



No. 524
DECEMBER 2021





NEXT EDITION: Vetrin no. 525 will be published in February 2022
Front Cover: Round-up of Sunday morning starters during 2021.

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Mosman Park P14



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Vale Jim Turnbull P15
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Patron: David Carr

New 10km RRC set

THE Weir Run will become our 10km road running championships event. Membership peaked at 770 at the end of September but is now just under 600 in the new membership year.

■ The new Sunday helper registration is working well - members need to remember to sign up as new runs appear on the list.

■ Agreed with VenuesWest that we will acquire a high jump mat from them at no cost to be permanently positioned at ECAC.

BUNBURY Runners Club has announced a special event weekend culminating on **Sunday April 10, 2022** to mark their 40th anniversary.

It will be an event totally run by volunteers who are runners!

Highlights

- A special commemorative medal for all distances.
- Limited spots for all events.
- A course traversing three beautiful bodies of water: Leschenault Inlet, Koombana Bay and the Indian Ocean.
- Event exclusive merchandise available for sale.
- Significant prize money.
- Ample cut-off time.

From the MAWA Committee ...

■ We received a trust fund residue of \$5,000 that must be spent on capital equipment. The committee has agreed the club will purchase throwing implement measuring equipment, a rain cover for the high jump mat, a trolley for starting blocks and a spare e-gun.

■ MAWA State Championship dates were agreed with AW; February 27 for pentathlons and March 12 and 13 for the main weekend.

■ Silke has set up a MAWA Instagram account.

■ Richard and Gillian attended the AMA AGM via Zoom.

■ A Sunday 'early start' policy was agreed and disseminated.

■ We were delighted to appoint Karyn Tolardo to the Committee. Our walkers form a strong part of the club and it is good that they will be represented at Committee level.

■ Rochelle will continue being responsible for trophies and medals, Mark for track and field and Silke for communications and social media. Karyn and John will share the Road Coordinator role. Karyn will take responsibility for ensuring the first aid box is fully stocked.

3-WATERS FESTIVAL

Bunbury welcomes Masters

Half Marathon (16+)	\$60	\$65
10km Run (12+)	\$30	\$35
5km Run (9+)	\$25	\$30

There is also a discount of 15% for family members.

A family may consist of 2 adults (parents) and 1 or 2 children (under 16).

Once registered for the Bunbury 3 Waters Running Festival, you are welcome to join us at the Bunbury Runners Club for our Thursday night running events until the festival weekend on Saturday/Sunday 9/10 April 2022

(Our Thursday evening runs start at 6pm during summer months.)

There will be guest speakers, fellowship, inspiration at the festival dinner, on the Saturday night.

Cost of events

First column shows the Earlybird Price (if you book in November/December).

Second column - full price.

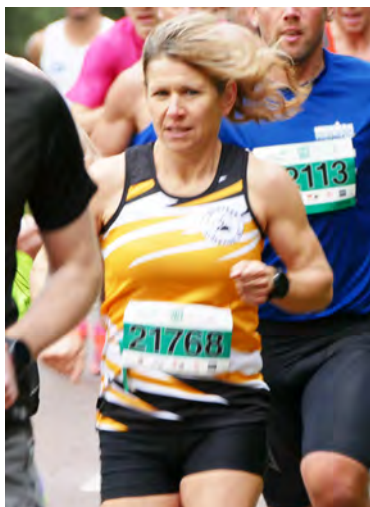
Ultra (18+)	\$85	\$95
Marathon (18+)	\$85	\$95

Perth Marathon 2021

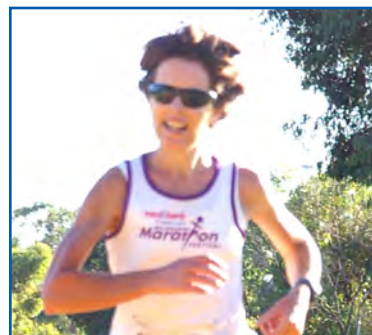
THIS year's WAMC marathon was held on Sunday, October 17 in perfect conditions – little to no wind, overcast skies and temps in the low teens.

There was much talk prior to the race that both the men's and women's records would be broken. Given the tight turns on the Windan Bridge and the Causeway, in particular, some thought that may not be possible but the two favourites impressed spectators by posting PBs.

Alan Thurlow, who has held the men's record of 2:19 since 1985, fired the starting gun to set the runners on their way. His record was broken by Nic Harman



Astrid, 1st Master; 1st W45; 2nd woman!



Sandra Stockman reports

in a PB of 2:14. Former Olympian Jessica Stenson (nee Trengrove) finished in an amazingly fast time of 2:25, also a PB, and placed third overall.

A number of Masters runners competed in the field of 700, and their names appear in the following list – apologies to anyone I missed. Some outstanding times were run by our top females, most notably Astrid, another sub-three-hour star.

Life member Jim Barnes was given the honour of handing out medals to competitors after they crossed the line. Bob Lane, in recovery mode after the recent Cairns Marathon, where he crossed the line just under the magic 3:30 mark (not bad for a septuagenarian), was spotted on his bike cheering on the competitors at various points.

MASTERS FINISHERS

Astrid Roberts	W45	2:50
1 st W45-49; 2 nd female		
Paul Watson	M50	3:05
Clare Wardle	W45	3:10
David Adams	M45	3:14
Sophie Giles	W45	3:22
Zane Walsh	M40	3:23



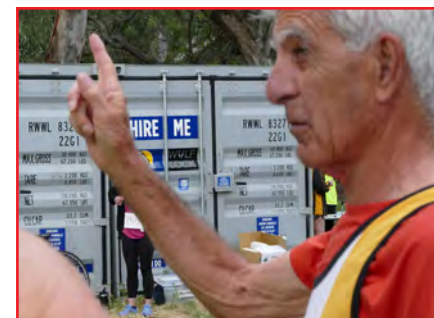
Kevin Johnson M60 3:29
1st 60-64

Grahak Cunningham	M40	3:42
John Pentecost	M60	3:53
Kathy Nicholas	W55	3:58
Paul Edwards	M45	3:59
Bob Colligan	M60	4:17
Keith Miller	M70	4:19
Ceri Morton	W35	4:18
Mercurio Cicchini	M70	4:26
Nick Franey	M60	4:35
Rashanthi Wanigasekera	W45	4:57

2021 was another crap year for the world but in WA Masters made a few lighter moments!



