

Bardon Bash

JUNE, 2022

VETIRUN



No. 528

AUGUST 2022



NEXT EDITION: Vetrin no. 529
will be published in October 2022

Cover: the Bardon Bash attracted
a stellar cast of superheroes.

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MAWA Annual General Meeting

The MAWA AGM will be held at 9.45am on Sunday, October 2, 2022 at the Hockey Club rooms, Perry Lakes Drive, Floreat following the Claypit Circuit Run and morning tea in the club rooms. All members are invited to attend although social distancing may still be required.

Nominations are called for the Committee for 2022-2023. The positions are: President, Vice-President, Secretary, Treasurer and four Committee Members. Nomination forms are available from the Secretary and require a nominator and seconder: please email: mawasecretary@gmail.com.

All Committee nominations must be received by the Secretary no later than Sunday 17 September.

Life Membership nominations need to be received by 4 September for approval by the Committee prior to the AGM. Qualifications for Life Membership are 10 years of continuous membership and a substantial contribution made to the progress of the Association. Candidates must be nominated by three other members.

A copy of the previous AGM minutes is available on the website along with copies of the reports for 2022 under 'Our Club' - 'About Us'. Go to: www.mastersathleticswa.org or you can request a copy from the Secretary.

AGM Agenda

WELCOME
ATTENDANCE / APOLOGIES
MINUTES OF 2021 AGM
MATTERS ARISING
REPORTS
President
Secretary
Treasurer
Statistician
PRESENTATION OF TROPHIES
Achievement Awards
John Gilmour Trophy
Jim Barnes Trophy
Handicap Trophy
President's Pin

CLUB OFFICIALS

Patron
Auditor
Course Measurement
Editor Vetrin
Editor T & F Newsletter
Handicapper
Registrar
Social
Statistician
Website

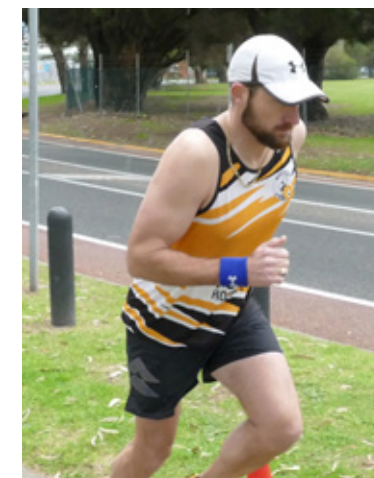
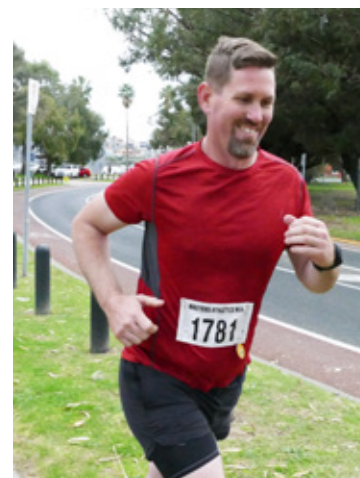
ELECTION OF OFFICE BEARERS

President
Vice-President
Secretary
Treasurer
Committee Members (4)

LIFE MEMBERSHIP AWARDS

GENERAL BUSINESS

CLOSE



Rohan or Rodney?

FOR **Rohan Thompson** to win he must finish at least two places before **Rodney Glossop**. For Rodney to win: if Rohan finishes in the top 10, Rodney needs to beat him - or be no more than one place behind him

If Rohan finishes outside the top 10, then Rodney needs to finish 12th or better.

Confused? Ask the handicapper - or watch it unfold at Nedlands!



Course Measurement Officer, Steve Weller, has been upgraded from a level 'C' certifier to level 'B', so any Steve-measured course now merits a World Athletics Measurement Certificate and can display the World Athletics Certified logo.

CLUB CONTACTS

Editor: Victor Waters
vfdwaters@gmail.com

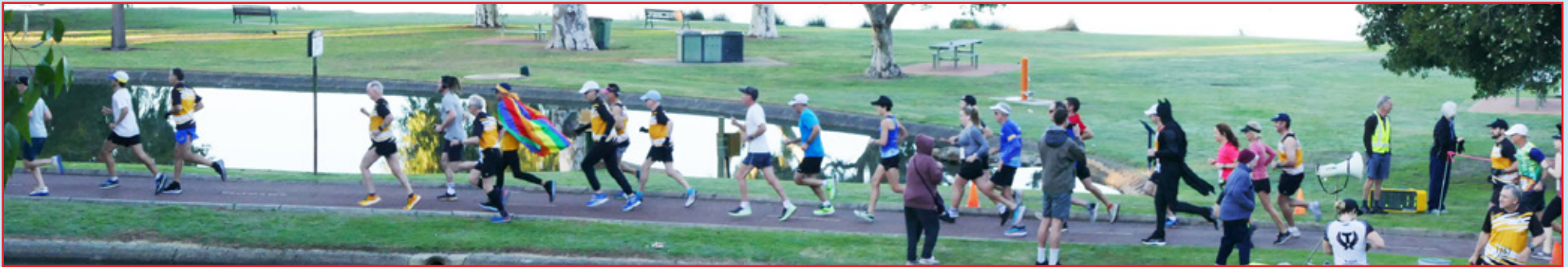
Website:
www.mastersathleticswa.org

Secretary:
mawasecretary@gmail.com

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

Clothing: Delia Baldock
dlbaldock@bigpond.com

Patron: David Carr



Super Hero Sunday

AT his first effort at this distance Jerry Peters (M40) took the honours by finishing first in the 13km run. Jerry was very happy with his effort, and proud to have worn his Heart Kids t-shirt in appreciation of that organisation's contributions to the cause of child heart health.

Other runners and walkers wore a variety of colourful super-hero costumes in demonstration of their support for child heart health. It is rumoured that Keith 'Peter Parker' Miller (M70) may be called to Hollywood as the star in a future Spiderman movie, subject to it not clashing with his marathon running schedules.

The brilliant Clare Wardle (W45) was first female finisher in the 13km, and was also observed to have run a few extra kilometres before the start, as did Kim Thomas (M45). David Adams (M45) and Heather Longworth (W50) also put in good 13km runs.

In the 7km, top male runners were Greg Knuckey (M60), Mark Kerr (M50), and Bob 'the Champion' Lane (M70). Top females were

Sandra Stockman (W55), Melinda Evans (W40) and Julie Wilson (W65).

