

VETRUN



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AGM

Pages 14-15



NEXT EDITION: *Vetrin* No. 524 will be published in December 2021
Front Cover: Reflections of the final, watery City Rail event; a new course is planned for 2022.

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DEAD HEAT FOR TROPHY

HANDICAPPER Tristan Bell spends the winter playing soccer and working on his prose style, composing exhortations to encourage us into what are some of the club's most exciting contests.



Zane Walsh

For instance - 'Nedlands ... showdown to crown the 2021 trophy winner. Zane Walsh, runner extraordinaire, top 6 finish in five eligible races, is runaway leader ... record low score of 19. But ... Rashanthi Wanigasekera is quietly, elegantly, and stealthily shadowing Zane, in four eligible races with 16 points'.

Tristan admits that his final report, after Zane and Rashanthi finished joint winners at Nedlands - 'wasn't as eventful as last year, when I insinuated John Fisher had pushed Milton off the bridge into the river to score vic-



Rashanthi

tory. Nonetheless, a very satisfying result for all concerned.'

OK mate, your handicap computing more than makes up for exaggerations - witness the crowded chute at Nedlands when almost the whole field came home in a pack.

A total of 22 members finished at least five events and were in the running for the 2021 Trophy. Zane Walsh ran most, eight; Rochelle Airey and Akos Gyarmathy each



Greg Wilson shows Julie how to bowl a googly - like the one he delivered to me at Nedlands. "Is Sandra Rourke your daughter?" he asked. Ouch - stumped!



IN MY View

FIT MAMA

MY Fitbit sports watch thinks it's my mother and tells me, at 10pm every night, that it's time to go to bed. Doesn't it know I'm just ready to go out clubbing at that hour?

Next day it sent congrats and an 'Italy medal' because I had walked the length of that country. Then, while I pumped iron at the gym it buzzed to remind me the pest control bloke was due at our place the next day.

Perhaps he can do something about the sports watch.

did seven, and several members completed six.

Be warned - Tristan will up his game and work even harder to encourage more of us into the 2022 contest. With my zero handicap I'll look forward to that! **VW**

Early birds

HOW many members suffer, like me, from WBTA?

Some call this affliction StSS (*Saturday to Sunday Syndrome*) but it means the same thing - Waking Before the Alarm.

Please, send *Vetrin* your suggestions on how to cope. I need help. Lately I have been arriving at Sunday runs an hour early, and as I'm not even competing this is exorbitant.

The recent Committee announcement of formal early starts for slower runners and walkers (*check MAWA Early Start Policy on the website for the gory details*) is little comfort for a Fleet St-bred journo accustomed to waking according to pub opening time.

How to HELP

REMINDER - signing in for your two helper dates is now done online, but not on your membership form. Go to the website, home page, click the helper registration link (right of page).

Racecourse



Conference at dawn – do we go? Director and the Pres decide ‘Yes’. Maybe Gary forgot to mention the flood!

This lot needed waders!

The 5km squad turned away from the camera and headed upriver and towards a flooded footpath at the stadium – below.

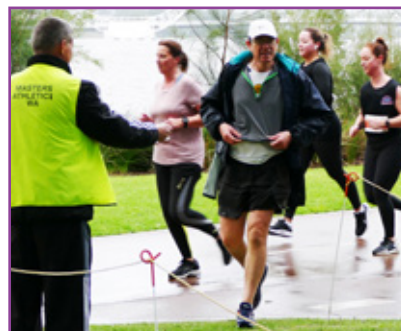


Thanks to Sean Keane (pictured right) we can see how the river and lake joined up across the stadium footpath. Now we know what he keeps up that jumper – a phone!

RACECOURSE was a peculiar event this year.

Temporarily transferred from the WAMC HQ we were back in our regular Burswood pavilion to avoid a clash with the Marathon Club's annual half. It also called for an early start and minor confusion (for a few of us). Attempting to drive into WAMC in the dark was a trial.

Fearful weather was forecast with damaging winds and squalls,



2021? It was a very unusual Racecourse

but despite the trepidation of some members we waded on – literally!

WAMC Half runners – around 1,000 of them – ran down-river, as did Masters 10km contestants. But our unfortunate 5km band were directed up-river, towards the stadium, where a 500m stretch of floodwater awaited. There was no dry way around and some simply cut their run short. Stalwart waders like Bob Schickert were undeterred but reported water halfway up the shins!

Meanwhile in the Half-Marathon ...

Sandra Stockman reports:

It was lovely to see some of the

Masters, Brian Bennett and others, still there on my way back and it was good to get a cheer from them all!

The course was fine!

I was very anxious about all the water on the paths and the danger of slipping as I've had problems with that lately, including a fall, but it was pretty good. I walked over part of the course in advance before going to the club to pick up our bibs.

They'd made a couple of changes to the course, so we didn't have to wade through the water. We just turned earlier on our way out to Matilda Bay.



FROM PAGE 3

The weather was atrocious but it wasn't cold - just incredibly windy the whole way, with the odd squally rain and a little bit of hail on the way back. A couple of times, especially after crossing the Narrows heading out, I could barely move forward, the wind was so strong.

Amazing times

There were still some amazing times, with the winner coming home in 65 minutes, and lots of negative splits. Given that my foot was killing me from the half-way mark and the knees played up, I was pleasantly surprised to see my time of 1:47 when I came through the finishing chute. I hadn't looked at my watch when I was on the course but expected to be closer to two hours. I think we can all pat ourselves on the back just for getting out there.

Yes, it was impressive to see so many turn up, though an awful lot didn't. The event was capped at 1,400 runners, but fewer than 1,000 ran the half.



"Watch for Tommy Glackin," said Gary Wilmot, "he's dressed as a giraffe."

I can't identify the weird creature that swallowed Jumpin' Tommy and then ran 21km with a broken neck. But I'm sure of what it wasn't - because giraffes can't jump! Right, Tommy's famous Jorgensen jump ...