Look, John. Singing in the rain?



Do we have a Volunteer?



Er, best to pin it on ...



Social distancing ... after you!

Claypit Circuit



OCTOBER 3, 2021
Directors: Geoff Vine &
Tristan Bell

Lucky – or a feat of Clay?

WEREN'T we lucky? We had a tent standing by ready for rain, thanks to the Bennetts and Milton Mavrick. We all knew it was not easy to erect so there was a reluctance to set it up – and, yes we got away with it!

Some light rain for only five minutes enabled us to use an old-fashioned device, umbrellas, to keep the results table dry. Race hazards such as swooping magpies and large blocked drain puddles were small beer to the runners and walkers. We had a good turn-out, no accidents and keen competitors all the way.

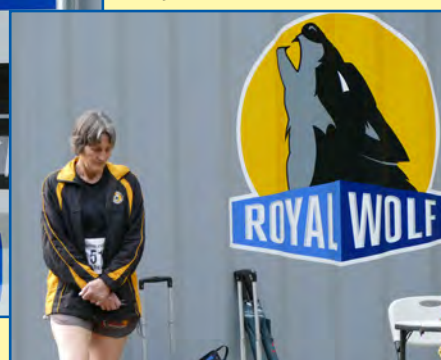
Nine runners ran the 10km in under 44 minutes, with David Adams proving that attaining 45 years is no barrier to another fast time; secret?

Even Gary Fisher couldn't wait to get back from the 3.7km walk, moving like a hare, so keen to give the AGM budget report. Elaine provided an excellent breakfast to help all recover just before an AGM that finished in record time.

Maybe next year we will even see the sun? **Geoff and Justin**



Delia coyly ignores the wolf-whistles.



A tip, Geoff: when a snapper says 'stand by that sign' – don't!



Old-fashioned technology protects the scorekeepers and their work – which can be read on PAGE 6.

Kalamunda Railway



Caroline Knight
1st 8km woman



Hi Vic, Thank you for all of your support over the years. As Editor of the Vetrin your wonderful professional journalistic skills are evident in production of a fine magazine. As the directors of the Kalamunda event, after 15 years Bridget and I decided we would retire as directors. We thank our President Richard Blurton for his kind comments today and for finding new directors so quickly.

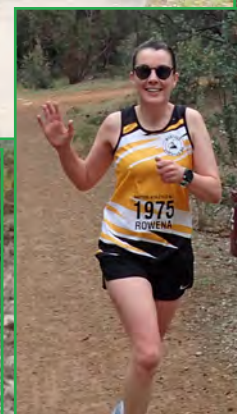
Bridget and I know that Peter and Isolde Tiez will be successful as the new directors. We have enjoyed ourselves - and the members themselves have been responsible for this.

It has been a pleasure to work with all the helpers over the years. I thank all of them - and today's helpers who quickly responded so positively to the availability text I sent them prior to the event. They did a great job today which was appreciated by all members. The new helpers' registration procedure certainly worked well for this run. We will see you all again at future Sunday runs.

Bert & Bridget



Kerry Bickers
1st 4km
W60



Rowena Williams
1st 4km woman



Right, Gerrit Myburgh and Simon McGarvie start as they finished, one and two over 4km.

In the pic far right Andy Wong seems to be jumping the whole field, and the off! Has he been coached by ever-fast starter David Carr?



Results
page 6



Kalamunda Railway

OCTOBER 17, 2021

Directors: Bert & Bridget Carse

AGE-GROUP LEADERS

8KM RUN

1710	Mitch Cleasby	M60	35:16
2251	Scott Chambers	M40	35:22
1342	Alex Tinniswood	M35	35:44
1202	Akos Gyarmathy	M65	38:07
2054	Yan Xinhuan	M45	40:48
1707	Drew Grosas	M55	40:55
1432	Bob Hull	M75	42:28
1340	Andrew Thorpe	M70	53:02
1822	Craig Madden	M50	58:18
40	John Pellier	M80	63:04

WOMEN

2259	Caroline Knight	W40	38:16
650	Karen March	W60	39:04
1258	Sandra Siviour	W50	39:53
2241	Jo Scott	W45	41:16
987	Julie Wilson	W65	45:17
1661	Liz Bryson	W70	48:12
2258	Janelle Finnigan	W35	58:34

4KM RUN

2134	Gerrit Myburgh	M50	17:31
2041	Simon McGarvie	M55	18:36
769	Graeme Dahl	M70	21:34
2000	Andy Wong	M45	27:56
2066	Alan Cassels	M75	34:40
1351	Randy Hobbs	M60	44:08

WOMEN

1975	Rowena Williams	W50	23:46
1681	Chris Kowalski	M65	23:47
288	Gillian Young	W70	25:10
1994	Lorna McGavock	W45	26:09
2159	Kerry Bickers	W60	27:57
1787	Hazel Stephen	W75	34:37

8KM WALK

262	Johan Hagedoorn	M75	59:21
1301	Erika Blake	W65	1:15:09
111	Lynne Schickert	W75	1:17:02

4KM WALLK

99	Peggy MacIver	W75	34:29
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510	Delia Baldock	W55	34:30
1027	Sylvia Szabo	W40	43:29
47	Joan Pellier	W80	43:34
1679	Ros Pillay	W70	45:28
1112	Sofia Carson	W60	45:28
513	Jo Richardson	W65	47:29

