

# VETERUN



No. 530  
DECEMBER 2022



Christmas  
GIFT  
DECEMBER 18

Don't  
miss it!





NEXT EDITION: Vetrin no. 531 will be published in February 2023

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# All the Sunday CHANGES!

## Helper Registration Improvements

TO improve the sign-up of helpers the committee is making a change to our standing instructions to members.

The aim is to make it simpler and more efficient - give us more sign-ups, and even out the sign-ups. Hopefully, this will head off the problems we had this year.

So - we would like all Sunday runners to sign up for one helper

duty within every block of 12 runs they do - no-one need do more than three helper duties per year.

This means if you do more than 24 runs you help out 3 times.

If you do less than 12 runs you help just once.

Richard Blurton

## 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.

PINEY LAKES	JANUARY 8	3 NEEDED
POINT WALTER	JANUARY 15	8 NEEDED
AUSTRALIA DAY	JANUARY 22	8 NEEDED
AGE-GRADED HANDICAP	JANUARY 29	4 NEEDED
FRIENDSHIP RUN	FEBRUARY 5	1 NEEDED
McCALLUM LAKES	FEBRUARY 12	3 NEEDED
LAKE MONGER	FEBRUARY 19	2 NEEDED
YOKINE	FEBRUARY 26	4 NEEDED



BECAUSE of Perth Festival happenings at Neil Hawkins Park (Joondalup) in February our Joondalup and Lake Monger events have been swapped.

So - Lake Monger is now on February 19 at 7am. Joondalup is now on March 19 at 7:30am. The revised programme is now on the website. If you are down as a helper at either run and cannot make the new date, please let Jim Langford know.

**ALSO - New Year's Day Run cancelled.**

The Race Director is not available and despite repeated pleas we have only three helpers of 12 required. The committee have cancelled this run, replaced with group jog at the venue over our usual Claypit 3.5km Circuit.

## CHUTE CONED

BECAUSE a number of local councils now prohibit the use of stakes in the grass we have retired the roped finish chute and will use cones at all runs.

In consultation with the Road Run finish the committee agreed that:

- Four helpers will be allocated to the finish area at all runs;
- Race Directors will not carry out a helper duty;
- Race Director documentation will be updated; and
- Reminders will be made each

## CLUB CONTACTS

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Patron: David Carr

week that members must wear both their club number bib and token.

Agreed - that if members want their name added to their bib number then this will be funded by the club.

Agreed - a \$10 increase to fees so that our expected financial outcome for the following year is to break even.

Agreed - Fathers' Day should become a breakfast-day event and will be held in the community hall at Wireless Hill.

## Half Marathon

The finish area at Deepwater Point is too small; it was agreed to move it back onto the large grassed area behind the Dome café.

## Carr spree!

Now that David Carr's World Records have been ratified by WMA, a publicity drive based on his achievements will be managed by Silke Peglow.



### 10KM RUN

1226	David Adams	M45	40:40
2184	Glenn Rogers	M55	41:46
2134	Gerrit Myburgh	M50	42:04



1342	Alex Tinniswood	M40	44:47
796	Steven Hossack	M60	46:00
1202	Akos Gyarmathy	M65	47:50
512	David Baird	M75	56:52
729	Charlie Chan	M70	58:34
2015	Fred Smart	M85	61:28

### WOMEN



1445 Vanessa Carson W40 44:43

OCTOBER 2, 2022

Directors: Geoff Vine &

Tristan Bell

650	Karen March	W60	48:50
843	Rochelle Airey	W50	53:07
987	Julie Wilson	W65	58:05
1720	Anne Young	W45	59:12

### 6.8KM RUN



1400	Kevin Johnson	M65	28:26
2233	Greg Knuckey	M60	29:19



1960	Leon Mitchell	M40	33:05
1729	Victor Munoz	M65	33:36
178	Ralph Henderson	M70	35:09
2334	Andrew Kets	M50	36:24

# Claypit Circuit

All pictures by  
Jenny Hogg

2171	John Panegyres	M55	40:04
194	Ivan Brown	M75	41:55
2	David Carr	M90	46:20
112	Bob Schickert	M80	50:45

### WOMEN

1661	Liz Bryson	W70	36:41
288	Gillian Young	W75	41:33
2107	Madeline Radestock	W60	43:40
928	Sandra Rourke	W55	44:32
1523	Ngaio Kerr	W50	45:35
2204	Mary Taylor	W65	48:50

### 3.7KM RUN

689	Sandra Stockman	W55	16:21
714	Carol Bowman	W65	21:07
1994	Lorna McGavock	W45	22:40
1813	Isolde Tietz	W70	23:19

### MEN

220	Giovanni Puglisi	M70	16:56
743	Ross Keane	M60	16:58



2333	Eddie Marcus	M50	19:11
530	Peter Hopper	M75	23:48
1454	Andrew Cuthbertson	M65	27:37
40	John Pellier	M80	31:21

### 10KM WALK

1257	Karyn Tolardo	W55	64:10
1808	Marcela Ruiz	W60	75:00

THE Claypit races went very well. Good turnout and perfect weather. The new loos in the rebuilt hockey pavilion were open and enjoyed by most!

Thirty-three walkers sped themselves round the course over varying distances. Visitors included two black swans and five cygnets (doubtless attracted by the newly-filled West Lake), who made up a local Perry Lakes family team.

Twenty runners raced the 3.7km lap, 32 did 6.8km and 36 accepted the 10km challenge.

Breakfast was excellent, as usual, thanks to Elaine and her willing and competent helpers.

Big thanks, from Tristan and me, to the 12 helpers who made the event so successful. **Geoff**

### 6.8KM WALK

262	Johan Hagedoorn	M75	49:14
455	Sean Keane	M55	58:47
184	Doug Hazell	M70	69:54
89	Paul Martin	M80	70:19

### WOMEN

2274	Fiona Van Heerwaarden	W45	49:48
111	Lynne Schickert	W80	60:13
215	Robin King	W60	64:03
1260	Melinda Fisher	W55	72:46
1961	Sofia Dumlao	W40	73:08
295	Julie Wood	W70	73:18

### 3.7KM WALK

1389	Janne Wells	W50	25:24
99	Peggy MacIver	W75	28:16
510	Delia Baldock	W60	29:09
1900	Glenys Duncan	W80	34:02
1679	Ros Pillay	W70	38:04

### MEN

1110	John McDonagh	M70	25:28
77	Arnie Jenkins	M75	32:17
248	Rex Bruce	M80	32:51
1522	Mark Kerr	M50	38:36





Directors Peter and Isolde on the Kalamunda Rail run in 2020. They first ran with Masters at the Darlington Dash two years earlier.