AUGUST 1, 2021

Director: Gary Wilmot

AGE-GROUP LEADERS

10KM RUN

2134	Gerrit Myburgh	M50	44:21
1710	Mitch Cleasby	M60	45:58
2153	Rowen Langridge	M40	52:24
220	Giovanni Puglisi	M70	53:51
1202	Akos Gyarmathy	M65	54:02
1180	Jackson Wong	M55	1:02:10
2054	Yan Xinhuan	M45	1:04:00

WOMEN

843	Rochelle Airey	W50	1:00:25
987	Julie Wilson	W65	1:01:08
2107	Madeline Radstock	W60	1:10:11

5KM RUN

2222	Brenton Mizen	M30	20:10
743	Ross Keane	M60	28:01
762	Mark Hewitt	M65	29:49
139	Jim Klinge	M70	30:40
112	Bob Schickert	M75	37:37
2	David Carr	M85	41:00
1827	Steve Barrie	M55	42:29

WOMEN

1926	Gayle Craft	W65	30:29
1323	Silke Peglow	W50	36:48

5KM WALK

174	Mike Anderson	M70	39:02
512	David Baird	M75	44:24
175	Brian Bennett	M70	44:26
455	Sean Keane	M55	46:37
1112	Sofia Carson	W60	56:47

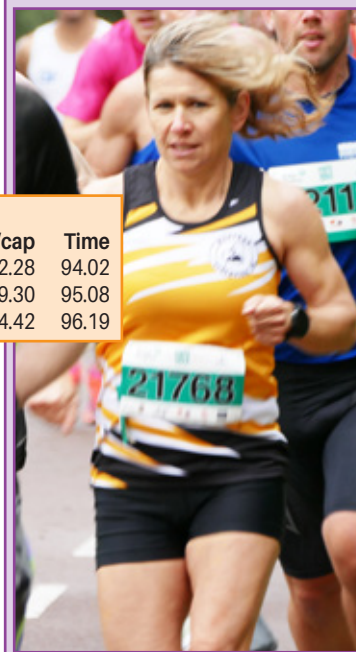
10KM AGE-GRADED HANDICAP WALK

			Clock	H/cap	Time
1110	John McDonagh	M70	1:11:34	22.28	94.02
262	Johan Hagedoorn	M75	1:15:38	19.30	95.08
1704	Melissa Lewis	W30	1:01:37	34.42	96.19



Jim Klinge (above) was escorted to our chute by the half-mara mob. Below left, Astrid Roberts-Feyer, our fastest W45, spotted in the crowd. Right, good to see Patron David Carr back and running.

Bottom, warning of fallen falling branches came true as they rattled on the pavilion roof!



Around Herdsman



AUGUST 8, 2021
 Director: Rod Hamilton

AGE-GROUP LEADERS

14KM RUN

1864	Martin O'Connell	M50	58:53
1226	David Adams	M40	1:02:31
308	Lachlan Marr	M60	1:03:22
1202	Akos Gyarmathy	M65	1:08:38
2184	Glenn Rogers	M55	1:09:43
278	Keith Miller	M70	1:11:28
512	David Baird	M75	1:20:55

WOMEN

1943	Sophie Giles	W45	58:56
1445	Vanessa Carson	W40	1:06:16
1940	Kathy Nicholas	W55	1:18:13
1720	Anne Young	W45	1:21:23
1512	Noelene Treen	W60	1:27:19

7KM RUN

2042	Heather Longworth	W50	34:22
2056	Grace Yang	W40	37:47
2107	Madeline Radestock	W60	43:29

1494	Wendy Grace	W65	45:14
1325	Julie Storey	W45	49:46
149	Jackie Halberg	W75	1:05:10

MEN

1874	Michael Pascoe	M60	34:26
769	Graeme Dahl	M70	34:30
2067	Mark Comber	M55	37:02
2055	Jan Brankaer	M40	37:13
1362	David Boyd	M50	37:32
2054	Yan Xinhuan	M45	39:33
112	Bob Schickert	M75	49:16

5KM RUN

1522	Mark Kerr	M50	22:40
178	Ralph Henderson	M70	23:32
1865	Stephen Grannells	M55	36:08
136	Vic Waters	M75	36:15
1722	Liz Dewhurst	W35	38:08
1827	Steve Barrie	M55	38:20
1828	Phillippa Bennett	W60	42:06

14KM WALK

339	Elaine Dance	W70	1:56:47
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7KM WALK

262	Johan Hagedoorn	M75	50:19
174	Mike Anderson	M70	53:43
713	Grace Hollin	W60	1:03:59
99	Peggy Maccliver	W75	1:05:08

5KM WALK

510	Delia Baldock	W55	38:40
2128	Heather Miller	W65	50:57
1393	Lori Sexton	W60	53:20
1328	Pamela English	W75	55:42
295	Julie Wood	W70	56:34

MEN

227	Gary Fisher	M65	42:41
455	Sean Keane	M55	42:45
248	Rex Bruce	M80	44:56
25	Jim Barnes	M75	51:00



Tokyo - did he go? No, not for the 2020/21 Olympics, but globe-trotting John Talbot did run Tokyo a few years ago. So, I think he and Anne Young were just swapping 'getting plastered' stories - check those knees, left.

Making Silke Peglow lost for words takes some doing; it must be the way he tells them! Director Rod Hamilton's pre-race patter sent us in varying directions to avoid more floods and mud.



Darlington Dash



Going like a steam train!

EVER-smiling and friendly, Super Sophie Giles - overall winner again - obliged the photographer by racing the playground train and serving me up two clichés.

'Going like a steam train' was one - and I have been waiting for her Police Academy graduation so I can write - 'It's a Fair Cop!'

The wooden train is a hint to newcomers that our run is part of

the original route of the Eastern Railway. I believe our section of the old track closed in 1966.

