

VETRUN



No. 532
APRIL 2023



Star Swamp

APRIL 2, 2023



NEXT EDITION: Vetrin no. 533
will be published in June 2023

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HERE'S a challenge for our club statisticians. Has there ever been a time when WA Masters held, or shared more World Records? They keep on coming; and then - how many Australian records have our athletes piled up!



Dean Menzies 2:17:41 - 2023.

HELPERS - WHERE YOU'RE NEEDED!

HELPERS were needed at the following runs as Vetrin 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.

South Fremantle	April 9, 2023	4
3 P's	April 16, 2023	9
Bardon Bash	April 23, 2023	6
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Marathon records fall

For now, let's look at marathon achievements.

In recent weeks we have congratulated Bob Lane for an outstanding new M75 Australian record in the Tokyo marathon; and Dean Menzies, who broke the AMA M35 marathon record with a brilliant 2:17:41 in February.

Bob ran 3:33:26, was first out of 117 in his age group, and 66th out of 312 Australians.

To set our new M35 record Dean had to overcome the outstanding performance by Jim Langford almost 44 years ago.

The longevity of this record time is tribute to Jim's outstanding prowess - which is little surprise to Masters clubmates who have witnessed his distance supremacy over decades of club running.

Jim opened up (reluctantly!) to tell Vetrin the backstory of his record.

"My time of 2:18:08 was set at Herne Hill on August 12, 1979, and it just happened to be my 35th birthday.

"At that time Masters (Vets) Athletics started at 40 years of age, but you could join at 35 and be classed as a pre-vet. As I did not arrange to join Masters in the morning of the twelfth my time was not recognised as a Masters record. (You had to be a member to gain a record. That has changed somewhat today.)

"However, my time was regarded as an open record for the age group, at that time.

"I finished seventh in that race, mainly due to four invited Japanese runners competing. They were all in front of me. The race was won by Robert de Castella in just his second marathon, after winning the Victorian title earlier



Jim Langford 2:18:08.

in the year. I led for much of the race but faded quite badly in the later stages.

My best

"I consider my best marathon performance to be my 2:19:29 effort in winning the Australian title. That was held in Brisbane, a year earlier, August 6, 1978. It was quite a hot day.

"Jon Stanley was second with a time of 2:24:06 and this could be the biggest winning margin for Australian Marathon championships."

Jim Langford

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Memorable
State
Champs
Round-up by
Richard Blurton
- see page 15

12 FEBRUARY 2023

Director: Don Lombardi



AGE-GROUP LEADERS

8KM RUN

2100	Gerard Hill	M35	26:17
2003	Paul Watson	M55	32:28
1726	Jerry Peters	M45	32:44
1587	Patrick Jones	M50	36:38
796	Steven Hossack	M60	38:58
1202	Akos Gyarmathy	M65	39:05
278	Keith Miller	M70	42:07
512	David Baird	M75	46:56
112	Bob Schickert	M80	1:03:33

WOMEN

1255	Clare Wardle	W45	38:13
2225	Angela Hon	W40	41:55
843	Rochelle Airey	W50	44:35
987	Julie Wilson	W65	45:31
1512	Noels Treen	W60	52:31
1323	Silke Peglow	W55	53:40
481	Theresa Howe	W70	59:00

4KM RUN

743	Ross Keane	M60	18:53
501	Neil Morfitt	M65	19:14
139	Jim Klinge	M75	20:37
1522	Mark Kerr	M50	20:41
2000	Andy Wong	M45	24:18
2	David Carr	M90	25:25
2015	Fred Smart	M85	25:53
1960	Leon Mitchell	M40	28:32
2373	Andrej Senic	M30	29:08
1865	Stephen Grannells	M55	29:13
40	John Pellier	M80	34:08

WOMEN

1833	Sally Smith	W45	20:38
739	Margaret Saunders	W65	21:30
2374	Miika Lowery	W30	21:57
1813	Isolde Tietz	W70	26:22
1961	Sofia Dumlao	W40	28:31
1389	Janne Wells	W50	28:45
149	Jackie Halberg	W75	33:31
1828	Phillippa Bennett	W60	38:17



8KM WALK

262	Johan Hagedoorn	M75	1:00:33
111	Lynne Schickert	W80	1:14:04
1038	Bob Fawcett	M70	1:20:01

4KM WALK

174	Michael Anderson	M70	31:48
1624	Haydn Gawne	M75	32:00
455	Sean Keane	M55	34:45
2304	Norman Pillay	M50	35:13
2157	Dave Hogg	M60	40:12
25	Jim Barnes	M80	42:12
1944	Steve Travell	M65	44:05

WOMEN

99	Peggy MacIver	W75	32:15
510	Delia Baldock	W60	33:03
128	Irene Ferris	W70	35:37
713	Grace Hollin	W65	36:08
1752	Sheila Pillay	W50	37:02
71	Margery Forden	W80	42:23

GERARD Hill, 8km winner, presented scorers with a dilemma, signing in first as visitor, then remembering he was a member, but getting his number wrong. Never mind, they always cope! But Gerard also set an amazing 3:27 pace! That's him in our start pic above, flying into the lead and showing a clean pair of heels from the off.



Below, start was delayed while the clock was wrestled into submission. I think someone splashed water on it. Don Lombardi, a parkrun Director of much experience, and his crew ran a great event; thanks to them all. VW



