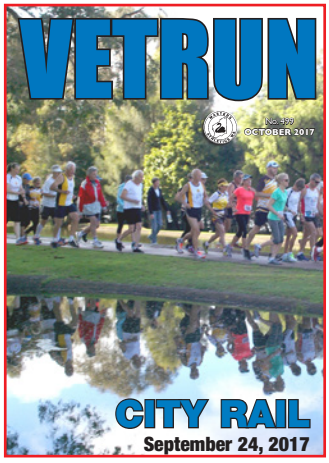
VETRUN

No. 499
OCTOBER 2017

CITY RAIL

September 24, 2017



Cover – fine morning at Bardon Park for City Rail handicap and RRC events.

NEXT EDITION: Vetrun no. 500 will be published in December 2017

In this edition ...

AGM report	- this page
Gilmour Medal	
New-look Patron's Trophy	P3
Vetrun will be 500	
Records set	
Handicap Trophy update	P4
My View	P5
Racecourse	P6-7
Kings Park	P8-9
Darlington Dash	
Short RRC	P10
Claypit Circuit	P11

Amazing Aussie runner	P12
Bert and the Ghost Runner	
Vale Peter Kennedy	P13
Mullaloo Magic	P14
City Rail	15
Helpers; New members	
Where they're running	P16

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AGM 2017 Report

By Delia Baldock

THANKS again to everyone who attended our AGM on 10 September. The Management Committee has primarily stayed the same with office holders re-elected as follows:

President Richard Blurton; Vice-President Jim Langford; Secretary Delia Baldock; and Treasurer Keith Hill.

Committee

Our four committee members are Margaret Bennett (returning), Giovanni Puglisi, Jenn Parker and Janne Wells. We are very pleased to welcome some newer members to the committee.

We thanked three outgoing members who have stepped down; Campbell Till for ably filling a vacancy this year at short notice; Theresa Howe for two years on the committee and doing a great job managing Sunday runs; and Mike Anderson who has worked on the committee for three years and helped official the throwing competition.

Helpers

Thanks to all the club officials and helpers who have done a sterling job throughout the year and are continuing on for the next year. Special thanks to Peggy Macliver who is stepping down as our Registrar after managing this important role for nine years and Barbara Blurton will be our new registrar as well as club statistician.

Volunteers

Thanks to all the wonderful volunteers we had at the World Championships in Perth. From the trust fund set up as a legacy from this event we have been awarded grants for two projects: the purchase of electronic lap scoring equipment for our track events and the purchase of a set of hurdles for ECAC which means we can add hurdle events to our summer program. We will also be able to apply for further projects in the future.

Margaret Bennett and Richard Blurton received their Life Memberships from our Patron, John Gilmour.

When I took over **Vetrun** *DC told me to use lots of action pictures. Here he is in action, receiving hearty congratulations from Mrs Blurton. Mr Blurton appears sceptical. Below, receiving his Best Performance Trophy from JG, Mr Carr recalled the club's first meeting at McCallum. "Eight runners, $16 in the kitty, and we were already talking about having a newsletter!"*

Awards

Congratulations to the following recipients for presentations made at the AGM: The Achievement Award Trophies went to Elizabeth McFarland for greatest improvement in Road Running and to Jenn Parker for greatest improvement in Track & Field.

The John Gilmour Trophy for Best Performance of the Year was awarded to David Carr for three World records in M85 800m, 1500m and 2km Steeplechase. (He also has a pending mile record.) Life Membership awards (which the committee had managed to keep as a surprise) were presented to Margaret Bennett and Richard Blurton for outstanding contributions to the club. Thanks to our wonderful patron John Gilmour for attending and presenting these awards.

Constitution update

The special resolution to update our constitution was passed at the AGM and the amended constitution has been lodged with Consumer Protection for approval. When confirmation is received this will become our new constitution and members will be notified.

Finally, special thanks to Elaine Dance and everyone who helped with the AGM's lovely morning tea.

The full minutes are now available on the website or from the secretary on request.

Looking forward, we are hosting the National Championships in Perth in April 2018 and we hope you will all be part of this exciting event. Our LOC is headed by Richard Blurton and includes Barbara Blurton, Delia Baldock, Keith Hill, Mike Anderson and Marion Buchannan.

Thanks.

Delia

John Gilmour Medal for Sportsperson of the Year

Recognition long over-due

The Gilmour family, together with many friends, running colleagues and supporters, have long campaigned for John to be recognised by the state for inclusion in WA's Sporting Hall of Fame.

Despite lobbying by many in our sport, and even by past WA State ministers, that honour has eluded John.

Perhaps he can take some solace now that his name adorns one of WA's premier sports awards – like that he won in his heyday almost 40 years ago.

IN August 1975 our patron and club founder, John Gilmour (then aged 56) won the 3,000m and 5,000m in the M55 class at the World Veteran championships in Canada.

In the same month he also won the 1,500m, 5,000m and 10,000m in the USA Veteran championships.

With those outstanding achievements John joined an illustrious company of sportsmen and women, acclaimed as WA's Sportsman of the Year.

First awarded in 1956, the list of winners is studded with notable star-names – such as Terry Alderman, Dennis Lillee, Rod Marsh, Sue Malaxos, Dean Capobianco, Margaret Court, Barry Cable, Graham McKenzie, Herb Elliot, Shirley de la Hunty and more.

More than 72 athletes from 20 sports have won the award.

More awards

Today there are several categories of RAC Sports Star awards, including those for juniors, teams, coaches and more.

One of these is known as the RAC Insurance Beyond Sport Award and John Gilmour Medal. Beyond Sport, as the name suggests, promotes, supports and celebrates the use of sport to address social issues in communities around the world

Last year the John Gilmour Medal went to the Curtin University Boat Club.

This year's awards will be made in November, with John and his family involved in the selection process.

AGM My View

■ Thanks to our nimble apprentice snapper for all the AGM pictures. Nimble? Yes, he only had a broken shoulder!

■ No Schickerts attended – a first? Bob and Lynne were both away, repping us on WMA / AMA business.

■ Lynne's sister Val Millard (one-time President and loyal club stalwart) made a welcome return though - and she did the Claypit Circuit.

■ Jim Langford was on holiday, but earned a mention as our newest delegate elected to the AMA board.

■ Liz McFarland will meet-and-greet new faces on Sundays – but we are all encouraged to make newcomers welcome.

■ Worlds fund projects benefitting Masters include new hurdles and electronic timing at ECAC.

■ Committee will look at the club's overall duty of care for safety at all our meetings.

■ Insurance – it appears that everyone is covered when competing, including over-80s; committee to confirm this.

We have 20km walk winners

Congratulations to Karyn Tolardo and Andrew Duncan. On August 6, Karyn won the Open Women 20km in the Athletics WA State Road Walking Championships, at Shelley in 2:11.33.