# Kalamunda Railway

## AGE-GROUP LEADERS

### 8KM RUN

<b>2134 Gerrit Myburgh</b>	<b>M50</b>	<b>33:30</b>
2251 Scott Chambers	M45	33:45
1342 Alex Tinniswood	M40	36:27
1202 Akos Gyarmathy	M65	38:29
2267 Bernard Candy	M60	40:03
1846 Paul Every	M55	40:44
175 Brian Bennett	M75	47:57
2015 Fred Smart	M85	53:15

### WOMEN

1258 Sandra Siviour	W50	37:28
2225 Angela Hon	W40	41:13
2241 Jo Scott	W45	45:45
987 Julie Wilson	W65	46:57
1661 Liz Bryson	W70	46:58
288 Gillian Young	W75	49:06
2107 Madeline Radestock	W60	53:53
2345 Tracy Delane-Squires	W55	57:01



Gerrit Myburgh likes Kalamunda; he won in 2020 too, on his first Masters run.

ON A cool, partly sunny Sunday morning a small crowd of 90 people rocked up to run or walk the Kalamunda Railway trail. Thanks to Bert Carse, the Race Director of previous years, the course was very well marked.

He kindly showed us newcomers how to mark the course. Bert and Bridget Carse both helped out at the drink station. All our helpers did a fantastic job. Therefore everything worked out reasonably well. Everyone seemed to enjoy the run or walk and also the bush scenery dotted with wildflowers.

Isolde

OCTOBER 16, 2022

Directors: Isolde & Peter Tietz

### 4KM RUN

1926 Gayle Craft	W65	23:58
1994 Lorna McGavock	W45	26:25
2159 Kerry Bickers	W60	33:02

### MEN

139 Jim Klinge	M75	26:23
1454 Andrew Cuthbertson	M65	30:59
1769 David Sadler	M60	31:10
2067 Mark Comber	M55	31:19

### 8KM WALK

262 Johan Hagedoorn	M75	1:02:39
339 Elaine Dance	W70	1:17:13
1112 Sofia Carson	W60	1:30:33

### 4KM WALK

510 Delia Baldock	W60	34:15
1301 Erika Fardig	W65	38:21
1679 Ros Pillay	W70	45:25
176 Margaret Bennett	W80	47:58

### MEN

77 Arnie Jenkins	M75	39:46
248 Rex Bruce	M80	39:49
347 Neil McRae	M70	46:14

# Bibra Lake



Jump-start by a visitor – inspired by David Carr?

THERE was a strong showing of Masters and visitors making 138 runners, joggers and walkers at Bibra Lake this year, the beautiful, flat, fast course, one lap 6km and two laps for 12km.

It was great to see Doug Hazel (MAWA number 184) who set up Bibra as a home-run back in the 1980s. Doug has only recently begun taking part in club events again and he walked the 6km in 59:44 among a very strong M70 field.

In fact, Delia Baldock was the only walker under 70 among the first dozen walkers. Bravo MAWA and congratulations to all the participants who raced, ran, jogged, and walked.



John Fisher

Kate Bevilaqua, of GK Endurance, was among our 42 visitors using our event as part of their triathlon, swimming, running and cycling coaching programmes. We regularly see a half dozen or so, such as Ruth Metcalf, who are also MAWA members. Vanessa Carson W40 was first MAWA female in 50.04 for the 12km and Jerry Peters, M45' was first male with 49:12 for 12km.



# Bibra Lake

OCTOBER 23, 2022

Director: John Fisher

IT was interesting to see a real battle for the M65 12 km slot with Akos Gyarmathy M65 at 56:46 pipping Bob Colligan M65 at 57:03. Vynka Cridge W45 was first female in the 6 km at 31:07 and Greg Knuckey W60 was first male in 24:05.

As ever our helpers made the event work. Thanks particularly to those who thought on their feet to fix things. I was struck by the pleasant working relations, good nature and can-do attitude of everyone. It keeps me turning up to the club. Thanks to Liz Bryson, Don Pattinson, Chris Pattinson, Ruth Metcalf, Frank Price, Claire Walkley, David Boyd and Sally-Anne Brambley-Smith.

John Fisher

## AGE-GROUP LEADERS

### 12KM RUN

1726	Jerry Peters	M45	49:12
796	Steven Hossack	M60	54:51
1202	Akos Gyarmathy	M65	56:46
1785	Peter Clark	M55	58:12
278	Keith Miller	M70	66:34
2015	Fred Smart	M85	74:05
1985	Mike Cyran	M50	93:56

### WOMEN

1445	Vanessa Carson	W40	50:04
650	Karen March	W60	58:16
987	Julie Wilson	W65	68:12
1784	Caroline Clark	W50	69:47
1720	Anne Young	W45	69:52
2058	Karin Smith	W55	79:21



### 6KM RUN

2233	Greg Knuckey	M60	24:05
2041	Simon McGarvie	M55	27:46
1587	Patrick Jones	M50	30:31
1256	Mercurio Cicchini	M70	30:35
1639	Geoff Vine	M75	32:19
1487	Jason Kell	M45	33:10
198	Keith Atkinson	M65	33:33
2	David Carr	M90	36:21
1781	Rohan Thompson	M40	36:35
40	John Pellier	M80	49:04

### WOMEN

2098	Vynka Cridge	W45	31:07
1926	Gayle Craft	W65	33:54
1393	Lori Sexton	W60	35:43
1875	Shalini Watson	W50	37:01
1813	Isolde Tietz	W70	37:43
2345	Tracy Delane-Squires	W55	41:34
2319	Li Wei	W30	50:30

### 12KM WALK

1389	Janne Wells	W50	91:34
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### 6KM WALK

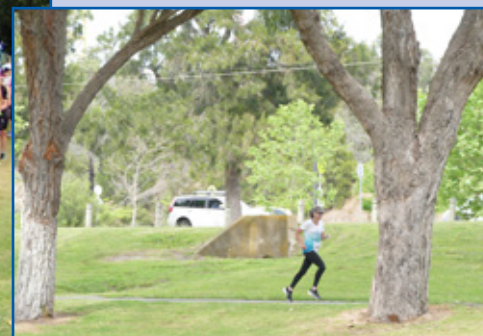
1110	John McDonagh	M70	40:58
262	Johan Hagedoorn	M75	43:28
455	Sean Keane	M55	54:40
89	Paul Martin	M80	59:43
1522	Mark Kerr	M50	62:31



1st 12km M55 Peter Clark.



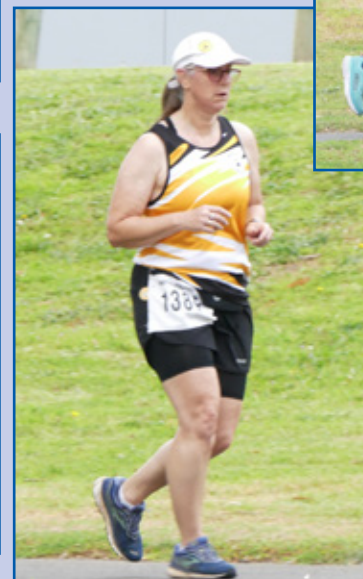
1st 12km W55 Karin Smith.



Above, 12km winner Vanessa Carson; below – camera trickery, they had lots of room!



Above, jolly 12km start for winner Jerry Peters. Below, 12km walk winner Janne Wells.



Vynka Cridge, 1st 6km woman.



