

VETRUN



No. 527
JUNE 2022



Star Swamp

APRIL 3, 2022



NEXT EDITION: Vetrin no. 528 will be published in August 2022
Cover: strong field contested the tough, new Star Swamp cross-country.

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you WRITE

Waste paper?

Volunteer Doug Hazell wrote, asking if anyone would like his collection of old Vetrins.



Hi Vic. Good to hear from you.

Be assured, I will ask you the same question maybe in the future. As well as my body deteriorating it seems my mind is also!

I was going to cycle to the run today but my knee is really stiff and painful. Not like yours it seems. I'm really pleased for you and wish you every success with your intention to have the other one sorted. I hope to drop in at one of the runs soon but I'm involved with volunteering with the Parkrun on a Saturday.

I've volunteered 224 times - working towards the 250 milestone.

It's an old cliché but volunteers helped me when I was racing now it's payback time.

Cheers!

Doug

Where are the oldies?

ACCORDING to Joan Pellier, the apple-isle's Sandi Hodge doesn't recognise anyone in Vetrin these days. Where are all the old-timers, they both ask the editor?

Well, how can I put this politely? Age has wearied all but a few. Many have gone south, some overseas (Tasmania!). We can't take their pictures if they aren't here! Sadly, we must report the demise of Maxine McLinden, wife of early member Frank who died some years ago. Ed.

Medals going cheap?

Hi Vic. I am disappointed at the low level of entries for the field events at our recent 2022 State Championships.

There were scarcely any entries in the several throw events in my age group (70-74) and only a single competitor for the two age groups 70-79 combined, for the long jump! As one older athlete joked as he approached the officials to enter for this:

"Just give me the gold medal now so I won't need to bother to jump!"

Is there, I wonder, some way or ways we might attract club mem-

Bob's a sport

BOB Schickert is not just a great athlete, he's a real gent too.

After another Guess Own Time win he sent us 'how to win the GOT'!

'While it's fresh in my mind, this is how I arrived at the 54:55 time I nominated and ran today.



Mike

bers to take up these field events, maybe by promoting heptathlons, decathlons and the like? Could the Patrons Trophy be rethought and developed to this end?

Perhaps we might have no-charge 'open days' when our Sunday runners and mature, non-MAWA, visitors might have a try at field events?

It's always nice of course to get a medal, but far more satisfying if you win it because you performed better than a significant number of fellow competitors!

Michael Anderson

He guesses heights, too!



The secret of GOT is - back off a bit, set a pace you know you can run without being flat out.

My last run at Perry Lakes before the GOT was in February, a 7km. I ran 51.01 comfortably in preparation for the 10km track run at the end of Feb. So - 51 minutes, plus 3:35 minutes for another 500m, then 20 seconds to allow for the grass instead of road on part of the course. Therefore 54.55, though it's good luck to be spot-on, rather than just close, which is what I expected!

CLUB CONTACTS

Editor: Victor Waters
 vfdwaters@gmail.com

Website:
 www.mastersathleticswa.org

Secretary:
 mawasecretary@gmail.com

President: Richard Blurton
 r.blurton@iinet.net.au
 ph: 0434 287 757

Clothing: Delia Baldock
 dlbaldock@bigpond.com

Patron: David Carr

CONGRATULATIONS and thanks to Mark Dawson for introducing Masters to the tortuous Star Swamp tracks.

Setting a 6.2km course which twisted and turned bewilderingly was a mighty task. Mark's helpers, especially the course marshals, were well briefed – which was just as well. At least at three junctions they had to receive runners arriving from different directions and show them the way to go.

Sounds easy? Yeah, try it. Some of the marshals also took pictures of us.

The location is excellent, and the facilities full of promise for morning tea/buffets in future.

I expect Mark will fine-tune the event for coming seasons; opening up the huge parking-field earlier would have been useful; and I felt sorry for the walkers who didn't get to 'enjoy' the bush tracks.

Enjoy? Not quite the right word perhaps. It is a tough course and I am in awe of the runners who went out for a second dose. Perth was going through an unusually humid series of days and this was a very sticky morning. I know that Mark is already working out how to locate another water-stop on the course.

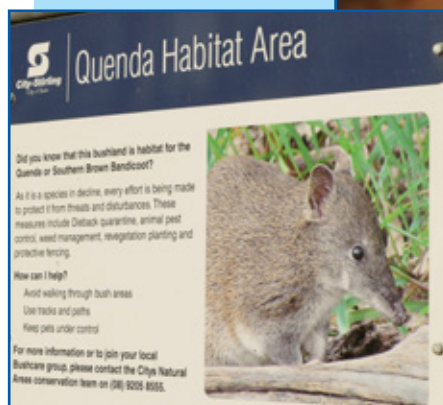
Pity the old, original swamp (it used to be the start of the Coastal Stock Route, leading up to Walk-away, in the shire of Greenough) is just a 'puddle' compared to the old days!

VW



Star Swamp

The all-right start, above; Mark briefs marshal Brian Bennett, right; and below, we all avoid Quendas!



Every one a star!

HAVE you ever wondered – who are the club's star runners and walkers?

The answer came on the 'almost-tropical' Sunday morning of April 3, at North Beach, when 110 runners and 24 walkers presented themselves for the inaugural Star Swamp Cross-Country Run and Road-walk. All are now, fittingly, Star runners and walkers! Congratulations.

Also worthy of the starry accolade are each of my team of helpers on the day – including the 11 listed personnel and three much-needed extra volunteers on the day. All played essential roles in ensuring the smooth running of both events and have my sincere thanks.

Important feedback has been noted from those participants and helpers who approached me post-event, and this will be taken into account for the planning and sanctioning of next year's event. I hope to see you there!

Mark Dawson

APRIL 3, 2022

Director: Mark Dawson

AGE-GROUP LEADERS 10KM WALK

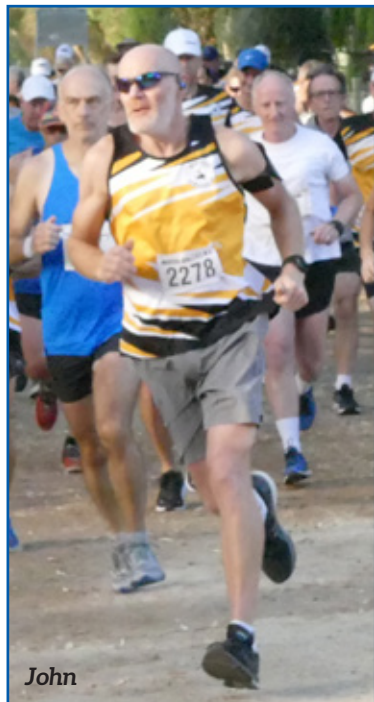
1638	Andrew Duncan	M55	55:18
1257	Karyn Tolardo	W55	1:10:54
262	Johan Hagedoorn	M75	1:15:16
1531	Lesley Dowling	W60	1:33:47

AGE-GROUP LEADERS

12.4KM RUN

V18 (KYLE EAGAR - V18)

49:31



John

2278 John Ferguson M50 55:42
2251 Scott Chambers M40 56:20



Andy



It's the star-studded after party!

