

AUSTRALIA DAY RUN 2023



VETRAN



No. 531
FEBRUARY 2023



NEXT EDITION: Vetrun no. 532
will be published in April 2023

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World-best Guesser? Yes, it's
Bob Schickert., of course.
How does he do it? He told you,
in Vetrun 527, P2, June 2022.

New Members - Welcome!

2360 McNALLY: Andrew M45
2361 HIGGINS: Ben M35
2362 PETTY: Alex M35
2363 CRICHTON: Tatiana W30
2364 TOWER: Jessica W30
2365 CALVY: Jamie M30
2366 TOI: Baedon M45
2367 WILMOT: Paul M30
2368 HOLLINS: Bradley M45
2369 MENGEL: Greg M50
2370 NANKIVELL: Claire W30
2371 THOMPSON: Ian M45

Point Walter P7/8



Thanks to Paul Hughes for directing for Dave Roberts..

Believe It or Not!

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with new features! P10
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Kings Park P14/15
T&F in Vetrun
Our AMA nominees P15/16
David Carr's World title P16
* Thanks, Graeme. The excellent
P16 David Carr pic, wrongly captioned in Vetrun 528, Aug 2022,
was taken in Perth by Graeme Dahl.

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.

McCallum Lakes	February 12, 2023	1
Yokine	February 26, 2023	2
Joondalup	March 5, 2023	6
Perry Lakes	March 12, 2023	4
Woodbridge	March 19, 2023	2
Star Swamp	April 2, 2023	5
South Fremantle	April 9, 2023	5
3 P's	April 16, 2023	12
Bardon Bash	April 23, 2023	10

Steve joins Committee

WELCOME, Steve Travell, to the committee!

Steve will take on some of the work liaising with Councils to get approvals for Sunday runs.

Other news:

* Electrolyte drinks to be available at water stations on very hot days.

* Club will start keeping a log of incidents where first aid was required.

* John Fisher is spearheading a campaign to promote membership through increased awareness of our activities. He has posted our events on running calendars and is arranging 'friendship' runs with a number of Perth running groups.

* A sub-committee - Steve Weller, John Dennehy and Rich-

ard Blurton - was established to determine MAWA nominees for AMA awards. See P15/16 of this Vetrun!

* State Championship dates are fixed: 10,000m on March 2, Pentathlons day March 18, Steeplechase March 23 and main weekend March 25 and 26. Entries will open late January/early February.

* Registrations are open for WMA Indoors Torun, WMA Cross Country Bathurst and AMA Nationals Sydney. Oceania Champs will be North Mariana Islands in June.

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Patron: David Carr

Sunday changes ...

WE ARE changing the dates of some Sunday runs because:

* Joondalup Council have advised they have double-booked, so we cannot have Neil Hawkins Park on March 19, and

* Run for a Reason, traditionally the last Sunday in May, is this year changed to the second last.

So we have swapped Woodbridge and Joondalup runs. Joondalup is now March 5 and Woodbridge March 19.

Also we will move RRC 15km to May 28.

Once the details have been finalised we will email all members and revise the programme and helper lists

How runners impress us!



Start late – like Clare Wardle and be first 10km woman on a tough, hilly course in 50:07.



Start even later – like Rod Glosop, 1st M40 in 54:14.



Ignore the ankle you broke at parkrun – like Janne Wells, 1st W50.



Be like Mercurio Cicchini who RAN in a mask and reminds us not to be COVID complacent.



Alex Tinniswood compiled your results and gave a gold star to the morning's scorer, meticulous Rochelle Airey. He said: "When I do it I always accidentally double scan someone or scan the wrong event but Rochelle today did it without any errors and also in order! Made it super easy for me."

RESULTS – PAGE 4

DECEMBER 4, 2022
Director: Paul Hughes

THE club's first summer run and 70 runners and walkers tackled the scenic and testing course. Numbers were down on previous years; maybe the FIFA World Cup had something to do with that.

A special thanks to my helpers who assisted me in the event run which makes my role as Race Director a lot easier. Appreciation to Armando from the Mosman Park Cricket Club, Armando Sports and Mosman Park Town Council for allowing us to use the facilities at Tom Perrott Reserve.

See you all next year.

Paul



Director Paul Hughes flanked by one of his jolly helpers – Jenny Hogg. She is not only an inveterate helper – at other groups such as parkrun – but also Vetrun's most valued extra photographer, responsible for many of your pictures in the magazine and on the club website.