# Cliff Bould Trophy

OCTOBER 30, 2022

Director: Peter Brooke



Thanks to Peter Brooke, new Director of the Trophy, and all his helpers.

## AGE-GROUP LEADERS

### 5.2KM RUN

1226	David Adams	M45	22.38
1721	Zane Walsh	M40	23.24
2233	Greg Knuckey	M60	23.35
178	Ralph Henderson	M70	26.58
1450	John Ranger	M55	27.25
1432	Bob Hull	M75	28.02
773	Dante Giacomini	M50	31.26
198	Keith Atkinson	M65	32.09



40 John Pellier M80 49.58



Liz

### 10.4KM HANDICAP RUN

		Clock	H/cap	Time
2055	Jan Brankaer	M40	67.43	21.16 46.27
1661	Liz Bryson	W70	71.47	12.48 58.59



Bob

## WOMEN

739	Margaret Saunders	W65	29.48
928	Sandra Rourke	W55	34.00
1939	Trisha Griffiths	W45	38.03
2338	Jill Bohmer	W60	39.00
1389	Janne Wells	W50	39.08
2283	Noelle Dawson	W70	41.09
1961	Sofia Dumlaio	W40	42.30
1787	Hazel Stephen	W75	43.07



Dante Giacomini, 1st M60 5km; alongside Sandra Rourke, 1st W55 5km.

## 10KM WALK

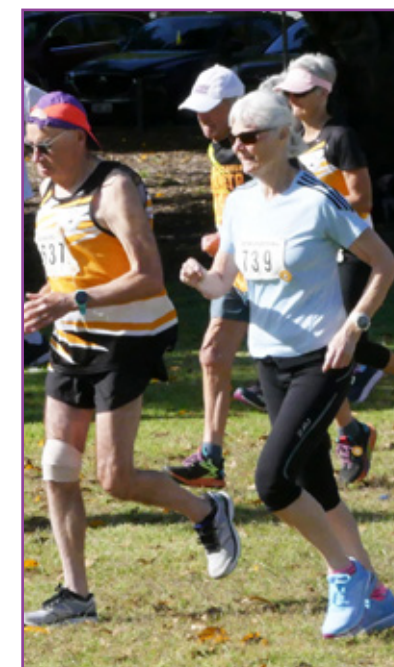
1638	Andrew Duncan	M55	59.54
1257	Karyn Tolardo	W55	65.29
1729	Victor Munoz	M65	72.47
262	Johan Hagedoorn	M75	74.14

## 5KM WALK

139	Jim Klinge	M75	35.27
174	Michael Anderson	M70	38.44
248	Rex Bruce	M80	44.26
455	Sean Keane	M55	46.33

## WOMEN

510	Delia Baldock	W60	39.27
99	Peggy MacIver	W75	40.29
339	Elaine Dance	W70	42.12
111	Lynne Schickert	W80	43.43
1301	Erika Fardig	W65	48.47
1852	Steph Manuel	W45	49.44
2319	Li Wei	W30	66.04



Marg Saunders, winner of the women's 5km, heading back to true form.





**WE** had a healthy turn-out of 125 athletes for this year's Cliff Bould Handicap Trophy event, consisting of 92 runners and 33 walkers.

Traditionally this event is quite a hot one, being the last 8am start in late spring, but this year was uncharacteristically cool with a minimum of 8 degrees in the early morning, rising to just 18 degrees during the day. When the sun did break through the clouds I'm advised that it did get quite warm out on course.

This trophy event is in honour of Cliff Bould; a physiotherapist during WWII and one of the founding members of our club. He was also a very successful athlete in his own right.

Being a "first time" race director, I thought I'd mix it up a bit by starting the event with a spelling test! This stunned our athletes for a bit, but eventually one member managed to spell HEIRISSON correctly to win the enviable prize of two Maurten Energy gels as used by Eliud Kipchoge!

This is very much a cross coun-

*Cliff Bould, far right, an M75 in the club champs, April 1992. (Below, Peter Brooke: challenging other Sunday directors to lift their reporting game?)*



try course with surfaces consisting of uneven grass, concrete slabs, soft sand, rocky limestone and various combinations of these. This has led to numerous falls in the past, so this year the walking course was changed to an out and back course to the Matagarup Bridge utilising the bitumen walking path.

This change seemed to be well received by the walkers who provided me with several positive comments of relief at not having to navigate the rough track. We did still, however, have one runner fall on the Heirisson Island course that I know of.

A personal thank you to John McDonagh, Barbara Putland, Sylvia Johanna Szabo, Anne Young,

David Boyd, Wendy Grace, Jerry Peters, Rosa Wallis, Michihito Muroi, Keith Miller, Mark Combey, Lorna McGavock and Heather Miller who helped me out on the day. With a lot of corners, gates and tunnels to negotiate on Heirisson Island and a separate walking course, this event was only a success because of all the help I received from each and every one of you.

Thanks also to Tristan Bell for providing the handicap listings reliably as always.

Finally, special thanks to Silke Peglow who "fell on her sword" and offered to transfer all the club gear to Safety Bay for the following week, despite not being rostered on as the Race Director. Thanks again Silke!

After the domination of this event in recent years by Craig Madden, it was refreshing to see a new winner in Jan Brankaer as the new holder of the Cliff Bould Trophy. Congratulations to him. Also congratulations to Liz Bryson as the first female athlete to finish the handicap event.



**Bob Schickert replaced Trevor Scott, who was unavailable as race director, but helped at the long turn.**

Bob reports:

**COOLER than most years this time, particularly at the start. I think nobody went in to the water after the event but a few went for a beach walk. Many were busy munching on the delicious sausages and onions cooked by Elaine and Jo!**

Thanks to the helpers Haydn, Sally, Trisha, Jim, Steve H and Stephen G, Hazel, Fred and Trevor who worked efficiently to ensure a good event. Haydn also did extra, going out and measuring in the preceding week.

The 5km was spot on, with Steve H taking the club wheel out on the day. The 10km was about 100m short which can easily be adjusted next year. Unfortunately the big clock did not work correctly but accurate times were still taken on the timer watch.

Visitor numbers are usually high at this event but were down this year.

# Safety Bay

NOVEMBER 6, 2022

Director: Trevor Scott

## AGE-GROUP LEADERS

### 10KM RUN

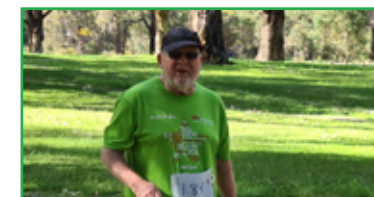
798	Kim Thomas	M45	42:43
2055	Jan Brankaer	M40	43:51
666	Peter March	M60	48:11
1202	Akos Gyarmathy	M65	48:48
2249	Rod Siviour	M55	54:26
1362	David Boyd	M50	55:44
454	Mark Sivyver	M70	1:00:35

### WOMEN

1255	Clare Wardle	W45	45:17
1716	Elizabeth Gomez	W40	46:34
843	Rochelle Airey	W50	56:05
987	Julie Wilson	W65	57:53
1393	Lori Sexton	W60	1:02:36
2058	Karin Smith	W55	1:08:09
2283	Noelle Dawson	W70	1:27:05

### 5KM RUN

743	Ross Keane	M60	23:29
1432	Bob Hull	M75	26:28



**184 Doug Hazell M70 39:34**

### WOMEN

1994	Lorna McGavock	W45	31:29
288	Gillian Young	W75	31:39
967	Carolyn Fawcett	W70	40:00

### 10KM WALK

262	Johan Hagedoorn	M75	1:18:05
1828	Phillippa Bennett	W60	1:34:55

### 5KM WALK

111	Lynne Schickert	W80	45:52
1260	Melinda Fisher	W55	48:06
1440	Marion Kavenagh	W60	48:06
2319	Li Wei	W30	59:57

**ONE of WA's outstanding marathon runners, Astrid Feyer Roberts started running as a very young child, because:**

"That was the only girls' sport option in my village back in Switzerland!"