2310 Andy Whiteside M45 59:23
1202 Akos Gyarmathy M65 1:05:46

2264 Mark Hoffmann M55 1:06:29
755 Bob Lane M70 1:17:25

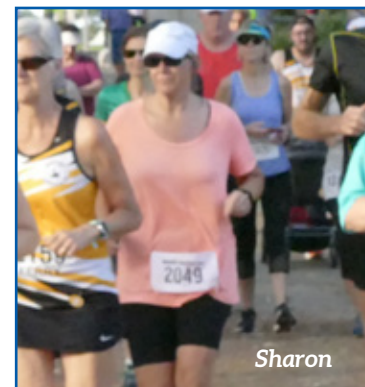


Fred

2015 Frederick Smart M85 1:21:15
1167 John Fisher M60 1:21:57

WOMEN

1716 Liz Gomez W40 1:08:41
1706 Rathanthi W45 1:28:55
1512 Noels Treen W60 1:36:01



Sharon

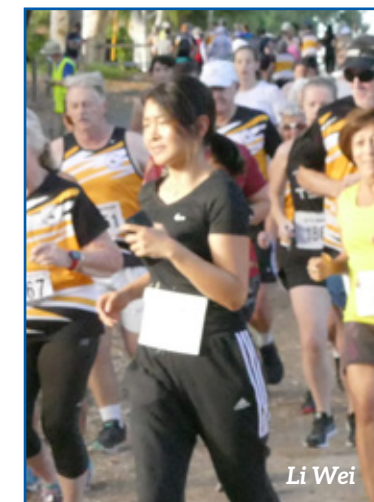
2049 Sharon Woodfield W55 1:37:06

6.2KM RUN

798 Kim Thomas M45 24:52
2233 Greg Knuckey M60 26:31
2184 Glenn Rogers M55 28:45
1729 Victor Munoz M65 29:18
178 Ralph Henderson M70 29:53
1655 Jonathan Lester M50 32:32
139 Jim Klinge M75 35:36
1781 Rohan Thompson M40 37:19

WOMEN

867 Sue Zlnay W60 28:47
689 Sandra Stockman W55 29:01
2259 Caroline Knight W40 30:55
843 Rochelle Airey W50 34:00
987 Julie Wilson W65 34:38
2241 Jo Scott W45 35:25
1862 Ceri Morton W35 38:27
481 Theresa Howe W70 43:21



Li Wei

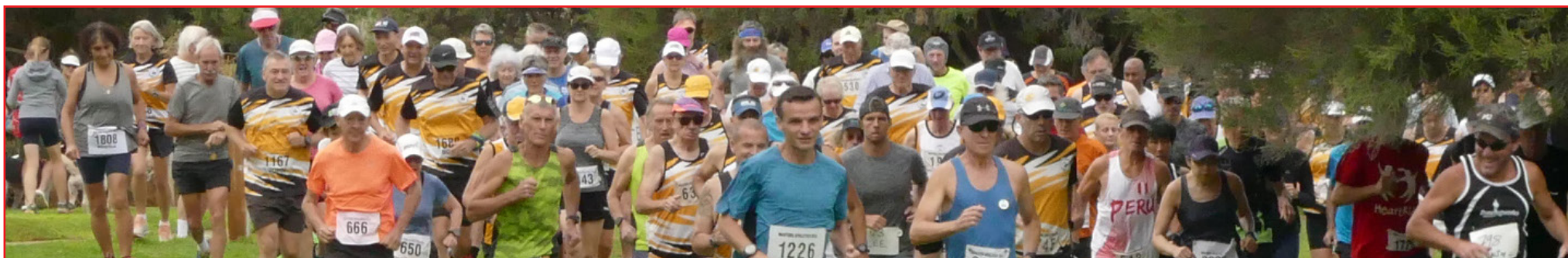
2319 Li Wei W30 48:40
1787 Hazel Stephen W75 52:26

5KM WALK

1624 Haydn Gawne M70 38:40
2059 David Gardiner M75 40:08
2304 Norman Pillay M50 44:32
1924 Oliver Berry M30 50:37

WOMEN

1808 Marcella Ruiz W60 38:53
1751 Shareenah W40 40:42
Virahsawmy W40 40:42
1752 Sheila Pillay W50 44:36
1112 Sofia Carson W60 51:35
1679 Ros Pillay W70 58:54



AGE GROUP LEADERS

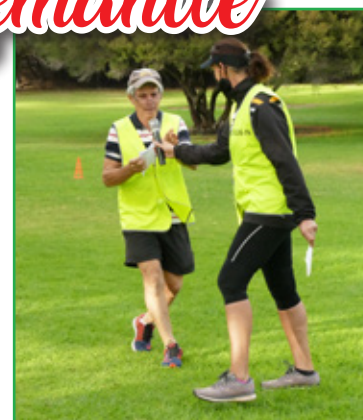


South Fremantle

APRIL 10, 2022

Directors: Giovanni Puglisi
& Clare Wardle

... yes, excitement mounts ...
Silke passes baton/mike to Giovanni ... he's got it! He calls up the field ... but wait, gun-jumping Mark Hewitt thinks he's at the track!



THE inaugural South Fremantle 4km/8km Run/Walk - in delightful weather - was warmly received by MAWA Members and visitors alike.

We received positive comments regarding the location and the layout of the course and the ease of parking close to the start/finish line with an experienced parking official (car-buff Geoff Vine, standing perilously close to the railway line) as part of the total package.

Unfortunately, a late minor course change due to safety considerations didn't allow enough time for the re-measurement of the course and we used our judgement on the distance to get it near the desirable marks.

The distance aspect will be tweaked for 2023 to making this a popular, short course event on the MAWA Sunday calendar.

The event was easily delivered with only nine helpers who, one the day, performed their respective roles superbly.

We extend our thanks to our helpers, and competitors for making the event such a success.

Giovanni and Clare

4KM WALK

1110	John McDonagh	M70	27:44
2321	Neil Shackleton	M55	31:26
2304	Norman Pillay	M50	32:17
1454	Andrew Cuthbertson	M60	32:56
77	Arnold Jenkins	M75	34:22
1944	Steve Travell	M65	38:45
89	Paul Martin	M80	50:50

WOMEN

1808	Marcela Ruiz	W60	28:31
99	Peggy MacIver	W75	30:54
1752	Sheila Pillay	W50	33:01
1301	Erika Blake	W65	37:52
111	Lynne Schickert	W80	37:56
2319	Li Wei	W30	39:50
1679	Ros Pillay	W70	41:19
1961	Sofia Dumlao	W40	47:09

AGE-GROUP LEADERS

8KM RUN

798	Kim Thomas	M45	29:30
1710	Mitch Cleasby	M60	30:32
2184	Glenn Rogers	M55	31:39
1726	Jerry Peters	M40	33:35
755	Bob Lane	M70	34:55



1362 David Boyd M50 39:47



1432 Bob Hull M75 41:32
407 Don Pattinson M65 41:51
2 David Carr M85 54:46

South Fremantle



Mitch and Glen

WOMEN

650	Karen March	W60	36:37
2225	Angela Hon	W40	38:21
843	Rochelle Airey	W50	40:31
1661	Liz Bryson	W70	41:48
2241	Jo Scott	W45	42:08
987	Julie Wilson	W65	42:26
2049	Sharon Woodfield	W55	56:23