It was part of the Eastern Railway's First Route, from Guildford to Chidlow, that opened on March 11, 1884.

The route ascended the escarpment around Greenmount Hill passing through Boya, Darlington, Glen Forrest, Mundaring and Sawyers Valley before turning north to Mount Helena (original-

ly known as White's Mill, then as Lion Mill.)

Older members remember fondly our original 16km run which began at Darlington (where the community hall was great for our lavish morning tea). The run took us 8km uphill through the cutting, and then of course 8km back down again. The return half was exhilarating, generally knocking about five minutes off your uphill time.

AUGUST 15, 2021
Director: Delia Baldock

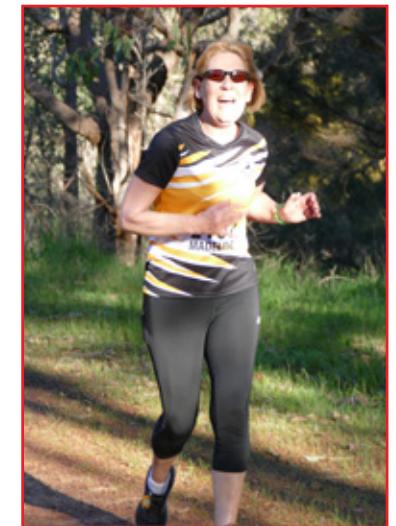
AGE-GROUP LEADERS

11KM RUN

1943	Sophie Giles	W45	46:37
689	Sandra Stockman	W55	54:19
1258	Sandra Siviour	W50	55:03
987	Julie Wilson	W65	1:02:53
1512	Noelene Treen	W60	1:15:22

MEN

1864	Martin O'Connell	M50	46:44
1342	Alex Tinniswood	M35	49:03
1901	Rodney Glossop	M40	49:46
2184	Glenn Rogers	M55	51:04
1600	Paul Edwards	M45	51:44
1202	Akos Gyarmathy	M65	53:24
1167	John Fisher	M60	57:54
175	Brian Bennett	M70	1:00:23



2107	Madeline Radestock	W60	37:11
1813	Isolde Tietz	W70	38:58

5.5KM WALK

262	Johan Hagedoorn	M75	41:09
251	Mike Hale	M70	50:30
339	Elaine Dance	W70	45:59
111	Lynne Schickert	W75	54:10
1027	Sylvia Szabo	W40	55:38
1440	Marion Kavenagh	W60	57:54
513	Jo Richardson	W65	59:12

5.5KM RUN

1400	Kevin Johnson	M60	24:38
1522	Mark Kerr	M50	25:12
1907	Clifton Otte	M40	28:55
762	Mark Hewitt	M65	29:10
139	Jim Klinge	M70	32:13
1814	Peter Tietz	M65	34:41
2067	Mark Comber	M55	42:57
2066	Alan Cassels	M75	46:01

WOMEN

1902	Crystal Glossop	W40	28:28
2033	Cherrie Byrnes	W50	31:27
1599	Alicia Edwards	W45	35:59



Multi-Director Delia, who is also in charge of the Woodbridge event.



Perry Lakes Race Walk

AUGUST 29, 2021
 Director:
 Andrew Cuthbertson

IF YOU like the bush then you will love this run in the hills with wildflowers and a running stream.

It is a tribute to the great number of running couples in our club that the Dash incorporates the Dick Horsley Trophy – which was instituted by one of the club’s founder members and is targeted specifically for running partners.

One of the pair needs to complete the short course and the other the long course.

Congratulations to this year’s

winners Rodney and Crystal Glossop – it is great to see lots of new people having a go in an event which is always hotly contested!

We had perfect conditions this year, cool and sunny but it is still hard work finishing up the hill and the morning tea disappeared fast! You earned it! Special thanks to my fantastic helpers.

Delia



Crystal Glossop and Rodney won the Dick Horsley Trophy this year.

WARM UP!
That’s how those high-flying women warm up. I told them about the Tiller Girls (anyone else remember?) and then Sandra admitted that she had been on stage at the Moulin Rouge ...

7.4KM

99	Peggy Macliver	W75	58:42
227	Gary Fisher	M65	58:51
627	Richard Blurton	M70	1:00:53
248	Rex Bruce	M80	1:04:37
1939	Trisha Griffiths	W45	1:04:47
1531	Lesley Dowling	W60	1:20:35

4.9KM WALK

174	Mike Anderson	M70	36:50
530	Peter Hopper	M75	42:44
347	Neil McRae	M65	57:04
89	Paul Martin	M80	57:16



Dick Horsley Trophy		BEST COMBINED TIME FOR COUPLES
Short Course	Long Course	Combined Time
1. Crystal Glossop	⊗ Rodney Glossop	1:18:14
2. Kevin Johnson	⊗ Sandra Stockman	1:18:56
3. Alicia Edwards	⊗ Paul Edwards	1:27:44
4. Sofia Dumlaio	⊗ Leon Mitchell	1:39:11
5. Margaret Bennett	⊗ Brian Bennett	1:59:35
6. Jo Richardson	⊗ David Baird	2:01:40



City Rail

AUGUST 22, 2021
Director: Erika Blake



WE were lucky to have no rain, and being overcast and brisk it was a perfect day for running and walking – a 10.7km handicap run – a handicap walk of 7.3km – or a run of 7.3km. The course has some long, gradual slopes so feedback from competitors was that it was surprisingly challenging.

I believe this was the final City Rail event, with a new, prettier venue lined up for next year. City Rail has, at least, been interesting and given us a glimpse of Perth's seedier.

There were 107 competitors this time including 12 visitors. Full results are on the club website as usual.