Karyn Tolardo (W55) put in a fast time in the 7km walk. Good efforts also by Marcela Ruiz (W60), and Delia Baldock (W60). Bouquets also to David Gardiner (M75), Sean Keane (M55) and Jim Barnes (M75).

In the 13m walk were Lui Cecotti (M70) and Mike Hale (M70); and Lesley Dowling (W60) and Elaine Dance (W70).

For the record I wish it to be noted that for the first time ever I managed to get to the 3.5km turn and back to the finish before Bob Lane. Bob generously acknowledged that that was indeed the case and attributed it to my having had wind assistance. But it



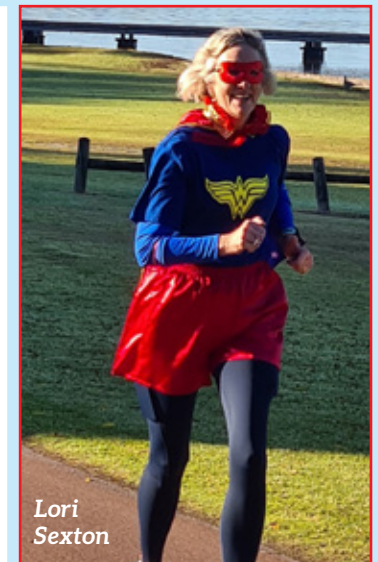
Mercurio

Named after the gods' winged messenger; who else could report such a day?

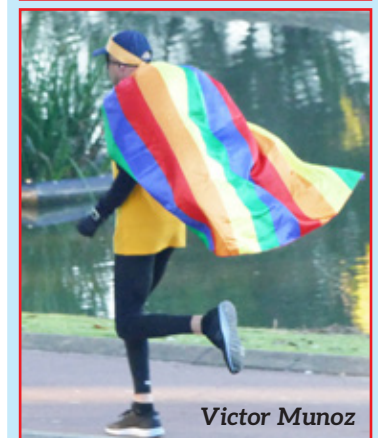
was also because Bob ran the distance while I went by car!

Many thanks to the great volunteers who worked on the day and the extra help from Brian Bennett in flagging the course, relief finish bar-code hander-outer Hazel 'the Poet' Stephens, and courtesy driver Stephen Grannells.

Mercurio



Lori Sexton



Victor Munoz

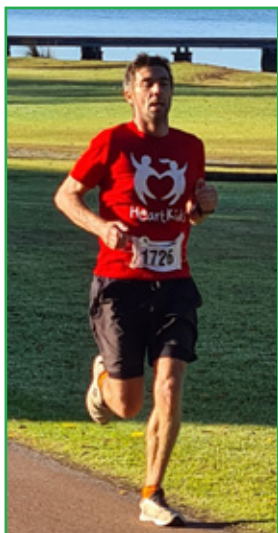


Karyn Tolardo



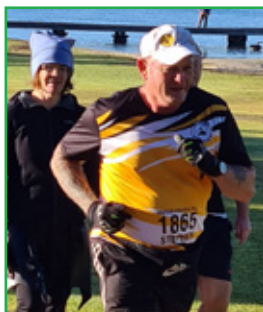
Who's that masked man - not Darth Vader? He's a villain!

AGE-GROUP LEADERS 13KM RUN



Super
run,
Jerry
Peters!

1726 Jerry Peters	M40 55:27
1226 David Adams	M45 56:21
1400 Kevin Johnson	M65 57:26
1702 Steve Helm	M60 57:40
1655 Jonathan Lester	M50 61:17
1707 Drew Grosas	M55 66:13
1809 Alan Sykes	M70 68:25
2015 Frederick Smart	M85 83:13
WOMEN	
1255 Clare Wardle	W45 57:36
2042 Heather Longworth	W50 61:16
2269 Melissa Donovan	W30 69:48
1661 Liz Bryson	W70 72:47
2281 Jay Morris	W40 75:57
1494 Wendy Grace	W65 76:40
2058 Karin Smith	W55 83:54
1512 Noels Treen	W60 87:17



Steve
Granells
- top
M55/
7km

Bardon Super Bash

7KM RUN



2233 Greg Knuckey	M60 31:10
1522 Mark Kerr	M50 32:45
755 Bob Lane	M70 32:53
1729 Victor Munoz	M65 34:16
1622 Tommy Glackin	M40 34:38
194 Ivan Brown	M75 44:12
1865 Stephen Grannells	M55 53:07
112 Bob Schickert	M80 76:43
WOMEN	
689 Sandra Stockman	W55 34:09



1867 Melinda Evans	W40 34:25
987 Julie Wilson	W65 39:44
288 Gillian Young	W70 40:46
414 Gen Schreyvogel	W50 43:41
1393 Lori Sexton	W60 46:43

JUNE 5, 2022

Director: Mercurio Cicchini



13KM WALK

1138 Lui Cecotti	M75 1:45:19
251 Mike Hale	M75 1:59:24
1531 Lesley Dowling	W60 2:00:21
339 Elaine Dance	W70 2:00:24

7KM WALK

1257 Karyn Tolardo	W55 46:33
1808 Marcela Ruiz	W60 55:02
99 Peggy MacIver	W75 58:50
111 Lynne Schickert	W80 63:56
2128 Heather Miller	W70 1:13:03

MEN

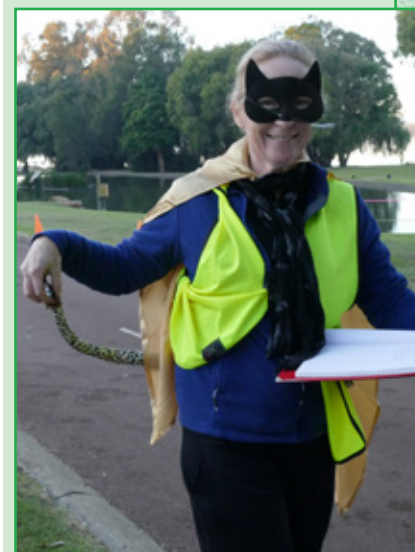
2059 David Gardiner	M75 59:00
455 Sean Keane	M55 59:23
278 Keith Miller	M70 70:04



Tailed by Mrs Cuthbertson, Andrew says he's encouraging his wife to walk with the club. Couldn't help but notice he's carrying a red flag, though. Extra incentive to do it right?!

Talking of tails, Marcella's visitor friend (picture left) planned back-ing into the chute, I presume.

Below, cat-woman was very proud of her tail. And, don't want to sound catty, but (right) Gail Craft No. 1926, your number's not up!