4KM RUN

2134	Gerrit Myburgh	M50	16:07
1450	John Ranger	M55	18:21
1487	Jason Kell	M45	19:53
1351	Randy Hobbs	M60	21:08
139	Jim Klinge	M75	21:12
106	Paul Hughes	M65	21:22

454	Mark Sivyver	M70	24:12
112	Bob Schickert	M80	26:52

WOMEN

406	Chris Pattinson	W65	20:36
288	Gillian Young	W70	22:59
414	Gen Schreyvogel	W50	23:23
1994	Lorna McGavock	W45	25:22
1230	Sam Farman	W55	28:04
2159	Kerry Bickers	W60	28:04
149	Jackie Halberg	W75	28:04

8KM WALK

1257	Karyn Tolardo	W55	51:43
262	Johan Hagedoorn	M75	55:55
74	John Bell	M75	65:43



How to top your age-group

A FEW years ago the club committee decided that *Vetrun's* pages are too few for Sunday results to be published in full. Instead, every week our dedicated team puts the full results list on the club website within hours of the events. The club magazine then supplements this impressively efficient service by only listing runners and walkers who are AGE-GROUP leaders in each event.

(I hope that answers recent readers' queries sent to the committee?)

Sorting out the leaders from the full results, is quite a task. No - no thanks necessary folks, we're here to help!

Complaints?

Nothing's perfect. For instance, I'm hardly ever in the lists because all these other M75 blokes run too fast.

If you're desperate to appear in *Vetrun*, there are ways and means.

Bribery is a popular option (with the editor, at least). Or you could just do something outrageous and hope someone takes a picture.

But how can you break into that Age-Group best list?

Why not double-check your age?

Coincidentally, I recently checked my birth certificate and was surprised to discover that I was born in 1934 - not 1944 as I previously supposed!

An easy mistake to make at our age, eh?

If you have made a similar error, be sure to correct your d.o.b. next time you fill out the online membership form.

(Incidental benefits might include all those compliments -'Really? I would never have believed you were that age! You do look good' etc etc.)

Personally, I shall bid fond farewells to Jim Klinge and David Baird and plan to clean-up in the M85s. Of course, I'll be sweating on David Carr moving on and up into the M90s - but time's on my side!

Things you might not know ...

Perry Lakes GOT

GUESS Own Time was introduced to the club by the late Mike Rhodes as a novelty event which everyone has an equal chance of winning. That's why there's no run, or walk differentiation with all on the same course. Estimating pace is the challenge, no matter how you travel.

It started as an 8km cross-country in Kings Park.

Margaret Langford and I took it over in 1991; I made the priceless Timeless Trophy; and the Alarming Clock Trophy was added as a short-course prize in 2003. Generally this means completing only one lap.

We later moved the GOT to Hale School and then to Perry Lakes when I 'retired' as RD in 2016.

To make GOT more interesting the club plans to stage it in ever-changing locations.

Spot-on winners

In the first year, 1991, Jim Greenfield won the Timeless Trophy with his spot-on guess of 42 minutes for the 8km XC.

Many people have come close to their guesses each year.

Only eight have guessed right, to the second.

They are: Jim Greenfield, 1991; Brian Foley 1998; David Wilmer 1999; Blakeney Tindall 2001; John Collier 2009; Karen March



2022 winner Bob Schickert receives the Timeless Trophy from adjudicator Elaine Ferris.

2010; John Ranger 2016; and Bob Schickert 2022.

Only two members have guessed their short-course time to the second - Elaine Ellard in 2004; and Phil Smith in 2017.

New direction

Here are some pointers for the new director - who will be required next year as I have retired again!

* Have the start and finish in the same spot - and the guesstimates table very close. This makes it easier for hot and bothered athletes to remember their finish times!

* Recruit only brilliant people to help; as I did.

They will save your bacon - or at least make sure it's not totally burned.

* Don't set out a cross-country course in the dark (see below).

"Never say sorry!"

By the time you read this the 2022 Federal election will be just a horrid memory. I'll bet that during the interminable campaigning you never once heard any polly parrot "Sorry, I was wrong." Right? I'm no politician, so I can. Apologise, that is.

Picking up flags and cones after the race I realised my error. Setting out the pre-planned GOT course in the dark I had unintentionally sliced a hundred metres or so off the hockey field section.

So, Geoff Vine, Marg Saunders - you were both right, it was a bit short.

APRIL 17, 2022
Director: Vic Waters

Some of the few contestants who came close - within a minute of their guessed times. Right, Alan Gray won the Alarming Clock short-course trophy. Above - from left, Peter Tietz, John Ferguson and David Boyd.

7.5KM			Time	Guess	Difference
112	Bob Schickert	M80	54:55	54:55	00:00
1362	David Boyd	M50	41:22	41:20	00:02
1814	Peter Tietz	M70	45:01	45:05	00:04
796	Steve Hossack	M60	32:24	33:00	00:36
2278	John Ferguson	M50	30:17	31:10	00:53

3.7KM			Time	Guess	Difference
1382	Alan Gray	M55	20:57	21:30	00:33
174	Mike Anderson	M70	27:34	27:00	00:34
990	John Batta	M55	23:43	24:28	00:45
25	Jim Barnes	M75	33:10	34:00	00:50





Above, with Jim Klinge and Shorty Turner topping Wireless Hill; right (all-rounders?) with Joan Pellier.



Morris Warren at the line in the 1984 24-hour relay.

Memories of Morris



When this picture first appeared in Vetrún we accused the proud Scot of wearing a giant kilt in place of a blanket!

Left, inseparable couple; Margaret always slim and elegant.

ALWAYS to be remembered for introducing the club's road running championship back in 1987, Morris Warren held club number 33.

Born in 1937, he died in April 2022 and is survived by wife Margaret. Morris was interred at Pinaroo Cemetery alongside the grave of their daughter Linn, who died tragically at an early age.

Morris was made a Life Member of Masters in 2009.

Bob Schickert: "Morris initiated, and for many years did all the statistical work for what is, in my view, one of MAWA's best competitions – the

road running championship. It was Morris' idea, and started in 1987 when just 14 men and a very few women took part. The concept is greatly expanded and is still going strongly today. Starting dates in early May bring better distance running/walking weather for Sunday events in Perth. RRC was extended, shortly after 1987 with a road walking championship, and in recent years short course events were introduced."

Vic Waters: "Morris was a great distance 'enthusiast' (some might say 'fanatic') He once opined the club should not schedule any alternative, shorter runs, on RRC days, to encourage more members

to do the full distance. I shudder to think how he would view the short-course RRC!

"He ran in the full 50km champs five times, between 1987 and 1996, with a best average of 4:23 per/km, in the inaugural year."

Bob Schickert: "Morris and Margaret were race directors of the Joondalup run for years, using gravel and sandy paths through the bush and hills. The course was more testing than the current bitumen path route; and I recall being lost on it, and meeting Frank Smith staggering out of the bush, also lost!"

Declining health stopped the Warrens attending club events in

recent years. For many years they were regulars, part of the 1980s intake that included Marg and Keith Forden, Irene and John Ferris, and Joan and John Pellier.