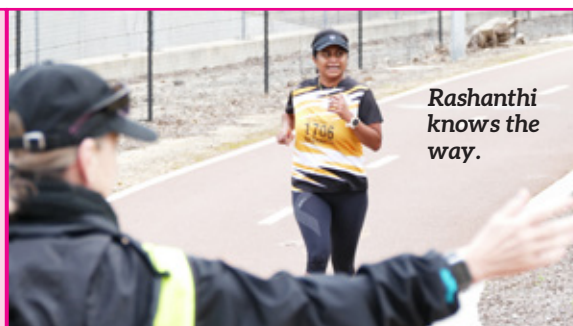
After Saturday rain no ground markings survived but marshalls at every turn ensured the course was very clear. Many thanks to the helpers on the day who ensured the day ran smoothly – Roma Barnett; Blakeney Tindall, Mike Hale, Christine Pattinson, Heather Uren, Rowena Williams, Martin O'Connell, Rhonda Newburn, Rex Bruce, John Pentecost, Grace Hollin and Chris Coates. Special thanks – David Fardig – for helping on Saturday and Sunday. **Erika**

Special couple



Checking their handicaps. Since Rottnest success Carolyn is a half-marathon addict; and Bob was about to run 7.3km on his three-month old knee replacement!

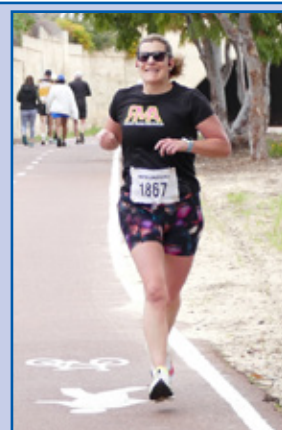
10.7KM HANDICAP RUN		Clock	H/cap	Time
1985	Michael Cyran M45	1:07:16	2.08	65.08
1706	Rashanthi Wanigasekera W45	1:09:49	7.20	62.29
FASTEST!				
798	Kim Thomas M45	1:08:40	25.52	42.48
1721	Zane Walsh M40	1:09:36	27.44	41.52
7.3KM HANDICAP WALK		Clock	H/cap	Time
227	Gary Fisher M65	1:05:05	7.19	57.46
339	Elaine Dance W70	1:06:41	8.02	58.39
FASTEST!				
262	Johan Hagedoorn M75	1:07:20	14.36	52.44



Rashanthi knows the way.



MEN			
178	Ralph Henderson M70	34:59	
745	Mark Dawson M60	35:39	
106	Paul Hughes M65	37:57	
1332	Russell Smith M55	39:05	
512	David Baird M75	40:46	
1960	Leon Mitchell M40	41:12	
40	John Pellier M80	58:58	



Above – Melinda Evans – right, Elaine Dance, Jackson Wong, Rochelle Airey.

Tunnel visions ...



7.3KM RUN			
SPECIAL MENTION - IN 7.3KM RUN			
1038	Bob Fawcett M70	1:20:28	
WOMEN			
1867	Melinda Evans W40	34:35	
1994	Lorna McGavock W45	46:27	
288	Gillian Young W70	46:55	
1218	Ginny Mulvey W60	48:08	
1988	Jenny Owen W65	1:05:54	

Got Bold Park

AUGUST 29, 2021
Director: David Adams



7.4KM RUN

			Clock	Guess	Diff.
308	Lachlan Marr	M60	38:46	38:30	00:16
2158	Rod Bickers	M60	59:43	59:20	00:23
1978	Mike Haederle	M55	32:37	32:00	00:37
1680	Bob Britton	M60	47:15	46:37	00:38
1859	Tim Inglis	M60	1:02:35	1:03:15	00:40
2036	Oliver Mueller	M50	40:50	40:03	00:47
468	Wayne Taylor	M60	51:30	52:35	01:05
745	Mark Dawson	M60	40:12	39:00	01:12
2159	Kerry Bickers	W60	59:40	1:01:00	01:20
986	Greg Wilson	M70	1:06:24	1:05:00	01:24
512	David Baird	M75	44:12	46:50	02:38
796	Steven Hossack	M60	41:15	44:10	02:55
454	Mark Sivyer	M70	46:52	50:00	03:08
1111	Ian Carson	M65	41:16	44:33	03:17
2157	David Hogg	M60	1:08:35	1:05:00	03:35
1323	Silke Peglow	W50	51:20	55:00	03:40
1512	Noelene Treen	W60	51:17	55:25	04:08
690	John Talbot	M75	1:15:14	1:11:00	04:14
2184	Glenn Rogers	M55	46:04	39:22	06:42
2022	Jenny Hogg	W55	1:00:28	1:13:00	12:32
1709	Conny Brieden	W50	50:22	1:03:00	12:38
175	Brian Bennett	M70	43:52	1:00:00	16:08
987	Julie Wilson	W65	43:23	1:00:00	16:37
1937	Julian McGrath	M45	43:42	24:00	19:42
112	Bob Schickert	M75	1:26:04	1:00:10	25:54

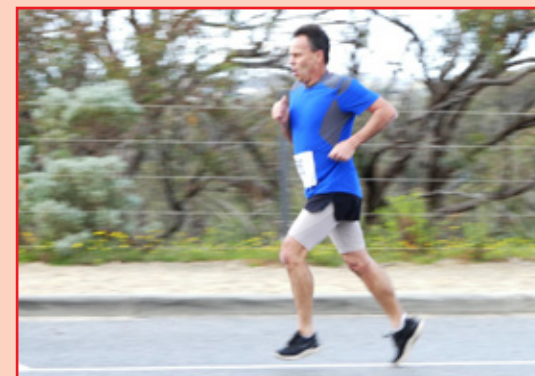


Lachlan Marr received the magnificent, refurbished Timeless Trophy from the equally brilliant scorekeeper, Rochelle Airey.

It's a beautiful location if you have time to appreciate it, like these walkers pictured with our 4.2km tailenders, Sandra Rourke and Ivan Lazarus. Many thanks to David and his skeleton crew of helpers - especially Mark Hewitt, who painstakingly assembled our results! Left, Rod Bickers was first to the top of the hill. Below, Greg Knuckey who managed a rare finish ahead of his young son, Oliver.