MEN

77	Arnold Jenkins	M75	40:45
248	Rex Bruce	M80	40:47



AGE-GROUP LEADERS

10KM RUN

1978	Mike Haederle	M55	41:04
1864	Martin O'Connell	M50	41:19
1226	David Adams	M45	42:08
1721	Zane Walsh	M40	42:58
1342	Alex Tinniswood	M35	44:14
666	Peter March	M60	44:19
220	Giovanni Puglisi	M70	47:53
779	Prabuddha Nicol	M65	48:01
512	David Baird	M75	54:47
2260	Ammar Douba	M30	56:13

WOMEN

1255	Clare Wardle	W45	43:48
2259	Caroline Knight	W40	48:17
1415	Johanna Leahy		
	Marstrand	W50	49:35
987	Julie Wilson	W65	56:08
1512	Noels Treen	W60	60:35
1704	Melissa Lewis	W30	62:20

6.8KM RUN

2003	Paul Watson	M50	25:45
1400	Kevin Johnson	M60	28:48
2054	Yan Xinhuan	M45	35:00
1781	Rohan Thompson	M40	47:54
112	Bob Schickert	M75	48:26
1134	Frank Price	M70	68:20

WOMEN

1393	Lori Sexton	W60	39:21
288	Gillian Young	W70	40:47
1523	Ngaio Kerr	W50	45:11
2049	Sharon Woodfield	W55	46:46



149	Jackie Halberg	W75	53:16
1988	Jen Owen	W65	1:00:27
1587	Pat Jones	M50	15:00
2233	Greg Knuckey	M60	15:22
741	Ian Cotton	M55	16:17
769	Graeme Dahl	M70	18:49

Claypit

194	Ivan Brown	M75	22:44
2	David Carr	M85	24:09
110	Merv Jones	M80	27:47

WOMEN

1883	Joanna Lloyd	W45	16:05
1813	Isolde Tietz	W70	24:14
131	Toni Frank	W75	29:37
1722	Liz Dewhurst	W35	33:58

6.8KM WALK

1257	Karyn Tolardo	W55	44:10
1231	Wendy Farrow	W50	46:20
215	Robin King	W60	53:01
99	Peggy MacIver	W75	54:09
1900	Glenys Duncan	W80	64:49
1961	Sofia Dumlao	W40	68:19
1301	Erika Blake	W65	92:52

MEN

1110	John McDonagh	M70	46:20
262	Johan Hagedoorn	M75	48:04
1454	Andrew Cuthbertson	M60	64:46

3.7KM WALK

1808	Marcela Ruiz	W60	24:40
510	Delia Baldock	W55	28:40
1515	Sandi Keenan	W50	36:52
2128	Heather Miller	W65	36:56
1328	Pam English	W75	37:07
295	Julie Wood	W70	40:24
1716	Liz Gomez	W40	40:56



38	Lorna Lauchlan	W90	42:20
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MEN

174	Mike Anderson	M70	26:01
227	Gary Fisher	M65	28:36
77	Arnold Jenkins	M75	35:05
20	Jeff Whittam	M85	42:21
89	Paul Martin	M80	42:47



‘Clockwise’ Kerr strikes early!



COME on, he doesn't often go wrong! So, Mark sent the early starters clockwise around the lake. Easy error to make; we always used to go that way. I think it makes a circular course more interesting. You meet lots of other runners on the way - those who started half an hour later, anti-clockwise. Plus, you can then do the second lap the right way. Even more interesting! VW

Fast, flat Bibra Lake course pleased Drew Langford (left) 1st 5km at 3:47 pace; Vanessa Carson 1st 12km woman with 53:22; and Adam Williams, 1st 12km overall at 3:54 pace.

AGE GROUP LEADERS

12KM RUN

2263 Adam Williams M40 46:44



2184 Glenn Rogers M55 51:01

6KM RUN

WOMEN



2098 Vynka Cridge W45 33:53

1975 Rowena Williams W50 34:35

288 Gillian Young W70 35:31

2159 Kerry Bickers W60 40:56

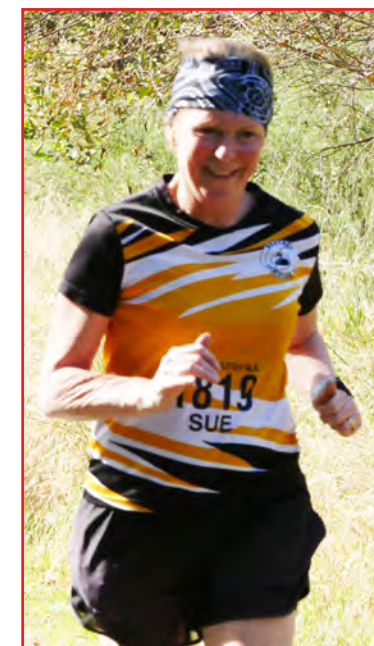
OCTOBER 24, 2021

Director: David Adams

2134	Gerrit Myburgh	M50	53:23
2272	Martin O'Connor	M45	54:07
666	Peter March	M60	54:35
1202	Akos Gyarmathy	M65	57:11
220	Giovanni Puglisi	M70	58:33
512	David Baird	M75	1:06:25

WOMEN

1445	Vanessa Carson	W40	53:22
650	Karen March	W60	58:06
1415	Johanna Leahy Marstrand	W50	58:50
1910	Nicole Cole	W45	1:01:26
1422	Carolyn Stephens	W65	1:07:43
967	Carolyn Fawcett	W70	1:38:43



1819 Sue Glyde W55 41:57

1494 Wendy Grace W65 43:51

2269 Melissa Donovan W30 45:02

149 Jackie Halberg W75 52:29

1674 Gem Hildyard W40 53:12

1722 Liz Dewhurst W35 57:51

More results - P8





8KM RUN - MEN

2088	Drew Langford	M40	20:50
1954	Andrew McLeish	M35	24:52
798	Kim Thomas	M45	24:53
1729	Victor Munoz	M65	27:10
712	John Pentecost	M60	27:52
1600	Paul Edwards	M50	28:30
1256	Mercurio Cicchini	M70	29:51
858	Tristan Bell	M55	29:54
2036	Oliver Mueller	M50	30:03
139	Jim Klinge	M75	33:12
2	David Carr	M85	40:52
40	John Pellier	M80	46:34



