

VETRUN



No. 534

AUGUST 2023

Vale
the **Champion**



NEXT EDITION: Vetrune no. 535 will be published in October 2023.

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Patron: David Carr

'Nothing in his life became him, like the leaving of it'

IN April 2021 David Carr supported a Vetrune drive to raise awareness of the deadly threat of skin cancer awareness. He wrote:

"It took me a while to get thoughts together but I do not mind sharing this information.

"Firstly, I was diagnosed with a particularly aggressive melanoma behind the knee.

"An area of skin measuring 12x12cm was removed and replaced with my own. Cancer had found its way elsewhere in the body.

"Subsequent immunology has upset the skin on legs.

"It's too early to know what the cancer is doing."

Typically, David then faced the inevitable with determination to achieve more, and more.

Lesser mortals would rest on their laurels after a career of world-beating performances. But a champion doesn't rest.

Entering his final decade of life he worked harder than ever, fighting debilitating medical treatment, and as is well-recorded, establishing several new world track records.

Like many ordinary people I was lucky enough to benefit from knowing David Carr. I was



David Carr
1932 - 2023

privileged to be able, occasionally, to run alongside him. Though twelve years separated us, for a

few years, David, Brian Foley and I were contemporaries. In such company I thrived because that is the effect of sporting company. The less able raise their game with encouragement of the talented.

The founders

Almost 50 years ago David and a few peers founded our club. Their legacy are the hundreds, perhaps thousands, of fitter, healthier people who have been able to savour club camaraderie and friendship

David Carr was, I believe, the last of our WA veteran pioneers to compete at international level. The manner in which he did so was superlative, possibly unique. With his world records came acknowledgement that this man in his nineties was the world's best senior athlete.

So I revert to my Shakespearian headline.

For all his remarkable athletic achievements, it will be David's ending that will remain with me forever. At our last meeting he told me, unemotionally as ever, that he had but a few weeks to live. No self-pity. Forthright, quietly spoken. Wry humour as always.

"Nothing in his life became him, like the leaving of it."

(Macbeth act 1, scene 1)

WA's MWRs

DAVID Carr - as an M90 now holds the WR for 1,500m, 3,000m, 5,000m and 10,000m.

In the 800m, his favourite event, David still holds the M85 WR.

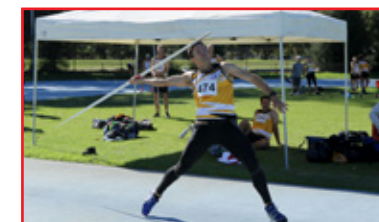
(Previously he set the M75 WR, which has now been broken.)

Mile

He also holds the M90 WR, and previously held it as an M80 and M85, both now broken.

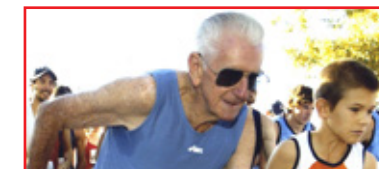
2,000m Steeple

David holds the M90 WR - and also the WR for M80 and 85; both are still current.



Paul Jeffrey M45 Decathlon - set in 2019.

John Gilmour



John still holds the WR for half marathon, set on May 7, 1989, as an M70. Time - 1:21:41.

Also, John holds these one-hour distance records:

M60 16,854 set Oct 1979

M65 15,892 set Oct 1984

M70 15,474 set Jun 1989

MAWA Annual General Meeting

THE MAWA AGM will be held at 9.45am on Sunday, October 1, 2023 at the Hockey Clubrooms, Perry Lakes Drive, Floreat following the Claypit Circuit Event.

Morning tea will be available in the clubrooms prior to the meeting. All members are invited to attend.

Nominations are called for the Committee for 2023-2024.

The positions are: President, Vice-President, Secretary, Treasurer and four Committee Members.

Nomination forms are available from the Secretary at mawasecretary@gmail.com and require a nominator and seconder.

All Committee nominations must be received by the Secretary no later than Sunday September 17.

A copy of the previous AGM minutes is available on the website along with copies of the reports from the President, Treasurer and Secretary for 2023.

Go to www.mastersathleticswa.org and click on 'OUR CLUB' - 'ABOUT US' or you can request a copy from the Secretary.

AGM AGENDA

WELCOME

ATTENDANCE / APOLOGIES

MINUTES OF 2022 AGM

MATTERS ARISING

REPORTS from President, Secretary, Treasurer and Statistician

PRESENTATION OF

TROPHIES:

- Achievement Awards
- John Gilmour Trophy
- Jim Barnes Trophy
- Handicap Trophy
- President's Pin

CLUB OFFICIALS

- Patron
- Auditor

- Course Measurement
- Editor Vetrin
- Editor T & F Newsletter
- Handicapper
- Registrar
- Social
- Statistician
- Website

ELECTION OF OFFICE

BEARERS

- President
- Vice-President
- Secretary
- Treasurer
- Committee Members (4)

LIFE MEMBERSHIP AWARDS

GENERAL BUSINESS

Brilliant – our results team

MARK Hewitt, who co-ordinated the results for the Jorgensen cross-country championships, also heaped praise on his help-team.

"Today was an interesting test of the results software – introduced by Mark Kerr, and further developed by John Ranger.

"After an 8am start, the last finisher was recorded at the finish just before 9.15am.

"Multiple results, including all winners and placegetters, were available for announcement and in the community centre by 9.40am, where the medals were then presented by Rochelle Airey and Gillian Young.

Perfect couple?

