

# VETRUN



No. 535  
OCTOBER 2023



# Matagarup 2023





Front runners take evasive action at Matagarup Run; no photographer was harmed in the making of this picture.

NEXT EDITION: Vetrans no. 536 will be published in December 2023.

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## New Members - Welcome!

2412 WELKER: Brendan M45	2430 WHYTE: Theresa W65
2413 WHITELAW: Aaron M40	2431 LILLIS: Brian M35
2414 ROBERTS: Anna W35	2432 WEBB: Adrian M55
2415 GOLDBLATT: David M55	2433 CHAMBERS: Louise W50
2416 KELLY: Jayson M30	2434 CONWAY-MORTIMER: Jerome M50
2417 GORE: Jon M50	2435 CATCHPOLE: Liz: W50
2418 GORE: Robyn W50	2436 SHIRMER: Brad M50
2419 FRANCIS: Barry M65	2437 DANIEL: Lou M60
2420 JOHNSON: Kieran M40	2438 BLAKE: Emma W40
2421 SIMS: Aaron M40	2439 CONNELL: Marilyn W55
2422 DAWES: Kathryn W35	2440 HEARN: Mick M55
2423 COLLINS: Wayne M50	2441 WALKER: Matt M40
2424 COLLINS: Amanda W45	2442 HAWKINS: Daniel M40
2425 CLEMIE: Judi W55	2443 CALLAN: April W35
2426 BACK: Jamie Lachlan M55	2444 AMENGUAL PERELLO: Gregori M40
2427 MIOLINI: John M50	2445 CURTIS: James M40
2428 MOORE: Nick M50	2446 ROSE: Lynda W60
2429 MOORE: Deb W45	

# CLUB AGM 2023

## Rochelle Airey is our new President

MORE than 60 members, quite possibly a record attendance at a MAWA AGM, heard that after eight years in the post, Richard Blurton has stepped down as club President in favour of Rochelle Airey.

Long-term member Rochelle, a distance runner, has considerable MAWA experience and is also a legal practitioner. Acknowledging the enormous contribution to club matters made by Richard "I have some big shoes to fill!" she said.

RB will remain on the club committee, which changes only by the resignation of Steve Travell.

Un-phased by her imminent Presidency, Rochelle ran the Claypit two-lapper prior to the AGM.



Membership is now around 500 strong, with some 200 members still to renew.

Secretary Gillian Young reiterated her thanks to more than three dozen club members whose voluntary assistance sustains MAWA all year round.

Treasurer Gary Fisher emphasised his continuous drive to ensure the club breaks even financially in all endeavours. In that regard he highlighted the



A well-kept surprise presentation by MAWA went to the oh-so deserving club results team! Only two of them - Marg Saunders and Mark Hewitt - were in the room to receive their personal awards from Patron Bob Schickert, but one will go to each team-member.

new approach to club clothing, which eliminates the need for mass ordering and stockpiling by MAWA.

Statistician Barbara Blurton announced a swelling in the number of performances and records now listed on the club site. This largely due to our increased participation in indoor events, and the resulting

State, and some Australian, age-group records set by WA performers.

Many presentations were made, some in absentia, to Most Improved Athletes and others on road, track and field.

Full details will be included in Minutes of the AGM, to be published on the club website.

## New T&F season opens

OCTOBER 1 brought in the new track and field season and for the first time in three years we look forward to full summer programmes at both ECAC in Cannington and WAAS in Claremont. Campbell Till is in charge at WAAS while the Blurtons will be running ECAC so any questions or comments should be directed to them.

This time around, why not test your all-round ability by doing the

Patron's Trophy? It's a signature MAWA competition and always enjoyed by participants. Certificates go to all finishers.

This season we have the Masters Games in Adelaide in October and the Australian Nationals in Hobart over Easter. Follow the website link for information on the latter.

Introducing some track running, both training and competition, to your overall training programme

gives real improvements to road run times. Many members may want to do this but are unfamiliar with opportunities, track etiquette etc. Look out for announcements on a special event we are having - late November at ECAC - where there will be talks on track running and some races for road runners new to the track.

State Champs this season are on March 9, 16 and 17 - ideally timed two weeks before the Nationals.

So, the committee wish our T & F community a successful and enjoyable season!



# Racecourse?

## 5KM RUN

1255	Clare Wardle	W45	20:50
739	Margaret Saunders	W65	26:08
650	Karen March	W60	28:18
1994	Lorna McGavock	W45	34:07
149	Jackie Halberg	W75	41:06

## MEN

798	Kim Thomas	M45	22:48
666	Peter March	M60	24:25
1639	Geoff Vine	M75	26:20
198	Keith Atkinson	M65	26:23
1111	Ian Carson	M70	27:03
186	Bert Carse	M80	29:42
2376	Pedro Jr Rivera	M55	30:55

## 5KM WALK

1828	Phillippa Bennett	W60	41:16
339	Elaine Dance	W70	44:13
1531	Lesley Dowling	W65	44:18
176	Margaret Bennett	W80	58:22

## MEN

455	Sean Keane	M55	44:04
248	Rex Bruce	M80	46:24
251	Mike Hale	M75	46:45
227	Gary Fisher	M70	48:41



## 10KM RUN

<b>1673</b>	<b>Steve Preece</b>	<b>M50</b>	<b>39:2</b>
1726	Jerry Peters	M45	41:29
1710	Mitch Cleasby	M60	42:50
1342	Alex Tinniswood	M40	43:28
81	Peter Sanders	M75	52:59
762	Mark Hewitt	M70	57:52
1092	Bruce McGeorge	M65	1:01:34
2015	Frederick Smart	M85	1:04:30

## WOMEN

<b>2167</b>	<b>Lee Anne Flugel</b>	<b>W40</b>	<b>43:18</b>
843	Rochelle Airey	W50	52:43
987	Julie Wilson	W70	55:43
2405	Annemarie Kilshaw	W55	57:56
2107	Madeline Radestock	W60	1:04:01
82	Susan Sanders	W65	1:11:36



Gary

AUGUST 6, 2023

Director: Gary Wilmot

THERE were many challenges and reasons for runners to skip last Sunday's not-the-Racecourse event. There had been a late change to location, due to car park closures and event conflicts, and at least three major running events were taking place at the same time.