Jorgensen

MAWA CROSS COUNTRY CHAMPIONSHIP

8KM

CLUB C/C CHAMPS - BY AGE-GROUP

1617	Chris Lark	M40	31.57
1632	Roberto Busi	M45	31.06
2278	John Ferguson	M50	36.37
2303	Patrick Maslen	M55	33.36
333	Trev Scott	M60	34.02
1202	Akos Gyarmathy	M65	42.11

WOMEN

1943	Sophie Giles	W45	38.45
650	Karen March	W60	44.4
987	Julie Wilson	W65	49.32

6KM

CLUB C/C CHAMPS - BY AGE-GROUP

220	Giovanni Puglisi	M70	28.27
1432	Bob Hull	M75	34.16
112	Bob Schickert	M80	69.24
2015	Frederick Smart	M85	41.22

WOMEN

288	Gillian Young	W70	36.48
111	Lynne Schickert	W80	59.24

CROSS COUNTRY - NON-CHAMPIONSHIP AGE-GROUP LEADERS

8KM

1661	Liz Bryson	W70	52.09
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6KM

2308	Will Taylor	M60	36.07
192	Gayle Craft	W65	37.55
2171	John Panegyres	M55	39.4
401	Mal Vernon	M65	40.41

4KM

743	Ross Keane	M60	21.02
1907	Clifton Otte	M40	22.55
510	Delia Baldock	W60	32.23
1944	Steve Travell	M65	35.31
251	Mike Hale	M75	47.30
347	Neil McRae	M70	48.43



Champions: above from left: Bob Hull M75 - 6km; Sophie Giles W45 - 8km; Julie Wilson W65 - 8km; Karen March W60 - 8km; Bob Schickert M80 - 6km; Fred Smart M85 - 6km.



Above: Gillian Young, W70 6km champ presents the W80 medal to Lynne Schickert. Next frame, Trevor Scott, M60 8km champ, has so many medals he gave this one to his furry pal.



Right, inset is race director Jim Klinge who deserves a medal for organising this event. Centre of frame are 8km champs, M55 Pat Maslen (2303) and M40 Chris Lark (1617).

Club Half Marathon

GREAT turnout, fine job by Director, crew, and recorders. Even the weather picked up. Pity about the location. 160 contestants and support staff squeezed into the muster point. Although a dozen started early, one of Masters biggest fields bottle-necked onto that narrow pedestrian path.

The route stays tight like that all the way to Canning Bridge. Beyond is more spacious and by then we are well thinned-out.

I recall one accident with cyclists when the Canning direction route was inaugurated. Fortunately they were friendly people and diplomacy triumphed. But as our numbers swell such incidents are more likely.

In the past the Point worked well. The café was always popular and when we travelled the other way, towards Mt Henry Bridge, there was a wide field-start and no congestion problem. Road crossing ruled out that route.

Another massive Deepwater Point drawback is parking. This year it peaked and members really had to improvise to avoid fines.

So, I believe Deepwater Point has had its day.

It's time to shift somewhere safer, especially for such a big event as the half marathon **VW**.



Left: 10km leaders – Sandra Stockman, Karen March and Kevin Johnson

Right: Ian and all the helpers performed brilliantly again in testing times.

JUNE 19, 2022
Director: Ian Carson



21KM RUN

1728	Chris Gould	M45	1:18:10
1617	Chris Lark	M40	1:19:31
2003	Paul Watson	M55	1:19:48
1702	Steve Helm	M60	1:39:07
755	Bob Lane	M70	1:44:37
1202	Akos Gyarmathy	M65	1:48:01

WOMEN

1255	Clare Wardle	W45	1:30:21
2167	Lee Anne Flugel	W40	1:33:33
2269	Melissa Donovan	W30	1:57:28
1512	Noels Treen	W60	2:41:17

10.5KM RUN

1400	Kevin Johnson	M65	47:01
666	Peter March	M60	50:40
2257	Harvey Smith	M50	53:34
278	Keith Miller	M70	56:26
1450	John Ranger	M55	1:00:12
2046	Brett Montgomery	M45	1:01:03
512	David Baird	M75	1:01:44
1781	Rohan Thompson	M40	1:07:34

WOMEN

1867	Melinda Evans	W40	49:19
689	Sandra Stockman	W55	51:16
650	Karen March	W60	52:56

MORE PAGE 7 ►

... RESULTS ...FROM PAGE 6

WOMEN 10.5KM

843	Rochelle Airey	W50	56:35
987	Julie Wilson	W65	1:00:01
288	Gillian Young	W70	1:02:31



2098 Vynka Cridge W45 1:03:57

WOMEN 5KM RUN

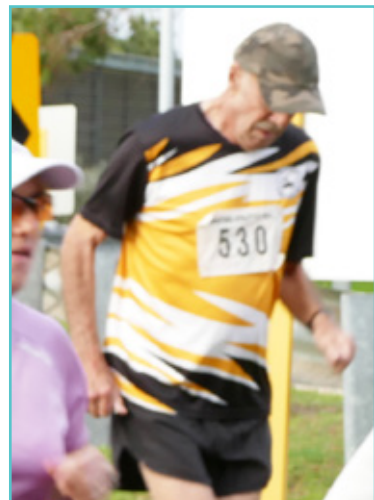
1926	Gayle Craft	W65	27:51
2107	Madeline Radestock	W60	31:43
1323	Silke Peglow	W50	36:30
1260	Melinda Fisher	W55	37:14
1674	Gem Hildyard	W45	38:07
149	Jackie Halberg	W75	43:35

5KM RUN MEN

743	Ross Keane	M60	24:02
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2 David Carr M90 29:57
1865 Stephen Grannells M55 35:36



530 Peter Hopper M75 38:11

21km winner Chris Gould is absent from our start pic – page 6. He timed his warm-up badly, and I guess he started 2-3 minutes late. Makes his 78:10 really, what, 76 minutes?

10.5KM WALK

262	Johan Hagedoorn	M75	1:18:27
251	Mike Hale	M75	1:22:28
339	Elaine Dance	W70	1:32:04

5KM WALK

99	Peggy Macliver	W75	39:01
510	Delia Baldock	W60	39:57
128	Irene Ferris	W70	45:41
824	Heiner Huning	M65	52:08

MEN

2059	David Gardiner	M75	39:50
455	Sean Keane	M55	45:22
227	Gary Fisher	M70	45:25
176	Margaret Bennett	W80	52:52
1531	Lesley Dowling	W60	1:00:48



1134 Frank Price M70 52:46

Man versus horse!

THE winner of the gruelling Man v Horse race (June 2022) has revealed he had been awake for 29 hours before the event after flying from Tenerife to claim victory.