FEBRUARY 19, 2023

Directors: Kim Thomas &
Clare Wardle

AGE-GROUP LEADERS

11KM RUN

1632	Roberto Busi	M45	39:45
1673	Steve Preece	M50	43:36



2318 Anthony Grendon M60 43:42



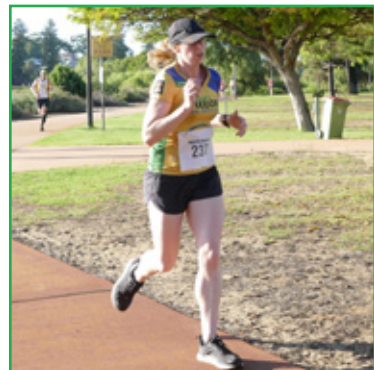
2361 Benjamin Higgins M35 46:12



2003	Paul Watson	M55	48:47
755	Bob Lane	M75	53:05
1202	Akos Gyarmathy	M65	54:01
278	Keith Miller	M70	57:56

WOMEN

2364	Jessica Tower	W30	58:28
1716	Elizabeth Gomez	W40	59:13



2372 Tegan Durbridge W35 1:02:19

987	Julie Wilson	W65	1:04:19
1393	Lori Sexton	W60	1:06:54
1682	Jo Shelley	W45	1:07:12

7.5KM RUN

858	Tristan Bell	M55	33:32
796	Steven Hossack	M60	36:30



2055 Jan Brankaer M40 37:04

2290	Gregory Tower	M65	37:43
1639	Geoff Vine	M75	41:31
1675	Lourens Jacobs	M50	44:57



2279	Suresh Simson	M45	45:39
2015	Fred Smart	M85	47:19
2373	Andrej Senic	M30	47:34

WOMEN

689	Sandra Stockman	W55	36:39
843	Rochelle Airey	W50	41:39
288	Gillian Young	W75	43:51
1926	Gayle Craft	W65	44:40
2241	Jo Scott	W45	44:58
2107	Madeline Radestock	W60	49:27
1961	Sofia Dumlaio	W40	55:28
2283	Noelle Dawson	W70	1:16:25

TOWERING PERFORMANCES!



Jessica



Greg



MORE ... Lake Monger

Director Kim Thomas directs helper Theresa Howe.

4KM RUN

2026	Liam Hayes	M40	17:52
220	Giovanni Puglisi	M70	18:12
743	Ross Keane	M60	18:38
139	Jim Klinge	M75	21:02

773 Dante Giacomini M50 22:34

2362	Alex Petty	M35	23:13
2	David Carr	M90	28:36

1865 Stephen Grannells M55 28:50

WOMEN

1883 Joanna Lloyd W50 18:45

739	Margaret Saunders	W65	21:35
1813	Isolde Tietz	W70	27:37
1787	Hazel Stephen	W75	34:28
1440	Marion Kavenagh	W60	34:49

11KM WALK

1257	Karyn Tolardo	W55	1:12:29
1638	Andrew Duncan	M55	1:12:30
1138	Lui Cecotti	M75	1:29:19

7.5KM WALK

1110	John McDonagh	M70	54:59
262	Johan Hagedoorn	M75	55:32
1985	Mike Cyran	M50	1:20:09
2319	Li Wei	W30	1:20:40

4KM WALK

2274	Fiona Van Heerwaarden	W45	27:40
1231	Wendy Farrow	W55	28:09
510	Delia Baldock	W60	31:27
99	Peggy MacIver	W75	32:55
1752	Sheila Pillay	W50	35:15
1704	Melissa Lewis	W35	39:06
1900	Glenys Duncan	W80	39:42
295	Julie Wood	W70	46:23

MEN

174	Michael Anderson	M70	32:03
1454	Andrew Cuthbertson	M65	32:18
77	Arnie Jenkins	M75	38:07
2304	Norman Pillay	M50	38:10
248	Rex Bruce	M80	38:28

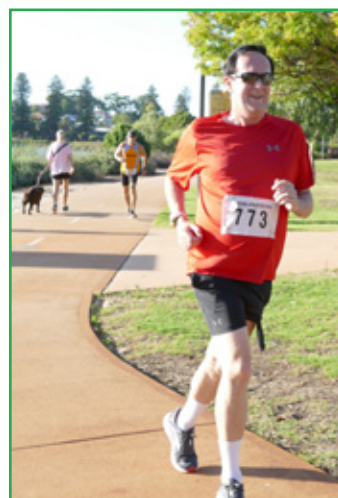


Steve Grannells
4km 1st M55.

Dante Giacomini
4km 1st M60.



Joanna Lloyd 4km
1st woman.



Wendy Farrow
4km W 1st W55.

Where's Waffle?

Hi Vic,

TRENDS in ecology and evolution have recommended that the word 'fitness' should no longer be used as it discriminates against the disabled. They have also called for 'fit' to be banned along with female, male, mother and father; and God can no longer be called HE. But at this stage a replacement title (for HIM) is indefinite.

Where are they now?

DUNNO, but here's a start

This picture, lifted from the satirical *Betoota Advocate* (who knows where they nicked it) bears marked resemblance to a respected club member, surgeon, one-time team doctor for our overseas contingent, and regular health correspondent for *Vetrun*. I'm not saying it IS John Bell. Could be though. If so John, m.i.a. since a few recent mishaps, as well as his recent marriage is looking very well, if a trifle hirsute. *Betoota* used the pic with a story about a new way to play the Monopo-



So can the club can no longer use 'fitness' in the job description?

Good last issue with an increase in items as against results.

Many years ago in the era of low club numbers, the magazine had a section entitled 'Where are they now?' - by Waffle.

This showed some recognition of older members and let the youngsters know there was a history in the club. Sadly Waffle is no longer with us, so nor is the article.

Cheers, Rob (Shand)



ly board game. They also placed it alongside the 'go to jail' image, which was a bit cheeky, I reckon!

Now, come on old-timers, tell us where you all are and what you're up to.