4.2KM RUN

1218	Ginny Mulvey	W60	29:49	30:30	00:41
139	Jim Klinge	M70	24:47	25:30	00:43
2233	Greg Knuckey	M60	19:08	20:00	00:52
1994	Lorna McGavock	W45	27:17	26:00	01:17
149	Jackie Halberg	W75	35:11	38:00	02:49
1716	Elizabeth Gomez	W40	39:38	43:15	03:37
1487	Jason Kell	M45	37:10	41:40	04:30
928	Sandra Rourke	W50	27:58	32:29	04:31
541	Ivan Lazarus	M65	27:58		



Nedlands Handicap Finale



10.7KM HANDICAP RUN			Clock	H/cap	Time
2191	Donato Lombardi	M50	1:00:27	6.51	53.36
1445	Vanessa Carson	W40	1:03:44	18.45	44.59
HANDICAP TROPHY WINNERS					
1706	Rashanthi Wanigasekera	W45	1:05:04	7.51	57.13
1721	Zane Walsh	M40	1:06:35	26.52	39.43
FASTEST!					
2088	Drew Langford	M40	1:06:30	29.32	36.58

SEPTEMBER 5, 2021

Director: Neil Morfitt



Race directors now have to lift their game because Neil has set the bar pretty high – by giving his helpers snack packs, reports Sandra Stockman.

Bob Lane was spotted toting a little plastic bag filled with a banana and a muesli bar. Instructions on where to go for his marshalling duties were neatly stapled on top.

5km leaders Trevor and Sophie – above. Right – 10km handicap winners Donato Lombardi and Vanessa Carson.



Trophy winners Rashanthi, above, and Zane, right. The queue was a tribute to handicapper Tristan's skill!



5KM RUN

333	Trevor Scott	M60	19:35
779	Prabuddha Nicol	M65	23:24
178	Ralph Henderson	M70	24:19
2249	Rod Siviour	M50	26:41
2214	David Miller	M55	27:04
2055	Jan Brankaer	M40	27:27
2239	Michael Chan	M35	31:40
530	Peter Hopper	M75	34:48
40	John Pellier	M80	37:19

WOMEN

1943	Sophie Giles	W45	21:13
2056	Grace Yang	W40	27:26
1523	Ngaio Kerr	W50	30:33

288	Gillian Young	W70	31:12
2238	Jerilyn Wee	W35	31:36
1828	Phillippa Bennett	W60	40:58
149	Jackie Halberg	W75	41:43

10KM WALK

262	Johan Hagedoorn	M75	1:14:21
339	Elaine Dance	W70	1:23:52

5KM WALK

174	Mike Anderson	M70	36:56
74	John Bell	M75	39:37
89	Paul Martin	M80	1:03:07
347	Neil McRae	M65	1:03:09
227	Gary Fisher	M65	1:03:10

WOMEN

510	Delia Baldock	W55	39:26
99	Peggy Macliver	W75	41:41
713	Grace Hollin	W60	44:16
1716	Elizabeth Gomez	W40	49:52
2128	Heather Miller	W65	51:20
47	Joan Pellier	W80	52:57
1679	Roselyne Pillay	W70	56:05

Wireless Hill

SEPTEMBER 12, 2021

Directors: Lynne & Bob Schickert

AN ABSOLUTELY ideal day for a run or walk at Wireless Hill. Cool but sunny. I think this time is the most people we have had with 122 doing either the 4km or 8km. One runner said he had been past but never in to Wireless Hill and he was amazed at the beauty of the park and the wildflower photo opportunities.

Bob and Lynne

AGE-GROUP LEADERS

8KM RUN

Steve Preece	M50	31:45
Mike Haederle	M55	32:57
Paul Highway	M45	34:47
Lachlan Marr	M60	35:40
Rodney Glossop	M40	37:43
Akos Gyarmathy	M65	39:29
David Baird	M75	44:47
Mark Sivyer	M70	47:54

WOMEN

Karen March	W60	39:11
Crystal Glossop	W40	42:15
Julie Wilson	W65	45:56
Conny Brieden	W50	48:51
Sam Farman	W55	49:07

4KM RUN

Greg Knuckey	M60	17:31
Patrick Jones	M50	17:54

Victor Munoz **M65 18:04**

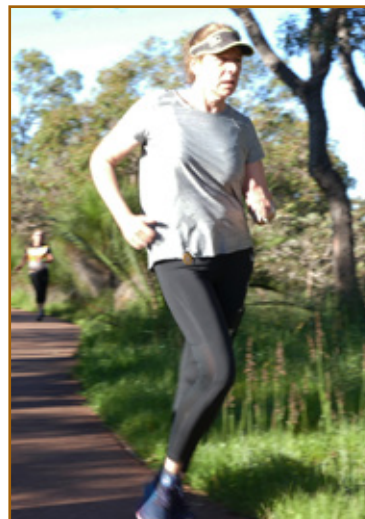
Matthew Jessett	M45	21:48
Alan Gray	M55	22:08
Jim Klinge	M70	22:14
Peter Hopper	M75	28:57

WOMEN

Grace Yang	W40	22:06
Rowena Williams	W50	23:49
Gillian Young	W70	26:35
Shona Thomlinson	W55	27:36
Marion Kavenagh	W60	33:04



8KM WALK



Karyn Tolardo W55 52:58



Future running star? Young Tim looks tiny alongside Rod Glossop but his 19:35 for the 4km was a mighty performance by this EIGHT-years old visitor! His young brother William did well too, running 24:42 with their dad.

Below, expect the unexpected - Conny Brieden captures my attention - and left, Victor Munoz is definitely lifting!

