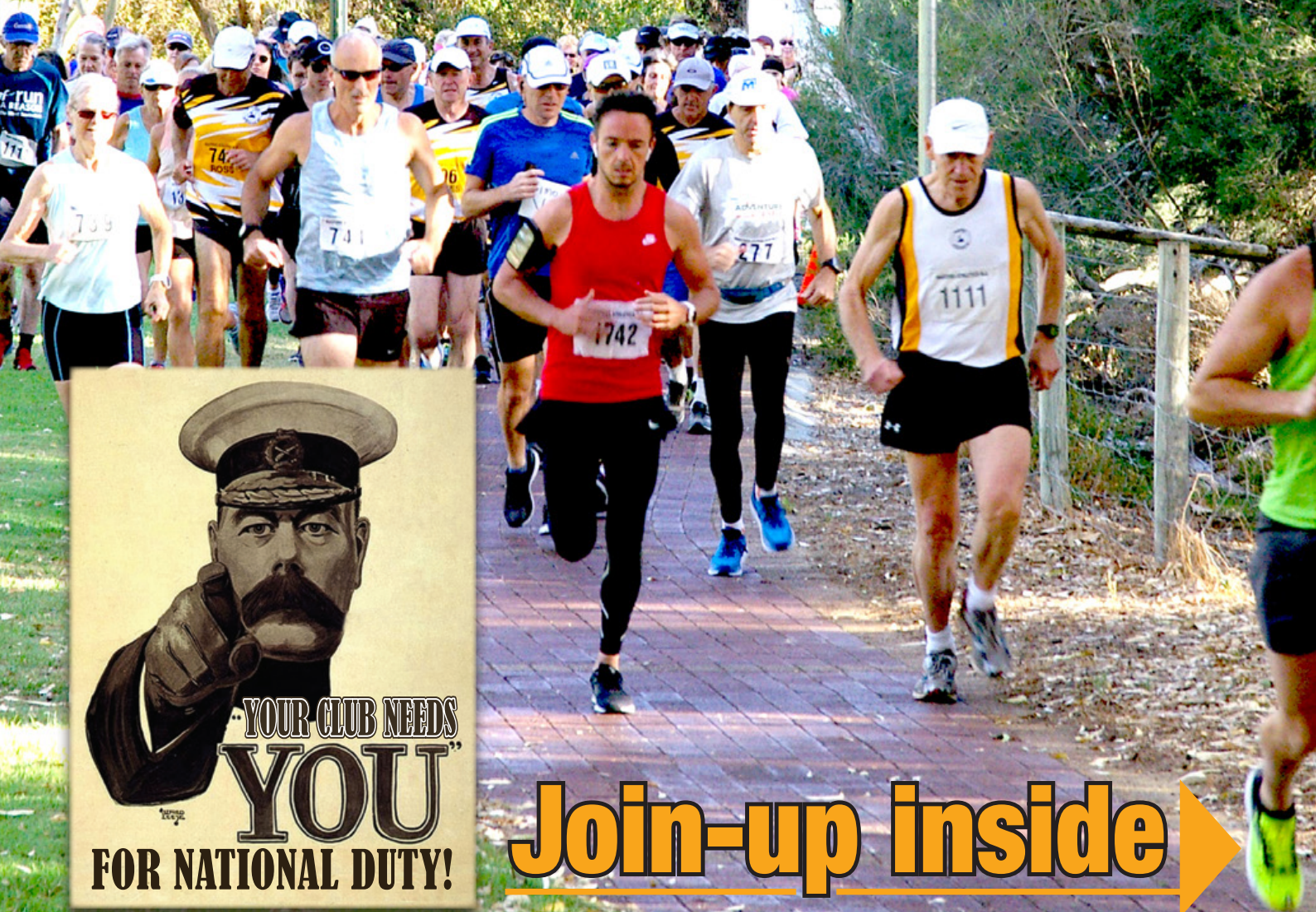


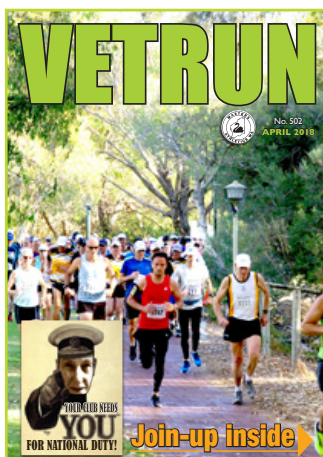
VETR UN



No. 502
APRIL 2018



Join-up inside ▶



Cover – start of the annual Joondalup event.

NEXT EDITION: Vetrans No. 503 will be published in June 2018.

In this edition ...

You Write;	
Elleker Half-Mara	P3
Piney Lakes	P4
In My View...	P5
Friendship Run	P6-7
Woodbridge	P7
Woodman Point	P8-9
Australia Day Run	P9
Lake Monger	P10-11
Joondalup	P11
Age-Graded Handicaps	P12
David Brown writes...	P13
Vale Alan Pomery	P14
3 Ps	P15



Speedy new member Andy Brown, M55, wins the 3Ps 5km; see P15.

Helpers; New Members; Where they're running P16

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: 9293 0190

Clothing:
Colin Smith
colinsmith@netspace.net.au

Patron:
John Gilmour

Volunteers needed for Nationals service

VOLUNTEERS are called for to help at the National Championships that we are hosting in Perth, April 26-29, 2018.

We are very excited to have received 573 entries and now need lots of helpers to ensure the event runs smoothly. If you can help on any of these days please contact our Volunteers Coordinator Margaret Langford at: margaretlangford@iinet.net.au



Gallipoli Run

REGISTRATIONS are open for this year's Gallipoli Run on April 22.

This 4km or 8km event is run by AWA in honour and support of our war veterans.

To enter please go to the link below: Gallipoli Run Perth 2018



THE 30th 10km TRACK HANDICAP will be held at 7pm at MCGILLIVRAY OVAL on APRIL 12, 2018. This is 17 days before the National Track & Field Championships. The weather is usually cool with very little wind, the track is grass on a cinder base which is quite fast so this could be a good final hit out before the Nationals.

There will be a BYO barbeque after the event. Entry form is below and copies will also be available at club runs.

Jeff & Dorothy Whittam

Entry form for the 30th CLUB 10km TRACK HANDICAP on APRIL 12, 2018 at MCGILLIVRAY OVAL, University Sports Ground. Start 7pm.

ENTRY \$5:00 (WITH ENTRY FORM)

NAME AGE GROUP

NAME AGE GROUP

Entries to: Jeff Whittam, 49 Holland Street, Wembley WA 6014
Tel: 9387 6438 ENTRIES CLOSE 8th APRIL, 2018

Friendly comparisons

OUR annual Friendship events in Kings Park with WAMC give an overall picture of members' performances in comparison with those of the mostly younger Marathon club people.

In the 10km Masters filled three of the first 10 spots, nine of the first 20.

In the 5km two of our runners were in the first 10, and 11 in the first 20.