Mosman Park

AGE-GROUP EADERS 10KM RUN



1632 Roberto Busi M45 44:02



2278 John Ferguson M50 49:21

1202 Akos Gyarmathy M65 51:33
1901 Rodney Glossop M40 54:14



745 Mark Dawson M60 54:18



755 Bob Lane M70 59:49

1138 Lui Cecotti M75 71:20

WOMEN

1255 Clare Wardle W45 50:07
1661 Liz Bryson W70 57:55
987 Julie Wilson W65 61:17
1393 Lori Sexton W60 66:22
1389 Janne Wells W50 77:45

5KM RUN

1342 Alex Tinniswood M40 23:44



1587 Patrick Jones M50 23:59

743 Ross Keane M60 25:10
2041 Simon McGarvie M55 26:52
1256 Mercurio Cicchini M70 29:51
175 Brian Bennett M75 31:17
2 David Carr M90 41:15

WOMEN

1883 Joanna Lloyd W45 24:06
739 Margaret Saunders W65 29:45
288 Gillian Young W75 31:58
1875 Shalini Watson W50 32:09
1813 Isolde Tietz W70 35:31
1440 Marion Kavenagh W60 49:45

5KM WALK

99 Peggy Macliver W75 41:20
510 Delia Baldock W60 42:04
1260 Melinda Fisher W55 43:16
2319 Li Wei W30 48:00

MEN

2059 David Gardiner M75 42:26
455 Sean Keane M55 47:28
1985 Mike Cyran M50 47:59
248 Rex Bruce M80 48:13
1944 Steve Travell M65 55:46

IN truth, it came as a shock. Yes, I know he kept grizzling about getting up at 5am in the cold and the rain. Yes, he's well-past his use-by date; but aren't we all? He doesn't run much any more, and the walking is more a social amble – or even a preamble, than a serious attempt at his former race-records rate.

But Paul Martin is like Mount Rushmore, always there (unless it involves a long early-morn drive into the sun). He moves at about the same pace as Mount Rushmore too, whereas it wasn't that long ago (was it?) that Paul ran two marathons (London and Amsterdam) within a week.

He's also one of those runners who enjoyed it and did well when young, unlike many of we late-comers.

Now, before this starts to sound like an obit, I had better quit.

Although, when his emailed resignation arrived, tagged "End of the Road" I did check if my Karrakatta suit was pressed.

Here's the farewell:

"After this year's Sharks Run I have decided to call it quits. It has been a privilege to be involved in the club for such a long time and I hope to attend as many Sunday runs in the future as my health will dictate.

"However, at 82 years old and having been a Race Director for 35 years, I think it is about time somebody younger and more en-



Ah well,
actually,
Paul says
'No'

thusiastic takes over! I'm still going to help in events run by Paul Hughes and other close friends but I don't have the energy to be a Race Director any more."

I wonder if Paul has given due consideration to the Fremantle mob who will now be thrown out of work? While his run has morphed from 1988s 10-miler Fremantle Harbour Run to the 10km handicap Sharks of today, over his 32 years he's given annual employment to Paul Hughes, Dave Roberts, Charlie Chan, Peggy McLiver, Graeme Dahl and John McShane. There are probably others, all wondering how they will use that wet, cold Fremantle Sunday morning.

Vic Waters

DECEMBER 11, 2022

Director: Keith Atkinson

WA Christmas bush flowering – it was nearly that time again. It was getting light at about 4.30am.

Hope everyone had a good run, or walk, with conditions as good as you could hope at this time of the year – mild, sunny, a slight breeze. Helpers on the finishing chute usually enjoy the tree's shade. This year it was a little cool under there, so it would have been perfect for competing.

Great handicapping by Tristan, again with most competitors for walking or running coming home within a couple of minutes of each other.

Interesting results as well with some back markers in the walk leading the field. Well done Karen, Jim and Liu.

Thanks again to my helpers, who make it all seem seamless for you on the day.

We will do it all again next year – but don't count on it being so cool next time.

Keith

AGE-GROUP LEADERS 6KM RUN

2233	Greg Knuckey	M60	24:33
1342	Alex Tinniswood	M40	27:40
755	Bob Lane	M70	28:13
1522	Mark Kerr	M50	29:29
2054	Xinhuan Yan	M45	30:18
1639	Geoff Vine	M75	31:43
2171	John Panegyres	M55	33:35
40	John Pellier	M80	53:58

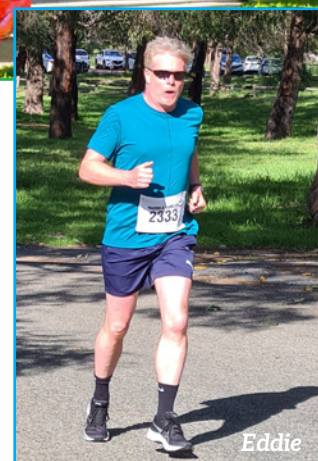
WOMEN

739	Margaret Saunders	W65	32:29
1720	Anne Young	W45	33:21
288	Gillian Young	W75	34:12
928	Sandra Rourke	W55	37:39
1813	Isolde Tietz	W70	39:08
1961	Sofia Dumlao	W40	40:29
1523	Ngaio Kerr	W50	40:41
2159	Kerry Bickers	W60	42:05
10KM WALK			
262	Johan Hagedoorn	M75	01:14:06