"It worked so well and quickly because:

- The times and placings were recorded flawlessly (by a husband and wife team who clearly talk to each other!);
- The scanning by Rochelle Airey was flawless;
- There was no need to view the camera footage to correct errors;
- The software worked as developed.

"They have set a high bar, and with fingers crossed, I'd like to think we'll do it again next year!"

Where are they now?

WE are still searching, but this is where some of them were in 1980.

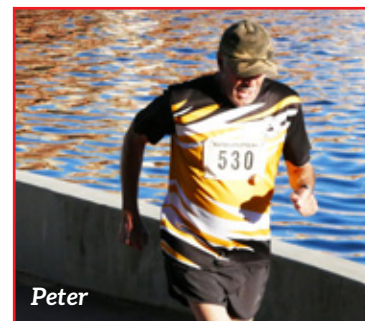
The event was a 16,000m – the old ten-miler – in WA, organised by the State Athletics Association at what is now Curtin University (and was then known as W.A.I.T. – Western Australian Institute of Technology).

Thanks to Jim Barnes for providing the full results, from which we are showing here those who were, or became, Masters (WAVAC) members.

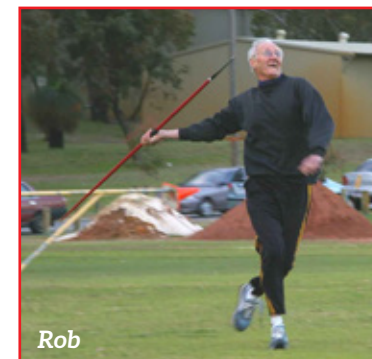
An exception is the bloke who won the race, on May 10, 1980. That was Rob De Castella. But, fifth in was Jim Langford, with a time of 51:03. (De Castella ran 47:19.6.)

Readers might know some of these names; sadly, a few are now deceased.

7. Clive Hicks	51:20	44. Colin Leman	60:05
20. John Gilmour	54:36	45. Paul Hughes	60:10
21. Frank Smith	54:39	46. Ted Maslin	60:28
22. Keith Beament	54:53	48. Charlie Spare	60:38
23. Morris Smith	55:42	49. Bob Sammells	60:42
27. Don Caplin	56:03		
30. Derek Hoye	57:07		
31. Derek Crowther	57:33		



Peter



Rob

32. Peter Hopper	57:45	50. Rob Shand	60:56
40. Jim Barnes	59:19	58. John Rowland	63:23
43. Barry Robinson	59:48	60. John Spencer	63:54
		67. Graham Moses	67:40
		70. Cliff Bould	69:24

Today's runners might like to consider that the last man on our list, probably the oldest runner that day – Cliff Bould, one of the club founders – ran at a pace of 4mins 20 seconds.

Four-minutes per kilometre equates to 64 minutes for 16km, so all but two of our men ran sub-4.

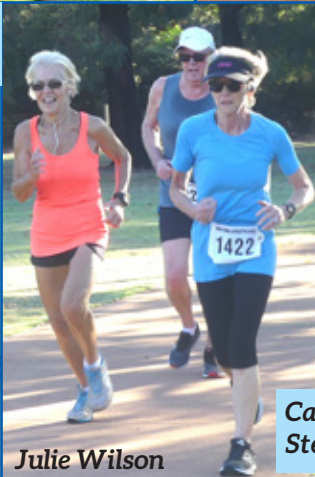
Jorgensen CC Champs



Sandra Rourke



Phillippa Bennett



Julie Wilson

Carolyn Stephens

8KM CCC WOMEN

2372	Tegan Durbridge	W35	45:56
1902	Crystal Glossop	W40	45:34
1217	Sharon Davis	W45	35:59
1258	Sandra Siviour	W50	38:48
928	Sandra Rourke	W55	54:18
1828	Phillippa Bennett	W60	1:08:32
1422	Carolyn Stephens	W65	49:42

6KM CCC WOMEN

987	Julie Wilson	W70	34:59
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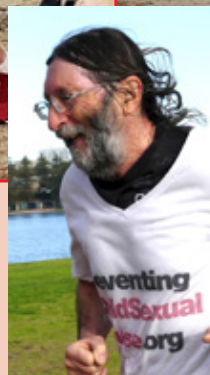


Bob Schickert

Mercurio Cicchini

6KM CCC MEN

1256	Mercurio Cicchini	M70	34:57
1432	Bob Hull	M75	34:52
112	Bob Schickert	M80	49:50



Bob Hull

CLUB CROSS COUNTRY CHAMPIONSHIPS

JUNE 11, 2023

Director: Jim Klinge

Full results are on the website. Vetrin does not have enough space for all, so shows only age-group leaders.



Martin O'Connell



Blakeney Tindall

8KM CCC MEN

1950	Daniel Taborsky	M35	43:25
1632	Roberto Busi	M45	31:16
1864	Martin O'Connell	M50	35:58
858	Tristan Bell	M55	40:33
229	Blakeney Tindall	M60	41:59
193	Milton Mavrick	M65	52:25

Club Half Marathon

JUNE 18, 2023

Directors: Carol Bowman

& Bob Schickert



Jump-start for Gerard Hill and Chris Gould: Gerard, inset front, was 10km winner. Chris won the half-marathon and Jim Barnes Trophy.

Club Half Marathon

A NEW venue – Jeff Joseph Reserve at Applecross – for a MAWA event and some seemed surprised at how very good the venue is in place of Deepwater Point. When the repairs to the parking area are completed it will be even better. Care still needs to be taken on the paths with other pedestrian users, some dogs and bikes and scooters.

Perfect conditions for a half marathon, being cool at the start but with the sun out and little breeze. About 150 athletes were engaged on the morning.