Only two walkers did the long one, and both are Masters. Short walk – 19 competitors, 16 Masters.

Committee action!

* MAWA bid to host the AMA 2020 half marathon has been submitted.

* Large number of new members in February – now 553.

* The club has lost money when members have cancelled their bookings for our camps. From now on payment will be required up front.

* We have just been advised that we cannot hold our Aquinas run due to construction works at the school. An alternative has been found at Curtin. Details on the website and an email sent to members.

* Equipment for the new results system is being delivered and it will be trialled soon.

* We will cancel our Paypal account. It has only been used once since 2014.

• With the Australian and World Championships forthcoming, there will be track competition at WAAS this winter as follows: April 3, 10 and 17 plus all Tuesdays in August.

• The club has applied for a grant from Canning Council to purchase new track and field equipment.

• After close of the renewal period, the club had 520 members.

• Our thanks to three new Race Directors: Alan Gray, Trevor Scott and Randy Hobbs.

• After many years as Race Directors, Jeff and Dorothy Whittam will be retiring at the end of 2017. We have decided that from 2019, the Track Handicap will be held at ECAC.

• The new Bold Park run is a very challenging 3km course, so we will just be offering 1 or 2 lap options for the two GOT trophies. We are yet to decide whether walkers will have a separate course in Perry Lakes.

* The club will be applying to host the 2020 AMA Half Marathon Championship, which would be held in May.

• MAWA nominees for AMA Awards have been submitted.

Elleker Half Marathon long weekend – June 3



by Basil Worner

THIS popular half on a flat, scenic course near Albany has attracted more than a hundred participants in recent years with many runners from the Marathon Club and Bunbury taking the trip south.

In recent years, a 10km support event has also proved popular and the organisers are now featuring a 10km walk, billed as 'self-regulated' to attract keen walkers who may not quite achieve the authentic Olympic demands – but still 'walk'.

Children under thirteen years will be able to enter a 2km 'dash'.

Entry fee for the half is \$50, for 10km events \$40 and the entry form may be found at www.albanyaths.myclub.org.au

In its 22-year history, the Elleker has enjoyed ideal running conditions and a two-lap course which includes a tree-lined road through a rural landscape.

Because it has only one short, gentle rise of barely 200 metres, it is generally described as a "fast course". You can see the details of the course and the event on the website.

This is a genuine country club run which features a big range of prizes and a lunch in the quaint little Elleker Hall.

You will enjoy the experience but beware: it is a long weekend with other features such as a vintage car race through Albany and vineyard-visiting.

Accommodation in the town tends to be limited so the message is: get in pretty early.

You Write ...

For marathon fans, Jim Barnes writes about Alan Morton.

ALAN ran his first marathon, the Slough Marathon in Buckinghamshire, UK, in 1978. "It poured with rain," he said, "and I missed the train home."

Now in his late seventies, the Welshman has run over 400 marathons and ultras. Alan says his family and friends think he is mad doing all the running he does, which now typically includes about 20 marathons a year.

He is also a frequent starter in the Yakima River Marathon in Washington State. Alan does his regular training run with his dog, who he says "knows his way home and leaves when he has had enough."

(Source: *The Messengers*, Malcolm Anderson)



Sunday, May 13 at Curtin Stadium

Aquinas isn't available this year and Curtin Stadium – Kent Street approach – is the replacement venue. Events are 5km, and 10km R&W; 8am start.

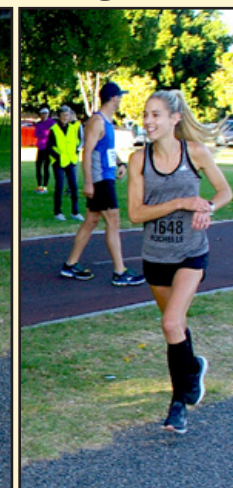
Events Calendar

Like me, you might need guidance to find and use the website events calendar for this kind of info.

Go to home page; click Our Club; scroll down and click Events Calendar; use the arrows at top of it to go to the month you want; click the event you want to know about and a page opens up with full info and a map. VW

Here comes the kindergarten!

Well, Kim, Chris and Rochelle were amused by my barracking as they started their Age-Graded runs at the tail-end of a large field. Results and pictures, go to page 12.



You Write ...

HOW reassuring to know that there are still older runners than me (at a young 81) turning out for the weekly Masters events.

Before moving to Sydney we were still referred to as Veterans and of course the monthly magazine and events calendar was simply referred to as the 'Vetrun'. Those were the days when John Gilmore and Cliff Bould were the revered elders.

(Is there still a Cliff Bould event in the season's timetable? – I hope so!)

Like myself, Cliff was a Yorkshire man who came to Australia in 1960 as coach to the British Commonwealth Games team in 1960 and stayed until he died just a few years ago.

He had a dour sense of ironic humour and was never

John Spencer writes after seeing recent publicity around Cecil Walkley

short of an amusing or interesting anecdote. One year he decided to compete in the 10,000 metres at the World Veteran games in Birmingham and as usual set himself a rigorous training schedule for an octogenarian.

Some weeks later at a Sunday club run, on asking him how he had done, he proudly informed me that he won the gold medal for the over '80s. When I congratulated him for such a fine performance (and wearing a WA vest) he smiled briefly, looked me in the eye and with a brief wry smile said:

"Aye, but I was t'only runner over 80!"

How many of us would have been so honest to make such a confession? I suspect only those who run for the sheer joy of running – I think Cecil Walkley would agree! ■

Old guys rule?

COINCIDENTALLY, Rob Shand sent me this filleted version of entrants for the forthcoming Nationals.

According to Rob the oldest entrants in the Champs are on their competition days will be:

John Gilmore	98
Jim Sinclair	90
Irwin Barrett-Lennard	89
Cecil Walkley	89
Stanley Lockwood	87
Rob Shand	86
Osmo Millridge	86
David Carr	85
Colin Silcock-Delaney	85

Wonderful! Let's hope we're all around to swell their ranks in years to come. VW

Check your Healthline

SEVERAL interesting and important health articles received recently will be posted on the club website soon.

They can't all be included in the magazine, so please check *Vetrun Healthline* regularly.





