

VET RUN



No. 525
FEBRUARY 2022



***Masters Australia
Day Run***

JANUARY 23, 2022

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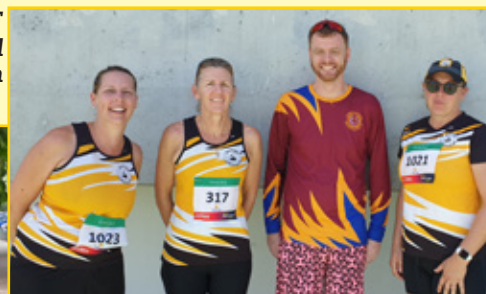
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Best luck also to Barbara Blurton with a partial knee-replacement; and long-time club supporter Dick Blom recovering from an arboreal adventure!

HELPER CRISIS!

More Sunday-helpers are urgently needed in February and March. Go to page 16 for details of events where more support is required.

The club wishes T&F photo-ace Graeme Dahl a speedy recovery from his current setback.



Four MAAW athletes, Rachel Williams, Sue Coate, Oliver Berry and Carmel Goodridge, competed in the State Decathlon/Heptathlon Championships. Congratulations to Sue on a State Record. Results - see the State Champs panel on website.



Barbara



& Dick

DELIA Baldock has taken over from Colin Smith as Uniforms Manager.

Use the MAAW shop to purchase uniforms and other items as usual. You can either pay an extra \$9 for postage or select to pick up your items from Delia at any of our Sunday runs.



Masters & Covid

WE keep WA's COVID situation under constant review and the committee has agreed that MAAW will comply with any applicable direction issued by the State Government for management of COVID-19.

We ask that you:

Do not attend any MAAW event if you are unwell or are waiting COVID-19 test results.

Only attend MAAW events if you are fully vaccinated against COVID-19, in accordance with medical advice.

Practice physical distancing wherever possible.

Where this is not possible, please wear a mask.

CLUB CONTACTS

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Patron: David Carr

Patron's Trophy



Jack receives the trophy from Patron David Carr.

THE club's signature track and field event, the Patron's Trophy, tests athletes over runs, jumps and throws. This season we had one of the most exciting-ever men's trophy, with the outcome still undecided until the very last leg, the javelin.

Finally, Jack Reid just pipped Andy Abbey and Alan Stabler.

In the women's trophy Sue Coate was always ahead while Carmel Meyer took second place.



OUR TRACK AND FIELD ATHLETES ENJOYED ANOTHER STELLAR YEAR DESPITE THE LACK OF NATIONAL AND INTERNATIONAL COMPETITION.

We had a record entry at the State Championships and good attendance at our weekly meets through the year. Congratulations to the following athletes all nominated for AMA Awards:

Sprints: Barbara Blurton.

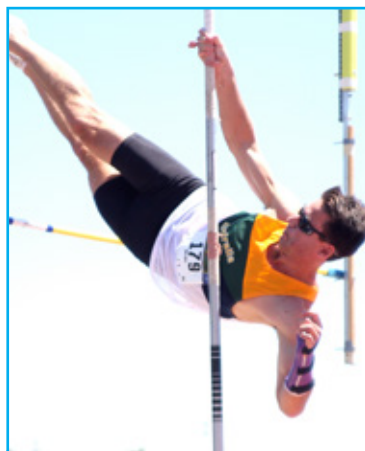
Breaking AMA Hall of Fame Athlete Ann Cooper's Australian records are no mean feat. Barbara achieved that not once but twice in the W70 100m and 200m.

Middle Distance: Chris Gould. State Records in the 1,000m and 3,000m; and running only just outside 2 minutes for 800m at age 45.

Distance: Roberto Busi. Many great runs from Roberto, highlight being a 10, missing the Australian record by just six seconds.

Jumps: Ruth Johnson. Ruth celebrated moving into W80 in style with an Australian high jump record plus State records in the long and triple.

Throws: Todd Davey. Todd hit great form last year with Australian records in the shotput, super weight and 56lb weight.



Mark Jeffery in Sacramento, 2011, one-arm vaulting with broken left wrist!

Walks: Andrew Duncan. Continuing our great record in the walks, Andrew scored four State Records with age-grades in the high 80's and low 90's.

Multi-events: Mark Jeffery. Australian record in the pentathlon at our State Champs with a magnificent 3577 points.

Female Athlete of the Year: Ruth Johnson. What a year for Ruth with numerous records in runs, jumps and throws.

Male Athlete of the Year: Todd Davey. For his three Australian throws records.

Best Performance of the Year: Barbara Blurton. High 90 per cents for Barbara's 200m Australian record.

WA State Champs Dates

THE main weekend is set for Saturday and Sunday - March 12 and March 13.

Before that Sunday, February 27 - 5,000m, Pentathlon, Throws Pentathlon, High Jump.

Thursday, March 3 - 10,000m.

Thursday, March 10 - 3,000m, 2,000m Steeplechase.

Are you usually just a road runner? Why not come to the Champs this year and try a 5,000m or 10,000m on the track?

MASTERS RECORD SETTERS

OVER the past two months we saw a great shotput Australian record set by Todd Davey. State records went to both Wyatts in the high jump, Sue Coate in the javelin, Bev Hamilton in the hammer and Courtney Heinze in the shot.

Melissa Foster, now living in Melbourne, scored a State Record in the heptathlon. MAWA was well represented in the State Relay Championships resulting in a W55 record for Cathy McCloskey, Fran Cherry, Sue Coate and Kathy Lawson.



Andrew Duncan mixing it with the run-field at Point Walter in 2017.

CLUB PATRON AND FOUNDER MEMBER DAVID CARR RECALLS ANOTHER OF THE 'ORIGINALS'.

On December 5, 2021 Bob and his family hosted a wake for eighty guests. He was able to chat with everyone and modestly accept the eulogies.

A few days later he died.

Bob joined MAWA in May 1974 and within a year was President, with tasks like uniforms, formal relations with Marathon Club, Athletics WA and planning and conducting the Australian Championships.

His football and cricket days were long over. He weighed over 100 kilograms and dined out. As state manager of Parker Pens he travelled the state.

Running changed his life. He ran with our club, Marathon Club and Athletics WA on road and track.

Although he had not worn his club number 4 for some years members will remember him as, race director at Floreat Beach and a regular attendee with a Saturday group in King's Park and on Tuesdays under the trees of Perry Lakes, raking the pit at state championships, or just giving us encouragement at Gwelup Lake.