So it is a testament to this club that almost 100 runners and walkers still made it to Bardon Park for Sunday's event, including 14 visitors! Those who did attend enjoyed glorious sunny conditions and a great atmosphere.

I would also like to thank the volunteer crew that came out on what was initially a cold winter's morning, as well as the support and advice from club members that enabled the smooth switch of locations. Particular mention is made to Brian Bennett, whose intimate knowledge of the course was invaluable.

Gary

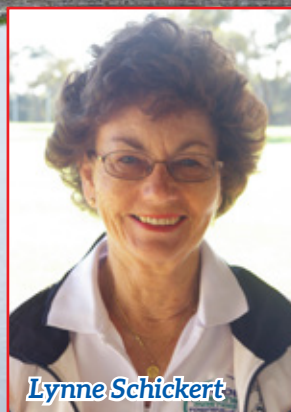
Johan Hagedoorn



		10KM WALK HANDICAP	Clock	H/cap	Run
262	Johan Hagedoorn	M75	1:12:22	17:50	1:30:12
1110	John McDonagh	M75	1:09:17	21:02	1:30:19
111	Lynne Schickert	W80	1:29:52	6:12	1:36:04
74	John Bell	M75	1:28:26	18:42	1:47:08



John McDonagh



Lynne Schickert

John Bell





# Darlington Dash



## DICK HORSLEY TROPHY (best combined time for couples)

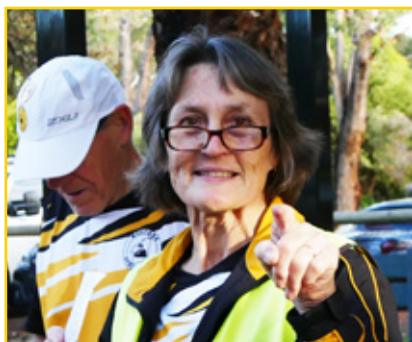
Long Course	Short Course	Combined Time
1 Rodney Glossop	& Crystal Glossop	1:17:19
2 Kevin Johnson	& Sandra Stockman	1:17:49
3 Sandra Siviour	& Rod Siviour	1:20:28
4 Peter March	& Karen March	1:29:02
5 Darryl Downing	& Mell Sieczka	1:30:23

*So close - Kevin and Sandra missed the trophy by just 30 seconds.*

*From the start the 'Glorious Glossops' showed determination to go all-out for their second win.*







**SPECIAL** thanks to all the volunteers who stepped in to help when we were short. We couldn't put on our runs without you!

We had fewer entries this year but as always the competition for the Dick Horsley Trophy for partners was excitingly close.

Congratulations to Rodney and Crystal Glossop who took the trophy in their second win. Rod told us afterwards that was also the first time he has ever finished first in the field at a masters event.

Only 30 seconds behind were Kevin Johnson and Sandra Stockman followed by Rod and Sandra Siviour. The Siviours reversed the normal pattern, Sandra taking on the longer distance. Well done to everyone who entered.

This beautiful course follows the railway heritage trail from Glen Forrest down to Darlington and then back uphill. Along the way you are serenaded by birds and a frog chorus. Hope to see you all next year and if you haven't been before, the hills are full of great forest trails to explore.

*Delia*

**AUGUST 13, 2023**

*Director: Delia Baldock*

#### AGE-GROUP LEADERS

##### 11KM RUN

1901	Rodney Glossop	M40	49:10
1400	Kevin Johnson	M65	51:09
308	Lachlan Marr	M60	55:46
2041	Simon McGarvie	M55	57:34
2412	Brendan Welker	M45	58:26
2333	Eddie Marcus	M50	1:01:41
81	Peter Sanders	M75	1:02:58
2415	David Goldblatt	M55	1:14:39
2015	Frederick Smart	M85	1:16:40

##### WOMEN

1258	Sandra Siviour	W50	52:26
2372	Tegan Durbridge	W35	59:44
987	Julie Wilson	W70	1:03:32
2403	Storm Hurst	W40	1:06:35
1720	Anne Young	W45	1:11:33
1875	Shalini Watson	W55	1:14:23
82	Susan Sanders	W65	1:29:45
1512	Noels Treen	W60	1:31:13

##### 5.5KM RUN

229	Blakeney Tindall	M60	26:22
2249	Rod Siviour	M55	28:02
2368	Bradley Hollins	M45	28:07
762	Mark Hewitt	M70	33:24
186	Bert Carse	M80	34:39
194	Ivan Brown	M75	34:42
1439	Bob Colligan	M65	38:08

##### WOMEN

689	Sandra Stockman	W55	26:40
1902	Crystal Glossop	W40	28:09
650	Karen March	W60	30:57
739	Margaret Saunders	W65	31:02
843	Rochelle Airey	W50	31:24
1813	Isolde Tietz	W70	36:49
1994	Lorna McGavock	W45	41:23
149	Jackie Halberg	W75	55:35

##### 11KM WALK

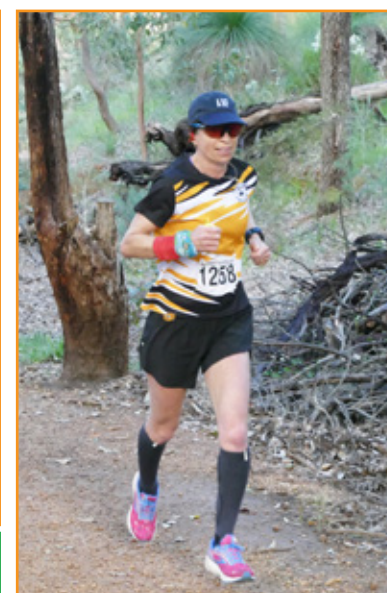
1678	Geoff O'Brien	M75	1:27:00
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##### 5.5KM WALK