Piney Lakes
February 25, 2018
Director: Ante Perdija



8km Run

Bryant Burman	M40	32:18
Patrick Jones	M45	32:53
Keith Hill	M55	33:47
Ian Carson	M60	35:30
Victor Popescu	M50	37:06
Alex Tinniswood	M35	37:18
David Baird	M70	41:39
Mark Hewitt	M65	41:48
Bob Schickert	M75	51:57

Women

Maree Brown	W50	42:53
Rochelle Airey	W45	44:08
Carolyn Stephens	W60	46:45
Anne Young	W40	48:15
Silke Peglow	W50	48:38

4km Run

Giovanni Puglisi	M65	17:23
Mark Dawson	M55	17:51
Bert Carse	M75	18:34
John McShane	M50	18:50
Geoff Vine	M70	18:58
Campbell Till	M60	19:27
Dante Giacomini	M45	20:46
David Carr	M85	22:21
Hamish McGlashan	M80	24:08
Karen Alford	W50	27:54

Women

Margaret Saunders	W60	18:59
Carmel Meyer	W55	21:06
Bek Milne	W35	21:37
Gillian Young	W70	23:26
Janice Bertram	W45	29:24
Irene Ferris	W65	32:23
Gemma Hildyard	W40	32:31

8km Walk

Johan Hagedoorn	M70	58:10
Elaine Dance	W65	1:03:38
Erika Blake	W60	1:03:38
Lynne Schickert	W75	1:12:18

4km Walk

Haydn Gawne	M70	27:17
Janne Wells	W45	28:15
Lesley Dowling	W60	31:49
John Brambley	M75	34:05
Sofia Carson	W55	35:16
Priscilla Wilson	W35	35:46
Bob Fergie	M80	36:59
Roselyne Pillay	W70	40:34
Brian Dalton	M65	45:23



Age-group 8km best performers grouped at the start are (from right) Alex Tinniswood M35; Keith Hill M55; Patrick Jones M45; and just visible left of Patrick is Ian Carson M60. Far left of picture is Victor Popescu M50.

Below: Bryant Burman M40 was 8km first overall. Left: Maree Brown, behind Julie Wilson here, was first 8km woman. Below left: Haydn Gawne and Janne Wells led the 4km walkers.



Thanks and – seeya soon!



LET'S hope so anyway, as Sandi and Brig will probably be back for a visit next Christmas.

At Deepwater Point we did give a thankyou to the girls for manning the visitor table on so many occasions while they have been staying in Perth. But members who were not present that day may not know of their departure.

They originally met in Perth but moved to Tasmania some years ago, returning a year or so ago for family reasons.

Joan Pellier soon approached them and asked if they could man the visitor table on Sundays which they gladly did for quite a long time. Of course they joined in the walks too.

We're really going to miss Sandi and Brig, wish them well back home and look forward to their next trip to the West.



Ted Maslen Annual Award

MEMBERS will be interested to learn that the City of South Perth presents the annual Ted Maslen University Exhibition Award, a \$3,000 prize for the highest-achieving Year 12 student in the City. Ted, a long-time member of our club, was a Rhodes Scholar, UWA Professor and councillor at the City of South Perth.

* Thanks to Helen Lysaght for reminding us of Ted.



Sadly, Ted died some years ago during a club run from Point Walter. Sheila Maslen, pictured, was Ted's wife.

Real men bring a plate

MOTHER'S Day at Aquinas means clubmen bring the grub, and even though we're at Curtin on May 13, same rules apply. Sweet or savoury, fetch your offerings, blokes, and enjoy the morning tea.

I'm shamed by a word

SOME readers were offended last month when I used 'shamefully' in describing the 51 members who did only one run or walk in 2017.

That was a JOKE.

To avoid such angst in future, I thought I might add (JOKE) after each intended witticism. Trouble is, I do that a lot (joke, that is). JOKE would be everywhere.

So instead, if ever I write something intended to offend I shall follow it with (this is meant to be OFFENSIVE).

By the way, that was a JOKE.

I asked past-editor Rob Shand for his opinion on this approach and he wrote:

"If you are offended by the contents of this edition, which may be politically incorrect, consider the possibility that it might well be true!"

Laid-back AGM of 1978

THE club's AGM was a bit casual in 1978! Thanks to Mike Berry for the picture – but it's a pity he didn't write a caption. Rob Shand and Bob Hayres deserve even more thanks for attempting to name the blurry figures. If you can fill in any gaps – to see the colours you'll need to blow up the pic on a screen – please write.

Best guesses are, from left: Jack Collins (in yellow singlet); David Jones to his left; Val Prescott (white singlet); Bob Fergie (white hat); Merv Moyle (black top); Phil Lennie (standing); Frank Usher; Nora Berry; Cliff Bould (reclining); Gerry Nordyk; Enid Crowther; Noel Goff; John Pellier; Derek Crowther. Then there's a possible Brian Danby and Brad Watson (reclining), a few mysteries, then at the table Rob Shand (in yellow); Bob Hayres and Bob Sammells; and John Gilmour (standing).

In my view ...



The infamous shorts, as worn by the editor!

Want to get into my shorts?

OKAY, that was NOT meant to be offensive.



But some members have expressed interest, and BOA is now on sale in Perth in a wide range of colours and patterns, at Running Warehouse Australia. As an incentive and member benefit for Masters they'll give a 15 per cent discount online or in-store.

Contacts: Megan Gibson, 52 McCoy Street, Myaree or on 1800 959 970. Her online link specifically for the shorts is: www.runningwarehouse.com.au/BOAMensRunning_Apparel/catpage-RWBOAMRA.html

They carry lots of gear for athletes and the general link is www.runningwarehouse.com.au/

Use Discount Code MASTERS15 at check-out to receive 15% off BOA shorts and most other goods, excluding electronics and some already reduced products.



Friendship Run

JIM Barnes, the original instigator of the Friendship event which has now cemented the Marathon Club/Masters relationship over many years has a record of setting up friendly running contests.

Frank Smith tells how, in the 1980s, Jim invited runners from a visiting US warship to a club run. That led

to lifelong friendships for Frank and others. Chris Lark directed this year; good on him and his team for making

Friendship Run

February 4, 2018

Director: Chris Lark

a success of what would be a daunting responsibility even for a seasoned director. The usual huge turnout made their task well worthwhile. VW



Photographer Vic Beaumont is good at picking out newer Masters members, even in such a big field as the Friendship event. Above are Andrew Groass, Jo Shelley (1st W40 5km, 25:16) and Elizabeth Gomez.

Left, Conny Brieden was first W45 in 5km, in 26:46. Right is Bek Milne.



10km Run

Rochelle Rodgers	W30	39:25
Anna Bamber	W35	44:52
Clare Wardle	W40	48:04
Renia Niederla	W55	54:48
Anne Jones	W60	55:40
Sandra Keenan	W50	56:02
Michelle Skellern	W45	1:05:03
Carolyn Fawcett	W65	1:22:32

Men

Kim Thomas	M40	40:24
Robbie Pringle	M40	43:24
Matt Skellern	M45	43:40
Keith Hill	M55	43:44
Bob Lane	M70	44:50
Akos Gyarmathy	M60	45:44
Victor Popescu	M50	47:06
Zane Walsh	M35	48:05
Brian Danby	M65	58:08

10km Walk

Johan Hagedoorn	M70	1:13:22
-----------------	-----	---------

5km Run

Kevin Johnson	M60	20:50
Giovanni Puglisi	M65	20:54
Ian Cotton	M50	22:43
Mark Kerr	M45	22:45
Jim Klinge	M70	23:25
Alex Tinniswood	M35	23:27
Alan Gray	M55	23:38
Bert Carse	M75	24:06
Jason Kell	M40	26:56
David Carr	M85	27:49
Hamish McGlashan	M80	32:17

Women

Sandra Stockman	W50	22:52
Margaret Saunders	W60	24:24
Jo Shelley	W40	25:16
Conny Brieden	W45	26:46
Sue Hamilton	W55	27:17
Liz Dewhurst	W30	31:36
Peggy MacIver	W70	32:41
Joanne Burman	W35	33:40
Sarah Ladwig	W65	35:23

5km Walk

Karyn Tolardo	W50	34:23
Haydn Gawne	M70	34:31
Elaine Dance	W65	40:05
Lesley Dowling	W55	40:07
Janice Bertram	W45	43:54
Joan Pellier	W75	48:36
Paul Martin	M75	55:37
Neil McRae	M65	56:26
Paul Edwards	M45	56:59



... more Friendship!