Joan Pellier: "We all trained from McCallum Park, a group including Don Caplin, Sandi Hodge, Brian Danby and more doing mainly 20-miler runs. Most did the Peoples (or State) Marathon, and the Bunbury one.

"Morris' best time was, I think, a 3:07 in the 1985 State run. Also, he was one of the 1984 team that set a new 24-hour world record at McGillivray Oval. He was also a sub-40mins 10km runner."

Morris and Margaret were always a friendly, jolly couple, and proud of their Scottish heritage. Fittingly, they lived at Burns Beach! Joan recalls:

"In those days quite a few members hosted runs from their own homes. There were lots of fun times, and one of those was the one Margaret and Morris staged, a 10km run from their house, to mark Robbie Burns Day. We had to eat haggis, made by Jim Barnes, who on another occasion brought a Scots piper along."

Brian Danby:

"We were all distance nuts in those days, I suppose. Morris was definitely one!"



Start of multiple Weir runs, with speedy 5km winner Fabio Vergara, centre, alongside David Adams and Trevor Scott.

Weir Run

RRC 10KM / RRC 5KM / RWC 5KM

Evolution of Weir Run

'THERE'S been some changes made' (to paraphrase that old blues standard) since Jim Barnes set up the Weir Run, many years ago.

The 10km course has changed - but the trophies are the same.

Women compete for the Dot Browne Trophy; the men the John Tarrant Trophy. They are still now presented to overall winners. But the 10km is now transformed - into the new 10km Road Championship.

And, as with all the club's championships, gold, silver and bronze medals are also awarded. There's more! The Weir 10km is also first round of the 50km RRC.

So, if you were slightly confused (like the editor) I hope that clears your mind.



Jim

NB: first round of the short-course RRC (three 5km runs in all) was to have started at the Weir, but put back a week so runners wanting to do the SC/ RRC could also do the new Champs 10km.

Thank you, Morris!



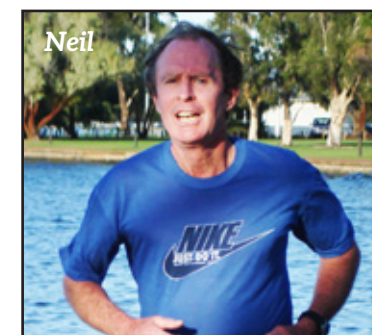
Morris Warren - the 1987 creator of the road race championship.

DIRECTORS Sean (above, right) and Neil report that after a chilly start speedy Fabio Vergara was out on his own for most of the 5km. Roberto Busi (34:21) took a minute off Chris Lark's 2021 time, Clare Wardle was a trifle slower with this year's winning 40:34.

'Euphoric after another well-managed Weir event Neil McRae, high on too much coffee at the nearby café, wrote:

Well, the most favoured, looked-forward-to, keenly-contested event of the year was run, won and done on Sunday. Kent Street Weir was turn-away business for the club (and café!). We may have to look at mail entries for next year as we were so over-subscribed due to the popularity of this contest!

Even some of the rarely seen 'guns' came along for this premier event. We were lucky that the Covid virus is still prevalent, otherwise we would have been com-



Neil

pletely overrun by international athletes.

Thanks to all our helpers - without whom, there is no run! In the wind-up aftermath, (at the café) all the tactics (that's terminology for excuses for the older athletes) were discussed. General consensus was 'well ... maybe next year!'

10KM ROAD RUNNING CHAMPIONSHIPS MEN

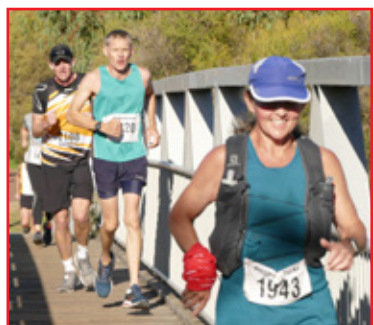
1986 Milo Barham M35 37:56



1617 Chris Lark M40 35:38



1632 Roberto Busi M45 34:21



1420 Andy Abbey M50 49:22

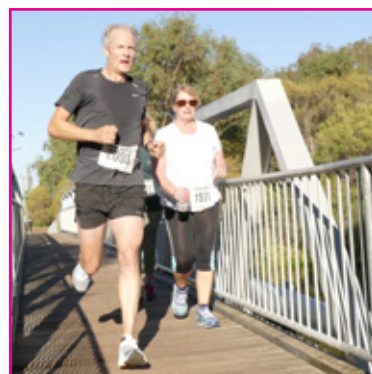
Weir Run

MAY 1, 2022

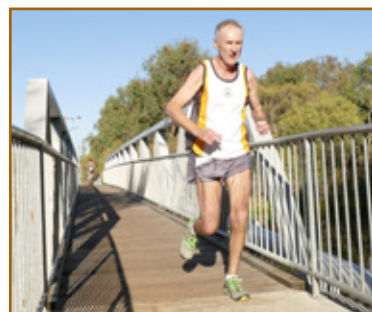
Directors: Sean Keane
& Neil McRae

RRC 10KM / RRC 5KM / RWC 5KM)

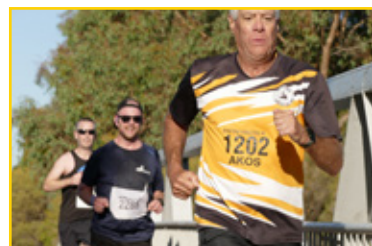
Pictured and listed are the age-group leaders in all the Weir Run events. In the first round of the 10km RRC a handful of runners went sub - or close-to 4minutes per/km.



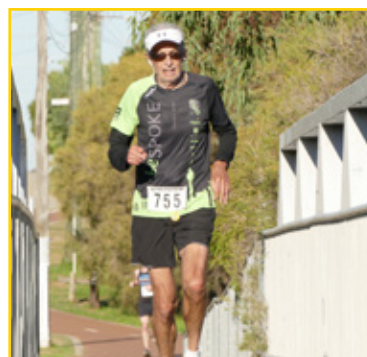
2003 Paul Watson M55 38:16



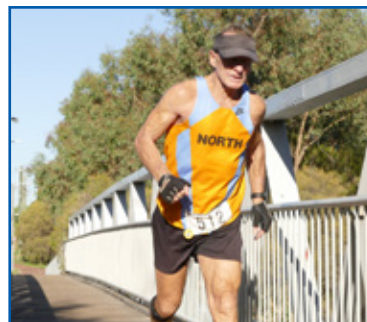
333 Trev Scott M60 40:27



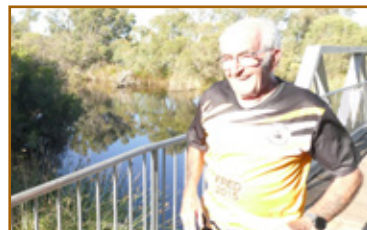
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755 Bob Lane M70 46:22