It was an auspicious decision.

Astrid ran her first marathon, aged 23, in 1998 and set a personal best time – 2:49.36.

Remarkably, 24 years after setting what would be a welcome, lifetime PB for most people, she beat her own record in this year's London Marathon with 2:49.24!

### **Stop running!**

"Unfortunately, I sustained a bad knee injury in 1999 and my marathon running days seemed over. I was told by my sports doctor to stop running but I just couldn't- I enjoyed – no I loved running so much."

So Astrid kept running regularly but limited distance to 15km.

She migrated to Perth in 2005, had her first child in 2007 and the second in 2011. Around 2018 she stepped up the training and joined the Running Buddies in Perth.

"Running with them, hearing all their running stories, motivated me to see whether I could still run well. They convinced me, in 2019, to join them for a weekend in Kalgoorlie for a marathon."

### **Just a half, thanks**

Initially Astrid registered for the half marathon – "but my running friends convinced me, six weeks

**WA and Masters have a deep tradition of distance running, stimulated by founding devotees such as John Gilmour and enhanced by many brilliant runners over almost five decades. Marathon and ultra-runners continue inspiring us and this month Vetrin focuses on some of the newer members, who travel the world to compete in the great events.**



Astrid

## **Astrid's story**

**24-years on she beats her own 2:49 marathon PB**

prior the marathon, to change my registration to the marathon distance."

She 'gave it a crack' and to her own surprise won the race in a time of 3:07!

Astrid's goal then became a sub-3 hour marathon. Six months later in the Zurich New Year's Marathon she achieved it with 2:59.

Then, she wondered how much faster she might go and whether it might be possible to reach down to 2:55-2:50?

But at this point, in her mid-40s, Astrid also thought that age was against her.

"I didn't not know whether my knee would hold out, so I decided

to go for it rather than die wondering!"

Astrid joined Masters – "which has been great."

"As I still did most of my trainings on my own I used the MAWA Sunday runs as my fast sessions."

In 2021 she ran three marathons all at the 2:50 mark and set yet another goal – of breaking 2:50 mark and beating the PB set when half her current age!

Realising something different was needed in her training regime to achieve such a goal Astrid joined the Frontrunners, to be coached by the notable Raf Baugh.

"Raf brings a scientific approach and thoroughness to my prepa-

ration and I managed to qualify for London 2022 by running a virtual marathon when COVID interrupted the 2021 marathon season."

Despite another devastating knee injury six months before London, with the best medical advice and a break in training, she was able to recover and get fit enough to run in London.

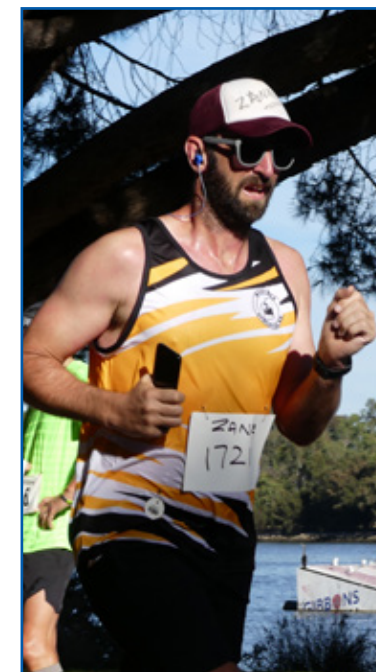
Not only did she achieve that formidable goal in a world-renowned marathon but Astrid finished in the W45-49 top three.

"London was an experience like nothing else. There were over 40,000 participants. At the presentations Eliud Kipchoge handed me a trophy on the stage and posed for a photograph.

"Meeting Eliud was such a special moment for me and that will probably never be equalled or repeated," says Astrid.

### **Who knows?**

With such determination, staying fit and well, perhaps Astrid will be seen in more majors; and that is an exciting prospect for all of us in Perth who are fortunate enough to enjoy her company and appreciate her prowess.



**Zane Walsh, M40, also submitted to Vetrin's third degree.**

**At what age did you start running?**

Remember running as a kid, but more recently most likely in the last 10-15 years.

**What motivated you to begin?**

Doing the city to surf each year, but then buying a smart watch!

**First marathon – details if you can recall.**

2013 City to Surf – 4:12 – very little training!

**Best marathon so far, where, and when?**

2022 London Marathon – 3:01 – lots and lots of training!



**WHEN Jim Barnes presented her with the 2018 Perth Marathon finishers medal, Rashanthi Wanigasekera might have decided her goal was reached.**

"When I was 43 I looked for a way to stay fit and healthy," she says. "A friend posted a mention of the Shelley Run and that's how I discovered and joined Masters, in 2018."

Since, she has taken on marathons in Melbourne, the Gold Coast – and this year in both Berlin and London.

Fondest memory belongs to Perth, however.

"It's where, last year, I ran sub-five hours for the first time."

Rashanthi prepares and trains for her marathons meticulously.

"I always have a plan!" she says.

That entails running four days a week, one rest day and strength training other days. She covers around 35-45km a week, increasing to 50-60km closer to the race. So far she has avoided any injury that prevented running.

## Zane Walsh ...

**What is your best-remembered run?**

Has to be London, so disappointed the week before in Berlin not to have a run a Sub-3. (Did a 3:15 after crashing 28km in.) I went in with a great mindset, enjoy the run, enjoy the crowd and the result will come. And wow-wee, they did!



**Landmark pictures – Rashanthi before Berlin's Brandenburg Gate and London's Tower Bridge.**

The effect of Masters membership?

"It helps to know what has worked for others and to share notes on injury prevention; and of course it's useful to find out about other running events.

Following her successful 'European tour' with two major city marathons within a week, Rashanthi's ambitions are straightforward – "to run as long as my body allows me to!" ■

**How, when and why did you find out about Masters - and when did you join?**

Facebook events for Sunday running. Came down for a few events and enjoyed them and the people behind it. Joined, maybe four years ago?

**How has being a club member helped/influenced your athletics?**

## Starry thoughts!

**Rashanthi reminds me of another past MAWA runner we may have missed.**

"Emma Lee completed the Boston, London and New York marathons this year and gained her 6-star medal in November."

