

VET RUN



No. 521
JUNE 2021



NEW RUN

Shelley Foreshore

MAY 23



Cover – the new Shelley riverside event

NEXT EDITION: Vetrun No. 522 will be published in August 2021

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CONGRATULATIONS to Barbara and Delia for winning AMA awards. Barbara's was for the Most Outstanding Performance and Delia's for Administrator of the Year.

10km Track Handicap

APRIL 22, 2021

McGillivray Oval

Clare was fastest, John won it.

	Clock	H/cap	Time
1 John Fisher	64:12	15:26	48:46
5 Clare Wardle	65:51	25:00	40:51

The Run that Time for-GOT

You write ...

Dear editor, For 25 years I organised a run for our old-timers club, the Guess Own Time event, generally known as the GOT.

Contestants cover a cross-country course and the winner is the person closest to his/her pre-race guess of own time. No watches, calendars or metronomes may be worn. The trophy which I made for the event (picture attached) is unique.

The event is coming up again in August and I hope you will be reporting it as usual in Vetrun.

Walk Legends?

I HAVE compared last month's Roe Run results with a club 15km of 1995.

In that event, you will be fascinated if not amazed, to know that Paul Martin and John Mison walked five and a half minute pace.

That pace was faster than two thirds of the Roe event's 15km RUNNERS!

OK, I know, it's the Grumpy Old git syndrome – but I have the figures to back it up. Seventeen of the 1995 field ran an hour or less for the 15km. Even I did.

At the Roe nobody bettered 62 minutes!

Paul's 1995 walk pace (as an M50) is now unheard of. Melissa Lewis, W30, was quickest at Roe with 64 minutes for 10km.

"And you tell kids that today and they wouldn't bloody believe yer."

May I suggest a headline?

Sadly, you can only use it if some absolute swine wins, and unfortunately I don't think there are any of those in Masters.



GIT GETS GOT

Yours sincerely,
Despondent of Wembley Downs



WHEN I arrived at Gary's annual Nedlands nightmare this year I spotted a sign beyond the accursed wire which seals the riverside path. It turned out to apply 'freestyling on jet-skis' (illegal, it seems). Nothing about fences, or work in progress.

Gutted!

Added to the sign was a warning, about algae in the water. We're warned not 'to eat mussels, or crab guts' caught there.

Nanny state! When I feel the craving for a slap-up feed of crab guts, no bloody fence is going to stop me!

Arthur was everywhere

ANZAC Day was a subdued affair in Perth for a second year, with our brief lockdown falling on that weekend. But Arthur Leggett, our club's oldest living, long-time, now ex-member, was everywhere. At 102-years he has become the media's man-to-go-to at ANZAC time. On ABC radio Arthur talked of his wartime experiences and four-year imprisonment in Germany.

He last visited Masters when Brian and Marg Bennett brought him to the Darlington Dash for a celebration of his 100th birthday.



He now lives in a small retirement village and sounded as sharp and alert on air as ever. No surprise to me – the man who famously said, "If you can't beat them, outlive 'em!" – is certainly doing that in style.

Who were the Three Ps?

Vic

THE event was named by former very good athlete, now avid bike rider John Pressley, when on the MAWA committee and looking after Sunday events.

3 P's stands for the three points of the run.

It starts at Pt Walter, passes Pt Dundas (where the Majestic Hotel used to stand) and the turn is just before Pt Heathcote.

Bob Schickert

Thanks Bob. I have received suggestions for Patience and Prudence (great singing duo) and Pansie but defer to your historical knowledge. VW



I'VE never been a page 3 spread. Page 5 is as good as it gets.

Silke Peglow (Bunny Girl wannabe, who took an early look at the Roe Run page on the club website.)

Hi Vic

JUST enjoying another Vetrin. I notice the question on 3P's I am sure the oracle (Bob? - yep) has already answered your question.

But it's because of Points Walter, Dundas, Heathcote. The latter, Heathcote, is named after a Captain Stirling midshipman, surname Heathcote. Of course, they sailed past it up the river to Perth.

Keep up the great work. Cheers.

Keith (Atkinson)



Keith

Hi Vic

I RECEIVED an email from John Oldfield last week, mentioning that he is returning to live permanently in Perth. He has family living in the northern suburbs and hopes to be here in October or November.

Jackie Halberg

John and Christine Oldfield were always a huge asset to our club and I am proud to recall proposing them for life membership. It's sad that John and the family lost Christine so unexpectedly and I'm sure we all hope that a return

you WRITE



Bob Hayres, pictured above before the world went into colour, set off an internet 'origins' discussion which I have condensed here for Vetrin. VW



John

to WA will help alleviate their loss. VW

Which was our club's first meeting?

Hi Vic, WOULD you or the club have a record of a meeting that took place at McCallum Park on May 19, 1974? As I recall, this meeting elected the club's first President - Keith McDonald - and others to launch the WA Veterans Athletic Club.

Newsletter No. 1 makes mention of a 3km run on that same day, suggested by John Gilmour.

So, would that be the birthday of WAVAC?

Bob Hayres

Bob was there in response to a sports page ad, in the West or Sunday Times (May 18-19, 1974) inviting 'aged athletes' to attend.

The total attendance of the meeting is shown in a list of 3km runners (see pic).

Writes Bob:

"After the meeting John Gilmour suggested a 3km run around McCallum Park.

"I remember this so well because I went from a 'run around the block' hack to competing against world experienced athletes. I finished a slow last of 16. From that day on I was hooked."

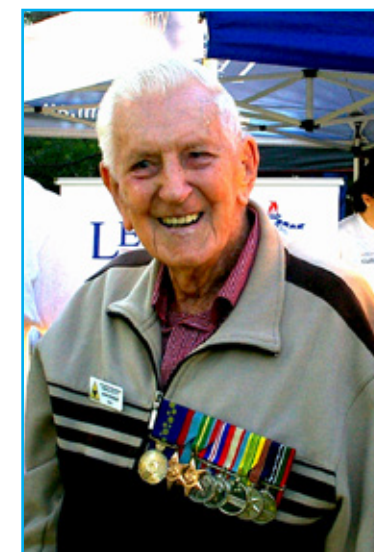
Alternative dates a meeting to form the club, comes from Bob Schickert's research. According to Christine Oldfield's book of our club's history:

"By 1972, Cliff, John and Colin had been joined by several other veterans, including Jack Collins, on their regular runs at McCallum Park. The group remained informal until 1974."

But ...

"There appears to be no surviving written record of the meeting at which a committee was formed and memories vary as to timing and attendees. John Gilmour, in his eulogy at Dick Horsley's funeral in 1996, said 'It was in 1974 when I rang Dick for support to start the Veterans Athletic Club - which he gave.'"

