

VETR^{UN}



No. 529

OCTOBER 2022



***Wireless Hill
2022***



NEXT EDITION: Vetrin no. 530 will be published in December 2022

Cover: Jenny Hogg's picture of the Wireless Hill start.

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Sunday changes

DUE to a prior booking at Gwelup, we have been forced to change the Sunday programme: Gwelup moves to November 20.

Woodman Point will take place November 27.

If any helpers who have signed for these runs are unable to make the new date, please let Richard Blurton know.

Nostalgia

FEW in Aldo's story pic (P8) run with us now, said Bob Schickert. He names almost all of them. For old-timers' sake they are, from left, Denise Lancaster (now Viala), Gillian Young, Pierre Viala, Vic Beaumont, Barry Jones, Trish Farr (?), Merv Jones (still running!), Jeff Spencer, John Smith (dec), Ray Hall (dec), Roger Walsh (?), Aldo and Wendy Clements.



Above, Steve Barrie earned the President's Pin for his volunteering.

Left, David Adams was our most improved athlete on road runs.

AGM 2002 - IN BRIEF

FULLER information, including meeting minutes, record-setters and more is readily available at the club website.

The committee will number just seven this year, Mark Howard having stepped down. "However, if necessary we can appoint an extra member," said President Richard Blurton.

Annual awards presented at the AGM were:

* **John Gilmour Award:** Todd Davey

* **Most Improved - Road:** David Adams

Most improved - T&F: Sue Coate
President's Pin: Steve Barrie.

you WRITE



Hello Vic, We had quite a few from the club run this event and run well yesterday, so I thought a bit of a summary might be worthwhile.

It was Bunbury Runners Club's 40th year and attracted almost 600 runners.

We had a beautiful clear and still morning for the event which was great weather for running and it was well organised with 100-plus officials on course.

As best I can see from the results, here are the relevant ones.

Ultra Marathon (Seven competitors). No Masters.

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Patron: David Carr

IN MY VIEW

MY view was hazy and most of Vetrin October was produced under the influence of drugs. So, apologies for any shortcomings - but sincere thanks to Jenny Hogg!

Jenny has photographed you all, supplying pictures for the website and Vetrin from all of September's Sunday meetings.

Despite recovering from her own injury she turned out every Sunday morning, and has also offered to cover some October events. Jenny's excellent pics are right through this edition, including the front cover.

Marathon (100 competitors). David Adams, Ante Perdja (past member).

Half Marathon (nearly 300 competitors). Kevin Johnson 1st M60-69, Sandra Stockman 2nd W50-59, Sue Zlnay 1st W60-69 (very, very quick at about 1.41), Chris Pattinson 3rd W60-69, Don Pattinson, Mark Kerr, Rodney Glossop, Marie Van Blomstein (and her Masters partner).

10km (99 competitors). Ngaio Kerr, Geoff O'Brien - dead last but only coz partner Sue wouldn't let him run and made him walk it! (He fell over at the Sharks and another Masters run recently.)

5km (95 competitors). Ross Keane 1st Veteran, Raynor Keane, Rosemary Giles (past member; I passed her right at the finish line).

Kind regards, Ross Keane

Racecourse

AGE GRADED WALK HANDICAP

1110	John McDonagh	M70	1:30:39	21.46	68.53
262	Johan Hagedoorn	M75	1:31:46	18.42	73.04
1944	Steve Travell	M65	1:57:03	26.42	90.21
251	Mike Hale	M75	1:59:46	21.02	98.44
1323	Silke Peglow	W50	1:45:48	28.08	77.40
1828	Phillippa Bennett	W60	1:47:48	23.16	84.32

AGE-GROUP LEADERS

5KM WALK

1624	Haydn Gawne	M75	38:01
227	Gary Fisher	M70	52:30
2157	Dave Hogg	M60	53:14
824	Heiner Huning	M65	54:17

WOMEN

99	Peggy MacIver	W75	43:20
1301	Erika Fardig	W65	47:01
1531	Lesley Dowling	W60	47:02
1523	Ngaio Kerr	W50	48:33
2128	Heather Miller	W70	49:01
1819	Sue Glyde	W55	50:25
111	Lynne Schickert	W80	54:16
1255	Clare Wardle	W45	59:58



Off in a blaze of club-colours, this group was led by David Adams, Geoff Vine and Greg Knuckey.

10KM RUN

798	Kim Thomas	M45	40:57
2184	Glenn Rogers	M55	41:56
807	Rod Hamilton	M60	47:27
755	Bob Lane	M70	48:28
1901	Rodney Glossop	M40	48:50
1202	Akos Gyarmathy	M65	49:33
1522	Mark Kerr	M50	53:39
512	David Baird	M75	58:51

WOMEN

650	Karen March	W60	51:14
843	Rochelle Airey	W50	55:18
1515	Sandi Keenan	W55	56:09
406	Chris Pattinson	W65	56:21
1661	Liz Bryson	W70	58:00
1720	Anne Young	W45	59:39

5KM RUN

2134	Gerrit Myburgh	M50	20:34
2233	Greg Knuckey	M60	20:38
178	Ralph Henderson	M70	24:26
2171	John Panegyres	M55	28:07
1781	Rohan Thompson	M40	28:15
2015	Frederick Smart	M85	29:40
637	Martin Watkins	M75	30:31
1092	Bruce McGeorge	M65	36:15
112	Bob Schickert	M80	36:58

WOMEN

1926	Gayle Craft	W65	27:23
928	Sandra Rourke	W55	31:38
1813	Isolde Tietz	W70	31:57
149	Jackie Halberg	W75	43:21

JULY 31, 2022

Director: Gary Wilmot

Meticulous Gary Wilmot, giving the longest, most detailed pre-race briefing in club history. Great eyesight too, reading it all off his phone! Right, Gary Fisher checks his time, or perhaps his pulse, before walking to glory as 1st M70, 5km.



