

Piney Lakes

VETRUN



No. 537
FEBRUARY 2024



Cover: Piney Lakes 2023.

NEXT EDITION: Vetrin No. 538 will be published in April 2024.

In this edition ...

50th year plans	P2
Mosman Park	P3/4
Safety Bay	P4/5
Alderbury Park	P5/6
Canning Caper	P7
New Year Run	P8/9
Point Walter	P9/10
Piney Lakes	P11/12
Help Needed!	P12
New Members	P12
Australia day Run	P13
In My View...	P14



Vale - Rob Shand
Track and Field P15



Starting 50th year right!

Lynne Schickert certainly marked the club's 50th, becoming a member of the Order of Australia for service to sport and community. Congratulations Lynne!

This was the jolly scene at McCallum Park in 2014 when MAWA marked our club's 40th anniversary. This year it will be even bigger! Sadly, several of our most valued members pictured are no longer with us; but we will remember them all, I am sure, in the memorabilia to be created as part of the 50 years' heritage collection. VW

CLUB CONTACTS

Editor: Victor Waters
vfdwaters@gmail.com

Website:
www.mastersathleticswa.org

Secretary:
mawasecretary@gmail.com

President: Rochelle Airey

Clothing: Delia Baldock
dlbaldock@bigpond.com

Patron: Bob Schickert

THE invitations are out - and your response has been terrific!

President Rochelle Airey reports that well over a hundred members expect to attend the club's biggest social event in years, a mid-year sundowner at the East Fremantle Yacht Club.

If you have not seen the note from Rochelle, and would like to be there, please contact a committee member, or Vetrin as soon as possible. The date and full arrangements will be made as soon as we have an idea of numbers attending.

The sundowner is intended for a Saturday or Sunday afternoon, with canape-style finger food, a cash bar for drinks, and ticket-price of no more than \$30 for members (a little more for non-members).

Let us know if you would fetch a partner along; and if any members would like to help with arrangements for the event, please contact a committee member to volunteer!

2024 is club's 50th!

Anniversary Run - & memories please

THE club's earliest days were at McCallum Park and it's fitting that our 50th anniversary run will be there on April 21.

There will be a great morning tea to follow - and a birthday cake, of course! We hope that everyone will make that a date to remember.

Also - do you have contact with past members, and friends, who could join us on that Sunday morning?

It would be wonderful for all of us, new members and old, to meet some of the stalwarts who helped build Masters into the great organisation it is today.

Memories wanted

Please watch your email, and the website, for further announcements. But the committee has already committed to creation of an anniversary Facebook page where members can post photographs and memories.

Vetrin Special

Also, I would welcome contributions to a very special edition of Vetrin, covering your personal events, memories and reminiscences. I have begun trawling back numbers for outstanding stories. I hope readers will do the same! The edition would publish later in 2024, and could be made available as a full-colour, hard copy if desired. VW

DECEMBER 3, 2023

Director: Paul Hughes

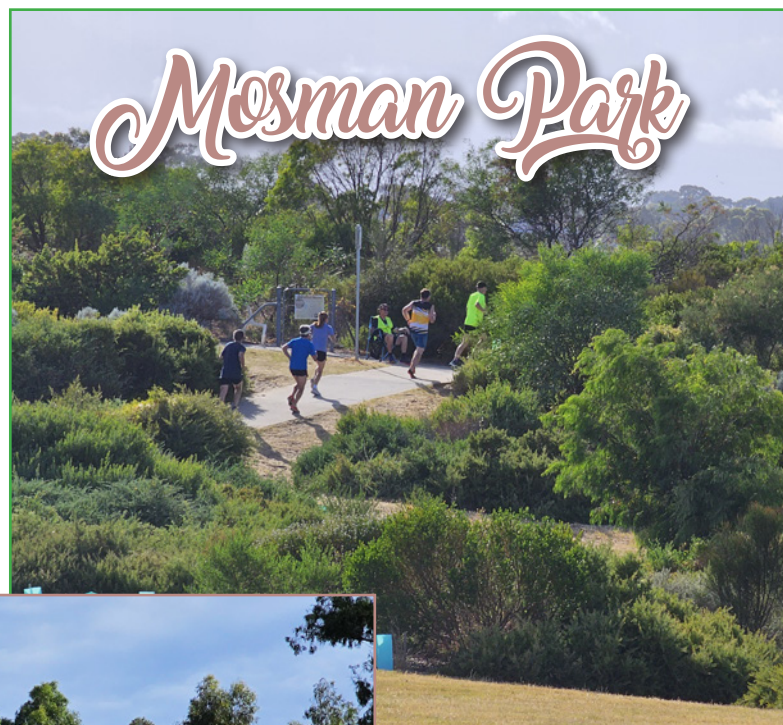
AGE-GROUP LEADERS

10KM RUN

1632	Roberto Busi	M45	40:46
2134	Gerrit Myburgh	M50	43:18
807	Rod Hamilton	M60	46:58
2041	Simon McGarvie	M55	51:41
81	Peter Sanders	M75	54:26
278	Keith Miller	M70	56:08
198	Keith Atkinson	M65	1:08:18
2015	Fred Smart	M85	1:14:49

WOMEN

1255	Clare Wardle	W45	49:33
650	Karen March	W60	54:07
2439	Marilyn Connell	W55	1:01:32
987	Julie Wilson	W70	1:02:11
288	Gillian Young	W75	1:04:19
1512	Noels Treen	W65	1:17:50



Rod Hamilton, Roberto Busi, Scott Chambers, Alex Tinniswood.