PAGE 4 ►



John Gilmour

you WRITE

In another book, *A History of the Veterans' Athletics Movement in Australia*, Gloria Seymon quotes Dick Horsley's written recollection from 1992:

"April 1974 saw the inaugural meeting to form the WA Veterans with seven people turning up. These were Cliff Bould, David Carr, Jack Collins, John Gilmour, Jim Smith and Dick Horsley." That only comes to six, so it's a guess as to who Dick thought the seventh was."

On April 20 and 21, Cliff and Dick had both been in Sydney competing in the second Australian Veterans Championships. This suggests that meeting probably took place in the last week of April.



Cliff Bould, one-time British Olympic team coach, running at Coker Park as an M75.



Dick Horsley in 1984.

Gloria quotes David Carr saying the venue was "under a tree, at McCallum Park, Perth". According to others' recollections, there might have been any number between seven and ten people in attendance but it is generally agreed that they included Cliff Bould, David Carr, Jack Collins, John Gilmour and Dick Horsley.

Subsequently, Dick nominated Keith McDonald as president. Keith was a member of Canning AC and "competed on Leederville Oval track at the same time as up and coming youngster Herb Elliott".

According to David Carr, Dick was the logical candidate but "argued that we were aiming at a younger demographic than his".

Writes Bob:

"Whatever the date of the meeting and the number in attendance, the Club was finally born before the middle of 1974. It's interesting that both AAVAC and WAVA, the national and world veterans' bodies, were also formed in 1974."

RUNNING in 1995 was a competitive period for the 60 to 65-years old Vets.

Not only running but more importantly - poetically.

Inspired by a poem I had read to my children I challenged my friends in pain with 'Mad Mick's Mates'.

Mad Mick Cousins responded with 'Mad Mick's Revenge'.



George

Dear Editor

REGARDING your continual whinge about lack of letters, the fact that you don't get overwhelmed with letters to the editor probably means people are quite happy with the Vetrun.

Rob Shand and Bob Hayres carried on digging add this postscript. They conclude that as the President was elected that day, which Bob recalls, it probably would be the first official meeting. But there is an error in the Newsletter report ...

Poetry in motion

David Carr then wrote, "Who'd have thought the old man had so much ink in him."

Vic, thanks for your interest in these forgettable but interesting curiosities.

George Schaefer

You could find the poems in the Vetrun archive. Vetrun No 266, December 1995 carried 'Mad Mick's Revenge'. George Schaefer's 'Mad Mick's Mates', the initial poem, was 'probably' in the Vetrun of November 1995. Finally, David Carr's response was written and dated in December 1995 (probably, says George) who also suggests it was 'circulated privately'.

More 'poets' revealed by George: right, Dick Blom, below, Robin Bonner.



Romantic poet? right, 'DM' Dalton Moffett.



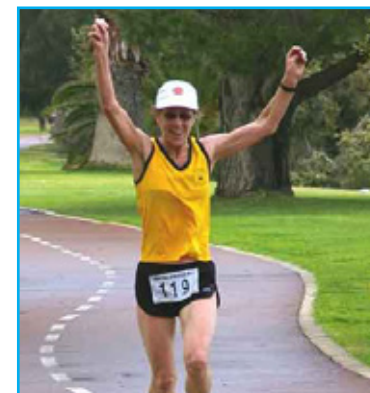
You know what runners are like, they'll scan the race results looking for their own name, browse the rest and never think of passing on their thoughts to the bloke slogging away to find interesting and relevant articles for their edification.

Some must read it because even

though I rarely come to Sunday runs, I had a few comments about my hotel quarantine article.

Margaret Langford

I'm so desperate for letters I've even used this one. Ed.





APRIL 4, 2021 Director: Jim Langford

AGE-GROUP LEADERS

15KM RUN

2184	Glenn Rogers	M55	64:11
1864	Martin O'Connell	M50	64:25
1400	Kevin Johnson	M60	66:27
2134	Gerrit Myburgh	M45	67:07
784	Grahak Cunningham	M40	68:35
755	Bob Lane	M70	69:27
1202	Akos Gyarmathy	M65	74:08

WOMEN

1445	Vanessa Carson	W40	69:27
650	Karen March	W55	64:45
987	Julie Wilson	W65	66:20
2109	Mell Sieczka	W45	91:43
1515	Sandra Keenan	W50	93:03

10KM RUN

2179	Jessica Smith	W30	44:28
689	Sandra Stockman	W55	47:45
843	Rochelle Airey	W50	54:20
1720	Anne Young	W45	57:21
1422	Carolyn Stephens	W65	57:51

MEN

1342	Alex Tinniswood	M35	45:12
2212	Marcus Callum	M50	52:15
512	David Baird	M75	54:28
454	Mark Sivyver	M70	56:13
198	Keith Atkinson	M60	57:11
1653	Phil Jowett	M55	57:23
2054	Xinhuan Yan	M45	66:20

5KM RUN

1226	David Adams	M40	20:31
743	Ross Keane	M55	24:10



762	Mark Hewitt	M65	25:37
1351	Randy Hobbs	M60	27:42
49	Mike Khan	M75	32:22
40	John Pellier	M80	35:42
627	Richard Blurton	M70	38:31

WOMEN

1926	Gayle Craft	W65	28:47
2112	Audra Rimmer	W50	29:25
1994	Lorna McGavock	W45	30:03
119	Margaret Langford	W70	30:15

1961	Sofia Dumlao	W40	31:32
2107	Madeline Radestock	W60	31:49
1260	Melinda Fisher	W55	36:03

15KM WALK

251	Mike Hale	M70	123:59
339	Elaine Dance	W70	128:29

10KM WALK

1704	Melissa Lewis	W30	64:29
2080	Maja Zivanovic	W30	69:38

UHnnh – What's up, Silke?

Not a typical start picture, but Silke Peglow always takes a witty line!

(No bunnies, or teeth, were harmed in the making of this picture, folks.)

5KM WALK

262	Johan Hagedoorn	M75	35:15
1110	John McDonagh	M70	35:20
1944	Steve Travell	M65	42:10
455	Sean Keane	M55	43:03
248	Rex Bruce	M80	43:30

WOMEN

510	Delia Baldock	W55	38:18
111	Lynne Schickert	W75	48:06
513	Jo Richardson	W65	51:52
47	Joan Pellier	W80	54:34
1599	Alicia Edwards	W45	54:58
1722	Liz Dewhurst	W35	58:21



Mark Sivyver

Perry Lakes





TENT TALK

Our shelter isn't in the regular race kit and was shrewdly arranged by Director Mark Hewitt (left). "Double-cyclones threatened so I called John Fisher, who said Jim Langford had the tent. Jim had a friend deliver it to Perry Lakes. It's now drying in my garage, for return to Jim at the Bold Park GOT on April 25 - which will be handy if it's wet that day!" Teamwork folks, it's why you pay your subs!



Volunteers - ta!

