

**30 YEARS OF ROAD RUNNING**  
with  
**VETERANS / MASTERS ATHLETICS**  
in  
**Western Australia**

**Part Four**  
**2009 – 2012**

© Joan Pellier  
2012



*David Baird and his wheelbarrow at finish of race in Sydney*

# 30 YEARS OF ROAD RUNNING PART 4 – 2009-2012

## Chapter 11: 2009-2011

### *“Thirty Years of memories, good friendships and great times”*

#### 2009

President Barbara Blurton, Secretary Bob Schickert, Treasurer Roger Walsh, Vetrun Editor Vic Waters. We had 462 members and Life Memberships were awarded to Vic Waters and Morris Warren.

#### Social Activities

**Long Weekend camps** were held at Dwellingup in March and September at Lewana.

**Presentation Day** was held at the Metro Inn at a cost of \$35 p/h. The **Christmas Dinner Dance** was held at Ribauda (ex Frenchys, Como) for \$55 p/h.

**Jim Klinge** is doing a great job preparing high quality maps for each Sunday run.

After six years as AMA President, Lynne Schickert is handing over the top job to Steve Lance.

#### **Vale: Robin Bonner**

The *Vetrun* reported the sad death of Robin Bonner. Robin was part of the Mad Micks 60s group (I wrote about them in Part 2) – all of which were extremely competitive. He loved running marathons with a best time of 2.49. Robin’s last run with the Vets was in 1998, he was unable to run owing to lower back pain. He was operated on for brain cancer and passed away a few months later. His great mate ‘Mad Mick’ Cousins said of “a nicer man you could not meet” and John and I agree. Condolences were expressed to his wife Val.

**Results and times** I thought were interesting during the year, although I could not find details of the **Achievement Award** or the **Club Handicap**.

#### **50km Road Running Championships**

19 men and 13 women completed the three events this year.

This is the 23<sup>rd</sup> staging of the RRC. Brett Roach repeated his trophy win of 2007, 2008, 2009 with an average of 3.38 this year. Others who have won three are Bob Schickert in 1988, 1992, 1993 and Steve Dunn in 2000, 2004, 2006. Bob Schickert has competed twenty times and John Pellier fifteen, with Cecil Walkley being the first runner over 80 to compete. Irene Ferris has run eleven times.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	Brett Roach	3.38 min	1st	Karen March	4.32 min
2nd	Bjorn Dybdahl	3.59 min	2nd	Sandra Stockman	4.37 min
3rd	Lachlan Marr	4.04 min	3rd	Gillian Young	4.56 min

#### **Road Walking Championships**

8 women and 8 men completed the events. This year Paul Martin, Lynne Schickert and Dorothy Whittam have completed for the tenth time.

Men			Av km	Women			Av km
1st	David Smyth		5.59 min	1st	Val Millard		6.40 min
2nd	Paul Martin		6.29 min	2nd	Lynne Schickert		7.24 min
3rd	Mike Rhodes		6.58 min	3rd	Elaine Dance		7.33 min

### **M80 Record Assault has Begun**

Just weeks after his 80<sup>th</sup> birthday Irwin Barrett-Lennard entered the record book again – but this time with his first Australian Record. He broke the M80 5000m track record in a time of 23:57.6. Let's wait for many more on the road as well as track.

### **Records Fall (including Bunbury) - as reported by Campbell Till**

10km Road	M80	Irwin Barrett-Lennard	49.02
15km Road	M80	Irwin Barret-Lennard	74.14
Half Marathon	M80	Cecil Walkley	2.12.08
50km Road	M30	Grahak Cunningham	3.57.51
50km Road	W50	Christine Pattinson	4.24.54
10km Road	W60	Gillian Young	46.09
10km Road	W70	Kathy Burr	69.09
15km Road	W65	Lorraine Lopes	76.22
Half Marathon	W60	Gilliam Young	1.42.00
Half Marathon	W65	Lorraine Lopes	1.56.00

### **Teddy Birds Picnic – 16.8km & 8.4km run & 5km walk: Race Director: Dave Muir**

This year's run wound as usual from the children's playground in Kings Park, through UWA grounds. The course was the usual two laps but slightly longer as due to the recent bush fire in the park, we had to change the latter part of the run by doing the long drag up May drive, followed by sandy bush tracks to the finish.

