

Frank was born across the ditch in the town of Hastings a 2<sup>nd</sup> generation New Zealander in the 1950's Having a few different professions over the years, but was best known for the 20 odd yrs of his milk run in the town of Clive, located in the Hawke's Bay region on the North Island, Franks Uncle Peter is the man responsible for introducing Frank to athletics in 1963 (his secondary school years) Frank ran for the Hawke's Bay harriers and also the Napier harriers Over the coming years Frank would achieve what would be considered more than reasonable times in distance running events, sub 20m 5klms and sub 3hr marathon....


Some PB's are as follows, Track events were in his mid-30's(Yrs) [5,000m 18.50] [10,000m 38.45] [16k road 58.12 1982] [½ Marathon 1:20.00 (Age 36)] [Marathon 2:59.20 (Age 33)]

Frank has run 3 marathons in total 1 in Auckland (1973) and 2 in Rotorua (NZ) (1979 & 1983) Running 120 odd klm per week for his marathon training and kept it around 100klm generally Moving to Australia (WA) in 2010, Frank joined masters in 2012 aged in his 60's, #1134 In the M65 class he was running sub 1hr for 10k, These day's life has changed! the body has changed! (That blasted left Knee) And as for a knee replacement Frank says "not going down that track"...

On Saturdays you'll find frank on the heritage trail around Darlington avg runs 10klm And during the week he will have 2 or 3 days of runs at the Piney lakes reserve avg distances 5k Frank has been diagnosed with diabetes2 and then 6 yrs ago with coeliacs, This of course means the diet has had to change to meet the new conditions, He obviously likes to keep fit and moving and although not moving so well these day's with a very painful left knee, he soldiers on!! finishing the 5 to 10k runs, Frank says he just wants to be out there, The social aspect of the club is a massive draw card for Frank as well, He loves to stay on for the after run breakfast, bringing along food, drinks and a chair, saying on many occasions they will still be there at midday chatting, Masters WA have annual weekends at various camp locations, this is also another social side that Frank attends and looks forward to, A non-drinker nonsmoker high on life, The camping group will go running on the Saturday Sunday and Monday

Frank is an official with the WA athletic officials club providing officials for Athletics west to run their meetings, Frank is a proud supporter of the All-Blacks rugby union side and the Black Caps cricket side (Both NZ national teams) Other pass times for Frank are his dancing, which include Rock-roll, Ballroom and Line, he was dancing in NZ and has continued it on in Australia (New partners welcome)

In closing Frank said his lifelong passion for running is owed to his uncle Peter who in October 2023 sadly passed. RIP.

Thank you  
Russell Smith 1332 

1134  
Frank