HOW much praise can be heaped on the volunteers who make our club work? Too much is never enough. While we were out enjoying that first hint of winter that only a cyclone threat brings, they dragged on the oilskins and brave faces to set-up, score, announce, marshal and proffer water to sodden competitors. One man and his dog went the extra metres. I witnessed Mark Comber using a dishpan to throw woodchips onto the soggy, muddy chute run-in. Or perhaps he was covering-up a Fido indiscretion? Nah, he's a hero.

Thanks go to all of the organisers and volunteers, at Perry Lakes and all our events, because without them Masters simply wouldn't exist.



1st Sophie Giles, 10.5km winner; 2nd, that tree; 3rd Ian Cotton, 7km winner.



Just remind me ... we're standing here in the rain because ... this is fun, right?

John 'Super' Pellier, the club's top semi-nudist (right) would say 'yes'. Like few others he hates running in the heat.



APRIL 11, 2021
Director: Mark Hewitt

AGE-GROUP LEADERS

10.5KM RUN

1943	Sophie Giles	W45	46:12
650	Karen March	W55	50:35
843	Rochelle Airey	W50	57:20
987	Julie Wilson	W65	58:10
1512	Noelene Treen	W60	1:06:02
1682	Jo Shelley	W40	1:07:32
967	Carolyn Fawcett	W70	1:21:41

MEN



1864	Martin O'Connell	M50	43:39
796	Steven Hossack	M60	47:00
1707	Andrew Grosas	M55	49:39
1202	Akos Gyarmathy	M65	49:50
755	Bob Lane	M70	51:33
1600	Paul Edwards	M45	52:48
1960	Leon Mitchell	M40	58:47

7KM RUN

741	Ian Cotton	M55	30:00
1874	Michael Pascoe	M60	36:05
512	David Baird	M75	37:54
175	Brian Bennett	M70	43:40
1781	Rohan Thompson	M40	48:17
40	John Pellier	M80	51:42

WOMEN

928	Sandra Rourke	W50	42:27
1961	Sofia Dumlao	W40	46:33
481	Theresa Howe	W70	47:37

3.5KM RUN

1226	David Adams	M40	14:00
2212	Marcus Callum	M50	17:01
1487	Jason Kell	M45	17:17
1351	Randy Hobbs	M60	17:30
530	Peter Hopper	M75	22:23

WOMEN

1716	Elizabeth Gomez	W40	19:09
1994	Lorna McGavock	W45	21:19
739	Margaret Saunders	W65	22:39
1218	Ginny Mulvey	W60	23:12
1260	Melinda Fisher	W55	25:27
131	Toni Frank	W75	28:36

10.5KM WALK

262	Johan Hagedoorn	M75	1:16:36
339	Elaine Dance	W70	1:26:26

7KM WALK

1704	Melissa Lewis	W30	44:14
1729	Victor Munoz	M65	45:44
1231	Wendy Farrow	W50	47:35
1110	John McDonagh	M70	49:27
1808	Marcela Isabel Ruiz Valdes	W60	52:00

3.5KM WALK

510	Delia Baldock	W55	26:34
1900	Glenys Duncan	W80	31:17
111	Lynne Schickert	W75	38:10
513	Jo Richardson	W65	39:42
295	Julie Wood	W70	39:43
1531	Lesley Dowling	W60	41:07

MEN

174	Mike Anderson	M70	24:54
244	John Brambley	M75	28:32
227	Gary Fisher	M65	29:25
455	Sean Keane	M55	30:17

Weir Run

**RRC 10KM / RRC 5KM /
RWC 5KM**

MAY 2, 2021

*Directors: Sean Keane and
Neil McRae*

AGE-GROUP LEADERS

10KM RUN

1617	Chris Lark	M40	35:25
2003	Paul Watson	M50	37:31
798	Kim Thomas	M45	39:19
1392	Adrian Fabiankovits	M35	39:34
2184	Glenn Rogers	M55	41:21
1400	Kevin Johnson	M60	44:20
346	Chris Maher	M65	45:07
1256	Mercurio Cicchini	M70	50:47
2015	Frederick Smart	M85	1:01:22

WOMEN

1255	Clare Wardle	W45	39:18
489	Amanda Walker	W55	45:06
1882	Pamela Thonell	W50	50:46
1833	Sally-Anne Smith	W40	53:22
406	Chris Pattinson	W65	55:18
1512	Noelene Treen	W60	59:03
967	Carolyn Fawcett	W70	79:09

5KM RUN

2222	Brenton Mizen	M30	18:41
1226	David Adams	M40	20:40
178	Ralph Henderson	M70	23:52
743	Ross Keane	M55	24:02
2212	Marcus Callum	M50	25:23
229	Blakeney Tindall	M60	25:38
49	Mike Khan	M75	33:02
40	John Pellier	M80	37:19

WOMEN

1862	Ceri Morton	W35	25:01
1926	Gayle Craft	W65	28:07
1751	Shareenah Virahsawmy	W40	28:35
739	Margaret Saunders	W65	30:22



**Welcome
to the
Masked Ball!**

1994	Lorna McGavock	W45	31:56
1697	Karen Alford	W55	36:58
1787	Hazel Stephen	W70	37:47
149	Jackie Halberg	W75	38:44
74	John Bell	M75	83:02

10KM WALK (UNOFFICIAL EVENT)

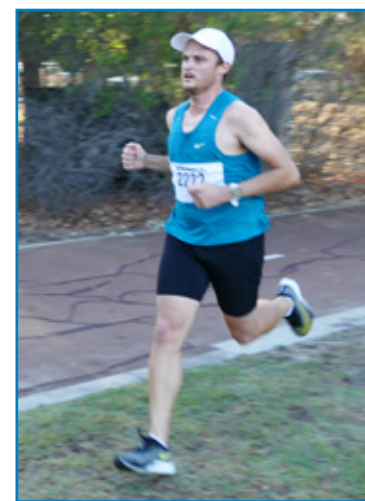
1704	Melissa Lewis	W30	32:28
1231	Wendy Farrow	W50	33:43
510	Delia Baldock	W55	37:32
99	Peggy MacIver	W75	39:43
1716	Elizabeth Gomez	W40	39:54
339	Elaine Dance	W70	42:08
128	Irene Ferris	W65	42:41
713	Grace Hollin	W60	43:38
47	Joan Pellier	W80	53:54

MEN

1110	John McDonagh	M70	33:40
262	Johan Hagedoorn	M75	35:35
1624	Haydn Gawne	M70	40:16
762	Mark Hewitt	M65	50:23
2054	Yan Xinhuan	M45	51:03



Walk winner Melissa Lewis reveals all for the scorers; and new member Brenton Mizen cleans up the 5km run.



Kent Street Extravaganza



WELL, the foremost event of the Masters Calendar has come and gone. But due to the present coronavirus restrictions, the invited international athletes were unable to attend, leaving the locals to take out the prizes once again

Even our numbers were down slightly due to COVID-19 and quite a few athletic events being held on the same weekend ...

Congratulations to Chris Lark and Clare Wardle on finishing first in the Men's and Women's events. both in pretty slick running times.