Trail runner Ricky Lightfoot became only the third person to win the race since it started in 1980.

He told the BBC he had woken at 06:00 BST on Friday before catching a flight to Manchester at midnight.

Landing at 04:00 he travelled to Wales, arriving at Llanwrtyd Wells, Powys, at 09:00 for the race start at 11:00.

Crossing the line, the 6ft 4in (1.93m) athlete had no idea whether he had won as the people and animals take slightly different routes.

After asking around, he discovered he had come out on top against 1,000 runners and 50 horses with a time of 2:22:23.

He took home £3,500 after beating the first horse by more than two minutes on the 22.5-mile (36km) course.

The 37-year-old Cumbrian said winning was "pretty good, like".

"I called my partner and said: 'I beat the horse'. And she said: 'You're joking?'.

"And I said: 'No, I did.' She was like, 'oh my God!'"

The firefighter said he had been quietly confident.



"I thought I could give the horse a good race," he explained.

Since his win, he has been asked if he will enter the Grand National next.

"It would be great if I could win the Grand National," he said.

"I've never rode a horse in my life. I once rode a donkey at Blackpool Pleasure Beach though."

After winning, the father of two then made his way home to Maryport, in Cumbria, as he had to be back in work at 07:30 on Sunday.

Race director Mike Thomas said Mr Lightfoot, a member of Cumbria running club Ellenborough AC, beat the horses "quite comfortably" on Saturday.

The last time a human beat a horse in the race was in 2007, and the first time was in 2004.

The race, which was cancelled for the past two years due to the pandemic, began on tarmac but took in forest tracks and open moorland.

The jackpot prize for a runner who beats the first horse and rider starts at £500 and increases by £500 each year the event takes place until it is won.



JUNE 26, 2022
Director: Erika Fardig

WE had a glorious winter day for the inaugural Sunday Carine run, which attracted 101 competitors in total.

We enjoyed beautifully clear skies with a cool light breeze. The course was uncomplicated, being three laps of 3.35kms/lap offering a choice of three distances for both runners and walkers. There was a handicap run of 10km and a handicap walk of 6.7km. We had a false start as the large clock failed to start but we managed to call all competitors back almost immediately.

The course was beautiful, mostly flat, through shaded parkland, about half on sealed pathways and the other on well compacted, firm, unsealed path. There were four marshalls on the course and this number seemed to be adequate so it is an easy course to set up. The overwhelming feedback received from competitors was very positive. This course would be perfect as a summer run due to the amount of shade available throughout the course.

Carine Handicap

10KM HANDICAP RUN

			Clock	H/cap	Time
1960	Leon Mitchell	M40	1:06:27	12.26	54.01
288	Gillian Young	W70	1:07:49	8.29	59.20

6.7KM HANDICAP WALK

2304	Norman Pillay	M50	1:02:18	6.19	55.59
339	Elaine Dance	W70	1:02:43	5.23	57.20

NON-HANDICAP 6.7KM RUN

1400	Kevin Johnson	M65	29:51	29.51
1522	Mark Kerr	M50	31:32	31.32
1721	Zane Walsh	M40	31:41	31.41
178	Ralph Henderson	M70	34:26	34.26
2171	John Panegyres	M55	40:08	40.08
468	Wayne Taylor	M60	41:15	41.15
2000	Andy Wong	M45	44:04	44.04
1678	Geoff O'Brien	M75	48:15	48.15

WOMEN

987	Julie Wilson	W65	37:36	37.36
2107	Madeline Radestock	W60	42:02	42.02
1813	Isolde Tietz	W70	43:41	43.41
2248	Michaela Miller	W45	44:56	44.56
1389	Janne Wells	W50	47:35	47.35

3.3KM RUN

139	Jim Klinge	M75	18:42	18.42
1120	Michihito Muroi	M60	22:08	22.08

WOMEN

739	Margaret Saunders	W65	19:09	19.09
1994	Lorna McGavock	W45	22:50	22.50
2047	Mel Montgomery	W40	24:27	24.27

3.3KM WALK

510	Delia Baldock	W60	26:04	26.04
43	Roger Walsh	M75	33:06	33.06



Leon



Gillian

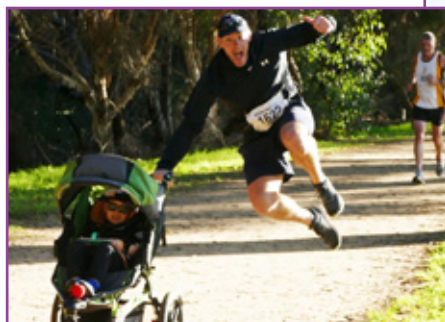


Elaine

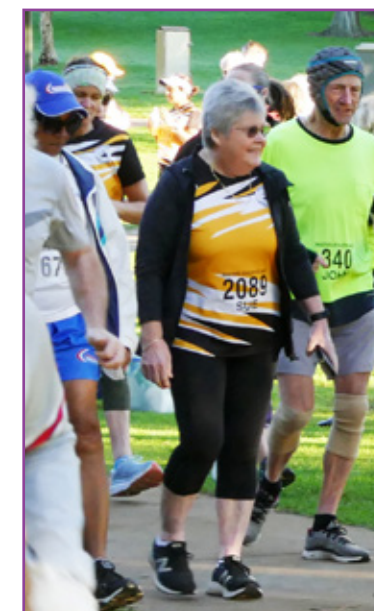


Norman

The one downside of the course was the overwhelming number of dogs (over 200 at least), both on and off their leads, around the start/finish area, causing a lot of congestion. This was due to the proximity of a fenced dog exercise area and also what looked to be a massively attended dog training course on the adjacent oval. Unfortunately, we heard of one competitor suffering grazing of shin and arm due to tripping over a dog.



Kevin Johnson, above left, shared his first lap with handicap runners Clare Wardle and Kim Thomas and went on to win the 6.7km run. Left, Jumpin' Tommy Glackin in his personal specialty event - pushing the pram, one-handed, while hovering.