Jim Barnes was another of Bob's old friends.

"At the wake, which Bob and his niece organised at the Marathon Club, he said - 'well, I have made it

VALE

Bob Hayres - Number 4



to 90, and I couldn't have done it without running."

Vic Waters writes:

"I was pleased to help Bob in his last few weeks, in finding and locating contacts for many of his old-time running and club colleagues.

"In recent months Bob provided insight into the early days of the club and *Vetrun* published some pieces, poems and memories instigated by him. He was kind enough to say that he considered *Vetrun* to be the heart of our club.

"A year of chemotherapy had worn Bob down, but planning his

wake perked him up again and I know that 'it gave him something to look forward to.'"

Rob Shand, one of Bob's closest, writes:

"Bob was there at the beginning of the Veterans Athletic Club, at the inaugural meeting at McCallum Park in July 1974 with Cliff Bold, David Carr and John Gilmour in that order. His club number was 4.

"I met Bob later in November 1975 and we ran together from then on - that was 46 years ago.

"Runs at Rottneest, Bunbury, Capel and Albany were always



Jim Barnes and Bob.

"We all saw him last at his own wake on December 5 at the Marathon Club Rooms at Burswood. He vowed that he was not going to miss that!"

memorable as was our venture to the Seychelles to 'train for the marathon' over an Easter weekend in 1987."

Bob was a steady runner, participating in all track and field events until he established his preference for the longer distances - from 5km upwards.

As Club President he was always willing to assist when needed and was on the organising committee for the 1977 National Championships held in Perth.

His 'Hayres Hill Climb' when he was living in Roleystone, and the West Coast Challenge after he moved to City were both runs not to be taken lightly.

Bob was also involved with the WA Marathon Club in later years.

Since his wife, Maureen, passed away in 2006 Bob lived alone in Karrinyup, lately with his rescued greyhound Tippy, and kept up his daily runs.

Bob was honest and reliable, generous and easy going and good fun to be with. I seldom saw him cross or upset with anyone.

We all saw him last at his own wake on December 5 at the Marathon Club Rooms at Burswood. He vowed that he was not going to miss that!

Little did we realise the end was so close.

He will be sadly missed.



John Fisher reports GREAT running by MAWA members in the Six Inch Trail Marathon on Sunday, December 19.

The Six Inch is an annual 46km ultra trail-run on the Munda Biddi Trail from North Dandalup to Dwellingup. There is also a half, or 'Three Inch' event of 23 km.

I'm sure runners will let me know if I have missed anyone or made errors in the results shown here!



On the trail, John Fisher (above left) and Drew Grosas, right.

Left - Craig Madden, John Fisher and Wade Davis.

Six Inch Trail

DECEMBER 19, 2021

MARATHON

23KM EVENT

* Col 1 - overall finishing position
* Col 2 - M or F finish position

Overall	M/F	Name	Time	Pace	Age Group	Rank
8	8	Alan Stabler	1:52:48	4:54	M40/49	6
37	10	Sandra Siviour	2:23:43	6:14	W50/59	2
45	30	Rodney Glossop	2:26:08	6:21	M40/49	17
48	32	Drew Grosas	2:28:23	6:27	M50/59	2
103	55	Brian Greenhalgh	2:58:43	7:46	M50/59	6
119	60	Rod Bickers	3:23:31	8:50	M60/69	3

46KM EVENT

Overall	M/F	Name	Time	Pace	Age Group	Rank
38	5	Clare Wardle	4:21:39	5:41	Female 40/49	3
39	34	Kim Thomas	4:21:40	5:41	Male 40/49	12
53	45	Martin O'Connell	4:34:23	5:57	Male 50/59	7
65	12	Melissa Lewis	4:43:28	6:09	Female 30/39	4
90	75	Mark Griffiths	4:55:43	6:25	Male 40/49	31
196	139	Bob Colligan	6:05:26	7:56	Male 60/69	4
248	172	Wade DAVIS	6:45:28	8:48	Male 50/59	32
248	173	John Fisher	6:46:36	8:50	Male 60/69	10
249	174	Craig Madden	6:46:36	8:50	Male 50/59	33
282	183	Tim Inglis	7:55:00	10:19	Male 60/69	12

Jason Kell covered approximately 115 km.



JASON Kell earns a special mention, starting at the finish line on the night of Saturday 18.

Why?

He explains: "I was covering this distance in training for this year's Australia Day ultra 100km.

"I started on Saturday morning to run the Six Inch course solo and completed it Saturday afternoon.

"I then turned around and ran the course in reverse on Saturday afternoon and completed it Sunday morning. Two others ran this night leg with me.



Celebratory mood persists for Jason at McCallum Lakes

"I then started the Six Inch official race and ran to the halfway mark - where I was timed out of completing the second half.

"Apparently, amongst the Six Inch community it's known as 'completing a 15 inch' - and unofficially setting a new 'inch' distance record."

New members - Welcome!

2289 DIMMER: Brendon M35
2290 TOWER: Greg M65
2291 STOREY: Paz W35
2292 STANSBURY: Chris M50
2293 GIBLEE: Greg M55
2294 HAMER: Jesse M35
2295 BLYTH: Geoff M65
2296 SCUDDS: Julie W50
2297 SCUDDS: Troy M45
2298 HEINZE: Courtney M30
2299 WAGSTAFF: Christina W50
2300 GOODRIDGE: Carmen W40
2301 DE JONGE: Harry M80
2302 GRIFFITHS: Stephanie W35

Why 'Six Inch'?

JOHN Fisher explains that according to its website the Six Inch Trail Marathon is inspired by the famous Six Foot Track Marathon in the Blue Mountains near Sydney. www.6inchtrailmarathon.com

But the scuttlebutt suggests that it extends 'only six inches on the map.' Whatever the origin the Six Inch, which is always held on the last Sunday before Christmas, is one of the oldest Ultras events in WA.

Its director and founder is the inspirational runner David Kennedy.

Several club members planned tackling the Australia Day Ultra (held January 22) at Australind.

John's hot report - page 15.



Determined start - 5km winner Drew Langford flanked by Geoff Vine, Alex Tinniswood and far right, The Patron, David Carr.

Canning Caper



ANOTHER Canning Caper done and dusted. I think the conditions were about as good as I can remember for this run. Sunny, mild breeze, and coolish for this time of the year. As a result, I think we had a few more competitors.