But we do have a load of sympathy for Clare as year after year, she has to drag the trophy out of the pool room, bring it to the event and afterwards, take it all the way home again!

Weather conditions were perfect, and we must mention our helpers, all of them for doing such superb work. In fact, their efforts were so valiant that we have decided to keep them on for next year's event ... although we haven't actually asked them yet!

Neil and Sean

Weir Run

Runner and coach – Ross Keane always gives his all; this day, 1st 5km M55 in 24:02.



Gentleman Chris Maher follows Amanda Walker in this year; but with 11 victories he remains the most consistent John Tarrant trophy-holder. Kim Thomas won six in a row – 2012-2017. Clare Wardle (W45) now has five Dot Brown wins, beginning in 2015, her run broken only by young marathon champion Rochelle Rogers in 2017.

Tragic life of Ghost Runner

JOHN Tarrant was born in Shepherd's Bush, London, in 1932. During the Second World War, while his father was away on active service, John's mother died of tuberculosis.

John and his younger brother Victor (born 1934) were raised in a children's home in Kent until his father was demobilised at the end of the war. In 1947 his father remarried, and the family moved to Buxton in Derbyshire's peak district.

Tarrant's sporting career began here. In 1950, aged 18, he took up boxing, earning a grand total of £17 in prize-fights at the local Town Hall.

During his training John discovered his talent for long-distance running, gave up boxing and set his sights on the marathon, hoping to compete at the 1960 Summer Olympics in Rome, Italy.

In 1952 he applied to join the Salford Harriers in order to register with the AAA.

Asked whether he had ever played sport for money, he chose to answer honestly and declared his brief career in prize-fighting – and due to the strict amateur code enforced at the time, he was immediately banned from competition for life.



JIM Barnes first set up the Weir Run and the John Tarrant and Dot Brown trophies, which acknowledge two fine, early athletes. Presenting them this year to Clare Wardle and Chris Lark, Jim told a little of the poignant Tarrant story. It's the subject of several books and newspaper articles, well-worth seeking out.

Under cover

Despite this setback, he continued to train, and (with the assistance of his brother Victor) began to gate-crash races to which he was officially refused entry, often out-performing recognised champions of the day.

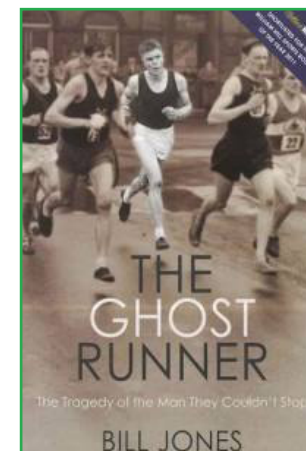
Nicknamed "The Ghost Runner" by the Press, his popularity eventually led to a relaxation of the ban against him: from 1958 he was permitted to compete nationally, but would remain ineligible to be selected for his country, and hence never competed at the Olympic Games.

Ultra champion

In the 1960s John turned to ultra-marathons, and set world

records for 40-mile and 100-mile distances. In 1967 he became the first man ever to win the season's grand slam in Britain's four principal ultra-marathons (the London-to-Brighton, Isle of Man, Exeter-to-Plymouth, and Liverpool-to-Blackpool). While participating in the 90km Comrades Marathon in South Africa in 1968 (in which he finished fourth), he became aware of the apartheid conditions there, and (as a white man) began to enter the first ever "multi-racial" races there as a form of support, notably winning the 80km Goldtop Stanger-to-Durban race in 1970.

Most tragically, John Tarrant died aged just 42, never achieving his great ambition – to compete for his country.



MAY 9, 2021

*Directors: Giovanni Puglisi
& David Adams*

IT WAS pleasing to observe the large contingent of MAWA members and visitors choosing to launch their Mothers' Day celebrations with the Sunday event at Curtin University.

Conducted around the picturesque Edinburgh Oval the 5km walk handicap and the 10km run handicap events attracted keen 'handicappers' seeking to win and take home one of the impressive trophies.

The weather was mostly overcast, conditions still, and the track, firm and fast.

It's not an easy assignment to win a handicap event as it often requires the successful athlete to put in a long and serious training preparation, dedication and meticulous planning of which events to target leading up to the big handicap event.

Additionally, you need to convince the club's handicapper, the honourable Tristan Bell, that your current form wouldn't be good enough to win an outback event in Yalgoo or Kookynie!

Tussles

So, the Curtin Classic Handicap, in its short history, has provided many stirring tussles between a plethora of like-minded athletes who are dedicated and meticu-



Top caterer and Mum of the Day, Melissa Lewis with baby Kathryn and Melissa's own mum Bev, whose regular help allows Melissa to excel in our events.

lous planners hoping to prevail on Mothers' Day!

Students of form are quick to point out, and rightly so, that no winner of the club's blue riband Age Graded Handicap has finished within a bull's roar of the handicap winner at Curtin!

Banjo Paterson would delight that a 'smokey' got up to win the Handicap! 'Share the prizes around he'd reckon' and hear hear, don't we agree?

Congratulations, to the 2021 Curtin winners: in the walk handicap, partners Jason Kell and Elizabeth Gomez, both currently walk-

ing MAWA events collected both trophies.

Among the runners, Bob Coligan and the delightfully effervescent Rashanthi Wanigasekera were winners.

Thanks

Sincere thanks to our marshals and dedicated helpers, especially Mark Kerr and John Ranger who stepped in at short notice, covering for helpers who couldn't be there - or simply forgot to check the electronic calendar app on their phones? Also, thanks David Adams for valuable assistance

with the early morning course set-up; and to Tristan Bell for his timely advice with the PA system at the pre-race briefing. It was his initiative to turn the volume up to MAX (see pic - right!)

Finally, an honourable mention and special thanks to Melissa Lewis for organising the morning tea. After the torrid battle on the race track everyone loved it!

I was heartened to see so many people socialising after the event enjoying a cuppa, goodies and a yarn or two while all the time keeping safe 1.5 metres apart.

Giovanni



Cold start, but not THAT cold! Campbell Till obviously took an early ice bath and kept some cubes down his shorts until the race started.





10KM RUN (HANDICAP)			CLOCK	H/CAP	TIME
1439	Bob Colligan	M60	1:03:01	13.16	49.45
1706	Rashanthi Wanigasekera	W45	1:04:58	5.28	59.30
5KM WALK (HANDICAP)					
1487	Jason Kell	M45	41:25	7.44	33.41
1716	Elizabeth Gomez	W40	43:20	6.21	36.59

AGE-GROUP LEADERS

5KM RUN

1226	David Adams	M40	21:27
1522	Mark Kerr	M50	21:44
743	Ross Keane	M55	24:09



1639 Geoff Vine M70 26:34

468	Wayne Taylor	M60	28:43
136	Vic Waters	M75	35:43
WOMEN			
739	Margaret Saunders	W65	27:14
1751	Shareenah Virahawmy	W40	28:03



1711	Denise Cleasby	W60	29:28
1523	Ngaio Kerr	W50	31:38
1994	Lorna McGavock	W45	31:54
10KM WALK			
1138	Lui Cecotti	M70	72.57

WE had very strong support this year for the 50km Championship with 28 runners, but less so for the walking event.