Men				Women			
<b>16.8km</b>							
1st	B Roach	M35	63.51	1st	C Pattinson	W50	81.00
2nd	P Sullivan	M50	67.08	2nd	K March	W45	83.12
3rd	L Marr	M45	69.06	3rd	G Young	W60	83.42
<b>8.4km</b>							
1st	P Hughes	M55	34.51	1st	M Langford	W60	42.10
2nd	K Thomas	M35	35.55	2nd	L Lopes	W65	47.41
3rd	M Karra	M40	36.52	3rd	T Howe	W55	51.22
<b>5km Walk</b>							
1st	D Brown	M60	35.29	1st	M Mison	W60	38.59
2nd	P Hopper	M60	39.01	2nd	L Lauchlan	W75	41.10
3rd	B Neville	M75	39.20	3rd	D Whittam	W70	45.35

**Mullaloo Beach Run – 13km, 8km & 5km (70 runners and walkers)** Race Directors: MikeAnderson and Johan Hagedoorn. This run was changed to winter to avoid the surf club parking, but a cold and windy day greeted the runners and walkers. The run is on a hard, undulating but spectacular coastline path from Mullaloo towards Burns Beach. Seeing this is a beach run it will be held at a later date next year.

**Men****13km**

1st	L Marr	M45	53.03
2nd	C Reid	M45	57.56
3rd	R Henderson	M60	58.43

**8km**

1st	T Tralau	M35	36.53
2nd	J Mack	M65	41.45
3rd	M Creagh	M60	41.57

**5km**

1st	D Giacomini	M40	23.08
2nd	I Cotton	M45	26.26
3rd	B Mathieson	M65	26.48

**13km Walk**

1st	R Walsh	M65	70.21
2nd	P Hopper	M60	72.05
3rd	A Thorniley	M55	72.45

**8km Walk**

(no men)

**5km Walk**

(no men)

**Women**

1st	S Zlnay	W45	59.24
2nd	K March	W45	61.30
3rd	L MacLennan	W40	64.01

1st	M Young	W30	47.11
2nd	T Howe	W55	49.16
3rd	M Young	W55	49.53

1st	D Baldock	W45	28.07
2nd	M Saunders	W55	31.55
3rd	S Ladwig	W60	36.09

1st	A Turner	W70	83.15
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1st	L Lauchlan	W75	77.19
2nd	J Lee	W55	83.12

1st	P Hopkins	W65	45.05
2nd	M Flanders	W70	53.28
3rd	D Whittam	W70	53.29

**David Baird**

In September 2009 David Baird, the 'Wheelbarrow Man', completed another of his now famous long distance runs pushing a wheelbarrow from the club weekend camp at Lewana in Balingup to Perth. Brian Bennett joined him in the run back to Perth.



*After the weekend at Lewana, club members farewell David Baird as he sets off for Perth*



*Brian Bennett and David Baird at the end of the run from Lewana to Perth*

Exactly a year earlier, David then 65, had set out on a five month journey running with his wheelbarrow from Perth to Sydney. After joining Dave at the start of his epic journey across Australia, Karen and Peter March thought it would be good to see him finish, so along with Gillian Young and Lachlan Marr they ran the last 16km to Manly, Sydney.

In May 2009 Dave took his wheelbarrow for another long run, from Alice Springs to Uluru and back. This run was 940km – equivalent to running 23 marathons and averaging 55km for 18 days.

As ‘Event Coordinator’ Jo Richardson, Dave’s partner gave him great support throughout his runs, looking after all his needs. I asked Dave why he ran all the long runs. He said he had a son who he ran with who was killed in an accident and when he ran, he felt close to him.

Apart from the challenge and satisfaction of completing these unusual endurance runs, David’s other purpose was to raise money to help fight breast and prostate cancer and he raised \$30,000.

## 2010

President Barbara Blurton, Secretary Sarah Ladwig, Treasurer Roger Walsh, Newsletter Editor Vic Waters.

As reported at the AGM the club now has 520 members, 190 women and 334 men with an average age of 54 for women and 59 for men. There were 49 members under 40. Arguably the most competitive are the M65 and W60 members. Membership fee is still single \$45 Metro, \$39 Country, Joint \$61 Metro, \$48 Country, with \$10 less if your newsletter was emailed or viewed on-line. Members are required to help at two runs per year.

### Social Activities

**Long weekend camps** were held at Dwellingup in March and Quindanning in September.

**Presentation Day lunch** was held at Miss Mauds.

The following news was reported in the *Vetrun*: The new **webmaster** is John Oldfield.

### Vale: Jill Midolo

The sad death of long time member Jill Midolo was acknowledged. Jill joined Masters in 1978, she was newsletter editor for some time and at Jill's suggestion, our newsletter was named "Vetrun".