On the same day, but in Adelaide, Andrew was the M50 winner in the Australian Masters Athletics 20km Road Walking Championships in 1:45:43.

Karyn Tolardo

All-rounders – try the new-look Patron's Trophy

NEW members could swell the numbers at this year's Trophy as the club re-jigs the competition to make it more approachable for everyone.

The Patron's Trophy identifies our best all-round male and female athletes and is the club's signature track and field competition.

Carol Bowman – 2015 winner

In recent years the number taking part has fallen quite dramatically.

So some 'club elders' were consulted and the committee has introduced a new look to revitalise interest.

People felt that the previous format was skewed in favour of track athletes, particularly middle distance runners. Also, it was too intense, with two Trophy events most weeks; and the structure was too complex.

Beginning on October 17 (at WAAS) and October 19 at ECAC, there are now just 11 qualifying events.

Athletes must complete at least nine of these, with your best nine to count.

The balance is now five track events and six field.

Most weeks there will be only one Trophy event; on just two weeks of the season there is more than one.

Venue choice

Remember - you can compete in PT events south of the river at ECAC; or north, at WAAS. Or you can go to both places – your best mark is what counts.

The PT programme at WAAS runs from October 17 to December 12.

At ECAC it's from October 19 to December 14.

Whether you're a 'Sunday member' or a T&F regular, why not give it a try this year?

VETRUN no.500 IS NEXT UP

IT might lack visual impact but this simply typed cover-page of the WA Veterans first newsletter began a run of *Vetrun* editions that will reach no. 500 in December.

Coincidentally, at this year's AGM David Carr recalled planning for that first edition, with John Gilmour, Cliff Bould and others at their earliest McCallum Park meeting.

When it came off the press – or out of Dave's Remington, probably – in July 1974 there were three pages of news, results and speculation.

Following editions carried more results and highlights, though age-groups are not shown. Even leaving out the well-known names of Carr and Gilmour there were many fine performances from other members.

December Vetrun

In our 500th magazine we'll look back at how *Vetrun* has progressed, under a succession of editors and committees – and readers memories and comments are invited.

Please email vfdwaters@gmail.com with your words, and pictures, for this momentous *Vetrun*.

And … perhaps we can all speculate or suggest how we should plan for future communications? *VW*

Handicap Trophy 2017 is still open

AFTER City Rail, the fifth event of this year's handicap programme, everyone in this list of competitors is still in the running for the trophy.

Your best performances in four of the year's seven handicap races will count, and there are just two events to come – the Cliff Bould on October 29; and the Canning Caper on December 17.

The table shows that so far only seven members have made four or more runs.

Everyone else listed needs one or two more runs to qualify.

Leading – Keith Atkinson at City Rail

Points are awarded according to a person's finishing position – 1 for first; 30 for 30th, etc.

	Runs	Points
Atkinson Keith	4	20
Young Gillian	4	35
Schickert Bob 5	45	
Gray Alan	4	57
Pellier John	4	70
Wallace Alastair	4	76
BennettBrian	4	77
One more run needed:		
Carson Vanessa	3	29
Pattinson Don	3	37
Allen John	3	40
Airey Rochelle	3	43
Pattinson Chris	3	50
Bell Tristan	3	50
Price Frank	3	71
Two more runs needed:		
Smith Russell	2	5
Fisher John	2	6
Sivyer Mark	2	13
Wardle Clare	2	16
Gyarmathy Akos	2	18
Muroi Mickey	2	19
Baird David	2	23
Wong Jackson	2	27
Dybdahl Bjorn	2	30
Chan Charlie	2	31
Dawson Mark	2	31
Colligan Bob	2	31
Ranger John	2	45
Keane Ross	2	48
Fawcett Carolyn	2	60
Dance John	2	63
Fawcett Bob	2	65

Records tumble

A REMARKABLE collection of State, Australian and World records set over the past 12 months was reported to the recent AGM by Barbara Blurton.

Barbara, now W65, was among the record-breakers with SR performances in 800m, 1000m and 1 mile, while David Carr set new M85 marks in 800m, 1500m and mile. Of course, those were just three of the races in which DC set M85 world records (mile still pending). His fourth came with a new 2,000m steeplechase WR.

Totals

In all, WA athletes set 172 State records; 27 Australian records; plus David Carr's world marks.

Women set 81 State and 12 Australian records.

Our men achieved 91 State and 15 Australian records.

The oldest man in the new list is John Gilmour, of course, for his M95 AR 800m at the Perth World Championships. After him, in age, comes Rob Shand with his new State M85 javelin mark; and David Carr also set an M85 3,000m AR.

Ruth Johnson, and Lynne Schickert, both W75, are the most senior of the record-setters listed. Ruth established new State marks in the sprints, as well as the pentathlon.

Lynne broke the State 10km Road Walk three times during the year. She now holds that one, plus the State 20km, 3,000m and 2,000m steeplechase.

Several other names, such as Rudy Kocis, Todd Davey, Jenn Parker and Bev Hamilton appear many times – often because they set and re-set records numerous times during the period!

You Write ...

Thanks … for Dalton

Hi Vic, We have received a lovely handwritten letter from Margaret Moffett which the committee would like to publish in *Vetrun*.

"Dear Members and Friends of Masters Athletics WA,

Thank you to all who attended the service for Dalton and thank you for the notice in *The West Australian*.

Dalton valued the many friendships formed over his long association with Masters Athletics and he suffered a great disappointment when, due to failing health, he could no longer attend meetings."

Yours sincerely
Margaret Moffett

T&F purity

Vic, These days I have only one thought for the day, if I have two the next day could be thoughtless

SO my thought for today is that in Track and Field it has to be the field events that are the purest athletics as it is difficult if not impossible to pace a field event – imagine two long jumpers on the run up together ? *Rob Shand*

VALE

Betty Usher

OLDER members will recall Betty, never a club member but a staunch supporter of husband Frank. Betty died in September.

Frank

Records online

The full list of our great record-setters is too long to print here but can be found online at the club website.

How to mess up the results

THERE are many ways, but with the camera running we thought we had them all covered as long as you:

- wear your own number;
- stay in order in the chute;
- tell the recorders what run or walk you did.

Bob Lane shows how to help

Marg Saunders reports a new way to mess up.

"At the Claypit someone finished the course, went for a wander and some time later went through the chute – while the timekeeper wasn't looking!"

'Olden days'

Earlier members remember that before we had chest numbers 'going for a wander' was very common.

As runners and walkers finished they were handed a numbered ticket. They were supposed to line up at the recorders' table, hand in the ticket, so their name could be written in alongside the number corresponding to the ticket.

Simple, eh?

Of course it was, unless people wandered off with their ticket, bored or with other pressing needs (like finding a loo, or a drink).

How often did we hear the call 'Who's got number 53' etc?

Most weeks it worked out.

Sometimes the ticket would be brought back the following Sunday.