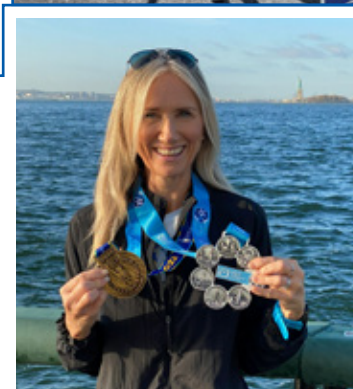
**Really helped, improved my running the regularity, with people that also like running.**

**Training?**

We have showers and so on at work, so I can generally run every day. Don't do any additional exercise but usually run between 5-10km daily if not training for anything specific.

**Injuries?**

Calf, playing rugby a few years ago.



**How you prepare and train for marathons?**

Usually poorly! These two marathons (Berlin and London) are the first to have a training plan. Shows how speed work and long runs help!

**Zane's future ambitions and targets are pretty straightforward.**

Boston 2024 and completion of my 6th star! ■

# Garvey Gusto

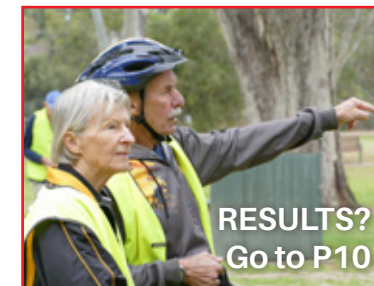
**IT WAS a perfect morning for the 96 MAWA members and eight visitors taking part in this year's Garvey Gusto. Over many years we have used routes all around Garvey Park and the event had to be changed – again – due to the continuing works on the 'Tonkin Gap' project.**

Not only did competitors have to worry about dogs, bikes, prams and the like but now they had to watch out for horses too, as this is Ascot country!

Many preferred the changed course and showed it by completing the 5km course twice.

A very big thank you to all our helpers who made everything run so smoothly.

**Gillian**



**RESULTS? Go to P10**



# GARVEY GUSTO

## AGE-GROUP LEADERS

### 10KM RUN

1632	Roberto Busi	M45	36:14
2055	Jan Brankaer	M40	43:48
666	Peter March	M60	46:35
1202	Akos Gyarmathy	M65	47:00
1655	Jonathan Lester	M50	47:01
1928	Matthew Webb	M55	50:19



Roberto Busi (far right) trailed V7 (centre) by 200m at the 5km turn. Jim Langford predicted Roberto would win - and he did, by six seconds.

729	Charlie Chan	M70	56:11
512	David Baird	M75	57:11
2015	Fred Smart	M85	59:07

### WOMEN

1255	Clare Wardle	W45	43:56
650	Karen March	W60	48:42
843	Rochelle Airey	W50	52:07
1661	Liz Bryson	W70	53:04
987	Julie Wilson	W65	55:02

### 5KM RUN

2233	Greg Knuckey	M60	20:36
178	Ralph Henderson	M70	23:23
1639	Geoff Vine	M75	26:08
1111	Ian Carson	M65	26:09
1362	David Boyd	M50	26:34
2171	John Panegyres	M55	28:07
112	Bob Schickert	M80	37:42

### WOMEN

739	Margaret Saunders	W65	26:07
928	Sandra Rourke	W55	30:16
1994	Lorna McGavock	W45	32:13
2159	Kerry Bickers	W60	35:06
967	Carolyn Fawcett	W70	39:03
1787	Hazel Stephen	W75	49:11



Liz Bryson 1st 10km W70 in 53:04.

Matthew Webb 1st 10km M55 in 50:19.



Close race: Marg Saunders, 1st 5km woman, in 26:07. Ian Carson, 1st M65, in 26:09. Behind, and closing, 1st M75 Geoff Vine ran 26:08! Right: Elaine demonstrates - to Erika Fardig and 5km walk winner Fiona Van Heerwaarden - how far it is!

NOVEMBER 13, 2022

Directors: Gillian Young & Mark Sivyver

### 10KM WALK

1638	Andrew Duncan	M55	57:22
1257	Karyn Tolardo	W55	65:38
1729	Victor Munoz	M65	68:02
1808	Marcela Ruiz	W60	75:49
1678	Geoff O'Brien	M75	76:24
1512	Noels Treen	W60	79:10

### 5KM WALK

1110	John McDonagh	M70	34:12
262	Johan Hagedoorn	M75	35:33
455	Sean Keane	M55	45:21
248	Rex Bruce	M80	51:55
1944	Steve Travell	M65	57:12

### WOMEN

2274	Fiona Van Heerwaarden	W45	34:13
510	Delia Baldock	W60	39:30
111	Lynne Schickert	W80	42:59
339	Elaine Dance	W70	43:02
1112	Sofia Carson	W60	48:12
1301	Erika Fardig	W65	48:19
1704	Melissa Lewis	W35	57:18
2089	Sue Renton	W75	61:38





NOVEMBER 20, 2022

Directors: Sandra Stockman  
& Kevin Johnson

COVID is back and it struck-out Gwelup directors Sandra and Kevin. A top team organised by the Pres. replaced them.

Gillian and Mark brought the gear from the previous week's Garvey event; all the rostered helpers did their duty; and the indomitable results crew, spearheaded by Mark Hewitt this time, performed in their accustomed style.

A fine field turned out on a warm, dry day and I'm only aware of one mishap, suffered by Alan Cassels while cooling down after his 5km run. Jenny and Dave Hogg ensured he was driven home safely and we all hope Alan suffered no after-effects.

Of course, Sandra Stockman can always be relied on to provide a Director's report - even when absent!

### **She writes:**

"My unexpected trophy (see picture) was a bit of a hoot, after we joked to one of the organisers at the finish that we'd flown over



from WA especially for the event. They'd read out some preliminary results, saying that I was first in the Masters category. When I asked if there was a prize

for that, they said no but that they had a prize for me being the fastest overall! As we had to be on our way to catch a flight to Dunedin, they decided to do a special presentation just for me, saying it was unprecedented but 'as I'd flown over especially for the event'...!

We actually had another week in NZ, finishing the holiday with a trail run with three mates from Perth called along the banks of the Waikato River not far from Lake Taupo. 44km for Kevin, 22 for me, both winning our age groups. No prizes - just bragging rights - and our reward was COVID two days later.'