12KM WALK

339	Elaine Dance	W70	1:42:37
74	John Bell	M75	1:42:38

6KM WALK

1257	Karyn Tolardo	W55	38:23
1808	Marcela Ruiz	W60	40:54
510	Delia Baldock	W55	46:13
1301	Erika Blake	W65	53:03
111	Lynne Schickert	W80	55:58
1328	Pam English	W75	59:13
1027	Sylvia Szabo	W40	1:01:34
1679	Ros Pillay	W70	1:02:45
1599	Alicia Edwards	W45	1:06:10

MEN

1110	John McDonagh	M70	40:55
262	Johan Hagedoorn	M75	41:36
227	Gary Fisher	M65	46:57
248	Rex Bruce	M80	53:29
347	Neil McRae	M65	1:13:05

Safety Bay

NOVEMBER 7, 2021

Director: Trevor Scott

AGE-GROUP LEADERS

10KM RUN

1217	Sharon Davis	W45	44:32
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2259 Caroline Knight W40 47:30

650	Karen March	W60	48:31
1258	Sandra Siviour	W50	48:34
689	Sandra Stockman	W55	49:14
406	Chris Pattinson	W65	55:48
2269	Melissa Donovan	W30	56:50
1661	Liz Bryson	W70	58:09

MEN

666	Peter March	M60	45:49
755	Bob Lane	M70	47:31
1202	Akos Gyarmathy	M65	48:04



1432 Bob Hull M75 52:20

1675	Lourens Jacobs	M50	53:17
2249	Rod Siviour	M55	55:26

5KM RUN

1400	Kevin Johnson	M60	20:42
1587	Pat Jones	M50	20:45

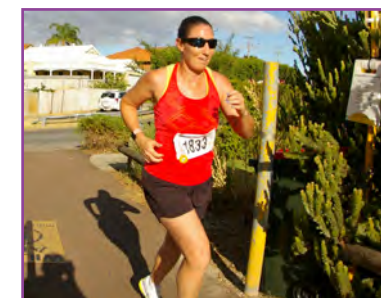


512 David Baird M75 26:01

175	Brian Bennett	M70	29:50
112	Bob Schickert	M80	34:19
1781	Rohan Thompson	M40	34:37
1865	Stephen Grannells	M55	37:17

WOMEN

2042	Heather Longworth	W50	25:52
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1833 Sally Smith W40 26:07

288	Gillian Young	W70	30:15
1994	Lorna McGavock	W45	30:55
1819	Sue Glyde	W55	34:08

5KM WALK

111	Lynne Schickert	W80	44:31
1301	Erika Blake	W65	44:45
1804	Evelyn Gilbert	W55	47:48
1531	Lesley Dowling	W60	50:18
1328	Pam English	W75	50:20
1679	Ros Pillay	W70	53:04

MEN

77	Arnold Jenkins	M75	47:01
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OUR annual Cliff Bould Handicap attracted 66 MAWA members and visitors, for the 10.4km trophy race from Victoria Park around Heirisson Island. In addition, there were 29 walkers.

In the short 5.2km non-handicap race Trevor Scott, M60, finished first in 21:11.

The Cliff Bould Handicap Trophy was won for the third time in a row by M50 Craig Madden, running a clock time of 59:50 off a handicap of zero.

The location of the hidden tunnel under the Swan, to which only Craig has the key, remains a mystery. Ed.

First female was W40 Crystal Glossop on a clock time of 69:12, of a handicap of 14:18. Crystal finished seconds ahead of W45 Jo Shelley and W50 Sandra Siviour. Great work again by our club handicapper Tristan Bell who calculates carefully to get everyone



over the finish line at the 6X minute mark.

I don't know what 6X means but suspect it's to convince us all that Tristan employs some kind of science in his calculations. Huh. OK professor, so why haven't people like me been given a minus-handicap? Ed.

Helpers

Sincere thanks to the helpers who make our all-volunteer club so successful. This year's contingent were: Marge Forden, Jackie Halberg, Jenny and David Hogg, Jerry Peters (with daughter), Johanna Leahy Marstrand, John McDonagh, Bob Britton; Sylvia

Johanna Szabo and Sylvia Bernadette Szabo; Wendy Grace, Melinda Fisher and Peter Hopper. Thanks also to Melissa Lewis for the morning tea.

Triple trips

The day was a tale of 'threes': We had three trippers. All recovered okay, thank goodness, from only minor injuries.

We'll look at changing the walking route next year to a flat surface.

Three kangaroos were seen by Erika Blake. Vic Waters saw a tourist photographing and patting one. Three runners were lost, temporarily: one was a visitor who

crossed the entire causeway and turned onto the Esplanade. That visitor and our halfway-point helper Marge Forden spotted each other from opposite banks of the river and the 'lost' became 'found'.

There will be a flour line in place next year!

John



10.4KM HANDICAP RUN		Clock	H/cap	Time
1822	Craig Madden M50	59:50	0.00	59.50
1902	Crystal Glossop W40	69:12	14.18	54.54

OCTOBER 31, 2021

Director: John Fisher

5.2 KM RUN

333	Trevor Scott	M60	21:11
1721	Zane Walsh	M40	23:22
1522	Mark Kerr	M50	23:42
1729	Victor Munoz	M65	23:59
178	Ralph Henderson	M70	25:15
858	Tristan Bell	M55	25:25
139	Jim Klinge	M75	29:15
2000	Andy Wong	M45	37:07
112	Bob Schickert	M80	37:32

WOMEN

1910	Nicole Cole	W45	26:30
1975	Rowena Williams	W50	30:45
2159	Kerry Bickers	W60	35:50
1813	Isolde Tietz	W70	36:11
2258	Janelle Finnigan	W35	36:48
2047	Mel Montgomery	W40	38:29