339	Elaine Dance	W70	48:42
111	Lynne Schickert	W80	52:30
1301	Erika Fardig	W65	59:52
1112	Sofia Carson	W60	1:01:46
1328	Pam English	W75	1:01:47

##### MEN

251	Mike Hale	M75	54:00
1944	Steve Travell	M65	58:04



**First we had the Glorious Glossops. Now meet the Super Siviours, Rod and Sandra.**

**Left: Did you spot the volunteers, clearing weeds and tending the bush along our track? Thanks to them for keeping the area pristine for everyone's enjoyment..**

## Thanking the new members

**ROHAN** Thompson is the newest of several newer members who have taken on the mantle of race director.

It's all too easy to remember the old codgers who have been rusted onto Masters for what seems like decades. You know their names, faces, even their body language on the run or walk.

But even they wear out, and newcomers are needed to step up!

It is truly heartening to see so many bright, young faces (*well, bright and young are relative terms at our level of athletics*) atop the race director's jacket.

Rohan has taken over the Kings Park cross country event (see page 6) from Ralph Henderson, who is still fit and running well.

As has been well-documented, Paul Martin recently handed over the Sharks job and next August Simon McGarvie will direct.

Peter Brooke took over the Cliff Bould Trophy just last year; and Martin O'Connell takes over Joon-dalup next March.

Another very newcomer is Lee Padgett, who is also responsible for a new event, Whitfords, on October 22.

Thanks to all of them – from all of us!





## AGE-GROUP LEADERS

### 10KM RUN

1710	Mitch Cleasby	M60	48:03
1342	Alex Tinniswood	M40	48:29
798	Kim Thomas	M45	52:48
1202	Akos Gyarmathy	M65	54:04
1846	Paul Every	M55	55:15
81	Peter Sanders	M75	1:03:26
2015	Frederick Smart	M85	1:15:31

### WOMEN

1258	Sandra Siviour	W50	50:44
1255	Clare Wardle	W45	51:56
2372	Tegan Durbridge	W35	57:30
987	Julie Wilson	W70	1:01:23
650	Karen March	W60	1:01:57
1422	Carolyn Stephens	W65	1:05:33
1940	Kathy Nicholas	W55	1:05:33

### 5KM RUN

2233	Greg Knuckey	M65	23:05
229	Blakeney Tindall	M60	25:48
2249	Rod Siviour	M55	27:24
1639	Geoff Vine	M75	29:03
762	Mark Hewitt	M70	31:07
2000	Andy Wong	M45	34:51
112	Bob Schickert	M80	42:26
1587	Patrick Jones	M50	1:10:47



Great starts by the 10km winners – Sandra Siviour, above left; and Mitch Cleasby, above right, with Alex Tinniswood. Left, 5km age-group leaders Liz Bryson and Susan Sanders.

## CROSS COUNTRY

AUGUST 20, 2023

Director: Rohan Thompson

WE had a field of 109 come out to compete on a cool, but sunny morning and the general feedback was that both walk and run courses were tough.

I was quite nervous for my first time as run director but was well guided by Ralph Henderson, who has stepped away from the role after many years.



Due to an impressive new Korean War memorial established at Saw Avenue we had to move the finish eastwards from the spot used in previous years. This brought about a 180-degree turn into the finish, which caused some confusion. I apologise for that and will endeavour to improve next year!

**Rohan**



### WOMEN

#### 5KM

739	Margaret Saunders	W65	29:01
743	Ross Keane	M60	31:09
1720	Anne Young	W45	32:43
1661	Liz Bryson	W70	32:58
82	Susan Sanders	W65	45:24
149	Jackie Halberg	W75	49:36
1526	Terri Carr	W60	1:16:00

#### 7KM WALK

262	Johan Hagedoorn	M75	55:20
227	Gary Fisher	M70	1:12:59

### WOMEN

99	Peggy MacIver	W75	58:58
111	Lynne Schickert	W80	1:06:30
339	Elaine Dance	W70	1:07:08
1531	Lesley Dowling	W65	1:07:09

#### 4KM WALK

2397	Gerry Lee	M60	28:55
2304	Norman Pillay	M50	33:32
174	Michael Anderson	M75	34:15
89	Paul Martin	M80	45:06
347	Neil McRae	M70	45:49

### WOMEN

510	Delia Baldock	W60	29:49
1752	Sheila Pillay	W50	34:46
1301	Erika Fardig	W65	39:23
1328	Pam English	W75	45:26
295	Julie Wood	W70	45:32
176	Margaret Bennett	W80	45:33



**NEW  
START!**

# Wireless Hill

**and it was  
FATHERS' DAY!**





# Wireless Hill FATHERS' DAY



## AGE-GROUP LEADERS

### 8KM RUN

798	Kim Thomas	M45	32:00
2134	Gerrit Myburgh	M50	32:35
796	Steven Hossack	M60	36:53
2041	Simon McGarvie	M55	38:00
1342	Alex Tinniswood	M40	34:29
1202	Akos Gyarmathy	M65	45:19
1111	Ian Carson	M70	45:22
690	John Talbot	M75	1:07:28

### WOMEN

1255	Clare Wardle	W45	35:16
2042	Heather Longworth	W55	40:04
843	Rochelle Airey	W50	43:08
650	Karen March	W60	43:32
987	Julie Wilson	W70	44:58
1926	Gayle Craft	W65	45:05
1902	Crystal Glossop	W40	47:04

### 4KM RUN

2233	Greg Knuckey	M65	17:00
229	Blakeney Tindall	M60	18:21
106	Paul Hughes	M70	24:14
1138	Lui Cecotti	M75	26:46



'Peggy's Roundabout' - it's the intersection where the best of us used to be confused. Now, all you have to do is 'turn right' no matter your approach. I salute the course-laying skill and experience of Patron Bob Schickert!