Around Herdsman



Some did the swerve ...

**Others
sought the
dry ...**

But the bold splashed through.



AUGUST 7, 2022
Director: Rod Hamilton



AGE-GROUP LEADERS 15KM RUN

798	Kim Thomas	M45	1:01:15
2278	John Ferguson	M50	1:04:43
2041	Simon McGarvie	M55	1:07:19
2108	Darryl Downing	M40	1:14:17
1202	Akos Gyarmathy	M65	1:15:14
666	Peter March	M60	1:15:29
512	David Baird	M75	1:28:36

WOMEN

650	Karen March	W60	1:15:33
2042	Heather Longworth	W50	1:16:56
1720	Anne Young	W45	1:25:51
1661	Liz Bryson	W40	1:25:56
2109	Mell Sieczka	W45	1:34:30
2281	Jay Morris	W40	1:46:50

7.5KM RUN

1726	Jerry Peters	M40	31:47
178	Ralph Henderson	M70	36:25
229	Blakeney Tindall	M60	36:45
2171	John Panegyres	M55	43:11
1092	Bruce McGeorge	M65	45:54
112	Bob Schickert	M80	56:37
986	Greg Wilson	M75	1:02:30

WOMEN

843	Rochelle Airey	W50	39:29
987	Julie Wilson	W65	41:32
2107	Madeline Radestock	W60	47:17
928	Sandra Rourke	W55	49:13
1994	Lorna McGavock	W45	51:28
1260	Melinda Fisher	W55	57:03

5KM RUN

2134	Gerrit Myburgh	M50	21:17
530	Peter Hopper	M75	35:43

15KM WALK

1944	Steve Travell	M65	2:35:36
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7.5KM WALK

2059	David Gardiner	M75	59:59
1255	Clare Wardle	W45	60:00
1828	Phillippa Bennett	W60	61:30

5KM WALK

627	Richard Blurton	M70	42:10
1454	Andrew Cuthbertson	M60	42:18
455	Sean Keane	M55	44:02

WOMEN

1301	Erika Fardig	W65	48:53
1787	Hazel Stephen	W75	48:53
111	Lynne Schickert	W80	50:55
1961	Sofia Dumlaio	W40	53:26

Warned that her son was about to overtake, and splash through, early-starting Carolyn said – "Well, he can swim!"

In fact, it didn't rain much that morning. Didn't need to, the puddles were already full. Thanks go to Rod and his team for their early start in forbidding conditions. VW



Darlington Dash

AUGUST 14, 2022
Director: Delia Baldock

EARLY fog lifted for a lovely day for the Dash. After all the recent rain the track was a lot wetter than we have had before but the creek and little waterfall were roaring.

As usual the Dick Horsley Trophy for partners was closely contested with Karen and Peter March returning to victory! Well done to everyone who competed and made it down and back up the hill.

Many thanks to all our great helpers.

Delia

AGE-GROUP LEADERS

11KM RUN

2278	John Ferguson	M50	47:42
2310	Andy Whiteside	M45	50:51
666	Peter March	M60	52:37
2108	Darryl Downing	M40	53:31
1202	Akos Gyarmathy	M65	54:19
1707	Drew Grosas	M55	57:16
1960	Leon Mitchell	M40	1:05:08
175	Brian Bennett	M70	1:22:31
690	John Talbot	M75	1:33:24

WOMEN

2259	Caroline Knight	W40	51:50
1258	Sandra Siviour	W50	52:46
987	Julie Wilson	W65	1:05:06
1512	Noels Treen	W60	1:23:15

5.5KM RUN

2233	Greg Knuckey	M60	23:21
178	Ralph Henderson	M70	27:34
2249	Rod Siviour	M55	28:26
1362	David Boyd	M50	29:55
139	Jim Klinge	M75	31:34
2015	Frederick Smart	M85	35:03
2000	Andy Wong	M45	36:49
1454	Andrew Cuthbertson	M65	46:07
112	Bob Schickert	M80	47:56

WOMEN

650	Karen March	W60	27:13
2109	Mell Sieczka	W45	32:52
2107	Madeline Radestock	W60	35:44
928	Sandra Rourke	W55	36:39
1813	Isolde Tietz	W70	37:18
1523	Ngaio Kerr	W50	37:59
1961	Sofia Dumlaio	W40	42:52

5.5KM WALK

2059	David Gardiner	M75	45:46
1531	Lesley Dowling	W60	48:45
111	Lynne Schickert	W80	54:05
1301	Erika Fardig	W65	55:13
2157	Dave Hogg	M60	56:04
1679	Ros Pillay	W70	1:01:16