Jill was one of the top female runners in the club and was fourth lady in the 1982 Peoples Marathon. She injured her knee whilst training for the World Veterans Marathon and was hardly able to run again. Later she joined the walkers and competed in the Road Walking Championship in 2000. She was race director along with David for 20 years, organising the East Perth Handicap event. A teacher/librarian Jill was well respected for her knowledge of children's fiction and became a Children's Book Council Judge. She was a guide at Kings Park. Following a cat bite, Jill became ill and died of an infection.



*Jill and husband David, a keen walker*



*Jill, race director of the East Perth run*

### More Bunbury Records

50km Road	M65	David Baird	5.04.39
Half Marathon	W70	Lorraine Lopes	1.56.58

In the New Zealand National Championships, **David Smyth** won his age group for the 10km walk in a time of 59.59.

#### **New W70 Records for Lorraine Lopes**

10km Road 51.17                      15km Road 1.12.19

That's ten State Records since moving into the W70 age group!

#### **50km Road Running Championships**

11 women and 22 men completed the three events.

Brett Roach continued his run of success with an average of 3.38 min per km, the same as last year. John Allen and Mike Khan both completed ten. Irwin Barrett-Lennard became the second M80 to compete. Of the ladies Joan Pellier did her tenth RRC & RWC, Ann Turner her fourteenth and Val Millard her eleventh. Karen March backed up last year's win with a 4.48 min per km average.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	Brett Roach	3.38 min	1st	Karen March	4.48 min
2nd	Bjorn Dybdahl	4.00 min	2nd	Paula Karra	5.12 min
3rd	Peter Sullivan	4.08 min	3rd	Lorraine MacLennan	5.19 min

#### **Road Walking Championships**

David Smyth won his second RWC and Jeff Whittam completed his tenth.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	David Smyth	5.58 min	1st	Lynne Schickert	7.27 min
2nd	Paul Martin	6.38 min	2nd	Michele Mison	7.33 min
3rd	Jeff Whittam	8.17 min	3rd	Joan Pellier	8.18 min

#### **We have Two Open Walking Champions –**

Both first place in WA State Open 20km walk: Lyn Ventris in possibly a new WR time and David Smyth with 2.10.04. "Memories are made of Pain!"

**Brian Bennett** completed his first Ironman event in Taupo, New Zealand in a time of 12.37.45 and was third in his M60-64 age group, of which there were 26 competitors.

#### **Club Cross Country Championship – 8km, Jorgensen Park, Kalamunda**

Another magnificent morning for the club CCC. The course seems to be getting rougher underfoot and the hills seem steeper but 65 members didn't seem to mind – after all there was a wonderful breakfast waiting. Thanks to Vic and Jacqui Beaumont, Elaine Dance with assistance from others including Val Millard and Berwine Barrett-Lennard. Age group medals were presented after breakfast Jim Klinge winning the M60 Ted Maslen Trophy.

**Woodman Point Run – 10km Handicap, 5km Handicap walk:** Race Directors Karen & Peter March  
This year we had a change in the Woodman Point Run. The City of Cockburn has a new cycleway along the beach front making it a fast and safe run and walk. Winners were:

<b>10km Run Handicap</b>		<b>5km Walk Handicap</b>	
1st	Mel Ebstein	1st	Ann Turner
2nd	Mark Sivyer	2nd	Phyl Farrell
3rd	Charlie Chan	3rd	Irwin Barrett-Lennard

## 2011

President Barbara Blurton, Secretary Sarah Ladwig, Treasurer Roger Walsh, Vetrun Editor Vic Waters. Currently we have 540 members. Life memberships were awarded to Elaine Dance and Keith Atkinson.

At the AGM, Vic Waters spoke on the difficulty with Kings Park Board on our Sunday runs. A new sub-committee was formed to deal with this problem. The "Good News" is that masters events in Kings Park will be cheaper following negotiations between senior members and the park directors. They have also established clear guidelines for safe road crossings. However, use of sand trails remains limited. The cost will now be \$125 per event down from \$250. Many thanks to members Irwin Barrett-Lennard, Ivan Brown, John Bell and Paul Martin.

President Barbara Blurton said that Richard Danks, our race co-ordinator, reported on growing problems with Melville Council and he had been working hard to overcome the problems.

### Social Activities

**Long weekend camps** were held again in Dwellingup in March and Lewana Cottages Balingup in September.

**Presentation Day Lunch** was again well attended at Miss Mauds.

Snippets from the *Vetrun* during the year included:

**Congratulations** to Monique Fountain our #1,000 member. Also congratulations to Shirley Bell and Brian Bennett for competing in the Ironman event in Bunbury.