Wendy

10KM HANDICAP RUN			Clock	H/cp	Time
2333	Eddie Marcus	M50	64:12	12.13	51.59
1494	Wendy Grace	W65	64:50	10.29	54.21
FASTEST!					
2003	Paul Watson	M55	01:09:38	29.51	39.47
650	Karen March	W60	01:07:57	18.35	49.22
6KM HANDICAP WALK			Clock	H/cp	Time
1138	Lui Cecotti	M75	52:40	9.20	43.20
1257	Karyn Tolardo	W55	53:59	17.35	36.24
FASTEST!					
1638	Andrew Duncan	M55	57:14	23.02	34.12



Eddie



Lui

Right – determined Blakeney Tindal working hard to finish just two seconds ahead of Bob Lane. Left – enigmatic Lui Cecotti: running at Mosman a week earlier, then here, winning the Canning 6km handicap walk!



Bob & Blakeney



Lui Cecotti, excellent runner and walker, won the 8km trophy; like Bob, nine seconds off estimate.



Bob Schickert, of course, just nine seconds off his 'guess' and winner of the 5km trophy.

OCTOBER 30, 2022
Director: Peter Brooke

Our talented results team arranged the GOT results, not in the usual finishing order, but according to your degree of accuracy in predicting pace.

Thanks - to Graeme Dahl for this top pic, above, at Piney Lakes.

8 KM RUN/WALK

Estimate	Actual	Differential
Lui Cecotti	0:57:12	0:57:21
Tracy Delane-Squires	0:56:00	0:56:29
Rohan Thompson	0:51:30	0:50:54
Gregory Tower	0:41:00	0:40:18
Scott Chambers	0:33:00	0:32:15
Peter Tietz	0:53:00	0:52:12
Charlie Chan	0:45:00	0:43:40
Gillian Young	0:45:00	0:43:39
David Baird	0:45:10	0:43:48
Mark Dawson	0:38:45	0:36:56
Johan Hagedoorn	0:58:15	0:56:26
Isolde Tietz	0:54:00	0:52:11
Eddie Marcus	0:44:00	0:42:02
Anne Young	0:48:00	0:45:54
Akos Gyarmathy	0:39:01	0:36:32
Jerry Peters	0:33:20	0:30:42
Clare Wardle	0:36:26	0:33:48
Paul Squires	0:49:00	0:46:17
John Lucas	0:39:39	0:36:52
Lori Sexton	0:49:14	0:46:26

4KM RUN/WALK

Estimate	Actual	Differential
Noels Treen	0:54:33	0:51:33
Tristan Bell	0:40:00	0:36:59
Kim Thomas	0:35:18	0:32:13
Rodney Glossop	0:39:59	0:36:27
Mark Sivyver	0:48:00	0:44:27
John Pentecost	0:39:59	0:36:25
Peter March	0:40:01	0:36:26
Geoff O'Brien	1:03:36	0:59:48
Michihito Muroi	0:45:40	0:41:40
Keith Miller	0:45:15	0:41:07
Elizabeth Gomez	0:42:35	0:38:00
Steve Barrie	1:02:38	0:58:02
Crystal Glossop	0:53:25	0:48:22
Carolyn Fawcett	1:00:00	1:05:15
Paul Edwards	0:48:00	0:42:06
John Talbot	1:02:02	1:09:46
Rochelle Airey	0:31:53	0:40:32
Karen March	0:47:30	0:37:38
Phillippa Bennett	1:13:00	1:03:05
Mike Hale	1:25:00	1:11:57
Bob Lane	1:09:00	0:36:24

4KM RUN/WALK

Estimate	Actual	Differential
Bob Schickert	0:28:50	0:28:59
Paul Martin	0:48:01	0:47:43
Gayle Craft	0:22:00	0:21:40
Delia Baldock	0:30:00	0:29:37
Peggy MacIver	0:33:15	0:32:28
Ross Keane	0:19:10	0:18:18
David Carr	0:23:59	0:24:52
Jackie Halberg	0:30:45	0:31:41
Gary Fisher	0:36:50	0:35:48
David Boyd	0:21:12	0:19:50
Fiona		
Van Heerwaarden	0:27:45	0:26:18
Arnie Jenkins	0:37:10	0:35:41
Richard Blurton	0:31:53	0:30:19
Lorna McGavock	0:26:00	0:24:24
Rosa Wallis	0:44:12	0:42:36
William Hart	0:42:00	0:40:15
Geoff Vine	0:22:12	0:20:25
Dante Giacomini	0:23:30	0:21:39
Grace Hollin	0:35:59	0:34:05
Rex Bruce	0:40:22	0:38:24