There was an unfortunate medical incident, when a spectator, the son of an athlete, collapsed. The first response MAWA team acted efficiently and the person was then taken by ambulance to Fiona Stanley Hospital. We wish him a speedy recovery.

Special mention goes to Steve Hosack who, after completing his 10.5km run, drove around to Canning Bridge and back to collect an injured runner.

It was heartening to have Jim Barnes onsite, following a very recent health problem.

Congratulations to Chris Gould for taking out the Jim Barnes Trophy, which is awarded for the highest age-grade score in the club half marathon. Chris achieved 85%+plus. Paul Watson was second, closely followed by Clare Wardle.

Bob and Carol



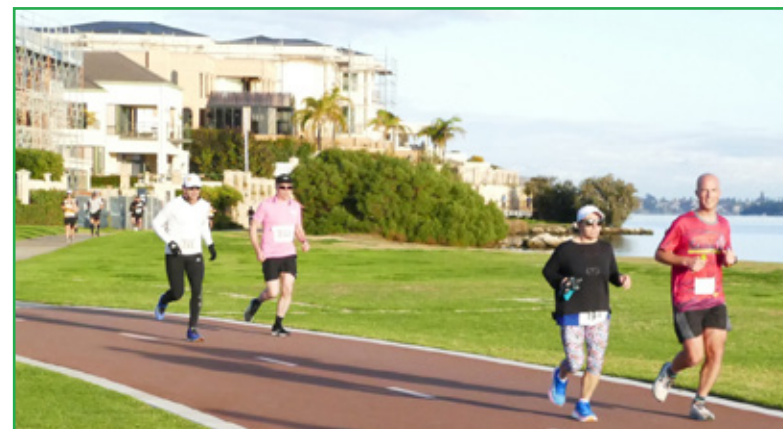
Bob claims he's wearing it for a bet; truth is, Lynne stole it from a donkey on one of their mid-European jaunts.



Margie Hadley



Chris Gould



Coming back to great form after a COVID setback, Vetrin's own Kathy Nicholas, (right, in black) was decisive winner of the women's 10km.

21.1KM RUN

1728	Chris Gould	M45	1:14:17
2003	Paul Watson	M55	1:23:05
2134	Gerrit Myburgh	M50	1:28:16
1721	Zane Walsh	M40	1:28:30
1392	Adrian Fabiankovits	M35	1:33:25
346	Christopher Maher	M70	1:40:28
2032	John Lucas	M65	1:40:43
712	John Pentecost	M60	1:43:21
1138	Lui Cecotti	M75	2:20:22

WOMEN

1550	Margie Hadley	W40	1:28:38
1255	Clare Wardle	W45	1:30:18
1494	Wendy Grace	W65	2:02:48
987	Julie Wilson	W70	2:04:57
1257	Karyn Tolardo	W55	2:07:29
1706	Rashanthi Wanigasekera	W50	2:17:30
1512	Noels Treen	W60	2:46:29

10.5KM RUN

2100	Gerard Hill	M35	32:47
2003	Paul Watson	M55	38:53
796	Steven Hosack	M60	48:32
278	Keith Miller	M70	55:00
1587	Patrick Jones	M50	53:23
2055	Jan Brankaer	M40	54:47
81	Peter Sanders	M75	59:07
1487	Jason Kell	M45	1:16:16

WOMEN

1940	Kathy Nicholas	W55	58:48
2372	Tegan Durbridge	W35	1:01:03
1720	Anne Young	W45	1:01:32
2107	Madeline Radestock	W60	1:08:14
1523	Ngaio Kerr	W50	1:10:07
82	Susan Sanders	W65	1:18:27

5KM RUN

489	Amanda Walker	W55	21:18
739	Margaret Saunders	W65	27:01
1661	Liz Bryson	W70	30:02
2052	Amanda Wylde	W40	38:34

MEN

743	Ross Keane	M60	22:51
1639	Geoff Vine	M75	26:00
2171	John Panegyres	M55	28:00
762	Mark Hewitt	M70	28:12

10.5KM WALK

2055	Jan Brankaer	M40	54:47
1678	Geoff O'Brien	M75	1:22:10
713	Grace Hollin	W65	1:27:16
251	Mike Hale	M75	1:45:19

5KM WALK

1729	Victor Munoz	M65	33:02
1110	John McDonagh	M75	33:30
2158	Rod Bickers	M60	50:49
227	Gary Fisher	M70	1:04:37
89	Paul Martin	M80	1:04:37

WOMEN

1808	Marcela Ruiz	W60	37:43
99	Peggy MacIver	W75	40:01
2128	Heather Miller	W70	45:59
1301	Erika Fardig	W65	52:18
1352	Janice Bertram	W50	56:21

JUNE 25, 2023

Director: Andrew
Cuthbertson



ANDREW marked this varied, interesting course in the dark and managed brilliantly despite helper shortfall. Come on members, we can do better! Rain held off and Tristan Bell's handicap finale was well-supported. Thanks mate, we'll miss your witty approach, but now you can go for the Handicap Trophy without embarrassment! VW



Everyone loves a handicap!



Carine Handicap

Starting as they meant to finish; many of our age-group leaders.

From left: Peter Hopper, 3.3km 1st M75; Gayle Craft, 6.7km 1st woman overall; Sandra Stockman, 3.3km 1st woman; Kevin Johnson, 6.7km 1st man; Geoff Vine, 6.7km 1st M75; Graeme Dahl, 3.3km 1st man; Marg Saunders 3.3k 1st W65; Steve Helm 6.7km 1st M60.