Congratulations to Chris Lark and Clare Wardle on winning the long-run events with exceptional times of 3:50 and 4:17 min/km.

This was only Chris's second time in the RRC and he improved by 11 sec/km, while Clare posted the best time of her four Championships.

Walkers

Club stalwart John McDonagh took out the men's Walking Championship and Melissa Lewis clocked an outstanding 6:22 min/

50km draws strong field

km over the 30km distance to win the women's event.

The only significant milestone came from Johan Hagedoorn who clocked up his 10th Championship.

Short events

For the short RRC/RWC events, disappointingly we had no female entrants in the run. We will publicise the short championships more vigorously next year.

Short event Championship wins went to David Adams, Mike Anderson and Liz Gomez.



Clare Wardle



Chris Lark

50KM RRC

	MIN/KM
Chris Lark	M40 3:50
Paul Watson	M50 4:01
Kim Thomas	M45 4:14
Glenn Rogers	M55 4:20
Kevin Johnson	M60 4:35
Peter March	M60 4:40
Darryl Downing	M40 4:45
John Pentecost	M60 4:53
Paul Hughes	M65 5:18
Mercurio Cicchini	M70 5:26
Mickey Muroi	M60 5:31
Charlie Chan	M65 5:53
Brian Bennett	M70 6:03
Milton Mavrick	M65 6:05
David Eustace	M55 6:09
Lui Cecotti	M70 6:27
Greg Wilson	M70 6:56
Frank Price	M70 9:55

WOMEN

Clare Wardle	W45 4:17
Sandra Stockman	W55 5:00
Karen March	W55 5:04
Pamela Thonell	W50 5:26
Julie Wilson	W65 5:53
Carolyn Stephens	W65 5:59
Wendy Grace	W65 6:23

30KM RWC

	MIN/KM
Rashanthi Wanigasekera	W45 6:24
Noelene Treen	W60 6:28
Carolyn Fawcett	W70 8:09
John McDonagh	M70 7:13
Johan Hagedoorn	M75 7:36
Bob Schickert	M75 10:12

WOMEN

Melissa Lewis	W30 6:22
Wendy Farrow	W50 6:56
Regina Crouch	W50 8:46

SHORT RRC

	MIN/KM
David Adams	M40 4:10
Ralph Henderson	M70 4:46
Ross Keane	M55 4:47
Geoff Vine	M70 5:11
Maurice Creagh	M70 7:55

SHORT RWC

	MIN/KM
Mike Anderson	M70 7:16
Haydn Gawne	M70 8:10
Xinhuan Yan	M45 8:24

WOMEN

Elizabeth Gomez	W40 7:26
Delia Baldock	W55 7:35
Peggy Maccliver	W75 7:55
Pamela English	W75 10:40

New Members - Welcome!

2217 HERMANN: Charlie W50
2218 McMAHON: Suzi W45
2220 BAGBY: Jamie M30
2221 WILLIAMSON: Timothy M30
2222 MIZEN: Brenton M30
2223 CANAL: Julie W45
2224 QUIGLEY: Karen W30
2225 HON: Angela W40
2226 FERREIRA: Jan M45
2227 ISA: Subhan M35
2228 ISA: Roxy W30
2229 TROTT: Cath W40
2230 ALLIEX: Giselle W30

RRC 10KM / RRC 5KM / RWC 5KM / RWC 5KM

MAY 16, 2021

Director: Gary Fisher

AGE-GROUP LEADERS

15KM RUN

1617 Chris Lark M40 57:23

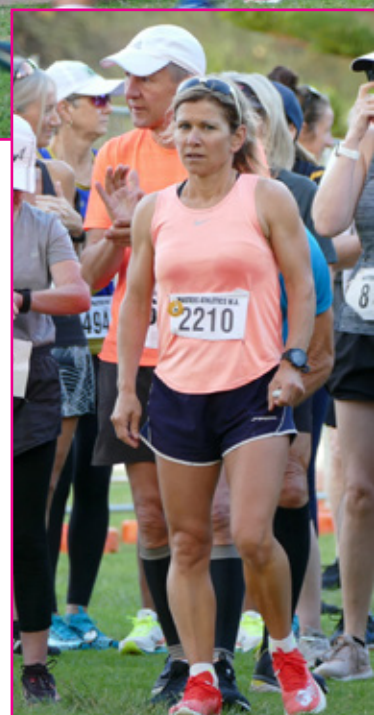


Only Chris Lark, Astrid Roberts Fayer and Paul Watson were around the 4mins/km mark over 15km, or even the shorter runs.

2003	Paul Watson	M501:00:29
798	Kim Thomas	M45 1:03:56
2184	Glenn Rogers	M55 1:04:11
1400	Kevin Johnson	M60 1:06:22
106	Paul Hughes	M65 1:18:24
1256	Mercurio Cicchini	M70 1:20:13
2015	Frederick Smart	M85 1:38:07

WOMEN

2210	Astrid Roberts Fayer	W451:00:38
867	Sue Zlnay	W60 1:13:29
650	Karen March	W55 1:16:23
1737	Emma Lee	W50 1:19:59
987	Julie Wilson	W65 1:25:16
67	Carolyn Fawcett	W70 2:04:12



10KM RUN

1710	Mitch Cleasby	M60	43:00
1675	Lourens Jacobs	M50	54:22

WOMEN

843	Rochelle Airey	W50	53:24
1833	Sally-Anne Smith	W40	53:54
2107	Madeline Radestock	W60	1:06:01

5KM RUN

1226	David Adams	M40	20:55
2134	Gerrit Myburgh	M45	21:04
501	Neil Morfitt	M65	22:49
1522	Mark Kerr	M50	23:20
743	Ross Keane	M55	23:34
178	Ralph Henderson	M70	23:39
779	Prabuddha Nicol	M60	24:16
512	David Baird	M75	26:12

WOMEN

1867	Melinda Evans	W40	23:05
739	Margaret Saunders	W65	26:05
1711	Denise Cleasby	W60	28:41

2109	Mell Sieczka	W45	29:05
1523	Ngaio Kerr	W50	31:42
1819	Sue Glyde	W55	35:40
131	Toni Frank	W75	42:48

10KM WALK

1704	Melissa Lewis	W30	1:03:40
1231	Wendy Farrow	W50	1:10:48

MEN

1729	Victor Munoz	M65	1:07:28
1110	John McDonagh	M70	1:11:32
262	Johan Hagedoorn	M75	1:17:29

5KM WALK

1716	Elizabeth Gomez	W40	35:19
1808	Marcela Isabel Ruiz Valdes	W60	35:24
510	Delia Baldock	W55	38:36
99	Peggy Macliver	W75	39:49
1301	Erika Blake	W65	45:07
141	Roma Barnett	W70	54:31
2080	Maja Zivanovic	W30	56:33

Age-group leaders in foreground of this start picture are: far left - Kim Thomas; 3rd left Neil Morfit; then Mark Kerr; Paul Hughes; and far right Liz Gomez and Marcella Valdes.