Thanks to my helpers on the day, who made things easier for me as well as go smoothly for competitors.

Especial thanks Tristan Bell for his work setting handicaps for the event.

I have had a couple of people ask how long have I organised this event. A look back in the *Vetrun* archives shows that I took the run over from Duncan and Fiona McCauley in 1999. Sure goes quick.

See you again next year.

Keith

AGE-GROUP LEADERS

10KM WALK

1704 Melissa Lewis W30 59:29

5KM RUN

2088 Drew Langford M45 21:35

1342 Alex Tinniswood M40 26:02

807 Rod Hamilton M55 26:23

796 Steve Hossack M60 27:15

755 Bob Lane M70 27:27

106 Paul Hughes M65 30:28

512 David Baird M75 31:54

2 David Carr M85 42:19

112 Bob Schickert M80 43:04

DECEMBER 12, 2021

Director: Keith Atkinson

WOMEN

1833 Sally Smith W40 32:26

1926 Gayle Craft W65 35:25

2098 Vynka Cridge W45 35:55

1711 Denise Cleasby W60 37:17

928 Sandra Rourke W50 37:31

1813 Isolde Tietz W70 39:22

2049 Sharon Woodfield W55 41:49

2052 Amanda Wylde W35 43:22

1787 Hazel Stephen W75 55:14



!0km soloist Melissa Lewis happily pushing the baby; and Liz Gomez looking pleased she's not similarly encumbered on this one!

10KM HANDICAP RUN

			Clock	H/CT	ime
1862	Ceri Morton	W35	57:08	7.23	49.45
1781	Rohan Thompson	M40	1:00:50	1.23	59.27

FASTEST!

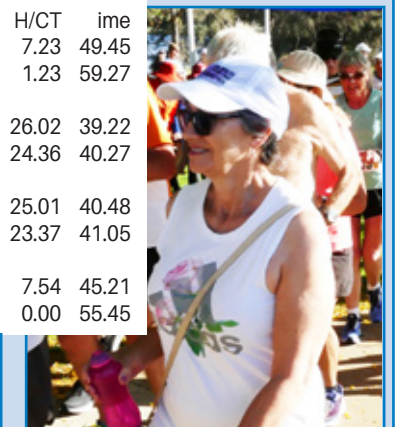
1954	Andrew McLeish	M35	1:05:24	26.02	39.22
1226	David Adams	M45	1:05:03	24.36	40.27

* RAN 5KM FIRST!

798	Kim Thomas	M45	1:05:49	25.01	40.48
1255	Clare Wardle	W45	1:04:42	23.37	41.05

5KM HANDICAP WALK

1624	Haydn Gawne	M70	53:15	7.54	45.21
2128	Heather Miller	W70	55:45	0.00	55.45



Heather Miller, above, H-W winner, Keith's ever-supportive wife, has already planned his headstone epitaph: 'I told you not to do it.' Far left - Hazel Stephen, 1st 5km W75.

Alderbury Park

CROSS COUNTRY

JANUARY 2, 2022
Director: Michaela Miller



AGE-GROUP LEADERS

8KM RUN

798	Kim Thomas	M45	31:40
2278	John Ferguson	M50	35:44
2184	Glenn Rogers	M55	36:38
346	Christopher Maher	M65	36:49
1702	Steve Helm	M60	38:16
784	Grahak		
	Cunningham	M40	41:18
454	Mark Sivyer	M70	45:27
1678	Geoff O'Brien	M75	57:15

WOMEN

1255	Clare Wardle	W45	37:37
650	Karen March	W60	40:32
689	Sandra Stockman	W55	42:10
2225	Angela Hon	W40	44:31
987	Julie Wilson	W65	47:11
843	Rochelle Airey	W50	47:26
288	Gillian Young	W70	48:50

4KM RUN

2134	Gerrit Myburgh	M50	17:14
2233	Greg Knuckey	M60	18:35
178	Ralph Henderson	M70	19:21
2054	Xinhuan Yan	M45	19:59
106	Paul Hughes	M65	22:28
139	Jim Klinge	M75	23:27
1781	Rohan Thompson	M40	27:52
112	Bob Schickert	M80	28:57
1865	Stephen Grannells	M55	29:25

WOMEN

1833	Sally Smith	W40	21:43
1393	Lori Sexton	W60	23:00
928	Sandra Rourke	W50	26:17
739	Margaret Saunders	W65	28:19
967	Carolyn Fawcett	W70	34:21
149	Jackie Halberg	W75	34:30

6KM WALK

1638	Andrew Duncan	M55	35:47
262	Johan Hagedoorn	M75	44:43
1138	Lui Cecotti	M70	48:29
198	Keith Atkinson	M65	1:02:32

WOMEN

1704	Melissa Lewis	W30	41:30
1231	Wendy Farrow	W50	42:41
111	Lynne Schickert	W80	1:02:11
2128	Heather Miller	W70	1:05:25

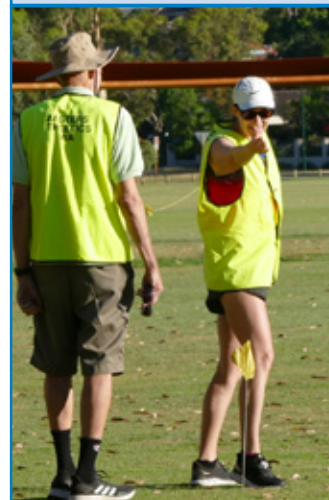
4KM WALK

1110	John McDonagh	M70	29:45
2059	David Gardiner	M75	34:23
1487	Jason Kell	M45	37:19
455	Sean Keane	M55	37:38
1944	Steve Travell	M65	44:06
20	Jeff Whittam	M85	44:08
248	Rex Bruce	M80	46:36

WOMEN

1808	Marcela Ruiz	W60	29:47
99	Peggy MacIver	W75	32:59
510	Delia Baldock	W55	34:28
1900	Glenys Duncan	W80	39:02
1679	Ros Pillay	W70	47:06
31	Dorothy Whittam	W85	50:05
38	Lorna Lauchlan	W90	52:26

New director Michaela hones her semaphore ready to start two, separated events; and below, shows Mike the way to the finish!



Happy New Year!