As the results weren't finalised until the monthly *Vetrun* appeared, we generally managed to fill the gaps.

Does this make you grateful for today's super-duper results service?

OK, help us out by showing your number clearly – and going through the chute when you finish!

Committee poo-poo port-a-loos

I SUGGESTED the committee investigate renting port-a-loos for the Jorgensen event as there was quite a queue before this year's run.

Perhaps the distance travelled for most members affected us. There's a single loo in the gents at Jorgensen, two in the ladies.

The committee don't seem too keen on the idea.

I wonder if any members have a view?

Funny dunny

At City Rail I experienced Bardon Park's high-tech loo. One lady member confessed she could find neither paper or towels. They are there, but you have to press a button. Another bit of technology flushes the loo when you wash your hands. The musical accompaniment is a pleasant convenience. A brief survey of members suggested that port-a-loos would be welcomed at some runs – even without push-buttons and a hidden orchestra.

Secretary Delia commented:

"At this stage the Committee is loath to add to the costs of Sunday events if this would mean fees need to be raised. If portable toilets are supplied at Jorgensen there are other venues where their use would be just as justified. The committee can however get some quotes for consideration and is happy to have feedback from members on this issue. Personally I dislike portable toilets and don't think our numbers are large enough to warrant their use but perhaps we have volunteers for the new role of Kenny?"

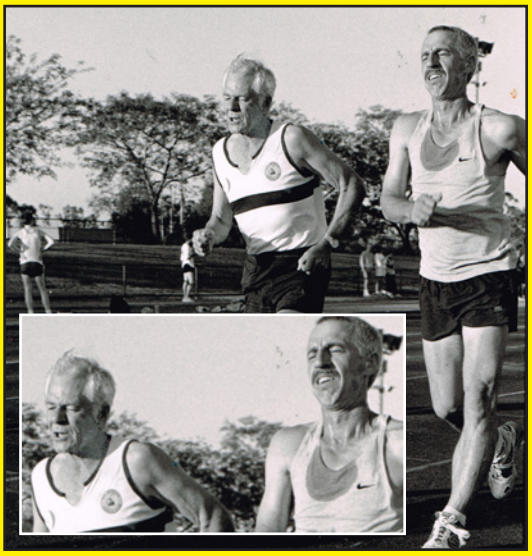
(Thanks to Rob Shand for the inspired headline above this piece of deep-thought!)

Do mind how you go!

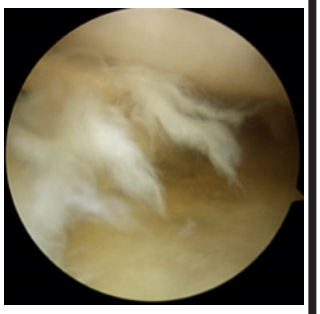
OK, I won't go on about Jorgenson being dangerous, but at the start of the CC Champs, director Jim Langford warned everyone that the start was the trickiest part, with lots of rocks just waiting to trip us. The experienced know it and go carefully, but visitors need to be given a heads-up. What do you do when they won't listen? My picture was taken

right after the off, with Jim's words still hanging in the air. Wonder if that death's head on her tee-shirt is symbolic?

Ray Hall asked me to use this picture to prove to Tom Lenane that they once finished neck-and-neck. It was about a century ago, before colour was invented.



In My View ...



by the Editor

New picture of the Editor this month shows the interior of my left knee. I don't know how Jeff Whittam's Father Christmas beard crept in. You might have noticed me playing up the limp for all it's worth. In layman's terms, I had an arthroscopic meniscectomy; the medicos call it a clean-up. Encouraging words from Chris Coates at City Rail; he had the same op. seven years ago and hasn't run since!

Susan's our kind of doctor

WE'RE blessed with many medical professionals in Masters, and you know how important it is to find a sympathetic ear when you're injured.

My local GP, Susan Petterson, is one for the honours list. Not only is she extremely lovely, she's fast!

Susan runs with WAMC, but don't hold that against her. In the City to Surf half-marathon last month she was fourth woman, and 38th overall out of 1,919 finishers, in a time of 85:32. Our own Rochelle Rodgers was first woman in 78:34. Though I would never dare ask her age, Susan could have 15 years on Rochelle!

She was just as speedy in sorting out my knee problem, and sending me to a sympathetic surgeon.

City-to-Surf

While searching the C-S website I noted some Masters' names.

In the original distance, 12km City to Surf, Trevor Scott won the M50-59 category in 46:31; Clare Wardle was second W40-49 in 48:20; and John Ranger was 2nd M50-59 with 48:32.

Racecourse

July 30, 2017

Director: Jim Langford

10km Run

Patrick Jones	M45	41:41
Bob Lane	M65	43:01
Chris Lark	M35	44:03
Kim Thomas	M40	44:03

Chris Maher M60 44:07

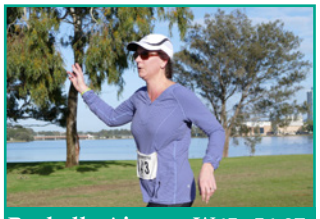
John Pentecost	M55	45:22

Alan Gray M50 48:13

Jim Klinge	M70	47:31
Bob Schickert	M75	1:00:17
*Wheelsie Keillor	M35	1:00:29

Women

Rochelle Rodgers	W30	44:00
Sandra Keenan	W50	53:16



Rochelle Airey W45 54:07

Carolyn Stephens W60 56:59

MAKE a late start and finish first – Rochelle Rodgers can do it! Her pre-race run with Kim Thomas – pictured a few seconds behind with Chris Lark – took a little longer than planned. Right, Bob Lane is on fine form after his Perth marathon, and went to the famed, fast Berlin Marathon for September 24. Below, right, M60 Bernard Mangan won the 5km convincingly.

Lori Sexton W55 57:12

Rebecca MacKinnon	W35	1:12:16

5km Run

Bernard Mangan	M60	22:54
Graeme Dahl	M65	23:40
Bert Carse	M75	23:57
Randy Hobbs	M55	24:15
Maurice Creagh	M70	28:38
Paul Martin	M75	36:41
Irwin Barrett-Lennard	M85	36:51

Women

Margaret Saunders	W60	24:59
Maxine Santich	W65	28:25
Delia Baldock	W55	29:23
Peggy Macliver	W70	30:39
Sheila Maslen	W75	51:02

Paul Martin – 1st M75

Irwin Barrett-Lennard – 1st M85

Medals Day at Racecourse

Presentations Day at WAMC's Burswood clubrooms has become one of our best social events, well-catered by Elaine Dance's team. Various medals and awards are saved up for this day, including those for the Road Race and Road Walk Championships.

Jim Langford directed the morning and Patron John Gilmour did the handshakes! He's pictured below with Wayne Bertram.