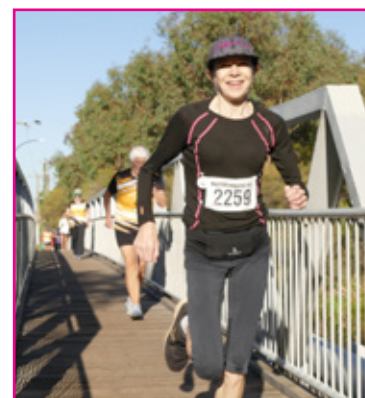


512 David Baird M75 55:16
112 Bob Schickert M80 1:18:03



2015 Frederick Smart M85 1:01:40

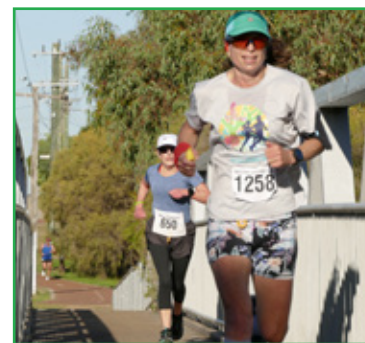
10KM RRC WOMEN



2259 Caroline Knight W40 43:42



1255 Clare Wardle W45 40:34



1258 Sandra Siviour W50 47:16
1230 Sam Farman W55 1:13:59
650 Karen March W60 47:41

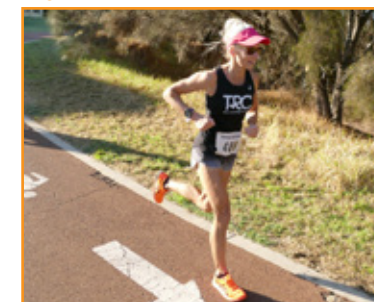
1422 Carolyn Stephens W65 56:32
1661 Liz Bryson W70 54:59

AGE-GROUP LEADERS

5KM RUN

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346 Christopher Maher M65 22:05
743 Ross Keane M60 23:43
2 David Carr M85 32:48
194 Ivan Brown M75 32:58
627 Richard Blurton M70 38:27
2067 Mark Comber M55 39:08

WOMEN



489 Amanda Walker W55 21:22
1926 Gayle Craft W65 27:41
1994 Lorna McGavock W45 33:56
2052 Amanda Wylde W35 37:33
1787 Hazel Stephen W75 39:55

10KM WALK

2323 Neila Bennett W40 86:51
251 Mike Hale M75 89:49

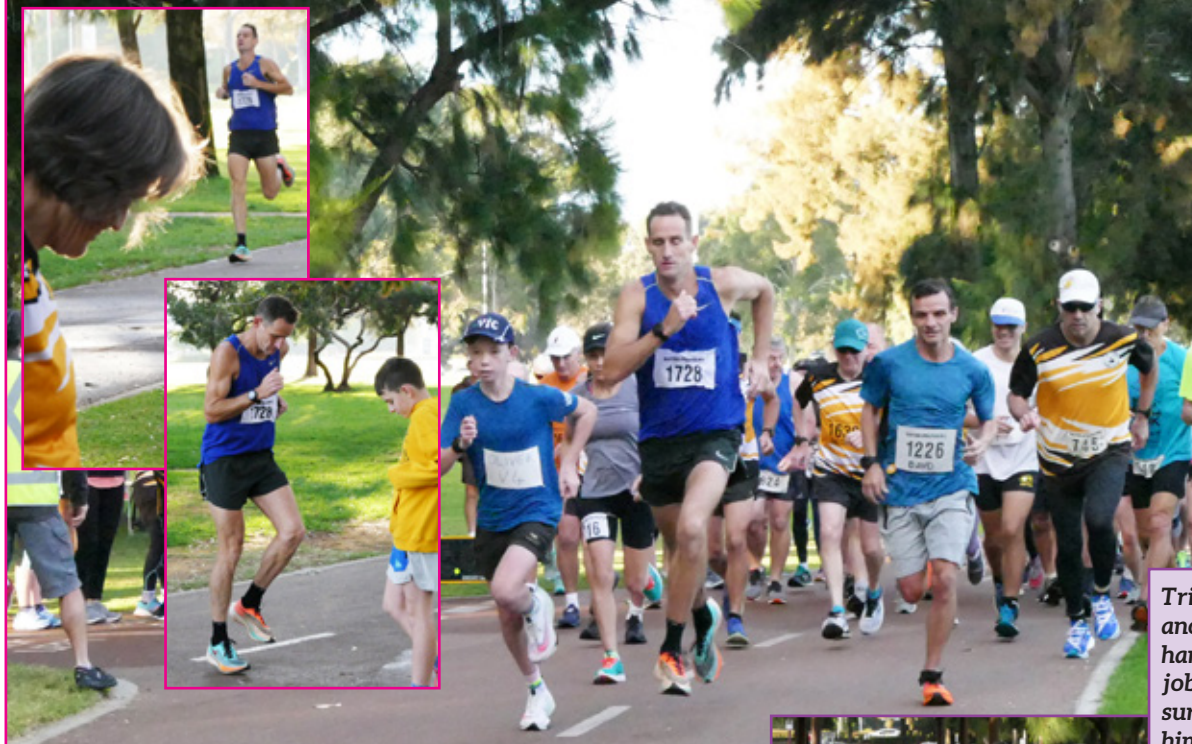
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106 Paul Hughes M65 58:00

WOMEN

510 Delia Baldock W60 39:21
99 Peggy MacIver W75 39:44
1751 Shareenah Virahsawmy W40 40:16
111 Lynne Schickert W80 42:37
1752 Sheila Pillay W50 47:00
1301 Erika Fardig W65 48:11
1613 Charlotte Webb W45 53:20
1679 Ros Pillay W70 53:40
31 Dorothy Whittam W85 55:11

Mother's Day Run



Chris Gould's winning way: brisk warm-up; stay warm; start at the front; stay there!

MAY 8, 2022

Director: Chris Maher

5KM RUN SHORT ROAD RACE CHAMPIONSHIP

Chris Gould	M45	16:20
Greg Knuckey	M60	21:41
Mercurio Cicchini	M70	24:44
David Baird	M75	26:47
David Carr	M85	30:20
Bob Schickert	M80	34:22
Stephen Grannells	M55	34:42
Heiner Huning	M65	38:58

Tristan Bell did another fine handicapping job – and surprised himself!



Trophy holder might be any one of 57 varieties!

AFTER the Mothers' Day handicap 57 runners can still complete five races – and possibly lift the Handicap Trophy.

Handicapper Tristan Bell reports:

"Only one of the ten members in the Trophy leadership pack managed to finish in the top ten on Mothers' Day. This has opened the field for the remaining 47 competitors to make a smash-and-grab raid on the trophy."

Kim Thomas (#798) took advantage of his top ten finish to close the gap on Rohan Thompson (#1781), with David Adams (#1226) and Clare Wardle (#1255) rounding off the top four.

Surprising himself, your handicapper Tristan Bell (#858), with another middle of the pack finish, has managed to edge his way to fifth position in the trophy standings!

(It's OK; I checked the pictures and he started on his correct time! See below – Ed.)

The next handicap race is on June 26 in Carine, so there's plenty of time to fine-tune your handicap race tactics, and to make your run for glory!