THE Alderbury Park Cross Country kicked off as first run of the Sunday programme for 2022, and gave 133 participants - including 11 visitors - the opportunity to work off some of their Christmas and New Year indulgences and kick-start some NY resolutions!

The race briefing commenced with a shout-out to the weather gods for a wonderful starting temperature of 18 degrees at 7am (remembering the Sunday before was a not-so-run-friendly 26 degrees at that time).

Alderbury Park features two separate courses, leaving participants spoilt for choice. Thirty-eight walkers did either two (4km) or three (6km) laps around the larger of the two Perry Lakes, on sealed roads. Starting at the same time, 95 runners tackled the beautiful cross-country course around the smaller lake, boardwalk and Alderbury Reserve for over 4km or 8km laps.

After 12 years as Alderbury Race Director, Wayne Taylor handed the baton (actually, a huge bag of yellow flags and an orange cone) to me, and finally got to run his beloved course. Thanks for your help, advice and set-up Wayne. Events take a team, and I had 12 fantastic volunteers who made the morning possible.

I judge the success of events by smiles, and there were plenty of those! Thanks everyone and I look forward to doing it again in 2023!

Michaela



Building site? No, our adventure playground this year by Alderbury's new lakeside access path. But below ... "we who are about to take our knees in harm's way" pray for some divine help?



THANKS - to all runners' wives ...



"My family's all grown up now - except my husband, of course."



... to Angels who again made the Christmas Gift fun ...

and well done! - our two, new, excellent directors - Michaela and Simon!



Piney Lakes



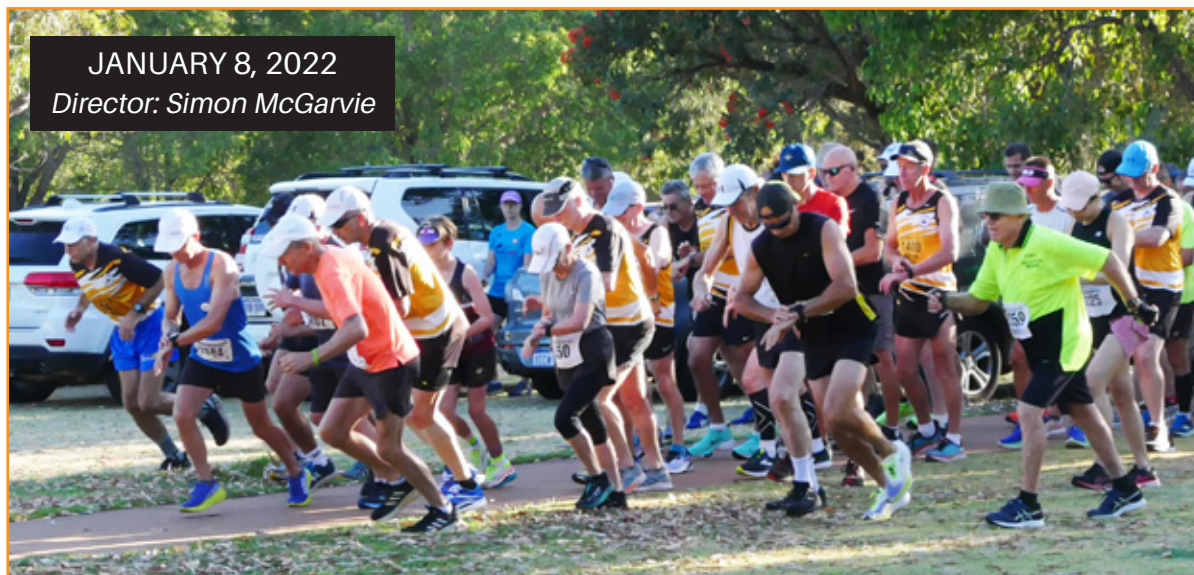
WOMEN 8KM RUN

689	Sandra Stockman	W55	36:43
650	Karen March	W60	37:23
2259	Caroline Knight	W40	37:47
2225	Angela Hon	W40	37:48
1910	Nicole Cole	W45	38:48
843	Rochelle Airey	W50	43:20
987	Julie Wilson	W65	44:15
1661	Liz Bryson	W70	45:33
2052	Amanda Wylde	W35	56:25

Just one second apart, I just had to list two W45s this time! Expect hot competition to come from Angela and Caroline; but they still need to overhaul W55 Sandra Stockman (right) and W60 Karen March.



JANUARY 8, 2022
Director: Simon McGarvie



AGE-GROUP LEADERS

4KM WALK

1808	Marcela Ruiz	W60	27:46
510	Delia Baldock	W55	30:07
99	Peggy MacIver	W75	30:56
1301	Erika Blake	W65	35:19
339	Elaine Dance	W70	35:20
111	Lynne Schickert	W80	37:36
1027	Sylvia Szabo	W40	39:43
1599	Alicia Edwards	W45	43:11

MEN

1624	Haydn Gawne	M70	29:07
2059	David Gardiner	M75	29:52
455	Sean Keane	M55	32:58
248	Rex Bruce	M80	34:48
227	Gary Fisher	M65	37:38

8KM WALK

1257	Karyn Tolardo	W55	53:44
262	Johan Hagedoorn	M75	56:34
74	John Bell	M75	64:05
251	Mike Hale	M70	72:39
2054	Xinhuan Yan	M45	72:42

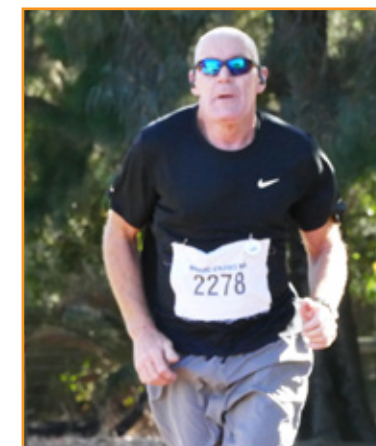
4KM RUN

2233	Greg Knuckey	M60	17:08
1729	Victor Munoz	M65	17:52
769	Graeme Dahl	M70	19:18
139	Jim Klinge	M75	20:19
1587	Pat Jones	M50	20:57
1781	Rohan Thompson	M40	23:00
2249	Rod Siviour	M55	23:07
112	Bob Schickert	M80	27:07
2	David Carr	M85	30:59

