

VETRUN



No. 533
JUNE 2023

Split start
for Nedlands
2023





NEXT EDITION: VetrUn no. 534 will be published in August 2023

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IN April I asked how many world records are currently held by WA's Masters athletes, and Barbara Blurton answered fast! A complete update of our state, Australian and world records is now available for all to peruse on the club website.

It's an awesome list, to compile, and read. So, thanks BB.

Most recently we have been made well aware of Gillian Young's exploits in the 2,000m steeplechase. Currently she holds

Mark Dawson takes a philosophical look back to Star Swamp 2023



SECOND outing for the Star Swamp Cross-Country Run did not go according to script, and I am reminded of a famous line from the work of Scottish poet Robert Burns. In 'To a Mouse' he wrote - The best laid schemes o' mice an' men gang aft agley (awry, in English).

Our wonderful Women's WRs

the W75 world record with a time of 11:01.5.

And Barbara herself holds the 400m W70 record, of 71.78.

Undoubtedly our most prolific record-setter is the world class walker Lyn Ventris, who holds 12 WRs, some still unbeaten after 20-plus years! They are:

3,000m Walk

W50	13:54.3 (in 2007)
W55	14:16.4 (2012)

5,000m Walk

Lyn also has the 5000m records for W50 and W60.

W50	23:37.78 (2007)
W60	25:41.58 (2018)

10,000m Walk

W45	46:35.65 (2002)
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10km Road Walk

W50	48:28
W55	49:15
W60	53:26

20km Walk

W45	1:34:15
W50	1:39:51
W55	1:40:42

And finally, indoors:

3,000m Walk

W55	14:51.24
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Lost in Space time

Human error; one of the course marshals sent all runners the wrong way.

Hence, all literally became 'lost in space'. So, all distances and official times were lost as well.

Most runners who spoke to me were able to look at the event with equanimity, and enjoyed the scenery of the Nature Reserve despite their frustrations and bewilderment. However, I do apologise to everyone affected or aggrieved, who were looking forward to attaining a good time on this challenging cross-country.

Walks

By contrast, the thirteen walkers, on their different course, all completed their event as expected, with valid distances and times - well done.

The run and walk could not

have gone ahead without my team of helpers, so I thank them all. And take note - I am already planning a revised and simplified course for 2024.

HELPERS - WHERE YOU'RE NEEDED

HELPERS were needed at the following runs as VetrUn went to press. Please go to the website for an update and to volunteer your help where necessary.

* Final column in this table indicates total helpers required.

Club Half Marathon	June 18, 2023	6
Carine	June 25, 2023	1
Mill Point Road	July 2, 2023	6
Manning Park CC	July 9, 2023	2
Sharks	July 16, 2023	1
Whiteman Park	July 23, 2023	2
Around Herdsman	July 30, 2023	9
Racecourse	August 6, 2023	9

AMAZING!



Anne Shaw's times live on

Her story - page 8

APRIL 9, 2023
Director: Lachlan Marr



Lachy - directing.

AGE-GROUP LEADERS

8KM RUN

798	Kim Thomas	M45	32:02
2361	Ben Higgins	M35	32:30
2134	Gerrit Myburgh	M50	32:39
2184	Glenn Rogers	M55	34:57
796	Steven Hossack	M60	36:06
1202	Akos Gyarmathy	M65	37:30
512	David Baird	M80	44:24
1960	Leon Mitchell	M40	47:03
2015	Frederick Smart	M85	49:07
1038	Bob Fawcett	M70	1:13:3

WOMEN

1255	Clare Wardle	W45	34:51
1258	Sandra Siviour	W50	35:57
650	Karen March	W60	39:51
2225	Angela Hon	W40	41:53
987	Julie Wilson	W65	43:03
1661	Liz Bryson	W70	46:04

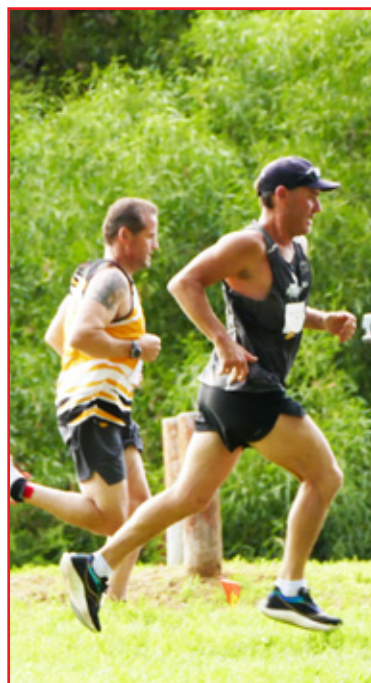
4KM RUN

2003	Paul Watson	M55	14:44
1587	Patrick Jones	M50	15:53
807	Rod Hamilton	M60	17:13
1256	Mercurio Cicchini	M70	20:29
1639	Geoff Vine	M75	20:48
1092	Bruce McGeorge	M65	25:18
112	Bob Schickert	M80	29:22

WOMEN

1883	Joanna Lloyd	W50	17:56
406	Chris Pattinson	W65	21:00
1508	Sue Hamilton	W60	22:47
1260	Melinda Fisher	W55	30:16
967	Carolyn Fawcett	W70	32:00

Telling tales of 2 runs



8km age-group leaders Kim Thomas and Gerrit Myburgh.

8KM WALK

1257	Karyn Tolardo	W55	50:10
1638	Andrew Duncan	M55	50:20
262	Johan Hagedoorn	M75	57:38
227	Gary Fisher	M70	1:11:09

4KM WALK

1110	John McDonagh	M70	27:56
1454	Andrew Cuthbertson	M65	29:17
2397	Gerry Lee	M60	29:27
1624	Haydn Gawne	M75	31:28
244	John Brambley	M80	37:05
11	Bob Fergie	M85	41:23
1865	Stephen Grannells	M55	43:02

WOMEN

510	Delia Baldock	W60	30:35
99	Peggy Macliver	W75	31:58
111	Lynne Schickert	W80	35:48

by Giovanni Puglisi

SOUTH Fremantle's event was launched in 2022 and conducted that year over distances that were cut short due to safety concerns at the southern turn-around point.

This year, with those issues resolved and the course accurately measured, competitors were presented with a first-class course, ideal weather conditions, enthusiastic volunteers and what looked like an excess of race directors.