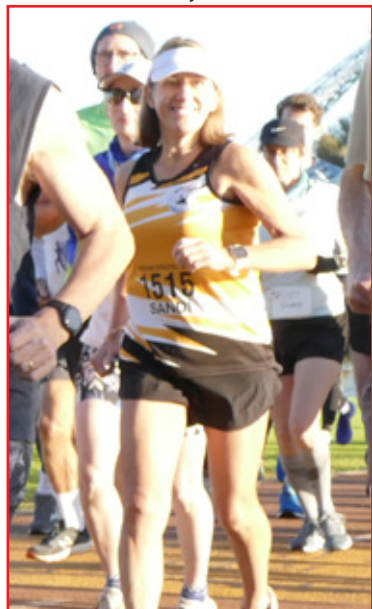


2089 Sue Renton W70 37:28 37.28



10KM RUN WOMEN

1255	Clare Wardle	W45	40:34
1716	Liz Gomez	W40	44:53
843	Rochelle Airey	W50	54:47



1515	Sandi Keenan	W55	54:51
1661	Liz Bryson	W70	55:00
987	Julie Wilson	W65	55:29
1393	Lori Sexton	W60	1:00:29

JULY 3, 2022 Director: Milton Mavrick

5KM RUN

489	Amanda Walker	W55	21:30
1867	Melinda Evans	W40	22:26
739	Margaret Saunders	W65	28:27
1833	Sally Smith	W45	29:40
1813	Isolde Tietz	W70	31:43

MEN

2329	Jacob Moffitt	M30	22:13
178	Ralph Henderson	M70	24:42
139	Jim Klinge	M75	26:55
2015	Frederick Smart	M85	29:12
468	Wayne Taylor	M60	29:25
1092	Bruce McGeorge	M65	30:02
1487	Jason Kell	M45	33:53
1865	Stephen Grannells	M55	34:22
40	John Pellier	M80	39:41

5KM WALK

262	Johan Hagedoorn	M75	35:40
174	Mike Anderson	M70	37:55
455	Sean Keane	M55	43:56
244	John Brambley	M80	44:38
824	Heiner Huning	M65	53:35

WOMEN

510	Delia Baldock	W60	38:30
1301	Erika Fardig	W65	48:21
2128	Heather Miller	W70	49:41
71	Marge Forden	W80	56:34

10KM RUN MEN

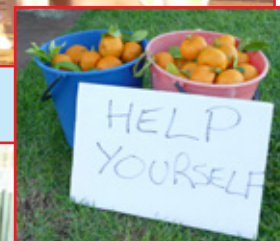
798	Kim Thomas	M45	38:28
1726	Jerry Peters	M40	40:39
2184	Glenn Rogers	M55	40:58
2233	Greg Knuckey	M60	42:43
2292	Chris Stansbury	M50	42:56
346	Chris Maher	M65	44:58
755	Bob Lane	M70	46:50
512	David Baird	M75	55:10



Presentations Day: there were many. They took so long Kim and Clare could have run another 10km! Right: generous members contribute fruit, generous helpers organise the breakfast. Thanks to all, including Milton and his team.



1-3-2 in men's 10km: Kim Thomas, Glenn Rogers (in blue) and Jerry Peters.



Manning Park



The party animal; how come Randy (above) is the only one dancing? Maybe Steve (above right, getting plastered) warned everyone off?

JULY 10, 2022
Directors: Vanessa Carson and Cassie Hughes

AGE-GROUP LEADERS 8KM RUN

2278	John Ferguson	M50	35:10
2233	Greg Knuckey	M60	36:45
2272	Martin O'Connor	M45	37:00
1707	Drew Grosas	M55	41:21
1202	Akos Gyarmathy	M65	41:54
1960	Leon Mitchell	M40	45:52
512	David Baird	M75	47:47
729	Charlie Chan	M70	52:02

WOMEN

650	Karen March	W60	42:30
1515	Sandi Keenan	W55	46:03
1422	Carolyn Stephens	W65	48:06
2107	Madeline Radestock	W60	55:43
1323	Silke Peglow	W50	60:28
4KM RUN			
1833	Sally Smith	W45	22:23
1988	Jen Owen	W65	39:16
1526	Terri Carr	W60	42:47

MEN

1675	Lourens Jacobs	M50	23:15
2171	John Panegyres	M55	24:18
1781	Rohan Thompson	M40	25:54
1351	Randy Hobbs	M60	28:21
986	Greg Wilson	M75	35:14
1944	Steve Travell	M65	39:00
1134	Frank Price	M70	43:57
5.6KM WALK			
262	Johan Hagedoorn	M75	39:05
455	Sean Keane	M55	49:44

WOMEN

1531	Lesley Dowling	W60	46:10
295	Julie Wood	W70	46:13
1787	Hazel Stephen	W75	51:48
1599	Alicia Edwards	W50	57:09
1961	Sofia Dumlao	W40	58:51
2.8KM WALK			
510	Delia Baldock	W60	20:43
244	John Brambley	M80	23:38
1679	Ros Pillay	W70	28:32

... and for our next number...



Vanessa isn't sure of the words? But the duet preceded a great event, reviving the original X/C run course and adding interesting, novelty sections to the walk!

Below - 8km winner John Ferguson.



Always look
on the grey
side of life ...

Paul Martin



THE 28th year of the MAWA Sharks Run started with the usual grey, overcast and spitting rain associated with this annual event. Fortunately nothing worse materialised and all seemed to go smoothly. Thanks especially to my helpers. I am very lucky to have many of the same faces every year which obviously makes running the event so much easier. My thanks to all of them. Kim Thomas and Clare Wardle not only competed in the 10km handicap but also did at least 5km before; and were seen running another 5km back to the finish. Maybe they were going to carry on further? Ah the good old days!



Paul Watson led from the gun (above) and won the 5km (pic left) while many handicap runners awaited their start.
Top right - Tommy's jumped into second spot!



But then ...

SHOCK HORROR - Handicapper wins!

Tristan Bell (Sharks handicap winner 2022) says:

"It could be that I'm six weeks into my Marathon training and going well. But I've blown it now, cos everyone knows if you win a handicap race, that ba***rd of a handicapper makes sure you nev-



The Fix? Handicapper confers with Director; President doesn't want to hear a word of it.

er appear in the top ten again.... ever.

"So I'll grab the glory while I can."
(Right) Surprised winner?

Perhaps - but this pic was taken at the start, when he couldn't have known ... could he?