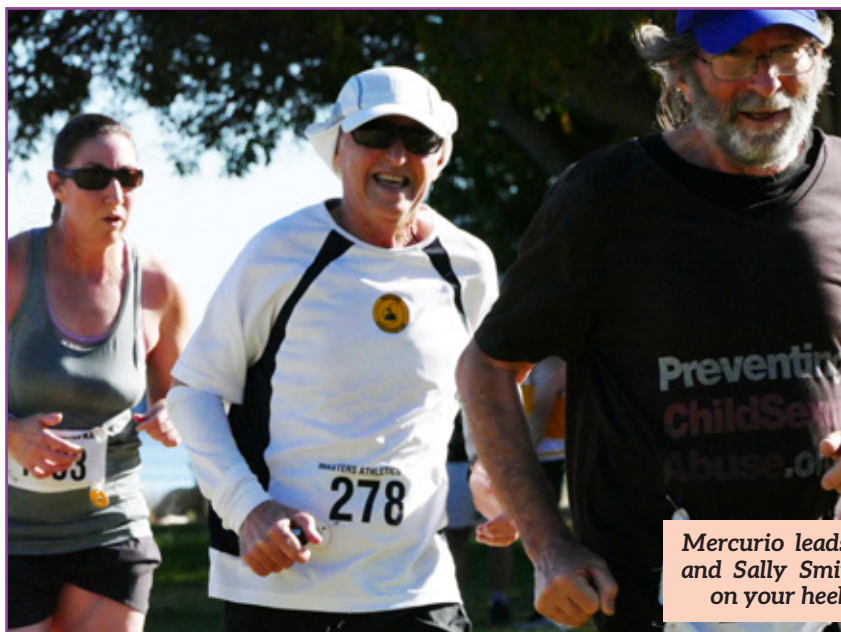
WOMEN

1833	Sally Smith	W40	19:29
2291	Amparo Storey	W35	19:47
406	Chris Pattinson	W65	21:16
1393	Lori Sexton	W60	21:34
1994	Lorna McGavock	W45	24:51
795	Basia Lis	W55	25:00

1813	Isolde Tietz	W70	25:32
1787	Hazel Stephen	W75	31:26
2262	Rachel Conroy	W30	34:20
798	Kim Thomas	M45	30:14



2278	John Ferguson	M50	32:57
2251	Scott Chambers	M40	33:07
2184	Glenn Rogers	M55	34:23
1400	Kevin Johnson	M65	34:57
1702	Steve Helm	M60	35:12
278	Keith Miller	M70	41:04
53	Jim Langford	M75	41:23



Mercurio leads Keith Miller and Sally Smith. Are wings on your heels race legal?

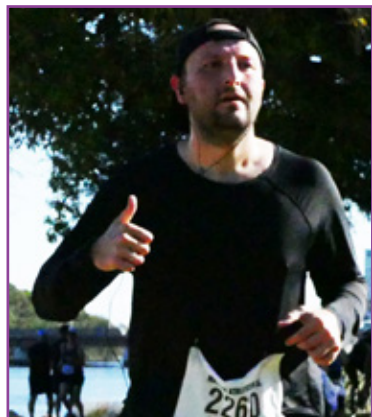


McCallum Lakes

AGE-GROUP LEADERS

8KM RUN

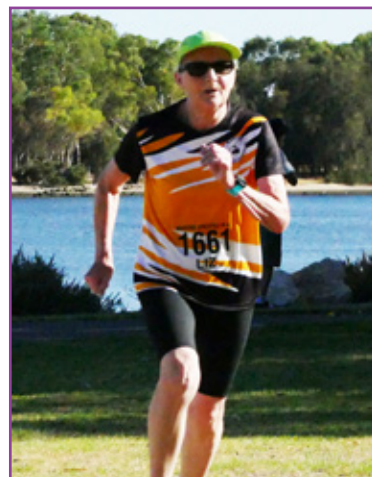
2088	Drew Langford	M45	31:52
2184	Glenn Rogers	M55	33:53
2278	John Ferguson	M50	34:32
2251	Scott Chambers	M40	35:51
666	Peter March	M60	38:16
1202	Akos Gyarmathy	M65	39:08
1256	Mercurio Cicchini	M70	45:01



2260 Ammar Douba M30 45:58
690 John Talbot M75 1:02:36

WOMEN

1255	Clare Wardle	W45	35:03
867	Sue Zlnay	W60	37:57
2225	Angela Hon	W40	41:06
843	Rochelle Airey	W50	46:16
1422	Carolyn Stephens	W65	46:59



1661 Liz Bryson W70 47:53
2049 Sharon Woodfield W55 58:16
2052 Amanda Wylde W35 1:00:47

5KM WALK

1808	Marcela Ruiz	W60	36:14
510	Delia Baldock	W55	39:39



141 Roma Barnett W70 42:29
1301 Erika Blake W65 45:50
1027 Sylvia Szabo W40 55:02
1328 Pam English W75 55:15
31 Dorothy Whittam W85 57:38
71 Marge Forden W80 58:41

MEN

1624	Haydn Gawne	M70	38:21
2059	David Gardiner	M75	39:05
1944	Steve Travell	M65	42:14
248	Rex Bruce	M80	45:37
20	Jeff Whittam	M85	51:11

JANUARY 16, 2022

Director: Andrew Cuthbertson

5KM RUN

2233	Greg Knuckey	M60	21:30
1729	Victor Munoz	M65	23:14
1639	Geoff Vine	M70	25:23
139	Jim Klinge	M75	26:23
1362	David Boyd	M50	26:36
2034	Gopal Gupta	M55	30:33
112	Bob Schickert	M80	34:12

WOMEN

1926	Gayle Craft	W65	28:06
2107	Madeline Radestock	W60	30:01
1716	Liz Gomez	W40	31:29
1994	Lorna McGavock	W45	32:27
1813	Isolde Tietz	W70	33:08
149	Jackie Halberg	W75	37:51
1804	Evelyn Gilbert	W55	42:30

8KM WALK

1257	Karyn Tolardo	W55	56:16
1110	John McDonagh	M70	59:14
262	Johan Hagedoorn	M75	61:50
339	Elaine Dance	W70	70:52

One toddler heads for the chute; but these 7am starts tire Lily Jones!



JANUARY 23, 2022

Director: Akos Gyarmathy

AS ALL in Perth know, the temperature for our Australia Day run (held January 23) was the sixth day in a row when Perth's maximum daily temperature exceeded 40 degrees C.