10.4KM WALK

262	Johan Hagedoorn	M75	1:19:09
251	Mike Hale	M70	1:37:17

5.2KM WALK

1257	Karyn Tolardo	W55	35:16
1808	Marcela Ruiz	W60	35:22
510	Delia Baldock	W55	44:46
2273	Jacinta Thompson	W40	45:46
1900	Glenys Duncan	W80	48:29
1301	Erika Blake	W65	54:17
2128	Heather Miller	W70	57:12
1328	Pam English	W75	1:02:58

MEN

174	Mike Anderson	M70	40:03
2059	David Gardiner	M75	42:15
248	Rex Bruce	M80	46:27
20	Jeff Whittam	M85	55:12
347	Neil McRae	M65	1:00:40
227	Gary Fisher	M65	1:08:43
89	Paul Martin	M80	1:08:45

NOVEMBER 14, 2021

Directors: Sandra Stockman
& Kevin Johnson

AGE-GROUP LEADERS

10KM RUN

2184	Glenn Rogers	M55	44:25
2251	Scott Chambers	M40	44:41
666	Peter March	M60	46:18
755	Bob Lane	M70	46:20
1226	David Adams	M45	49:01
1522	Mark Kerr	M50	49:12
1202	Akos Gyarmathy	M65	49:24
2260	Ammar Douba	M30	54:57
690	John Talbot	M75	1:19:13

WOMEN

1255	Clare Wardle	W45	46:53
2259	Caroline Knight	W40	48:33
1258	Sandra Siviour	W50	48:38
650	Karen March	W60	49:36
987	Julie Wilson	W65	57:56

5KM RUN



2233	Greg Knuckey	M60	23:54
178	Ralph Henderson	M70	23:57
2240	Matt Ferguson	M30	24:04
1937	Julian McGrath	M45	25:59
2249	Rod Siviour	M55	26:38
762	Mark Hewitt	M65	27:01
139	Jim Klinge	M75	27:57
112	Bob Schickert	M80	35:16

WOMEN

2241	Jo Scott	W45	26:42
1833	Sally Smith	W40	26:59
406	Chris Pattinson	W65	27:15
1975	Rowena Williams	W50	29:10
288	Gillian Young	W70	29:50
1828	Phillippa Bennett	W60	38:07



WE welcomed 23 visitors to Lake Gwelup, who competed alongside 107 Masters. Although a relatively flat course, it is not an easy one, with a few steep inclines, some rough limestone paths and a grassy section. It was made slightly tougher this year by strong easterly winds, which kept the temperature down.

Dozens of dogs roaming around off their leads kept everyone on their toes. None of them contributed to any falls, but unfortunately David Baird and Noelene Treen each came a cropper and stumbled back to the finish line a little worse for wear.

David remarked that his was on track for a PB. Noels dusted her-

2022	Jenny Hogg	W55	40:53
149	Jackie Halberg	W75	41:02
251	Mike Hale	M70	88:06

10KM WALK



The Directors

self off and hopped back on her bike for a 12km ride home.

Tough as nails, those two.

Our helpers all arrived bright and early, eager to put on the high-vis and get to their stations.

Nola McIntyre was helping at a Masters event for the first time and did a sterling job marshalling on her own. Apparently, she hasn't run with us after joining 12 months ago, so hopefully we'll see her out there competing soon.

Julie Wood was kept busy at the halfway drink station contending

with the wind that played havoc with the cups. The finishing chute team of Irene Ferris, Giovanni Puglisi, Marg Forden and Alex Tinniswood all worked well together. Mr Reliable Roger Walsh needed no direction; he's a true professional.

Astrid Roberts marshalled at a critical point, and was full of energy, cheering everyone on – a great effort from someone who ran a 2:50 virtual marathon the day before.

Keith Miller had a nice pop-up bar atmosphere going at the water station out on the course, with people milling around and having a chat, while his wife Heather scurried around picking up the empties.

Four seasoned Masters runners whose racing days appear to be over were also noticed taking it easy, straying off-course to talk to the bird watchers. They were promptly told to get a move on as



The Objectors!

the course directors hoped to get home before noon!

(Objection, objection! We were doing club PR. And we know 'seasoned' is just politically-correct-speak for 'knackered'.)

Thanks to our other helpers—Sue Renton, Geoff O'Brien and John Batta – who made sure no-one got lost on the course.

Thanks also to Vic Waters for the great candid snaps he takes most weeks. Be sure to check them out; some are quite funny. He promptly posts them on the website on the day they're taken.

MORE GWELUP PAGE 11 ►



What about the walkers? Showing how to do it legally are John Brambley, Peggy Macliver, Mike Hale and Haydn Gawne.

Camera-shy group uneasy for their close-up?

5KM WALK

174	Mike Anderson	M70	38:39
227	Gary Fisher	M65	45:00
244	John Brambley	M75	46:48
248	Rex Bruce	M80	59:15
1351	Randy Hobbs	M60	64:48

WOMEN

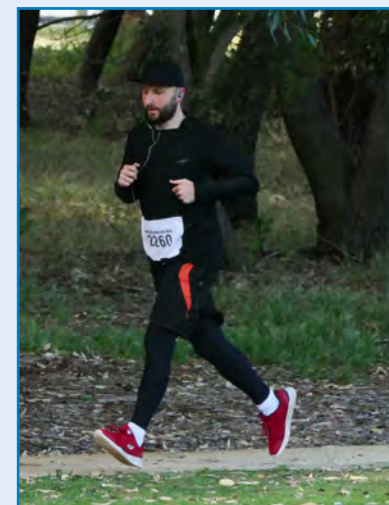
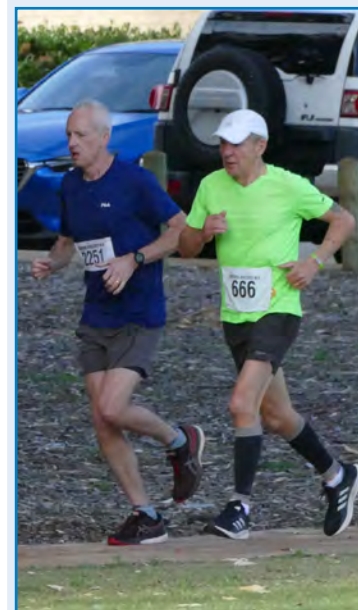
510	Delia Baldock	W55	39:02
99	Peggy Macliver	W75	41:02
739	Margaret Saunders	W65	53:09
1531	Lesley Dowling	W60	56:07
176	Margaret Bennett	W80	56:08
1679	Ros Pillay	W70	59:13



Er, how big was it really, Gary?