SEPTEMBER 3, 2023

Directors: Lynne & Bob Schickert

A CHANGED course this year for safety reasons, now all on bush paths and very scenic. The start/finish and turn for second lap tighter than before but reasonable.

To avoid any cross-overs the course could be run with all three turns at central point to left rather than right but if done in this manner there is a problem with the narrower path about 150 metres from start. Therefore, I think the way it was run this year is preferable.

Bob Schickert

## WOMEN

1883	Joanna Lloyd	W50	18:24
1833	Sally Smith	W45	20:01
714	Carol Bowman	W65	22:53
2107	Madeline Radestock	W60	24:44
2283	Noelle Dawson	W70	33:38
1260	Melinda Fisher	W55	38:21

### 8KM WALK

1704	Melissa Lewis	W35	50:27
262	Johan Hagedoorn	M75	58:07

### 4KM WALK

510	Delia Baldock	W60	32:06
227	Gary Fisher	M70	38:23
244	John Brambley	M80	39:07
175	Brian Bennett	M75	57:25



Pre-match entertainment:  
kite-flying lessons  
Main pic: Heather Longworth.

Clare Wardle, Joanna Lloyd following



Melissa Lewis walking well again, and declaring the new course 'great for strength, if not for speed!'



Gerrit Myburgh, Alex Tinniswood, Greg Knuckey.



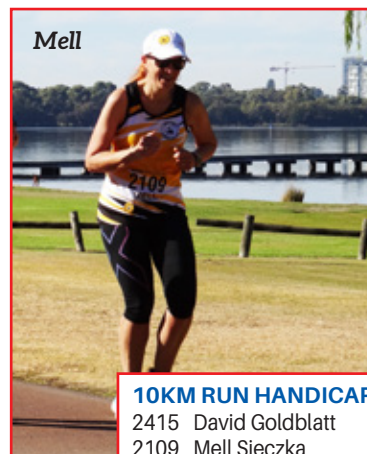




SEPTEMBER 10, 2023  
Director: Neil Morfitt

## NEDLANDS HANDICAP

Mell



David



### 10KM RUN HANDICAP

			Clock	H/cap	Run
2415	David Goldblatt	M55	63:07	6:32	56:35
2109	Mell Sieczka	W50	67:21	5:34	61:47

### FASTEST!

2134	Gerrit Myburgh	M50	68:54	27:18	41:36
1902	Crystal Glossop	W40	67:53	15:11	52:42
*2167	Lee Anne Flugel*	W40	68:57	23:42	45:15

(\*Ineligible)

### AGE-GROUP LEADERS 5KM RUN

2233	Greg Knuckey	M65	21:00
229	Blakeney Tindall	M60	23:36
755	Bob Lane	M75	25:17
1450	John Ranger	M55	25:29
762	Mark Hewitt	M70	28:16
1206	Adrian Kenny	M50	31:17
112	Bob Schickert	M80	35:51

### WOMEN

1883	Joanna Lloyd	W50	23:16
714	Carol Bowman	W65	28:50

288	Gillian Young	W75	29:54
1813	Isolde Tietz	W70	32:33
2052	Amanda Wylde	W40	35:24
1994	Lorna McGavock	W45	42:11

### 5KM WALK

1110	John McDonagh	M75	35:04
2397	Gerry Lee	M60	36:04
2304	Norman Pillay	M50	45:46
227	Gary Fisher	M70	46:33
1781	Rohan Thompson	M40	50:13
1944	Steve Travell	M65	52:33

### WOMEN

99	Peggy MacIver	W75	40:25
111	Lynne Schickert	W80	42:50
510	Delia Baldock	W60	42:52
1752	Sheila Pillay	W50	45:44
339	Elaine Dance	W70	46:21
1301	Erika Fardig	W65	46:32
1231	Wendy Farrow	W55	70:49
262	Johan Hagedoorn	M75	79:49
1828	Phillippa Bennett	W60	86:06
340	John Dance	M70	88:55

NEIL Morfitt staged a fine event down by the riverside. There was even a rustic coffee-cart in attendance. Great day for running and walking made all we non-combatants envious! Many thanks to Neil and all helpers. VW



He's a riot - it's the way he tells 'em!



# Matagarup



Exuberant Alex leaps; how did he know he'd be 1st M40 in the 5km?



Lee Anne Flugel, 1st woman in the Matagarup 10km; and she was in the pink with her silver medal from September's AMA Marathon Championships (part of 2023 Gold Coast Marathon.)

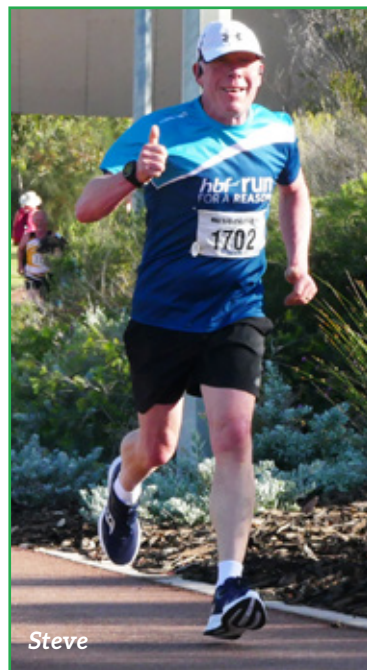
## AGE-GROUP LEADERS

### 12KM RUN WOMEN

2167	Lee Anne Flugel	W40	52:25
843	Rochelle Airey	W50	1:04:55
987	Julie Wilson	W70	1:08:32
2372	Tegan Durbridge	W35	1:10:22
1422	Carolyn Stephens	W65	1:12:24
1393	Lori Sexton	W60	1:12:30
1720	Anne Young	W45	1:15:20
1389	Janne Wells	W55	1:22:21