The previous record was four days in a row. Whilst it was a temperature record, it wasn't a day for running/walking records!

There was a solid turnout with 125 hardy runners and walkers participating in the heat. President Richard Blurton, in his pre-race address, cautioned all to hydrate pre-race and be careful given the conditions. This wasn't for tick-a-box purposes – it was serious. Several participants responded by opting for 5km rather than 10km.

Helpers

On such days the efforts of all the marshals and drink station attendees is vital. As usual they performed outstandingly – those at the 2.5km drink station innovating to overcome equipment failure.

They had two drink containers – a big one (30 litres?) and a half sized one – both filled to the brim and ready to dispense into cups for the imminent arrivals. Just as they started dispensing the water they discovered that the tap on the large container was defec-

tive, rendering it unusable. That's when the innovation came in; numerous refills of the smaller container were required. They coped and most importantly the participants got their water.

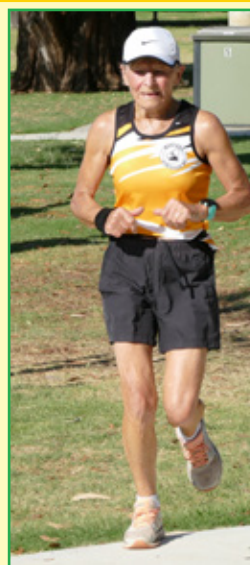
On a separate theme, our club has a rich history of which we were reminded this year by the appearance (courtesy of Marg and Brian Bennett) of 103 years-old Arthur Leggett.

Arthur – WW2 veteran, bush-poet, abseiler, long-distance motor-bike rider and lively story-teller – points out that although he was not a founding clubman he was nevertheless one of the very early enthusiast members! He plans to find his old member number and bring it along next time.

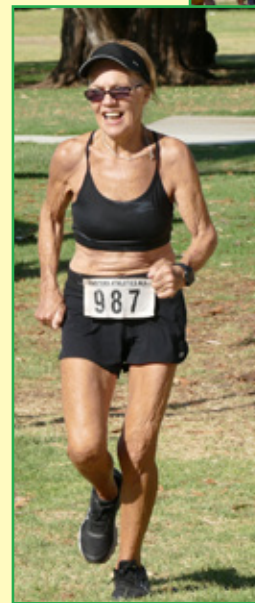
Akos



View from the top (from Garratt Rd bldg.)
Note to Cttee: please add a cherry-picker to the Sunday kit so I can take more high-rise pics.



10km? No problem for Gillian Young, 1st W70; Julie Wilson, 1st W65.



New knee? No problem for Bob Fawcett.

AGE-GROUP LEADERS

10KM RUN

798	Kim Thomas	M45	39:51
2184	Glenn Rogers	M55	42:33
1864	Martin O'Connell	M50	42:51
1702	Steve Helm	M60	47:07
1342	Alex Tinniswood	M40	48:45
1256	Mercurio Cicchini	M70	54:41
1111	Ian Carson	M65	56:38
690	John Talbot	M75	1:18:40

WOMEN

1255	Clare Wardle	W45	43:19
2259	Caroline Knight	W40	50:01
288	Gillian Young	W70	1:00:21
987	Julie Wilson	W65	1:00:34
1512	Noels Treen	W60	1:11:16
1323	Silke Peglow	W50	1:14:02

5KM RUN

2233	Greg Knuckey	M60	22:16
1729	Victor Munoz	M65	24:02
178	Ralph Henderson	M70	24:29
512	David Baird	M75	27:20
2249	Rod Siviour	M55	28:01
1854	Gavin Bain	M50	29:17
112	Bob Schickert	M80	36:44

WOMEN

843	Rochelle Airey	W50	28:49
1926	Gayle Craft	W65	29:36
2052	Amanda Wylde	W35	33:13
2107	Madeline Radestock	W60	33:38
1813	Isolde Tietz	W70	35:29
1961	Sofia Dumlao	W40	36:03
1994	Lorna McGavock	W45	36:14
1260	Melinda Fisher	W55	45:52

10KM WALK

1138	Lui Cecotti	M70	72:55
262	Johan Hagedoorn	M75	75:37
251	Mike Hale	M70	88:22

5KM WALK

1808	Marcela Ruiz	W60	37:58
111	Lynne Schickert	W80	46:56
339	Elaine Dance	W70	47:02
1301	Erika Blake	W65	49:49
1716	Liz Gomez	W40	51:34
176	Margaret Bennett	W80	61:41
1328	Pam English	W75	61:42

MEN

74	John Bell	M75	40:26
627	Richard Blurton	M70	40:31
1944	Steve Travell	M65	43:26
248	Rex Bruce	M80	44:17
1487	Jason Kell	M45	51:26

Age Graded Handicaps



5KM HANDICAP WALK WOMEN

99	Peggy MacIver	W75	45:18	5.38	39.40
111	Lynne Schickert	W80	47:13	3.47	43.26
339	Elaine Dance	W70	50:32	9.04	41.28

MEN

262	Johan Hagedoorn	M75	44:49	9.21	35.28
1110	John McDonagh	M70	45:53	11.14	34.39
1138	Lui Cecotti	M70	48:30	10.53	37.37

JANUARY 30, 2022

*Directors: Jason Kell &
Elizabeth Gomez*

AGE-GROUP LEADERS

5KM RUN

WOMEN

1883	Joanna Lloyd	W45	22:30
2302	Stephanie Griffiths	W35	26:50
1751	Shareenah		
	Virahsawmy	W40	28:38
1926	Gayle Craft	W65	28:50
2107	Madeline		

	Radestock	W60	31:43
1523	Ngaio Kerr	W50	33:54
1813	Isolde Tietz	W70	34:54
1260	Melinda Fisher	W55	39:40
1787	Hazel Stephen	W75	41:58

MEN

1522	Mark Kerr	M50	23:06
178	Ralph Henderson	M70	24:30
762	Mark Hewitt	M65	27:22
1960	Leon Mitchell	M40	27:24
139	Jim Klinge	M75	27:31
2034	Gopal Gupta	M55	30:07
112	Bob Schickert	M80	35:39

FULL RESULTS are, as usual, posted on the club website.