Ed

FEBRUARY 26, 2023

Director: Erika Fardig



Erika Fardig, with husband John and some excellent helpers, meticulously set a new trouble-free 3km Yokine circuit this year. Unluckily for the Fardigs, next day they treated themselves to a trip south and returned COVID-positive. Thanks to all the team, helpers, scorers; and commiserations to the Director. VW

AGE-GROUP LEADERS 9KM RUN



2184 Glenn Rogers M55 41:28

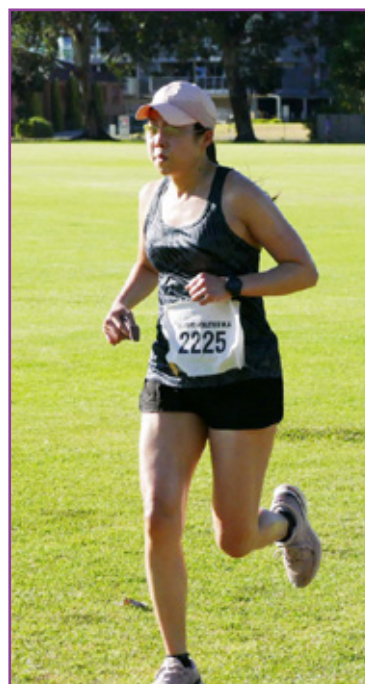


796	Steven Hossack	M60	43:11
755	Bob Lane	M75	47:50
1120	Michihito Muroi	M65	48:34
1655	Jonathan Lester	M50	48:45
454	Mark Sivyver	M70	52:56
2015	Fred Smart	M85	56:52



2000 Andy Wong M45 64:35

WOMEN



2225 Angela Hon W40 49:06



987 Julie Wilson W65 50:58
2372 Tegan Durbridge W35 50:59

288	Gillian Young	W75	52:44
1720	Anne Young	W45	54:31
843	Rochelle Airey	W50	59:12
1512	Noels Treen	W60	68:00

6KM RUN

178	Ralph Henderson	M70	29:32
743	Ross Keane	M60	30:22
1675	Lourens Jacobs	M50	33:46
2171	John Panegyres	M55	34:57
112	Bob Schickert	M80	46:08
986	Greg Wilson	M75	50:00

WOMEN

2042	Heather Longworth	W50	33:40
1926	Gayle Craft	W65	34:49
2107	Madeline Radestock	W60	40:18

3KM RUN

2233	Greg Knuckey	M60	12:55
139	Jim Klinge	M75	15:08
1450	John Ranger	M55	16:21
762	Mark Hewitt	M70	18:21
637	Martin Watkins	M75	18:50
1092	Bruce McGeorge	M65	19:40
2	David Carr	M90	21:35
25	Jim Barnes	M80	24:46

WOMEN

739	Margaret Saunders	W65	15:52
1994	Lorna McGavock	W45	19:08
1813	Isolde Tietz	W70	19:55
1752	Sheila Pillay	W50	22:46
2052	Amanda Wylde	W40	24:30
1440	Marion Kavenagh	W60	24:54

9KM WALK

111	Lynne Schickert	W80	1:25:38
1678	Geoff O'Brien	M75	1:25:38

6KM WALK

262	Johan Hagedoorn	M75	45:39
99	Peggy Macliver	W75	50:31
455	Sean Keane	M55	1:01:05
227	Gary Fisher	M70	1:01:08

3KM WALK

510	Delia Baldock	W60	24:06
2304	Norman Pillay	M50	25:53
77	Arnie Jenkins	M75	28:24
1679	Ros Pillay	W75	32:43
248	Rex Bruce	M80	33:53

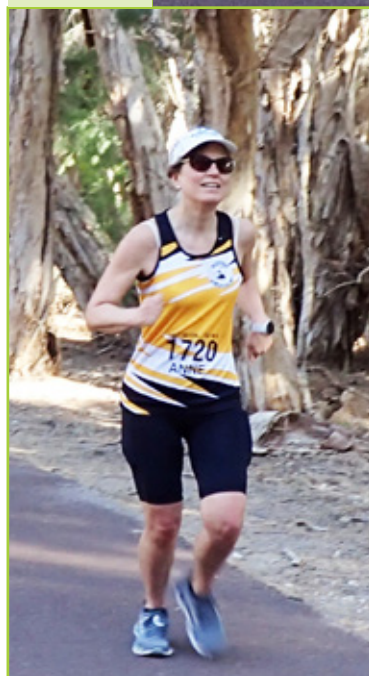
10KM HANDICAP RUN

* full results – see website

			Clock	H/cap	Time
1902	Crystal Glossop	W40	64.09	6.14	57.55
1720	Anne Young	W45	64.42	10.35	54.07
1901	Rodney Glossop	M40	65.16	21.59	43.17
2361	Benjamin Higgins	M35	65.23	25.08	40.15



Half of the Glorious Glossops – Rodney wins male 10km handicap!



Anne Young, 2nd woman in 10km handicap.



Here comes another Langford: Drew wins 5km.

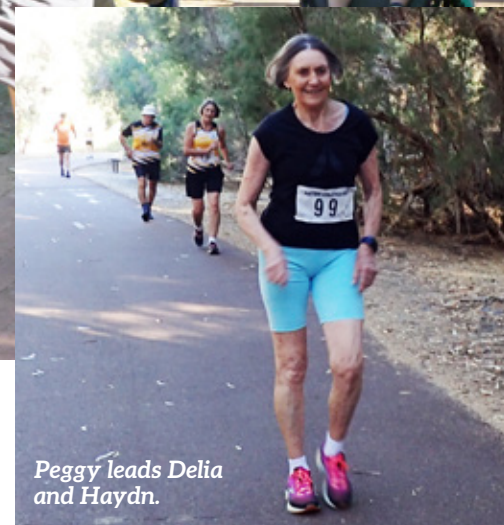
Joondalup

MARCH 5, 2023

Director: Simon McGarvie



Dilemma: where to place the clock? Director Simon had final word – with the mike!