Lower picture: Bob Schickert collected one more RRC medal to boost his weighty collection. He was followed in the 10km run by the club's mounted section, Wheelsie Keillor.

10km Run

Patrick Jones	M45	40:17
Keith Hill	M55	43:06
Bob Lane	M65	43:07
Akos Gyarmathy	M60	45:11
Jim Langford	M70	47:43
Grahak Cunningham	M40	49:09
Jackson Wong	M50	50:01
Bob Schickert	M75	1:02:41

Women

Clare Wardle	W40	41:43
Rochelle Airey	W45	53:55
Gillian Young	W70	54:13

Anne Jones W60 54:30

Sandra Rourke W50 55:05

Nedlands

August 13, 2017

Frank Gardiner

AFTER days of seemingly endless rain and storms, the weather moderated sufficiently to greet 111 intrepid runners and walkers with some sunshine for the 2017 Nedlands event.

Although the contorted faces at the 5km turnaround suggested otherwise, I gathered that most competitors enjoyed their Sunday morning. Thanks to all the helpers who contributed their time to ensure that the day turned out well, despite the threat of inclement weather. ***Frank***

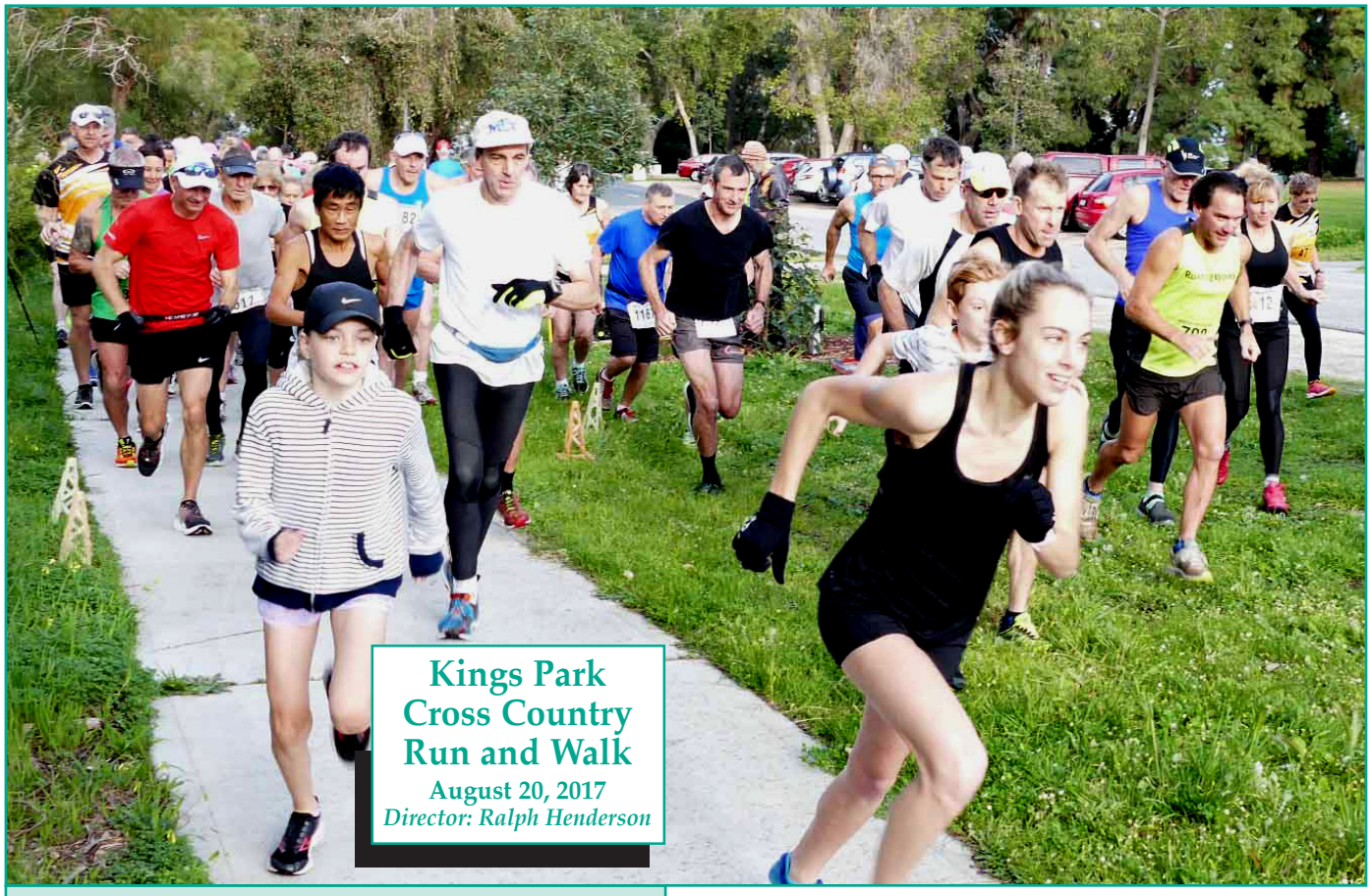
Elizabeth McFarland W55 55:54

5km Run

Steve Weller	M40	18:18
Jim Klinge	M70	22:44
Paul Hughes	M65	23:04
Tristan Bell	M50	24:44
Dante Giacomin	M45	28:13
Wayne Taylor	M55	28:25
David Carr	M85	35:01
Paul Martin	M75	37:24

Women

Margaret Saunders	W60	23:25
Renia Niderla	W55	26:48
Peggy Macliver	W70	31:48
Theresa Howe	W65	33:25
Sheila Maslen	W75	49:58



Kings Park Cross Country Run and Walk

August 20, 2017

Director: Ralph Henderson

Youthful enthusiasm shows at the start; below Eamonn McNulty and co. have settled their pace rounding May Circle's road-works. **Pics: Vic Beaumont and Vic Waters.**

APOLOGIES for the rather cramped start again, which is due to the Kings Park authorities requiring us to avoid the grassed memorial area.

This year I extended the running course down the sand track to make up the distance. The roadworks fencing at May Circle added to the challenge.

At least the weather was perfect and the conditions underfoot were good and firm.

I hope that the walkers enjoyed the choice of a short 4km or long 7.5km course. Unfortunately it is not possible to avoid the double road-crossing on the walk.

Highlight

The highlight of the results was Trevor Scott winning the 10km run by a significant margin for the third year in a row and being the only member able to consistently run under 40 minutes on this course.

My job was made much easier by having sufficient willing helpers and as a result we had a very successful event.

So a big thank you to marshals Elaine, Peter, Herman, Paul and Alan; timekeeper Samantha; recorders Anne and Nicki; and drinks Mercurio and John. I trust everyone enjoyed themselves and will, I hope, be back next year.

Ralph

Thanks Ralph ▲
and helpers ▼

Sub-4 pace in the park

Trevor Scott relishes cross-country. His sub-4min/km pace won first place for a third year and left fast younger runners, such as Patrick Jones and Kyle Eagar trailing (right). Inset picture shows Trevor's ground-eating stride.