6.7KM RUN

1400	Kevin Johnson	M65	30:22
1702	Steve Helm	M60	30:31
1639	Geoff Vine	M75	36:51
762	Mark Hewitt	M70	40:28
112	Bob Schickert	M80	51:41

WOMEN

1926	Gayle Craft	W65	39:27
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3.3KM RUN

689	Sandra Stockman	W55	16:26
739	Margaret Saunders	W65	17:26
1260	Melinda Fisher	W55	24:49

MEN

769	Graeme Dahl	M70	16:55
112	Bob Schickert	M80	51:41
530	Peter Hopper	M75	22:59
2067	Mark Comber	M55	24:20
1623	Peter Brooke	M60	24:20

3.3KM WALK

1112	Sofia Carson	W60	45:58
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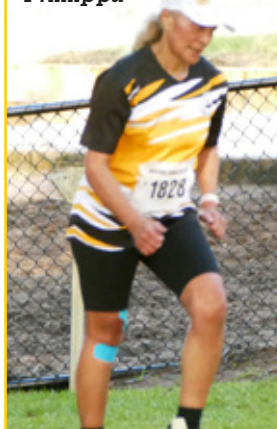
6.7KM WALK HANDICAP

			Clock	H/cap	Time
1828	Phillippa Bennett	W60	1:02:24	8:22	54:02
262	Johan Hagedoorn	M75	1:05:44	14:56	50:48

Johan



Phillippa



10KM RUN HANDICAP

			Clock	H/cap	Time
1721	Zane Walsh	M40	1:06:03	25:55	40:08
1902	Crystal Glossop	W40	1:06:57	14:57	52:00



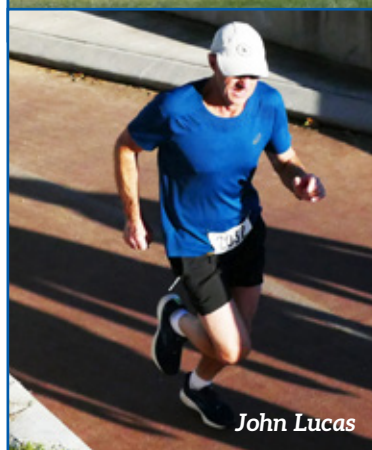
Fastest!

			Clock	H/cap	Time
2100	Gerard Hill	M35	1:07:45	36:01	31:44

Mill Point Road

JULY 2, 2023
Director: Milton Mavrick

Milton, and
Rochelle Airey
with the new
announcement
gear.



John Lucas



Peter
Sanders

AGE-GROUP LEADERS

10KM RUN

1632	Roberto Busi	M45	36:53
2134	Gerrit Myburgh	M50	39:02
1622	Tommy Glackin	M40	44:14
1710	Mitch Cleasby	M60	44:43
2032	John Lucas	M65	45:21
2041	Simon McGarvie	M55	48:44
278	Keith Miller	M70	49:43
81	Peter Sanders	M75	53:54

5KM RUN

2233	Greg Knuckey	M65	20:45
743	Ross Keane	M60	24:17
762	Mark Hewitt	M70	27:50
530	Peter Hopper	M75	34:28

2067	Mark Comber	M55	35:28
112	Bob Schickert	M80	35:40

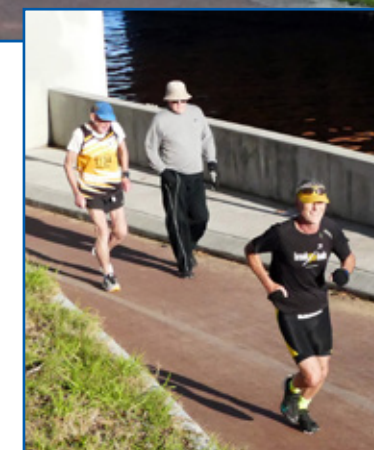
WOMEN

739	Margaret Saunders	W65	26:36
1711	Denise Cleasby	W60	29:49
1813	Isolde Tietz	W70	31:45
149	Jackie Halberg	W75	42:20

10KM WALK

262	Johan Hagedoorn	M75	1:12:34
713	Grace Hollin	W65	1:25:45

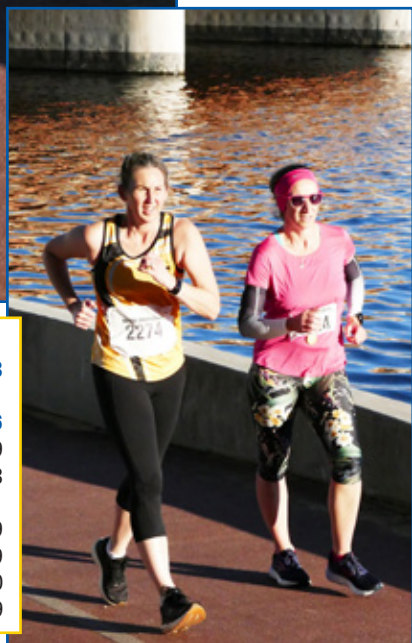
Mitch Cleasby is back. Having confided pre-race that he'd been off-form, M60 Mitch then ran 44:43 for 10km.