*Peter March with Liz Gomez, 10km women's winner in 46:57.*





# Gwelup Lake

## AGE-GROUP LEADERS

### 10KM RUN

1617	Chris Lark	M40	36:06
2318	Anthony Grendon	M60	40:12
2251	Scott Chambers	M45	42:44
1202	Akos Gyarmathy	M65	47:45
2041	Simon McGarvie	M55	50:24
81	Peter Sanders	M75	53:20
278	Keith Miller	M70	53:43

### WOMEN

1716	Elizabeth Gomez	W40	45:57
650	Karen March	W60	49:46
843	Rochelle Airey	W50	54:07
481	Theresa Howe	W70	12:16

### 5KM RUN

2233	Greg Knuckey	M60	20:59
1226	David Adams	M45	24:02
178	Ralph Henderson	M70	24:07
229	Blakeney Tindall	M60	24:17
1522	Mark Kerr	M50	25:50
1639	Geoff Vine	M75	26:58
2171	John Panegyres	M55	28:56
112	Bob Schickert	M80	37:54

### WOMEN

739	Margaret Saunders	W65	27:33
1393	Lori Sexton	W60	29:43
928	Sandra Rourke	W55	31:50
1813	Isolde Tietz	W70	32:11
1994	Lorna McGavock	W45	32:16
1523	Ngaio Kerr	W50	34:06
2052	Amanda Wylde	W40	39:32
1787	Hazel Stephen	W75	46:42

### 10KM WALK

262	Johan Hagedoorn	M75	76:29
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### 5KM WALK

174	Michael Anderson	M70	38:49
139	Jim Klinge	M75	41:10
455	Sean Keane	M55	44:38
248	Rex Bruce	M80	46:44
1944	Steve Travell	M65	52:54

### WOMEN

1323	Silke Peglow	W50	39:25
510	Delia Baldock	W60	39:35
99	Peggy MacIver	W75	41:14
111	Lynne Schickert	W80	44:07
2128	Heather Miller	W70	51:35
176	Margaret Bennett	W80	58:10



## One to watch...

**1st 10km M45 in 42:44, Scott Chambers (here leading Greg Knuckey) had run a sub-4, 5km PB, at the previous day's parkrun.**

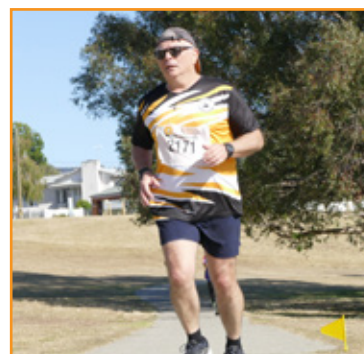
**(Below, genial Alan Cassels, pictured at the Claypit event.)**



**Chris Lark (M40) was our sole sub-4 10km this day, but M60 Anthony Grendon (below) was only 12 seconds over the mark.**



**Blakeney Tindall, 1st 5km M60 in 24:17.**



**John Panegyres, 1st 5km M65 in 28:58.**



**Simon McGarvie, 1st 10km M55 in 50:24.**

# Woodman Point

**A BEAUTIFUL cool start for the Woodman Point run this year and we had 69 runners/ walkers on the course today – fewer than in 2021, possibly due to the Fremantle Running Festival happening on the same day.**

Unbeknown to all the participants our big timing clock went into **FAULT** when started. Fortunately, Jim Barnes was on the Start hand-timer watch. He kept it running while Pete March, Andrew Grosas and Alex Tinniswood attempted to restart big yellow.

After numerous unsuccessful attempts Alex said: "Just let me get a coffee!" Once the coffee kicked in, Alex had a quiet moment with the clock (obviously giving it a stern warning).

Jim, with timer watch in hand called out the seconds; Alex pressed the start button – and success! Both devices synced.

I was just a bystander, witnessing these blokes take a deep breath, and approach life's challenges with aplomb. Good on 'em.

All the runners/walkers can rest assured all their results were accurately reported.

Many thanks to all marshals on the course and Leon and Sofia on the drink station.

Pete and I are looking forward to seeing you again next year.

**Karen**

**RESULTS - PAGE 13 ►**



NOVEMBER 27, 2022

Directors: Karen & Peter  
March

#### AGE-GROUP LEADERS

##### 10KM RUN

1716	Elizabeth Gomez	W40	44:12
843	Rochelle Airey	W50	53:23
1661	Liz Bryson	W70	53:44
1494	Wendy Grace	W65	56:17
2107	Madeline Radstock	W60	1:05:19

##### MEN

1202	Akos Gyarmathy	M65	47:38
2055	Jan Brankaer	M40	47:43
712	John Pentecost	M60	48:23
1846	Paul Every	M55	52:55
729	Charlie Chan	M70	58:36
2046	Brett Montgomery	M45	1:00:20
2346	Paul Squires	M50	1:01:12

##### 5KM RUN

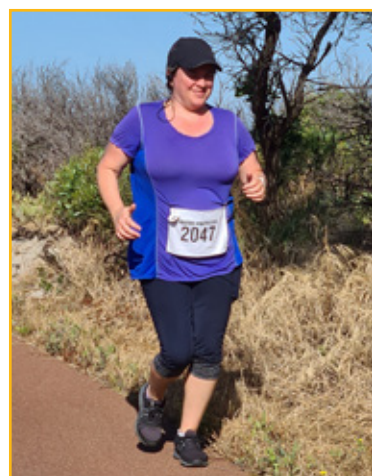
2041	Simon McGarvie	M55	26:07
762	Mark Hewitt	M70	26:52
2333	Eddie Marcus	M50	28:30
2054	Xinhuan Yan	M45	30:37
1680	Bob Britton	M60	30:59
2	David Carr	M90	33:23
112	Bob Schickert	M80	37:34
986	Greg Wilson	M75	40:36

##### WOMEN

1515	Sandi Keenan	W55	26:10
739	Margaret Saunders	W65	26:59



1393	Lori Sexton	W60	28:24
1833	Sally Smith	W45	29:05
288	Gillian Young	W75	29:36
1813	Isolde Tietz	W70	31:33

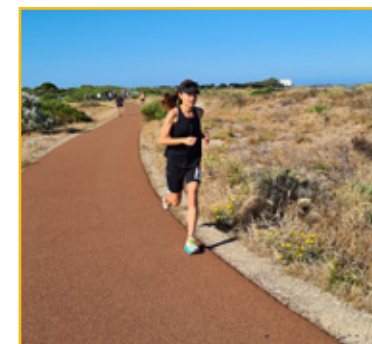


2047 Mel Montgomery W40 38:03

Starters are oblivious to breakdown, as (far right) Alex Tinniswood opens negotiations with the errant clock. Inset, it does look a bit sorry for itself!



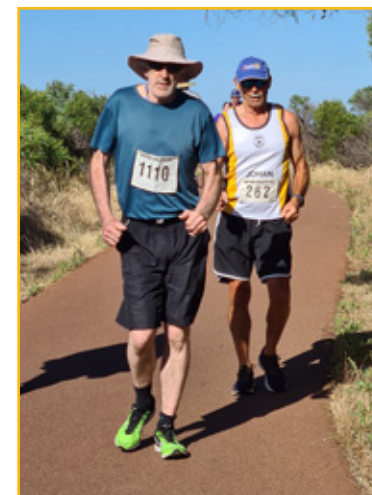
Elusive Jan Brankaer (I can never i.d. a running pic of him!) pinned down by Rochelle and Silke for a trophy.