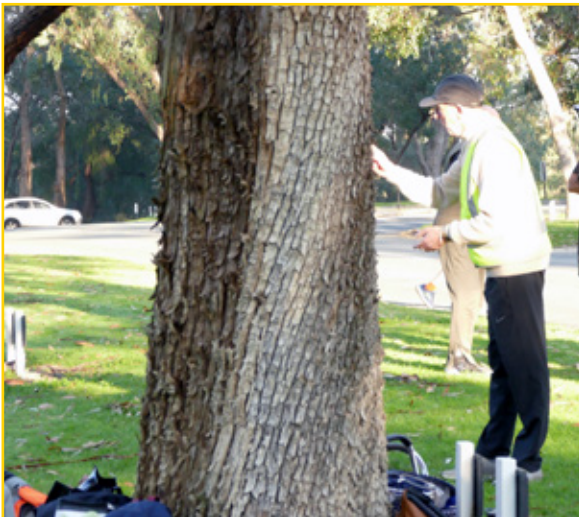
DICK HORSLEY TROPHY COMBINED TIME FOR COUPLES

Short Course	Long Course	Combined Time
1 Karen March	Peter March	1:19:50
2 Rod Siviour	Sandra Siviour	1:21:12
3 Mell Siezka	Darryl Downing	1:26:23
4 Ngaio Kerr	Mark Kerr	1:35:42
5 Phillippa Bennett	Steve Barrie	2:07:05





World's Worst Handshake – as Ivan Brown advises Geoff Vine on how to join the Masons.



'I talk to the Trees' – but they don't hear you, John.



I know, Randy! I keep telling Silke that damn speaker is too loud, but she makes like John's tree.





The Director directing – for the last time, after 25 years in the park.

WE were lucky to have a beautiful fresh sunny morning for the run this year, with the wildflowers starting to appear. Although there had been rain during the week, which should have dampened down the sand track, everyone appeared to have found it a challenge, judging by the times.

Unfortunately, the numbers were rather disappointing again, with only 87 members and just 15 visitors.

This may have been due to this run again clashing with the Marathon Club who had their Lake Gwelup Run on. (A much easier run, which may have tempted some members!)

Finally, I would like to thank all my willing helpers, who made my job much easier and resulted in another very successful event.

Looking at the history of this event, I believe that it is one of the oldest runs on the calendar, if not one of the originals. When I became involved with directing it, way back in the '90s, the course was very complex, covering just

about every sand track in the park, and used to take Warren Gee and myself all Saturday afternoon to mark out.

All worth it, as it was real cross country. That lasted until the Kings Park Board decided we were doing too much damage!

Hence the many modifications that have had to be made over recent years. After 25 years, I feel that it is time for me to stand aside and let someone younger take over the reins and keep the tradition of this run going, as it is one of the few cross country runs left on the calendar.

So, if anyone is interested in taking over this rewarding role, please call me (0408 939 293).

Ralph

Kings Park X-C

AUGUST 21, 2022

Director: Ralph Henderson

AGE-GROUP LEADERS

10KM RUN

798	Kim Thomas	M45	45:17
1710	Mitch Cleasby	M60	47:13
2055	Jan Brankaer	M40	49:02
1966	John Herzfeld	M55	51:33
1202	Akos Gyarmathy	M65	54:19
1522	Mark Kerr	M50	54:56
1111	Ian Carson	M65	1:03:07
729	Charlie Chan	M70	1:04:58
1138	Lui Cecotti	M75	1:10:49

WOMEN



Clare Wardle, back running again after a few weeks walking to ease a hamstring problem.

1255	Clare Wardle	W45	51:29
1258	Sandra Siviour	W50	52:07
987	Julie Wilson	W65	62:33
1512	Noels Treen	W60	78:37

5KM RUN

2233	Greg Knuckey	M60	23:14
1432	Bob Hull	M75	29:44

1639	Geoff Vine	M70	29:55
1888	John Cameron	M55	30:03
1362	David Boyd	M50	30:17
2000	Andy Wong	M45	34:14
1960	Leon Mitchell	M40	35:28
112	Bob Schickert	M80	42:53

WOMEN

1867	Melinda Evans	W40	25:16
739	Margaret Saunders	W65	31:08
1393	Lori Sexton	W60	32:32
2056	Grace Yang	W45	33:50
928	Sandra Rourke	W55	35:43
1523	Ngaio Kerr	W50	37:11
967	Carolyn Fawcett	W70	45:36

7KM WALK

262	Johan Hagedoorn	M75	51:45
455	Sean Keane	M55	1:01:54

WOMEN

99	Peggy MacIver	W75	59:23
1531	Lesley Dowling	W60	1:02:44
339	Elaine Dance	W70	1:02:46
111	Lynne Schickert	W80	1:04:23

4KM WALK

510	Delia Baldock	W60	30:14
1679	Ros Pillay	W70	41:38
176	Margaret Bennett	W80	42:49
1328	Pam English	W75	42:51

MEN

2059	David Gardiner	M75	31:02
1038	Bob Fawcett	M70	47:23
89	Paul Martin	M80	48:52



Tough start – narrow path, into the sun.

Frailty in old age

Guardian

Research may reveal why people can suddenly become frail in their 70s.

SCIENTISTS discover “catastrophic” change in blood cell composition, raising prospect of new therapies to slow ageing process.

A ground-breaking theory of ageing that explains why people can suddenly become frail after reaching their 70s has raised the prospect of new therapies for the decline and diseases of old age.

Researchers in Cambridge discovered a process that drives a “catastrophic” change in the composition of blood in older age, increasing the risk of blood cancers and anaemia, and impairing the effectiveness of white blood cells to fight infection.

The scientists believe similar changes occur in organs throughout the body, from the skin to the brain, potentially underpinning why people often age healthily for decades before experiencing a more rapid decline in their 70s and 80s.