### Lyn Ventris Smashes her World Record

Master female walker Lyn slashed almost six minutes off her own 20km world record in Melbourne at the AMA Walk Championships. (The AMA handbook tells us that Lyn's time was 1.39.51) Incredible! Also David Smyth was third in his age group with a time of 2.05.20.

So, "How Do You Meet the Giants of World Athletics? Simply become one!"

Lyn Ventris was in the elite company of Lord Sebastian Coe, Usain Bolt, Sergey Bubka and more in Monaco. Lyn and Ron Robertson of New Zealand were voted 2011 Masters Athletes of the Year by the IAAF. This is the second year in succession that an Oceania athlete has won. Lyn was in Monaco for a fabulous couple of weeks to receive her award.



*Lyn Ventris at the 2011 Monaco Gala with Lord Sebastian Coe and Ron Robertson of NZ*

### **Sad Deaths of Two Members**

**David Muir** who was the race director for the Teddy Birds Run for many years.

**Bernie Oliver** who was a sprinter and member of the club for thirty years.

**Results and times** I thought were interesting during the year.

The club **Achievement Award** was presented to Carol Bowman and the **Handicap Trophy** was won by Melissa Hynds.

### **50km Road Running Championships**

14 men and 9 women completed the three events.

This is the fifth win in a row for Brett Roach.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	Brett Roach	3.40 min	1st	Gillian Young	5.05 min
2nd	Chris Maher	4.18 min	2nd	Shirley Bell	5.28 min
3rd	John Allen	4.21 min	3rd	Dee Connibeer	5.37 min

### **Road Walking Championships**

4 men and 6 women completed the championships.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	Garry Hastie	5.31 min	1st	Michele Mison	7.11 min
2nd	Bob Fergie	8.15 min	2nd	Lynne Schickert	7.47 min
3rd	Jeff Whittam	8.21 min	3rd	Joan Pellier	8.11 min

### **24 Hour Relay**

Dorothy Whittam challenged the club to hold another 24 hour relay. Instead it was decided to hold a six hour relay at Yokine Reserve in December. Four teams took part, one team of walkers. One W40, One M60 and One Mixed Informal.

### **How Perth won the Bid for the 2016 World Masters Athletics Stadia Championships**

*Following the MAWA AGM a number of members asked about how the Perth 2016 WMA bid came about. This information has been provided by the four MAWA members on the Perth 2016 committee and is also on the club website.*

#### **Background**

In April 2010 whilst MAWA was preparing to host the AMA National Championships that year, the club was approached by Eventscorp, the Tourism arm of the State Government regarding a possible bid to host the 2015 WMA stadia championships. A meeting was set up with Stan Perkins, WMA President and Steve Lance, AMA President, both of whom were in Perth for the AMA championships.

Following on from the very successful AMA Championships and the 88<sup>th</sup> Australian Athletics National Championships earlier in April 2010 at the new WAAS venue, Eventscorp then held a meeting with various stakeholders including the City of Perth, Department of Sport & Recreation, University of Western Australia, Athletics WA. This meeting was attended by Barbara Blurton, President of MAWA, Richard Blurton, Convenor 2010 AMA Championships and Lynne Schickert, AMA Board member.

The stakeholders agreed that, in partnership with the State Government, the Western Australian athletics community would make a combined effort to bring the world's masters/veterans athletes to Perth in October 2015. It was agreed that a critical success factor would be the construction of a second track within the championship precinct at Mt Claremont.

### ***Bid Process***

The bid process was a collaborative effort between Eventscorp, Australian Masters Athletics, Masters Athletics Western Australia, Athletics Western Australia, Athletics Australia, the Department of Sport and Recreation and VenuesWest. A Bid committee was set up and four local MAWA members represented Masters Athletics WA, Australian Masters Athletics and Oceania Masters Athletics : Barbara and Richard Blurton, Bob and Lynne Schickert.

An Expression of Interest for the 2015 WMA Championships was then prepared by Eventscorp and lodged with the WMA Council. Based on 4,000 competitors, the \$3 million draft budget included revenue of \$1.5 million through support by the State Government. Following the lodgement of the bid, the committee met regularly to ensure all criteria for hosting the championships was addressed prior to an inspection visit in May 2011 by the three WMA Vice Presidents in charge of championship organisation and Stan Perkins, WMA President.

At the conclusion of their inspection, the WMA Council members agreed that Perth had the credentials to host such a major event, at which it is anticipated that 5,000 athletes together with another 2,000-3,000 partners would visit the State.