Why? See the following article, which I have dubbed *Can You Imagine?*

At the off, acting Race Director Lachlan Marr released 97 eager competitors comprising mostly MAWA members. Visitor numbers were slightly down compared to recent weeks due to Easter egg hunts up and down the coast.

No surprise: some 15 minutes after the start Mike Hale boosted ▶

4km age-group leaders Paul Watson and Geoff Vine, who has recently been winning his M75 battles with Jim Klinge (including at Woodbridge; sorry Geoff, Vetrun erred there!)

South Fremantle



the field to 98 as he set off in pursuit of the walkers.

All competitors returned safely and many gave glowing reports for this relatively short-course event.

Special thanks go to all the MAWA helpers for a superb effort from 7.30am to pack-up time.

3Ps

THE ever-popular 3Ps became MEGA POPULAR this year as more than 70 visitors, mostly from the Manning Park Trails group and the triathlon group of GK Endurance swelled a big turn-out of MAWA members. GK Endurance has many runners who displayed sparkling speed over the full range of distances.

Unfortunately, the water containers that were available for this event weren't sufficient to cater fully for the large number of runners that turned up on the day.

We were lucky that conditions were overcast and cool for most of the morning. Next year will see an extra water station added to the course and more water provided at each station.

To all the helpers, thank you for doing such a sterling job.

Telling tales of 2 runs



Can You Imagine?

IN March this year 3Ps race director Lachlan Marr realised that other commitments would disrupt his plans to direct at Point Walter this year. His first thought was that the dates of 3Ps and South Fremantle might be swapped.

The club considered this, but decreed that even if such a late change could be organised there was fair chance that a handful – or a double handful! – of members would have turned up at the wrong venue.

MAWA President, Richard Blurton, suggested it would be safer to swap the race directors, leaving dates and venues the same as in the Sunday programme. This personnel swap was easily arranged as Clare and I were both able and willing – although it would have worked as long as just one of us were available.

Who, what ...?

Can you imagine what thoughts ran through many members' minds, turning-up at South Fremantle expecting Puglisi and Wardle to run the show, sighting Lachlan sporting the Race Direc-

tor's vest, the other two in helpers' vests? In this day and age where conspirator theories abound and fake news doesn't seem so fake, how many thought: *"Puglisi was demoted failing to measure the correct distance in 2022."*

Can you picture Bob Schickert (who first suggested the course) threatening a 'run-slow' protest at the dumping of Clare? Or perhaps Mercurio staging an Emily Wilding Davison (*Who? Ed*) type protest by running across the track, at the start, confronting a wall of oncoming runners?

Maybe you could imagine Mike Hale refusing to show-up at all for the walk event?

Of course none of these protests occurred with civilised people like us. Mercurio didn't copy suffragette Emily's tragic protest of 100 years ago in the 1913 English Derby (*oh, her, of course!*).

Mike Hale couldn't stay away and just arrived 15 minutes late. Bob didn't run slowly in protest; he simply ran very slowly instead!

Most importantly everyone turned up at the right place, on the right day, and both events were reliable MAWA successes. Thanks, Clare and Lachlan!

Giovanni

3Ps





Welcoming – John Fisher is the committee man who has encouraged other clubs to join our Sunday runs.

AGE-GROUP LEADERS

16KM RUN

1726	Jerry Peters	M45	1:07:00
1864	Martin O'Connell	M50	1:11:13
2184	Glenn Rogers	M55	1:17:14
755	Bob Lane	M75	1:18:40
712	John Pentecost	M60	1:18:48
2290	Gregory Tower	M65	1:24:25
512	David Baird	M80	1:36:18
1256	Mercurio Cicchini	M70	1:43:39

WOMEN

1716	Elizabeth Gomez	W40	1:23:37
1940	Kathy Nicholas	W55	1:25:31
650	Karen March	W60	1:27:49
2372	Tegan Durbridge	W35	1:29:09
406	Chris Pattinson	W65	1:31:50
1784	Caroline Clark	W50	1:39:39



2241 Jo Scott W45 1:43:40



APRIL 16, 2023

*Directors: Giovanni Puglisi
& Clare Wardle*

8KM RUN

2134	Gerrit Myburgh	M50	31:56
796	Steven Hossack	M60	35:41
1901	Rodney Glossop	M40	44:53
171	John Panegyres	M55	47:46
112	Bob Schickert	M80	1:02:00
690	John Talbot	M75	1:07:09

WOMEN

843	Rochelle Airey	W50	42:32
987	Julie Wilson	W65	42:59
1902	Crystal Glossop	W40	44:00
288	Gillian Young	W75	45:24
2052	Amanda Wylde	W40	1:03:22

5KM RUN

2233	Greg Knuckey	M60	21:34
1639	Geoff Vine	M75	26:11
762	Mark Hewitt	M70	27:44
1781	Rohan Thompson	M40	34:03



Jim's back on the run!

25 Jim Barnes M80 40:06

WOMEN

714	Carol Bowman	W65	29:01
1787	Hazel Stephen	W75	44:41
2283	Noelle Dawson	W70	52:08

16KM WALK

1729	Victor Munoz	M65	1:50:31
1808	Marcela Ruiz	W60	2:10:48

8KM WALK

1638	Andrew Duncan	M55	50:49
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713 Grace Hollin W65 1:08:45

251	Mike Hale	M75	1:15:56
227	Gary Fisher	M70	1:19:38

5KM WALK

2274	Fiona Van Heerwaarden	W45	33:48
99	Peggy MacIver	W75	38:52
510	Delia Baldock	W60	39:06
111	Lynne Schickert	W80	44:03
1260	Melinda Fisher	W55	48:09



1352 Janice Bertram W50 58:53

1704	Melissa Lewis	W35	1:12:44
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MEN

1110	John McDonagh	M70	35:27
262	Johan Hagedoorn	M75	35:46
1454	Andrew Cuthbertson	M65	38:33
455	Sean Keane	M55	44:13
89	Paul Martin	M80	54:10
11	Bob Fergie	M85	54:11

60s club - a team run?

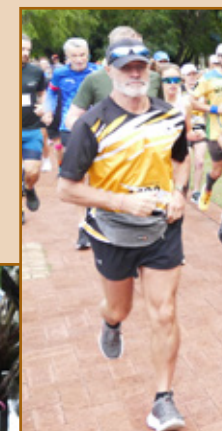
RESULTS watchers might have spotted them, but our M60s seem extra gregarious. Vetrin usually shows only filleted results, to pick out age-group leaders.