“What’s exciting about this work is there may be a common set of processes at work,” said Dr

CONTINUES PAGE 15 ►

VALE Aldo Giacomin

by his son
Dante Giacomin

ALDO was born in the village of Rai in northern Italy.

With Italy being home to one of the cycling grand tours, the focus of all young Italian men was take up cycling and attempt to emulate their cycling heroes. He built his own bike and competed in various amateur races in his region. He qualified as a fitter and turner/motor mechanic and his work gave him opportunities to work in other countries such as Switzerland (two years) and then Zambia/Northern Rhodesia in the 1950s and '60s where he met and married his wife Audrey. They returned to Italy for about three years before moving to Rhodesia/Zimbabwe in 1972.

5km starter

Dad didn't take up running until 1984 when a 5km fun run started up just a few hundred metres from the front door of his suburban house in Harare.

He joined us, his two sons Dante and D'Arcy, in that run and this started his running journey.

Next Aldo then joined the main running club Rhodes Athletic



Inset - Dante. Members running with Aldo (164) at Mosman in 2006 include (from left) Denise Viala, Vic Beaumont, Merv Jones, Jeff Spencer, Ray Hall (dec) and Wendy Clements.

Club (later Harare Athletic Club) and then started competing in the longer races. He made his first attempt at a marathon in late 1985 but wasn't able to complete it. That didn't stop him and he completed the Peter Gradwell and Mark Manolios marathons the following year.

In 1987 he broke through fourhours in the Peter Gradwell marathon.

Our family moved to Melbourne in 1990 and in the six months we were there he completed The Great Train Race against Puffing Billy (the train won!). The sprawling city of Melbourne didn't suit us and we all moved over to Perth. It wasn't long before Aldo joined the running scene and he completed the City to Surf 12km a few weeks after arriving.

Over the next 12 months he joined the WA Marathon Club and the Veteran's Athletics Club (now Masters Athletics). In 1991 and 1993 he completed the Perth Marathon, and these turned out

to be his final attempts at that distance. Aldo usually turned up at club runs with me, and I joined in the shorter distances.

Retirement

When Aldo retired at the age of 65 in 2001 my parents took a liking to travelling, especially cruises, they completed more than 20 of them.

When he wasn't travelling he played tennis several times a week at local tennis clubs and continued with his running, gradually moving away from the 10km events to the 5km. Aldo finished his last run in his late 70s but still kept up his

VALE Steve Toohey



Steve on the Kalamunda Rail run ...



... and here following wife Pam to a McCallum Park finish.

tennis and pottering around his house and garden.

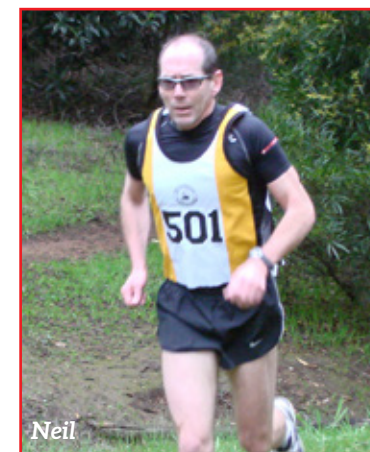
He remained active until the last six months of his life but ill health got in the way. He leaves behind his wife Audrey, his daughter and myself in Perth, my brother who lives in Brisbane, and five grandchildren.

Fathers' Day Run



SEPTEMBER 4, 2022

Director: Neil Morfitt



Neil

AFTER a week of rain, runners and walkers were treated to a clear, cool morning, with just a gentle southerly breeze.

With pathway repairs only completed three days prior, it meant an uninterrupted run for the first time in four years, which allowed athletes to focus entirely on their race.

Our course helpers provided a friendly and professional environment, and the event went without a glitch. Thank you to all helpers. You were a great team to work with.

There were thirty-one runners in the 5km event, with Mitch and Denise Cleasby finishing first in their respective categories. Fifty-four runners entered the 10km handicap event, with Jo Shelley crossing the line first, followed by Zane Walsh.

Neil Morfitt

10KM HANDICAP RUN

			Clock	H/cap	Time
1682	Jo Shelley	W45	1:00:09	6.22	53.47
1721	Zane Walsh	M40	1:06:12	26.54	39.18

5KM RUN

1710	Mitch Cleasby	M60	20:23
220	Giovanni Puglisi	M70	22:41
1522	Mark Kerr	M50	25:27
139	Jim Klinge	M75	26:41
2171	John Panegyres	M55	28:14
112	Bob Schickert	M80	38:49

WOMEN

1711	Denise Cleasby	W60	28:57
1523	Ngaio Kerr	W50	33:58
1323	Silke Peglow	W50	34:03
1260	Melinda Fisher	W55	38:18
1613	Charlotte Webb	W45	39:35
2283	Noelle Dawson	W70	44:01

10KM WALK

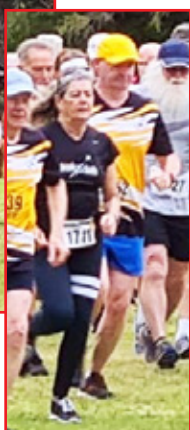
262	Johan Hagedoorn	M75	1:15:31
1624	Haydn Gawne	M75	39:05
455	Sean Keane	M55	44:29
89	Paul Martin	M80	57:32
227	Gary Fisher	M70	57:33