Previous page: that's Renia Nideria (first W55 in the 10km) collecting from Mercurio at the water table. Right, Nicola Hibbert leads this group on the first return leg. Below, John Fisher ahead of Jim Klinge, Peter March and more.

10km Run

Trevor Scott	M55	39:23
Patrick Jones	M45	41:42
Kim Thomas	M40	43:43
Alex Tinniswood	M35	45:35
Simon Johnson	M30	47:02
Ian Carson	M60	47:15
Jim Langford	M70	48:19
Alan Gray	M50	48:50
Andrew Thorpe	M65	1:03:54
John Pellier	M75	1:11:49

Women

Rochelle Rodgers	W30	43:42
Clare Wardle	W40	47:58
Renia Niderla	W55	54:50
Sandra Rourke	W50	56:26
Erica Blake	W60	1:18:09

5km Run

Tommy Glackin	M35	23:39
Jim Klinge	M70	23:40
Russell Smith	M55	25:47
Brian Danby	M65	28:02
Hamish McGlashan	M80	32:29
Greg Wilson	M70	35:56

Women

Margaret Saunders	W60	24:05
Maxine Santich	W65	27:17
Carmel Meyer	W55	29:09
Sue Gibbons	W50	29:52
Marilyn Garbin	W45	33:17
Marg Forden	W75	44:35
Jan Jarvis	W70	56:43

Darlington Dash

September 3, 2017

Director: Delia Baldock

HOPE you all enjoyed your Father's Day – and thanks for all the appreciative comments. The day dawned and blossomed favourably on our beautiful hills trail and we had a great field for the trophy competition for partners, where one does the short course and the other the long run.

Newcomers Jason and Sheryl Woolley and Michelle and Matt Skellern were very closely competitive in their first attempt at this event, but Karen and Peter March, bravely coming back from injury, took out the honours once again. Herman and Nicki du Plessis were coming 5th – I thought – but my mistake, they both tackled the 14km!

Well done everyone and special thanks to all my wonderful helpers.

Delia Baldock

Superheroes of the Mr & Mrs Race – Karen 'Mighty Atom' March and her trusty wingman – regain their trophy. Also, special commendation must go to the valiant walkers, who ventured out of their element to walk cross-country, up and downhill. All their results are below.

14km Run

Jason Woolley	M45	1:02:52
Ian Carson	M60	1:05:02
Peter March	M55	1:05:06
Herman du Plessis	M50	1:08:22
Bob Colligan	M60	1:10:01
David Baird	M70	1:12:17
Bob Schickert	M75	1:28:19
Frank Price	M65	1:57:24

Women

Renia Niderla	W55	1:13:03
Alicia Edwards	W45	1:32:27

7km Run

Alex Tinniswood	M35	29:53
Rod Hamilton	M55	30:47
Bernard Mangan	M60	33:36
Mercurio Cicchini	M65	35:15
Dante Giacomin	M45	40:05
Irwin Barrett-Lennard	M85	49:10
Greg Wilson	M70	49:15

Women

Margaret Saunders	W60	33:51
Nicola Hibbert	W35	34:23
Karen March	W55	36:09
Rochelle Airey	W45	40:04
Theresa Howe	W65	46:02
Charlotte Webb	W40	46:40
Lynne Schickert	W75	59:52
Kathy Skehan	W50	1:00:31

1:41:15	Karen & Peter March
1:44:35	Sheryl & Jason Woolley
1:46:03	Michelle & Matt Skellern
2:08:36	Sophia & Ian Carson
2:28:11	Lynne & Bob Schickert

Sophia Carson

7km Walk

Johan Hagedoorn	M70	50:37
Su Lloyd	W65	1:03:00
Joseph Patroni	M60	1:03:01
Sofia Carson	W55	1:03:34
Nick Miletic	M65	1:06:04
Gail Castensen	W60	1:06:04
Bob Fergie	M80	1:07:13
Jeff Whittam	M80	1:07:14
V8		1:10:09
Julie Storey	W40	1:12:48
V9		1:12:49
Jo Richardson	W65	1:13:00
Julie Wood	W65	1:13:01
Pamela English	W70	1:13:01
Brian Bennett	M70	1:20:48
Rex Bruce	M75	1:20:49

RRC in short

Marg Saunders, the W60 generally at front in shorter Sunday events, stakes her claim for the new short-course RRC prize. Ahead of her at Claypit was M55 Rod Hamilton (left). Also with an eye on the new RRC, was colourful M50 Colin Smith (below). W55 Sue Hamilton (below left) was just pipped by another W55, Karen Hill. The RRC ends with the Mattagarup 5km on October 8. That's after this *Vetrun*'s printed – so please go to the club website for the final age-group places.

Claypit Start: well, that's how I saw it. But I was on a lot of drugs that day, even before my chair collapsed. VW

● *Photographers: Russell Smith joined the usual team of Vic Beaumont and Vic Waters, for the events and the following AGM.*

Above, Angela Italiano, first 10km W35 is clocked in by Carol Bowman. Right, in the 10km Nicki du Plessis (W45) first woman overall. Below, Ivo Davies 1st 3.7km M70; Maria LePage 1st 10km W60.

Claypit Circuit

September 10, 2017

Directors: Jeff and Dorothy Whittam

THE bad weather forecast earlier in the week did not eventuate, fortunately, but it may have deterred some as numbers were down slightly on last year.

Winners were: Margaret Saunders, Clare Wardle and Nikki du Plessis in the women's short, medium and long runs; Rod Hamilton, Patrick Jones and Tony Smith in the men's runs. Sue Lloyd and Karen Tolardo were first in the women's short and long walks; Johan Hagedoorn and Mike Hale in the men's events.

Our thanks go to all who volunteered to help: Sheila, Patricia, Carol, Michele, Janet, Angela, Wendy, Lorna, Margaret, Gina, Tristan, Irwin, Lucio, John, Milton and Alistair: plus Sandi for looking after the visitors, Ross for the timing equipment and Elaine and John for the breakfast. ***Dorothy & Jeff***

10km Run

Tony Smith	M45	38:08
Grahak Cunningham	M40	42:04
Peter March	M55	43:39
Ian Carson	M60	44:19
Herman du Plessis	M50	45:43
David Baird	M70	51:00
Brian Danby	M65	54:49

Women

Nicki du Plessis	W45	48:06
Karen March	W55	50:02
Maria LePage	W60	54:10
Claire Walkley	W50	55:28
Barbara Blurton	W65	56:22
Angela Italiano	W35	1:10:27

6.8km Run

Patrick Jones	M45	27:48
Alex Tinniswood	M35	29:23
Keith Hill	M55	29:31
Ralph Henderson	M65	30:46
Bernard Mangan	M60	31:11
David Adams	M40	36:57
David Carr	M85	40:04
John Talbot	M70	42:26

Women

Julie Wilson	W60	37:45
Carmel Meyer	W55	38:49

3.7km Run

Rod Hamilton	M55	15:11
Jim Klinge	M70	16:38
Geoff Vine	M65	16:40
Colin Smith	M50	17:30
Ivo Davies	M70	21:25

Women

Margaret Saunders	W60	16:28
Karen Hill	W55	18:57
Marg Forden	W75	31:30
Irene Ferris	W65	31:30

Amazing Aussie endurance-runner coming to Perth

DIPALI Cunningham is a great Australian runner you probably haven't heard of. She has lived in the USA for 35 years and has raced almost exclusively in North America but still calls Australia home.