Estimate	Actual	Differential
Russell Smith	0:24:03	0:22:03
Michael Anderson	0:27:58	0:30:06
Sally Smith	0:22:00	0:19:51
Frank Price	0:45:00	0:42:43
John Pellier	0:33:00	0:30:42
John McDonagh	0:29:50	0:27:30
Sandra Stockman	0:20:30	0:18:09
Mark Hewitt	0:24:00	0:21:20
Jim Barnes	0:34:00	0:31:12
Mark Kerr	0:25:12	0:22:20
Jim Klinge	0:22:00	0:19:07
Peter Hopper	0:33:10	0:28:47
Jason Kell	0:41:00	0:35:56
Ros Pillay	0:42:30	0:47:59
Bob Fawcett	0:45:00	0:39:24
Brian Bennett	0:27:00	0:21:23
Randy Hobbs	0:28:00	0:21:58
Doug Hazell	0:36:00	0:29:32
Heather Miller	0:44:58	0:35:58
Lynne Schickert	0:43:28	0:33:44
Steve Travell	0:27:13	0:39:02
Terri Carr	1:00:00	0:46:43

Point Walter

Along the river
and into the trees
...Vanessa
Carson and
Martin O'Connell
led all the way.



JANUARY 15, 2023

*Director: Paul Hughes for
David Roberts*

AGE-GROUP LEADERS

10KM RUN

1445	Vanessa Carson	W40	42:49
1258	Sandra Siviour	W50	47:08



1862	Ceri Morton	W35	49:10
650	Karen March	W60	50:13
987	Julie Wilson	W65	55:09
288	Gillian Young	W75	58:37
1720	Anne Young	W45	1:01:37
1323	Silke Peglow	W55	1:10:37

MEN

1864	Martin O'Connell	M50	42:29
2286	Mark Griffiths	M45	45:18
755	Bob Lane	M75	46:48
666	Peter March	M60	47:29
1439	Bob Colligan	M65	47:55
1785	Peter Clark	M55	48:40
1960	Leon Mitchell	M40	50:31
729	Charlie Chan	M70	57:49
2015	Fred Smart	M85	1:03:38

5KM RUN

1450	John Ranger	M55	23:03
1202	Akos Gyarmathy	M65	23:26
743	Ross Keane	M60	23:30
2054	Xinhuan Yan	M50	25:33
1432	Bob Hull	M75	26:10
1487	Jason Kell	M45	27:57
762	Mark Hewitt	M70	28:07
1781	Rohan Thompson	M40	32:34

2	David Carr	M90	32:40
112	Bob Schickert	M80	36:59

WOMEN



1940	Kathy Nicholas	W55	23:10
1883	Joanna Lloyd	W50	23:11
739	Margaret Saunders	W65	26:28
1833	Sally Smith	W45	26:43
2283	Noelle Dawson	W70	38:34
2052	Amanda Wylde	W40	38:42
1787	Hazel Stephen	W75	41:06
1526	Terri Carr	W60	1:00:36

10KM WALK

1257	Karyn Tolardo	W55	1:05:25
262	Johan Hagedoorn	M75	1:15:07
128	Irene Ferris	W70	1:37:17

5KM WALK

2274	Fiona		
	Van Heerwaarden	W45	34:11
99	Peggy MacIver	W75	39:56
510	Delia Baldock	W60	40:45
111	Lynne Schickert	W80	47:03
1523	Ngaio Kerr	W50	47:32
1301	Erika Fardig	W65	49:34
339	Elaine Dance	W70	56:12

MEN

1110	John McDonagh	M70	35:02
1624	Haydn Gawne	M75	39:42
455	Sean Keane	M55	42:22
1454	Andrew Cuthbertson	M65	43:39



Intensity at the first turn (above); and right, starters into the sun include Bruce Wilson (second from left of frame) making a welcome return.

Below, the day's preamble starred David Carr, who was given warm congratulations by all to mark his World Masters Male Athlete of the Year award.

**MORE FROM DAVID -
SEE PAGE 16.**



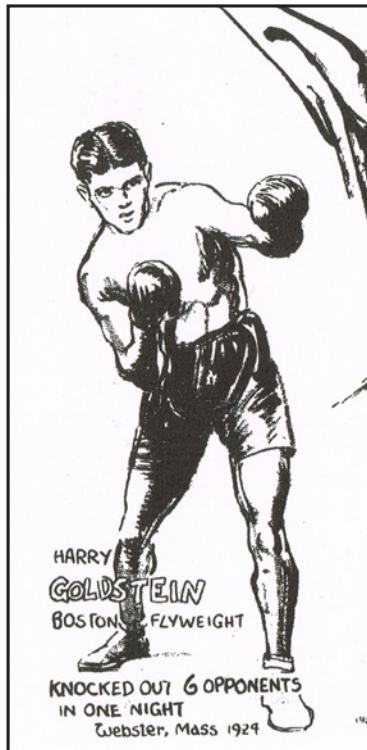
Believe It or Not!