WOMEN

1978	Mike Haederle	M60	21:43
1342	Alex Tinniswood	M40	22:46
2233	Greg Knuckey	M65	23:06
2476	Christopher Owen	M45	23:33
220	Giovanni Puglisi	M70	23:48
2054	Xinhuan Yan	M50	27:29
139	Jim Klinge	M75	30:08
112	Bob Schickert	M80	40:48
1883	Joanna Lloyd	W50	24:07
2422	Kathryn Dawes	W35	27:30
739	Margaret Saunders	W65	28:20
1939	Trisha Griffiths	W45	31:16
2473	Mega Ariani	W30	31:56
1389	Janne Wells	W55	32:50
2107	Madeline Radestock	W60	34:44
481	Theresa Howe	W70	42:58
149	Jackie Halberg	W75	53:52



Peggy Macliver.

5KM WALK

99	Peggy Macliver	W75	41:20
510	Delia Baldock	W60	42:13
1994	Lorna McGavock	W45	43:49
111	Lynne Schickert	W80	48:58
1678	Geoff O'Brien	M75	48:59
2128	Heather Miller	W70	49:01
1301	Erika Fardig	W65	56:20
1167	John Fisher	M60	59:28



Mike Haederle and Gerrit Myburgh leading.

"When sorrows come, they come not single spies but in battalions."

ONE of those runs when things do not go right! We were unable to access the changerooms due to a problem with key entry - no clock as it was being repaired - and the race start was delayed.

It was a warm humid day for the first run of early-start summer Sundays and despite the issues all runners and walkers enjoyed the scenic and testing course. Special thanks to all the helpers who assisted me and who make my role so much easier.

Appreciation to the Mosman Park Council, Armando from Mosman Park Cricket Club and Sports



After the show ... someone has to clear up! Mike Hales and Gary Fisher.

for allowing us to use the facilities at Tom Perrott Reserve.

See you all next year. **Paul**
Fortunately the club has the experienced and management-skilled Paul Hughes as Mosman director - and, he coped! VW

MORE MOSMAN - PAGE 4



Mosman Park 2023 – and thanks to Jenny Hogg we have loads of great pictures!

Above, Greg Knuckey leading, 1st M65 in the 5km.

Below, from left: Kathryn Dawes, 1st W35, 5km; Joanna Lloyd, first woman overall in 24:07, 5km; Chris Owen, 1st M45, 5km; Mega Ariani, one of our newer members, 1st W30, 5km.



Safety Bay

MAWA's Sunday run footprint extends from Joondalup's Neil Hawkins Park in the north to Safety Bay, Foreshore Reserve, in the south.

The Safety Bay out-and-back along the coastal path gives a beautiful, flat and fast 5km. The 10km runners take on an extra aerobic test where the path roller-coasters up-and-down, like interval training, along the old sand dune line. Always a test. All are rewarded with the MAWA sausage sizzle that Elaine Dance and her team cook at the beautiful swimming spot, at the finish line. Thanks Elaine. You and your team who deliver every time.

In the swim

There were 31 runners in the 10km run and Jerry Peters led them home in a ding-dong battle with visitor Daniel Chidlow.

Jerry then won the unofficial swim race to the swimming platform!

The 5km attracted 23 runners and saw a magnificent race win by Mark Dawson.

Two walkers over 10km and six walkers at 5km completed a smaller than average MAWA field but those that made the trek south, including some fast visitors, all seemed to use the sausage sizzle as an excuse to stay for a really enjoyable chitter-chatter in this



beautiful spot overlooking the ocean.

Great to see former members Don and Chris Pattinson as visitors, travelling north to join us from their new home. Always welcome.

As ever our helpers made the event work.

I was struck by the good nature and can-do attitude of everyone. That is the way MAWA rolls. It keeps me turning up to the club.

Thanks to Keith Atkinson, Helen Lysaght, Haydn Gawn, Melinda Fisher, Paul Every and Lorna McGavock. Fundamental to the success of the event were helpers Tristan Bell and Mick Francis. Tristan has committed as Race Director in 2024. Mick, who lives close by, did the route safety check and took charge of the water station. A big THANKS to all!

John Fisher

**RESULTS AND PICTURES -
PAGE 5**

DECEMBER 10, 2023

Director: John Fisher

AGE-GROUP LEADERS
10KM RUN



1726	Jerry Peters	M45	41:43
807	Rod Hamilton	M60	44:00
1522	Mark Kerr	M50	48:34
1111	Ian Carson	M70	54:15
1202	Akos Gyarmathy	M65	54:16
454	Mark Sivyver	M75	1:02:21

WOMEN



650	Karen March	W60	49:33
843	Rochelle Airey	W50	54:00
1661	Liz Bryson	W70	54:29
2422	Kathryn Dawes	W35	55:00
1875	Shalini Watson	W55	1:01:49



5KM RUN

745	Mark Dawson	M60	24:56
1432	Bob Hull	M75	25:58
2249	Rod Siviour	M55	28:09
112	Bob Schickert	M80	38:49
340	John Dance	M70	42:25

WOMEN



1508	Sue Hamilton	W60	27:19
2473	Mega Ariani	W30	29:57
288	Gillian Young	W75	32:14
2477	Kirsty Peddie	W40	32:42
1939	Trisha Griffiths	W45	37:08
2450	Wendy Jones	W55	37:32
2430	Theresa Whyte	W65	44:07
967	Carolyn Fawcett	W70	49:49

10KM WALK

74	John Bell	M75	1:29:07
1828	Phillippa Bennett	W60	1:31:17

5KM WALK

2059	David Gardiner	M75	42:02
111	Lynne Schickert	W80	49:32
1781	Rohan Thompson	M40	1:09:09
251	Mike Hale	M75	1:32:54



Director's wheelie impressive debut

FIRST-time race director Adrian Kenny made his mark at Alderbury Park (that's at Perry Lakes, for the geographical-challenged such as your editor) with a daring reworking of an old classic.