But the little table (right) is a straight extract from overall 3Ps finishing order, showing five M60s completed 8km in a procession, across six minutes. Conspiracy? Are they planning something? Perhaps someone remembered that many years ago the club organised an age-group relay, around Lake Monger. Clear winners were the M50s, a

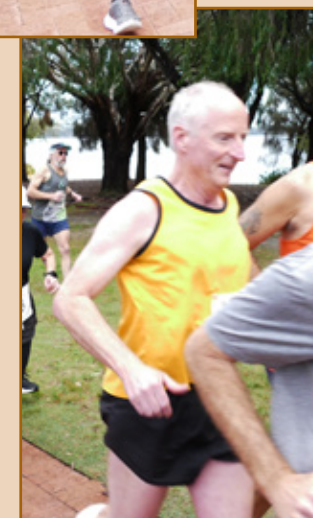
group that included Bob Schickert, Frank Smith and other top runners. Time for a repeat?

M60 CLUB?

796	Steven Hossack	M60	35:41
1702	Steve Helm	M60	37:31
229	Blakeney Tindall	M60	39:03
2267	Bernard Candy	M60	39:18
745	Mark Dawson	M60	39:28
1332	Russell Smith	M60	42:14



Left, Russell Smith; below left Steve Hossack and Greg Knuckey; and below, Blakeney Tindall.



GREAT SPORTS QUOTES No. 5

"All truly great thoughts are conceived while walking."



THAT'S Nietzsche. Who? Some walks-coach? Nope.

Ladies and gentlemen, I give you that master of the one-liner Friedrich Nietzsche, (born October 15, 1844, Röcken, Saxony, Prussia – died August 25, 1900, Weimar, Thuringian States).

Not a stand-up, sadly, merely a German classical scholar, philosopher, and critic of culture, who became one of the most influential of all modern thinkers.

You know his stuff:

GREAT SPORTS QUOTES No. 6

"What does not kill me makes me stronger."

Nietzy was obviously a tough guy entranced with endurance sport.

He wasn't alone.



GREAT SPORTS QUOTES No. 7

"If you are in a bad mood, go for a walk. If you are still in a bad mood, go for another walk." - Hippocrates

Wow! Remember, those Greeks did it in robes and sandals.

While on pedestrianism, consider these great hints.

GREAT SPORTS QUOTES No. 8

"One small step for man – one giant leap for mankind." - Neil Armstrong, 10.56pm (US ET) July 20, 1969 – on the moon!

Armstrong put his left foot on

the lunar surface and famously declared, "That's one small step for man, one giant leap for mankind."

GREAT SPORTS QUOTES No. 9

"Best foot forward."

To "Put Your Best Foot Forward" or "to make a bold start" originated when ladies looked for a well-turned leg in men. First recorded in 1613 from Sir Thomas Overbury: "He is still setting the best foot forward."

Also – *Best Foot Forward* is a 1941 musical. After an out-of-town tryout, the production opened on Broadway on October 1, 1941 at the Ethel Barrymore Theatre, where it ran for 326 performances.

I bet someone said "Break a leg" – but I don't think that qualifies as one of our great sports quotes.

GREAT SPORTS QUOTES No. 10

"Learn to walk before you can run."

We lexicologists suggest the phrase may have been around since the 15th century.

APRIL 23, 2023
 Director: Mercurio Cicchini



IT was good to see so many entrants participating in the events on such a pleasant morning. A great crew helped on the day and the assistance of these volunteers is greatly appreciated: Arnie Jenkins, Bernard Candy, Brian Bennett, Crystal Glossop, Grace Hollin, John Pentecost, Lori Sexton, Rodney Glossop, Ros Pillay, Stephanie Manuel, and Yan.

Helpers bringing equipment back made the task much easier for me this year.

As to performances, a special acknowledgement to Jerry Peters, first in the 13km run despite fighting after-effects of a cold, and successfully defending his winners' title from last year.

EXTRA! Bardon Uphill Flash Dash quiz.



Bardon Bash

The question is, who or what, was it?

Once the formal events ended a blue flash was seen dashing up the grassy slope of Bardon Park



David
 - the
 Uphill
 Dasher

to the carpark verge that tops the rise. Its speed was unbelievable - possibly world record pace?

You had to be there; and if you weren't, the answer is - David Adams.

Running at a remarkable rate for someone who's been a bit off-form of late, he was on a rescue and retrieve mission for his chair and personal items that had been hauled up to the car park, in error. with all the equipment for the next Masters run. So - two bits of good news. David got his stuff back, and perhaps may be close to regaining his good form for the track sprints!

Mercurio

AGE-GROUP LEADERS

13KM RUN

1726 Jerry Peters	M45	53:48
2134 Gerrit Myburgh	M50	54:45
796 Steven Hossack	M60	1:00:47
755 Bob Lane	M75	1:06:08
2108 Darryl Downing	M40	1:06:08
2249 Rod Siviour	M55	1:07:54
278 Keith Miller	M70	1:10:14
198 Keith Atkinson	M65	1:13:29
2015 Frederick Smart	M85	1:22:49

WOMEN

1258 Sandra Siviour	W50	1:01:51
650 Karen March	W60	1:06:07
1716 Elizabeth Gomez	W40	1:06:45
2372 Tegan Durbridge	W35	1:10:13
406 Chris Pattinson	W65	1:11:13
288 Gillian Young	W75	1:17:12
1875 Shalini Watson	W55	1:20:40
2109 Mell Sieczka	W45	1:22:14

SEE PAGE 8 MORE RESULTS ►

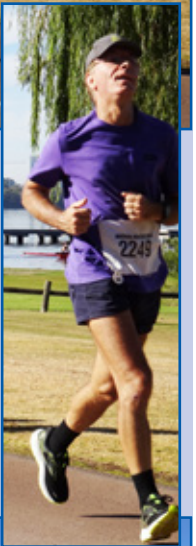
Siviour duo make 13km lists



Sandra Siviour, above: 1st woman overall, 13km.

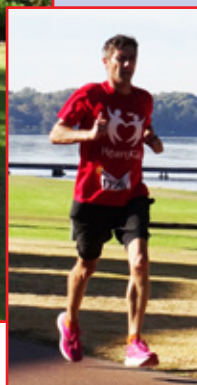
Rod Siviour, right, 13km 1st M55.

Below: Shalini Watson was 1st W55 in the 13km.