Small in size and quietly spoken, Dipali's running achievements are towering by any standards, especially in the field of multi-day running.

A netballer in her youth, Dipali only started running when she was 21, pushed into it by her brother who was dragging her along to a lot of Melbourne races in his own attempts to get under two hours thirty for the marathon.

She watched the races from the sidelines and was impressed by the runners' attitude in general and the positive self-image they carried. Soon she joined in and started training seriously.

"After a while it became a way of life," she says. "Running is the best way to start the day."

Dipali got nippy over distances up to and including the marathon (her marathon PB is 3:07) but when she moved to New York she discovered her forté, ultra-running.

Sri Chinmoy

Each year the Sri Chinmoy Marathon Team hosts a 47-mile (75.6km) event and Dipali has put her own stamp on this race, winning it 27 times.

The race takes place on her birthday. Even in 2015, on her 57th birthday, she won the race in 6 hours 42 minutes – which is only about half an hour longer than what she was doing when she was 31.

"I think it teaches me that age is in all in the mind," she says.

6-days running

After winning a number of 10-day, 700-mile and 1,000-mile events, Dipali started focusing on the classic 6-day race. Since 1998, she has won the Sri Chinmoy Self-Transcendence 6-Day Race an amazing 18 times in a row.

In 2001, aged 42, she surpassed her own female world record by running 820 kilometres.

Dipali often uses meditation to cope with the mental and physical challenges of ultra-running.

"I just try to compete with myself, do the best I can and rely on grace."

True. But Dipali definitely has a competitive streak and extraordinary talent. You have to have those qualities to win so many races.

Born to Run

In 2009, Pam Reed of 'Born to Run' fame entered the Sri Chinmoy 6-Day Race and arrived with a huge entourage.

A multiple winner of the outright Bad Water Marathon, Pam had handlers, photographers and medical assistants all in tow. You name it Pam had it.

She also declared her intention to break all sorts of 6-day records and this got Dipali very motivated.

They had an epic battle, and at age 50 Dipali took victory, running further than any other female had in 6 days – 513 miles (825 km).

Pam ran 788 kilometres and, needless to say, both of them blitzed the rest of the field. Dipali didn't last the awards ceremony though. She passed out from exhaustion on the dais.

So, what was better: defeating one of the best female ultra-runners at the time and setting a world record, or doing a PB?

"Definitely the PB. The whole thing was like a dream. It was such a thrill to transcend my best and gave me such a feeling of accomplishment."

And what does running mean to her?

"It is a way to feel good about yourself. It gives me real inner and outer strength and makes me feel I am the person I am meant to be."

Dipali Cunningham will be visiting Perth on October 31 and is keen to share some secrets on nutrition, injury management, motivation strategies, meditation and running, longevity and love of running. No matter the level of your personal interest in running, you will find Dipali's stories and running tips entertaining and inspiring. She will be speaking and answering questions at 7pm at the Subiaco Community Centre, 203 Bagot Road, Subiaco. Her talk is sponsored by the Sri Chinmoy Centre. There is no charge and light refreshments will be served – but please register your interest on 6161 4156.

Dipali's record:

- 36 multi-day races completed;
- 30 first place finishes;
- 12 times overall wins (beating all men and women in the race);
- 1st ranked in the world and 3 world records — 6-day race (women):
- 1998 811.1km/504 miles;
- 2001 820.7km/510 miles;
- 2009 (best) over 50 years old 825.5km/513 miles;
- 3rd ranked woman in world for 1,126km/700 miles;
- 4th ranked woman in world for 1,069km/1,000 miles;
- 33 Australian National records (24 hours to 1,000 miles);
- 2014 American US age group record 55-59 years 764.4km/475 miles.

Thanks to Grahak Cunningham for this story. Grahak (Masters' own holder of the Australian 1000 mile record and four-times finisher in the New York 3100 mile race) is not related to Dipali.

Running with the ghost

IF you did the Weir Run in the days when Jim Barnes directed, you'll remember his telling the tale of the 'ghost runner' – John Tarrant.

Tarrant was dubbed a 'professional' and denied the right to represent his UK homeland, despite qualifying for the Rome Olympics.

He was a victim of the hierarchy's 'them and us' attitudes, the same snobbish system as the 'gentlemen and players' thinking that ruled English cricket.

For younger athletes of today, when nations pay gifted athletes to switch nationality and represent them, it must seem ridiculous!

Alive and running

Much to the annoyance of the establishment, who might have preferred him to be a spectre, John Tarrant stayed very much alive and running.

Bert Carse, one of our club's finest attests to it, because he ran with 'the ghost'!

"I knew the story about John having won a small amount of prize money and losing his amateur status," Bert told *Vetrun*.

"He tried to join a running club but failed to be accepted because he was considered to be a professional sportsman.

"This did not deter him though, and he used to join in at the start and drop out at the finish."

Later, an amnesty was declared, allowing John to compete in amateur races.

Said Bert: "He finished second in the AAA Marathon Championships in 1960, but after running a qualifying time for the Rome Olympics, he was told the amnesty was only domestic.

"The Olympic committee led by Avery Brundage would not allow him to take part."

Military times

A year after this Bert Carse ran as a 19-year old member of Territorial Army regiment team (432 (City of Edinburgh) LAA Regiment, R.A (TA) which won the TA cross-country championship at Colchester.

And … the individual winner that day was John Tarrant of the 1st Herefordshire Light Infantry.

Bert was destined to see a lot more of the ghost.

"In 1963 I was selected for a TA cross-country team, along with John and his brother Vic.

"We competed in a match, TA v British Army (Regular) at Lichfield, where John finished 7th. I was 13th, and Vic

15th. (The individual winner was Ernest Pomfret of the British Army who later competed in the Steeplechase in the 1964 Tokyo Olympics.)"

WA running

For Masters, Jim Barnes established the John Tarrant Perpetual Trophy that goes to first home in our 10km leg of the RRC.

"I always take pleasure in my personal memories of John and his brother Vic," said Bert, "and when I won that particular trophy it had special meaning for me."