Masters has hosted many events here over the years, including part of the National Championships. But Adrian aimed to please everyone, with a separate 4km mostly paved course for the walkers - who don't relish rough

going; and an all-encompassing 8km cross-country for runners.

Recognising the need to guide runners over a new route around this old favourite location, Adrian also opted to get on his bike and lead them out.

It was almost a perfect plan, and only a few went slightly astray in the last 100 metres or so. But Kyle Eager - the speedy visitor (and one-time member) confounded Adrian by simply going too fast!

"I thought this was going to be a leisure-ride," he puffed after the

first lap, and dug in to stay in front of Kyle for the second half.

However, take nothing away from this great new director. Not only is he Whittam-esque in voice projection, he's thorough too. Having silenced the mob with a brief, stentorian word (no megaphone required), Adrian then conducted separate briefings for walkers and runners.

Wow! This bloke has set a high bar for Masters directors to clear!

VW

DECEMBER 31, 2023

Director: Adrian Kenny

AGE-GROUP LEADERS
8KM RUN



V8	Kyle Eager	Vis	31:26
2134	Gerrit Myburgh	M50	34:21
1342	Alex Tinniswood	M40	36:40
1702	Steve Helm	M60	39:24
798	Kim Thomas	M45	39:25
220	Giovanni Puglisi	M70	39:46
1202	Akos Gyarmathy	M65	39:54
1864	Martin O'Connell	M55	42:49
1138	Lui Cecotti	M75	57:03

WOMEN

1255	Clare Wardle	W45	38:52
1716	Liz Gomez	W40	43:38
2372	Tegan Durbridge	W35	45:36
987	Julie Wilson	W70	49:00
1512	Noels Treen	W65	49:54
2483	Elizabeth Clennell	W50	50:41
1389	Janne Wells	W55	58:22

4KM RUN

1883	Joanna Lloyd	W50	19:33
739	Margaret Saunders	W70	22:37
1393	Lori Sexton	W60	24:12
288	Gillian Young	W75	25:52
2473	Mega Ariani	W30	26:48
1218	Ginny Mulvey	W65	30:18
2450	Wendy Jones	W55	31:55

MEN

178	Ralph Henderson	M75	21:34
106	Paul Hughes	M70	22:52
1332	Russell Smith	M60	23:45



512	David Baird	M80	26:25
2426	Jamie Lachlan Back	M55	26:51
1487	Jason Kell	M45	27:48
824	Heiner Huning	M65	33:47
1704	Melissa Lewis	W35	42:01
1257	Karyn Tolardo	W55	42:04
2274	Fiona Van Heerwaarden	W45	45:02
99	Peggy MacIver	W75	49:01
1828	Phillippa Bennett	W65	50:35

MEN

262	Johan Hagedoorn	M80	45:32
454	Mark Sivyver	M75	45:35
347	Neil McRae	M70	46:55
1167	John Fisher	M60	1:04:35

4KM WALK

510	Delia Baldock	W60	33:35
967	Carolyn Fawcett	W70	37:57
111	Lynne Schickert	W80	37:58
248	Rex Bruce	M80	38:23
1260	Melinda Fisher	W55	39:26



Above left, Bob 'Two-Knees' Fawcett; running well and here, encouraging the youngster! Above right, Ralph Henderson, always competitive, and now at 75, topping our men's 5km list.

DECEMBER 17, 2023

Director: Keith Atkinson



I GUESS you could say that the conditions for the Canning Caper were average.

Quite warm, sunny. We have had warmer and cooler.

Thanks very much to the helpers, and member for the results team, for jumping in to help out. COVID is still around, and sidelined a couple of helpers.

Hopefully we will catch them, and others that helped volunteer again next year! We appreciate your help.

Special thanks to Tristan the handicapper. He, as you know, had stepped down from the role, but resumed to cover the position while Bob was away.

And what a great job he did! A nice bunched up finish, perfect.

Congratulations to Tristan, for being at the pointy end of the event.

Marilyn, Sandra and Wendy for the girls. David, Zane and Scott for the boys.

All going well we will see you again next year.

Keith



Canning Caper

10.4KM RUN HANDICAP			Clock	H/cap	Time
2439	Marilyn Connell	W55	1:02:07	9:03	53:04
2415	David Goldblatt	M55	1:04:53	10:16	54:37
FASTEST!					
*1721	Zane Walsh	M40	1:06:26	26:24	40:02
*689	Sandra Stockman	W55	1:07:27	16:42	50:45
6KM WALK HANDICAP			Clock	H/cap	Time
455	Sean Keane	M55	51:30	2:33	48:57
1257	Karyn Tolardo	W55	55:01	16:47	38:14
FASTEST!					
*1110	John McDonagh	M75	57:36	14:52	42:44

Sandra Stockman: how to be the fastest woman in the handicap - stretch!



IF YOU'VE GOT IT - FLAUNT IT!



Karyn Tolardo
- 1st woman
6km, off 16:47!



David Goldblatt
does it again!
10.4km handicap
win, off 10:16.

AGE-GROUP LEADERS 6KM RUN

2134	Gerrit Myburgh	M50	24:26
807	Rod Hamilton	M60	24:43
1400	Kevin Johnson	M65	26:20
1960	Leon Mitchell	M40	28:38
1432	Bob Hull	M75	31:54
106	Paul Hughes	M70	32:25
2249	Rod Siviour	M55	33:28
112	Bob Schickert	M80	44:14

WOMEN

1508	Sue Hamilton	W60	31:56
739	Margaret Saunders	W65	32:09
2473	Mega Ariani	W30	35:41
288	Gillian Young	W75	38:17
1813	Isolde Tietz	W70	40:04
1231	Wendy Farrow	W55	41:56
1961	Sofia Dumlao	W45	42:50
1957	Christy Davidson	W40	48:20

10KM WALK

1704	Melissa Lewis	W35	1:05:50
2472	Martin Riley	M70	1:30:16

Claudia Seke – set to speed!