Jim Klinge, left, won his weekly battle for M75 supremacy with Geoff Vine. Below, Jerry Peters repeated last year's 13km despite the after-effects of a cold.



Requesting heavy weather

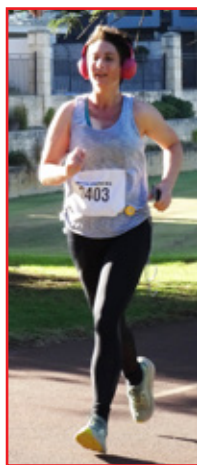
I HAVE always relished the wealth of rare and exotic names our club attracts; it's probably an affliction brought on by a life spent working with words.



Occasionally (and please excuse this pun) sometimes names blow in a perfect storm. Today I give you - pictured -- Gail and Storm. Please ladies, make my day. Could at least one of you change the surname to 'Force'? VW

Left, Gail Craft, 1st 7km W65.

Right, Storm Hurst, 1st 7km W40.



Bardon Bash

7KM RUN

2233	Greg Knuckey	M60	31:54
220	Giovanni Puglisi	M70	33:31
2368	Bradley Hollins	M45	36:45
2028	Anthony Wilson	M55	37:33
139	Jim Klinge	M75	37:59
1781	Rohan Thompson	M40	49:09
112	Bob Schickert	M80	53:11

WOMEN

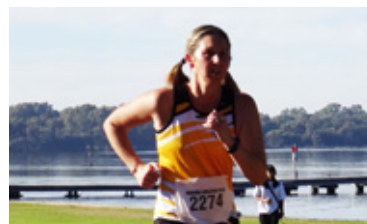
843	Rochelle Airey	W50	37:25
2403	Storm Hurst	W40	41:37
928	Sandra Rourke	W55	43:03
1926	Gayle Craft	W65	45:08
1813	Isolde Tietz	W70	46:29
1828	Phillippa Bennett	W60	1:00:00
149	Jackie Halberg	W75	1:01:07

13KM WALK

1257	Karyn Tolardo	W55	1:26:09
1138	Lui Cecotti	M75	1:42:14

7KM WALK

1231	Wendy Farrow	W55	49:43
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2274 Fiona

	Van Heerwaarden	W45	49:50
111	Lynne Schickert	W80	1:02:39
967	Carolyn Fawcett	W70	1:06:52
1328	Pam English	W75	1:26:33

MEN

1110	John McDonagh	M75	52:38
227	Gary Fisher	M70	1:04:34
248	Rex Bruce	M80	1:08:33
1944	Steve Travell	M65	1:23:35

Anne Shaw's remarkable records

I HAVE been reminded (thanks, Ivan Brown) of the amazing exploits of Antoinette Shaw, in whose name our Athlete of the Meet award is made at the State Championships.

Anne died, of leukaemia, 20 years ago.

She was the most unlikely-looking of runners, incredibly nervous and totally self-effacing! Her multiple trips to the ladies loo before every track run at McGillivray were famous. Then she would come back down and leave us for dead.

Anne took control of the 2,000m steeplechase in 1992, as a W40.

Her State record time then was 7:44.9 - and it bettered those of WA's W30 and W35 recordholders.

It was also an Australian record.

Anne went on to set W45, 50 and 55 State records. The last, set in 2003 at 8:23.96 was an Australian record and ... **IT IS STILL UNBEATEN!**

And ... believe it or not, Antoinette never learned to hurdle, always going over the jumps 'by hand'!



State record run in Perth, 1998; Pic. Christine Waters.

Marathons

Her State marathon record, for a W50, also still stands at 2:57:06 - and was set in 1998 (see picture.)

Likewise, Anne's State 10,000m W45 record - 38:00.6 still holds.

And her W50 marathon time (even quicker!) at 37:31.9 remains the Australian record, set in year 2000!

There are more State records.

1,000m

W50 3:21.1 (1998)

1,500m

W50 4:53.8 - set in 1998, it was an Aus record too.

W55 5:16.63 (2003)

Mile

W40 5:35 - and

W45 5:18.6 - quicker again.

3,000m SRs

ALL were Aus records when set
W45 10:33

W50 10:44.4

W55 11:17.0

Finally:

5,000m

W50 18:18.4 set in 1998, it was another Australian record.

MAY 7, 2023

Directors: Sean Keane &
Neil McRae

This year's Weird Report ...

AFTER a fair bit of stop-start, shall we, shan't we, check and double check, and plenty of head scratching, we finally sorted out the course for the famous Weir Run.

Side-stepping interruptions from the Water Board and other assimilated companies who had dug up parts of the course, necessitating re-shaping, re-measuring - we also called in the NASA space agency to analyse the new temporary course. They determined it was within 5-6mm of the 10km original layout. We certainly must thank some of our last-minute helpers (you know who you are!) whom we had to place at certain spots alien to our usual positions.

We also had the weather on our side (*ha! See Graeme Dahl's pics - Ed.*) and the threatened thunderstorms held off for the duration of the race. All in all, it will be a blessing to get back to the original course next year. **Neil**

Some background sanity, from Sean.

We made two detours for City of Canning water works and one for traffic calming works. This meant the course was about 400m longer, so we moved the halfway turns on



Clare Wardle

the 5km and 10km that much closer to the start.

Luckily we had enough marshals - greatly appreciated - and signage to make sure people went the correct way. There was a variety of surfaces from grass to boardwalk,



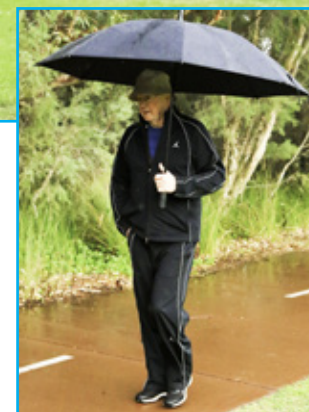
Roberto Busi

twists and turns and undulations, but no falls thankfully.

Margaret Bennet brought the gazebo along to keep the finishing table dry and take the edge off a cold wind. Many hands made light work setting it up.

Later, Richard Blurton presented the John Tarrant Trophy to Roberto Busi and the Dot Browne trophy to Clare Wardle; same as last year.