Liz Gomez – 10km winner

##### 10KM WALK

1257	Karyn Tolardo	W55	1:07:28
1729	Victor Munoz	M65	1:10:55
1808	Marcela Ruiz	W60	1:16:25



##### 5KM WALK

1110	John McDonagh	M70	35:13
262	Johan Hagedoorn	M75	35:28
1487	Jason Kell	M45	39:34
1944	Steve Travell	M65	48:59
2157	Dave Hogg	M60	56:31
89	Paul Martin	M80	56:40
<b>WOMEN</b>			
99	Peggy MacIver	W75	41:28
111	Lynne Schickert	W80	42:55
713	Grace Hollin	W65	44:45
295	Julie Wood	W70	53:30
2022	Jenny Hogg	W55	56:33



Courtesy  
of the UK  
DailyDrone's  
gossip colum-  
nist, William  
Dumpster



FOLLOWING the delicious George Best quote in the Drone (how clever of the Editor to spot it) about him giving up women and alcohol for 'the longest 20 minutes of my life', another Best witicism: The mercurial star often skipped training to spend more time with his supermodel girlfriends.

"I used to go missing a lot," he said, "Miss Canada, Miss United Kingdom, Miss World."

## Love & marriage

*George might not have been the Best role model for connubial bliss, but females can't say they hadn't been warned.*

Suffragettes were, perhaps understandably, never great fans of men. In 1911 they issued 'advice on marriage to young ladies'. It started:

"Do not marry at all" then conceded: "If you must, avoid beauty men, flirts and football enthusiasts."

Activists were also advised that even if they found a fire lighter, coal getter, window cleaner or yard swiller" not to expect too much. "Most men," the sisterhood thundered, "are lazy, selfish, thoughtless, lying, drunken, clumsy, heavy-footed, rough, unmanly brutes." Ouch!



## New members – Welcome!

2343 MEYER: Jacques M50  
2344 HOLMES: Rod M55  
2345 DELANE-SQUIRES W55  
2346 SQUIRES M50  
2347 WATTS: Ryan M30  
2348 KONSOLIS: Matthew M35



## Creative scorers

OUR fine results team are creative with figures. Woodman Point website 5km results shows '1st Pram' spot won by Jason Kell! Next, I expect a 'running with two false-knees' slot for Bob Fawcett.

What a difference a year makes! Bob Schickert comments on a stunning Liz Gomez turnaround. 'Compare Woodman 2021 and 2022; yes, Liz gave birth prior to the 2021 event - but this is a terrific comeback!'  
2021 - 5km 1:18:35 (last in)  
2022 -10km 44:12 - 1st overall!

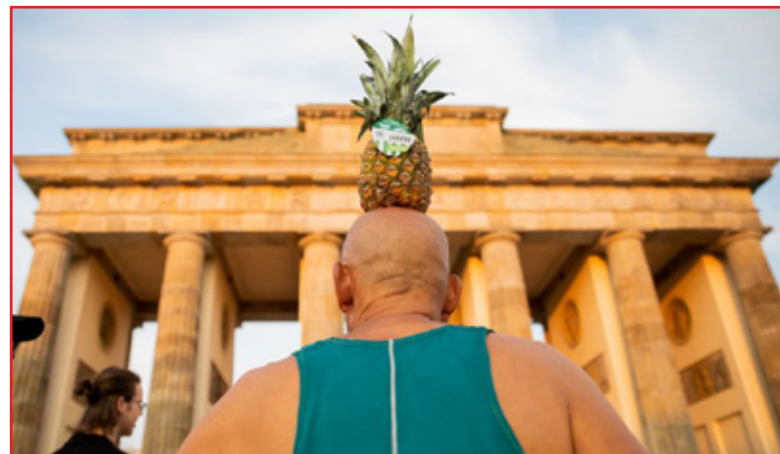
2349 STASSEN: Johan M35  
2350 MCGREGOR: Hayden M30  
2351 BRENNAN: Kolina W40  
2352 MCKENZIE: Murray M30  
2353 DUTTON: Geoff M60  
2354 ARNOLD: Gareth M45  
2355 SMITH: Roxanne W35  
2356 BRENNER: Adam M45  
2357 DOYLE: Tammi W50  
2358 CAPPER: Phillip M40  
2359 LEWIS: Gareth M40

## BERLIN'S TOP TOP-KNOT

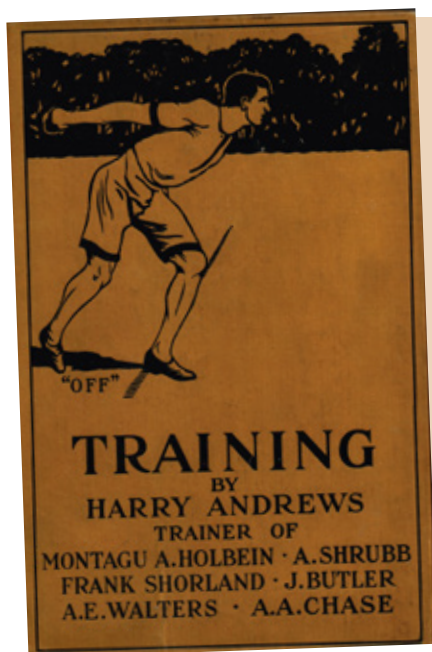
Highlight of this year's Berlin Marathon was not Kipchoge breaking his own world record with a 2:01:09 but 68-years old Israeli Moshe Lederfien going the distance with a pineapple rested comfortably on his bald head.

No device kept the fruit on as he trudged along at 11-minute mile pace to a 5:04:25 finish. Mind you, he practices. In 2019, Moshe ran 11 marathons while balancing a pineapple - and another with a flower pot.

"The fruit is of great interest to people, and I want to bring good to everyone," Lederfien said. "The connection between man and nature, body and mind are inseparable. So the pineapple doesn't fall off my head - it holds even at high speed."







## Holbein and Co

But it was the athletes Andrews trained, and proudly listed on the book's cover, who set me searching Wikipedia.

Who could resist researching Montagu A. Holbein, for instance?

An all-rounder, cyclist and swimmer who broke several swimming records on the Thames, in 1899 he set a record of 43 miles and in 1908 he covered an incredible, uninterrupted 50 miles.

Holbein also made several attempts, ultimately all unsuccessful, to swim across the English Channel. One of his problems was sore eyes. Presumably the Thames was less corrosive than the Channel in those days. Despite inventing goggles for a 1902 attempt Monty was still unsuccessful.

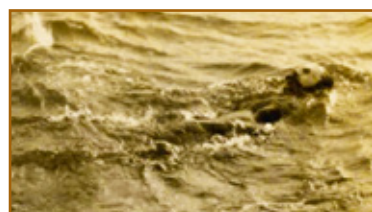
MOCKING outdated ideas and customs is easy. Soft targets abound. Remember – smoking advertised as good for the throat? Cocaine freely available; strychnine used to improve athletic performance; extra-strong coffee quite acceptable for sprinters immediately before they hit the track

So I was unsurprised to read – in *Training*, by Harry Andrews, published 1903 – that the author considered champagne 'practically the only wine of genuine use to the athlete.'

Andrews was a coach to the British Olympic team, and a life-long teetotaler. His book (given me by Geoff Vine) carried ads, for Oxo (think Vegemite with extra beef!) and Plasmon, a milk derivative.

It was a serious volume, with lots of training hints (such as the danger of communal baths, and stale bread crusts being best) which I will drop into future *My Views*.