5KM WALK MEN				
1110	John McDonagh	M75	34:03	
248	Rex Bruce	M80	43:44	
227	Gary Fisher	M70	52:29	
1206	Adrian Kenny	M50	52:48	

CHILL
is fine
for a
fast
race-
walk



5KM WALK WOMEN				
1704	Melissa Lewis	W35	33:58	
2274	Fiona Van Heerwaarden	W45	34:06	
99	Peggy MacIver	W75	38:29	
510	Delia Baldock	W60	38:33	
111	Lynne Schickert	W80	43:41	
1531	Lesley Dowling	W65	48:29	
1301	Erika Fardig	W65	48:29	
2128	Heather Miller	W70	44:20	
1352	Janice Bertram	W50	48:49	



WOMEN			
1255	Clare Wardle	W45	42:50
1258	Sandra Siviour	W50	45:12
2225	Angela Hon	W40	51:17
987	Julie Wilson	W70	54:12
1494	Wendy Grace	W65	55:45
2405	Annemarie Kilshaw	W55	55:47
1837	Ruth Metcalf	W60	1:05:12

A VERY chilly and bright Sunday morning down by the riverside but if you were running, or walking briskly, you could warm-up. But spare a thought for the catering team, labouring early in the cold; and the awards team, labouring long after everyone was back from the course. On such a morning, Murphy's law was bound to strike; no hot drinks, as our tea-urn gave up the ghost! VW





Scott Chambers 1st
8km.



Sandra Siviour 1st
8km.



Peggy Macliver 1st
5.6km Walk.



Noelle Dawson 1st
W70 4km.



Ian Carson
and Akos
Gyarmathy.

JULY 9, 2023
Director: Vanessa Carson



AGE-GROUP LEADERS

8KM RUN

2251	Scott Chambers	M45	35:46
2041	Simon McGarvie	M55	38:32
1587	Patrick Jones	M50	39:37
1950	Daniel Taborsky	M35	40:21
1167	John Fisher	M60	45:51
1859	Tim Inglis	M65	47:59
729	Charlie Chan	M70	54:22
112	Bob Schickert	M80	1:08:30
690	John Talbot	M75	1:09:21

WOMEN

1258	Sandra Siviour	W50	37:55
2372	Tegan Durbridge	W35	46:07
1512	Noels Treen	W60	58:57

4KM RUN

1833	Sally Smith	W45	19:55
739	Margaret Saunders	W65	22:53
2107	Madeline Radestock	W60	27:51
2283	Noelle Dawson	W70	32:17
1260	Melinda Fisher	W55	33:30
149	Jackie Halberg	W75	37:37

MEN

1332	Russell Smith	M60	21:47
512	David Baird	M80	23:27
762	Mark Hewitt	M70	24:36
1781	Rohan Thompson	M40	27:44

5.6KM WALK

262	Johan Hagedoorn	M75	39:13
743	Ross Keane	M60	51:26
455	Sean Keane	M55	51:27
1960	Leon Mitchell	M40	68:48

WOMEN

99	Peggy Macliver	W75	43:42
510	Delia Baldock	W60	44:07
1961	Sofia Dumlao	W45	1:08:49

2.8KM WALK

2397	Gerry Lee	M60	19:07
244	John Brambley	M80	24:30
11	Bob Fergie	M85	28:50
227	Gary Fisher	M70	32:10
2054	Xinhuan Yan	M50	36:30
251	Mike Hale	M75	39:40

WOMEN

339	Elaine Dance	W70	23:12
215	Robin King	W60	26:36
1328	Pam English	W75	51:50
1112	Sofia Carson	W60	51:51



Joint 1st,
3-legged
event.

Manning Park X-C



Sharks Handicap

JULY 16, 2023
Director: Paul Martin

Follow
that pram!

AGE-GROUP LEADERS 5KM RUN MEN

745	Mark Dawson	M60	24:41
2233	Greg Knuckey	M65	25:22
1639	Geoff Vine	M75	26:35
762	Mark Hewitt	M70	27:13
2000	Andy Wong	M45	33:30
112	Bob Schickert	M80	35:36

10KM WALK

262	Johan Hagedoorn	M75	1:15:16
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5KM WALK

510	Delia Baldock	W60	38:41
2128	Heather Miller	W70	50:26
1531	Lesley Dowling	W65	1:00:13
176	Margaret Bennett	W80	1:00:18

MEN

227	Gary Fisher	M70	44:54
11	Bob Fergie	M85	53:54
251	Mike Hale	M75	1:13:27

CONGRATULATIONS to the winners, Brett Montgomery in the 10km handicap and Mark Dawson in the 5km. Also Johan Hagedoorn and Delia Baldock in the walk.

As some of you will know I am stepping down from being the Race Director. (Thank goodness for that! do I hear?) But I'm sure Simon McGarvie who is taking over the mantle will do a superb job. It has been a pleasure to help the Club over the years in this capacity and apart from the odd time when the heavens have opened, I have thoroughly enjoyed the experience. It has been helped enormously by all my helpers over the years, Peggy McIver, Graeme Dahl, Charlie Chan, Dave Roberts and especially Paul Hughes who has been with me for, more or less, the whole time. Anybody I have forgotten please forgive me. Memory loss is one of the reasons I am giving up!

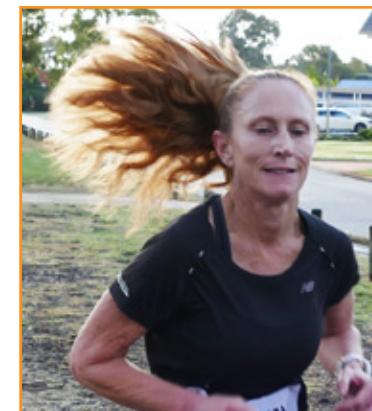
Paul Martin

AGE-GROUP LEADERS 5KM RUN



WOMEN

1883	Joanna Lloyd	W50	25:08
739	Margaret Saunders	W65	26:01



Joanna didn't like the warm-up - but when she lets her hair down ...!