Sean



**Mike's
not
happy;
Gary
wouldn't
share his
umbrella.**



RRC 10KM / RRC 5KM / RWC 5KM

10KM RUN

1632	Roberto Busi	M45	36:35
2134	Gerrit Myburgh	M50	40:55
1721	Zane Walsh	M40	43:17
1392	Adrian Fabiankovits	M35	43:55
796	Steven Hossack	M60	45:10
1450	John Ranger	M55	47:03
346	Christopher Maher	M70	47:34
407	Don Pattinson	M65	56:00
512	David Baird	M80	57:55
175	Brian Bennett	M75	59:56
2015	Frederick Smart	M85	1:02:50

WOMEN

1255	Clare Wardle	W45	40:43
2372	Tegan Durbridge	W35	52:10
843	Rochelle Airey	W50	53:17
987	Julie Wilson	W65	54:57
2403	Storm Hurst	W40	58:33
928	Sandra Rourke	W55	1:03:02
1512	Noels Treen	W60	1:06:47
1813	Isolde Tietz	W70	1:07:04

5KM RUN

1622	Tommy Glackin	M40	21:27
743	Ross Keane	M60	23:39
762	Mark Hewitt	M70	27:32
105	Bruce Wilson	M75	28:47
2	David Carr	M90	47:10

WOMEN

1833	Sally Smith	W45	24:39
739	Margaret Saunders	W65	27:38
2107	Madeline Radestock	W60	31:41
1961	Sofia Dumlao	W40	33:15
149	Jackie Halberg	W75	40:53

5KM WALK

1110	John McDonagh	M75	34:27
244	John Brambley	M80	45:49
11	Bob Fergie	M85	53:39
227	Gary Fisher	M70	56:21

WOMEN

99	Peggy Macliver	W75	39:31
510	Delia Baldock	W60	39:33
713	Grace Hollin	W65	42:17
967	Carolyn Fawcett	W70	46:05
111	Lynne Schickert	W80	47:20
1352	Janice Bertram	W50	53:40

HANDICAP & RRC 5KM

MAY 14, 2023

Director: Chris Maher



The days of 'bring a plate'

FOR years the late Leo Hassam, ex-headmaster at Aquinas, organised the Mothers' Day event at the school. We used an excellent pavilion, with kitchen and showers, and Leo always told 'bokes bring a plate' on mums' day off. Well, club catering has moved on and upwards, and while Aquinas remained welcoming, we relocated after changes pushed the course alongside the freeway.

Recalling Andy

Though always scheduled for Mothers' Day, the event was titled the Andy Wright Memorial. Today, few will remember Andy, who died in a motor accident in 1985, but he was a noteworthy bloke, as well as the club's first handicapper.

In World War 2 Andy served in the British army and was in the first Normandy beach landings of 1944.

Post-war he worked as an engineering inspector around the globe until settling in Perth, in 1979. Joining the Vets soon after, he became the club's 'armourer' and handicapper and threw himself enthusiastically into the organisation.

As a competitor he was an all-rounder, winner of the Patron's Trophy, enjoying track and field, and the road, including marathons.

Eventually club committees agreed that naming events after every deceased, notable member



would become impossible. Andy Wright remained 'one of the few' and is worth recalling. **VW**



Mothers' Day Run

10KM RUN HANDICAP				Clock	H/cp	Time
1226	David Adams	M45	1:00:11	16:14		43:57
2042	Heather Longworth	W50	1:00:40	9:44		50:56
FASTEST!						
1632	Roberto Busi	M45	1:10:27	31:04		39:23
1255	Clare Wardle	W45	1:09:01	25:45		43:16
5KM WALK HANDICAP				Clock	H/cp	Time
2304	Norman Pillay	M50	44:37	2:12		42:25
128	Irene Ferris	W70	45:02	0:11		44:51
FASTEST!						
1678	Geoff O'Brien	M75	46:51	9:05		37:46
713	Grace Hollin	W65	46:53	6:06		40:47

Action on the river made a fine backdrop to our event, but maybe Alex was getting splashed by the skiers?



Left - big 'Hi' from Sheila Pillay; and 'high and low', from new member Gerard Wallen and Noels Treen. Above, top women head-to-head, Sandra Stockman and Julie Wilson.



10KM WALK

262 Johan Hagedoorn M75 73:23

5KM RUN - RRC

2041 Simon McGarvie M55 20:18

796 Steven Hossack M60 22:11

1400 Kevin Johnson M65 22:13

1639 Geoff Vine M75 26:48

512 David Baird M80 27:47

106 Paul Hughes M70 29:56

1960 Leon Mitchell M40 34:21

WOMEN

739 Margaret
Saunders W65 27:08

2107 Madeline
Radestock W60 34:03

1961 Sofia Dumlao W40 34:20

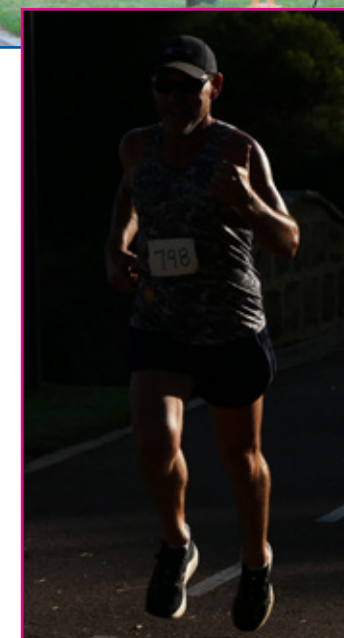
149 Jackie Halberg W75 39:44

1704 Melissa Lewis W35 41:56

Mothers' Day Run



Simon McGarvie, 5km winner, starting with Gerrit Myburgh and Raynor Keane. Left, a 'synchronised running' trio!



A 'ghost' runner started with the 5km's, to warm up waiting for his handicap run.

Let's hear it for the mums! Not only did they cater another excellent morning repast for all, but they brought along a baby, plus youngsters on scooters to pace some of our runners!

HANDICAP TROPHY NEEDS YOU!

AFTER Mothers' Day 44 members can still win the 2023 Handicap Trophy.

Only two people have run in every race (five) so far. They are the amazing Rochelle Airey, member 843, and the main man himself (*modest to a fault, Ed.*) handicapper Tristan Bell.

A stampede of members with four events under the belt are breathing down our necks. It will take monumental efforts, or some crafty handicapping, to stay in front of the pack.

Regular stalwarts of the handicap trophy, Peter March, Julie Wilson and Jason Kell are all close, and special attention must be given to Rodney Glossop, winner last year, and his wife Crystal.