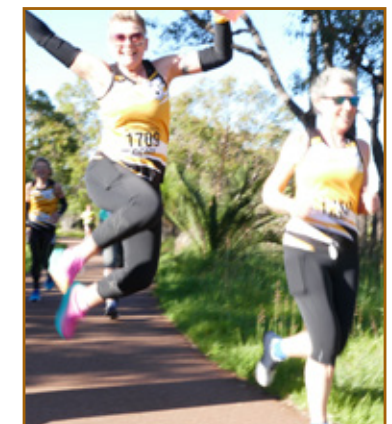
Johan Hagedoorn	M75	57:21
Elaine Dance	W70	1:06:22

4KM WALK

Marcela Isabel		
Ruiz Valdes	W60	28:18
Melinda Fisher	W55	33:05
Val Millard	W70	36:30
Rosa Wallis	W75	41:51
Christy Davidson	W40	42:42
Alicia Edwards	W45	42:53

MEN

Mike Anderson	M70	29:41
Ross Keane	M60	30:40
David Gardiner	M75	30:54
Neil McRae	M65	48:13
Paul Martin	M80	48:17



Matagarup

SEPTEMBER 19, 2021

Director: Wayne Pantall

AGE-GROUP LEADERS

12KM RUN

1632 Roberto Busi	M45	46:42
1864 Martin O'Connell	M50	51:40
308 Lachlan Marr	M60	53:23
2251 Scott Chambers	M40	54:43
1202 Akos Gyarmathy	M65	57:47
220 Giovanni Puglisi	M70	62:00
1707 Andrew Grosas	M55	66:20
512 David Baird	M75	67:46

WOMEN

2210 Astrid Roberts

Feyer	W45	47:33
1445 Vanessa Carson	W40	54:40
650 Karen March	W60	59:49
1422 Carolyn Stephens	W65	68:09
1875 Sha Watson	W50	77:04
1661 Liz Bryson	W70	83:59
1500 Julie Walters	W55	84:26

6KM RUN

1702 Stephen Helm	M60	27:20
1729 Victor Munoz	M65	27:32
2054 Xinhuan Yan	M45	30:39
1256 Mercurio Cicchini	M70	31:04
1587 Patrick Jones	M50	33:36
1781 Rohan Thompson	M40	39:12
2014 David Eustace	M55	39:45
530 Peter Hopper	M75	41:56
40 John Pellier	M80	46:32

WOMEN

1393 Lori Sexton	W60	34:20
1926 Gayle Craft	W65	34:35
843 Rochelle Airey	W50	35:21
288 Gillian Young	W70	36:43
928 Sandra Rourke	W50	37:33
837 Kim Ribbink	W55	37:45
2056 Grace Yang	W40	39:39
149 Jackie Halberg	W75	47:44



12KM WALK

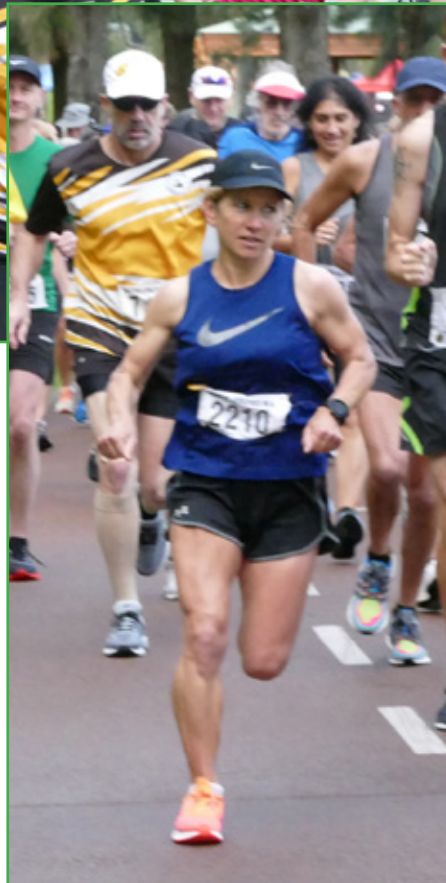
1704 Melissa Lewis	W30	74:34
262 Johan Hagedoorn	M75	90:04
339 Elaine Dance	W70	98:32

6KM WALK

1257 Karyn Tolardo	W55	39:55
1808 Marcela Isabel Ruiz Valdes	W60	42:12
99 Peggy Macliver	W75	47:03
188 Val Millard	W70	52:38
1939 Trisha Griffiths	W45	65:16
1957 Christy Davidson	W40	65:59
1494 Wendy Grace	W65	65:59

MEN

1110 John McDonagh	M70	40:22
1454 Andrew Cuthbertson	M60	46:29
74 John Bell	M75	48:31
248 Rex Bruce	M80	54:41
227 Gary Fisher	M65	56:54
20 Jeff Whittam	M85	63:13
347 Neil McRae	M65	66:06



Fellow-poets Arthur Leggett and Wayne Pantall provided the after-race entertainment on Wayne's birthday. He joined our club 38 years ago, and though I can't remember the last time he was able to compete he has carried on organising his Matagarup event forever. Arthur, now 103, continues to amaze and inspire. He recited The Man from Snowy River from memory - all eight and a half minutes of it - to perfection!

Below: 45s triumph - Astrid at the start and Roberto by the new bridge.

SEPTEMBER 26, 2021
Directors: Mike Anderson & Johan Hagedoorn

MANY visitors joined around 80 members to complete the 17th running of our 'Magic' Race along the spectacular Mullaloo-Burns Beach coastal path. Apart from a few late finishers in the long event most were lucky and missed this year's forecast storms.

The massive Ocean Reef Marina Project has begun so the course was changed to offer competitors an accurately-measured six or twelve kms race/walk. The path through to Burns Beach is likely to be obstructed by this project at least another year.

The course is pretty tough, including two challenging inclines, or as some competitors put it, 'two bloody hills!' I admit to surprise at how many were willing to suffer them again for the 12km long race option.

Our volunteer marshals were reliable as ever - thanks! We wish to add also our appreciation for those MAWA members who undertake weekly to register the visitors, and to bring the clock and other equipment and thereby to lighten the load (literally!) of the race directors.