OLDER readers (and nostalgia buffs perhaps) might remember the popular US cartoonist who found fame and fortune in the 1920s by searching out and illustrating amazing facts from around the world.

Leroy Robert Ripley's 'Believe it or Not' feature appeared in countless US dailies and 'Rip' as he was best known travelled the world, first as a reporter, and later amassing amazing facts for his columns.

Around 1929 the newspaper mogul Randolph William Hearst

6 K-Os in a night!



November 21, 1929

(think *Citizen Kane*) made him an extraordinary offer he certainly wouldn't refuse – worth \$100,000 a year. Rip even went on to host a radio and TV shows based on his oddities.

Born in 1890, Rip died in 1947 but his cartoons were viewed for decades after in US exhibitions known as Believe it or Not Odditoriums.

THIS is the 1919 cartoon of sports facts that began Rip's success.

1 Running High Kick of 10ft 3ins by R.P. Williams: New London, Connecticut, 1905.

2 Englishman J. Darby jumped backwards 12ft 11ins, carrying weights.

3 Three-legged race – 100 yards in 11 seconds, by H. Hillman and Lawson Robertson.

4 Un-named – but using a mirror he walked backwards across 'the Continent'.

5 He was under the water for 6-minutes 29 and 4/5 seconds; M. Pauliquen, in Paris 1912.

6 Broad-jump of 25ft 7ins - on ice: Ed Lamy, Serdnac (?) Lake, 1913.

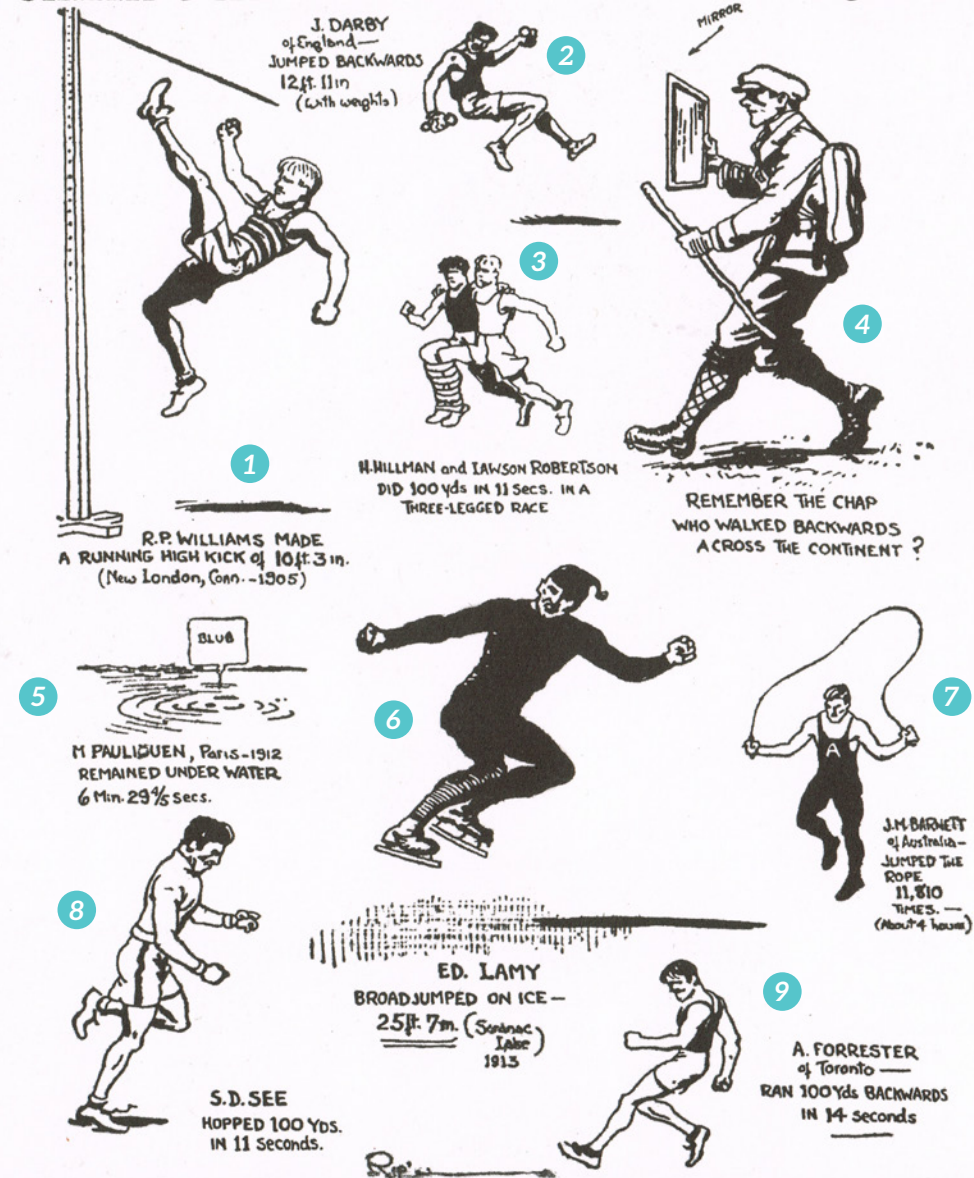
7 Rope-jumping: Australian J.M. Barnett did it 11,810 times in about four hours.