Don't fence us in

IT was good to be back in Nedlands for this event which was not held in 2020 due to COVID restrictions.

Whilst the event is on annually it appears as though the council also conducts work in and around the preferred course each year so again in 2021 I was required to alter the original course for safety reasons.

Apart from that all seemed to go smoothly which of course would not be possible without the efforts of the team of helpers to whom I extend my warmest thanks.

Congratulations to all who took part.

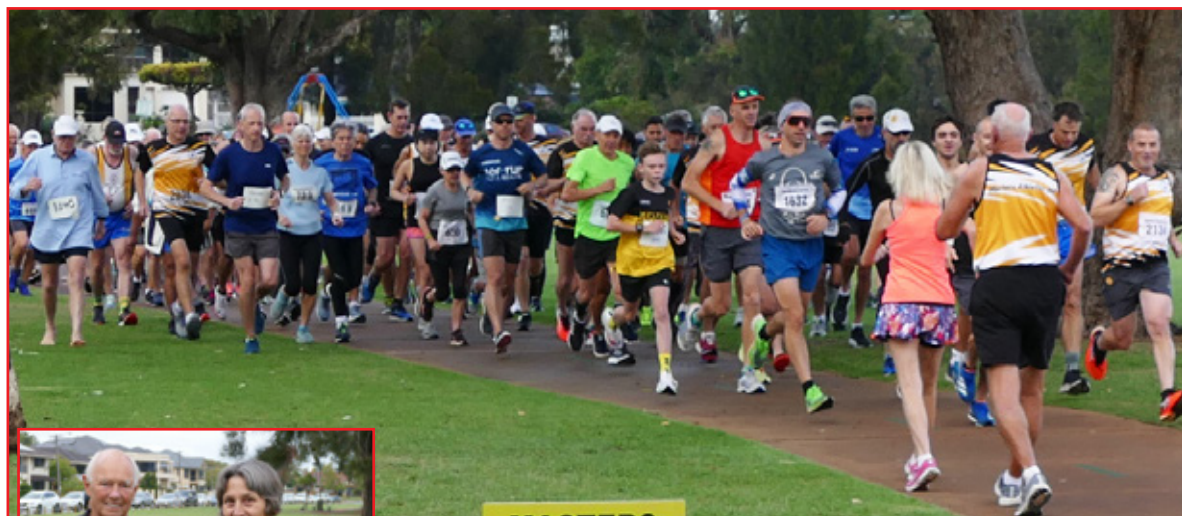
Gary

MEN

174	Mike Anderson	M70	36:05
244	John Brambley	M75	42:43
455	Sean Keane	M55	43:57
2054	Xinhuan Yan	M45	45:09
248	Rex Bruce	M80	47:00
20	Jeff Whittam	M85	51:47
347	Neil McRae	M65	55:36

Shelley

MAY 23, 2021
Director: Chris Maher



MASTERS ATHLETICS

Immaculate timing; two early-start 10km walkers finished their first 4km and returned to Shelley exactly when the main field set off. Courteous front-runners gave them room, of course so Elaine Dance and John Brambley (pictured right) were unscathed.

Left, Delia Baldock receives her national Administrator of the Year award from President Richard Blurton.

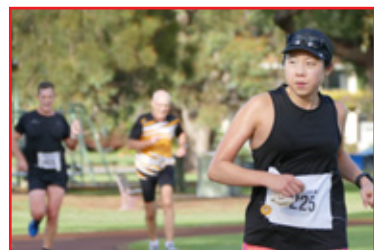


AGE-GROUP LEADERS 10KM RUN



Roberto Busi M40 34:06

Martin O'Connell	M50	41:40
Mitch Cleasby	M60	42:32
Alex Tinniswood	M35	44:01
Bob Lane	M70	46:40
Akos Gyarmathy	M65	47:11
Peter Brooke	M55	54:22
David Baird	M75	54:27
Brett Montgomery	M45	54:59
WOMEN		
Karen March	W55	47:36
Lucinda Rowlinson	W50	47:50



Angela Hon W40 49:52

Vynka Cridge	W45	52:45
Julie Wilson	W65	54:36
Noelene Treen	W60	1:00:36

4KM RUN

Drew Langford	M40	14:11
Gerrit Myburgh	M45	16:11
Prabuddha Nicol	M60	18:30
Ross Keane	M55	18:38
Marcus Callum	M50	20:01
Graeme Dahl	M70	20:55
Peter Hopper	M75	25:24

WOMEN

Joanna Lloyd	W45	17:27
Margaret Saunders	W65	20:19
Denise Cleasby	W60	23:17
Anita Cipriano	W50	24:08

10KM WALK

Johan Hagedoorn	M75	1:12:58
Andrew Thorpe	M65	1:17:15

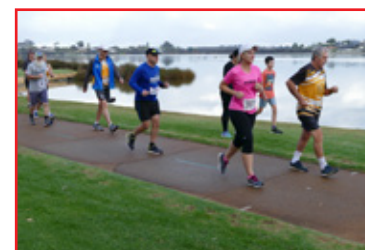
WOMEN

Elaine Dance	W70	1:24:59
Regina Crouch	W50	1:33:17

4KM WALK

Robin King	W60	29:48
Delia Baldock	W55	30:03
Peggy MacIver	W75	31:10
Alicia Edwards	W45	38:50
Roselyne Pillay	W70	41:12
Jo Richardson	W65	42:42

MEN



Haydn Gawne

Mark Hewitt	M70	30:36
Paul Martin	M65	40:52
Bob Fergie	M75	41:59
	M85	43:13

THREATENING wind and rain was replaced by a calm and near-dry Shelley Foreshore Run and just over 100 athletes enjoyed the favourable conditions and the scenic pathway.

Spirits stayed high as the rain held off, with just a brief shower at the very end and some fast times were recorded on the flat, though winding course.

There was great support from the marshals and volunteers and feedback from the participants indicated a top morning of pleasant running.

Thanks again to my partner Amanda and all those who assisted, with special thanks to Jim Langford who fastidiously measured the out-and-back course.

Chris Maher.

Burswood RRC/RWC

RRC 25KM / RRC 5.2KM /
RWC 15KM / RWC 5.2KM
MAY 30, 2021
Director: Nick Franey



Pre-race check – new race director Nick Franey and President Richard Blurton

DESPITE severe weather warnings a great turnout of runners and walkers braved mixed conditions, including a couple of heavy downpours.

But there was also some bright blue sky and sunshine and all completed their respective courses in good spirits. We had seven events – RRC 25km and 5.2km; RWC 15km and 5.2km; plus a 15km run and 10km run or walk as other options.