WOMEN

99	Peggy MacIver	W75	39:55
510	Delia Baldock	W60	40:29
339	Elaine Dance	W70	46:57
1301	Erika Fardig	W65	47:03
2319	Li Wei	W30	53:56
176	Margaret Bennett	W80	54:43



Mitch



Denise



2022 HANDICAP TROPHY RESULTS

1901	Glossop	Rodney	16
1781	Thompson	Rohan	25
798	Thomas	Kim	42
1226	Adams	David	45
858	Bell	Tristan	65
1255	Wardle	Clare	66
689	Stockman	Sandra	67
843	Airey	Rochelle	77
1439	Colligan	Bob	77
278	Miller	Keith	83
193	Mavrick	Milton	84
1623	Brooke	Peter	93
1721	Walsh	Zane	94
1706	Wanigasekera	Rashanthi	96
1202	Gyarmathy	Akos	99
1827	Barrie	Steve	128
2107	Radestock	Madeline	138
2054	Yan	Xinhuan	140
1487	Kell	Jason	143
1822	Madden	Craig	162
175	Bennett	Brian	173
1512	Treen	Noelene	229



Overall winner for 2022, Rodney Glossop starting at Sharks. Always in the contest, reliable Rohan Thompson finishing at Nedlands.



TROPHY FINALE!

By Handicapper Tristan Bell, who doesn't allow facts to spoil his story ...

AFTER nearly nine hours of competitive running, the 2022 Handicap Trophy was decided by a slender margin of 1 minute and 50 seconds.

While many of us were thinking 'if only I could run faster'; and many more of us 'why the hell am I doing this at my age?'; two members stood out proud, fought until the end, to provide another last-race spectacle.

Rohan Thompson, the underdog, with a narrow lead at the start of the day knew that his trial of top five finishes might be insufficient to fend off the ferocious Rodney Glossop. Rod was aiming to overcome a poor start to this year's competition, by achieving five, top-five finishes, in the final five.

Rodney knew what he must do was hunt (sorry, I mean chase) Rohan down to claim the trophy.

14-minutes lead

At Nedlands Rohan had a healthy 14-minute head start, but the Nedlands course is cruel when you're being chased by Rodney 'the machine' Glossop.

Rodney's grunts to Rohan, as they crossed in opposite directions, might fluster a lesser run-



Checking his height at Nedlands, before deciding how tall a tale to tell!

Thanks Tristan - you have made Masters' handicapping outstanding.

ner. Not Rohan, who was spurred on, and at the 5km turn was passing runners like taking lollies from children. (Huh? Ed.)

Alas, despite one of his best times of the year, Rohan was sucked back into 'the machine's' grasp and finally succumbed, battered and beaten by the man of the moment. (Strewth! Ed.)

If only Rohan could have lasted another minute and 50 seconds ...

Seriously, great run by two fantastic competitors, and congratulations to Rodney Glossop, our 2022 Handicap Trophy winner.

*Directors: Lynne & Bob
Schickert*

Many thanks to helpers Jacinta, Peggy, Graeme, Mark, Carolyn, Bob, Geoff, Alicia and Paul and their two daughters, and David, Carol, Nicole and Ginny. All went smoothly with assistance from them.

The course while challenging with the hills is fairly safe but not completely safe. We have had some concerns about the up and down on the about 300 metres of road where there are houses on one side and therefore the possibility of cars moving along this section as happened this time.

More to come after we have measured. The distances of 8km and 4km can remain the same, as will as the start and finish areas.

Bob and Lynne

Wireless Hill



HELPERS – THANKS!

2134	Gerrit Myburgh	M50	34:43
1901	Rodney Glossop	M40	36:23
220	Giovanni Puglisi	M70	38:01
666	Peter March	M60	39:43
1226	David Adams	M45	40:13
1439	Bob Colligan	M65	40:53
2028	Anthony Wilson	M55	43:41
2015	Frederick Smart	M85	52:15
1138	Lui Cecotti	M75	52:26

650	Karen March	W60	39:42
843	Rochelle Airey	W50	44:23
288	Gillian Young	W75	49:56
2027	Justine Bolton	W45	59:34
481	Theresa Howe	W70	1:00:44
1902	Crystal Glossop	W40	1:02:52

2233	Greg Knuckey	M60	16:49
1522	Mark Kerr	M50	17:49
858	Tristan Bell	M55	19:24
139	Jim Klinge	M75	20:36
1814	Peter Tietz	M70	27:48
2	David Carr	M90	27:50

406	Chris Pattinson	W65	22:28
1813	Isolde Tietz	W70	25:16
928	Sandra Rourke	W55	25:22
1523	Ngaio Kerr	W50	26:20
1961	Sofia Dumlao	W40	27:11

251	Mike Hale	M75	1:15:13
1531	Lesley Dowling	W60	1:22:05

455	Sean Keane	M55	35:23
1454	Andrew Cuthbertson	M65	35:33
77	Arnold Jenkins	M75	37:19
227	Gary Fisher	M70	38:07
89	Paul Martin	M80	49:41

1828	Phillippa Bennett	W60	35:32
90	Rosa Wallis	W75	43:18
513	Jo Richardson	W70	45:54

Mullaloo Magic

SOME 90 or so MAWA members together with a large contingent of visitors completed the 19th running of our 'Magic' race along the spectacular Mullaloo-Burns Beach coastal path, outward and return from Tom Simpson Park. For once we had excellent sunny and dry weather!