Jason Wooley (No. 1660, M45) is another newer member and Vic found what looks like a garden shed as a backdrop for this shot of Jason and Anna Bamber (1st M35, 44:52).

Below, Rod Jurich (No. 1719, M65) is ahead of double-credentialled Jason Kell. He was 1st M40, 5km, with 26:56; and also on this page, you'll find he won the Woodbridge 10km handicap!



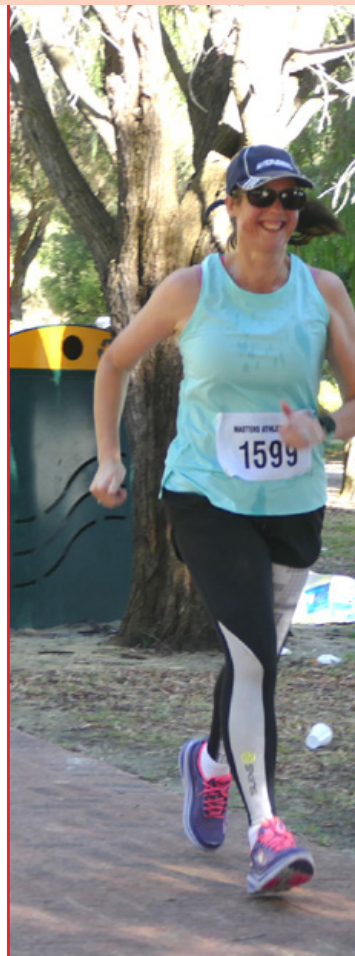
Six years in the planning ...

SO finally it happened! This event was first suggested by John Oldfield around six years ago and we first waited for the Council to install toilets, and then for a slot in the programme. All set to go in 2017, the Swan flooded the week before and the start area was ankle deep in water on race day!

So we all had to wait another year to enjoy this lovely course along the Swan, through open woodland and grassland.

Attendance at around 150 was excellent for a run away from the central Perth area, and many of you who had never been to Woodbridge commented favourably on the running surface and the picturesque course. Many also stayed on to enjoy a coffee at Cafelife in the adjacent park, and we are grateful to the café manager for opening at 7.30am rather than the usual 9am.

With four of the helpers being regular parkrunners at Woodbridge (Jonathon, Abdul, Mike and myself), directing this race was always going to be straightforward. Thanks also to Margaret and Micky at the finish area, and the Edwards family on the drinks station.



And to cap it all, Delia was so excited by the success of the event, she has volunteered to be Race Director next year. Until then.

Richard



Handicap winners: walker Janice Bertram and runner Alicia Edwards – both at Pt Walter, not Woodbridge.

Woodbridge

February 18, 2018

Director: Richard Blurton

10km Run Handicap

Clock H'cap Time

Alicia Edwards W45 1:04:33 4.50 59.43
Jason Kell M40 1:05:12 14.00 51.12

5km Walk Handicap

Janice Bertram W45 44:12 2.22 41.50
Haydn Gawne M70 46:04 12.11 33.53

5 km Run

Patrick Jones M45 19:34
Bob Lane M70 19:42
Kevin Johnson M60 19:52
Steven Hossack M55 20:26
Sandra Stockman W50 21:57
Ralph Henderson M65 22:24
Bert Carse M75 23:04
Hamish McGlashan M80 29:43
Irwin Barrett-Lennard M85 34:42

Women

Nicola Hibbert W35 22:52
Margaret Saunders W60 23:29
Sue Hamilton W55 25:14
Barbara Blurton W65 25:55
Conny Brieden W45 26:11
Sandra Rourke W50 28:17
Jackie Halberg W70 34:39

10km Walk

Elaine Dance W65 76.44



Woodman Point 2018

10km Run

Kyle Eagar	M45	38:32
Chris Lark	M35	41:11
Kim Thomas	M40	41:11
Bob Lane	M70	41:35
Ian Carson	M60	44:03
John Pentecost	M55	45:44
Jackson Wong	M50	48:59
Charlie Chan	M65	53:46
Bob Schickert	M75	1:04:54

Women

Rochelle Rodgers	W30	41:09
Elizabeth Gomez	W35	46:40



Maree Brown W50 52:23

Rochelle Airey	W45	54:00
Wendy Grace	W60	59:30
Rashanthi		
Wanigasekera	W40	1:04:29
Carolyn Fawcett	W65	1:17:05

Woodman Point

February 11, 2018

Directors: Karen & Peter March

5km Run

Patrick Jones	M45	20:39
Kevin Johnson	M60	20:43
Giovanni Puglisi	M65	21:18
Alex Tinniswood	M35	21:57
Alan Gray	M55	22:50
John McShane	M50	24:25
Bruce Wilson	M70	25:13
Jason Kell	M40	25:20
Mark Hewitt	M65	25:40
David Carr	M85	27:05
Merv Jones	M75	34:37

Women

Sandra Stockman	W50	22:00
Margaret Saunders	W60	23:40
Conny Brieden	W45	26:26
Delia Baldock	W55	29:17
Charlotte Webb	W40	31:14
Peggy Macliver	W70	32:20
Rachael Thompson	W30	43:56

10km Walk

Melissa Lewis	W30	1:08:36
John Bell	M70	1:21:41
Peter Ryan	M65	1:30:31

5km Walk

Haydn Gawne	M70	35:07
Erika Blake	W60	39:22
Elaine Dance	W65	39:22
Val Millard	W70	40:59
Lynne Schickert	W75	41:00
John Brambley	M75	41:54
Priscilla Wilson	W35	44:21
Sofia Carson	W55	45:15
Bob Fergie	M80	45:32
Brian Dalton	M65	52:55

Snappers hate shooting into the light. (Race directors please note.) Vic Beaumont, photo-artiste, makes the most of a dire situation here – dig those shadows! Thanks to Peter and Karen and their helpers for another excellent adventure.



Another photographer – Masters is crawling with them. Graeme Dahl crouches; Kevin Johnson and Giovanni Puglisi share his frame. There's a Willie Nelson country song about 'old' friends, linking hands to climb a curve: below, into the curve go David Carr, Maurice Creagh and Charlie Chan.