### ***Formal Bid Presentation at Sacramento***

With funding guaranteed by the State Government, a formal Bid presentation was then prepared and in July 2011, Glenn Hamilton of Eventscorp made the presentation on behalf of the WA State Government to the WMA General Assembly in Sacramento, USA. Included in the bid presentation were letters of support by the State Ministers for Tourism and Sport and Recreation, Perth City Council, Athletics Australia, Athletics WA, VenuesWest, Australian Masters Athletics and Masters Athletics WA. At the championships in Sacramento, an information booth was set up by the WA bid team in the registration area at the WMA championships where Kenny the Kangaroo and his friends were star attractions. Australian team members were also provided with promotional shirts, caps and shoe bags, provided by Eventscorp.

Perth's original bid was for the 2015 WMA championships together with Poland and France in the mix. However following changes to the World Masters Athletics constitution in Sacramento, two championships were awarded with Lyon, France winning the right to host the 2015 WMA event and Perth the 2016 event. The constitutional changes meant that following the 2015 event the WMA stadia championships will be held every even numbered year, starting with 2016, instead of the current odd-year schedule. The result was a testament to the hard work of the bid committee, which submitted a top-class presentation to the General Assembly where voting was done by over 100 delegates.

Perth's concept of having most event venues located in close proximity was very appealing to the athletes. Together with the ease of transport to the precinct, this was a major factor in the Perth bid being successful. Western Australia was also seen as a great tourist destination for spending time after the championships. The only negative for Perth was, of course, cost. The European bids meant lower airfares for the majority of competitors, while Poland was able to offer remarkably low hotel and eating costs.

### ***Where from here?***

Eventscorp will continue to guide the organization of this event as the State Government representative body with representatives of AMA and MAWA providing technical and organizational experience, in liaison with WMA. A company - Perth 2016 Pty Ltd - has been set up to cover all governance and legal requirements and to ensure there is no financial liability for MAWA or AMA. Board members will include representatives from Eventscorp, Athletics WA, other stakeholders and MAWA.

So, the Perth 2016 committee now has nearly four years to organize an "Extraordinary Experience". The committee looks forward to having MAWA members join them on the various sub-committees which will be set up to ensure the championships will be a truly memorable event, underpinned by the hospitality for which Perth is renown.

The Oceania region has hosted three previous WMA championships – 1981 in Christchurch, 1987 in Melbourne and 2001 in Brisbane. In 2016, Perth will be another great event location and the partnership between the WA State Government, MAWA and Australian Masters Athletics Inc will ensure a quality, well-organised and technically correct championships. For updates, visit the champs website [www.perth2016.com](http://www.perth2016.com).



## Chapter 12: 2012

### *“Going from strength to strength”*

#### 2012

President Paul Hughes, Secretary Valerie Millard , Treasurer Geoff Brayshaw, Editor Vic Waters. Club membership is now 542. No Achievement Award was presented at the AGM this year. Handicap Trophy winner was Vic Waters.

#### Social Activities

**Long weekend camps** were held again in Dwellingup in March and Lewana Cottages Balingup in September. It has been six years since John and I had gone to a club long weekend camp, mainly because we seem to always be going away or just coming back from Bali. This September we made it and had a great time. The bus trip to Bridgetown was hilarious and my thanks to Denise Viala for organising a great weekend and to Margaret Bennett for her article on it all. As Margaret says: *“The club holds two weekend camps each year, one in March and the other in September. In September this year we returned to the very popular Lewana Camp, situated in the beautiful forest near Balingup. The accommodation is in refurbished timber cutter cottages.*

*The weekend consists of morning runs/walks on forest tracks and the rest of the day as you wish, relaxing or exploring the area. Evenings are spent around the old fashioned bonfire enjoying the company of our friendly members, and lots of laughter, eating and drinking.*

*This last camp was no exception. We had an added adventure - Saturday being the Grand Final of the AFL, the Freemasons Hotel in Bridgetown put together a package for us, a bus to collect us from and return us to camp, including a lunch, which was an offer too good to refuse.*

*However, the bus taking us to Bridgetown had a minor problem, which was going up hills. Our lady driver soldiered on and we willed the bus to make it over the last hill to Bridgetown. While we were enjoying our lunch and football or a walk to a local coffee shop, the minor repairs were carried out on the bus and we were safely taken back to camp. In the evening, Joan Pellier got us going, singing her famous “Jogging Song” then it was our turn, to bring back those old memories of singing around the campfire.*

*We had a great weekend, and would encourage anyone who has not had the experience of great camaraderie and time out in the bush, to consider coming along.*

*The next weekend will be in March 2013 and will be at the Caravan Park in Dwellingup, good accommodation and a lovely bush setting for a relaxing time.”*



*The Great Bus Ride: “And the wheels went round and round, round and round”  
Ursula & Joe Clarke-Murphy, Brian Danby, John & Joan Pellier*

**Presentation Day** was held at Miss Mauds at a cost of \$40 p/p and, as always, we had a great meal there.

The **Christmas Gift Run** was enjoyed by all who attended and as usual there were some interesting “Christmas” costumes. Thanks to Elaine Dance for organising it and to her team who put on the morning tea. Thanks also to Margaret Bennett, this is how some of our members came to the 2000 Christmas Gift run.