Another speedy new member, W55 Claudia Seke was first female over 12km, ahead of fast W45, Vanessa Carson.

AGE-GROUP LEADERS

12KM RUN

798	Kim Thomas	M45	49:58
2134	Gerrit Myburgh	M50	51:09
1702	Steve Helm	M60	57:06
1202	Akos Gyarmathy	M65	59:34
2041	Simon McGarvie	M55	1:02:30
1901	Rodney Glossop	M40	1:02:35
278	Keith Miller	M75	1:05:14
1256	Mercurio Cicchini	M70	1:06:05

WOMEN

2491	Claudia Seke	W55	54:35
1445	Vanessa Carson	W45	55:42
1716	Liz Gomez	W40	1:09:06
987	Julie Wilson	W70	1:11:02
1393	Lori Sexton	W60	1:12:30
1422	Carolyn Stephens	W65	1:12:49
2464	Clare Wynn	W50	1:14:34
2372	Tegan Durbridge	W35	1:15:15



5KM RUN

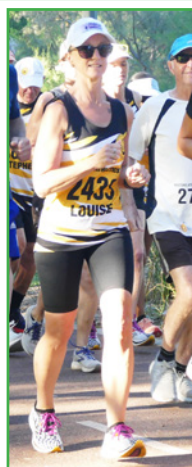
1342	Alex Tinniswood	M40	22:07
2267	Bernard Candy	M60	22:57
1450	John Ranger	M55	25:44
106	Paul Hughes	M70	26:31
139	Jim Klinge	M75	26:49
2015	Fred Smart	M85	32:13
512	David Baird	M80	32:56

WOMEN

2433	Louise Chambers	W50	25:52
843	Rochelle Airey	W55	26:24
2473	Mega Ariani	W30	29:48
1926	Gayle Craft	W65	30:30
2107	Madeline Radestock	W60	32:06
2273	Jacinta Thompson	W45	32:17
481	Theresa Howe	W70	36:30
149	Jackie Halberg	W75	43:06

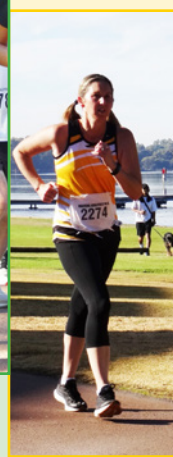
12KM WALK

1638	Andrew Duncan	M55	1:12:13
1704	Melissa Lewis	W35	1:17:13
1231	Wendy Farrow	W55	1:28:10



Fiona Van, 1st overall, 5km Walk.

Louise Chambers, 1st 5km W50.



5KM WALK

2274	Fiona Van Heerwaarden	W45	35:15
510	Delia Baldock	W60	39:35
111	Lynne Schickert	W80	45:43
2128	Heather Miller	W70	45:51
1523	Ngaio Kerr	W50	46:46
713	Grace Hollin	W65	47:35
1328	Pamela English	W75	56:20

MEN

1110	John McDonagh	M75	35:22
1454	Andrew Cuthbertson	M65	39:26
2472	Martin Riley	M70	48:57
248	Rex Bruce	M80	49:56
1167	John Fisher	M60	55:48

Back to the front – Kim Thomas on winning form over the 12km course.

JANUARY 7, 2024
Director: Chris Maher



Chris Maher, one of MAWA's most consistently fast runners, is no slouch at directing either. Faced with a shortage of helpers, he recruited enthusiastically – and successfully – at the previous week's Alderbury event.



It's not easy to be ...



**a busy mum
– and a
top athlete!**

Melissa Lewis, pictured with her youngest at the NY Run, and Liz Gomez, pictured at Point Walter, each do an amazing job, juggling family life and sport.

Of course, they're fortunate to be part of such a supportive, amicable club. We're even friendly to cyclists – as shown below!



JANUARY 14, 2024
Director: Dave Roberts

Dave Roberts was ably supported, as ever, by the Fremantle crew led by Paul Hughes. However, Paul pointed out that Dave was the CEO – that's why he has the timer watch! The team upholds the Roberts tradition however, never submitting reports, and giving your editor free rein.



Rod Hamilton beat the shadows, leading from the gun to win the 5km run. A little further back his wife Sue was 1st W60 over 5km. Several 'couples teams' have emerged lately, including Peter Sanders (below) 1st M75, 10km; and Susan Sanders, 1st W70, 10km.

AGE-GROUP LEADERS

10KM RUN

1226	David Adams	M45	46:41
796	Steve Hossack	M60	47:51
1202	Akos Gyarmathy	M65	50:28
2041	Simon McGarvie	M55	51:57
81	Peter Sanders	M75	55:02



2480 Martin Pullen M50 55:35



193 Milt Mavrick M70 1:04:35

WOMEN

1445 Vanessa Carson W45 48:24

650	Karen March	W60	51:59
2372	Tegan Durbridge	W35	57:12
2405	Annemarie Kilshaw	W55	58:51
1716	Liz Gomez	W40	1:01:48
1422	Carolyn Stephens	W65	1:02:31
82	Susan Sanders	W70	1:16:39

5KM RUN

807 Rod Hamilton M60 20:26

1897 Kevin Murphy M55 21:37



Vanessa Carson



Andrew Duncan

Warm-up - and Win!