Australia Day

Report by
Race Director
**Sandra
Stockman**



A TOTAL of 126 runners and walkers, including 18 visitors, competed in the Australia Day event held at the picturesque Hinds Reserve, adjacent to the Swan River. Numbers were down a little on previous years, no doubt due to many members competing in the Oceania Masters Athletics Championships in Dunedin. The cool conditions were ideal for running, though the wind may have hampered competitors on the way "home".

It was pleasing to see a female first over the line, the second time in a fortnight. Speedy Amanda Walker ran a great race to win the 5km event in 20:49 minutes.

eight years that I have directed this race. He is always keen to help in any way and is a delight to "work" with. We missed his daughter Bronwyn this year, due to ill-health, but wish her a speedy recovery. Thanks, too, to Clarke's wife, Sue, who joined Clarke at Tranby House on marshalling duties. Sorry about the mozzies, Sue. A big thank you to my dear partner, Kiwi Kev, for helping me collect the gear, cycle the route beforehand and get up at 4.30am on the day to set up the course.

I know it's a bit late (due to *Vetrun* deadlines for the last edition) but – all the best to all Masters members for a healthy and active 2018.

Arthur did recite!



Thanks to Brian Bennett, we were delighted that former member Arthur Leggett could join us to watch the race, enjoy morning tea with members and recite some bush poetry. Arthur will be 100 in September, about eight months before our patron, John Gilmour.

He tells the story of being able to win his age group every five years but for only eight months! He is an accomplished author, poet, athlete and World War II veteran.



Our club has always welcomed young visitors, like V1 rocket Yoshi Muroi, here leading Ian Carson and Sandra Stockman. Below, Matt Skellern, Bob Lane (1st M70, 10km in 41:35) and Jerry Peters; and bottom pic shows Bek Milne, Keith Atkinson and Brian Danby.



A few years ago, in the 6-Hour Relays, Amanda hands over to Jodie Osborne. She was in a hurry to get to the hairdresser that day.

Only seconds separated newer members Chris Lark and Steve Preece in the 10km event, with both men running just over 38 minutes. Chris was just 17 seconds shy of the course record set by Kim Thomas last year.

A big thank you to all my helpers – Brian, Alex, Jo, Bruce, Toni, Keith, Merv, Michi and Clarke – who did a magnificent job recording, timekeeping, marshalling and attending the drink stations. A special note of thanks to Margaret Bennett, who stepped in to help with the recording when she found out that some of my helpers couldn't assist. Special mention must be made of the wonderful Brian Smith, who has volunteered for the past



Lake Monger 2018



*Run for it!
Kim quick-started the field
and caught the photo team
out – including this lady and
children, who had to run for
it!*



Lake Monger

March 4, 2018

Director: Kim Thomas

10.5km Run

Kyle Eagar	M45	40:35
Mitch Cleasby	M55	43:44
John Ranger	M50	44:20
Bob Lane	M70	44:23
Robert Obrien	M30	46:03
Giovanni Puglisi	M65	46:20
Ian Carson	M60	46:36
Zane Walsh	M35	46:48
Grahak		
Cunningham	M40	50:53
Bob Schickert	M75	1:07:43

Women

Vanessa Carson	W35	44:35
Trisha Farr	W45	50:37
Sandra Keenan	W50	54:49
Renia Niderla	W55	54:55

7km Run

Patrick Jones	M45	28:23
Kevin Johnson	M60	28:28
Stephen Helm	M55	29:57
Ian Cotton	M50	32:14
Geoff Vine	M70	32:46
Paul Hughes	M65	33:41
Goesta Kumlehn	M35	37:39
Hamish		
McGlashan	M80	46:45



*Kyle Eagar led the entire
field, including the 3.5/7kms,
with an outstanding run.*

Irwin		
Barrett-Lennard	M85	48:52
Richard Danks	M75	1:07:57

Women

Sandra Stockman	W50	31:12
Lynda Vine	W40	33:25

Lisa Searle	W45	35:59
Gillian Young	W70	36:55
Melissa Gardiner	W35	37:39
Denise Newport	W55	38:58
Liz Dewhurst	W30	42:32

3.5km Run

Alan Gray	M55	15:17
Bert Carse	M75	15:50
Alex Tinniswood	M35	15:53
Jim Klinge	M70	16:16
Mike Anderson	M65	22:15

Women

Margaret Saunders	W60	15:52
Beth King	W50	18:45
Janne Wells	W45	18:53
Delia Baldock	W55	19:36
Peggy MacIver	W70	21:14
Barbara Blurton	W65	23:09
Gemma Hildyard	W40	28:16
Sheila Maslen	W80	37:17

10.5km Walk

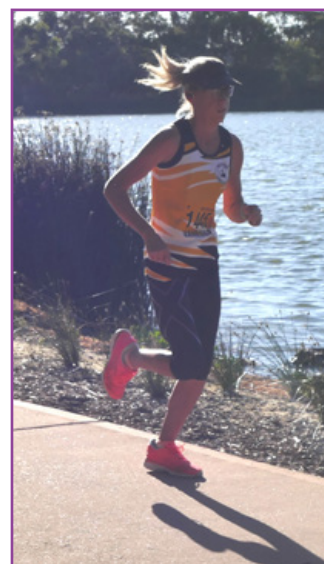
Wendy Farrow	W50	1:13:26
Johan Hagedoorn	M70	1:14:04

7km Walk

John McDonagh	M65	48:41
Roma Barnett	W65	1:01:14
Marg Forden	W75	1:01:15
Sharon Lehrich	W55	1:04:02
Janice Bertram	W45	1:04:03

3.5km Walk

Andrew		
Cuthbertson	M60	23:34



*Vanessa Carson, W35, 1st
woman in 10.5km.*

Haydn Gawne	M70	23:34
Sofia Carson	W55	30:04
Paul Martin	M75	30:07
Joan Pellier	W75	31:09
Priscilla Wilson	W35	31:33
Ray Hall	M80	31:39
Roselyne Pillay	W70	33:35
Su Lloyd	W65	34:02
Mark Hewitt	M65	34:40
Dorothy Whittam	W80	41:19



Director Mark: you didn't know he did stand-up? Delia found it funny! Thanks to Mark and his team for another good one by the lake.