L-R: Lesley Romeo; Pat Ainsworth, Sheila Maslen, Margaret Bennett; Steve Dunn and ?? – can you identify him?

### 50km Road Running Championship

This is the 26th year of the RRC and, due to Brett Roach being sidelined with injury this year, after five years we had a new winner in Kim Thomas. Tony Smith beat Paul Odam by 0.5 seconds and we also had three runners at 4.39 per km, being Peter March, Joe Clark Murphy and Tom Tralau. The ladies trophy was won by Lisa Searle from Karen March with Christine Pattinson and Kim Cook having the same time. Congratulations to Brian Danby on his 10th completion, Ann Turner for 15 including 4 as a walker, Brian Bennett and Julie Keeley have completed 9.

Men		Av km	Women		Av km
1st	Kim Thomas	3.58 min	1st	Lisa Searle	4.28 min
2nd	Tony Smith	4.12 min	2nd	Karen March	4.39 min
	Paul Odam	4.12 min	3rd	Christine Pattinson	4.55 min
				Kim Cook	4.55 min

### 30km Road Walking Championship

This year’s RWC was won by Lynne Schickert, closely followed by Michele Mison with Joan Pellier 3rd.

Men		Av km	Women		Av km
1st	Garry Hastie	5.29 min	1st	Lynne Schickert	7.30 min
2nd	David Smyth	5.47 min	2nd	Michele Mison	7.31 min
3rd	Paul Martin	6.58 min	3rd	Joan Pellier	8.38 min

### Manning Park Cross Country, Hamilton Hill – 4km & 8km Run, 5.6 & 2.8 km Walk (65 runners & walkers) Race Director: Bob Schickert

This is not a new run as we’ve held it a few years ago. 40 degrees was forecast, so it was not for the faint-hearted but there was some shade around the lake with several hills.

**Men****8km**

1st	P Odam	M50	32.47
2nd	R Hamilton	M45	35.12
3rd	J Clark Murphy	M65	36.05

**4km**

1st	B Dybdahl	M55	15.52
2nd	P Hughes	M55	16.24
3rd	C Read	M45	17.17

**5.6km Walk**

1st	B Hardy	M65	41.14
2nd	R Hall	M75	42.24
3rd	J Smith	M75	43.49

**2.8km Walk**

1st	P Hopper	M65	19.36
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**Women**

1st	M Fitzsimons	W45	39.27
2nd	C Bowman	W55	42.07
3rd	T Howe	W60	49.53

1st	L MacLennan	W45	20.00
2nd	P Macliver	W65	21.16
3rd	D Baldock	W50	21.41

1st	V Millard	W65	38.40
2nd	A Turner	W75	48.49
3rd	R Wallis	W65	50.42

1st	C Oldfield	W65	21.12
2nd	P Hopkins	W65	23.31
3rd	D Wolfenden	W45	25.14

**Looking back again**

*As you know, distance running has been a great big part of my life and has given me lots of enjoyment and friendship with the club. Track and Field was also a big part of my life in the early days. In fact it probably gave me more enjoyment and a challenge than the distance running. Looking back at the 80s, I remember running a 1500m that was only 2 seconds off the Australian record – should have run a bit faster!! But then along came Dot Browne of Victoria! My times for 3km and 5km were very credible too.*

*Of course as we all do, I slowed down over the years and as I said in part 3, a few years ago knee problems saw me hobbling along on Sundays and it became so bad it forced me to give up running and become a walker. I'm still competitive, I love to try my hardest. So the encouragement of my mates Bob Fergie and Lynne Schickert – and the other walkers – has been fantastic, even if my style might not get me past a walk judge (if I was silly enough to enter something being judged!).*

*The Road Walking Championships events during the winter have been great. They give me a purpose to keep going, as I try to stay with my mates in front. Coming third in the winners list for the last couple of years makes me very pleased I have been part of it all. Thanks again to Morris Warren for setting up these championships.*

*So, if running is getting harder, either through injury or “old age” (no such thing) – remember there is something else you can do to still be part of the club. I am not the only member who has had to take up walking after starting out as a runner. If this is you, good luck – see you ‘toddling’ along the way.”*

Bits and pieces from the *Vetrun* during the year:

**New York Marathon** - Congratulations to **Peter Bath** on completing the New York Marathon along with 47,000 other runners.