10KM HANDICAP RUN

		Time	H/cap	Net
Rodney Glossop	M40	1:05:17	21.10	44.07
Oliver Mueller	M55	1:05:26	13.20	52.06
Tim Inglis	M60	1:05:52	5.08	60.44

WOMEN

Sandra Stockman	W55	1:06:19	19.53	46.26
Rashanthi Wanigasekera	W45	1:06:24	7.02	59.22
Liz Bryson	W70	1:07:05	12.31	54.34

FASTEST!

Kim Thomas	M45	1:06:49	28.48	38.01
Clare Wardle	W45	1:08:32	26.06	42.26

5KM HANDICAP WALK

Sheila Pillay	W50	44:12	0.00	44.12
Shareenah Virahsawmy	W40	44:13	5.37	38.36
Lynne Schickert	W80	45:42	3.57	41.45

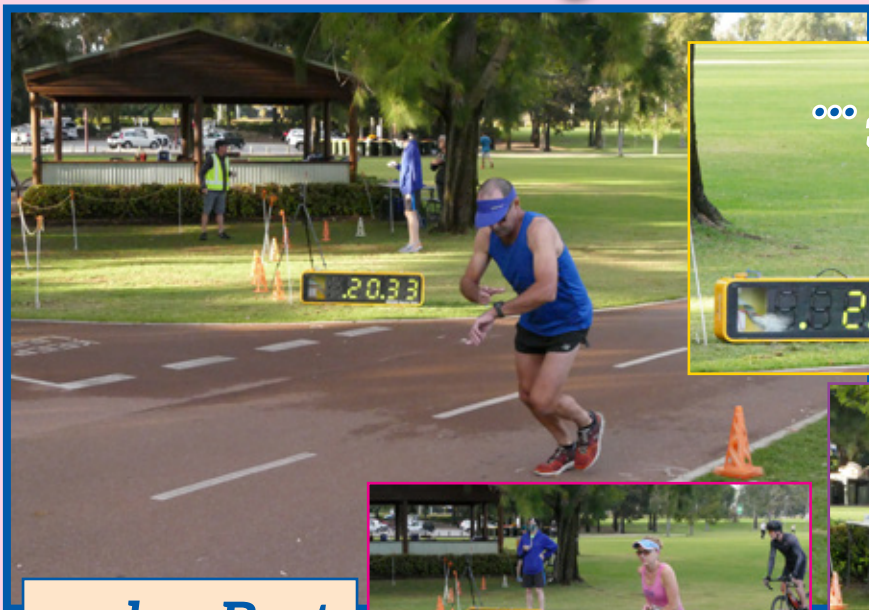
MEN

Norman Pillay	M50	45:26	4.10	41.16
Mike Anderson	M70	45:34	7.59	37.35
Haydn Gawne	M75	45:40	8.48	36.52

SEE MORE
MOTHER'S DAY
RESULTS ON
PAGE 12

Mother's Day

When they call time
and some of us ...



... play the
Waiting
Game

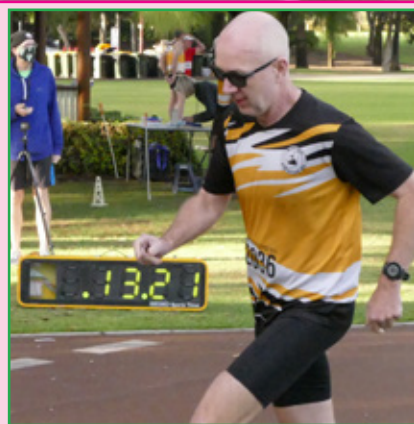


... play Beat
the Clock



Others play ▲
Hide the
Clock

and one tries
- Carry the
Clock ▲



MOTHER'S DAY RESULTS CONTINUED FROM PAGE 11

WOMEN

Liz Gomez	W40	21:29
Rochelle Airey	W50	25:05
Julie Wilson	W65	26:53
Isolde Tietz	W70	32:07
Jackie Halberg	W75	35:57
Marion Kavenagh	W60	39:20

10KM WALK

Johan Hagedoorn	M75	73:42
Mike Hale	M75	93:40
Neila Bennett	W40	100:06

A Passion to Run

A *PASSION to Run* is a unique lifestyle book in which the author speaks intimately to the reader, says reader Margaret Walker (NSW Masters).

Rarely does a book appear in which one woman is able to share so many things that are important to women. A quick male side-note. It is my observation that Masters men embrace sport with great enthusiasm and very little discretion. I have scarcely ever seen so many fitness and recovery programs within easy reach. So rush out and get a copy, fellas, before you injure yourselves.

Robyn Suttor has chosen to open her life and offer her numerous professional qualifications as a means of helping others: family situations, emotional health, parents, partners, the trials of youth and our growth into maturity, cellulite, arthritis, menopause and beyond.

A school teacher and Masters athlete, she is also a personal trainer and instructor in Tai Chi, 'an intricate and subtle form of exercise'. Robyn's love of sport is intertwined with her understanding of the relationship between body, mind, spirit, and her creativity as an artist. Following this theme, in the first half of the book she uses her own experiences and her deep interest in people to construct unique programs for back injuries, depression, learning to run as an

adult. What is the connection to a happy life without drugs? A connection with your body – but how can this be achieved? To what extent can our thoughts both create and overcome pain? What is important in my life? Where is my roadmap to inner peace?

Following an extensive presentation of strength and speed programs, Robyn discusses the ever-present reality of injury to the Master's athlete. If you don't train you won't win, but if you overtrain you'll get injured, and how does a champion solve the conundrum? This is where Robyn's reflection was a selling point for me, for I have to confess that any champion without humility is painful. Superwomen, we're not, so how do they do it? (No spoilers. You'll have to read the book to find out.)

Robyn writes: After an amazing journey of about six years, my book, *A Passion to Run*, ISBN 978-1-5289076-0-6, is now available via Dymocks, Amazon Kindle, Amazon Paperback, The Book Depository (world-wide), Barnes and Noble (USA), Wheelers (NZ), Foyles (UK), WH Smith (UK), Austin Macauley Publishers (London) website, and can be requested in to any book store and library.

Nedlands

RRC 15KM / RRC 5KM / RWC 10KM / RWC 5KM

AGE-GROUP LEADERS

15KM RUN



1632 Roberto Busi	M45 54:27
2303 Patrick Maslen	M55 1:01:10
1721 Zane Walsh	M40 1:02:55
2278 John Ferguson	M50 1:08:39
755 Bob Lane	M70 1:11:38
1202 Akos Gyarmathy	M65 1:12:56
2250 Ross Lee	M60 1:27:38

WOMEN



1445 Vanessa Carson	W40 1:03:40
1255 Clare Wardle	W45 1:05:22
1258 Sandra Siviour	W50 1:16:39
1862 Ceri Morton	W35 1:16:49
1661 Liz Bryson	W70 1:27:42
1422 Carolyn Stephens	W65 1:29:03
1512 Noels Treen	W60 1:44:27

10KM RUN

2032 John Lucas	M60 48:31
1450 John Ranger	M55 57:14

WOMEN

288 Gillian Young	W70 59:54
533 Anne Jones	W65 1:02:10
2107 Madeline Radestock	W60 1:02:34

5KM RUN

1226 David Adams	M45 20:18
220 Giovanni Puglisi	M70 21:29
2233 Greg Knuckey	M60 21:36
512 David Baird	M75 26:58
198 Keith Atkinson	M65 27:37
1655 Jonathan Lester	M50 27:44
1781 Rohan Thompson	M40 29:14
2 David Carr	M85 30:27
2171 John Panegyres	M55 30:37
112 Bob Schickert	M80 35:22