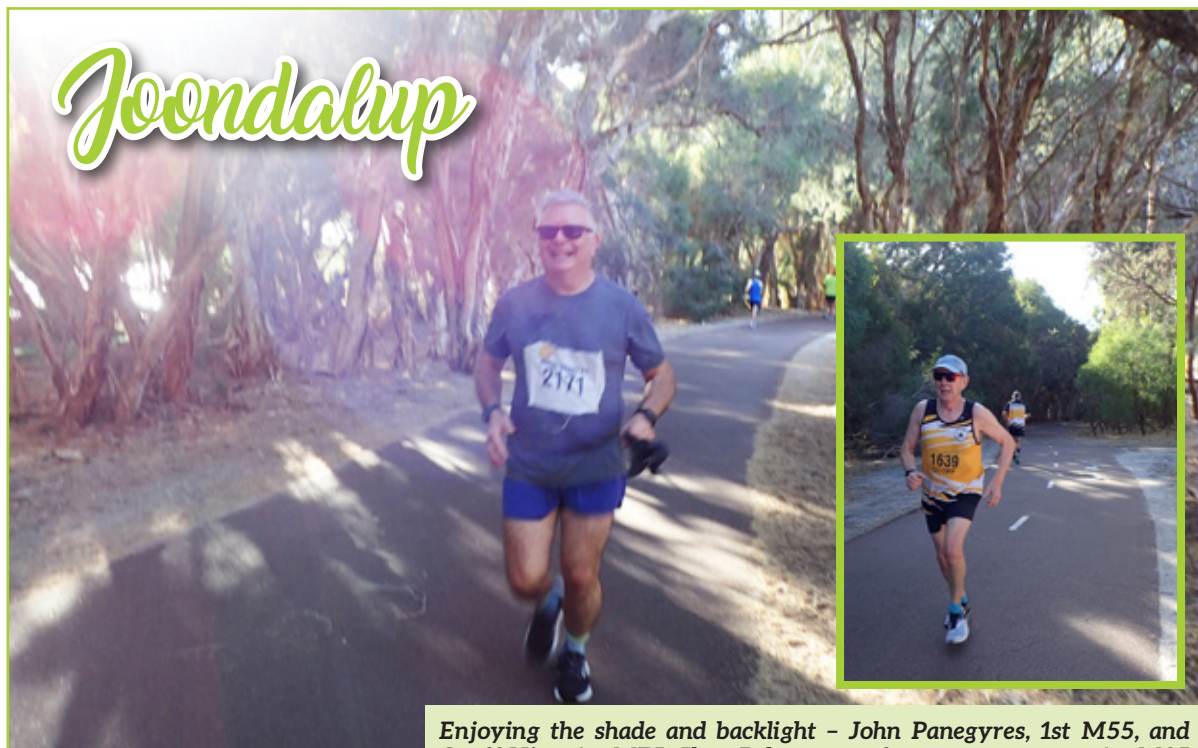


Peggy leads Delia and Haydn.

5KM HANDICAP WALK

			Clock	H/cap	Time
2304	Norman Pillay	M50	44.28	0.57	43.31
111	Lynne Schickert	W80	45.01	3.37	41.24
1624	Haydn Gawne	M75	46.03	7.26	38.37
1678	Geoff O'Brien	M75	46.04	8.07	37.57
99	Peggy Macliver	W75	46.16	6.59	39.17
2128	Heather Miller	W70	47.03	0.00	47.03
510	Delia Baldock	W60	47.10	7.22	39.48
176	Margaret Bennett	W80	55.37	0.00	55.37
295	Julie Wood	W70	55.38	0.00	55.38
1328	Pam English	W75	55.40	0.00	55.40
251	Mike Hale	M75	60.07	0.13	59.54

Joondalup



Enjoying the shade and backlight - John Panegyres, 1st M55, and Geoff Vine, 1st M75, 5km. Below, one of our younger men, 1st M35 Alex Petty; and forever young Marg Saunders, winner of female 5km.

5KM RUN

AGE-GROUP LEADERS

2088	Drew Langford	M45	17.21	17.21
743	Ross Keane	M60	23.24	23.24
178	Ralph Henderson	M70	24.12	24.12
1639	Geoff Vine	M75	26.40	26.40
2171	John Panegyres	M55	28.20	28.20
2387	Gary Allan	M50	28.42	28.42
2362	Alex Petty	M35	29.46	29.46
1960	Leon Mitchell	M40	32.45	32.45
112	Bob Schickert	M80	37.14	37.14

WOMEN

739	Margaret Saunders	W65	26.33	26.33
928	Sandra Rourke	W55	30.42	30.42
2338	Jill Bohmer	W60	30.55	30.55
1813	Isolde Tietz	W70	31.38	31.38
1961	Sofia Dumlao	W40	32.44	32.44
2248	Michaela Miller	W45	33.34	33.34
1752	Sheila Pillay	W50	38.47	38.47

10KM WALK

262	Johan Hagedoorn	M75	72.32	72.32
1531	Lesley Dowling	W65	92.55	92.55
339	Elaine Dance	W70	92.58	92.58



Daggy dads save planet!

WORLD-WIDE, 100 billion garments are made every year and 92 million tonnes of them end up in landfill. So it was good to hear that old Masters uniforms can still be worn on track and field.

Of course there was never any doubt about the Sunday morning dress code. Anything goes, as long as it's decent, and carries your club number and a computerised tag.

The glorious display of vintage apparel on show each Sunday is a joy to behold, adding colour and lustre to the Perth scene.

Here, daggy dads are welcome.

Vetrin has long championed colourful shorts, for instance, fighting hard against sports shops' campaign to wrap our nether parts in black and blue.

We have enough of that in our bruises, thanks very much.

Personally I take great comfort in the T&F ruling. When I eventually return to combat, I reckon I'll get away with the favourite 1990s singlet. Yes, it does have WAVAC back and front, but the colours are right!

Like most blokes I spend little time fashion shopping. Those



'New logo - this does not represent a new uniform as such. Previous uniform remains valid for State and National competition.'

lucky enough to be married leave all that to their spouse, and she (or he?) makes sure we wear some semblance of the up-to-date - this year's tee-shirt style, for instance, or outrageous socks.

My one struggles valiantly to modernise me but it's a battle. I'm still wearing a lot of stuff that came with us from the UK in 1989, even though tweed and sheepskin isn't really Perth-friendly.

I do hope readers will join the dag-movement and help save much-loved togs from landfill. My next project is an original club singlet, inherited from Maurice Johnstone, via Frank Smith, that carries the very first club badge. Must check if that's acceptable at the Champs.



Great club runner Don Caplin sports our first badge in early Perth Marathon.

MARCH 12, 2023
Director: Mark Hewitt

AGE-GROUP LEADERS
10.5KM RUN



2184 Glenn Rogers M55 47:10
666 Peter March M60 48:41
1202 Akos Gyarmathy M65 51:23
2382 Simon Diffey M50 55:20



2368 Bradley Hollins M45 56:00



Another day, another new start point on the Perry Lakes inner road. Below, our runners – including speedy leaders Liz Gomez and Peter March – shared considerably with pedestrians.