**Vetrun Survey** – A survey was done asking members how they wanted to receive their *Vetrun*. Only 61 members took part and they were equally divided between those who wanted a printed copy of *Vetrun* and those who have it emailed to them. Most said that a result-free *Vetrun* would not appeal. The analysis was done by Jeff Bowen, it showed that 28 respondents (myself being one)

want to continue to receive a paper *Vetrun*. I say I have had *Vetrun* for thirty odd years, so leave it alone.

Capping off a great season **Lorraine Lopes** won the Brian Foley Trophy at the AMA Nationals in Melbourne. More details are included in my article below.

### **Lorraine Lopes - from walking to running to Champion**

A charming, easy going, quiet lady with a determined competitive edge is how I'd describe Lorraine Lopes. From the moment she had her first walk, she knew she wanted to be part of masters and loves the competition, camaraderie and friendship.

Lorraine joined Masters in March 2003 after being encouraged by her boss Brian Bennett – first walking with distances of up to half marathons, and then she got into running by accident. After being hit and falling off her bike and breaking her hip (the other cyclist never even stopped), she then started running when fully fit again and has never looked back.

Her most pleasing performances to date are at the 2011 World Masters Championships in Sacramento where she was surprised to finish second in the 5000m and third in the 800m and then in Melbourne at Easter this year with 23.04.30 for 5000m earning her an age graded performance of 100.78%. At Melbourne she won the Brian Foley Trophy for 96.83% age graded performance in the 800m, the Athlete of the Meet Age Graded Award for Middle Distance, a gold in the 1500m, silver in the 800m and silver in the 5000m. Lorraine also received the AMA Middle Distance Award at the Championship Dinner in Melbourne for her outstanding year in 2011.



*Lorraine Lopes – seen here in Sacramento battling Anne Stobus in the W70 800m and then in Melbourne receiving the Brian Foley Trophy for her 800m/1500m performance*

This lady also loves to travel and has been to Peru, the inside passage by boat in Canada, Britain, Vietnam, Japan and America. Lorraine's daughter Trish Knox is also a member of Masters. Lorraine also enjoys cycling and has been on Victoria and Queensland cycle tours. She has no thought of running a marathon and never wears a watch.

Just watch this space for more records!

## **Lyn Ventris**

### **She's Done it Again!**

In July World Record holder **Lyn Ventris** smashed the W55 WR in the State Open Championships 20km Walk with a time of 1.43.11; then in August she broke the W55 WR 10km walk in a time of 49.15.

### **And Again!!**

In Adelaide in the Australian Open Walk Championships in August, Lyn then broke her own 20km Walk WR in a time of 1.40.42.

These outstanding performances saw Lyn nominated by Oceania for the WMA Best Masters Award and she again took out the honour for a second time at the IAAF Awards in Barcelona.

*Congratulations Lyn on a stellar year.*



*2012 IAAF Masters of the Year Award Winners: L-R Robert Lida (USA) Lyn Ventris (Aus) with WMA President Stan Perkins.*

### **Marathon Michi Makes it 159**

*Vetrun* #459 July 2012 reported that, “though he’s one of Masters’ newest, M50 Michihito Muroi is a veteran Perth endurance runner and a well-credentialed member of the 100 Marathon Club.

Perth 2012 was Michi’s 159th marathon in a career that started in Yamaguchi, Japan in 1977. His debut took 2.42.17; and seven years and 38 races later his 2.23.53 PB came up in Fukouka.

Michi has achieved 13 out-right marathon wins, five of them in Australia, the others in Japan. His hundredth race was run in 1993, again in Japan. Figures from the 100 Club show that he averaged 2.35.59 over his first 100! Ninety-eight of them were under three hours; 18 were sub 2 hrs 30 mins. Michi was in the top ten 50 times; on the podium 23 times; and he won eight of that first 100.

### **Recovery**

Michi’s recovery capacity is tough to comprehend. In 1984 he ran twelve marathons; in 1985, eleven; in 1986, ten. He has eased back during the 2000s, even registering zero races some years. But he came back, to perform eight times in 2011. Judging by this year’s Perth event, Michi seems to be on form again. Winning his M50 category in 3.01.07, he was also 34th overall out of 615 runners.

Twenty other Masters members also finished the Perth 2012 marathon: five ladies and fifteen men. Bob Lane won the Jim Barnes Trophy this year with an age graded percentage of 85.65 and it was John Pellier’s 31st Perth Marathon.