1342	Alex Tinniswood	M40	22:48
1206	Adrian Kenny	M50	24:55
2290	Gregory Tower	M65	27:42
1639	Geoff Vine	M75	27:46
762	Mark Hewitt	M70	29:38
512	David Baird	M80	32:20
2015	Fred Smart	M85	32:30
1781	Rohan Thompson	M45	32:58
1883	Joanna Lloyd	W50	23:09
1508	Sue Hamilton	W60	26:52
739	Margaret Saunders	W70	27:10
2485	Katie Yeowart	W35	28:08
2273	Jacinta Thompson	W45	31:20
2473	Mega Ariani	W30	31:31
2430	Theresa Whyte	W65	36:26
1389	Janne Wells	W55	37:14
149	Jackie Halberg	W75	45:56
1704	Melissa Lewis	W35	1:05:02
1638	Andrew Duncan	M55	32:00
1729	Victor Munoz	M65	34:23
74	John Bell	M75	44:05
2472	Martin Riley	M70	44:38
25	Jim Barnes	M80	52:21

FASTEST VISITORS!

V14	Daniel Arford	Vis	42:01
V4	Kate Bevilqua	Vis	42:27



Good to see a strong visitor turn out from our friends at GK Endurance. Coaches Guy Crawford and Kate Bevilqua used the fast, flat course for a classic run-training session for their triathletes. John Fisher



Kevin Murphy

1167	John Fisher	M60	52:27
1960	Leon Mitchell	M40	1:03:54

WOMEN

1257	Karyn Tolardo	W55	34:19
2274	Fiona Van Heerwaarden	W45	37:01
510	Delia Baldock	W60	42:07
111	Lynne Schickert	W80	44:21
1679	Ros Pillay	W75	1:02:13

Welcome!

First time visitors - a visually-challenged runner and his guide - were welcomed to our event.



Piney Lakes

JANUARY 21, 2024
Director: David Adams

AGE-GROUP LEADERS 8KM RUN

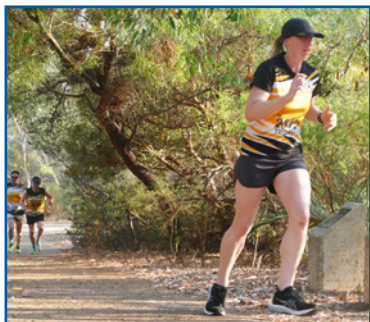
798	Kim Thomas	M50	32:41
807	Rod Hamilton	M60	33:30
1400	Kevin Johnson	M65	37:11



2499	Jeff Docking	M45	39:19
2041	Simon McGarvie	M55	41:40
278	Keith Miller	M75	41:45
193	Milt Mavrick	M70	49:20

WOMEN

1255	Clare Wardle	W45	35:03
650	Karen March	W60	40:05



2372	Tegan Durbridge	W35	42:40
843	Rochelle Airey	W55	43:37



Clare Wynn

1862	Ceri Morton	W40	44:57
1494	Wendy Grace	W70	46:11
2464	Clare Wynn	W50	46:19
1422	Carolyn Stephens	W65	46:37
2473	Mega Ariani	W30	50:54
2134	Gerrit Myburgh	M50	15:36
1702	Steve Helm	M60	17:27
1342	Alex Tinniswood	M40	17:34
2476	Chris Owen	M45	17:40

712	John Pentecost	M65	18:53
1256	Mercurio Cicchini	M70	20:49
139	Jim Klinge	M75	21:10
512	David Baird	M80	25:58
990	John Batta	M55	27:59

WOMEN

689	Sandra Stockman	W55	19:26
739	Margaret Saunders	W70	21:13
495	Tanya Burke	W50	25:36
288	Gillian Young	W75	25:37
1137	Carmel Meyer	W60	25:38
1389	Janne Wells	W55	27:11
2422	Kathryn Dawes	W35	28:00

8KM WALK

1638	Andrew Duncan	M55	48:21
1704	Melissa Lewis	W35	51:49
1828	Phillippa Bennett	W65	1:11:00

How to get into
Vetrun: make a
welcome, two-year
comeback like
John Batta (right),
or ham it up like
Kathryn Dawes!

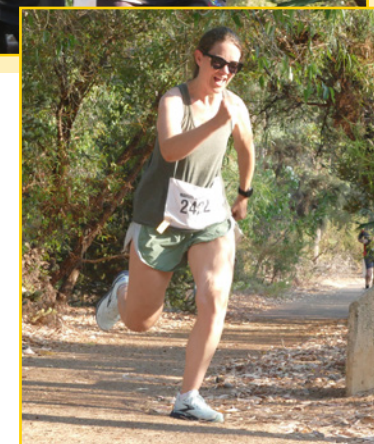


4KM WALK

2274	Fiona Van Heerwaarden	W45	28:52
510	Delia Baldock	W60	31:41
99	Peggy MacIver	W75	33:29
111	Lynne Schickert	W80	35:17
713	Grace Hollin	W65	37:08
386	Barbara Blurton	W70	37:20
1260	Melinda Fisher	W55	42:43

MEN

1110	John McDonagh	M75	29:47
1944	Steve Travell	M65	37:17
308	Lachlan Marr	M60	37:31
244	John Brambley	M80	39:24
627	Richard Blurton	M70	39:46





What a classy queue, above, exiting the Piney Lakes woods!

Drew Grosas leads, followed by Keith Miller, 1st 8km M75; Mercurio Cicchini 1st 4km M70; M50 David Boyd. And inset, newer member Chris Owen was 1st 4km M45, in 17:40.