Not only has Rodney powered to an impressive top 10 finish in three of his four events, he has forgone personal glory by allowing Crystal to finish ahead of him every time. Currently Rod is 39 places behind her.

This is when fun and tactics come into play, with just three events left in the trophy. By taking part in any handicap race, every single member can affect the finishing position of those at the top of the leader board.

Next? Carine on June 25. See you all there?

Tristan



IT'S ONE of those times when you're proud to be among the running fraternity.

'It was an embrace that said everything.

'Kevin Sinfield carried old pal Bob Burrow over the line after pushing him around the Leeds Marathon. Rugby League legend Kevin has raised millions to help in the fight against motor neurone disease.'

'Daily Mirror' (UK)
May 14, 2023.

It's one of those times ...

FACE OF FRIENDSHIP

Brothers in arms



Inspirational Kevin Sinfield carries Rob Burrow over the line after marathon



IT WAS AN embrace that said everything.
Kevin Sinfield carried old pal Rob Burrow over the line after pushing him around the Leeds marathon.
Rugby League legend Kevin has raised millions to help in the fight against motor neurone disease.
Bob's wife Lindsey, who also completed the run, said "We're unbelievably proud".
FULL STORY PAGE 5

UNLIKELY SPORTS No. 6



Who was that masked man?

FIX your exercise bike onto the back of a ute; put on a tin hat and leather armour; pedal through Sorrento along the West Coast Highway on a sunny Sunday afternoon. Repeat, and wave to the onlookers.

We don't know if the pedalling also powers the ute. Perhaps it tops up a battery?

(Pics: Julius Waters)

You write ...

Hi Vic, Like most of us I have accumulated a fair few pairs of running shoes that are still in pretty good condition so I was very happy to hear of a charity that takes them, and other sports kit. Drop off-points are all around Perth.

Sandra Rourke

Fair Games takes sports equipment to some of the most remote and under-served communities in Australia. It helps remove barriers to participation in sport and

fitness activities and supports a healthy lifestyle. Their Recycle & Donate program distributes more than 8,000 items a year.
www.fairgame.org.au/donate-equipment/



Memories of

ON the Floreat foreshore a small group of adoring, middle-aged ladies, were gathered around a tall, greying man who dispensed charm, tea and coffee from a battered suitcase. The ladies were Vets members; the man was Basil Worner; the suitcase was his famous 'combat kit'.

It was 1989, the event the West Coast Challenge, and back then absolutely everyone in the Vets (WAVAC, now Masters) knew, liked and respected Basil.

"He used to be a Christian Brother, you know," simpered one of his flock of female admirers.

Basil was also the club's only coach at that time, and an admin man at the Ministry of Sport and Recreation, when it was based at the Perry Lakes Stadium. As a teaching brother at Aquinas he had helped coach Herb Elliot and he carried on coaching young and old for the rest of his life.

Basil was a gentle man – and that was also his coaching style.

"Do you think you've got one more in you?" he would enquire quietly after we recovered, a bit, from another circuit of McGillivray.

Of course we had.

Basil Worner



Always fun: team Waters fielding on Millinup pitch (Poron-gorups); Kate batting, Basil the snapper.

One of his Aquinas pupils told me they called Basil 'Nails' – because he was so hard. Just a schoolboy joke, I thought. Then I remembered that as a very young teacher, in SA I think, he taught classes of 60 boys.

"You couldn't teach; just keep order," he told me.

He left the brotherhood in the 1960s, having joined as a boy, and never discussed his reasons. It's my personal opinion that disappointment with parts of the institution were a cause. However, Basil's faith in his church never diminished.

He would never say it, but I feel that Basil's total ethic, and continuous purpose, was service. He expressed it through sport, by living a Christian and caring life.

Basil and Kate, 2003.



Fun runs

Few club members encountered Basil's serious side, because his sense of fun was all-enveloping. 'Any excuse for a celebration' was just one of his regular quips, and would generally be followed by a cork popping.

Events organised by Basil were always interesting, sometimes quirky, generally cross-country.

I'm fairly sure he introduced the Kings Park 10km (for which every runner should have been issued with a compass). Likewise the 8km in the park (which became the Guess Own Time); the Mussel Pool Muster at Whiteman Park (fighting through undergrowth required); and the Clontarf event, which involved wading.

The Deadly Medley was another Basil Worner special. Four-person teams ran or walked 1km or 2km around Yokine, but he only

set it up in the first place so he and Kate could come up with the team names.

The Walk-in Wardrobes was my favourite.

Training in Kings Park with those two was often challenging. Bas would hold our group back, let Kate get away, then make us hide behind the trees until she cottoned on. Dutifully, Kate would pretend to be lost and berate him later.

There were serious events too, but even they exemplify Basil's wit and ingenuity. Famously, he and Kate organised a successful 3,000m world record run by John Gilmour – at the WACA during the lunch-break of an Australia-England Test Match! (See *Vetrun* no 393, December 2006.)

After they married, in the mid 1990s, Basil and Kate moved to Albany. We saw less of them in Perth but the Albany runners club



Basil, Michelle Mison, the Warrens, Kings Park 2003. Right, 1980s, Joan Pellier, Basil, Keith Forden (4th).



enjoyed their combined services! Several Masters made regular trips south to run in the Albany Marathon, and Basil introduced a few of us to fabulous runs around the coast and the Kalgan.

On one of these, out to Two Peoples Bay, Basil would support us by secreting water bottles on the way.

That run would end with barbecue breakfast, out of the combat kit, among the scampering black, coastal lizards. After fishing for elusive King George whiting, 'St. Basil of Albany' might demonstrate his version of walking on water, swimming so slowly, without sinking, it was declared a miracle.

Very many joyous days were spent. It can never be the same.

Basil Worner, a fine man, a true friend.

Our handicapper Tristan steps down

A NEW club handicapper is needed. Tristan Bell has done an outstanding job over the past 10 years, but with a change in his personal circumstances he will finish in October this year.

If anyone would like to take on this role, please contact any committee member. Please note – competency in spreadsheeting is required.

Athletics West Winter Champs

MEMBERS please note that following discussions with Athletics West:

* The all-ages State Cross Country Championships will be held at Yellagonga on July 29.

All MAWA members can enter by just paying the 'registered athlete' rate. Distances will be the usual – 8km for under 70s, and 6km for 70 and above. Enter by following links on the AW website.