### *And here’s another story of one of our amazing members - **Grahak Cunningham***

During 2009 a young MAWA athlete, 31 year-old Grahak Cunningham, participated in a special Sri Chinmoy ultra event running around and around a concrete path in New York City. Grahak ran the mile circuit for more than 44 days, completing 3100 miles (4988km). During the race he ran more than 100km per day while getting just five hours sleep a night. His reply to the question; “Why?” he replied: “To stay positive, peaceful and happy and to overcome the physical and mental hurdles of such a race”.

### **Marathon man puts in an extra hour**

Then, as reported in an article by Trevor Collens of New York in *The West*, 1 August 2012, p.17, twelve competitors who follow Sri Chinmoy’s teaching competed in the 2012 Self-Transcendence 3100 mile run, in what the race organisers claim is the world’s longest certified footrace.

Grahak, competing in the race for the fourth time, averaged about 110km a day as he battled fatigue and boredom, exacerbated by the debilitating heat and humid thunderstorms which blanketed much of the US east coast. “This was by far the toughest of them”, said Grahak. But after finishing, Grahak headed back out on the course to run another 12km to achieve the remarkable 5000km milestone. “I’m doing this for the people at home who just know metric and don’t understand how far 3100 miles is.”

Despite ingesting more than 10,000 calories a day, he lost more than 7kg and his feet grew more than a full shoe size.

*Well done Grahak and congratulations from all MAWA members.*



**End of a long road: Grahak Cunningham crosses the finish line after almost 5000km. Picture: Trevor Collens**

### **Is this the end?**

Well, I've reached the end of 2012 and my thirty years with the club - but there's more .... keep reading Part 5 which looks to the future.

In the meantime, here's a copy of the club program for March 1984 which I thought you might like to see as it shows that Sunday runs and track and field training on Thursday nights were regular events, even back then.

## March Programme 1984

- V. - Veteran club events open to all members.  
 A. - A.A.W.A. events competitors must be registered with the A.A.W.A. through the club secretary.

The club members on roster are shown after the event. The first name is the member responsible for organising the event, the second is to assist. The member organising should forward all results to the editor as soon as possible after the event.

CERTIFICATE EVENTS are noted on the programme an entry fee of 50c will be charged. This also applies to runs from members homes.

NOTE. Runs from McCallum will start at 8.00am unless otherwise stated.  
 Field event implements are available after if required.

### MARCH PROGRAMME 1984

Sun	March 4th	V	<u>VETS LONG WEEKEND AT BINNINGUP</u> or <u>DO YOUR OWN THING</u>	8.00am	McCallum Park
Sat	March 10th	A	<u>INTERCLUB STATE CHAMPIONSHIPS RELAYS</u>		
Sun	March 11th	V	<u>"LORNAS RUN" 14k &amp; 5k FOLLOWED BY A SWIM</u> <u>IN THE OCEAN, &amp; B.Y.O. B.B.Q.</u>	8.00am	88 Victoria St Mosman Park
					Lorna Butcher & Allan Tyson
Sun	March 18th	V	<u>"TEDDY BIRDS PICNIC RUN" 16k &amp; 8k</u> <u>FOLLOWED BY B.Y.O. &amp; B.B.Q. TEA &amp; BISCUITS</u>	8.00am	Childrens - Playground Kings Park
					Joan Pellier, Joan Slinger, Ann Deanus
Sat	March 24th	A	<u>STATE CHAMPIONSHIP RELAYS, SPECIAL EVENTS,</u> <u>PRESENTATIONS</u>		
Sun	March 25th	V	<u>CLUB PENTATHLON POUNDS AND WEIGHTS FOR AGE</u>	8.00am	McCallum Park

### MARCH TIME TRIALS

	<u>VENUE</u>		<u>Warm-up Track</u>	<u>Start</u>	<u>6.00pm</u>
Thurs	March 1st	<u>Trial No. 19</u>	<u>5k Walk, 10k Run, 100m Discus,</u> <u>Long Jump, Shot.</u>		Frank Smith Charlie Spare
Thurs	March 8th	<u>Trial No. 20</u>	<u>3k Walk, 5k Run, 1500m, 200m, Javelin,</u> <u>800m, Triple Jump, Hammer.</u>		Alan Pomery Maurice Johnston
Thurs	March 15th	<u>Trial No. 21</u>	<u>5k Walk, 10k Run, 200m, Javelin,</u> <u>Triple Jump, Hammer</u>		Ted Maslin Jo Stone
Thurs	March 22nd	<u>Trial No. 22</u>	<u>5k Walk, 3k Run, 100m, Discus, 400m,</u> <u>Long Jump, Shot.</u>		Derek Crowther Aub Davey