The massive Ocean Reef Marina Project having begun means that we have had to make a course of two, 6km laps, accurately measured by a MAWA wheel which Johan and I trundled along some weeks ago. The path through to Burns Beach is likely to be obstructed by this project, at least for the next couple of years.

The course is pretty tough with two challenging uphill sections. Given that after the first 6km lap competitors knew what they were in for, I was surprised to see how many were willing to take up the 12km option!

Fencing on either side of the path through most of the course means that no athlete ever got lost on our race; though some years ago one competitor did *mistakenly* believe that he had!

The path has been widened this year making it safer for all users, whether on bike or foot.

Our volunteer marshals arrived in good time and performed their given roles cheerfully and efficiently. Thanks to all of them, and also to those MAWA members who every week organise the results, register the visitors, and fetch the clock and other equipment.

Thanks to *all* competitors, runners and race walkers for competing in our event and we look forward to seeing you and our excellent 2022 volunteer helpers again at next year's milestone race event which will mark 20 years of 'Magic'.

Michael

*Fine turnout, fine day, for the Johan and Mike team (that's them, bottom right.)
Next year's their 20th at Mullaloo. Results – page 13.*



AGE-GROUP LEADERS

12KM RUN

1255	Clare Wardle	W45	53:03
2259	Caroline Knight	W40	53:22
1258	Sandra Siviour	W50	56:08
650	Karen March	W60	59:08
1515	Sandi Keenan	W55	1:05:51
288	Gillian Young	W75	1:13:38

MEN

342	Alex Tinniswood	M40	53:25
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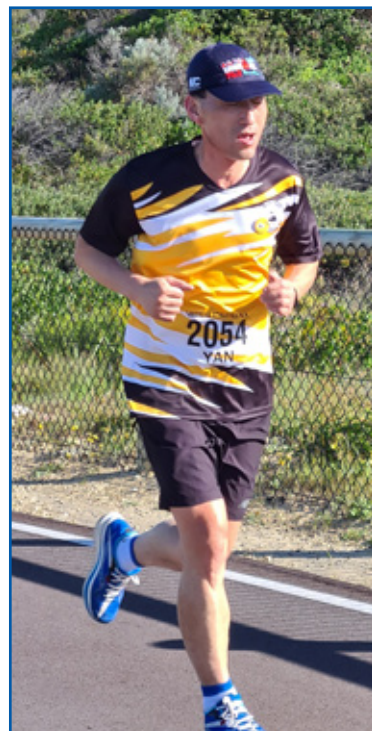
2310 Andy Whiteside M45 55:23

666	Peter March	M60	57:24
1202	Akos Gyarmathy	M65	58:45
1707	Drew Grosas	M55	1:00:48
278	Keith Miller	M70	1:01:54
512	David Baird	M75	1:09:47
2015	Frederick Smart	M85	1:13:50

6KM RUN

2184	Glenn Rogers	M55	24:55
2233	Greg Knuckey	M60	24:59

Mullaroo Magic



2054 Xinhuan Yan M45 31:20
1362 David Boyd M50 33:25

6KM RUN WOMEN

987	Julie Wilson	W65	33:40
481	Theresa Howe	W70	43:07
2248	Michaela Miller	W45	46:12
2159	Kerry Bickers	W60	46:19
1260	Melinda Fisher	W55	47:43

6KM WALK

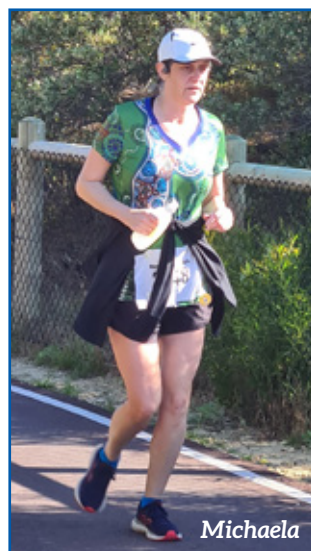
1111	Ian Carson	M65	43:37
1678	Geoff O'Brien	M75	47:40

WOMEN

1828	Phillippa Bennett	W60	49:44
111	Lynne Schickert	W80	56:01
2128	Heather Miller	W70	58:55
176	Margaret Bennett	W80	64:18
1328	Pam English	W75	64:20



1092 Bruce McGeorge M65 34:28
175 Brian Bennett M75 34:54
112 Bob Schickert M80 44:13
1134 Frank Price M70 60:44



Michaela

SEPTEMBER 25, 2022

Directors: Mike Anderson &
Johan Hagedoorn



One for the Knuckey family album - Greg, 1st M60 in the 8km, and his son Oliver, who is our Sunday morning frontrunner every week. Oliver's name doesn't often appear in Vetrun, but in the full online results he is the visitor who often wins the short run.