175	Brian Bennett	M75	60:25
2015	Fred Smart	M85	66:53
340	John Dance	M70	81:06

WOMEN

1716	Elizabeth Gomez	W40	47:26
650	Karen March	W60	52:08
2225	Angela Hon	W40	55:45
2372	Tegan Durbridge	W35	56:56
987	Julie Wilson	W65	59:33
843	Rochelle Airey	W50	56:23
1720	Anne Young	W45	1:07:30
1323	Silke Peglow	W55	1:11:39
1389	Janne Wells	W50	1:13:58

7KM RUN

743	Ross Keane	M60	34:30
512	David Baird	M75	38:21
2387	Gary Allan	M50	41:35
2171	John Panegyres	M55	44:37
1487	Jason Kell	M45	45:58
1960	Leon Mitchell	M40	48:04
40	John Pellier	M80	1:02:03





Yes, careful Mark; those tannoy can bite the unwary!

7KM RUN

WOMEN

406	Chris Pattinson	W65	37:33
1961	Sofia Dumlao	W40	48:02
481	Theresa Howe	W70	48:46
1752	Sheila Pillay	W50	60:39

3.5KM RUN

2233	Greg Knuckey	M60	14:58
769	Graeme Dahl	M70	18:23
194	Ivan Brown	M75	20:28
1865	Stephen Grannells	M55	23:28

WOMEN

739	Margaret Saunders	W65	18:14
1260	Melinda Fisher	W55	26:06

7KM WALK

2274	Fiona		
	Van Heerwaarden	W45	47:37
339	Elaine Dance	W70	58:56
262	Johan Hagedoorn	M75	52:06
1678	Geoff O'Brien	M75	53:01
227	Gary Fisher	M70	64:10

3.5KM WALK

174	Michael Anderson	M70	26:39
139	Jim Klinge	M75	27:06
1454	Andrew Cuthbertson	M65	28:10
2304	Norman Pillay	M50	30:37
11	Bob Fergie	M85	37:52

WOMEN

99	Peggy MacIver	W75	28:10
1440	Marion Kavenagh	W60	28:13
133	Lynne Choate	W70	32:19
47	Joan Pellier	W80	41:27



Champion handover – expert Bert Carse replenishes Raynor!



Everyone was pleased to see Bob Fergie, above, return to the Sunday meet.

Right, above: some years ago John Dance told a previous Vetrun editor -I'd better get a move on if I'm going to make a name for m'self! This editor says, you've done it John, with determination, since your workplace accident. Right, rare sight, Jim Klinge walking.



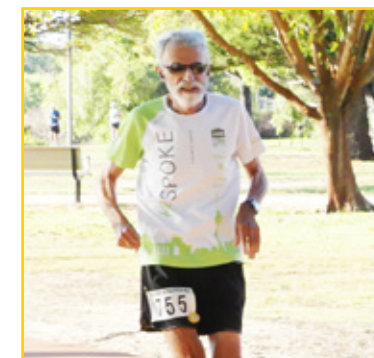
Let Healthy Older Adults Run!

INCREASES in physical activity promote good health, yet exercise and particularly running are under-prescribed for adults over age 65. The authors call for more prescriptions, incentives and recognition for endurance exercise for older adults, which would increase healthy lifespans and inspire younger adults to run. They describe how new run-walk programmes and shoe technologies allow older adults to succeed at endurance running, something not previously identified in the medical literature.

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MANY adults, including some adults over age 60, eager to extend their years of healthy life have adopted running as their primary exercise. The Sports and Fitness Industry Association reports approximately 50 million United States adults participate



Bob Lane, our M75 Australian marathon record-setter, provided this telling article to Vetrun.

in some form of running. Many physicians, however, caution against it. Only a third of adults report a physician ever telling them to increase their physical activity. Thus, fewer than a quarter of adults exercise regularly. To improve this physicians should prescribe physical activities taking into consideration any health limitations. Recording steps taken, stairs climbed or mileage achieved during patient visits, like weight lost, is a powerful performance motivator. To increase exercise intensity physicians can ask their patients about step cadence or running pace. Patients can determine these with easily purchased wrist devices.

MORE PAGE 11

Physicians should also tell adults over age 65 how many years of life, on average, they have left, something they often do not know. A 65-year-old man, for instance, has 19 years of life remaining and an 85-year-old woman has seven years. Recognition by patients of how they can enjoy these additional years with good health is another exercise motivator.

Walking is the most common adult exercise and a good starting prescription for running.

Finally, recognising endurance runners over age 65 as models of good health would counter the common and self-fulfilling expectation that ageing brings physical inactivity. A progressive decrease in running the Boston Marathon, for instance, is observed in each five-year age group from 65 to 79 and is more than can be accounted for by increasing disability.

It likely results from misinformation, barriers to participation and physicians cautioning older adults to avoid vigorous exercise. More adults over age 65 completing distance runs could inspire their peers, as well as younger adults. Life is a marathon, not a sprint. **Those who regularly practice endurance running are likely to enjoy a life of joy, high productivity and good health.**

When treating older adults for cardiometabolic and other diseases, and to prevent serious sequelae of Covid and other infections, phy-

Let Healthy Older Adults Run!

sicians and health systems should remember the many health benefits of physical activity. In fact, low levels of physical activity underlie 7.8 percent of deaths in those over age 70. Physicians can prescribe and incentivise exercise to improve healthy lifespans. Indeed, the number one recommendation of the American Medical Association for healthy living in 2023 is more physical activity. We advocate that this physical activity include endurance exercise and running, which many older adults prefer.

Studies have long detected that endurance exercise reduces disability in later life and confers a survival advantage. New data place existing concerns for vigorous exercise in perspective. Physicians and the public previously believed that running caused and worsened age-related osteoarthritis, while studies now find land-based exercise improves osteoarthritic joint pain and function. Coronary artery calcification is more common in older male athletes than non-athletes, but plaque composition is calcified and more benign and exercise training still significantly reduces cardiovascular events in those studied.