Above, Glenn Rogers was first 10km member overall but was led, as here, by a very speedy visitor. Right, new M30 Ammar Doube; below, Scott Chambers and Peter March.



**'Does this make my...?'
'No, absolutely not!'**



M60 Trevor Scott
defies times with
constant top
performances.

AGE-GROUP LEADERS 10KM RUN

333	Trevor Scott	M60	40:19
2184	Glenn Rogers	M55	41:48
2278	John Ferguson	M50	43:06
1726	Jerry Peters	M40	43:18
798	Kim Thomas	M45	45:12
2280	Jagpawan Dhillon	M30	46:26
755	Bob Lane	M70	47:42
1202	Akos Gyarmathy	M65	48:13

WOMEN

1255	Clare Wardle	W45	45:12
2259	Caroline Knight	W40	47:42
1258	Sandra Siviour	W50	49:56
987	Julie Wilson	W65	56:55
1828	Phillippa Bennett	W60	1:23:11
2283	Noelle Dawson	W70	1:23:34

5KM RUN

1342	Alex Tinniswood	M40	21:28
1729	Victor Munoz	M65	23:03
745	Mark Dawson	M60	23:18
769	Graeme Dahl	M70	24:51

1332	Russell Smith	M55	27:01
2279	Suresh Simson	M45	27:48
1362	David Boyd	M50	29:23
112	Bob Schickert	M80	34:41
2	David Carr	M85	34:44
690	John Talbot	M75	37:37

WOMEN

1867	Melinda Evans	W40	23:20
406	Chris Pattinson	W65	27:07
1661	Liz Bryson	W70	27:24
1994	Lorna McGavock	W45	31:48
1323	Silke Peglow	W50	34:03
149	Jackie Halberg	W75	42:27

10KM WALK

1704	Melissa Lewis	W30	1:00:25
251	Mike Hale	M70	1:27:53

5KM WALK

1808	Marcela Ruiz	W60	37:44
99	Peggy Macliver	W75	39:46
510	Delia Baldock	W55	39:55
339	Elaine Dance	W70	42:25
111	Lynne Schickert	W80	46:06
1957	Christy Davidson	W40	51:21

NOVEMBER 21, 2021

Directors: Karen & Peter
March

STANDING on the path to the Cockburn Road turn, a couple on bikes stopped to ask if there was anyone on the path. I explained that five ladies were still out there.

Once they all passed me to the finish, I ran down the path to collect the flags and cone. There were the two cyclists again, riding towards me with the cone and flags; "we wanted to help you they said!"

It had started out humid and cloudy in the early morning and changed quickly to a humid warm/hot sunny morning for racing.

104 runners and walkers attended - and all volunteers who had nominated for Woodman Point, confirmed their attendance and arrived on the day.

I was one happy Race Director!

Thank-you, marshalling team and all who were in the finishing chute and at the table. Thanks to drinks station ladies and also Hunter - who helped me fill the four-litre water containers from the wonky tap at the toilet block.

Race directors just couldn't manage without you.

MEN

1624	Haydn Gawne	M70	38:42
2059	David Gardiner	M75	39:26
227	Gary Fisher	M65	42:29
89	Paul Martin	M80	54:22
347	Neil McRae	M65	55:21
1487	Jason Kell	M45	1:18:35



Top runners for decades, determined Bob Schickert and David Carr remain class-leaders. Bob is now M80. David, is 89, and doubtless eyeing the world's M90 800m rankings. Right, the amazing, death-defying W80 Lynne Schickert!

Luckily for our club (soon to turn 50!) Masters keeps on drawing in younger talent like that pictured below!





Young Oliver Knuckey at the start, separated from Trevor Scott by a few paces and about 50 years.

Let's hope Oliver keeps running so remarkably when he too is M60. In preceding weeks Trevor ran the Cliff Bould 5.2km in 21:11; Woodman Point in 40:19 for 10km; and then won the Garvey 5km in 19:25.

Inset pic, right are pre-eminent walkers Melissa Lewis and Karyn Tolardo.

AGE-GROUP LEADERS

10KM RUN

2278	John Ferguson	M50	45:47
666	Peter March	M60	47:26
755	Bob Lane	M70	48:25
2108	Darryl Downing	M40	49:44
1202	Akos Gyarmathy	M65	49:48
798	Kim Thomas	M45	50:40
858	Tristan Bell	M55	51:18

WOMEN

2259	Caroline Knight	W40	48:23
1255	Clare Wardle	W45	50:39
650	Karen March	W60	51:17
1258	Sandra Siviour	W50	52:08
987	Julie Wilson	W65	1:00:39
1661	Liz Bryson	W70	1:01:28

5KM RUN

333	Trev Scott	M60	19:25
1342	Alex Tinniswood	M40	22:14
1729	Victor Munoz	M65	23:11
178	Ralph Henderson	M70	23:44
2240	Matt Ferguson	M30	24:32
2054	Xinhuan Yan	M45	24:45
2249	Rod Siviour	M55	27:09
1362	David Boyd	M50	28:03

512	David Baird	M75	29:42
112	Bob Schickert	M80	35:43

WOMEN

1867	Melinda Evans	W40	22:51
406	Chris Pattinson	W65	27:45
843	Rochelle Airey	W50	27:55
2107	Madeline Radstock	W60	32:32



1230 Sam Farman W55 32:50
1994 Lorna McGavock W45 32:52



481 Theresa Howe W70 35:02
149 Jackie Halberg W75 40:08

NOVEMBER 28, 2021

Directors: Gillian Young & Mark Sivyver

HOTTEST Sunday of the season to date tested us, especially the helpers who were out there longest of all. Our thanks to all of them, as well as Gillian and Mark.