2107	Madeline Radestock	W60	29:48
1994	Lorna McGavock	W45	34:46
2052	Amanda Wylde	W40	38:11
149	Jackie Halberg	W75	44:03
967	Carolyn Fawcett	W70	47:05



10KM RUN HANDICAP

	Clock	H/cp	Time
2046 Brett Montgomery	M45 1:03:51	9:17	54:34
1902 Crystal Glossop	W40 1:06:34	14:57	51:37
FASTEST!			
1226 David Adams	M45 1:05:45	23:06	42:39
1901 Rodney Glossop	M40 1:06:23	23:44	42:39

Race Director's Lament



(Apologies to Frank Sinatra, his fans, and music-lovers everywhere.)

Rochelle the end is near and so I face that final curtain.
Rochelle I'll make it clear I'll state my case of which I'm certain.
I've reached the end, my time is up
I've marked roads and even highways
And much, oh so much more, I did it My Way.

Red wines, I've tried a few
Some were rough, too few to mention
I lapped 'em up, or spit 'em out
And supped them all without exemption.
I staggered through the same old course
planted plastic flags along the byway,
plus cones, and so much more I did it, I did it Sideways.

Yes there were times, I'm sure you knew
When I bit o more than I could chew,
A few got lost and there was doubt
I faced the wrath - I wanted out.
But Rochelle, I just stood tall and did it My Way.

Rochelle, what is a man, what has he got?
If not himself then he has nought.
Not to say the things he truly feels
And not the words of one who kneels
Let the results team show, I copped all the blows
but did it My Way.



"I must warn
you that if
you have the
operation, you'll
be banned from
competing in
international
women's
athletics."

Versatile Jolien steps up and over

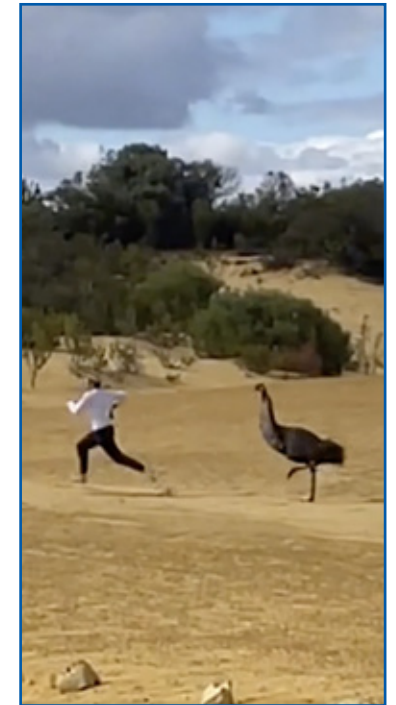
WITH Belgium's two hurdlers injured, national shotput and hammer champ Jolien Boumkwo saved her team from an international contest disqualification, running 100m hurdles in 32 seconds, knocking down none.

UNLIKELY SPORTS No.8

Hot- dogging

In America's annual 'Nathan's Famous Fourth of July Hot-Dog Eating Contest' at Coney Island, Joey Chestnut, winner every year except one since 2007, consumed 62 dogs and buns in 10 minutes to retain his crown. It's well below his PB of 76 but cements his status among the best athletes of his generation. In the women's contest Miki Sudo downed 39.5 for her ninth victory.

UNLIKELY SPORTS No.7 Outrun an emu



A foolhardy tourist in WA's Nambung National Park initiated the game by trying to photograph an unwilling bird. If you try it, get a head start and hope the emu gets bored before it catches you.

HELPERS - WHERE YOU'RE NEEDED

HELPERS were needed at the following runs as Vetrun went to press. Please go to the website for an update and to volunteer your help where necessary.

* Final column in this table indicates total helpers required.

Racecourse	Aug. 6 - 5
Darlington Dash	Aug. 13 - 6
Wireless Hill	Sept. 3 - 1
Nedlands	Sept. 10 - 5
Matagarup	Sept 17 - 5
Mullaloo Magic	Sept 24 - 6

WHITEMAN PARK

JULY 23, 2023

Director: Ross Langford

EVENT WINNERS - FULL RESULTS ARE ON THE CLUB WEBSITE

10KM RUN

1883	Joanna Lloyd	W50	25:08
1726	Jerry Peters	M45	40:19
1550	Margie Hadley	W40	40:40

5KM RUN

1655	Jonathan Lester	M50	23:31
739	Margaret Saunders	W65	26:27

10KM WALK

262	Johan Hagedoorn	M75	1:15:09
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5KM WALK

174	Michael Anderson	M75	38:41
510	Delia Baldock	W60	39:53

AROUND HERDSMAN

JULY 30, 2023

Director: Rod Hamilton

FULL RESULTS ARE ON THE CLUB WEBSITE

15KM RUN

1617	Chris Lark	M40	56:21
1632	Roberto Busi	M45	59:58

7.5KM RUN

1978	Mike Haederle	M60	30:28
1702	Steve Helm	M60	32:42

5KM RUN

796	Steven Hossack	M60	22:18
1639	Geoff Vine	M75	28:39
739	Margaret Saunders	W65	28:39

7.5KM WALK

262	Johan Hagedoorn	M75	58:09
2059	David Gardiner	M75	1:01:31
1454	Andrew Cuthbertson	M65	1:06:00

5KM WALK

2397	Gerry Lee	M60	37:08
99	Peggy MacIver	W75	39:26



Mike Haederle is back, on winning 5km form (right of pic). Below left, Chris Lark, convincing 15km winner. Below, Director Rob looks abashed at his special treatment!