### 12KM RUN

1632	Roberto Busi	M45	48:42
2134	Gerrit Myburgh	M50	49:41



1702	Steve Helm	M60	55:50
81	Peter Sanders	M75	1:04:19
2028	Anthony Wilson	M55	1:05:58
1960	Leon Mitchell	M40	1:13:16
2015	Frederick Smart	M85	1:19:23

## 12KM WALK

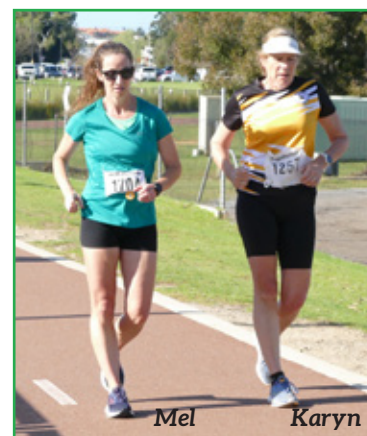
1638	Andrew Duncan	M55	1:09:14
1704	Melissa Lewis	W35	1:19:11
1257	Karyn Tolardo	W55	1:19:40
1231	Wendy Farrow	W55	1:24:55
1138	Lui Cecotti	M75	1:39:08

## 6KM WALK

1110	John McDonagh	M75	41:51
227	Gary Fisher	M70	53:22
1944	Steve Travell	M65	56:09
1781	Rohan Thompson	M40	57:17
25	Jim Barnes	M80	1:02:37

## WOMEN

99	Peggy Macliver	W75	47:14
339	Elaine Dance	W70	49:35
510	Delia Baldock	W60	50:15
111	Lynne Schickert	W80	53:06
1218	Ginny Mulvey	W65	56:21



## 6KM RUN

2233	Greg Knuckey	M65	25:10
1342	Alex Tinniswood	M40	26:09
743	Ross Keane	M60	28:30
1111	Ian Carson	M70	32:01
139	Jim Klinge	M75	33:46
2387	Gary Allan	M50	36:10
112	Bob Schickert	M80	44:14

## WOMEN

739	Margaret Saunders	W65	33:46
1939	Trisha Griffiths	W45	36:04
288	Gillian Young	W75	36:32
2107	Madeline Radestock	W60	36:39
1523	Ngaio Kerr	W50	38:14
1813	Isolde Tietz	W70	39:15
149	Jackie Halberg	W75	1:02:33

# Great day at Nedlands

A FINE, cool morning greeted the 108 runners and walkers at this year's event and our professional group of helpers ensured the run went off without incident. Thanks to my team of helpers and all the other Sunday regulars.

This being a flat course, fast times were predicted, and such was the case, with visitor (and one-time member) Kiwi Kyle (V4) running 19:26 for the 5km. More surprisingly, after completing the 5km, Kyle then took his place in the 10km handicap run.

As shown on page 9 of this Vetrin, in that 5km Joanna Lloyd (W50) was the first placed female, in 23:16; and Greg Knuckey (M65) was first placed member with 21:00. With expert handicapping by Bob Colligan the 10km race was set to show some close finishing amongst the 42 starters.

Mell Sieczka (W50) and David Goldblatt (M55) secured first placings, with Crystal Glossop (W40) 52:42 and Gerrit Myburgh (M50) 41:36 running the fastest times.

Twenty-eight walkers presented to the start line, with the ever-green Peggy Macliver (W75) and John McDonagh (M75) taking line honours in the 5km, and Wendy Farrow (W55) and Johan Hagedoorn (M75) taking line honours in the 10km.

Neil Morfitt





**Pictured top to bottom**  
**We make way for the Invisible Man, on his bike? Anyone hear a bell?**  
**They have all the moves; pre-race dance/ aerobic warm-up.**  
**No, sorry we don't do seniors' discounts!**  
**I would have had a run, but these dogs are too fast for me!**

## It's so good, Wayne marked it twice!

**AFTER** spreading enough flour to 'bake a great big cake' the director was back on his bike early on Sunday morning to do it all again. The overnight storm wasn't enough to flood the footpath – that was last year's aggravation – but it did wash out his meticulous markings.

Matagarup has become one of our most appealing, scenic and varied runs, twisting and turning around the Swan and making good use of the stylish Matagarup Bridge. But every year it finds a fresh way to challenge Wayne Pantall and his helpers.

This year, the most convenient carpark for our usual start/finish was closed. It's become a store-yard for road-building materials,

**SEPTEMBER 17, 2023**  
**Director: Wayne Pantall**

so will probably be unavailable for a year or so.

The closure meant Wayne's team had to carry tables, water, and all our other equipment much further, from the main car-park.

(At the end of the event, the trek was reversed, moving everything back for Mike and Johan's Mul-laloo run the following Sunday.)

So, this year especial thanks are due, for all the helpers, and of course the indomitably cheerful Wayne Pantall!

**Peter Sanders, 1st M75 -12km;**  
**ahead of Ian Carson, 1st M70 - 6km.**

**AGE-GROUP LEADERS**  
**– see Page 10.**



**Wayne directs, Rochelle handles the technology.**







## In Graeme's View!

SHREWD observation by Graeme Dahl at Wireless Hill, that it was also GRAND-fathers' Day, with three generation of John Brambley's family marking it. Graeme photographed young Keiran, and his mum Sally-Anne on the day, but I searched the archive for this finer view of grandad John, taken just a few years back!

**FAT BRITAIN FACT** – Brits have become slower crossing the road. Traffic lights currently leave 6.1 seconds for pedestrians to traverse a typical road. That assumes a walking pace of 1.2 metres a second. But, now the population's older and fatter, the Department of Transport recommends a 7.3 sec delay.