Prolonged endurance training modestly increases atrial fibrillation in men ages 65-90, but it decreases by almost half the risk of stroke. The American Society of

Preventive Cardiology observes that every 1 MET increase in cardiorespiratory fitness confers approximately a 16 per cent decrease in mortality. These observations support recent conclusions that increasing exercise volume beyond commonly recommended goals further improves health risks.

Running may be the best endurance exercise and is a common goal of cardiac rehabilitation programs that typically progress from slow to fast walking and then to jogging or slow running. Many rehabilitation patients have progressed to full running schedules. New studies using movement monitors show that increasing either the number of steps walked or their intensity, or both, increase the health benefits of moving.

With practice distance running is possible for most adults and many adults over age 65. Even older adults with heart failure have participated successfully in moderate intensity endurance training.

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Woodbridge



5km age group leaders to the fore – Tristan Bell M55; Greg Tower M65; Jim Klinge M75.

Report, results – page 12. All Woodbridge pics – Jenny Hogg.

MARCH 19, 2023
Director: Delia Baldock

AGE-GROUP LEADERS
10KM RUN

2088 Drew Langford M45 36:40
 1450 John Ranger M55 46:40
 1202 Akos Gyarmathy M65 49:05



1874 Michael Pascoe M60 49:37



1362 David Boyd M50 51:09
 278 Keith Miller M70 51:21
 1622 Tommy Glackin M40 51:32
 2015 Fred Smart M85 1:01:14
 175 Brian Bennett M75 1:04:33

Woodbridge

THIS year it was not a handicap event as we had to switch events around, but, as always it's a lovely course out and back along the river. Well done to all our top finishers! Drew Langford and Liz Gomez blitzed the field in the 10km and Patrick Jones and Robin King took the honours in the 5km. Walkers Andrew Duncan and Karyn Tolardo were also in fine form taking out the 10km Walk while John McDonagh and Lynne Schickert led the 5km Walk.

Great effort also by all the runners who had competed in the 5km track championships the day before! I

If you haven't been to Woodbridge yet there is a handy café in the playground next to the start area. It is also the gateway to the beautiful Swan Valley – just meander up West Swan Road or Great Northern Highway to sample wineries, chocolatiers, breweries and cafés. Special thanks to my great team of helpers!

Delia

WOMEN

1716 Elizabeth Gomez W40 42:50
 2372 Tegan Durbridge W35 52:23
 843 Rochelle Airey W50 53:12
 987 Julie Wilson W65 55:15
 1393 Lori Sexton W60 1:00:30
 1875 Shalini Watson W55 1:00:32



1720 Anne Young W45 1:01:26
 1389 Janne Wells W50 1:11:25



5KM RUN

1587 Patrick Jones M50 20:50
 858 Tristan Bell M55 22:34
 796 Steven Hossack M60 22:50
2290 Gregory Tower M65 24:00
 512 David Baird M80 26:26
139 Jim Klinge M75 27:16
 1487 Jason Kell M45 31:01
 1781 Rohan Thompson M40 32:25



Robin King – back in the run, first woman over 5km.

112 Bob Schickert M80 36:59
 627 Richard Blurton M70 38:54
WOMEN
215 Robin King W60 27:04
 928 Sandra Rourke W55 30:16
 288 Gillian Young W75 31:01
 386 Barbara Blurton W70 32:50

1752 Sheila Pillay W50 38:59
 713 Grace Hollin W65 43:04

10KM WALK

1638 Andrew Duncan M55 1:00:39
 1257 Karyn Tolardo W55 1:01:58
 1231 Wendy Farrow W55 1:09:22
 262 Johan Hagedoorn M75 1:12:23

5KM WALK

1110 John McDonagh M70 33:39
 1678 Geoff O'Brien M75 38:50
 2304 Norman Pillay M50 43:12
 25 Jim Barnes M80 48:19
 1944 Steve Travell M65 49:04

WOMEN

111 Lynne Schickert W80 44:07
 1301 Erika Fardig W65 45:28
 1704 Melissa Lewis W35 47:11
 2128 Heather Miller W70 48:17
 1735 Deb Franey W60 52:09
 1515 Sandi Keenan W55 52:10



2047 Mel Montgomery W40 36:03



UNLIKELY SPORTS No. 3

World
champ
beaten by
the bag –
Freddie
Mills and
Eamonn
Andrews,
BBC TV, in
1954.



Punch your way out of a paper bag

ENGLISH boxer Freddie Mills won the world light-heavy-weight title from America's Gus Lesnevich in 1946. He became Britain's biggest post-WW2 boxing idol and a media personality after quitting the ring. No stylist, Freddie relied on two-fisted aggression, relentless pressure, and the ability to take punishment to carry him through.

But that wasn't enough when he took on a paper bag! By then Freddie was a well-loved figure on TV and film, and he good-heartedly took on the challenge for a BBC stunt. As he told Eamonn Andrews (see pic right) it was "the

first fight I've ever been in, where it was in the bag."

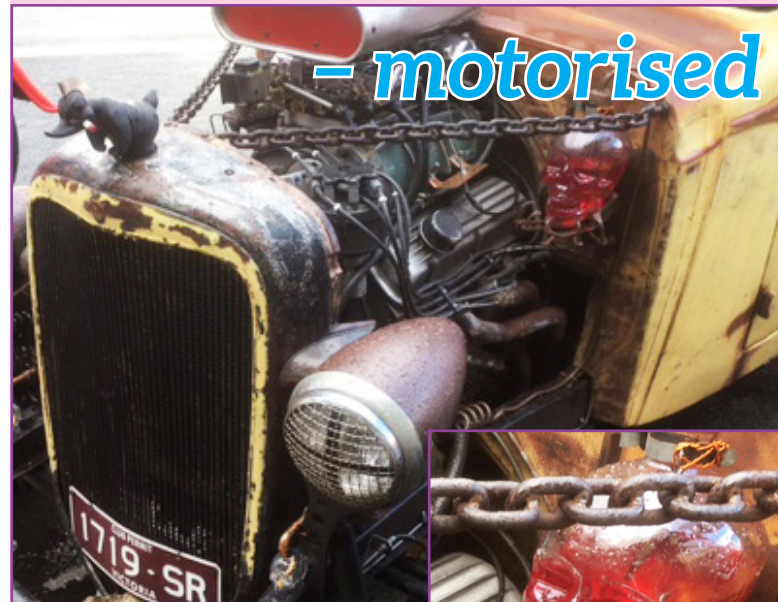
Freddie's life ended tragically, never been proved whether he was murdered, by gangsters, or, less likely, killed himself. (Google it!)