WOMEN

1716 Liz Gomez	W40 21:39
843 Rochelle Airey	W50 25:41
987 Julie Wilson	W65 27:42
1813 Isolde Tietz	W70 33:15
2159 Kerry Bickers	W60 34:50

10KM WALK

1110 John McDonagh	M70 1:11:01
262 Johan Hagedoorn	M75 1:11:36
2319 Li Wei	W30 1:25:50
1985 Mike Cyran	M50 1:26:01

5KM WALK

510 Delia Baldock	W60 38:21
99 Peggy MacIver	W75 40:32
111 Lynne Schickert	W80 45:01
2128 Heather Miller	W70 51:07
176 Margaret Bennett	W80 51:44
1961 Sofia Dumlao	W40 1:05:41

MEN

2059 David Gardiner	M75 40:36
455 Sean Keane	M55 42:39
20 Jeff Whittam	M85 52:30
824 Heiner Huning	M65 57:01
347 Neil McRae	M70 58:21
1961 Sofia Dumlao	W40 1:05:41

MAY 15, 2022

Director: Gary Fisher



ONE thing you learn as a race director six days before a federal election is that if the quality of politicians was in any way comparable to the quality of our helpers then the country would be a lot better off.

Thanks to all who helped on the day and especially John and Marg of the results team who went way beyond to ensure we had accurate results given a major equipment failure.

It was good to finally revert to our regular course given we have had a number of years of council work in the area that has disrupted our event.

The weather was clear, we started, we finished and we all got to go home, some later than others. Must have been a good day.

I guess all we can do now is front up again next year and do it all over again.

Camaraderie

ROSS Keane was nearing the end of his 5km RRC when he came level with Bob Lane and Akos Gyarmathy.

"I was pretty much lactic and struggling, while they were running together, doing the 15km.

"But they both just decided to pick up their pace and begin sprinting with me. They talked to me and encouraged me through to the finish.

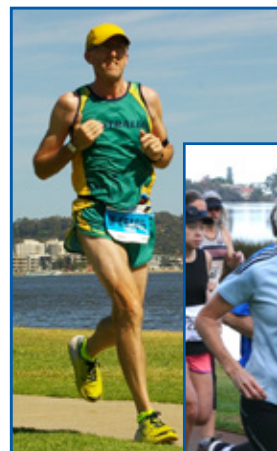
"This helped me keep my pace to the line and I want to let them



know that I really appreciated their selfless actions

"Got to love Masters!"

JOHN Ranger explains how the results team saved the situation when the hand-held gizmo that scans our tags died.



John Ranger and Marg Saunders - two of our skilled, dedicated results team

"It started playing up and luckily our volunteer grabbed one of the spares. That meant we could record data for finishers 70-119.

"Then I spent Monday morning going through the backup video from the chute Go-Pro camera with help from Marg Saunders. Although some chest numbers were not completely visible, or not worn at all, we were able to identify all the runners from 1-69.

"Thankfully the stopwatch times were spot on so I could jump from finisher to finisher in the video and not have to sit through the full hour in real time!"

Further checking was sought by placing the results in the usual location online and inviting members to contact the team if any anomalies were apparent.





Nick Franey reports:

PERFECT weather for the Road Run and Walk Championships events: RRC 25km, RWC 15km, RRC 5.2km and RWC 5.2km. Plus – we also had a 15km run and a 10km run or walk, as additional options.

All events started at Burswood and participants headed north to the Goongoonup Bridge, and across the Swan. The 10km runners and walkers pressed on to their turn just beyond East Street, while 15km and 25km competitors pushed even further upstream to their turn at the old Maylands Waterland.

A contingent of about fifteen participants set off at 7:30am, while the main event started at 8:00am.

Well done to all competitors and many thanks to the 13 volunteer helpers: Jackie Halberg (timekeeper), Elaine Dance (recording table), Hazel Stephen (finish tokens), Deb Franey (Start/Finish water station), Sharon Woodfield (Goongoonup Bridge T/O marshall), Darryl Downing (5k turn marshall), Mark Glyde and Matt Webb (course mark-up and Somers St water station), Sue Glyde and Charlotte Webb (East St water station), Mel Sieczka (10k turn marshall), Frank Price (Clarkson Rd crossing marshall), and Jim Barnes (15k turn marshall).



Some started early: too early?

MAY 29, 2022
Director: Nick Franey

AGE-GROUP LEADERS

25KM RUN

1986	Milo Barham	M35 1:39:05
798	Kim Thomas	M45 1:40:41
2184	Glenn Rogers	M55 1:47:18
2278	John Ferguson	M50 1:53:12
1721	Zane Walsh	M40 1:54:45
755	Bob Lane	M70 2:03:15
1202	Akos Gyarmathy	M65 2:07:51
81	Peter Sanders	M75 2:09:02

WOMEN

1255	Clare Wardle	W45 1:48:10
1737	Emma Lee	W50 2:11:41
1661	Liz Bryson	W70 2:27:16
1422	Carolyn Stephens	W65 2:34:35
2058	Karin Smith	W55 3:03:42
1512	Noels Treen	W60 3:09:08

5.2KM RUN

1226	David Adams	M45 20:39
2233	Greg Knuckey	M60 22:05
220	Giovanni Puglisi	M70 22:19
1450	John Ranger	M55 23:19
139	Jim Klinge	M75 28:51
112	Bob Schickert	M80 36:42

WOMEN

1716	Liz Gomez	W40 22:37
843	Rochelle Airey	W50 26:52
987	Julie Wilson	W65 28:38
1813	Isolde Tietz	W70 33:24

15 KM WALK

1110	John McDonagh	M70 1:47:36
262	Johan Hagedoorn	M75 1:47:55

5.2km Walk

1624	Haydn Gawne	M75 39:18
174	Mike Anderson	M70 39:21
455	Sean Keane	M55 42:07
2304	Norman Pillay	M50 43:09
20	Jeff Whittam	M85 54:42

WOMEN

510	Delia Baldock	W60 39:31
99	Peggy Macliver	W75 40:03
1751	Shareenah Virahsawmy	W40 40:05
111	Lynne Schickert	W80 43:40
1752	Sheila Pillay	W50 45:11
1301	Erika Fardig	W65 50:44
2319	Li Wei	W30 52:50
295	Julie Wood	W70 53:21
31	Dorothy Whittam	W85 57:04

Bob Lane runs a secretive marathon

He's a modest man, never one to blow his own trumpet. But even for Bob - this was a quiet achievement.

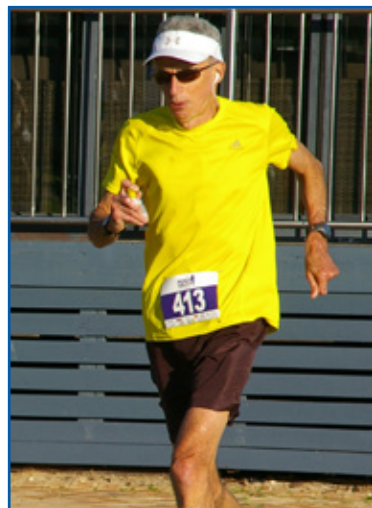
EASTER Sunday marked four years since Masters runners Bob Lane, Kevin Johnson and I competed in the Boston Marathon as part of our quest to run all six world marathon majors - Berlin, Boston, Chicago, London, New York and Tokyo.