Bert's running career as a veteran/Master in WA has been outstanding, with countless age-group victories and records. Now in the M75 category, his name appears yet again in the annual list (see page four) with two 5,000m State records.

Although he ran as a young man in his native Scotland he might never have encountered the Tarrants were it not for an enthusiastic TA Warrant Officer met at an Edinburgh cross-country event.

"I narrowly missed National service (conscripton) but I was one of the volunteers, persuaded by this WO to become members of his regiment. He was a PTI (physical training instructor) but a non-runner!

"I was 19 years old and a junior member of Braidburn Athletic Club. The others

Bert Carse, pictured left at City Rail, is still setting records as an M75. Above, Bert aged 19 (behind the cup, third from left) with his victorious TA cross-country team.

came from four other clubs, which all amalgamated later to become Edinburgh Athletic Club.

"I had no military training prior to joining the TA apart from the Boys Brigade, which included sport and drill marching competitions.

"1963 was my last year with the TA and although I enjoyed my time I did not go on to become a regular soldier. I was fortunate to have experienced being an athlete and soldier, even though part-time.

"Bridget and I married in 1963 and I continued running competitively until 1966 when we emigrated to Western Australia and I joined the WA Police."

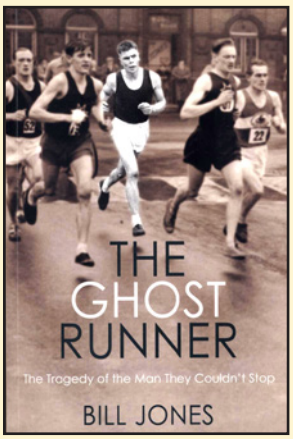
Bert came back to athletics much later, in 1985 when "I returned to the fold, and became a member of WAVAC at the ripe old age of 44 years!"

(That was a day that many in his age-group rue! VW)

"I am only one of the many the ghost runner made contact with," Bert said.

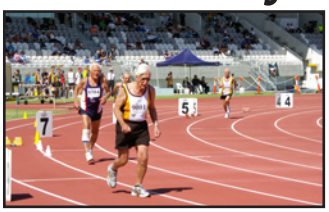
"It is remarkable that his name continues to circulate as it does – whether via the internet and Wikipedia – or by the John Tarrant Trophy donated by Jim Barnes – and now in my case through the *Vetrun*!"

THE GHOST RUNNER
1933-1975
John TARRANT



He earned 17 quid boxing, was banned from athletics clubs and the Olympics – and became a legend. If you want to read more about this indomitable man, there are several books – like this original one by Bill Jones – available online.

VALE
Peter Kennedy



One of our most senior members, Peter was born in April, 1920 and died last month. Once an Australian representative hockey player, and a lifelong multi-sportsman, Peter joined Masters late in life. He immediately set about making records in all the categories from M80 upwards. An insightful account of his life, including heroic service in WW2, was written by Post editor Bret Christian in the September 16 edition. It can be obtained by contacting postnewspapers.com.au

NEW MEMBERS – WELCOME

1657 GARBIN: Marilyn W45
1658 SKELLERN: Matt M45
1659 SKELLERN: Michelle W45
1660 WOOLLEY: Jason M45
1661 BRYSON: Liz W65
1662 ISKRA: Mish W40
1663 O'LOUGHLIN: Bonny W45
1664 GOWER: Amanda W35

Mullaloo Magic
September 17, 2017
Directors: Mike Anderson and Johann Hagedoorn

Hills and whales

APPROXIMATELY 100 competitors including a large contingent of visitors braved the challenging, hilly course(s) for the 13th running of our 'Magic' Race along the spectacular Mullaloo-Burns Beach coastal path.

Ours is an easy course to follow because the path is mostly fenced on either side. But it isn't easily flagged since the edges by the path are limestone.

The fencing has meant that the 5km turn is actually closer to 3km than 2.5km as it's just not practicable to make a turn with a water station before the open area at Ocean Reef.

We plan to accurately measure this short course with the club wheel to establish an accurate figure ready for next year.

We have decided also to have the start – as the finish – at the base of the chute.

We may well have to make adjustments for 2018 and course changes in future years as the major development of the Ocean Marina – so long threatened – is due to begin at long last.

There was a bonus for competitors who chose the longest distance in that they got good view of a mother humpback whale with her calf sheltering at Burns Beach!

Our volunteer marshals arrived in good time and performed their given roles cheerfully and efficiently.

Nor would we overlook those members who weekly bring the clock and other equipment and thereby lighten the loads, literally, of the race organisers. This helpfulness is what makes our club so good to be part of.

We warmly thank ALL competitors, runners and race walkers, however quick or slow and we look forward to seeing you all again at next year's 14th 'Magic.'

Mike & Johann

13km Run

Kyle Eagar	M45	50:54
Peter March	M55	58:55
Ian Carson	M60	1:00:15
Grahak Cunningham	M40	1:00:26
Jim Farr	M50	1:06:21
David Baird	M70	1:07:25
Brian Danby	M65	1:17:19
Bob Schickert	M75	1:24:14

Women

Sue Zlnay	**W55**	**1:03:20**
Nicola Hibbert	W35	1:10:03
Julie Wilson	W60	1:19:35
Julie Storey	W45	1:34:10
Ali Morgan	W50	1:43:26

8km Run

Bob Lane	M65	34:36
Rod Hamilton	M55	36:37
Mark Kerr	M45	38:09
Keith Miller	M65	43:09
Alastair Wallace	M60	51:49

Women

Karen Hill	W55	47:42
Phillippa Greenwood	W30	1:13:31

Youngsters have always been welcomed by the club – even when they clean us up! Kyle Eagar and 11-year old son Zak (who boxes and runs) had a double victory, junior in the 5.4km, dad in the 13km. Left, Sue Zlnay makes a habit of winning Magic. I took this picture of her doing so in 2009, in pre-colour Vetrun days. Below, Delia presented Liz McFarland with her Achievement Award (delayed from the AGM because our new meet-and-greet hostess Liz was on a bike tour.)