**OFFICIAL MADNESS** – Ukrainian Olga Kharlan was disqualified from the world fencing championships for refusing to shake her Russian opponent's hand after their match – which Kharlan won.

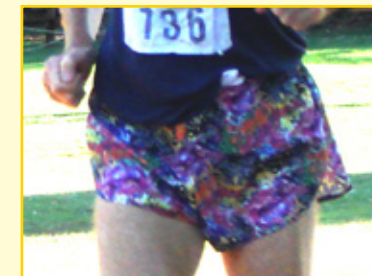
**CANADIAN** Corey Bellemore won the Beer Mile World Classic (running a mile while knocking back four beers) in Chicago in a time of 4:30.80 ... and he did it on one shoe. Why? Don't know. Perhaps he was drinking out of the other one.



## WHERE ARE THEY NOW?

ARTHUR Leggett OAM, our elder ex-member, is alive and well and being mentioned in the Halls of Power!

'HON DAN CADDY (North Metropolitan) [8.54pm]: I rise briefly tonight to wish Arthur Leggett, OAM, a very happy birthday. Arthur is a true living legend of Western Australia, and last Friday he turned 105, which is just incredible.' Thanks, Sandra Stockman, for sending in this **Extract from Hansard** [COUNCIL – Tuesday, 12 September].



Editor's shorts

**AT LAST!** A new member who doesn't see the world in mono joins Bob Fawcett and me as another fashion icon.

Gerard boldly went to the Wireless Hill run in his new pyjamas.

"It was Fathers' Day," he told me, "so I thought – I can wear what I like."

I was amazed, as was Gerard, that he could find a set to suit his stature. His regular shorts are quite an eyeful too.

Older readers might recall I have been fighting the good colour fight for years? The above image appeared in *Vetrun* long ago.

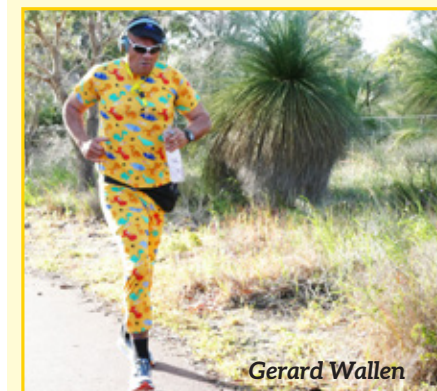
## Keep your shorts on

**HERE'S another sartorial tip: keep your coloured shorts alive.**

Sew 'em, elasticate them, replace the inners – for they're an endangered species.

Being a flamboyant bloke, I have searched Europe, Australia and UK for a colour that isn't black or navy blue.

Nix. One Adelaide shop-dummy said: "If people asked for them we'd stock them."



Well, I asked! But it's all cobbles. Manufacturers all have a Henry Ford complex. Running shorts are not fashion items, so boring black and blue will do.

Maybe the club could raise a bulk order and have some made? There were plenty of red shorts at the December gift run, so we don't need those. I suggest lurid yellow.





SEPTEMBER 24, 2023  
Directors: Mike Anderson & Johan Hagedoorn

#### AGE-GROUP LEADERS 12KM RUN

2134	Gerrit Myburgh	M50	49:40
1632	Roberto Busi	M45	50:40
858	Tristan Bell	M55	56:11
796	Steven Hossack	M60	56:41
1622	Tommy Glackin	M40	57:34
1202	Akos Gyarmathy	M65	59:19
81	Peter Sanders	M75	1:03:43
278	Keith Miller	M70	1:04:44
2431	Brian Lillis	M35	1:08:28

#### WOMEN

1033	Sandra Voesenek	W50	56:02
1255	Clare Wardle	W45	56:06
1716	Elizabeth Gomez	W40	58:38
2372	Tegan Durbridge	W35	1:04:46
987	Julie Wilson	W70	1:10:02
2439	Marilyn Connell	W55	1:10:20
1512	Noels Treen	W60	1:20:29

#### 6KM RUN

2233	Greg Knuckey	M65	25:16
1702	Steve Helm	M60	25:45
1864	Martin O'Connell	M50	26:20

1639	Geoff Vine	M75	32:32
2415	David Goldblatt	M55	33:13
762	Mark Hewitt	M70	33:37
1487	Jason Kell	M45	39:02
112	Bob Schickert	M80	44:22
1781	Rohan Thompson	M40	46:47

#### WOMEN

2403	Storm Hurst	W40	32:56
2241	Jo Scott	W45	33:38
1926	Gayle Craft	W65	34:13
288	Gillian Young	W75	35:43
2418	Robyn Gore	W50	36:52
2107	Madeline Radestock	W60	37:07
1813	Isolde Tietz	W70	38:28

#### 6KM WALK

510	Delia Baldock	W60	48:10
111	Lynne Schickert	W80	55:00
2128	Heather Miller	W70	56:48
1218	Ginny Mulvey	W65	56:49
1679	Ros Pillay	W75	1:05:36

#### MEN

1624	Haydn Gawne	M75	49:44
2319	Li Wei	W30	1:03:56

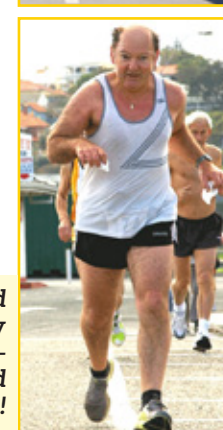
**MANY** visitors joined 94 MAWA members for the 20th of our Magic event along the spectacular Mullaloo-Burns Beach coastal path, out and back from Tom Simpson Park. Excellent weather this year, sunny and bright with a light breeze. Johan and I have reflected on how we established the Mullaloo Magic event on our club calendar so many years ago ... so young and fleet of foot back in 2003 ...!