Below, Marg Saunders was on good form, again, after setting a new (pending) 1,000m W70 AR a few days earlier. Below right, T&F Newsletter editor Carmel Meyer will doubtless spill all the details in her next excellent edition!



Helpers needed

AS Vetrin goes to press these are the Sunday morning helpers spots available. Please go to the club website to sign up for any event at which you can assist.

EVENT	DATE	HELPERS NEEDED
Friendship Run	February 4	1
Woodbridge	February 11	3
Dianella Open Space	February 18	3
Age Graded Handicap	February 25	2
Joondalup	March 3	3
Lake Monger	March 10	0
3 P's	March 24	8
Perry Lakes	March 31	6
Bardon Bash	April 7	8
South Fremantle	April 14	3
MAWA 50 years event	April 21	5

New Members – Welcome!

And some of them have already made their mark!

2477 PEDDIE: Kirsty W40

2478 MARTENS: Lukas M55

2479 MOUSLEY: Sean M40

*2480 PULLEN: Martin M50

(1st M50 at Point Walter – in 55:35 for 10km run).

2481 WINTER: Jess W35

2482 CHRISTMASS: Mel W35

2483 CLENNELL: Liz W50

2484 MADDEN: Steven M35

2485 YEOWART: Katie W35

2486 CAVANAGH: James M40

2487 DAVIES: Jennie W70

2488 DAVIS: Lee M50

2489 PANIWAL: Sunil M55

2490 HENDERSON: Jacinta W40

*2491 SEKE: Claudia W55

(1st W55 at New Year Run in 54:36 for 12km).

2492 DAVIDSON: Jeff M55

2493 WOULFE: Darren M50

2494 SHIVARAMAN: Nathaniel M30

2495 POPE: Jill W45

2496 BACK: Peter M55

2497 MIDDLETON: Cathy W50

2498 SIM: Felicity W40

*2499 DOCKING: Jeff M45
(1st M45 at Piney Lakes in 39:19 for 8km).

2500 PULLEN: Carol W45

Vetrun's own Australia Day (run) Awards

I DROVE pre-dawn to beat the rising sun; but Akos was there before me.

Of course he was. First award goes to him and all the Directors who put in the extra yards to make our weekly runs succeed.

Every Sunday morning helper deserves a guernsey too.

Next - the results team. Few people understand the complexity of their work. The computerised system has made swift, same-day delivery possible but they are always battling human error. The humans are us, members!

Finally - the committee calmly led by the gracious Rochelle who, despite holding down a demanding full-time professional role, is President in our biggest year for...50 years! **VW**



Marg and Alex, pre-run sorting, then racing back home to ensure the re-cording was accurate: and Akos, dedicated Director, briefing his team: and Rochelle, ever diplomatic, even when herding our cats for a group picture!



1994	Lorna McGavock	W45	33:50
1523	Ngaio Kerr	W50	34:27
2430	Theresa Whyte	W65	35:22
1542	Sandy Levis	W60	38:48

5KM WALK

1110	John McDonagh	M75	36:42
2157	Dave Hogg	M60	40:39
262	Johan Hagedoorn	M80	42:21
1944	Steve Travell	M65	44:53
227	Gary Fisher	M70	50:25

WOMEN

510	Delia Baldock	W60	40:33
111	Lynne Schickert	W80	42:50
713	Grace Hollin	W65	45:31
967	Carolyn Fawcett	W70	47:04
1301	Erika Fardig	W65	48:42
2500	Carol Pullen	W55	56:32
1679	Ros Pillay	W75	58:25

JANUARY 28, 2024
Director: Akos Gyarmathy

AGE-GROUP LEADERS

10KM RUN

V12	Ally Willcox	Vis	36:44
798	Kim Thomas	M50	41:55
2251	Scott Chambers	M45	42:37
796	Steve Hossack	M60	45:32
2184	Glenn Rogers	M55	45:57
712	John Pentecost	M65	50:02
1901	Rodney Glossop	M40	54:23
1655	Jonathan Lester	M50	54:31
193	Milt Mavrick	M70	58:24
454	Mark Sivyver	M75	1:00:16

WOMEN

1255	Clare Wardle	W45	44:06
650	Karen March	W60	51:05
2372	Tegan Durbridge	W35	57:09
1902	Crystal Glossop	W40	57:23
987	Julie Wilson	W70	57:47
2464	Clare Wynn	W50	59:48
1422	Carolyn Stephens	W65	1:00:25
1389	Janne Wells	W55	1:07:30

5KM RUN

1342	Alex Tinniswood	M40	22:53
2267	Bernard Candy	M60	23:25
1522	Mark Kerr	M50	28:01
139	Jim Klinge	M75	28:21
762	Mark Hewitt	M70	30:15
512	David Baird	M80	31:33
2015	Fred Smart	M85	35:23

WOMEN

739	Margaret Saunders	W70	28:00
2473	Mega Ariani	W30	29:46
288	Gillian Young	W75	30:58
928	Sandra Rourke	W55	33:05



I love a sign: but shouldn't it read 'NOT WANTED'?

UNLIKELY SPORTS No. 11

It's not a race, lads!

MIAMI Dolphins' Tyreek Hill fathered three children by different mothers, but that's child's play. Teammate Xavier Howard currently has four women pregnant.

However ... Brazilian soccer legend Roberto Carlos, who has been described as the 'most offensive-minded left-back in the history of the game' has 11 children by seven mums. He is sometimes known as RC3, in case that's relevant?



What about the runners!

Sunday runners know about these bike and pedestrian bridges, due to be open late 2024 over the Swan – see images. But...nowhere on the Main Road site can I find an answer to the most important question - 'can we run over them?'



You Write ...

HE didn't actually write, but Paul Hughes forwarded a cutting from the *West* that suggests 'Love on the Run' is drawing in a new cohort of runners.