10KM HANDICAP RUN			Clock	H/cap	Time
858	Tristan Bell	M55	1:04:42	18.33	46.09
1622	Tommy Glackin	M40	1:04:50	18.29	46.21
1515	Sandi Keenan	W55	1:06:11	11.09	55.02
1393	Lori Sexton	W60	1:06:54	7.18	59.36
QUICKEST!					
798	Kim Thomas	M45	1:08:15	29.23	38.52
1255	Clare Wardle	W45	1:09:47	26.20	43.27

JULY 17, 2022
Director: Paul Martin

5KM RUN

2003	Paul Watson	M55	17:53
743	Ross Keane	M60	23:36
762	Mark Hewitt	M70	27:46
194	Ivan Brown	M75	28:33
1675	Lourens Jacobs	M50	28:37
1092	Bruce McGeorge	M65	32:39
784	Grahak Cunningham	M45	41:05

WOMEN

1445	Vanessa Carson	W40	20:56
1926	Gayle Craft	W65	27:58
1711	Denise Cleasby	W60	29:58
1389	Janne Wells	W50	33:04
481	Theresa Howe	W70	35:09
149	Jackie Halberg	W75	45:35

10KM WALK

262	Johan Hagedoorn	M75	75:15
5KM WALK			
510	Delia Baldock	W60	38:51
1787	Hazel Stephen	W75	45:29
1301	Erika Fardig	W65	49:04
2128	Heather Miller	W70	53:03

MEN

2059	David Gardiner	M75	40:03
455	Sean Keane	M55	42:27
227	Gary Fisher	M70	46:44

WHITEMAN PARK

JULY 24, 2022

Director: Ross Langford

AGE-GROUP LEADERS

10KM RUN WOMEN

650	Karen March	W60	48:31
987	Julie Wilson	W65	56:51



1682	Jo Shelley	W45:1:00:31
1389	Janne Wells	W50 1:07:51

MEN

2133	Paul Rowland	M45	36:48
2184	Glenn Rogers	M55	41:21
2278	John Ferguson	M50	42:25
666	Peter March	M60	46:19
1439	Bob Colligan	M65	47:04
512	David Baird	M75	56:30
1960	Leon Mitchell	M40	65:47

5KM RUN WOMEN

406	Chris Pattinson	W65	26:51
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928	Sandra Rourke	W55	31:24
1813	Isolde Tietz	W70	31:35
1994	Lorna McGavock	W45	32:13

MEN

743	Ross Keane	M60	23:36
178	Ralph Henderson	M70	24:27



407	Don Pattinson	M65	27:06
139	Jim Klinge	M75	29:13
1781	Rohan Thompson	M40	31:35
2171	John Panegyres	M55	33:03

5KM WALK WOMEN

510	Delia Baldock	W60	38:20
386	Barbara Blurton	W70	40:36
1515	Sandi Keenan	W55	46:44
1613	Charlotte Webb	W45	46:45
1301	Erika Fardig	W65	48:10
176	Margaret Bennett	W80	51:48
1961	Sofia Dumlao	W40	53:17
2022	Jenny Hogg	W55	58:48

MEN

174	Mike Anderson	M70	38:02
77	Arnold Jenkins	M75	45:00
2157	Dave Hogg	M60	58:46

Running marathons could age men by a decade

UK Telegraph

A STUDY of those aged 40 and over who had taken part in at least 10 endurance events found that their major arteries were far stiffer than would be expected for their age group.

Overall, men who regularly took part in events such as marathons, ironman triathlons and cycling events were found to have a vascular age a decade older than their chronological age.

This could put them at greater risk of heart attacks and strokes, experts warned.

But women become younger!

The study of more than 300 regular athletes found women who took part in endurance events saw a health boost. By one measure, their vascular age was six years younger than their true age.

Scientists said that the study, funded by the British Heart Foundation and Cardiac Risk in the Young, could not explain why endurance events appeared to have such different impacts on men and women.

Other studies have shown that making hearts work harder to pump blood around the body can cause changes to the heart.

Researchers said that in general, exercise cuts the risk of heart

"Women's hearts feel younger after a long run."

and circulatory problems, saying the benefits of moderate, regular activity for heart health are well proven.

They said more research was needed to see why endurance events might have a negative impact on male arteries.

The research, which has not yet been peer-reviewed, was presented at the British Cardiovascular Society (BCS) conference in Manchester.

For the study, researchers from Barts Heart Centre at St Bartholomew's Hospital, St George's Hospital and University College London (UCL) studied more than 300 "masters" athletes, with an equal number of men and women.

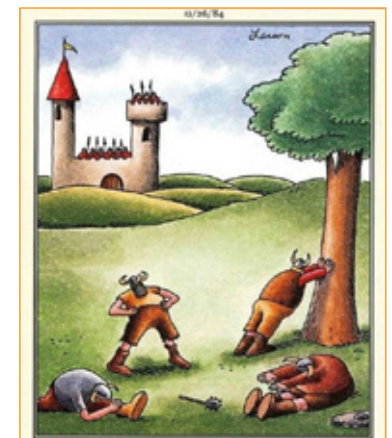
These were people aged more than 40 who had taken part in more than 10 endurance events and had exercised regularly for at least 10 years.

Distance runners made up the largest group, with cyclists, swimmers and rowers also among those studied.

Heart MRI scans were used to study the stiffness of the athlete's aorta, the largest artery in the human body, which carries ox-



To see that game I would be willing to hold my nose and plumb the depths.



The Vikings, of course, knew the importance of stretching before an attack.

xygen-rich blood away from the heart to the rest of the body and the brain.

Researchers found that the aortas of the men were stiffer and, on average, 9.6 years older than their chronological age. Female athletes had a vascular age that was around the same as their actual age, researchers found.

Timely praise for RRC

Dear Vic, I felt it may be timely to write in support of the shorter RRC i.e. 3 x 5km races held during May.

Like many other older members I have great memories of the 50km RRC (consisting of 10km, 15km and 25km races held in May each year). As explained in the June Vetrin the concept was initiated by the late but inimitable Maurice Warren.

Usually these events were regarded as the perfect build up to the Perth Marathon held in early July.

A bit too far

In recent years I have accepted that the 25km is asking too much of my body and have focused on just the shorter Sunday runs. However this year I ran the 3 x 5km series.

My first 50km was in 1996, at age 51 when I was, like you, John Pressley, Brian Danby and John Bell, running quite well. That year my average time per kilometre was 4 minutes 10 secs; and in that July my marathon time was a PB of 3.28.

That result was spoiled by being rushed to RPH suffering from hypothermia after the finish!



Ivan
Brown

In the following years my average speed for the 50km KM dropped off, naturally, to 4:13 in 1999; 4:22 in 2003; 5:08 in 2007 and 5:06 in 2013 at age 68 – one of my better years.

Once upon a time

Those were the days, Ivan. At least we can say we did well, once! Spare a thought for Bob Schickert and others though, who did so multiple times. This non-complete list, made in 2007, names some of the most numerous 50km contestants. VW

Championships completed

Bob Schickert	17
John Pellier	14
Marg Forden	11
Merv Moyle	11
Ann Turner	11
Vic Beaumont	9
Dorothy Whittam	9
Irene Ferris	8
Mike Khan	8
Val Millard	8

Hello Vic, I have read another excellent Vetrin. I noted that I was thanked for helping John Ranger find the correct names for the first 69 finishers when the scanner stopped working.