5.4km Run

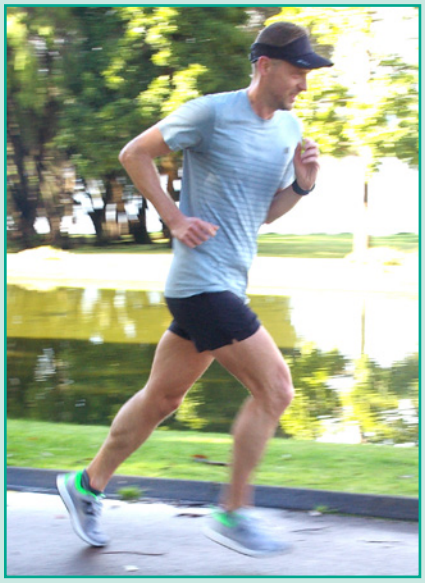
V13		23:38
Margaret Saunders	W60	26:09
Elizabeth McFarland	W60	30:44
Delia Baldock	W55	33:29
Jan Jarvis	W70	46:12
Irene Ferris	W65	46:56

Men

Jim Klinge	M70	27:11

Raymond Gimi	**M50**	**29:00**

Topsy-turvy times at Bardon Park, with water, water everywhere, but no rain falling. Also director Claire Walkley swapped with Rod Hamilton. ***(Tough Rod, you might have won the short RRC!)*** **Lots of events were rolled into this meeting. Below, Gillian Young and Keith Miller won the 10.7km handicap; below right, Patrick Jones was** 'first man finishing' **the RRC 7.3km; while Hamish Mcleod was** 'last man starting' **the handicap; and Keith Atkinson – was he cooling his heels before the start?**



City Rail

September 24, 2017

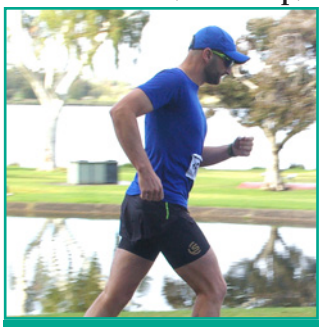
Director: Rod Hamilton

10.7km Run (Handicap)

First seven runners in the handicap were visitors, before Keith Miller came in. Gillian Young, off a similar handicap to Keith, was first woman.

Keith Miller *	M65	1:08:55	
	15.05	53.50	
Gillian Young	W70	1:11:01	
	15.37	55.24	

10.7km Walk (Handicap)



Robbie Pringle

Robbie Pringle	M35	1:09:46	
	16.00	53.46	

7.3km Run (RRC)

Patrick Jones	M45	29:18
Alex Tinniswood	M35	29:56
Keith Hill	M55	30:47
Jim Klinge	M70	32:30
Frank Gardiner	M65	33:02
Bernard Mangan	M60	33:48
Jackson Wong	M50	34:21
Bert Carse	M75	35:46
David Carr	M85	43:03
Hamish McGlashan	M80	46:54

Women

Margaret Saunders	W60	34:02
Sandra Keenan	W50	36:46
Karen Hill	W55	38:23
Barbara Blurton	W65	39:08
Janne Wells	W45	48:17

HELPERS

8 October 2017 – Mattagarup Run

Race Director: Wayne Pantall – 0415 684 368
Maureen Keshwar, Sylvia B Szabo, Sylvia J Szabo, Bob Cavin, Richard Danks, Peter Brooke, Prabuddha Nicol, Maria Le Page, Michael Le Page, Jackie Kellerman, Lisa Searle. Spare – Heather Staborough.

15 October 2017 – Yokine GOT

Race Director: Erika Blake – 0412 791 357
Pamela English, Ian Carson, Sofia Carson, Lesley Romeo, Wendy Farrow, Bert Carse, Bridget Carse, Greg Wilson, Julie Wilson, Marie Fitzsimons. Spare – Mei Law, Katrina Tyza.

22 October 2017 – Kalamunda Railway

Race Directors: Bridget & Bert Carse – 9293 4934
Richard Blurton, Kerriann Bresser, Alex Tinniswood, Blakeney Tindall, Sue Bourn, Bob Lane, Chris Coates, Howie Ward, Sue Zlnay, Eamonn McNulty, Graham Thornton, Paul Scott-Taylor. Spare – Jackie Hearne, Andrew Duncan.

29 October 2017 – Cliff Bould Trophy

Race Directors: Stuart & Rebecca MacKinnon – 0419 966 972
Lynne Schickert, Bob Fawcett, Carolyn Fawcett, Mark Dawson, Su Lloyd, Joe Patroni, Raymond Gimi, Frank Price, Denise Newport, Bob Fergie, Genevieve Adams. Spare – Adelle Banks, Sarah Ladwig.

5 November 2017 – Bibra Lake

Race Directors: Nick Miletic & Gail Castensen – 9419 7890
Alicia Edwards, Monique Scourse, Allan Billington, Tina Franklin, Kim Chandler, Carolyn Stephens, John Mcshane, Paul Odam. Spare – Xander Van Rijen, Sandra Voesenek.

12 November 2017 – Safety Bay

Race Directors: Elaine & John Dance – 9593 4607
Pamela English, Winn Scott, Fiona Cousins, Tristan Bell, Gina Bell, Allan Billington, Mitch Loly, Jeff Snook,Sandra Voesenek, Xander Van Rigen. Spare – Haydn Gawne, Ray Attwell.

19 November 2017 – Perry Lakes

Race Director: Jane Elton – 9355 5552
Andrew Cuthbertson, Elaine Dance, Roger Walsh,Virginia Mulvey, Hamish Mcglashan, Jim Klinge, Sim Johnson, Ralph Henderson, John Hillen, Claire Walkley, Cecil Walkley, Mike Walter, Jan Walter, Haydn Gawne. Spare – Jon Storey, Julie Storey.

26 November 2017 – Gwelup Lake

Race Directors: Akos Gyarmathy & Elizabeth McFarland
Bob Colligan, Marion Kavenagh, John Ranger, Roger Walsh, Johanna Leahy Marstrand, Carol Bowman, Irene Ferris, Andrew Roddy, John Fisher, Melinda Fisher, Clarke Hendry,Sandra Stockman, Renata Niderla. Spare – Kevin Johnson, Dave Scott.

3 December 2017 – Garvey Gusto

Race Directors: Gillian Young & Mark Sivyer – 9295 1754
Melissa Hynds, Jane Elton, Patricia Ainsworth, Gerry Dennison, Janice Bertram, Wayne Bertram, Bryant Burman, Joanne Burman, Hamish McLeod, Jacinta Berlingeri. Spare – Kyle Eagar, Paul Scott-Taylor, Steve O'Halloran.

10 December 2017 – Mosman Park

Race Director: Paul Hughes – 0412 513 348
Sheila Maslen, Rochelle Airey, Keith Atkinson, Carolyn Stephens, Akos Gyarmathy, Elizabeth Mcfarland, Charlie Chan, Erika Blake, David Roberts, Cassie Hughes, Gary Fisher, Bob Lane. Spare – Ante Perdija; Rod & Susan Hamilton.

Where they're running

MONDAY
Point Walter 8km; 6pm. Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)
McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@digitalk-nightz.com; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)
Perry Lakes grass circuit near Hockey Club rooms; 5.45/6.30pm.

WEDNESDAY
Marathon Club, Burswood; approx 4.30pm; 15km-20km. Contact John Bell – 9386 6975.

FRIDAY
6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY
DC's group at WAAS; 8-945am; track training – all welcome. Cost $3.80 seniors – $6.70 others; pay at the door. Contact davidcarr@bigpond.com
parkrun – go online to parkrun.com for details of many locations around Perth.