That said, performances by Clare Wardle, 1st W45, and Kim Thomas, 1st M45, must be noted. Starters met the intrepid pair, who did a pre-race 10km, a way down the track. They had some problems returning across the river in time for the off – so you could



Co-director Mark Sivyver

deduct at least a couple of minutes from their times shown on this page!

Director Gillian reports the Helper Registration system is working well with all listed helpers responding.

One timely further reminder – fetch your own water bottle to every run, and other post-race drinks too when you come to Garvey. That marvellously convenient riverside café is now closed. VW

5KM WALK

1257	Karyn Tolardo	W55	33:13
1808	Marcela Ruiz	W60	36:07
99	Peggy MacIver	W75	40:32
339	Elaine Dance	W70	42:56



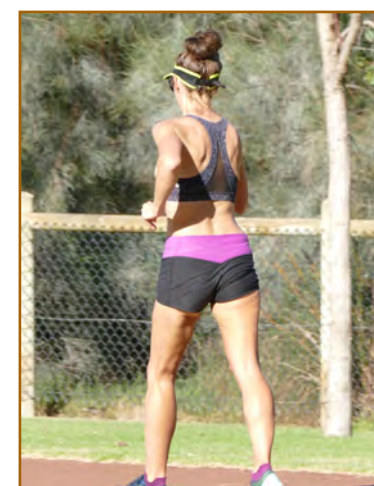
133 Lynne Choate W65 44:42
1027 Sylvia Szabo W40 57:50

MEN

1110	John McDonagh	M70	36:08
2059	David Gardiner	M75	40:43
227	Gary Fisher	M65	43:49
248	Rex Bruce	M80	48:51

10KM WALK

1704 Melissa Lewis W30 59:58



DECEMBER 5, 2021

Director: Paul Hughes

A HOT summers day for our first 7am start for 2021 but this did not deter members and visitors enjoying the scenic Mosman Park Run.

A special thanks to my helpers who assisted me in the event run which makes my role as Race Director a lot easier.

Appreciation to Armando from the Mosman Park Cricket Club, Armando Sports and Mosman Park Town Council for allowing us to use the facilities at Tom Perrott Reserve.

See you all next year.

Paul Hughes

AGE-GROUP LEADERS

10.5KM RUN

1954	Andrew McLeish	M35	43:00
798	Kim Thomas	M45	45:49
2278	John Ferguson	M50	46:43
2251	Scott Chambers	M40	47:03
1400	Kevin Johnson	M65	48:12
666	Peter March	M60	48:57
755	Bob Lane	M70	49:54
278	Keith Miller	M70	56:08
2260	Ammar Douba	M30	57:18

WOMEN

1255	Clare Wardle	W45	45:48
2225	Angela Hon	W40	50:51
650	Karen March	W60	53:19
1862	Ceri Morton	W35	1:01:05
987	Julie Wilson	W65	1:02:35
1661	Liz Bryson	W70	1:07:30
1323	Silke Peglow	W50	1:13:41
1389	Janne Wells	W50	1:20:28

5.25KM RUN

1342	Alex Tinniswood	M40	23:02
220	Giovanni Puglisi	M70	24:25
741	Ian Cotton	M55	24:57
745	Mark Dawson	M60	25:27

512	David Baird	M75	29:16
1888	John Cameron	M50	30:26
1092	Bruce McGeorge	M65	33:53
1487	Jason Kell	M45	37:13
112	Bob Schickert	M80	40:13
WOMEN			
1883	Joanna Lloyd	W45	23:46
689	Sandra Stockman	W55	24:38
1833	Sally Smith	W40	29:12
1828	Phillippa Bennett	W60	37:45
481	Theresa Howe	W70	38:09
149	Jackie Halberg	W75	46:43
5.25KM WALK			
99	Peggy MacIver	W75	41:18

It was OK, they were uncaged in time for the start!

510	Delia Baldock	W55	41:46
339	Elaine Dance	W70	46:41
111	Lynne Schickert	W80	47:52
1301	Erika Blake	W65	52:30
1531	Lesley Dowling	W60	59:48

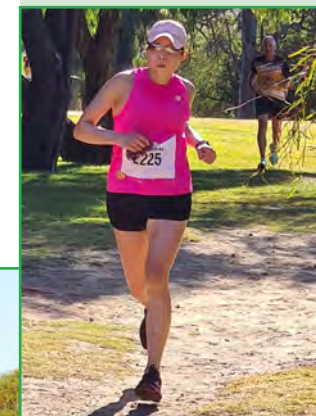
MEN

2059	David Gardiner	M75	41:27
1624	Haydn Gawne	M70	42:12
1679	Ros Pillay	W70	1:08:21

Mosman Park



Bob Lane, 1st 10km M70; and below, Angela Hon, 1st 10km W40. Pics - thanks to marshal Jenny Hogg.



Back of the pack - but going well!

Jim Turnbull, right, with Tim Erickson (Australian Commonwealth Games and World Championships athlete).

JIM'S bright, bubbly attitude was lost from our events several years ago when he moved from Melville to regional WA. He competed as a race walker with MAWA and also with the WA Walkers club. That club holds the Jim Turnbull Shield which acknowledges athletes who can complete 100 miles in 24 hours. Jim, who was one of only two WA walkers to have achieved the feat, donated the trophy!

"Jim helped our competitions by working as an official at Championships and he also made a donation to facilitate the running of events," writes Tim Erickson, pictured here with Jim some years back.

From Peter Waddell's 'History of Australian Walking':

"Jim Turnbull, born 1936, was a regular racewalker in Western Australia but his entry into the Centurion ranks was accidental at best.