Mike and Johan



Storm clouds stayed southerly as we started in sunshine.

Eye on the recorders, Director Mike hollers 'Go!'



Chris Gould, left, ignoring the 3km water-table, held the 6km lead to finish in 21:36.



Above: Drew and Ross Langford, right, approach the 3km turn.

The Langford duo had already run the 6km (as a warm-up?) prior to the start. When I drove back to our starting point I spotted them, still running comfortably, towards Hillarys!

Left: Tail-enders get a show in Vetrin, as the whole field circles the Mullaloo venue on this busy, public holiday.



Mullaloo Magic

AGE-GROUP LEADERS 12KM RUN

1864	Martin O'Connell	M50	50:50
2184	Glenn Rogers	M55	52:06
1342	Alex Tinniswood	M35	52:40
1226	David Adams	M45	53:00
666	Peter March	M60	54:19
1721	Zane Walsh	M40	55:55
1202	Akos Gyarmathy	M65	59:35
454	Mark Sivyer	M70	1:09:34
512	David Baird	M75	1:10:09

WOMEN

1634	Eulalia Van Blomestein	W50	53:45
650	Karen March	W60	58:59
987	Julie Wilson	W65	1:08:02
1720	Anne Young	W45	1:14:42
1919	Sulette Le Roux	W40	1:15:28

6KM RUN

1728	Chris Gould	M45	21:36
2088	Drew Langford	M40	24:47
781	Ross Langford	M40	24:47
2134	Gerrit Myburgh	M50	25:17
1400	Kevin Johnson	M60	25:51
779	Prabuddha Nicol	M65	29:19
1639	Geoff Vine	M70	32:33
1180	Jackson Wong	M55	33:54
112	Bob Schickert	M75	43:13

WOMEN

1867	Melinda Evans	W40	27:51
689	Sandra Stockman	W55	28:09
1711	Denise Cleasby	W60	35:38
288	Gillian Young	W70	36:01
1875	Sha Watson	W50	37:02
1994	Lorna McGavock	W45	38:58
2204	Mary Taylor	W65	40:27
149	Jackie Halberg	W75	48:26

6KM WALK

1138	Lui Cecotti	M70	42:17
510	Delia Baldock	W55	46:57
1961	Sofia Dumlao	W40	54:28
111	Lynne Schickert	W75	57:46
25	Jim Barnes	M75	1:01:28
347	Neil McRae	M65	1:03:51

Jim to the rescue

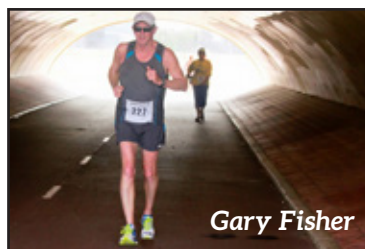


EVEN though our 100-plus marathoner Jim Barnes isn't running these days his reactions are sharp as ever, writes Neil McRae.

The walking mates were on a city-bound bus when a man sitting two rows ahead passed out, fell to the floor, immobile.

"Jim was out of his seat faster than Usain Bolt out of the blocks to check him out. We managed to get the guy conscious, but there was no obvious reason why he blacked out and at the bus station we left him in the care of security guards, who no doubt checked the rest of his vital signs."

Back in the black



Gary Fisher

WHEN I delivered last year's report I didn't anticipate that COVID-19's continuing effect on members. We did not have to endure a prolonged shut-down as in 2020 but it's been a curse on all our lives, physically and mentally. I hope all members and their families can stay safe and healthy in the times ahead.

• The 2021 result was sound, returning to surplus after two years of deficit.

I can report a surplus of \$7280 for the year; cash on hand of \$82433 - an extremely healthy state for a club of our size and membership base.

• Revenue remains strong, given a full year of fees with very high membership.

COVID-19 meant visitor numbers and fees were still very low. • \$5000 was from the Perth 2016 Grant - a final distribution from the World Champs.

• Expenses: as before the committee spending carefully. Equipment replacement was minimal. ■

AGM 2021

MAWA officers' reports, summarised here, are published in full at the club website.

Thanks to volunteers



Gillian Young

IN my communications with visitors and prospective members I often hear them say what a welcoming and friendly club we are and that is a credit to us all.

We don't have paid helpers. Everyone who does something is a volunteer doing their best for the good of all and I want to say a big thank you to those volunteers.

Especial gratitude is deserved by the results team. What an amazing job they do!

I look forward to another year working with all our many volunteers.

Despite the many complications, such as COVID-19, Masters is growing stronger. ■

Record membership

MEMBERSHIP reached an all-time record of 770 and all our events remained well-supported, with enhanced opportunities to join training runs, coaching sessions and learn throwing techniques.

• New registration arrangements worked smoothly for our athletes joining in Athletics West events.

• After the first COVID-19 shut-down we resumed T&F in June and road running in July. Since then we have cancelled only a few events due to snap lockdowns.

• Sunday runs became 'member-only' in case of being swamped by weekly parkrun athletes deprived of their weekly events. Our offer of \$20, 3-month membership was popular.

• State Championships, with a record entry of 203, I rate as the best I have experienced with the club.

• Following member suggestions we are introducing new runs in 2021/22.

• Membership fees are unchanged.

• An improved system of helper duties registration is now operating. Over 80s are no longer required to help.

Richard Blurton,
President

Top team re-elected

MAWA's principal officers and all but one of the Committee-Pam Thonell - chose to retain their posts for another year and were elected unopposed. Pam was warmly praised and thanked for her labours over the past three years organising our Sunday runs calendar.

Warmed-up by the preceding Claypit Circuit, well-organised again by Geoff Vine, Tristan Bell and his team, many of the contestants stayed on. So this was another well-attended club AGM, excellently catered as always by Elaine Dance and her helpers in the Perry Lakes hockey club rooms.

Portaloos parked out back while the 'proper-facilities' are being rebuilt added old-style charm.