Coastal Cadence is a new social running club, which founder Kate Raston unashamedly promotes 'on her

dating app profile.' *The West* describes 'a new dating craze – jokingly celebrated as the run, rizz relationship.'

(Rizz is one of those newly-created words, which disappear blessedly fast. It means 'to charm, or flirt' and derives from 'charisma').

As for loving relationships that blossom through running and walking – what's new?

(bababadalalgharag ...) etc

WHAT did YOU get for Christmas? It's said that 'having something to look forward to' is one essential for a long and happy life. So I asked Santa for a copy of James Joyce's *Finnegans Wake*, and I look forward finishing it in less than the 20 years it took an American book club.

They read a page a week.

Yes, that sounds pathetic; but the point is they patiently discussed and finally understood every word; words such as my headline which is just a small part of a non-sentence, bounded by brackets, on page one. In full, it reads:

(bababadalalgharaghtakam
minarronnkonnbronnton
ner-ronttuonnthunntrovar
rhounawnskawntoohoooor
denenthur-nuk!)

Give up?

It's the sound of someone falling downstairs.

Now, even with the best of luck I am unlikely to have another 20 years of reading time (unless I can match John Gilmour at something and reach 99). So I must get a move on.

Joyce began writing *Finnegans Wake* 100 years ago, after the success of *The Dubliners* and *Ulysses*. He began making notes in 1922 and finished the masterpiece (originally called *Work in Progress*) in 1938.

Not long ago I tackled Joyce's *Ulysses*, without success. Given the language he invented for this book it will be a greater challenge. So here's hoping for happy longevity!

Finally, here's something not many people know.

There is NO apostrophe in *Finnegans*. It's not about the wake of someone called Finnegan, but about multiple Finnegans, waking up.



VALE

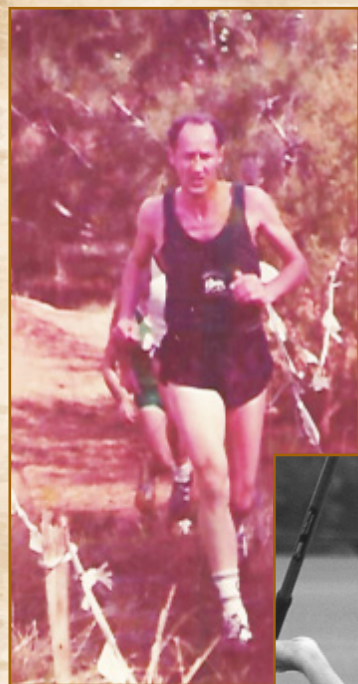
Rob Shand

March 20, 1932-
January 6, 2024

Dear Vic,
I wanted you, as editor of the *Vetrin*, to know that Rob was recently diagnosed with a rare neuro-endocrine cancer which had morphed from prostate cancer he had a couple of years ago, that came to nothing, or so it was thought. He chose to go ahead with chemo on December 20 but sadly the combination of cancer, chemo and age was too much for him and he died yesterday in hospital with our daughter Carol by his side playing a favourite bagpipe tune – *Sleep, Dearie, Sleep*. My son, Malcolm, and I returned to the hospital and were able to spend some precious time with him.

Marion Shand

A HUGE assembly of family, close friends, professional colleagues and our club members assembled at Karrakatta on January 25 to farewell Rob and were given a privi-



Rob Shand in a 1980s Jorgensen cross-country, and with javelin at McCallum Oval.



leged insight into the life of a beloved family man who, throughout a long, active life used his intellect and multiple talents to the full.

Despite physical limitations over the past few years Rob never quit.

There was always work in progress, even in his 92nd year, because this was a man forever young at heart.

Rob was born in Northern Rhodesia (now Zambia) an only child to Scots parents, met and married

Marion there in 1958. His other great passion was architecture, which he first studied at Cape Town University, and practised for life.

The couple travelled extensively together and later with their three children. After enjoying life in London, where Rob became an associate of the Royal Institute of British Architects they migrated to Perth with their first son, Neil, in 1960 – as £10 poms!

In Australia Rob's career truly blossomed as a passionate advo-

cate of tropical architecture, the design and construction of solar-friendly buildings. His specialist work endures in several major building in northern WA and the NT.

Sporting life

Rob joined Masters (WAVAC) in 1975, aged 43. Always an athlete, he was a miler at University, representing Rhodesia at student games. Although middle-distance was his strength he ran five marathons as a mature athlete. Best time was 2:52 – and he famously quit when he could no longer run sub-four!

He was club secretary for five years 1976-1980. He edited *Vetrin* 1976-1979, a time when it was a physical task, delivered by the editor running around the suburbs!

He still holds the M45 one-hour record – an impressive 16.248km – but Rob was forced to abandon running after a mostly successful knee-replacement because he became unable to make the running action.

So Rob became a successful thrower, medallist, record-setter and as a champion spokesperson for field athletes, a scourge of officialdom!

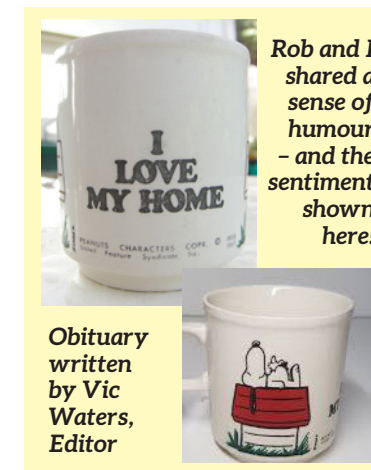
Off the field – and on – Rob was genial, welcoming of new people and always a witty companion. His literary efforts would fill a book. In fact they have; *The Georgette Diaries* is a massive three-part history of the Geraldton-Albany mail steamer, that

founded in 1875. Another work (unfinished, like his life story) is a meticulous research of Mann Street, Cottelsoe, the Shand family home for 60 years.