Ian Cotton (above) is looking good for his Nationals 800m tilt, ahead of Nicola Hibbert; but he couldn't catch Alan Gray (right) in the 5km. Far right, Sandra has found another way to confound the scorers! Below, thanks to the field for splitting up at the tree where I perched to take these shots. VW



Joondalup

March 11, 2018

Director: Mark Dawson

10km Run

Robert Obrien	M30	43:08
Ian Carson	M60	43:56
Victor Popescu	M50	44:04
Patrick Jones	M45	46:04
Wayne Bertram	M55	47:25
Brian Bennett	M70	51:48
Roy Hart	M65	59:45
Bob Schickert	M75	1:03:27

Women

Eulalia		
Van Blomestein	W45	43:12
Vivian Poll	W35	46:37
Sandra Keenan	W50	50:51
Denise Newport	W55	55:52
Erika Blake	W60	1:14:58

5km Run

Alan Gray	M55	21:50
Ian Cotton	M50	22:08
Paul Hughes	M65	24:04
Ian Hannaby	M45	25:08
Maurice Creagh	M70	26:40
Hamish		
McGlashan	M80	29:58
Irwin		
Barrett-Lennard	M85	34:40

Women

Nicola Hibbert	W35	22:10
Margaret Saunders	W60	23:56
Sandra Rourke	W50	28:25
Delia Baldock	W55	28:34
Peggy Macliver	W70	30:49
Janice Bertram	W45	36:35
Gemma Hildyard	W40	41:08

10km Walk

Andrew Duncan	M50	53:02
Wendy Farrow	W50	1:10:15

5km Walk

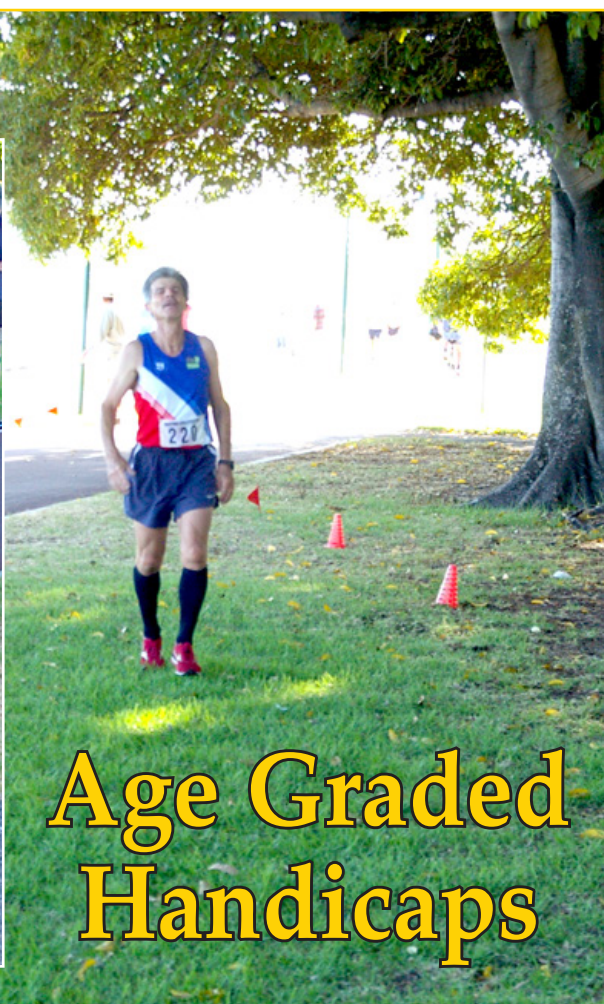
John McDonagh	M65	34:20
Haydn Gawne	M70	34:35
Jeff Whittam	M80	45:25
Rex Bruce	M75	47:38
Joseph Patroni	M60	49:54

Women

Lynne Schickert	W75	42:32
Sofia Carson	W55	43:01
Priscilla Wilson	W35	45:06
Dorothy Lennox	W70	47:39
Su Lloyd	W65	49:50
Sheila Pillay	W45	53:17
Dorothy Whittam	W80	54:19



Giovanni
Puglisi



Late news – Gillian's WR
W70 Steeplechase of 10:03.49
set at the OMA Champion-
ships in Dunedin has been
ratified.

Age Graded Handicaps

March 18, 2018

Director: Vanessa Carson

8km Run Handicap

	Clock	H'cap	Run	Time
Gillian Young	W70	44:11	3.19	40.52
Giovanni Puglisi	M65	45:18	11.55	33.23
Peter Stevenson	V10	47:48	17.44	30.04

5km Walk Handicap

	Clock	H'cap	Walk	Time
Lynne Schickert	W75	45:30	10.08	35.22
Johan Hagedoorn	M70	45:47	10.53	34.54
Janne Wells	W45	49:27	16.55	32.32

5km Run

Alex Tinniswood	M35	21:25
Graeme Dahl	M65	25:18
Maurice Creagh	M70	27:07
Jim Barnes	M75	34:48
Irwin		
Barrett-Lennard	M85	34:55

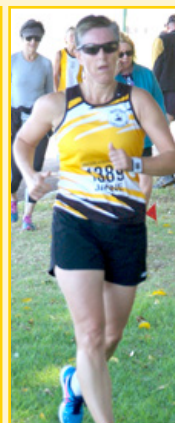
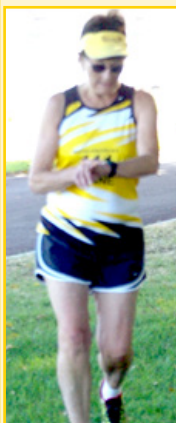
Women

Margaret Saunders	W60	24:07
Shareenah		
Virahsawmy	W35	25:46
Delia Baldock	W55	28:58
Peggy MacIver	W70	30:27
Sheila Pillay	W45	34:26
Gemma Hildyard	W40	41:22
Sheila Maslen	W80	53:26

8km Walk

1110 John McDonagh	M65	57:30	525
Peter Ryan	M65	1:07:56	

Handicaps produce fine line-honours contests. Sandra Stockman said she had to take eight minutes off Gillian Young to win, and almost did. Giovanni can't remember ever feeling so bushed, after "running scared" that Bert Carse might catch him.



Left: Lynne Schickert and Johann Hagedoorn won the walk handicaps; Janne Wells was fastest 5km walker, and V10 Peter Stevenson ran quickest 8km. Bottom left: anyone got the time? And right, Russell felt his handicap was too generous and decided to run without using his hands.



NB: this is a JOKE. For elucidation, please see My View, Page 5.



I HAVE never considered myself to be athletic and it was by chance that I became involved in the WA Veterans Athletic Club (later changed to Masters Athletics WA) due to getting together with my late wife – Jill Midolo – in 1994.

Jill was quite active and involved in the Cottesloe Surf Club, the WA Marathon Club and the WAVAC (the 'Vets'). She was a very early member, number 21; I was allocated number 203.

I was never a runner, "couldn't run to save myself" I used to tell people, but I could walk a bit.

So I started in the Vets doing race walking events and proceeded to develop a race walking technique under the guidance and watchful eye of Dick Horsley. It took a couple of years to develop a correct race walking technique, but I persevered and gradually improved, but never to a standard of very good walkers such as John Mison.

During my association with the Vets I did manage to compete in many and varied events and win a few medals too. Such a bonus really; just competing was a thrill for me, remembering I didn't consider myself as athletic.

Handicaps

I did win a few Aquinas handicap events when it was a 10km walk. That was a perfect handicap distance, the current 5km event too short in my opinion.

I also lost a couple; one by a technicality (not being a financial member at the time of the event, blaming my Treasurer for the oversight!). Another I lost by a few seconds when Merv Moyle won the event with a 22 or 23 minute advantage on me. But it did show that anybody could win the event and the handicapper at that time had done a good job!

State Champs

An event I will always remember is competing in the 5,000m walk in the 2007 State Masters Athletics Championships, held in March at the Ern Clarke Athletic Centre in Coker Park, Cannington.