He started his first 1902 Channel crossing covered with oil and wearing a mask made of 'American sticker's plaster' with glass set so he could see.



**Monty backstroking in the Channel, with goggles.**

He began doing breaststroke at 25 strokes per minute, but then switched to backstroke at a 20 stroke-per-minute pace. Due to the turbulence in the Channel, his support crew got seasick and some returned to shore.

During this attempt, Monty ate beef essence in liquid form (OXO?) and sandwiches, but was eventually pulled out when he could not

make any headway against the tides.

## On his bike

In the early days of competitive cycling Holbein was also a star of the dominant British cycling scene. In the 1891 Bordeaux-Paris race Brits took the first four places, Holbein coming second. His specialty was in long endurance races and he set 32 British cycling records.

In 1892 he set London to York tandem records, with Frank Shorland, another of Andrews' cover-boys.

Shorland was also a successful record breaker, and on different occasions he held the 12 and 24 hour bicycle records, London to Brighton and back record, the London to Newcastle record and the London to York tandem record with Holbein.



## Unbeatable Alfie

Then there's Alfie Shrubbs (12 December 1879-23 April 1964), an English middle and distance runner whose amateur career lasted from 1899 until 1905 when he was barred for receiving payment.

As a professional from 1905 to 1912 he ran in around 1800 races and won 1,000! At his peak Alfie was virtually unbeatable



## Electric Adalbert – paced by tandem!

FOR someone with such a bright future, Albert A. Chase had a mixed career. His middle initial is for 'Adalbert' – German for 'noble, bright, or shining' – and indeed he was a champion UK cyclist from 1896-1902. On retirement Albert and his brother built motorbikes and later patented an exhaust silencer.

Oddly, Chase was fined five shillings 'for cycling' in 1898!

According to Wikipedia such 'criminal' exploits continued. 'Nine months later he was suspended for road racing. He was given another fine at Doncaster Borough Court in 1903. In 1936, he was in court in Southend on Sea.'

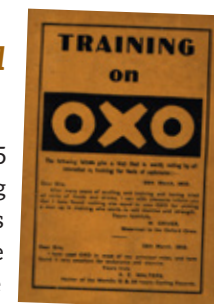
Although Chase was a world record-setter champion solo cyclist, he also tried his hand at tandem racing, along with A.E. Walters (another Harry Andrews trainee) who would ride up front.

Chase even rode behind an elec-

## Keep taking your Oxo (and plasmon)

at distances up to 15 miles, often racing against relay teams so that the race would be more competitive.

On 4 November, 1904, at Ibrox Park, Glasgow, he broke the one-hour record as well as all amateur records from six to eleven miles, and all professional records from eight to eleven miles, running eleven miles, 1,137 yards (18.742km) in one hour. Altogether he set 28 world records.

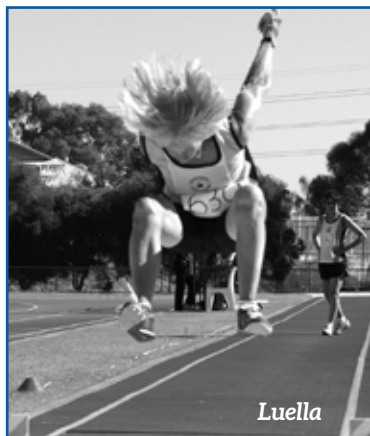




## Luella leads

THE new season is now well underway.

Already we have seen some great performances and new records. Leading the charge is Luella Jenkins, now W80, with four



Hi Vic, I read the great jubilation relative to the Thursday night T&F at Coker with good attendance, so I had a look and sure enough there are quite a few. But most names bear the suffix VIS, and most seem to have the same name – a family outing.

(It would be more transparent to know their ages, so we can see how the performances rate.)

I followed up (as I have the time!) last year's results to see how many



State records and an Australian record in the throws.

Not far behind Luella are Sharon Moloney and Sue Coate, each having set three records.

Mention must be made of Campbell Till – who was for some time our statistician – making his own mark in the record book with a sizzling 300m hurdles.

And ... David Carr continues to improve on World records with which he is not satisfied! He has now taken sizeable chunks out of the steeplechase and 5,000m marks he set in Finland.

### Patron's Trophy

Thursday nights have been very busy with Patron's Trophy to be fitted in, and we have welcomed some new track and field

members. The re-surfacing of WAAS is reported to be going well so we are confident of starting Tuesday competition early in the new year.

### Championships

We have some exciting Championships to look forward to. The Australian Nationals, 10th to 13th March, will be particularly good as NSW have secured Olympic Park as the venue. A great additional event this season is the World Masters Short Course Cross-Country championships, to be held in conjunction with the open Worlds at Bathurst. Another World event is the indoor Championships in Poland, while our State Championships at ECAC will be unmissable!



\* All event entry forms can be accessed using the large buttons on the website home page. We really encourage you to get involved with these – and there is plenty for the road-running community by way of 5,000m/10,000m, plus Cross Country. ■

## Rob Shand speculates on visiting throwers and waiting times

of the VIS entered the Champs. It was less than 10%.

So that does not support the theory of supporting visitors so they become club members.

Possibly as some were much too young?

The problem with having numerous visitors is time lag, especially in the throws and jumps.

Each performance takes an average of three minutes, if all is going well.

So if there are, say, four visitors, that adds 12 minutes at least to the waiting time for your next effort, which is not ideal, especially in cold conditions, usually late in the day.

Rob

### Would this be a solution?

Have all the members have their three throws or jumps first, and then let the visitors have theirs?  
Ed.

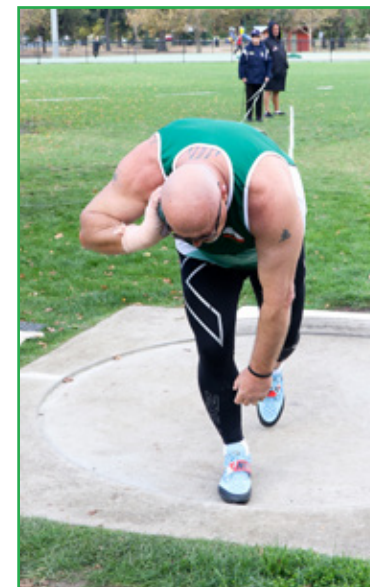
### Committee comment:

Yes, a lot of visitors are members' children.

Certainly some masters-age visitors come to try it out and then join the club. In running events we often have a separate children's race. The throws officials could do similar if they thought that the number of children participating was causing issues. We don't have blanket rules – we manage it on the night. ■

## Thanks – from Todd Davey

I JUST wanted to put a few words together as a symbol of gratitude for being considered and awarded the John Gilmour Trophy yesterday (Club AGM – October 2) – the state's highest accolade for our sport.



Todd – taking a bow? His full letter is in the club's T&F News-letter.

## Bunbury

A mention to the Bunbury Athletics Club members who have, year after year, conducted so many competitions, especially our multi events. These have delivered dozens upon dozens of State and National Records and are greatly appreciated. ■