8 Hopping 100 yards; S.D. See did so in 11 seconds.

9 Backward running 100 yards: A. Forrester of Toronto took 14 seconds.

CHAMPS AND CHUMPS

—By Ripley



INSPIRED by Ripley's weird and wonderful (see page 9), I am offering readers two new entertainments this month. First, Great Sports Quotes.

You know the kind of thing - "We done good, but got beat."

What fine literature! *Vetrun's* lucky readers are encouraged to send in their own contributions. Meantime, here's a starter.

GREAT SPORTS QUOTES No. 1

'I Gotta Horse'

(Prince Monolulu -
26 October 1881-
14 February 1965)

POPULAR racing tipster Ras Prince Monolulu, resplendent in feathered head-dress and colourful 'regal' attire was well-known to anyone in the UK who hung around the tracks and followed the Sport of Kings.

Monolulu said he was chief of the Falasha tribe of Abyssinia, but as Peter Carl Mackay was born in St Croix, Danish West Indies (now part of the US Virgin Islands).

He first went to The Derby in 1903, drawing in the punters with the slogan "I gotta horse."

He travelled all around Britain, and Europe, and was in Königsberg when World War I broke out, and held in Ruhleben internment camp, near Berlin, for the duration of the war, returning to London in 1919.



Monolulu rose to prominence after picking out the horse Spion Kop in the 1920 Derby. It came in at long odds of 100-6, and Monolulu won a princely £8,000, a vast amount of money at the time, equivalent to more than £400,000 today. "I gotta horse!" became the title of his memoirs.



UNLIKELY SPORTS No. 1

Your second teaser - remember, all contributions will be given the respect they deserve:

Throwing apples at arrows



Unlucky Prince

THE biography of Jeffrey Bernard (another larger-than-life character) covers Prince Monolulu's death in some detail. Unluckily (for the Prince) Bernard was working as a horse-racing journalist and visited Monolulu, who was sick in the Middlesex Hospital, to interview him. Bernard took him a box of Black Magic chocolates and offered Monolulu a "strawberry cream". Monolulu subsequently choked to death on it and Bernard bade him farewell.

Your watch listens, too

BEWARE Alexa and Siri. The latter came to life on the Apple watch of Australian Thai fighter and boxing trainer Jamie Alleyne while he was sparring. Jamie grunted 'One, One, Two: nice shot', Siri dialled 112 - the emergency alert on mobiles.

A call handler picked up the word 'shot' and dispatched 15 cops and several ambulances to his gym.

In Australia 112 works on mobile phones even if you are out of phone network range, have no prepaid credit or a SIM card. Handy, eh?

UNLIKELY SPORTS No. 2

Pitch invasion



Australia Day

No trolls to be found under the striking, charismatic Garratt Road Bridge, but seems our walkers (right) went single-file, just in case.



Joyous jumpers: Sofia Dumlao and Leon Mitchell
– celebrating Sofia's 1st W40 5km?

I WANT to use this year's short summary of the Australia Day races to praise our helper-volunteers.

As any Race Director knows the hardest aspect of the role – but also the most gratifying – depends upon these club members, the helper-volunteers. The concern is that there won't be enough, or that some may not be available on the day. No such worries this year!

However, there were a few contributions that, to me, were outstanding. I won't use their names, but they know who they are!

A new member of Masters, recently arrived from Brazil, not only volunteered as a helper on a drink station but doesn't have his own car.

So he arrived at the river via Uber.

His attitude was fabulous – as was that of the longer-term mem-

Anthony Grendon, M60, sub-4m/ km winner of the 5km.



Australia Day

ber, an older fellow, who was his colleague at the station. They got on famously and the older bloke ended up driving him home after the race.

On another drink station the marshals noticed their two containers of water were about to run out. So they found a water fountain nearby (which I didn't know was there) to top up the water.

Yes, maybe a small thing, but it typifies their resourcefulness.

The day was particularly hot



Pat Maslen, 1st M55, 10km in 44:45.



Chris Maher, 1st M65, 5km in 23:49.

"It's all about the helpers"

and many runners and walkers did the right thing and took on more water than usual ... as they should. Great that the helpers found a solution for getting more water.

Individuals on the MAWA Committee were particularly supportive during the lead-up to the event, when it looked like we might be short of normal numbers. The committee are volunteers too and I definitely appreciated their help.

All the Australia Day race helpers were exemplary, arriving promptly and truly getting on with each of their roles without any fuss. Thanks to each of them!