Some members may remember that day, very HOT, with the temperature about 40°C late in the afternoon during that stupid Daylight Saving trial. I did manage to win my

A Journey with Masters Athletics



age category (M55) with two fouls against me (lucky me); and strangely enough Lyn Ventris broke a World Record for her age category in the same event. After that experience I didn't compete in another State Championship event.

State Champs

It was on Easter Tuesday after the 2007 State Championships that I had a bad fall walking through Kings Park in the early morning. Result was a protruding disc in my back that put me out of action for some time; requiring surgery to remove the protruding bit and bring recovery. Injuries can happen at any time with active people, and walkers are no exception.

I did manage to win a few Club Road Walking Championships, which was something special to be proud of.

Capel to Collie

An event which was a challenge for walkers was the annual Capel to Collie 100km event (with teams of five, I think). I competed in two of these events with Jill and others from the Vets, finishing within the allocated cut-off time, so that was a memorable achievement.

As with many active people, knees can give problems and I wasn't an exception. Jill also had knee problems and changed from running to walking. My knees started to give problems in the late 1990s, particularly the left

knee, requiring an osteotomy in 1999 and arthroscopy in 2001.

That held the knees together quite well until I had a bilateral knee replacement in September 2014.

At the end of 2013 leading up to the knee replacements, I made a decision that I would not race competitively again; I would walk with the group but not in a competitive mode.

The replacement operation was a brilliant success, for which I can be most thankful to the skill of Keith Holt. It also resulted in getting two straight legs, adjusting the left leg from the realigned osteotomy in 1999.

Jill

Sadly, in April 2010. I lost Jill after a short unexpected illness. Attending Sunday events without her has not been the same, although the friendship of members has always been something special. It didn't matter who you were, friendship was always infectious.

The East Perth 'Women's Run', where the men brought morning tea, was directed by Jill and I for many years and by Jill before I came on the scene.

We last directed it in January 2010. It was always challenging with the Nile Street hill getting 'steeper' each year; that is what the competitors said. A yummy morning tea was always a pleasant reward to help



David and Jill pictured together, left; and above, David's determined uphill finish at our Wireless Hill event.

As mentioned last month, Jill was once editor of Vetrun, and coined the magazine's title. Among Jill's tributes in 2010, Joan Pellier said "I want people to know what a fine and special person Jill was ... a role model for women members ... when there were far fewer of us."

remove the grizzles about Nile Street.

In recent years I have only attended selected events and walked with the group and putting on a bit of pace to prove I could still do it. However, there was someone missing who I couldn't ignore.

No renewal

Based on these facts I have decided not to renew my membership in future years. I will still cycle and walk six days in the week (unless doing Voluntary Guiding duties on Rottnest Island), out very early during the best part of the day, with one day in the week as a 'sleep-in day'.

In closing I would like to thank MAWA and members for giving me the opportunity to become a 'bit athletic' and maintain a fitness level that a lot of people in the community would like to obtain. Your friendship and help along this journey will never be forgotten.

David Brown, in memory of my wife Jill Midolo

ALAN, who held club number 68, was born on May 19, 1931, and joined our club in 1983.

Always friendly and supportive, he took a helpful interest in newcomers to the club.

Basil Worner recalls:

"I have just realised that it is now almost twenty-five years since I last met Alan – close to a quarter of a century.

"However, I do have quite a few memories of a sincere and serious little man who always greeted me with a handshake and an exceptionally glowing smile.

"This is even more remarkable because we lived on virtually opposite sides of the city and never shared the same 'training tracks' like Kings Park.

"But we did share that extraordinary warmth and respect that so characterised 'the Vets' in those days and we also shared many long conversations in those lengthy periods of injury recuperation that also seemed to characterise my running.

"It is so long ago that I cannot accurately recall Alan's specific running achievements but I know that he did relish the challenge of the long run and I suspect that this was partly therapeutic. He did reveal that, at one stage, he was struggling in his workplace.

"I found Alan was a sincerely very devout man – but unostentatiously so – and would have found his particular workplace at the time a trial. He was a gentleman but also a gentle man."

Jim Barnes said Alan was:

"Very determined and competitive.

"He did one marathon in about 3 hours 40; but lots of halves at which he was better. Alan was always in fierce contest with Merv Moyle."

Alan and Merv Moyle were two members of the M50 team that attempted the 24 Hour Relays on December 10, 1983, just a couple of months after Alan joined us. The full team – including Frank McLinden, Dave Hough, Ray Lawrence, Merv Moyle, Brian Kennedy and Alan Pomery completed 356.056km in 24 hours.



VALE Alan Pomery

Up for it!

ALAN relished a challenge. He ran the club 24-hour relay just after joining the Vets in 1983; plus the marathon, half-marathon and also did both the RRC and RWC. No surprise then, that at the end of the Racecourse event in 2005, when I took this picture, he accepted another challenge. The race director promise jelly beans to the most exuberant finisher – and Alan won that prize hands down, and feet in the air! VW

Bob Schickert, who kept the RRC and RWC statistics for many years, said:

"Alan completed the first RRC in 1987, when aged 56, averaging 4.22 per km.

"He did six RWCs between 1995 and 2002, missing 1996 and 1998; and his 7:53 rate per km in 1997 made that year's winner, aged 66."

(Currently the MAWA website shows John West as the winner that year of both the

RRC and RWC and therefore needs correction.)

"I remember Alan as a very determined runner, then walker. Special mention must be made of Maureen, who with Bev Thornton sat at the finish recording table for many years. Maureen came along to our Sunday meetings so regularly, even though she was unable to take part in events due to the polio she suffered when young."

Below, Alan walking in the Fremantle Sharks event; and below left, starting in the Age-Graded walk at McCallum; both pictures taken circa 2008.



3Ps runner hospitalised

I WISH to thank everyone for the way my fall was dealt with today, it was nothing short of brilliant. The response, caring and feelings shown by everyone was amazing, I cannot thank you all enough.

Obviously I cannot name everyone that assisted, but I am sure they know who they are, and for that please accept my most humble thanks. Being a new member with the club, I am sure I will get to know a few of them, and have the opportunity to thank them personally.

May I thank members Janice and Wayne Bertram, who were amazing in getting my car, and myself home in the afternoon.

'Thanks' from Frans

I apologise to everyone, because it was me making the mistake, in not getting my nutrition and hydration correct. I promise to work on that. After the hospital visit for a couple of hours, and the sugar level back up, I was discharged with no other complications.

Again, I hope I didn't cause too much inconvenience, and I'm looking forward to the next race!