SEPTEMBER 18, 2022

Director: Wayne Pantall

AGE-GROUP LEADERS

12KM RUN

1726 Jerry Peters M45 49:20
2278 John Ferguson M50 53:17



Peter Woods

465 Peter Woods M60 57:05
1439 Bob Colligan M65 58:06
1901 Rodney Glossop M40 1:01:12
2028 Anthony Wilson M55 1:02:31
278 Keith Miller M70 1:03:19

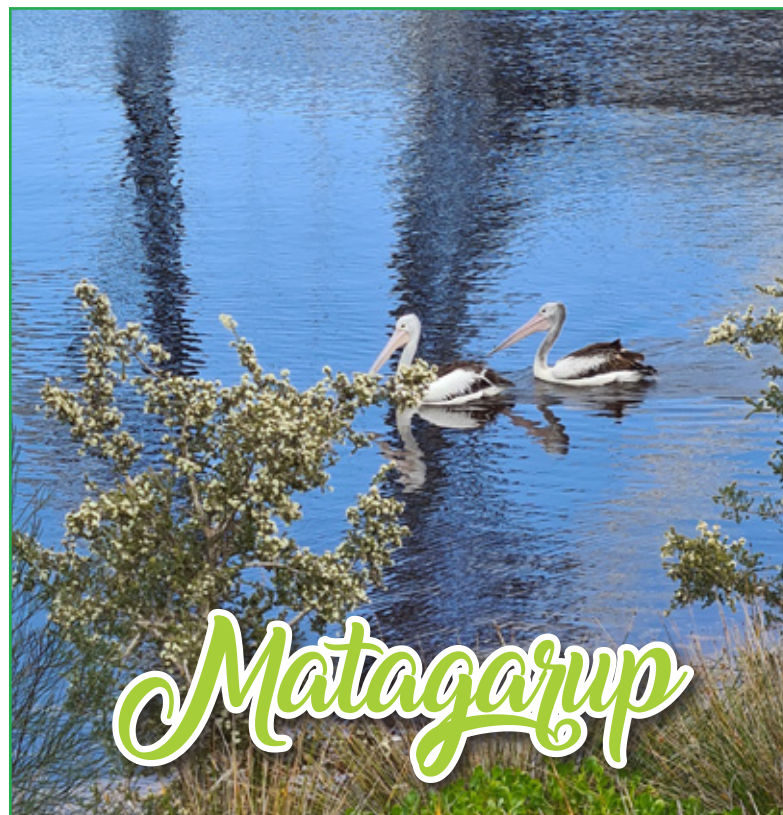
81 Peter Sanders M75 1:08:57

WOMEN

1258 Sandra Siviour W50 55:43
1255 Clare Wardle W45 56:39
2225 Angela Hon W40 1:00:46
1494 Wendy Grace W65 1:08:30
1837 Ruth Metcalf W55 1:23:43
1512 Noels Treen W60 1:25:58

6KM RUN

2233 Greg Knuckey M60 25:12
2184 Glenn Rogers M55 25:54
220 Giovanni Puglisi M70 27:08
798 Kim Thomas M45 27:50
139 Jim Klinge M75 29:49
1362 David Boyd M50 32:00
1781 Rohan Thompson M40 37:06



Peter Sanders

2 David Carr M90 38:20
112 Bob Schickert M80 43:44

WOMEN

1867 Melinda Evans W40 30:55
1926 Gayle Craft W65 33:54
288 Gillian Young W75 36:55
1875 Shalini Watson W50 37:35
928 Sandra Rourke W55 38:06
1813 Isolde Tietz W70 38:13
2319 Li Wei W30 39:30
1994 Lorna McGavock W45 41:05

WOMEN 6KM WALK

1808 Marcela Ruiz W60 44:11
99 Peggy MacIver W75 48:26
47 Joan Pellier W80 49:56
1301 Erika Fardig W65 54:21
1260 Melinda Fisher W55 1:00:06
1704 Melissa Lewis W35 1:03:52
2128 Heather Miller W70 1:04:54



MEN 6KM WALK

1110 John McDonagh M70 41:06
262 Johan Hagedoorn M75 42:57
1111 Ian Carson M65 45:53
248 Rex Bruce M80 54:29
12KM WALK
1638 Andrew Duncan M55 1:07:44
1257 Karyn Tolardo W55 1:21:28



Why must the women do the catering? Heather Miller seems to be mug-bearer for this trio - and Andrew Cuthbertson welcomes her with open arms!

Left, John McDonagh, 1st overall, 6km walk; and below, Isolde Tietz was 1st W70 in the 6km run.





Enthusiast Wayne Pantall, pictured a few years ago hiking the Kokoda track.

Dedicated

WAYNE Pantall's ever-efficient Matagarup event reminds me of what a dedicated man he is. Bush-poet, musician, ardent local activist and dedicated clubman, Wayne is, fortunately for us, typical of the selfless people who make Masters work. It's been years since Wayne could run, but he has never abandoned the club.

Like him, many masters have directed Sunday runs for decades. Ralph Henderson is one. Don't forget Paul Martin, Dave Roberts, Paul Hughes, Gary Fisher, Mike Anderson and Johan Hagedoorn, Jim Langford – and many others.

We often write there would be no runs without helpers. With-



out direction, the helpers efforts would be immaterial.

Society leans heavily on the selfless and willing, so let's keep thanking them all.

Our 50th – ideas?

IN 2024 Masters (WAVAC) will celebrate 50 years as the best club in the West. We must mark this date and pay tribute to the foresight of the founders.

New members

AS always, welcome! I wonder how many of our continual intake of new runners, walkers and field athletes will be around in thirty years from now, acting as club supporters and helpers – and Directors?

2330 SATINOVER: Ryan M35
2331 FRANKLIN: Claire W45
2332 SMITH: Daniel M45
2333 MARCUS: Eddie M50
2334 KETS: Andrew M53
2335 MEREDITH: Mike M60
2336 HARRIS: Melissa W45
2337 NAVIN: John M50
2338 BOHMER: Jill W55
2339 MATHEW: Tom M35
2340 SCHWAB: Troy M35
2341 ALLEN: Tiff W45
2342 BINGARD: Kelvin M30

Frailty in old age

CONTINUES FROM PAGE 7

Peter Campbell, a senior author on the study and head of the cancer, ageing and somatic mutation programme at the Sanger Institute in Cambridge.