From Burswood everyone headed north to the Windan Bridge. 10km contestants pressed on to turn just beyond East Street. 15km and 25km competitors went further upstream to turn at Maylands Waterland. No participants were lost despite heavy overnight rain which erased all chalk markings along the course (honestly, they were there!) and turned flour marks into nothing more than white smudges.

Six people started really early – 7am – and fourteen more set off at 7.30am.

Well done to all competitors and thanks to our 15 volunteer helpers – mostly members, of course, but also family and friends who chipped in.

Nick Franey

AGE-GROUP LEADERS

25KM RUN

1632	Roberto Busi	M40 1:35:07
1673	Steve Preece	M50 1:37:57
798	Kim Thomas	M45 1:47:38
2184	Glenn Rogers	M55 1:50:38
1400	Kevin Johnson	M60 1:57:49
755	Bob Lane	M70 2:03:47
1202	Akos Gyarmathy	M65 2:10:52

WOMEN

1255	Clare Wardle	W45 1:51:57
689	Sandra Stockman	W55 2:07:21
1737	Emma Lee	W50 2:11:40
1862	Ceri Morton	W35 2:26:55
987	Julie Wilson	W65 2:32:47
1512	Noelene Treen	W60 2:47:49
967	Carolyn Fawcett	W70 3:23:39

15KM RUN

1721	Zane Walsh	M40 1:07:38
308	Lachlan Marr	M60 1:08:47

1392	Adrian Fabiankovits	M35 1:10:54
1522	Mark Kerr	M50 1:16:29
1623	Peter Brooke	M55 1:21:43

WOMEN

1648	Rochelle Rodgers	W30 1:09:59
867	Sue Zlnay	W60 1:17:13
1833	Sally-Anne Smith	W40 1:25:01
2098	Vynka Cridge	W45 1:25:40
2042	Heather Longworth	W50 1:26:03

10KM RUN

2096	Paul Highway	M45 43:05
2134	Gerrit Myburgh	M50 44:36
2032	John Lucas	M60 46:49
512	David Baird	M75 56:51
2171	John Panegyres	M55 59:29
2015	Frederick Smart	M85 1:10:10
340	John Dance	M70 1:23:15

WOMEN

843	Rochelle Airey	W50 54:0
1682	Jo Shelley	W40 1:01:15

2107	Madeline Radestock	W60 1:06:16
2022	Jenny Hogg	W55 1:18:23

5.2KM RUN

1226	David Adams	M40 21:34
178	Ralph Henderson	M70 24:49
743	Ross Keane	M60 24:53
2054	Yan Xinhuan	M45 31:23
218	Maurice Creagh	M70 41:13

WOMEN

1926	Gayle Craft	W65 28:26
928	Sandra Rourke	W50 32:22
1994	Lorna McGavock	W45 33:02
2056	Grace Yang	W40 35:22
1819	Sue Glyde	W55 35:43
1813	Isolde Tietz	W70 38:21

15KM WALK

1704	Melissa Lewis	W30 1:34:37
1231	Wendy Farrow	W50 1:43:09
339	Elaine Dance	W70 2:06:10

MEN

1110	John McDonagh	M70 1:51:01
262	Johan Hagedoorn	M75 1:54:51

10KM WALK

1729	Victor Munoz	M65 1:07:39
1808	Marcela Isabel Ruiz Valdes	W60 1:15:23
251	Mike Hale	M70 1:24:58
244	John Brambley	M75 1:25:09

5.2KM WALK

1716	Elizabeth Gomez	W40 37:36
510	Delia Baldock	W55 39:06
215	Robin King	W60 40:17
99	Peggy MacIver	W75 40:45
1301	Erika Blake	W65 49:12

MEN

174	Mike Anderson	M70 37:37
530	Peter Hopper	M75 44:36
227	Gary Fisher	M65 44:39
11	Bob Fergie	M85 53:13
248	Rex Bruce	M80 53:15

What's behind the runner's high? It's more likely endocannabinoids than endorphins

ABC Science

By science reporter
Belinda Smith

Long-term mental health benefits

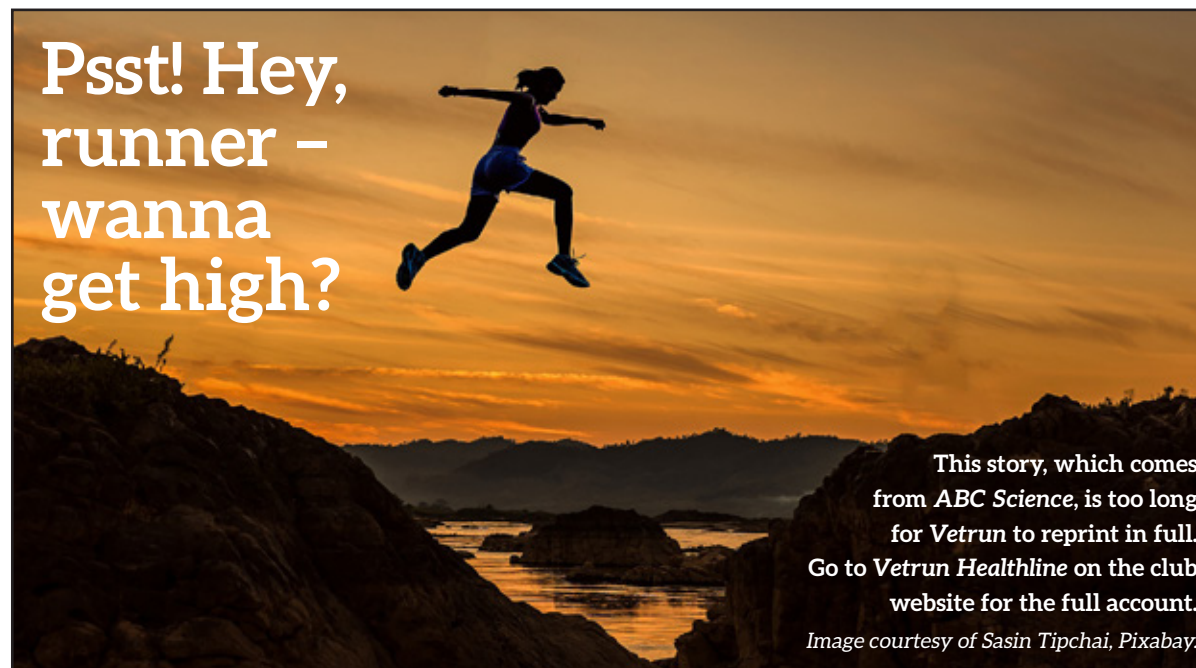
Most people (but not all) feel pretty great after a workout too. I call it "happy exhaustion": my muscles feel tired and heavy, but in a good way, and I can look forward to an afternoon of snacking and napping on the couch.

What are endorphins?