CLUB 25KM

Vetrun print schedule for the June edition meant this report had to be held over. Thanks to Nick Franey for his meticulous attention to the event, and report. VW

ALL events - the LRRC 25km, LRWC 15km, SRRC 5km and SRWC 5km (with a 15km run and a 10km run or walk as additional options) started at Bardon Park on a new course, because the usual Burswood start was unavailable due to the long weekend.

All 5, 10 and 15km events turned around opposite the main entrance to the Maylands Police Complex (at 2.5km), and ran or walked for one, two or three laps.

Helpers

Many thanks to the 13 volunteer helpers: Johan Hagedoorn and Sandra Stockman on the finish table, Sandi Keenan on finish tokens, timekeeper Gemma Hildyard and Deb Franey on the start/finish water station; Charlotte Webb and Sue Glyde on the 5km turn and second water station; Matt Webb and Mark Glyde on the 5km water station, Jim Barnes on the 6.25km turn (who also helped me mark up the course), and the three marshalls keeping everyone safe: Akos Gyarmathy, Alan Cassels and Bob Colligan.

Secretary's Report 2022-2023

WE have achieved much this year and I want to start by saying what a great Committee we have. Like everyone else they are all volunteers but together their expertise and knowledge is enormous and has helped us to achieve a new logo, new uniform ordering system, upgrade to our website, some urgent changes to a course or venue, Friendship runs, varied and practical programmes and financial stability.

We also manage all the bookings for venues, the Visitor's Registration table, keep equipment up to scratch, medical kit, helpers list, Facebook updates and more.

It was great to see the work and dedication of Richard and Barbara Blurton acknowledged by AMA in their awards this year, Richard with a Distinguished Service Award and Barbara as Administrator of the Year 2023.

Our membership covers a wide variety of ages and abilities from our high achievers who we admire and applaud to those of us who are here for the camaraderie and a bit of exercise. We encourage everyone to participate as you don't have to be first over the line to enjoy a sense of achievement. Just finishing is a big achievement for some members. We have encouraged all by having early

starts, short course events, handicap events, our own Cross-Country Championships and a Club Half Marathon. Whether at Sunday mornings or Tuesday and Thursday nights we encourage everyone to have a go and see what you can achieve. You can often surprise yourself.

Of course, as I always say, we couldn't manage without our many volunteers. Our thanks go to them all. Every offer of help contributes to keeping our Club running smoothly and safely. By working together our Club continues to be a safe and welcoming environment.

Gillian Young
MAWA Secretary

Treasurer's Report 2022/23

I AM pleased to present the 2022/23 financial result to members and trust that they agree with me in the opinion that the club was able to again return a solid year's result - based on a policy of controlled expenditure with a view to returning a break-even set of accounts.

The 2023 result was solid. I can report a deficit of \$2,259 for the year. Cash on hand sits at \$84,356 which is still an extremely healthy state for a club of our size.

Revenue

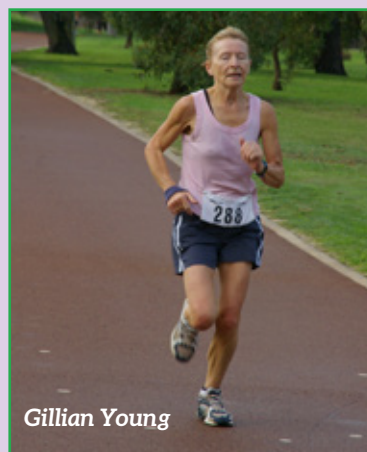
Revenue continues to be strong as a result of a strong membership base. Visitor numbers were steady. Membership as at 30 June was 641. We received an extremely generous donation of \$5,000 from a member who wishes to remain anonymous.

Expenses

As mentioned in last year's report, Athletics West were slow in charging their annual fee and as such \$6,830 of the State Affiliation Fees of \$22,598 relates to 2022.

There were no other large items of expenditure of note and any replacement equipment was of minimal cost.

Our leading Club Officers



Events

As per previous reports any club events are expected to return a break-even result or better and this remains our policy.

The social weekends away also included a deposit payment for 2024.

State Championships were successfully held in March and returned a small but not unexpected deficit but within range of our targeted break-even position. Both marquee hire – \$1,547; and PA system – \$883, contributed to the deficit but greatly improved the comfort and experience for all.

Clothing

With the new club logo and a change of suppliers we will also have a new order policy. This will ensure a more cost-efficient system because the club no longer has to pay for and hold clothing stocks awaiting purchase by members.

Summary of Receipts and Payments

The summary has been included in the *Vetrin* and will also be placed on the website. As yet the accounts have not been audited.

Conclusion

Our sound financial position should ensure that the club continues to grow and function effectively for the benefit of all members for the foreseeable future.

Gary Fisher
MAWA Treasurer

OUR membership reached 636 at the end of May. This represents a fall of around 50 compared to last year, with no clear reason. John Fisher has introduced an initiative whereby we reach out to other running clubs in Perth and invite them to join us in 'Friendship' runs where we do not charge a visitor fee. These have been very popular and our hope is that some of these over-30 runners will join our club.

Achievements

In the past year MAWA members were recognised for outstanding contributions to Local, National and International Masters Athletics:

- David Carr was named World Masters Male Athlete of the Year.
- John Dennehy received a Merit Award for outstanding service to athletics in WA.
- Lynne Schickert was confirmed in her role as WMA Executive Vice President.
- AMA awards were given to David Carr, Mandy Mason, Barbara Blurton and Richard Blurton.

Increases

Registration of MAWA athletes with Athletics West increased from \$10 to \$15, while registration with AMA increased from \$7 to \$10. This left us with no choice

President's Report 2022/2023

but to increase our membership fees by \$10.