* The all-ages State 20km walk championships will be held at Perry Lakes on August 19 and again MAWA members just pay the 'registered athlete' fee.

This event qualifies for the AMA Postal Championships; for details see the AMA website. Note that there may be a time cut-off, so check the AMA website.



15KM RUN (RRC)

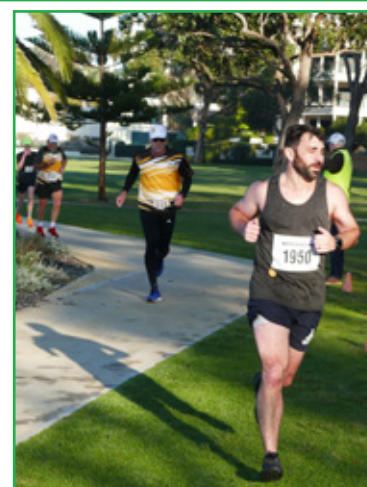
1726	Jerry Peters	M45	60:30
1721	Zane Walsh	M40	67:20
858	Tristan Bell	M55	71:11
712	John Pentecost	M60	74:02
1522	Mark Kerr	M50	76:32
407	Don Pattinson	M65	87:41
1814	Peter Tietz	M70	97:13
2015	Frederick Smart	M85	100:34
690	John Talbot	M75	127:00

WOMEN

1255 Clare Wardle W45 62:33



2042	Heather Longworth	W50	81:45
406	Chris Pattinson	W65	84:12
987	Julie Wilson	W70	85:58
2405	Annemarie Kilshaw	W55	90:38
2372	Tegan Durbridge	W35	91:10
1512	Noels Treen	W60	100:47



Daniel Taborsky re-joined Masters at 6am, and was 1st M35 5km runner by 8.24am, which confused the scorers – briefly!

MAY 28, 2023
Director: Gary Fisher

HANDLING the ever-changing Nedlands event for the past 28 years, Gary Fisher has learned the intricacies and challenges of the riverside run.

Fenced-off areas, roadworks, foul weather – nothing fazes him. Of course, being an accountant helps, when setting multiple events, from 5km to 15km – most of them part of a championship series – on the same day.

Starting all together, running in opposite directions? Nothing to it, folks.

That aside, Gary is always open to constructive suggestion. So this year we saw cleverly constructed run-in chutes that were altered once the 5km up-river surge abated, and the longer-distance performers returned from the city. Clever stuff, from the Directors' able help team.

VW

10KM RUN

1202	Akos Gyarmathy	M65	51:03
2028	Anthony Wilson	M55	51:11
1332	Russell Smith	M60	54:35
175	Brian Bennett	M75	64:31
1781	Rohan Thompson	M40	66:51

WOMEN

843	Rochelle Airey	W50	51:47
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5KM RUN (RRC)

2041	Simon McGarvie	M55	20:02
2134	Gerrit Myburgh	M50	20:19
2233	Greg Knuckey	M60	21:13
1950	Daniel Taborsky	M35	24:01
1639	Geoff Vine	M75	26:37
762	Mark Hewitt	M70	27:28
1439	Bob Colligan	M65	27:51
512	David Baird	M80	27:55

MORE RESULTS, PAGE 15 ►

Nedlands 2023

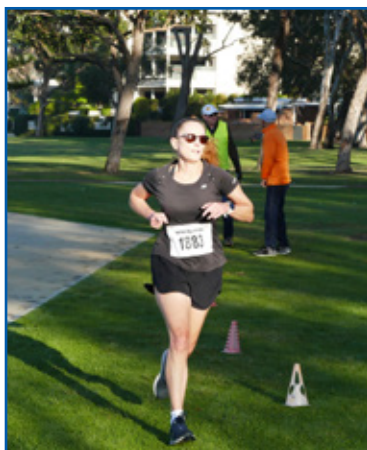
RESULTS CONTINUE

A RACE director's dream, no COVID issues, fine weather, no need for course alterations and major input from my helpers re the finishing chute issue and yet another year goes by seamlessly.

Congratulations to all the competitors.

Hope your experience was as enjoyable as mine.

Cheers, Gary



WOMEN

1883 Joanna Lloyd W50 23:28

739 Margaret Saunders W65 27:27

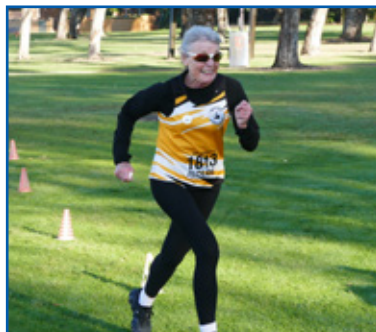
1393 Lori Sexton W60 30:13

1813 Isolde Tietz W70 33:41

10KM WALK (RWC)

1110 John McDonagh M75 77:39

713 Grace Hollin W65 83:53



5KM WALK (RWC)

1678 Geoff O'Brien M75 38:57

1454 Andrew Cuthbertson M65 40:26

11 Bob Fergie M85 53:54

347 Neil McRae M70 62:37

89 Paul Martin M80 62:37

WOMEN

99 Peggy MacIver W75 40:27

510 Delia Baldock W60 41:17

111 Lynne Schickert W80 45:10

1531 Lesley Dowling W65 49:42

1515 Sandi Keenan W55 49:44

1352 Janice Bertram W50 58:10

New Members – Welcome!