8 KM HANDICAP RUN

WOMEN

		Clock	H'cap	Run	Time
288	Gillian Young	W70	47:59	0.43	47.16
1255	Clare Wardle	W45	48:47	13.27	35.20
1943	Sophie Giles	W45	49:41	12.48	36.53
650	Karen March	W60	49:45	8.32	41.13
689	Sandra Stockman	W55	50:38	10.14	40.24

MEN

2003	Paul Watson	M55	46:08	14.44	31.24
1978	Mike Haederle	M55	48:15	13.52	34.23
2184	Glenn Rogers	M55	48:27	14.18	34.09
798	Kim Thomas	M45	48:58	16.08	32.50
220	Giovanni Puglisi	M70	49:10	10.40	38.30
2303	Patrick Maslen	M55	49:26	14.05	35.21
1400	Kevin Johnson	M65	49:35	12.26	37.09
1226	David Adams	M45	50:13	16.42	33.31
2278	John Ferguson	M50	50:19	15.09	35.10
53	Jim Langford	M75	50:35	7.40	42.55



*Female
Champion -
again! -
Gillian
Young.*



*Male winner
- again! -
Paul Watson.*



Perhaps Lyn and Joan were showing a racing start but it looked a bit threatening – so thought we best run this pic, or else? Sharing the frame with two of our most senior ladies, 2302 Steph Griffiths is one of Masters' newest. And below, as ever, thanks helpers!



Late-report NMs – Welcome!

THEY signed up just too late to make our usual New Members panel (see page 5) but senior club members will no doubt recognise these names.

Patrick Maslen, (M55) a notable runner, has a fine pedigree. His mother, Sheila, and father the late Ted Maslen, were long-term club members.

Many will also remember Albany's Lyle James, now M80, for his colourful annual appearances at our State T&F championships.

2303	Pat Maslen	(M55)
117	Lyle James	(M80)



Stop-Go Talbot keeps going

SUNDAY regulars will have noted a change in John Talbot's running routine. This man, who makes a habit of marathon running worldwide, has battled to discover why his legs intermittently just stop running!

John still does the longer run most Sundays.

"I just take longer," he grins.

Although it's not a joking matter, he reports one benefit of this unintentional stop-go system is finishing feeling fresher and less weary.

Now, after extensive medical consultation John believes he has finally uncovered the cause.



As a lad, living in the UK, John was one of many young people afflicted by polio.

It's now known that a post-polio effect, muscle weakness and atrophy, can appear in older people decades after the initial illness.

Marathon man

Jim Barnes, club expert on all things marathon, says that in WA very few people aged in their 70s have run marathons.

John Talbot has done six so far in his seventh decade. They are:

2016 Feb – Tokyo Marathon;
June – Perth Marathon; Nov. – World Masters Perth.

2017 April – London Marathon;
Nov. – New York Marathon.

2018 Sept. – Berlin Marathon.

With his new energy-saving style I wouldn't bet against his extending that list!

Get well soon, Mike

MIKE Hales was on time, for once, at last weekend's Age-Graded Handicap event! That was entirely due to his being driven to McCallum by his wife, Mike being temporarily one-armed after a very nasty bike accident.

He was determined to keep up his exercise routine, and walked the 5km course nursing a dislocated right shoulder.

More FRIDAY runners would be welcome



Why I still love racing at age 82

These days I can break a record while finishing last. Some say they find me inspiring, but I often feel like a decrepit but willing old dog who gets a pat when he tries to chase his ball.

Dec 21, 2021

LAST night I raced 3,000 metres on the track. I finished last, way out the back, lapped and re-lapped by the entire field. But I ran hard and broke a record that had stood for ten years.

That's the strange duality of racing at age 82. A pace that was once was a warm-up jog can set a record. Success overlaps with humiliation, fulfilment is interwoven with frustration.

To explain: I ran in a mixed open field at a midweek twilight meet in my current hometown of Wellington, New Zealand. I lined up alongside 19 others. Apart from me, the oldest competitor was 49. The moment the horn sounded, they were gone, and I was running alone, until the leaders came pounding by with a whoosh to lap me soon after I'd completed one circuit. I used to run faster than that, I thought, briefly flashing back to the day I ran my PR for 3,000 metres in 8:10, but it's little consolation.

At this age, every track race is a solo time trial. Social joggers don't often do track, so there's no one my pace. To make it feel like a competition, I aim for age-group



records, so it's like a *virtual* race against someone my age who posted his time ten years ago. My 16:03 broke the Wellington record for men aged 80 to 84. That competitive fun is mixed with a sense of inadequacy. I clutter the track. I'm in a different dimension from the young runners, like pedalling a bicycle in a Nascar race.

Thanks to John Fisher for sending this encouraging story, which he says was well-received on our Facebook page.

Not that they complain. "Go, Rog," they gasp kindly as they fly past. They cheer for me as I finish, and then we hang out and compare times. Some say they find me inspiring, a role model for how they want to age. Often their kindness makes me feel good. Other times I feel like a decrepit but willing old dog who gets a pat

► **PAGE 15**

Perth Marathon

17 October 2021

MAWA MEMBER
RESULTS (NET TIMES)

STEVE Weller reports, and has shown (in red) names we missed from the last Vetrin report. Also note - Astrid set a State record.

Astrid Roberts	W45	2:50:05 SR
Jan Ferreira	M45	2:57:27
Paul Watson	M50	3:05:01
Adam Williams	M40	3:06:24
Clare Wardle	W45	3:10:25
David Adams	M45	3:14:44
Sophie Giles	W45	3:22:25
Zane Walsh	M40	3:23:10
Kevin Johnson	M60	3:29:38
Grahak		
Cunningham	M40	3:42:34
John Pentecost	M60	3:53:57
John Herzfeld	M55	3:56:47
Paul Edwards	M45	3:59:23
Jan Brankaer	M40	4:10:37
Bob Colligan	M60	4:17:08
Ceri Morton	W35	4:18:28
Keith Miller	M70	4:19:58
Grace Yang	W40	4:21:37
Mercurio		
Cicchini	M70	4:26:39
Nick Franey	M60	4:35:22
Matthew Webb	M55	4:35:23
James Hadfield	M35	4:49:36
Rashanthi		
Wanigasekera	W45	4:57:21

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. Contact 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

New phone number 0421 997 627; or email mbe37778@bigpond.net.au for a list of locations. Start at 6am during Feb/March, usually the hottest months. Sadly, we are mostly walking now, with only a few like Akos, Mal Vernon, Brian when able, and Milton still able to run. More runners would be welcome, says Marg Bennett!