Akos

JANUARY 21, 2023
Director: Akos Gyarmathy



AGE-GROUP LEADERS 10KM RUN

1864	Martin O'Connell	M50	43:00
2251	Scott Chambers	M45	43:35



2361	Benjamin Higgins	M35	44:04
2303	Patrick Maslen	M55	44:45
755	Bob Lane	M75	46:34
666	Peter March	M60	49:35
1901	Rodney Glossop	M40	53:29
278	Keith Miller	M70	54:37
2290	Gregory Tower	M65	54:44

WOMEN

1255	Clare Wardle	W45	46:32
1716	Elizabeth Gomez	W40	47:55
689	Sandra Stockman	W55	50:31
650	Karen March	W60	51:36
1258	Sandra Siviour	W50	52:47
2364	Jessica Tower	W30	57:12
987	Julie Wilson	W65	58:19
288	Gillian Young	W75	1:00:24
1813	Isolde Tietz	W70	1:14:07

5KM RUN

2318	Anthony Grendon	M60	19:30
2134	Gerrit Myburgh	M50	21:18
346	Christopher Maher	M65	23:49
178	Ralph Henderson	M70	24:36
139	Jim Klinge	M75	25:38
2184	Glenn Rogers	M55	26:59
1781	Rohan Thompson	M40	32:35
2362	Alex Petty	M35	34:12
1487	Jason Kell	M45	36:16
112	Bob Schickert	M80	37:55
2	David Carr	M90	38:27

WOMEN



489	Amanda Walker	W55	22:33
1833	Sally Smith	W45	27:35
739	Margaret Saunders	W65	28:19
2107	Madeline Radestock	W60	32:23
481	Theresa Howe	W70	36:52
1961	Sofia Dumlao	W40	37:06

10KM WALK

262	Johan Hagedoorn	M75	1:17:32
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5KM WALK

1138	Lui Cecotti	M75	38:50
340	John Dance	M70	41:40
244	John Brambley	M80	51:57

WOMEN

510	Delia Baldock	W60	41:29
111	Lynne Schickert	W80	46:04
1301	Erika Fardig	W65	47:43
2128	Heather Miller	W70	49:08
1328	Pam English	W75	58:24
2319	Li Wei	W30	1:04:19

JANUARY 29, 2023
Directors: Liz Gomez &
Jason Kell

Age Graded Handicaps



Holding the baby and directing, Liz also cleverly planned our winners picture – far right. Count the fingers – Paul Watson has won the event four times, Gillian Young six!



Handicapper Tristan Bell explains how to check your handicap – if you know your age and sex! Full results are on the club website.



FEBRUARY 5, 2023
Director: Jim Langford

OVERALL LEADERS

V23 Patrick Mattes - WAMC 43:07
 V7 V7 44:58

MAWA AGE-GROUP LEADERS

10 KM RUN Times
 798 Kim Thomas M45 45:46
 2361 Benjamin Higgins M35 46:35
 1864 Martin O'Connell M50 46:40



858 Tristan Bell M55 50:32



1439 Bob Colligan M65 57:32
 745 Mark Dawson M60 58:02
 2373 Andrej Senic M30 1:08:25
WOMEN
 1445 Vanessa Carson W40 50:31
 1255 Clare Wardle W45 51:20



1940 Kathy Nicholas W55 1:03:06
 1862 Ceri Morton W35 1:03:07
 987 Julie Wilson W65 1:04:05
 2374 Miika Lowery W30 1:06:53
 1512 Noels Treen W60 1:16:15
 2363 Tatiana Crichton W30 1:21:56
 V24 V24 1:24:55

5KM RUN

2003 Paul Watson M55 20:51
 2233 Greg Knuckey M60 23:53
 1202 Akos Gyarmathy M65 25:10
 2055 Jan Brankaer M40 25:31
 178 Ralph Henderson M70 25:52
 139 Jim Klinge M75 27:48
 2333 Eddie Marcus M50 29:44
 2 David Carr M90 35:42
 112 Bob Schickert M80 41:03

WOMEN

2042 Heather Longworth W50 28:36
 739 Margaret Saunders W65 29:34
 1393 Lori Sexton W60 31:27
 2056 Grace Yang W45 31:37
 1813 Isolde Tietz W70 37:30

5KM WALK

262 Johan Hagedoorn M75 39:45
 1454 Andrew Cuthbertson M65 42:20



227 Gary Fisher M70 47:43
 2157 Dave Hogg M60 58:
 248 Rex Bruce M80 1:01:21
 1985 Mike Cyran M50 1:01:35
WOMEN
 99 Peggy MacIver W75 42:34
 510 Delia Baldock W60 47:15
 128 Irene Ferris W70 50:03
 111 Lynne Schickert W80 57:44
 2319 Li Wei W30 1:01:43



Congratulations!



