRIDAY

6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or 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 parkrun - go online to 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 or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.

February 21

Yokine

Race Directors: A. & P. Greenwood-Jones - 0403 860 266

Margaret Bennett, Julie Storey, Kathy Skehan, Haydn Gawne, Stephen Helm, Rhonda Newburn, Hairi Yusuf, Brett Montgomery, Melanie Montgomery, Xinhuan Yan, Heather Uren, Paul Highway

March 7

Joondalup

Race Directors: Mark & Yvette Dawson - 0438 408 563

Michael Anderson, David Baird, Joanne Richardson, Martin Watkins, Pamela English, Geoff O'Brien, Jeremy Murray, Carey Taylor, Steven O'Kelly, Suzanne Renton, Marie Pennock

February 28

McCallum Lakes

Race Director: Joe Patroni - 0412 386 486

Lesley Romeo, John Talbot, Carmel Meyer, Samantha Farman, Lourens Jacobs, Nick Franey, Melissa Lewis, Conny Brieden, Deborah Franey, Chico Subramanian, Diane Seager, Umesha Subramanian, Vynka Cridge