Bronwyn Salter was a well-known runner/walker in Western Australia who had already completed the 100 mile run within 24 hours. In 1986 she decided to try to complete the run/walk double and organised a 24 hour walk/run endurance race to be held on



VALE Jim Turnbull 1936 - 2021

a grass 400m track at the Kingsley Reserve in Wanneroo on 13-14 December of that year. As well as a small number of runners, she cajoled Jim to accompany her to help her through. Jim had completed a number of 50km events and was the current WA 50km champion so was reasonably experienced over the longer distances.

He had done little preparation for the event but his 50km background obviously saw him through in a fine solo performance. His time of 23:38:53 left little to spare but it was within the required 24 hours so all was well.

George Audley (a fellow Vets/Masters member) took up fun running in 1981 at the age of 45.

In 1987, George ran the 100-mile

distance in a brilliant 16 hours 45 minutes and now he had his sights set on something that would set a new standard. He wanted to walk 100 miles within 24 hours to match his 100-mile running achievement.

Once Jim heard about the attempt he decided to line up also, but this time as a runner.

Since he had already done the walk and George had already done the run, it remained to be seen who would finish first and claim the title as the first Australian to do a run/walk double.

The venue was the 1km grass loop at McGillivray Oval at Perry Lakes. Jim finished his run in 21:54:36 while George finished his walk in 23:28:48. It was a personal success for both athletes.

Jim had done little running in preparation for this event while George had limited walking in the legs.

Both Jim and George forwarded details of their performances to the Australian Centurions President but unfortunately, no action was taken until 1994 when we retrospectively verified and confirmed their performances and awarded them badges number 21 and 22. It was only years later that George and Jim learnt that they had been beaten to the run/walk double by Claude Martin who had done his walk in 1975 and his run in 1987.

So, Jim became the second Australian and George the third to achieve this unique double. ■

Want a run in fine company?



Saturday Shufflers – even their t-shirts have style!

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.

MONDAY

- Track training – ECAC 7.30am.
- 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

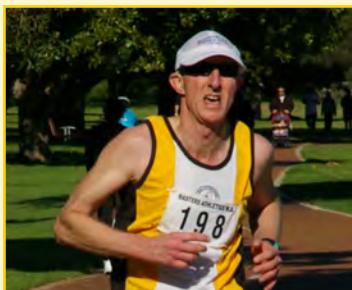
SATURDAY

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, garyfisher1404@gmail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or 0412 513 348.

DECEMBER 12
Canning Caper



Race Director: Keith Atkinson – 0403 865 351

Gary Fisher, Carolyn Stephens, Sandra Siviour, Rod Siviour, Liz Bryson, Helen Lysaght, Sandra Keenan, Sue Glyde, Mark Glyde, Leon Mitchell, Sofia Dumlao, Patrick Jones, Janne Wells

New Members – welcome!

2264 HOFFMANN: Mark M55
2265 MAXWELL: Sam M30
2266 FIALA: Adam M80
2267 CANDY: Bernard M60
2268 PEREZ: Tahlya W30
2269 DONOVAN: Melissa W30
2270 CARNELLEY: Julie W50
2271 WILFORD: Debbie W45
2272 O'CONNOR: Martin M45
2273 THOMPSON: Jacinta W40
2274 VAN HEERWAARDEN: Fiona W40
2275 JANKOWITZ: Frik M50
2276 HUSTON: Michaela W30
2277 GOTTFRIED: Ken M75
2278 FERGUSON: John M50
2279 SIMSON: Suresh M45
2280 DHILLON: Jagpawan M30
2281 MORRIS: Jay W40
2282 HOLLAND: Clare W60
2283 DAWSON: Noelle W70
2284 MILES: Selwyn M75
2285 FOGARTY: Rebecca W45
2286 GRIFFITHS: Mark M45
2287 LADNY: June W85
2288 BATCHELOR: Mike M35

Where you're HELPING!

HELPER SLOTS AVAILABLE

THERE are a lot of January/February helper slots still available for sign-up on the website. Please look at the options and get your name down if a date suits. Don't forget that active Sunday runners must help at least twice a year – but you can definitely do more if you want! Should you know that you can't compete on any Sunday please put your name down and support the club.

JANUARY 2
Alderbury Park



Race Director: Michaela Miller – 0413 305 334

Raymond Treen, Gopal Gupta, Craig Madden, Alex Tinniswood, Mark Hewitt, Oliver Mueller, Giovanni Puglisi, Rathanthi Wanigasekera, Heather Longworth, Paul Falconer, Patrick Jones, Todd Beveridge, Mike Hale

JANUARY 9
Piney Lakes



Race Director: Simon McGarvie – 0400 324 887

Conny Brieden, Sam Farman, Ammar Douba, Neill McRae, Rathanthi Wanigasekera, David Adams, Madeline Radestock, Bernadette Height, Jenny Bowker, Brett Bowker, Sue Zlnay, Gary Prior

JANUARY 16
McCallum Lakes



Race Director: Joe Patroni – 0412 386 486

Steve Helm, Hazel Stephen, John Bell, Julie Wilson, Greg Wilson, Michihito Muroi, Lourens Jacobs, Sue Glyde, Mark Glyde, Selwyn Miles

JANUARY 23
Australia Day Run



Race Director: Akos Gyarmathy – 0417 942 559
Gem Hildyard, Hairu Yusuf, Jim Barnes, Matt Ferguson

JANUARY 30
Age Graded Handicaps
Race Director: Jason Kell
(0439 902 817) & Liz Gomez –
0422 438 869

Jerry Peters, Ivan Brown, Hairu Yusuf, Rohan Thompson, Zane Walsh, Matt Ferguson

FEBRUARY 6
Friendship



Director: Jim Langford – 0401 916 925.

Jo Shelley, Mark Kerr, Ngaio Kerr, Bob Schickert, Lynne Schickert, Frank Price, Wendy Farrow, Madeline Radestock, Rachel Conroy, Keith Miller, Heather Miller, David Adams, Xinhuan Yan