Thanks, to the volunteer helpers who arrived in good time and performed their given roles so well – and as always to the MAWA members who every week record results, register visitors, fetch the clock and other equipment.

Finally, thanks to *all* competitors, runners and race walkers for competing in our event. Look forward to seeing you everyone at next year's 21st Magic.

Mike & Johan

Mike and Johan a few years back – 'young and fleet of foot'?!





## Breakfast, too!

THIS is the best race to organise because Tristan and I get a fabulous breakfast afterwards, so expertly catered by the Elaine Dance troupe!

Well, the rain held off to allow all runners and walkers to contest the course without getting wet except for a few who really busted a gut - and actually sweated. A fine turn out uninterrupted by the magpies who apparently had threatened to swoop.

No injuries or incidents and, as usual, just one two-lap runner came back to the finish, after the first lap, thereby running further than planned.

Thank you to all helpers for supporting the race, ensuring participants had no grounds to complain (I hope!)

Thank you all. See you all next year?

*Geoff and Tristan*



OCTOBER 1, 2023  
Directors: Geoff Vine & Tristan Bell

*Fast starters include, from left, newer member Greg Amengual Perello, 2nd 10km; Kim Thomas, 1st M45 10km; Clare Wardle, 10km winner; Giovanni Puglisi; and far right Gerrit Myburgh, 10km winner. Gerrit was led in the first lap by Greg (see pic, right) but came back to win by almost a minute.*

### AGE-GROUP LEADERS

#### 10KM RUN

2134	Gerrit Myburgh	M50	40:25
2444	Greg Amengual Perello	M40	41:28
798	Kim Thomas	M45	44:04
796	Steve Hossack	M60	45:38
346	Christopher Maher	M70	47:54
712	John Pentecost	M65	50:35
2249	Rod Siviour	M55	52:00
81	Peter Sanders	M75	52:42
2015	Fred Smart	M85	1:05:50

#### WOMEN

1255	Clare Wardle	W45	44:55
489	Amanda Walker	W55	47:53
987	Julie Wilson	W70	56:09
2372	Tegan Durbridge	W35	59:08
1393	Lori Sexton	W60	59:30
215	Robin King	W65	1:12:35

#### 6.8KM RUN

1342	Alex Tinniswood	M40	31:40
308	Lachlan Marr	M60	33:20
1729	Victor Munoz	M65	34:03

2432	Adrian Webb	M55	36:33
1678	Geoff O'Brien	M75	43:59
112	Bob Schickert	M80	50:31

#### WOMEN

2042	Heather Longworth	W55	34:17
843	Rochelle Airey	W50	35:59
1661	Liz Bryson	W70	38:28
288	Gillian Young	W75	40:28
2430	Theresa Whyte	W65	46:41
2047	Melanie Montgomery	W40	49:04

#### 3.7KM RUN

229	Blakeney Tindall	M60	16:51
139	Jim Klinge	M75	19:54
186	Bert Carse	M80	22:23
1092	Bruce McGeorge	M65	23:00
1814	Peter Tietz	M70	26:08

#### WOMEN

739	Margaret Saunders	W65	18:44
1994	Lorna McGavock	W45	23:49
967	Carolyn Fawcett	W70	34:40
1787	Hazel Stephen	W75	45:10
1526	Terri Carr	W60	45:13

### 10KM WALK

1638	Andrew Duncan	M55	58:50
1704	Melissa Lewis	W35	1:01:59
1257	Karyn Tolardo	W55	1:05:45
1533	Christian D'Argent	M65	1:11:32

### 6.8KM WALK

340	John Dance	M70	55:23
74	John Bell	M75	59:01
111	Lynne Schickert	W80	1:01:23
1301	Erika Fardig	W65	1:04:45

### 3.7KM WALK

2274	Fiona Van Heerwaarden	W45	26:33
510	Delia Baldock	W60	29:46
1900	Glenys Duncan	W80	34:49
1679	Ros Pillay	W75	39:21
2283	Noelle Dawson	W70	40:22

### MEN

1624	Haydn Gawne	M75	30:12
25	Jim Barnes	M80	32:48
1944	Steve Travell	M65	36:20
227	Gary Fisher	M70	36:21



*No re-touching needed Amanda! This stylish couple stay ever young. Amanda Walker, 1st W55 10km, and Chris Maher, 1st M70 10km.*



*Smartest on the course, for sure. Mrs Charlie Chan sets a very high standard; our regular photographer better tidy himself up!*





IF, like me, you have been around Masters for 35 years, or less, you might only know the Sunday morning Jeff Whittam.

He was that big, amiable, indomitable strider, generally matching paces with another stalwart, his old friend Bob Fergie.

You might have heard Jeff sometimes too; he was the go-to man when the loudhailer failed.

That stentorian voice could always be relied upon to quell the background chatter and summon attention!

Yet, paradoxically, he was a soft-spoken bloke, without a harsh word for anyone.

Bob Fergie summed his mate up well, speaking to the large gathering of family and many clubmates who came to farewell Jeff on August 14.

***"Generous with his time, all his activities; a lovely person, always Yorkshire."***

As their undying accents prove, Jeff and Dorothy Whittam were North Yorkshire born and bred.

### ***The Whittams – a Harrier duo***

They met through athletics, in 1957, as members of Airedale Harriers, and were married three years later.

Leaving a large and supportive family must have been a wrench, but they wanted a healthier lifestyle for their children, and migrated to Perth in 1965.



After a series of jobs, Jeff's working life culminated in his own garage-doors installation business in Perth.

Life was good but the heavy work played havoc with Jeff's knees – which is why for the past three decades his athletics was mostly limited to walking. With two replacement knees – he was the club's pioneer in that regard – Jeff was told 'no running!'

That would have been tough on a bloke who had competed

vigorously, as a cyclist, orienteer, rogainer and distance runner.