However, John spent many hours going through the video footage and I only helped when the number was not visible. I would like to thank Graeme Dahl as his photo gallery allowed me to work out the correct finishers.

Thanks and see you soon.

Marg (Saunders)

HOUSE- SWAP, ANYONE?

Hi Vic, I'm looking forward to catching up with MAWA friends again in Perth in 2023 and wondering if any members may be interested in a house swap?

My house in Nottingham is close to the city, but in a very pleasant, quiet area. It's a two-bedroom (one double, one twin-bedded) bungalow with excellent transport links. I would like to spend anything between two and three months in Perth, where I hope to run the Perth Marathon with grandson Adrian in early October 2023 – hence looking at probably August, September and early October next year.

John Oldfield

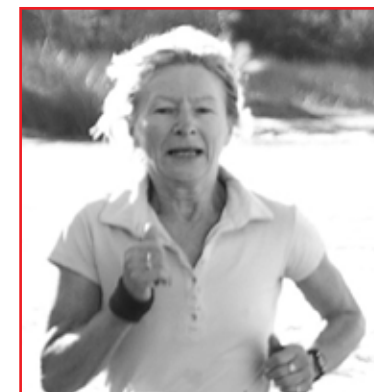
MAWA's 2021-22 Secretary's Report

by Gillian Young

IT has been another busy year all the while thinking we had seen the last of COVID restrictions but just when we thought we were okay it has loomed its head again. We have managed to continue with little interruption apart from our morning teas which have been greatly missed.

This decision was taken to protect our members who are not all young, fit and healthy. Some are returning after sickness or surgery and some, who are in their senior years, can be more vulnerable to infection.

Once again it has been our volunteers who have earned our biggest thanks. They continue to do a wonderful job and we are very



grateful to them. There are too many to mention but our gratitude goes to each and every one of them. We couldn't do it without you.

And ... finally, the compliments continue to be received thanking us for being a welcoming, friendly and encouraging club. So thank you to you all for your part in achieving this.

Treasurer's Report

by Gary Fisher

MAWA Treasurer

I AM pleased to present the annual financial result to members and trust that they agree with me in the opinion that the club was able to again return a solid year's result based on a policy of controlled

expenditure with a view to returning a break-even set of accounts.

The 2022 result was solid and it was very pleasing to return a surplus for a second year in a row. That surplus is \$4183 for the year.

However, Athletics West were slow to charge their annual fee. Therefore \$6830 was not paid un-

CONTINUED FROM PAGE 13

til early July 2022 which meant that our surplus in fact should have been a small deficit.

Cash on hand sits at \$86,615 which is still an extremely healthy state for a club of our size and membership base.

Revenue

Revenue continues to be strong.

Visitor numbers and therefore fees were still low compared to pre COVID levels.

Membership at June 30 was 695.

There were no other notable revenue items.

Expenses

There were no large items of expenditure of note and any replacement equipment was of minimal value.

Events

As per previous reports any club events are expected to return a breakeven result or better and this remains our policy.

State Championships were successfully held in March and returned a healthy surplus.

Summary of Receipts and Payments

The summary has been included in this Vetrin and will also be placed on the website. As yet the accounts have not been audited.

Conclusion

Covid continues to have a huge impact on all of our lives but again I extend a thank you and well wishes to all members for the coming year and years ahead. ■

President's Report 2021-2022

OUR membership reached 695 in July. While this is 75 below the all-time peak of a year ago there is a clear reason for this.

The 2020/2021 number had a huge boost in July, through to around November 2020, when we were holding running events where commercial organisations and parkrun were not. As we were not allowing visitors the only option for Perth runners to get an organised run was to join MAWA.

All our events, training and coaching sessions continued to be popular and I would say there was no discernible difference in attendance from the previous year.

Athletics West

Co-operation with Athletics West continued to be very good. The new registration arrangements worked smoothly again while the three 'all-ages' State Championships (multi events, cross country and 20km walk) went well with AW offering MAWA members the 'registered athlete' fee.

We now actively work with AW to manage the busy Championship programme in February and March. The AW registration



Richard
Blurton

fee for MAWA members competing at Strive will increase to \$65 but the event fee will reduce by \$3.

WAAS

The planned resurface of WAAS starting in October 2021 was postponed for a year. Prior to this decision we had tried hard to find an alternative northern suburbs Tuesday venue but without success. In the end we re-established the WAAS programme with thanks to Mark Dawson, David Adams and Mike Anderson for managing the venue. It is unlikely anything has changed on alternative venues, so members should expect that there will be no Tuesday competition until around January 2023.

Helper registration

We kept our fees unchanged from the previous year. We changed the arrangements for helper registration so that helpers registered online during the year rather than having to specify dates when renewing. Drop-out rates fell dramatically making life a lot easier for Race Directors but later in the year the committee need to give a number of reminders. We have listened to comments on this system and will consider improvements for next year.

Thanks to ideas from Mark Dawson, Stephen Helm and Bob Schickert we introduced three new Sunday runs. The Star Swamp course was much liked and next year we will use the Community Centre there for a morning breakfast.

Our Road Championship events were tightly contested. Kim Thomas and Clare Wardle again took out the 50km RRC, while Clare and Roberto Busi won the inaugural 10km Road Championships. Paul Watson and Gillian Young retained their age-graded handicap trophies. John McDonagh took out both the RWC and Age-Graded walk trophies while Melissa Lewis triumphed in the female Age-Graded walk.

Track and Field

It was a busy year on the track with the return of AMA Nationals and World Masters. Just seven of our athletes travelled to Tampere

in Finland for the first World Masters since Malaga in 2018 - and didn't they do well!

Gold medals went to Maureen Keshwar, David Carr, Sharon Davis and Lynne Schickert. World Records were achieved by David Carr and Mandy Mason (relay), and Australian Records from David and Melissa Foster. Lynne Schickert was our star performer at the Brisbane Nationals with two Australian records while Melissa Foster and Ossi Igel set State Records.

On the local front the Australian Masters Games took place in April and was thoroughly enjoyed by all the competitors, the stand-out performance coming from Kyle Ennis with an Australian W30 60m record of 6.9s.

And last but definitely not least, our State Championships attracted an all-time record entry of 208 athletes. Superbly organised as always by Barbara it ran smoothly and to time in glorious weather. Lynne Schickert took two Australian records while a stunning 100m from Maureen Keshwar (just missing Barbara's Australian Record) plus a pentathlon Australian Record earned her the athlete of the Meet Trophy.