Boston conditions were grueling, with wind gusts of more than 25 miles an hour, heavy rain and the coldest temperatures experienced for that event in more than three decades, which hampered their performances.

Unfortunately, Bob had to pull out at the nine-mile mark due to hypothermia, eventually being carted off the course in an ambulance. He laughed about it later over a few champagnes but vowed to come back one day. He had already run London, Chicago, Berlin and New York. Unfortunately, he didn't get to run in Tokyo in 2020 because when he arrived in Japan, he was told that, due to the pandemic, only the elites could run.

Fast forward

In 2022, Bob reached age 74. He



Bob Lane in the 2015 Perth Marathon.

had just two more majors to run but found it increasingly difficult to put in the long training miles required to run a decent time. Still yearned to complete the magic six. He kept up the training, with regular interval sessions, club races, Parkrun events and long slow runs around the river, rarely missing a day.

He was nowhere to be seen in the week prior to Easter but a phone call from Kevin finally reached Bob late on Easter Sunday - when Bob was taking a light

JACKIE'S JUST REWARD



I was surprised to be named the Official of the Year 2020/21 by Athletics West at their Annual Awards breakfast, says Jackie Halberg.

No surprise to us Jackie! Hope that clock works better than the one we give away for the GOT short-course.

breakfast at 5am on the other side of the world, prior to running Boston!

Sneaky Bob had flown over to Massachusetts by himself to fulfil his dream of completing the marathon without telling anyone except his family.

We were delighted and couldn't wait to get up the next morning to check the results, and what a result. He ran an astounding 3:24, coming second in his age group. He said conditions were perfect, sun shining and no wind or rain. What a champ! Roll on, Tokyo in 2023.

Sandra Stockman

Catching COVID?

SHOULD you be unlucky and join me and many others, who thought they were being ultra-careful but still copped it, here's a tip.

Ask your GP about anti-viral Molnupiravir - trade name Lagevrio - which became available on the PBS system on May 1. It worked for me, greatly eased the coughing and sneezing symptoms and had me feeling back to normal within two days.

This is not a Trump-nonsense cure; no trace of bleach!

However, your doctor has to be sure you qualify so take medical advice. NB for pensioners it's a \$6 prescription; otherwise, around \$1100!

Knees News

ANTICIPATING visiting the surgeon who kneecapped me so well a couple of years ago I tried to check my scar - and honestly, couldn't find it.

So, I downloaded this to send to him. He should print it on the back of his business card.

NB: There are now two DNJ (double-knee-job) Masters, since Bob Fawcett (he of the coloured shorts brigade) recently went in for a second. Jeff Whittam was the first DNJ.

IN MY View



"Not all MPs are abusive and predatory - some of us are greedy and corrupt."

No Gits

VERY talented man, Ross Keane; great runner and coach, and he has ESP too.

When he emailed his thoughts on camaraderie at Nedlands (see P13) at the same moment I was isolating with COVID and mind-writing this piece to ask 'how and why does our club attract only nice people?'

Basically, there's no-one there you could dislike!

Is there a line on the membership form, stating - **No Gits Should Apply?**





DC aiming at top M90 marks

DAVID turns 90 on June 15 and intends a prolonged assault on his new age-group world records.

Over the past few months he has exceeded M90 world marks in the 10,000m and 5,000m events. Now he will focus more on building up speed for the shorter events. Everything from 400m to 10,000m, including his beloved steeplechase, could be within his reach.

David's World Record campaign begins the day after his birthday.



He will be attempting 800m and 1,500m records at ECAC on June 16 and 23. We would love as many members as possible to come down and support the attempts.

Watch the club website and Facebook; we will post information confirming whether the attempts are going ahead as they are obviously weather-dependant.

WA scores at the Brisbane Nationals

THE meet in Brisbane was our first Nationals since athletes endured a cold four days in Melbourne in April 2019.

As always MAWA athletes excelled beyond what one would expect from the size of our team. Melissa Foster, now living in Melbourne but always a West Aussie at heart, led the charge with a whopping six gold medals. Brenda Painter and David Carr were not far behind while Mandy Mason

continued her great form to win all three sprints. Our throwers performed well with a string of gold medals going to Tom Gravestock, Ossi Igel, John Fettus and Bev Hamilton. Last but not far from least John McDonagh bagged a couple of golds in the walks, and Sue Coate one in the long hurdles.

WORLD'S Our club's Finnish-ing line-up

DAVID Carr will fly to Tampere, Finland, for the World Championships to continue his attack on the records.

After cancellations in 2020 and 2021, finally a WMA Championships is going ahead. There has been understandable reluctance for Australians to travel due to ongoing health and security concerns, but in the end 61 athletes signed up, including six MAWA members.

Lynne Schickert is going, of course, in her capacity as WMA Executive Vice President, along with Bob. Giovanni has family in Finland so it could not be better for him, while Maureen Keshwar will continue on from Finland to Canada to stay with family she has not seen for many years.

If she can continue the form she showed in our season she will do well. Our star W45 400/800m specialist Sharon Davis will be testing her form against the world's best, while as mentioned earlier David Carr will undoubtedly be a top performer.

HELPERS - WHERE YOU'RE NEEDED!

ALL members who attend Sunday events - * except those exempted - are required to help at two meetings a year - more if you like!

Although you might have helped once this year, have you signed on for your second stint?

Here's a list of coming events in need of helpers.

Lists are regularly updated on the website.

(* Exempt members include those 80-years plus; T&F only members and a few other special cases.)

June 19	Club Half Marathon Mt Pleasant	4 more needed	July 17	Sharks 10kH/5k East Fremantle	9 more needed
June 26	Carine 10kH/5k/5kWH Okely Rd	6 more needed	July 24	Whiteman Pk 10k/5k Whiteman Village	8 more needed
July 3	Mill Point Rd 10k/5k Marathon Club	3 more needed	July 31	Racecourse 10k/5k Burswood Pk	10 more needed
July 10	Manning Pk CC 8k/4k Spearwood	7 more needed	August 7	Darlington Dash 11k/5k MJ Morgan Res.	8 more needed

New Members - Welcome!

2320 VERGARA: Fabio M35
2321 SHACKLETON: Neil M5
2322 ENNIS: Kyle M30
2323 BENNETT: Neila W40
2324 BELL: Michelle W50
2325 DOW: Iain M55
2326 KELLY: Rachel W30
2327 HODGSON: Stephen M60
2328 VORISEK: Amanda W40

ATHLETICS West sadly announced the death in April of Life Member Robert 'Bob' Chalmers. Bob was a stalwart of the athletics community in WA for more than 50 years and involved in the sport at every level.

From being involved in Rockingham Little Athletics Centre's formation to coaching future Olympians in High Jump, or officiating at National and International events; Bob's enthusiasm, professionalism and passion was unrivalled.