All of the club officials have also opted to stay on for another year.

As well as the officers' reports, the club statistician's extensive list of members achievements is now on the club website, and the minutes of this year's meeting will also be published on our website.



AGM 2021



AWARDED at the AGM
Left, Clare Wardle received the half-marathon performance Jim Barnes Trophy from Jim. Below, President David Carr presides! Achievement Awards went to (left) Oliver Berry - track; and Toni Frank - road. Bottom row: Rashanthi receives the Handicap Trophy; Steve Trevell takes the President's Pin award; and Barbara Blurton earned the John Gilmour Trophy for her string of world-record runs.



- 2238 WEE: Jerilyn W35
- 2239 CHAN: Michael M35
- 2240 FERGUSON: Matt M30
- 2241 SCOTT: Jo W40
- 2242 DAVIDSON: Hugh M60
- 2243 WILKIE: Dave M60
- 2244 WARREN: Michael M60
- 2245 REID: Jack M45
- 2246 BOWKER: Jen W60
- 2247 BISK: Amanda W35
- 2248 MILLER: Michaela W45
- 2249 SIVIOUR: Rod M50
- 2250 LEE: Ross M60
- 2251 CHAMBERS: Scott M40
- 2252 TAPLIN: Jenny W45
- 2253 BARTILONE: Tina W35

New Members - Welcome!

- 2254 THOMLINSON: Shona W55
- 2255 WALLIS: Aaron M30
- 2256 SMITH: Jo W50
- 2257 SMITH: Harvey M50
- 2258 FINNIGAN: Janelle W35
- 2259 KNIGHT: Caroline W40
- 2260 DOUBA: Ammar M30
- 2261 LEAHY: Adele W40
- 2262 CONROY: Rachel W30
- 2263 WILLIAMS: Adam M40

Want a run?

MONDAY

- Track training - ECAC 7.30am.
- Point Walter road run 8km, 6pm. Richard Simmons 0408 986 631.

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10am. Contact Jeff Whittam djwhittam@pixelvision.com.au.

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 0412 990 945; brianbennett47@gmail.com

THURSDAY

Perth Trail Series, Kings Park Kiosk, Fraser Ave. Start 6pm, finish 7pm. 8km to 10km mob run, on the trails. Contact Melina Mellino 0423 729 949 melina@perthtrailseries.com.au

EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the casual group runs listed here. All are organised by members, volunteers and supporters.

FRIDAY

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

SATURDAY

DC's group at WAAS; 8-9.45am; track training - all welcome. Cost \$3.80 seniors - \$6.70 others; pay at the door.

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, garyfisher1404@gmail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or 0412 513 348.

OCTOBER 17
Kalamunda Railway



Race Director: Bert
(0490 667 350) & **Bridget Carse**
(0433 820 443)

Richard Blurton, David Gardiner, Cherie Perrella, John McDonagh, Jonathan Lester, Alicia Edwards, Julian McGrath, Evelyn Gilbert, Ivan Brown, Michihito Muroi, Ann Andersen

OCTOBER 24
Bibra Lake



Race Director: David Adams
0410 403 365

John Cameron, Don Pattinson, Chris Pattinson, Graeme Dahl, Peggy Macliver, Charlotte Webb, Matthew Webb, Astrid Roberts, Jason Kell, Clare Wardle, Liz Bryson

Where you're HELPING!

OUR new helper registration system is progressing well now thanks to the many who have signed up for helper duties. There are now only a few helper slots still available at runs for the next three months.

The key to it continuing to work well is for members to remain proactive, and sign up for the runs as they appear.

If you know you can't, or don't want to, run at an event but want to attend anyways you can still sign for a helper duty if slots are available.

ALSO - something new - this year we will include sign-ups for State T&F Championships.

OCTOBER 31
Cliff Bould Trophy



Race Director: John Fisher
(0418 555 977)

Margery Forden, Jackie Halberg, Jenny Hogg, David Hogg, Jerry Peters, Johanna Leahy Marstrand, John McDonagh, Bob Britton, Sylvia Johanna Szabo, Sylvia Bernadette Szabo, Wendy Grace, Melinda Fisher, Peter Hopper

NOVEMBER 7
Safety Bay



Race Director: Trevor Scott
(0421 314 399)

Haydn Gawne, Trisha Griffiths, Nick Franey, Deb Franey, Mark Kerr, Christy Davidson, Paul Falconer, Paul Every

NOVEMBER 21
Woodman Point

Race Director: Karen
(0401 064 826) & **Peter March**
(0428 573 862)

Carolyn Stephens, Alan James, Rodney Hamilton, Sue Hamilton, Julian McGrath, Drew Grosas, Ann Aandersen, Lori Sexton, Lui Cecotti

NOVEMBER 14
Gwelup Lake



Race Director: Sandra Stockman
(0439 946 856) & **Kevin Johnson**
(0478 436 235)

Margery Forden, Roger Walsh, Astrid Roberts, Irene Ferris, Alex Tinniswood, Geoff O'Brien, Suzanne Renton, Heather Miller, Keith Miller, Giovanni Puglisi, Julie Wood, Nola McIntyre, John Batta



NOVEMBER 28
Garvey Gusto



Race Directors: Gillian Young
(0428 405 668) & **Mark Sivyer**
(0487 358 400)

Phil Dufty, John Talbot, Leon Mitchell, Sofia Dumlaio, Alan Cassels, John Batta, Isolde Tietz, Peter Tietz, Anne Young, Milton Mavrick, Milo Barham, Catherine Breheny

DECEMBER 5
Mosman Park



Race Director: Paul Hughes
(0412 513 348)

Gary Fisher, Jenny Hogg, David Hogg, Jo Shelley, Paul Martin, Valerie Millard, John Pentecost, Grace Hollin, Rochelle Airey, Charlie Chan, Keith Atkinson, Helen Lysaght, David Roberts, John Batta