Some special events earned our congratulations this month, none more so than those showered on Gillian Young for breaking the W75 World 2,000m steeplechase record by more than 15 seconds at our Cannington track meeting (subject to ratification.) Of course, Gillian then went on to clinch the Age Graded handicap event (see page 13) as overall winner for the sixth time!

More congratulations are due – to Jim Barnes, who had his first outing as an M80 in this year's Friendship Run. Jim, who is also our club's most prolific marathoner with 100-plus runs, was instrumental in establishing the Friendship event and directed it for many years.

John Herzfeld is one of several fine runners who came to MAWA via parkrun.

He earns Vetrun's congratulations for recently undertaking 24 parkruns in 24 hours. "The plan is to take it easy and enjoy the running," he said.

"We get a break in between each 5km run as we drive to the next event. There are also three meal breaks during the 24 hours! I have been working on what I eat for my longer runs after struggling badly a few years ago at the 24 hour Lighthouse event in Woodvale. There will be time for quick power naps along the way. If I can get through to 4am and start to see the sun rising, then I should be able to get through to the 8am finish."



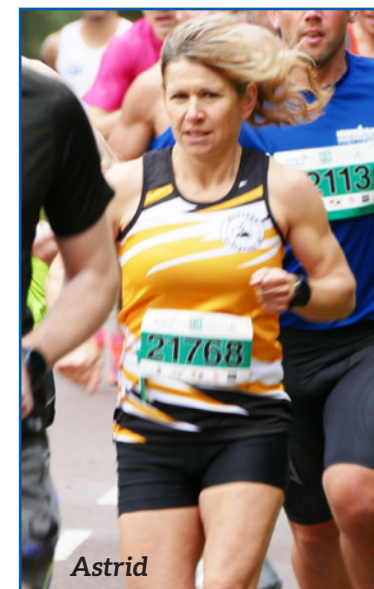
AMA award nominees

MAWA athletes had an outstanding year in 2022 and achieved multiple World records, Australian records and World Championship Gold Medals.

The Sub-Committee found it extremely difficult to select our nominations for AMA awards, but in the end picked the following:

Sprints: **Maureen Keshwar.**

Maureen broke the Australian 60m record and won World Championship gold in the 100m. She was world ranked No. 1 in both 60m and 100m.



Distance: We are making two nominations.

Astrid Roberts. Stunning sub 2:50 London marathon to gain a State record.

David Carr. World records at 5,000m and 10,000m.

MORE - PAGE 16 ►



Walks: **Andrew Duncan.** WA Open State Champion at 10km and age grades in the mid 80s.



Our AMA nominees



Throws: Todd Davey. Australian records for the discus and shot put.

Multis: Paul Jeffery. Only 5 points short of a World record in his State Champs pentathlon.

Best Female: Sue Coate. Multi-talented Sue broke State records 14 times in multis, hurdles and jumps.

Best Male and Best Performance: David Carr. 6 World Records.

Jumps: Melissa Foster. Two silvers at the World Championships and two golds at the National Championships plus an

Middle Distance: We are making two nominations.

David Carr. David achieved World records in the 1,500m, 1 mile, 3,000m and 2,000m steeplechase.

Sharon Davis. World Champion at 800m and 1,500m.



Administrator: Barbara Blurton. Very successfully carrying out the challenging AMA role of Registrar and International Entries Co-ordinator.



“ONE cannot achieve much without friends, family, clubmates, officials and helpers. MAWA has always provided the structure, organisation, venues, events and competitions for athletes of all disciplines.

“My wife, Patricia, who was a very good LJ and TJ athlete, won gold in the TJ at WMA championships Melbourne 1987. Pat is no longer competing but still has the state LJ and TJ records for W65, W70 and W75. Patricia upstaged me in Melbourne (1987), with gold and a World record in the W55 triple jump.

“We have three children and our family was involved with Little Athletics. They all understand the joys and grind of the sport.

“Our daughter, Therese, who still occasionally attends and competes in MAWA events, was the fourth woman in WA to complete a marathon (People’s Marathon

1979 – 3h:33m) and our daughter, Peta, won the City to Surf in 1975.

“My working career began in the navy and in my twenties I became a secondary school teacher. I eventually retired as vice principal of a senior secondary school in Perth.”

Asked for his most memorable or noteworthy Masters Athletics accomplishment of 2022, David recalled his five gold medals in Tampere, from 400m to 5,000m, including steeplechase; and six world records in the M90 division.

He credits his success in part to MAWA’s Thursday evening track and field events.

“Qualified Athletics WA officials

are in attendance to make sure things are properly done.”

In 2023 he looks forward keenly to attempts on the M90 800m record. “It’s a favoured event but I do not have this record.”

He remembers great battles with rival Earl Fee at WMA championships. Puerto Rico 2003 was a classic!” he says.

Finally, when asked what else would you like people reading the announcement of nominees and winners to know about you, he said: “My coaching of younger athletes at MAWA, a number of whom have set world records and been placed at WMA championships.”