Best regards,
Frans Karel

8km Run

Bob Lane	M70	33:21
Kevin Johnson	M60	33:27
Keith Hill	M55	34:06
Alex Tinniswood	M35	36:00
Lawrence Zhang	M30	38:18
Paul Hughes	M65	39:52
Dante Giacomini	M45	42:50
Sean Keane	M50	43:02
Bob Schickert	M75	52:14

Women



Kate Ingram	W50	33:41
Sue Zlnay	W55	36:38
Lynda Vine	W40	38:26
Rochelle Airey	W45	44:13
Wendy Grace	W60	48:38
Theresa Howe	W65	48:57

5km Walk

Haydn Gawne	M70	35:10
John Brambley	M75	40:44
Andrew Cuthbertson	M60	42:58
Ray Hall	M80	45:21
Brian Dalton	M65	58:09

Women

Sofia Carson	W55	43:18
Rosa Wallis	W70	43:59
Priscilla Wilson	W35	44:51
Carolyn Fawcett	W65	45:40
Marg Forden	W75	48:47

3Ps
March 25, 2018
Directors: Nick Miletic & Gail Castensen

16km Run



Ante Perdija	M45	1:08:36
Stephen Helm	M55	1:11:05
Robert Obrien	M30	1:13:22
Kim Thomas (LS)	M40	1:13:48
Giovanni Puglisi	M65	1:14:45
John Allen	M60	1:15:57
Zane Walsh	M35	1:18:42
David Baird	M75	1:23:03
Jackson Wong	M50	1:25:27
John Oldfield	M70	1:36:54

Women

Vanessa Carson	W35	1:09:55
Rochelle Rodgers (LS)	W30	1:13:47
Clare Wardle	W40	1:15:20
Barbara Putland	W50	1:24:16
Renia Niderla	W55	1:28:13
Conny Brieden	W45	1:33:58



A HUGE thankyou to all our helpers; your time is invaluable and very much appreciated. An extra thankyou to Jo for stepping in at the last minute.

We had a couple of incidents, with Irwin tripping up from the result of a dog and another of our valued members having to be taken to hospital by ambulance. Hope you are both recovering and feeling well.

Special thanks to the members who assisted and cared for them on the day.

Hope to see everyone back again next year.
Happy running/walking.

Gail 'n' Nic

5km Run

Andrew Brown	M55	20:26
Graeme Dahl	M65	23:07
Jim Klinge	M70	23:22
Scott Winn	M45	30:12
Irwin Barrett-Lennard	M85	35:32
Jim Barnes	M75	37:17

Women

Margaret Saunders	W60	24:42
Shareenah Virahsawmy	W35	25:52
Delia Baldock	W55	29:12
Peggy Macliver	W70	31:35

Sheila Pillay	W45	35:25
Sheila Maslen	W80	51:44

16km Walk

Andrew Duncan	M50	1:28:51
Peter Ryan	M65	2:18:45

8km Walk

Jason Kell	M40	1:01:00
John Bell	M70	1:05:36
Rex Bruce	M75	1:10:27

Women

Janice Bertram	W45	1:05:50
Lynne Schickert	W75	1:06:04
Sarah Lee	W65	1:08:13

8 April
Thornlie Two Rivers



Race Director: Jim Langford
– 0401 916 925

John Pellier, Joan Pellier, Wayne Pantall, Roma Barnett, Bernadette Height, Sean Keane, Mark Dawson, Daniel Leseberg, Mish Iskra, Siobhan O'Loughlin, Mitch Cleasby, Denise Cleasby, Carrie Francis David Carr, Lorna Lauchlan, John Bell, Blakeney Tindall, Mike Hale, Margaret Saunders, Sylvia J. Szabo, Sylvia B. Szabo, Russell Smith, Janice Bertram, Wayne Bertram, Barbara Putland, Frans Karel

15 April
Mattagarup Run



Race Director: Wayne Pantall
– 0415 684 368

David Carr, Lorna Lauchlan, John Bell, Blakeney Tindall, Mike Hale, Margaret Saunders, Sylvia J Szabo, Sylvia B Szabo, Russell Smith, Janice Bertram, Wayne Bertram, Barbara Putland, Frans Karel

New Members – Welcome!

1726 PETERS: Jerry M40
1727 POLL: Vivian W35
1728 GOULD: Chris M40
1729 MUNOZ: Victor M60
1730 DAVIDSON: Geoff M55
1731 THOMPSON: Rachael W30
1732 LEACH: Linda W55
1733 ARMSTRONG: Neil M50
1734 MULLER: Peter M75
1735 FRANEY: Deb W55
1736 KALLE: Gerard M60
1737 LEE: Emma W45
1738 VINE: Lynda W40
1739 LEHRICH: Sharon W55
1740 McKENZIE: Adrian M45
1741 BARBER: Robert M65
1742 OBRIEN: Robert M30
1743 FINNERTY: Colleen W45
1744 GAGLIA: Julie W35

HELPERS

6 May
Weir Run



Race Directors: Sean Keane & Neil McRae – 0412 180 823 & 0423 077 283

Margaret Flanders, Bernard Mangan, Les Bruyns, Adrian Fabiankovits, Bruce Grant, Barbara Putland, Darren Miller, Annie Smith, Andrew Grosas, Conny Brieden, Carrie Francis, Zane Walsh, Liz Dewhurst, Herman Lambrechts

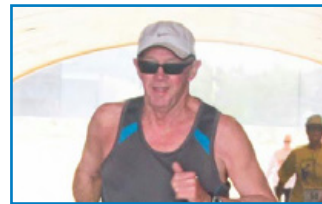
13 May
Curtin Run



Race Director: Giovanni Puglisi – 0424 245 141

Jackie Halberg, Maurice Creagh, Sean Keane, Margaret Saunders, Greg Wilson, Julie Wilson, Carmel Meyer, Karen Hill, Wendy Grace, Kevin Goodman, Peter Brooke, Beth King, Amy Barker

20 May
RRC 15km & RWC 10km



Race Director: Gary Fisher – 0400 855 978

Peter Sanders, Susan Sanders, Michele Mison, Richard Danks, Graeme Dahl, Virginia Mulvey, Andrew Thorpe, Robert Hull, Alastair Wallace, Ngaio Kerr, Sandra Levis, Kate Ingram, Bev Proudfoot

27 May
Deepwater Point



Race Director: Ian Carson – 0419 040 861

Margery Forden, Robert Schickert, Alan James, Mark Hewitt, Sofia Carson, Mandy Mason, Priscilla Wilson, Brian Dalton, Jim Speirs, Elisabeth Gerber, Paul Edwards, Bek Milne

3 June
RRC 25k & RWC 15k



Race Director: Mark Hewitt – 0447 914 971

Peter Sanders, Susan Sanders, Roma Barnett, Jackie Halberg, Delia Baldock, Sandra Rourke, Ian Carson, Sofia Carson, Akos Gyarmathy, Elizabeth McFarland, Samantha Farman, Sandra Eastley, Tess Smith, Chris Kowalski, Annie Smith, Rod Jurich

THANKS to the City of Melville, Masters events in that council's local area are cost-free. Let's hope other authorities will follow suit, not just for our own club but also for the many other not-for-profit groups that encourage people to stay fit and healthy.



Where they're running

MONDAY

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au
Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@digital-knightz.com; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412990945; brianbennett47@gmail.com

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.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.