We rolled out a new club logo, for which we received numerous favourable comments. We also changed our uniform supplier and the mechanism by which members will place orders.

This means the club will no longer need to carry stock – with our cost savings being passed to members through lower uniform prices. We also gave the website a facelift, with a more modern look without changing the functionality.

Co-operation with Athletics West continued to be very good. The new registration arrangements worked smoothly again while we were again well represented at the three 'all-ages' State Championships (multi-events, cross country and 20km walk).

Helpers

This has been the second year for the system of online registration for helper duties, but this year we put all dates up from day one. We like the low drop-out rate and the flexibility it gives members, but again we have found that we have to put a lot of work into sending out specific reminder emails.

Nothing much changed for our elite road runners with Clare Wardle, Roberto Busi, Gillian Young and Paul Watson all retaining their trophies.

On the track we re-started Tuesday evenings after completion of the WAAS re-surface in January, while attendance at ECAC was strong all season.

Thirty of our athletes travelled to the Nationals, held for the first time at Olympic Park in Homebush. Leading the gold medal charge was Sue Coate, who won medals in no less than 13 events – including five gold and a pentathlon Australian record.

To no-one's surprise Club Secretary Gillian Young bettered her own mark by some 13 seconds to set a new W75 Steeplechase World record of 11:01.5. And a second MAWA World Record went to Sharon Davis in the 4 x 800m relay. Our men could not quite match these dizzy heights.

David Carr was, of course, a stalwart. He won everything he entered in the M90 group but was not in the World Record form that saw him become World Masters Athlete of the year in 2022. Morland Smith also bagged a bunch of golds in the M85 – a great am-

bassador for the sport putting in top rate performances despite his sight impairment.

In the M70 Michael Byrne excelled with a gold and two silvers in the sprints and middle distance. Walk golds went to Karyn Tolaro, John McDonagh and Victor Munoz, while throwers Bev Hamilton and Ossi Igel both won three golds.

6 to run

Six of our athletes made the long trip to Torun in Poland for the World Indoors, achieving numerous State and Australian Indoor Records. Full listing is on the club website.

State Champs

Once again our State Championships were a thoroughly enjoyable event with the threatened bad weather holding off. We were slightly down on numbers but not on performance quality, with dazzling Australian records for sprinters Mandy Mason and Adrian McKenzie, plus an Australian pentathlon record for Sue Coate. Mandy took the 60m record from multi-world record holder Julie Brims and in so doing earned the Athlete of the Meet trophy.

Thanks

My thanks to a first-class committee last year with special thanks to new committee member Steve Travell who has taken on a key task in obtaining Council approvals for some of our runs.

Richard Blurton

Summary of Receipts and Payments

For the 12 Month Period Ended 30 June 2023 (Unaudited)

RECEIPTS	2023	2022	PAYMENTS	2023	2022
	\$	\$		\$	\$
Membership income			Running costs		
Membership fees - 20/21		57	State/National Affiliation fees	22,598	5,007
Membership fees - 21/22	95	27,994	Drinking cups	605	1,099
Membership fees - 22/23	31,619		Bank fees		39
Visitors fees	2,435	2,381	Travel	541	
			Venue Costs	3,619	2,562
			Vetrin Postage	254	252
			Vetrin Production	7,334	7,460
			Postage/Stationery	1,047	564
			Website costs	1,063	519
			Medals/Trophies	1,382	5,043
Total fees	34,149	30,432	Total running costs	38,443	22,545
Surplus on membership	(4,294)	7,887			
Events			Events		
Dwellingup Weekend	1,125		Dwellingup Weekend	2,585	1,125
Lewana Weekend			Lewana Weekend 2016		
Myalup Weekend	1,050		Myalup Weekend		
State Champs - 2022		9,032	Myalup Weekend Deposit.		
State Champs 2023	8,047		State Champs - 2022	8,597	2,244
Facilities Hire			State Champs - 2023	799	
Track & Field	5,629	5,613	State Champs Refunds	2,583	5,723
10Km Handicap			10Km Handicap		
Total receipts Events	15,851	14,645	Total payments Events	14,564	9,092
Surplus/(Deficit) on Events	1,287	5,553			
Other			Other		
Clothing Receipts	3,065	3,185	Bib numbers	1,085	519
Sundries	103		Clothing purchases	306	1,678
Interest	765	196	Sundries	1,004	1,284
Donation	5,000		Equipment purchases	1,549	6,380
Numbers	60	54	Sunday Run expenses	2,620	2,631
Bond Refunds	350	1,250	Coaching (T&F)	2,120	2,660
Coaching Grant	1,000	1,000	New Logo	1,232	
Postal Half	321	210			
Total receipts other	10,664	5,895	Total payments other	9,916	15,152
Surplus/(Deficit) on Other	748	(9,257)			
Total Operating Receipts	60,664	50,972	Total Operating Payments	62,923	46,789
Operating Surplus/(Deficit)	-2,259	4,183			
Total Receipts	60,664	50,972	Total Payments	62,923	46,789
Overall Surplus/(Deficit)	(2,259)	4,183			
Cash on Hand	2023	2022			
	\$	\$			
Bankwest Cheque Account	19,890	22,914			
ANZ Deposit Account					
Term Deposit 035-6998506-7	25,263	24,948			
Term Deposit 05558066-9	39,203	38,753			
Total Cash on Hand	\$84,356	\$86,615			

Gary
Fisher,
Treasurer

- 1 Clothing stock at year end was \$6247 with current year purchases of \$306
- 2 There were no significant equipment purchases of more than \$2,000