UNLIKELY
SPORTS No. 5

Skulling

– motorised



NO OARS required. Fit your hot-rod with a transparent skull for the radiator overflow. Take your sense of humour to the next rally.



UNLIKELY SPORTS No. 4

WITNESSED this year when we quit the field at the end of our Yokine run and left it for the soccer players.





Call that sport?

ALL'S not well with Italian soccer club, Sampdoria, which dwells around the bottom of Serie A. Club president Massimo Ferrero has received a package containing a pig's head with a note declaring: 'Your head's next.' This follows another special delivery in January: a bullet with a note reading: 'It's blank but next time it will be real.' Remember when sport was 'only a game'?

Athletics occupies a different strata of decency and ... niceness, of course. So I know Vetrun readers will appreciate this month's collection of outstanding sporting quotes, uttered by the some of the finest performers of the day.

Great Sports Quotes No. 2

"You cannot be serious!"

John McEnroe
Wimbledon, 1981



Great Sports Quotes No. 4

"I am the Greatest!"

Muhammad Ali

WELL, it would have been unwise to disagree with him; and he was probably right anyway. The quote is also title of a comedy album by the world's finest heavyweight boxer when he was still called Cassius Clay.

It was released in August 1963 - six months before he won the world heavyweight championship, publicly announced his conversion to Islam, and changed his name to Muhammad Ali. The CBS Columbia release helped establish Ali's reputation as an eloquently poetic 'trash talker'. It's also been identified as an early example of rap music and a precursor to hip hop music.

Of course, Ali was never short of great lines, such as:

"I am the greatest, I said that even before I knew I was."

"I'm so mean, I make medicine sick."

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

Remember the Ali Shuffle? This is the Ali Sway.



Great Sports Quotes No. 3

David Carr's response when asked his plans on retiring in 1990 as Acting Principal of Cannington Senior High School. Thirty years on, DC is WMA Male Athlete of the Year, 2022.



"I'll train twice a day."

Memorable State Champs

IT WAS undoubtedly one of our best. Brilliantly organised as always by Barbara, threatened bad weather didn't show and we witnessed host of close races and magnificent performances.

We all enjoyed the camaraderie, helped along by great coffee from Jeanette and great food from Margaret and the team.

Sprinters

Our sprinters excelled with some truly world class efforts. Mandy Mason ran an Australian 60m record (beating the great Julie Brims's time) and set State Records in the 100m and 200m. Adrian McKenzie was in sparkling form to topple Ernie Leseberg's 60m and 100m Australian records.

Norm Richards also had a memorable weekend, earning State Records in two jumps and two sprints. Also, Luella Jenkins is relishing her new W80 status with five State Records in sprints and throws.

Sue Coate entered almost everything and was collecting medals for most of the time she was not actually competing!

In the pentathlon she achieved

APRIL 2, 2023

Director: Mark Dawson

A marshalling error meant no run distances were recorded.

Walk results - in full 10KM WALK

262	Johan Hagedoorn	M75	1:18:54
1512	Noels Treen	W60	1:24:54
251	Mike Hale	M75	1:34:19

5KM WALK

1110	John McDonagh	M70	35:58
139	Jim Klinge	M75	36:03
99	Peggy MacIver	W75	41:14
510	Delia Baldock	W60	41:18
627	Richard Blurton	M70	41:43
2304	Norman Pillay	M50	46:17
V13	V13		48:37
77	Arnold Jenkins	M75	49:55
455	Sean Keane	M55	50:30
2128	Heather Miller	W70	52:46
25	Jim Barnes	M80	52:47
1604	William Hart	M70	53:53
11	Bob Fergie	M85	55:05
1679	Ros Pillay	W75	57:35
1752	Sheila Pillay	W50	57:38

A tough day for Director Mark and his helpers, after setting a challenging course for all to enjoy. However, they should take comfort from the philosophical attitude of Bob Schickert: in effect, 'worry not, everyone had a run in great surroundings.'

We're only human, mistakes happen. Like the time I misplaced one flag and sent the entire field the wrong way through Kings Park. Vic Waters

the first of four Australian Records of the Championships; while Club Secretary Gillian Young broke the State Record for the 5000m, but was unable to better her own steeplechase World Record.

Choice

Choosing an Athlete of the Meet was a tough decision to make, but it went to Mandy Mason. There are no World Records for outdoor 60m, but



her time was better than anyone in the World has set at indoor meets.

Finally, all our volunteers and helpers were magnificent, but a special mention goes to Steve Barrie who worked tirelessly all weekend moving shades, tables and equipment around the competition sites.

Full Championship details will appear in a TFNL special edition.

Richard Blurton

New Members - Welcome!

2371 DURBRIDGEj: Tegan W35
2373 SENIC: Andrej M30
2374 LOWERY: Miika W30
2375 WARBURTON: Sharon W50
2376 RIVERA: Pedror M50
2377 MORARO: Piero M45
2378 CANTWELL: Adrian M55
2379 BROWN: Nick M55
2380 WESTBROOK: Mark M65
2381 PEREIRA: Americo M60
2382 DIFFEY: Simon M50
2383 HARRIS: Richard M60
2384 MORRIS: Nicolai W30

2385 EDWARDS: Jimmy M60
2386 GRANT: Rob M40
2387 ALLAN: Gary M50
2388 LARGE: Geoff M60
2389 JOHNSON: Sharon W55
2390 STEVENS: Darren M30
2391 ARNETT: Darrell M70
2392 BANCROFT: Wes M45
2393 GEORGOPOULOS: Evan M50
2394 ROY: Jay W45
2395 MACDONALD: Steve M45
2396 DELPHINE: Shirl W60

WHAT a great long weekend it was for our 30 athletes who journeyed east to compete in the AMA National Championships, held for the first time at Olympic Park in Homebush.