- Endorphins are a group of chemicals made in the body when we're stressed or in pain (the word is short for endogenous morphine).
- They're produced in the brain and spinal cord, and are also made and churned out into the bloodstream by the pituitary gland.
- Endorphins induce a feeling of pleasure and pain relief by latching onto opioid receptors in the brain.

But the runner's high hits while a person is still exercising.

How long that rush takes to appear varies between people, but it typically comes on after around half an hour of running at moder-



ate intensity, says Matthew Jones, an exercise physiologist at UNSW.

This coincides with a rise in endorphins in their blood.

On the face of it, the endorphin high makes sense. Like a key in a lock, endorphins slot into opioid receptors on the surface of brain cells.

This triggers a cascade of molecular activity that ultimately elicits feelings of wellbeing and pain relief.

"But whether or not that [higher endorphin level] actually relates to someone then having those feelings of euphoria and less pain is less clear," Dr Jones says.

If you give a runner a drug that stops endorphins from doing their thing, they can still get a runner's high.

"So while they might be important, endorphins are not the only thing contributing," Dr Jones says.

In recent years, research has put forward a different class of self-made drugs: endogenous cannabinoids, or endocannabinoids.

Yep, as in cannabis. The main psychoactive compound in marijuana, delta-9-tetrahydrocannabinol or THC, is a cannabinoid.

And there's growing evidence that the high some runners experience is driven by the same system that's activated during marijuana use.

What are endocannabinoids?

- Endocannabinoids are a group of molecules that activate cannabinoid receptors, which are found

throughout the body and mainly in the brain.

- The endocannabinoid system is involved in regulating appetite, pain and stress.
- The first endocannabinoid, which was discovered in 1992, is called anandamide. Its name is derived from the Sanskrit word ananda, which means bliss or joy.

Johannes Fuss, a psychiatrist who now heads up the Human Behaviour Laboratory at the University of Hamburg, started investigating endocannabinoids as a potential source of the runner's high during his PhD studies.

He and his colleagues started with animals. They found mice that were free to scamper on a running wheel for a couple of

hours were less anxious and felt less pain than their wheel-less counterparts.

When the mice were given drugs that stop endorphins from latching onto opioid receptors, they still got those good post-run effects.

"But when we gave the mice endocannabinoid receptor blockers, all the positive effects vanished," Dr Fuss says.

This result intrigued him. It was compelling evidence that endocannabinoids were behind the feel-good effects of running, not endorphins.

But, of course, mice aren't people. And a mouse may act less anxious after exercise, but you can't ask it if it felt a euphoric buzz during its bout on the wheel.

So Dr Fuss and his crew developed a similar experiment, but this time, with 63 human runners.

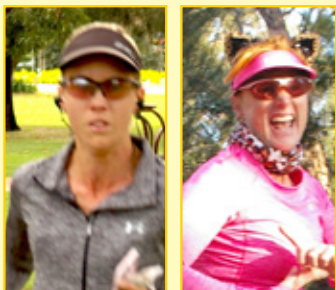
The science behind the perfect running style

The researchers gave the participants a battery of tests to determine their fitness and anxiety levels, and took blood samples.

Half the runners were given the opioid blocker naloxone, while the other half got a placebo. All then trotted on a treadmill at a moderate intensity for 45 minutes.

Now - turn to Vetrin Healthline for the rest of this important story.

June 6 - Manning Park



Race Directors: Vanessa Carson (0411 349 514) & Cassie Hughes (0438 757 990)

Rochelle Airey, Greg Wilson, Julie Wilson, John Batta, Rohan Thompson, Iain Parnum, Joanna Lloyd, John Cameron, Jeremy Murray, Mike Haederle, Daniel O'Brien, Emma Hartley, Cherrie Byrnes, Audra Rimmer

June 13 - Club CC Champs Jorgensen Park



Director: Jim Klinge 0408 501 814

Jim Langford, Elaine Dance, John Dance, Eric Emmett, Trisha Farr, Christy Davidson, Lorna McGavock, Jaimie Henderson, Amanda Wylde, Marie Pennock, Darryl Downing, Mell Siczka, Audra Rimmer

Where you're HELPING!

June 20 - Club Half Marathon, Burswood Park

Director: Ian Carson - 0419 040 861

David Carr, Eric Emmett, John Batta, Sofia Carson, Mandy Mason, Jonathan Lester, Yury Hotimsky, Ian Brown, Mike Haederle, Michael Cyran, Eleanor Tobe, Maja Zivanovic, Anubha Baird

June 27 - Kings Park CC



Director: Ralph Henderson - 0408 939 293

Bob Fergie, Milton Mavrick, John Dance, Anne Jones, Clare Wardle, Bob Colligan, Marion Kavenagh, Wendy Grace, Ann Anderseb, Rashanthi Wanigasekera, Iain Parnum, Joanna Lloyd, Kathy Nicholas, Thomas Tolchard

July 4 - Mill Point Road

Director: Milton Mavrick - 0434 846 797

Maurice Creagh, Peter Hopper, Barbara Putland, Jason Kell, Alastair Wallace, Elizabeth Gomez, Hazel Stephen, Isolde Tietz, Peter Tietz, Rodney Glossop, Crystal Glossop, Sulette Le Roux, Liam Hayes

July 11 - Bardon Bash



Directors: Mercurio Cicchini - 0414 730 866 & Roy Hart - 0418 878 900

Arnold Jenkins, Mike Hale, Bob Lane, Robyn Dunlop, Vanessa Carson, Lesley Dowling, Roselyn Pillay, Gavin Bain, Yury Hotimsky, Milo Barham, Catherine Breheny, Jenny Owen, Hastakamala Diaz

July 18 - Sharks Fremantle

Director: Paul Martin - 0438 900 839

Paul Hughes, John Pentecost, Grace Hollin, Charlie Chan, Greg Wilson, Julie Wilson, John Mcshane, Sally-Anne Smith, Milo Barham, Catherine Breheny, Paul Watson, Grace Yang, Douglas Martyn, Wendy Braddow



July 25 - Whiteman Park



Director: Ross Langford - 0403 197 422

Margaret Langford, Kerriann Bresser, John Fisher, Mercurio Cicchini, Melinda Fisher, John Hillen, Tommy Glackin, Narelle Gaynor, Jonathan Lester, Tim Karajas, John Herzfeld, Bijay Acharya, Fran Harwood

August 1 - Racecourse



Director: Gary Wilmot - 0403 197 422

Ivan Brown, Rex Bruce, Theresa Howe, Melinda Fisher, Tommy Glackin, Jo Shelley, Zane Walsh, Elizabeth Dewhurst, Kerry Milne, James Hadfield, Liam Hayes, Eleanor Tobe, Drew Langford, Paul Highway, Bijay Acharya, Wendy Braddow

... or 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. vfdwaters@gmail.com

MONDAY

- Track training - ECAC 7.30pm.
- Point Walter road run 8km, 6pm. Richard Simmons 0408 986 631.

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.

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, gary.fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or 0412 513 348.