Rod's sense of humour was always to the fore, undiminished as was his mind, until the finish. Rob enjoyed all forms of writing and relished whimsical poetry.

During Covid he wrote this one for *Vetrin*, finding some small consolation in the cancellation of our State championships.

*"At 40 years I was a gun
thrower and it was fun.
Now dropped from a 40-metre fling
to try to throw the bloody thing.
As the years go by, I fear
distance drops a metre a year.
Now at 88, figures show
I must protect every single toe.
So just as well CONNIE came
can now retain my name and fame.
The games are cancelled,
a NO GO
And now I don't care what I throw."*



Rob and I shared a sense of humour – and the sentiment shown here!

Obituary written by Vic Waters, Editor



Congratulations to this year's Patron's Trophy winners – Tammi Doyle and Bruce McGeorge!

PATRON'S TROPHY is MAWA's signature Track and Field competition, testing athletes over runs, jumps and throws. But the number completing the events has reduced in recent years.

It is difficult to hold trophy events at WAAS as we don't have electronic timing or field event judges. This year we held each event just once at ECAC which made it difficult for many to complete the necessary events. Next year we will hold two of each event and are hoping for a bumper entry so that we can justify continuing with this Trophy.

T&F numbers increasing

The new year has seen a huge increase in athletes coming to our T&F meets, particularly at ECAC. But with our photo-finish equipment there is plenty of room for more. So come and join our road-runner convert Tegan Durbridge, who responded to Rochelle's initiative and is now a regular on the ECAC startline.



Bruce



Tegan

Photo-finish operator

We are looking for a Sunday runner interested in computer systems to come along some Thursday evening to ECAC to set up and operate our photo-finish camera. Interested? Please contact Gillian Young or Richard Blurton.

AMA national championships

Entries for Hobart are still open – access from the large button on the website home page. Join the talented group of MAWA members going.

AMA awards

We have many outstanding athletes in MAWA and deciding our nominations for AMA Awards is always difficult. They are decided by a 4-person panel – Steve Weller, John Dennehy, Barbara Blurton and Richard Blurton. Here is a brief outline of the nominees, their achievements and some second placers. We wish them well – awards will be made at the AMA function in Hobart.

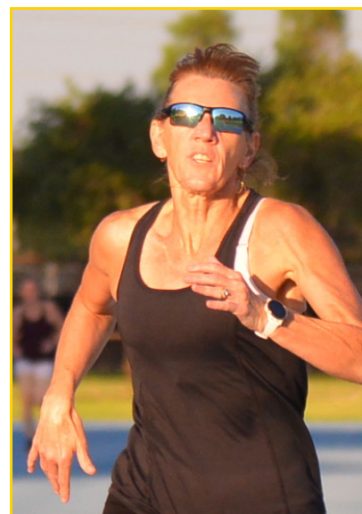
SPRINTS: Mandy Mason takes the nomination with her outstanding World records, ahead of Adrian McKenzie's two M50 Australian sprint records. We have also nominated Adrian.

MIDDLE DISTANCE/STEEPLE-CHASE: This nomination goes to Gillian Young for her World steeplechase record and an Australian record in the 1000m. Sharon Davis was second, for once again achieving great 800m/1,500m championships performances and an 800m State Record.

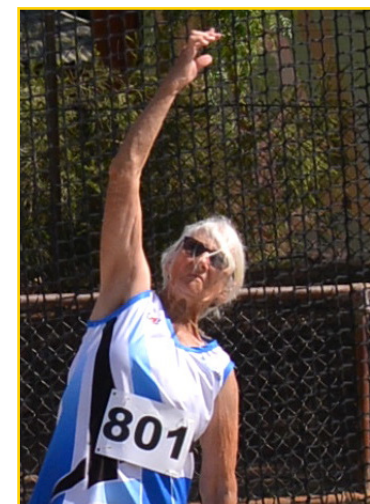
DISTANCE: Nomination to Astrid Roberts for her marathon PB in New York setting a State Record. Followed by Bob Lane with his outstanding age-graded performances.

WALKS: Karyn Tolardo won W55 gold medals both in State and National Championships.

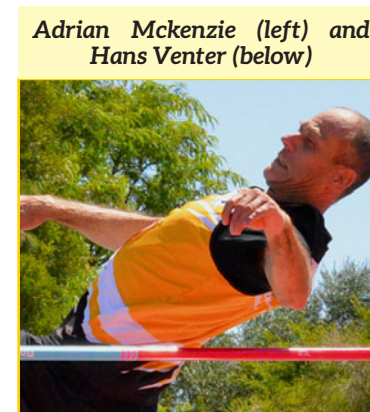
JUMPS: Melissa Foster with two Australian W40 records in Torun followed by an outdoor



Sue Coate



Luella Jenkins



Adrian McKenzie (left) and Hans Venter (below)

State Triple Jump record in the W45 category.

THROWS: Luella Jenkins who is re-writing the State W80 throws records.

MULTI EVENTS: Sue Coate with an Australian record in the pentathlon, closely followed by Jenn Parker who set a State heptathlon record

BEST FEMALE: Mandy Mason.

BEST MALE: Hans Venter – multi talented Hans went to Torun and set one Australian and five State Indoor Records

BEST PERFORMANCE: Mandy Mason.

OFFICIAL'S AWARD: Dave Wyatt. He's there in rain or shine to coach members in jumps and officiate our jumps events. Dave is the key reason we have so many good jumpers in the club.