Leading the gold medal charge was Sue Coate who has hit top form at the right time in all disciplines. She won medals in no less than 13 events, including five gold, while also setting a javelin state record. But best of all Sue bagged an Australian record in the pentathlon.

800m breakthrough

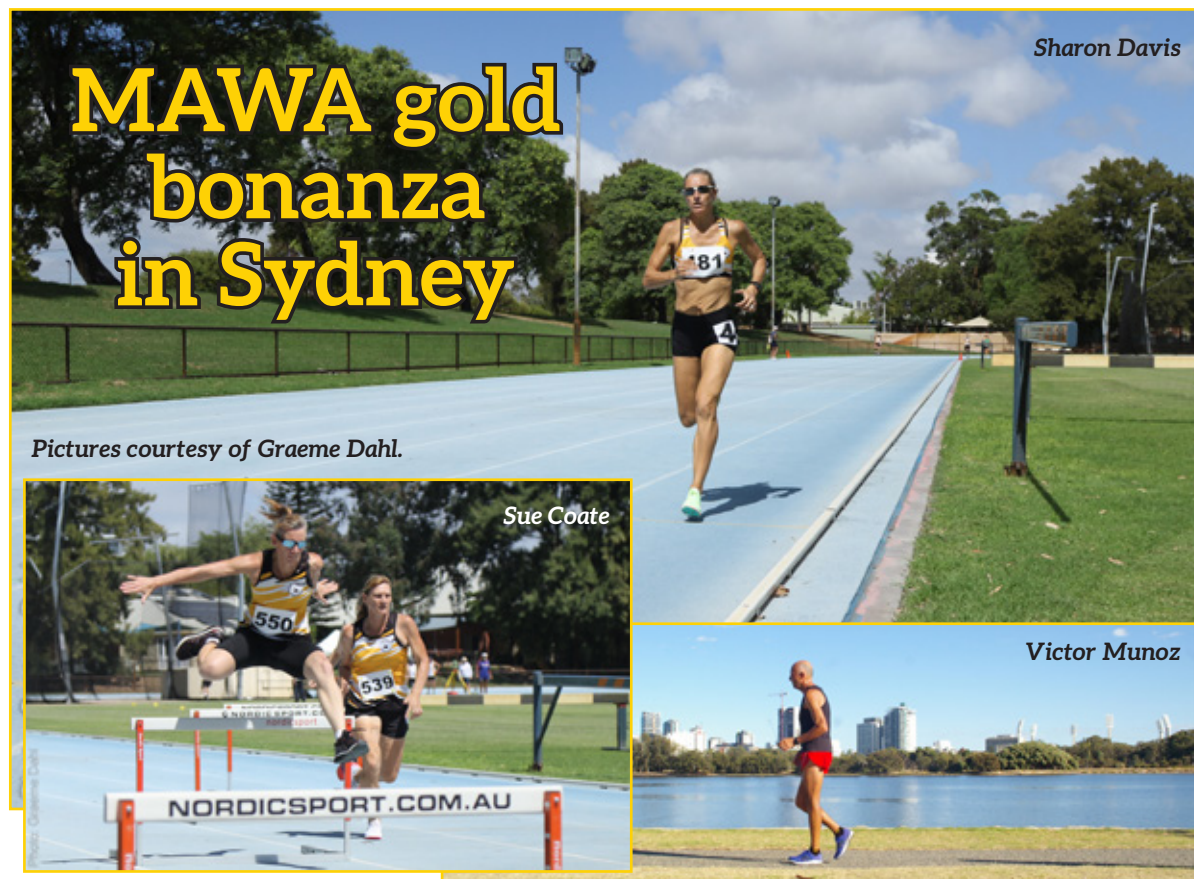
Sue's 'weak link', like that of many women pentathletes, is the 800m. But over the past year or so she has rigorously followed a programme set by Barbara Blurton and knocked the best part of 20 seconds off her time, transforming her overall points score.

Also in Barbara's training group is Jenn Parker, who has excelled, despite fighting niggling injuries most of the season. Jenn hit gold in the long hurdles in the very tough W50 age group as well as gaining medals in the jumps.

No-one was surprised when our club secretary, Gillian Young, bettered her own recent mark by some 13 seconds to reset her W75 Steeplechase World record to 11:01.5.

Another WR

A second MAWA World Record went to Sharon Davis in the 4 x



Pictures courtesy of Graeme Dahl.

800m relay. Sharon was our star in the World Championships in Finland last year bringing home two gold medals after close finishes in the 800m and 1,500m. In Sydney, Sharon also had tight finishes in those events but this time was at the wrong end and had to settle for silver medals.

Our men could not quite match the dizzy heights reached by the women.

David Carr was of course a stalwart winning everything he entered in the M90 group but he is

not in the World Record form that saw him become World Masters Athlete of the year in 2022. With modest times – for him – he is perhaps saving himself for what will be a tough campaign at the World Indoors in Poland later in March.

Morland Smith also bagged a bunch of golds in the M85. He is a great ambassador for the sport putting in top rate performances despite his sight impairment. And in the M70 Michael Byrne excelled with a gold and two silvers in the sprints and middle distance.

Walkers

As always, we sent a great team of walkers to these Championships. All seven of them brought home medals, with golds going to Karyn Tolardo, John McDonagh and Victor Munoz.

In the jumps Brenda Painter and Lynne Schickert took all the golds on offer.

Throwers

Our team of throwers certainly did not let the team down. Low in numbers but high in quality, Bev

Hamilton and Ossi Igel both won three golds, with Bev getting a State Record in the Throws Pentathlon into the bargain.

Awards

Our men and women shared the spoils at the AMA Awards Ceremony on the Sunday evening. As expected David Carr won best athlete, while Mandy Mason was part of the quartet that won the multis/relay category for their World Record 4 x 100m set



Barbara Blurton

in Finland. Barbara Blurton was Administrator of the Year for a second time while husband Richard received a Distinguished Service Award reflecting his work on Perth 2016 and his time as AMA President.



Richard Blurton