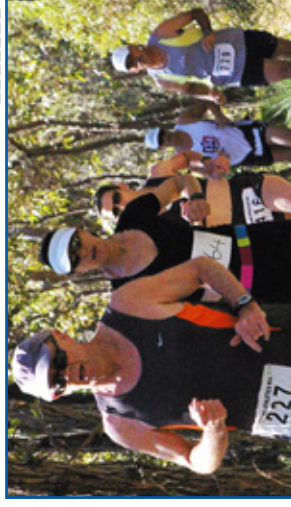
My thanks to a first-class committee last year with special thanks to new committee member Karyn Tolardo who is making sure the interests of our walkers are being looked after.

Richard Blurton, President

Summary of Receipts and Payments

For the 12 Month Period Ended 30 June 2022 (Unaudited)

RECEIPTS	2022	2021	PAYMENTS	2022	2021
	\$	\$		\$	\$
Membership income			Running costs		
Membership fees - 19/20		1,905	State/National Affiliation fees	5,007	12,832
Membership fees - 20/21	57	31,349	Drinking cups	1,099	778
Membership fees - 21/22	27,994		Bank fees	39	289
Visitors fees	2,381	1,680	Travel		
			Venue Costs	2,562	3,164
			Vetrun Postage	252	305
			Vetrun Production	7,460	7,321
			Postage/Stationery	564	355
			Website costs	519	265
			Medals/Trophies	5,043	896
Total fees	30,432	34,934	Total running costs	22,545	26,205
Surplus on membership	7,887	8,729			
Events			Events		
Dwellingup Weekend		3,138	Dwellingup Weekend	1,125	2,880
Lewana Weekend			Lewana Weekend 2016		
Myalup Weekend		324	Myalup Weekend		324
State Champs - 2021			Myalup Weekend Deposit.		
State Champs 2022	9,032	9,157	State Champs - 2021		3,386
Facilities Hire			State Champs - 2022	2,244	
Track & Field	5,613	5,077	State Champs Refunds		
10km Handicap			Track & Field	5,723	6,115
			10km Handicap		-
Total receipts Events	14,645	17,696	Total payments Events	9,092	12,705
Surplus/(Deficit) on Events	5,553	4,991			
Other			Other		
Clothing Receipts	3,185	3,935	Bib numbers	519	923
Sundries		252	Clothing purchases	1,678	3,102
Interest	196	837	Sundries	1,284	1,711
Donation			Equipment purchases	6,380	7,487
Numbers	54	40	Sunday Run expenses	2,631	2,281
Bond Refunds	1,250		Coaching (T&F)	2,660	2,000
Coaching Grant	1,000	1,000	Expense re 2018 Nationals		
Perth 2016 Grant		5,000			
Postal Half	210				
Total receipts other	5,895	11,064	Total payments other	15,152	17,504
Surplus/(Deficit) on Other	(9,257)	(6,440)			
Total Operating Receipts	50,972	63,694	Total Operating Payments	46,789	56,414
Operating Surplus/(Deficit)	4,183	7,280			
Total Receipts	50,972	63,694	Total Payments	46,789	56,414
Overall Surplus/(Deficit)	4,183	7,280			
Cash on Hand	2022	2021			
Bankwest Cheque Account	\$ 22,914	\$ 13,110			
ANZ Deposit Account		5,818			
Term Deposit 035-6998506-7	24,948	24,817			
Term Deposit 05558066-9	38,753	38,688			
Total Cash on Hand	\$86,615	\$82,433			



Gary Fisher,
Treasurer

Notes: 1. Clothing stock at year end was \$9554 with current year purchases of \$1678.
2. There were no significant equipment purchases of more than \$2000.

AS reported in the June Vetrin David Carr is on a mission to set multiple World Records. His campaign started at ECAC in June with a pending 3,000m record and continued in Tampere with the 5,000m (29:47.83) and steeplechase (12:50.43).

David will now aim to fill in some gaps at ECAC – a 10,000m is set up for August 11 and the 400, 800, 1,500 and mile will all be on his radar. Look at the website for posts for dates and times when attempts will be made.

Special thanks go to Barbara and Gillian who have worked hard to master the photo-finish system to ensure that it will always be available for record attempts. It is mandatory for all distances 800m and below.

Coming season

As always it is difficult to fit in Championships in the busy February/March period and next year is no exception. It has been made more difficult by the late decision by Torun, Poland to host a World Indoors, March 27 to April 3.

This has led to AMA moving the Nationals in Sydney from early April to March 10 to 13. March 25/26 is clear of other events and two weeks after the Nationals, so



GOLDEN AGE! David Carr at 90



For decades, DC has been renowned worldwide for his 800m exploits. In recent years he has also made the steeplechase his own. Picture: in Canberra, 2012.

we have selected that weekend for State Champs.

The WAAS track will be closed for re-surfacing from October 1 through to around mid-January. Despite extensive efforts we failed

to find an alternative Tuesday venue last year and do not expect the situation to be any different this year, and hence we are not planning Tuesday competitions until WAAS re-opens.

WORLD CHAMPIONSHIPS

Didn't they do well!

OUR MAWA team may have been small, with just seven members, but they certainly packed a punch. Four of the seven returned to Australia as World Champions.

David Carr was unbeaten in all his five events – from 400m up to 5,000m, setting World Records in the 5,000m and the steeplechase.

Sharon Davis is a double World Champion – what a star she is winning the 800m and 1,500m, both with very close finishes.

Maureen Keshwar set the scene early on with a convincing win in

After a break of four years we at last had a World Masters Championships to enjoy, hosted by Tampere, Finland.

the 100m, while Lynne Schickert continued her stellar W80 form with a steeplechase gold.

Others are coming home hands-full.

Mandy Mason's sprint silver and bronze in a tough age group were outstanding, but she then capped her championships sharing a World Record in the 4 x 100m relay.

Giovanni Puglisi and Bob Schickert both won silver in the steeplechase and both ran well in the Cross Country.

Helpers – Where you're needed!

MASTERS members – with the exception of T&F only, over-80s, and special exemptions – are required to help at two Sunday events every year.

Please check the website for up-to-date numbers required at the following events.

Around Herdsman	August 7	2 NEEDED
Darlington Dash	August 14	2 NEEDED
Fathers' Day Run	September 4	5 NEEDED
Wireless Hill	September 11	1 NEEDED
Matagarup	September 18	4 NEEDED
Mullaloo Magic	September 25	6 NEEDED