2397 LEE: Gerry M60

2398 WALLEN: Gerard M60

2399 PAYNE: James M30

2400 HODSON: Russell M50

2401 JONES: Gareth M45

2402 CUMMING: Ingrid W35

2403 HURST: Storm W40

2404 SHAND: Ryan M35

2405 KILSHAW: Annemarie W55

2406 BARKOUNI: Susan W40

2407 WELLBELOVED: Ryan M35

2408 YARDLEY: Keith M60

2409 GAULD: Jamie M40

2410 HUNT: Daniel M40

2411 PATERSON: Eleanor W60

2023 Road Running & Walking Championships

RRC MEN

1726 Jerry Peters M45 4:08

798 Kim Thomas M45 4:15

2251 Scott Chambers M45 4:24

1721 Zane Walsh M40 4:25

1342 Alex Tinniswood M40 4:49

1226 David Adams M45 5:00

712 John Pentecost M60 5:01

1522 Mark Kerr M50 5:09

1353 Wayne Bertram M60 5:10

2333 Eddie Marcus M50 5:37

2014 David Eustace M55 6:21

1827 Steve Barrie M60 7:38

RRC WOMEN

1255 Clare Wardle W45 4:12

987 Julie Wilson W70 5:51

1494 Wendy Grace W65 6:03

1422 Carolyn Stephens W65 6:10

1706 Rshanathi W50 6:40

Wanigasekera W50 6:40

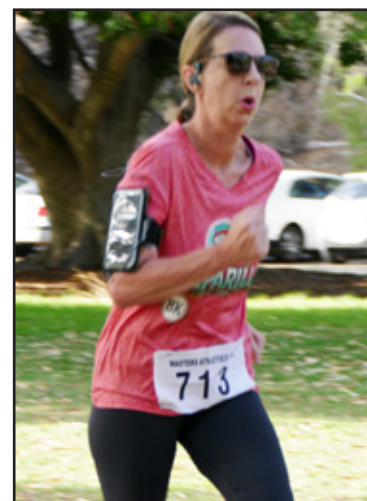
1323 Silke Peglow W55 7:06

1512 Noels Treen W60 7:17

RWC



1110 John McDonagh M75 7:30



713 Grace Hollin W65 8:02

SHORT RWC

1678 Geoff O'Brien M75 7:40

174 Michael Anderson M75 7:43

11 Bob Fergie M85 10:40

99 Peggy MacIver W75 7:52

510 Delia Baldock W60 7:53

1352 Janice Bertram W50 11:15

SHORT RRC MEN



2041 Simon McGarvie M55 4:06

743 Ross Keane M60 4:36

745 Mark Dawson M60 4:47

1639 Geoff Vine M75 5:19

512 David Baird M80 5:30

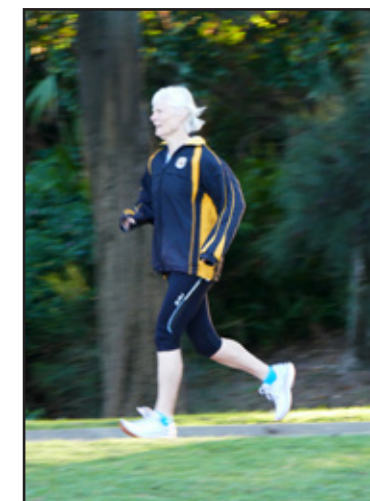
106 Paul Hughes M70 6:09

2398 Gerard Wallen M60 6:35

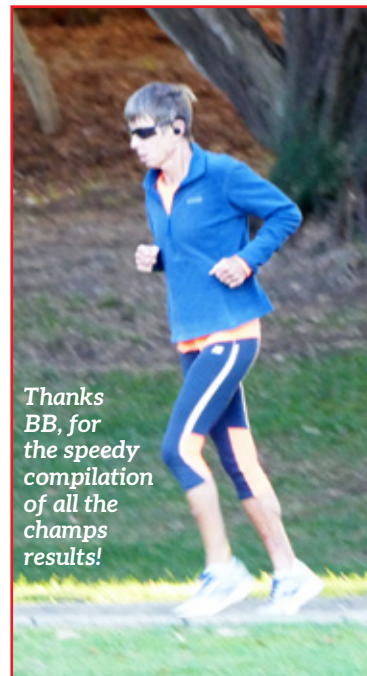
1865 Stephen Grannells M60 6:54

986 Greg Wilson M75 8:14

SHORT RRC WOMEN



739 Margaret Saunders W65 5:27



Thanks BB, for the speedy compilation of all the champs results!

JUNE 4, 2023
Director: Nick Franey



Hands-on Director Nick Franey; change of venue handled painlessly.

AGE-GROUP LEADERS only-
full results are online

25KM RRC

WOMEN

1550	Margie Hadley	W40	1:44:18
1255	Clare Wardle	W45	1:46:42
2389	Sharon Johnson	W55	2:18:13
987	Julie Wilson	W70	2:31:34
1494	Wendy Grace	W65	2:31:36
1706	Rashanthi		
	Wanigasekera	W50	2:51:34
1512	Noels Treen	W60	3:09:32

MEN

1204	Tony Smith	M50	1:44:19
1726	Jerry Peters	M45	1:45:52
1721	Zane Walsh	M40	1:50:09
712	John Pentecost	M60	2:07:30
858	Tristan Bell	M55	2:07:36
1323	Silke Peglow	W55	3:00:56

5KM SRRC

2134	Gerrit Myburgh	M50	19:28
2041	Simon McGarvie	M55	21:06
796	Steven Hossack	M60	21:51
282	Campbell Till	M65	24:43
1639	Geoff Vine	M75	26:14
512	David Baird	M80	26:38
762	Mark Hewitt	M70	27:20
1781	Rohan Thompson	M40	29:52



Bardon Park RRC and RWC

WOMEN

2042	Heather		
	Longworth	W50	24:59
2403	Storm Hurst	W40	26:00
739	Margaret		
	Saunders	W65	26:56
386	Barbara Blurton	W70	34:04
2027	Justine Bolton	W50	34:08
1679	Ros Pillay	W75	52:24

15KM LRC WALK

1110	John McDonagh	M75	1:58:39
713	Grace Hollin	W65	2:06:47
690	John Talbot	M75	2:08:08
1828	Phillippa Bennett	W60	2:11:54

5KM SRC WALK

1704	Melissa Lewis	W35	35:45
510	Delia Baldock	W60	37:18
99	Peggy MacIver	W75	37:58

1752	Sheila Pillay	W50	41:53
2128	Heather Miller	W70	50:16
176	Margaret Bennett	W80	56:51
1531	Lesley Dowling	W65	57:13

MEN

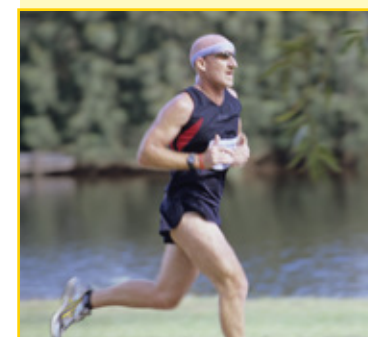
139	Jim Klinge	M75	36:55
2304	Norman Pillay	M50	41:52
11	Bob Fergie	M85	52:25
347	Neil McRae	M70	56:48



Tristan Bell, First M55, 25km.
Sadly quitting as handicapper?



Wendy Grace, 1st W65, 25km.



John Pentecost, 1st M60, 25km.