Bob Fergie described how Jeff joined Masters (then known as WA Veterans AC) in the early days of the club and threw himself wholeheartedly into everything, from administration and road running to track and field.

"He took on many roles, as an organiser and competitor, but Jeff's work in building up the track and field infrastructure was instrumental in the club becoming

capable of running our first State T&F Championships, in 1932.

Bob Schickert reminds us that Jeff was awarded Life Membership of the club for his many years of service.

"Jeff's club number, 20, shows that he joined in the very early years.

"He was a committee member in the 1980s and was *Vetrun* editor for four years.

"Jeff competed very regularly at Sunday events until only a cou-

## **VALE – Jeff Whittam**



***Young Jeff Whittam: his earliest sporting passion was on two wheels, and in his part of the country you had to take on all conditions!***

***Above: 2006 Canning Caper start. Jeff, M70, about to walk 6km in 47:32 on fresh, un-banded knees! (Alongside is Val Millard.)***

ple of years ago, and at T&F further back.

"Dorothy and Jeff were also Sunday and track race directors for many years. They handled Sunday events at Herdsman Lake and the Lake Monger cross country. Also, the 10,000m track handicap and barbecue at McGillivray was organised very well by them for many years and was one of our most enjoyable events."



IT CAME as no surprise that the farewell service for Vic Beaumont, that most convivial and popular gentleman, was to be held in a famous Rockingham hostelry.

Rockingham has been 'Beaumont Central' for the family since they migrated to Australia in 1969, and a wide and varied congregation of family, friends, workmates and Masters members assembled down there on September 27.

There's little doubt that Vic would have approved both the venue, and the tone of the event, which was hosted by Vic and Jacqui's son Simon.

One-time WA State triathlon champion, Simon announced at the outset that he would run this non-religious service on the lines of his weekend 6PR radio show.

*Fine job, mate. I can't recall a memorial event with so many jokes, laughs and entertainment!*

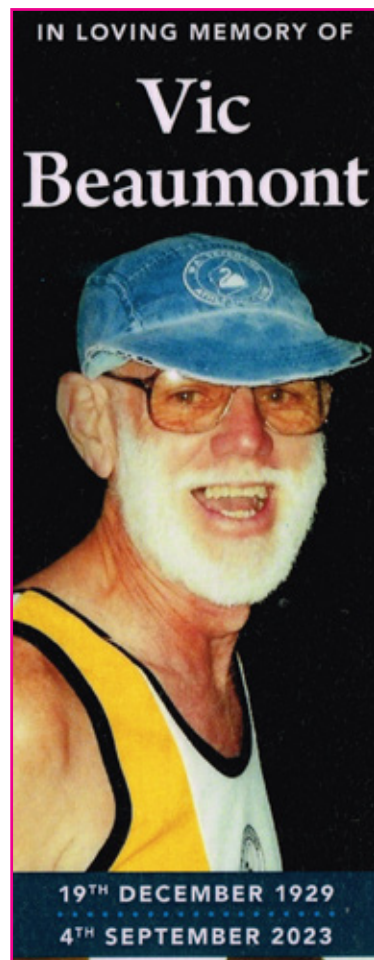
The Beaumonts originated in the Medway (Kent, UK).

Vic served in the Royal Navy on HMS Adamant at age 17, just after World War II. Later he became a watchmaker and in Australia he turned those skills over to instrument fitting, working at the same company for 25 years.

### Late starter

Vic took to running comparatively late, aged 50.

Brian Danby told the congregation of the many Bunbury distance runs they shared and highlighted their 1987 London



Marathon outing, when 57-year old Vic ran a 3:30.

**He always wanted to do better, and go further, even much later in life when he had to walk, said Brian.**

Vic's last half-marathon run was completed at age 75.

Finally persuaded to cut back perhaps, Vic eventually settled for the shorter distances - doing the Rockingham parkrun 96 times.



As noted on the club's website, Vic and Jacqui were made Life members of Masters for their years of service to the club, as race directors, morning tea caterers - and more, such as photographic services, perhaps! Many of his pictures appeared in *Vetrun*, of course, and many members received excellent prints of themselves from the 'Beaumont studio'. Printing of his pictures was a passion, but despite having built a fully-equipped darkroom in a huge garden he once confided his joy at this digital age. "It's great not having to go out in the cold to the darkroom," he said.

**Most sports interested Vic but as a native-born Pom he favoured soccer. Another Masters member, Jeff Spencer, who travelled up from Denmark for the service, recalled their mutual devotion to Perth Glory.**

Modern technology wasn't Vic's forté, even though he managed the picture-making aspects pretty well.



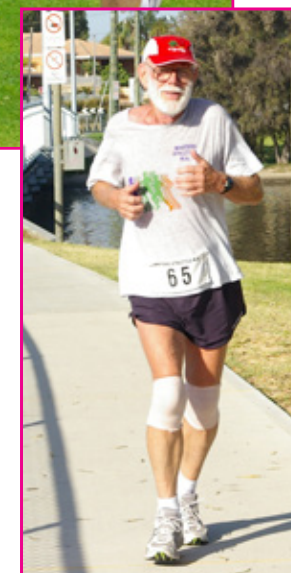
Two of his grandchildren testified to that; like Simon they were always hearing "If you've got five minutes to spare, there's something wrong with my computer."

Likewise; despite my years of emailing to Vic and Jacqui, he never wrote a single reply!

The love and affection on display in that Rockingham inn were palpable.

It was rightfully said that no-one ever heard a harsh word spoken of Vic Beaumont.

**His grandson, Daniel, said he 'never thought of 'Pop' as being old.' Granddaughter Bella caused**



**a few tears to flow when she told us 'what a fun grandad' he was; and then sang 'No Hard Feelings' to Daniel's guitar accompaniment.**

According to Simon, Vic's most regular declaration "I'm so glad we came to Australia."

We all agree, Vic. So glad you came. **VW**