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.

Roger Robinson – track racer at 82

From page 14

Other times I feel like a decrepit but willing old dog who gets a pat when he still tries to chase his ball.

Much is new and good. I'm busy learning. I've been competitive and often elite since 1953. I've raced on six continents, set masters records at the Boston and New York City marathons, run a 5km in 14:12, and written seven books about running, yet this obscure little 3,000-metre event on a windy evening was another learning curve. By racing after 80, I'm still learning about the sport, about ageing, about today's society, about myself.

I learn that one of the joys of being a long-term runner is that every season is an experiment, a new experience. Year by year, you test your changing body, your mind's ingenuity, and your spirit's resilience against each inevitable stage of getting older. Those who choose to retire at their peak may think they evade the losses time brings, but they can only look back, not forward. They miss this ongoing journey, which truly is an exploration of the whole of life, its last 6.2 miles as well as the first 20.

I'm learning the hard way that age is not just a number. Age is a biological reality. Age brings decline that is almost mechanical-



ly predictable. In the long term, the best I can do is slow down the process of slowing down. The challenge is how to encounter that process, how to live with it, and running is the best way I know. I train and race to the limit of my will just as I always did, and that brings me the small triumphs of improvement gained by training. Don't underestimate the effect of that on mental attitude. Today I'm eager for the next arduous challenge, plotting how to do better next week than I did last night. How many 82-year-olds can say that?

That triumph—outwitting time for a while—is one of many. Being in race shape gives me overall health, the respect and friendship of men and women 60 years my junior, the delight of an activity that is stimulating and full of

change, and, above all, the feeling of being totally engaged with life's journey, not merely lingering in its departure lounge. One of my regular training venues is a sports field overlooked by a large retirement-community building. I run my repeats in constant terror that staff will mistake me for a resident, dash out with a big butterfly net and capture me.

My slow pace at full effort teaches me that our running performances are always about relativity—run better than last week, last year; beat your rivals, the record, or your PR. That doesn't change. The next time you see a white-haired old man or woman running at the back of the pack, please do not dismiss them as shuffling at some standard, meaningless, old-person pace. They may be as immersed in the race's drama and significance as any other competitor, battling for the few seconds that will measure this day's result as successful.

The big picture is that we older runners are leading a major change in society's perception of aging. "How old are ya, mate?" asked the friendly teenage groundsman the last time I ran interval 400's at his park. I told him. His surprise was expressed in a monosyllable. The public is beginning to get used to seeing old runners just as they once got used

to seeing any runners, and then women runners. That's how change happens. And change is long overdue. The marginalization and stereotyping of older people is arguably the last great prejudice of our society. When the retirement home enters a team in a local 10K, I'll know that my prediction is fulfilled.

Why do it? The simple thing at 82 would be to run without competing. But for me, that would only be half the pleasure. I don't race track to lead a social movement, or for the attention, or to feel humiliated, or to be an inspiration. I merely want to race. Even at the back, that makes me a participant with others who share the same impulse. I race because I still love its challenge and commitment, its drama and its finality, the ways it tests the spirit. During times in my life when I couldn't race (after knee-replacement surgery or when mending broken bones), I felt like a pianist whose hands had been crushed. Now, since I am again fortunate enough to be able to race, it feels almost like a duty.

My next race is a festive-season one-miler. Senile folly. Four minutes won't even get me halfway. I'll be dead-last again. But I've done my 400's, and I'm as ready as can be. Hey, maybe I can "run my age": 80 and two-tenths would give me a finish time of 8:12. There's always another incentive. I can't wait.

AUSTRALIND

It turned out to be one for mad dogs ... Mad dogs aren't just Englishmen. John Fisher reports:

MOTHER nature decided this year's Australind Ultra should fall on the fifth of Perth's six-day, record-breaking heatwave.

Naturally the drop-out rate rocketed with the temperature.

Only three runners completed the 100km race; Jason Kell wisely pulled out of it and lives to fight another day.



Bob Colligan ran a blistering race rising with the morning temperature to finish eighth in the 50km in 5:11:33. John Fisher ran 6:53:45 in the 50km, coming 22nd.

Special mention goes to MAWA's Chris Lark who supported the race results recording and administration.

If I have missed any MAWA runners, apologies. Anyone who started that race deserves a mention.

FEBRUARY 6
Friendship – Kings Park



Race 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,

FEBRUARY 13
Woodbridge



Race Director: Delia Baldock
0418 935 040

Rowena Williams, Isolde Tietz, Peter Tietz, Gayle Craft, Scott Chambers, Jeff Bowen, Ros Pillay, Arnie Jenkins, Frank Gardiner, Basia lis

Where you're HELPING!

More helpers needed – February and March

SEVERAL imminent Sunday events urgently need more members to volunteer their help. Without sufficient marshals runs CANNOT be held safely.

On this page the numbers required are shown under the location, in **RED**.

To offer your help please go to the club website. Under the Road tab go to Helper Registration – choose the event where you can help and list your name.

Thanks – you can ensure our Sunday programme remains safe and enjoyable for everyone.

FEBRUARY 20
Perry Lakes



Race Director: Mark Hewitt
0447 914 971

Jeff Bowen, Jim Barnes, Lourens Jacobs, John Lucas, Conny Brieden, John Bell, Marianne Graaf, Rashanthi Wanigasekera, Glenn Rogers, Bob Britton

FEBRUARY 27
Point Walter

**12 MORE
NEEDED**



Race Director: Dave Roberts
0488 181 393
Jim Barnes, Paul Hughes

MARCH 6
Joondalup
**4 MORE
NEEDED**



Race Directors:
Alison 0403 860 266 &
Philippa 0424 009 828
Greenwood-Jones
Martin Watkins, Geoff O'Brien,
Suzanne Renton, Julie Storey,
Rebekah Blake, Betty Kooy

MARCH 20
Lake Monger
**3 MORE
NEEDED**



Race Director: Kim Thomas
0414 362 473
Mark Kerr, Ngaio Kerr, Robert Fawcett, Carolyn Fawcett, Marianne Graaf, Clare Wardle, Rachel Conroy

MARCH 27
3Ps
**12 MORE
NEEDED**



Race Director: Lachlan Marr
0497 069 216

APRIL 3
Star Swamp
Groat St, North Beach

**11 MORE
NEEDED**



Race Director: Mark Dawson
0438 408 563