"Ultimately the goal would be slowing or intervening in the ageing process, but at the very least we see an option to use this to measure biological age."

Ageing is a complex process, but many scientists have suspected that the gradual build-up of mutations in cells gradually degrades the body's ability to function properly. The latest research suggests that thinking is wrong, or at best incomplete, and places the blame instead on "selfish" cells that rise to dominance in old age.

Working with scientists at the Wellcome-MRC Cambridge Stem Cell Institute, Campbell and his colleagues studied blood cells across the age range from newborns to people in their 70s and 80s. They found that adults under 65 had a wide range of red and white blood cells produced by a diverse population of 20,000 to 200,000 different types of stem cells in their bone marrow.

In the over-65s, the picture was radically different. About half of their blood cells came from a measly 10 or 20 distinct stem cells, dramatically reducing the diversi-



ty of the person's blood cells, with consequences for their health.

Writing in the journal *Nature*, the researchers explain that while stem cells involved in making blood gather mutations over time, most of these changes are harmless. But problems arise when rare "driver" mutations make stem cells grow faster, often producing lower-quality blood cells as a trade-off. When a person is in their 30s and 40s, the growth advantage of the aberrant stem cells makes lit-



tle difference, but at 70 and over these fast-growing cells come to dominate blood cell production.

"The exponential growth explains why there is such a sudden change in frailty after the age of 70, why ageing hits at that sort of age," said Campbell. Faster-growing blood stem cells are linked to blood cancers and anaemia, but also make people less resilient to infections and medical treatments such as chemotherapy.

"What we know about other organ systems is that many of the same observations apply," Campbell added. The researchers now intend to look for the same process in skin to understand why ageing leads to wrinkles and slower wound healing.

Dr Elisa Laurenti, an assistant professor at the Wellcome-MRC Cambridge Stem Cell Institute and joint senior researcher on the study, said chronic inflammation, smoking, infection and chemotherapy could all produce stem cells with cancer-causing mutations.

"We predict that these factors also bring forward the decline in blood stem cell diversity associated with ageing," she said. "It is possible that there are factors that might slow this process down, too. We now have the exciting task of figuring out how these newly discovered mutations affect blood function in the elderly, so we can learn how to minimise disease risk and promote healthy ageing."

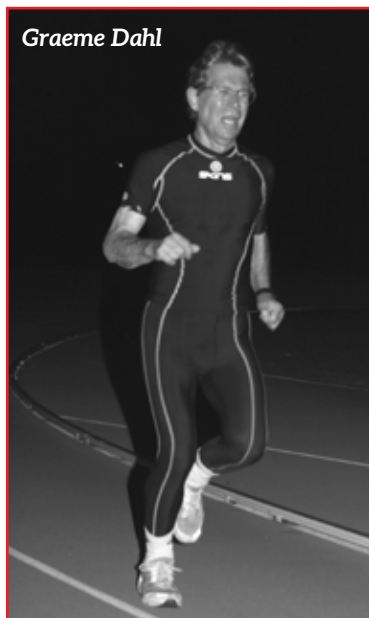
Track and Field Newsletter

DELIGHTED to announce that Graeme Dahl will be back to producing TFNL for the summer season. Many thanks to Carmel Meyer who did a great job of producing the magazine in the interim.

David Carr record spree

DAVID has now had six world records ratified – a quite remarkable achievement.

These are the 1,500m, 1 mile, 2,000m steeplechase, 3,000m, 5,000m and 10,000m. Not satisfied with his time for the steeplechase, he bettered it by 25s on 15th September. Thanks must go to Gillian, Barbara, Andrew and Bob Schickert for ensuring the stringent requirements for World Records were met.



Graeme Dahl



2011



2010

VALE Raema McMillan

Raema moved to NSW to be with family about eight years ago following the death of her husband, Jim. She was a great thrower and still holds state records W80 and W85 in every throws event including the throws pentathlon. Raema also W85 Australian records in hammer, javelin weight and throws pentathlon.

AMA National Championships

PREPARATIONS for these championships are well underway. For the first time they will be held at Sydney Olympic Park with two tracks available, and will be 10th to 13th March.

This is to avoid a clash with World Indoor Championships in Poland in late March. Visit the website via the link on the MAWA home page to see the programme and lots more information including accommodation options. The LOC are planning for 1,000 competitors so this is one not to miss.

News from ECAC

ECAC will be closed for maintenance work from 27th September to 7th October. The infield grass needs attention as well as some repair and upgrade work on the

throws circles and cages ahead of the Athletics West Strive meetings to be held there while WAAS is closed.

The MAWA summer programme will commence on the 13th October, with the first Patron's Trophy event on that day.

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 – or three, if you do more than 25 runs a year.

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

Kalamunda Railway	October 16	4 NEEDED
Bibra Lake	October 23	3 NEEDED
Cliff Bould Trophy	October 30	4 NEEDED
Safety Bay	November 6	8 NEEDED
Garvey Gusto	November 13	6 NEEDED
Woodman Point	November 20	3 NEEDED
Gwelup Lake	November 27	5 NEEDED
Canning Caper	December 11	2 NEEDED
Alderbury Park	January 1, 2023	11 NEEDED