

WET RUN



No. 536

DECEMBER 2023



Christmas
GIFT
DECEMBER 24





NEXT EDITION: Vetrun no. 537 will be published in February 2024.

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It's time to dress for Christmas!

BREAK out the Santa suit, socks and jocks – the Christmas Gift event is back in town.

Best of all – this year it's happening on Christmas Eve; so passers-by won't think you're a goose when you leave home at the crack of dawn dressed as a fairy – or worse.

The rules for this special Sunday meet are simple: no timing, no special course, but prizes for the best (or should that be worst?) dressed.

Present-swapping is a key factor, of course.

If you want to be part of that, fetch a modest, wrapped present (up to \$10 value?) to place under the tree.

Inexplicably, bottle-shaped packages are always popular.

That's it, chums (as we say in the comics!)

Let's see you all at Resort Drive, Burswood – 7.30am, Sunday, December 24.

Breakfast provided!



New Members – Welcome!

2447 EMILIANI: Kate W40	2463 BAKER: Will M50
2448 GOODBY: Claire W50	2464 WYNN: Clare W50
2449 O'CONNOR: Orla W30	2465 ALLEN-BYATT: Martha W45
2450 JONES: Wendy W55	2466 WOODS: Peter M60
2451 SLATER: Claire W45	2467 HOOKER: Michael M40
2452 TIPENE: Mel W50	2468 MANNERS: Catherine W40
2453 NOWERS: Jonathon M30	2469 JARVIS: Stephen M45
2454 KEY: Lisa W50	2470 FOULIS: Rich M50
2455 HUNTER: Michelle W30	2471 SMITH: Janet W40
2456 JARVIS: Michele W45	2472 RILEY: Martin M70
2457 WRIGHT: Nicola W45	2473 ARIANI: Mega W30
2458 CHANG: Maple W40	2474 LANE: Philip M65
2459 ROACH: Andy M45	2475 CONWAY: Mark M45
2460 BROPHY: Michael M50	2476 OWEN: Chris M45
2461 COLVIN: David M60	
2462 TIMMERS: Tyne M40	

Intro to the track

IN NOVEMBER a small group of members joined the Thursday track session to learn about track running and hear Robin King and Paul Every, talk of their own experience.

While Robin and Paul came to the track for different reasons, they made clear how much they both enjoyed and benefitted from track running.

One key message was the way track running can make you more accountable for your pace, with it being easy to monitor your performance during the event. Importantly, confidence and improvement come with practice.

400m to 10km

Both Robin and Paul spoke about the different distances that they have run (and continue to run) on the track, from 400m up to 10,000m.

Robin said that the friendly and supportive environment of MAWA was a factor in her enjoyment. She recalled a particularly wet 10,000m run where she, Ivan Brown and Nick Miller were attempting a sub-39 minute run. She finished in 39.05 – a genuine achievement given the conditions.

David Adams gave us an outline of the Strive program and Richard Blurton explained the timing equipment in which the club has invested – and reminded we road runners that we can't leave the track for a quick comfort break without being disqualified!

Field too

If you're a road runner interested in other track events (hurdles, steeplechase, sprints, walking); or throws (javelin, discuss, shot put, hammer, weight); or jumps (high, long, triple), please speak to a member of the committee and we can arrange an introduction for you.

Rochelle



Astrid Roberts broke her own state record in the recent New York Marathon.

She is now 48 (who'd believe that?) and ran 2:47, came third in her age group, only three seconds behind the second woman.

If that isn't enough – this time was two minutes better than her PB and that PB surpassed the one she set as a 23-year-old!

The story of Astrid's amazing marathon journey was carried by Vetrin in October last year.

No apologies for repeating it now – for those who haven't seen it – and those who might have forgotten. See page 6.

CLUB CONTACTS

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Patron: Bob Schickert

Masters' 50th

How shall we celebrate?

COMING
SOON!

THE club committee began working on 50th anniversary plans some time ago and now wants all members to contribute thoughts, comments and ideas to expand a range of possibilities.

So far the only fixed 50th event is a celebratory run from McCallum Park, where the very first WAVAC meetings were held. It was there, under the trees, that the club's first AGM was staged – a very casual affair!

Some members have already contributed ideas.

All of them suggest that, as well as the April run and breakfast, we should also organise a more formal, catered event at a suitable venue.

Here are some of their comments.

"I used to enjoy going to the annual dinner dances and running championship awards lunches. C'mon this is a milestone celebration. So a celebration of 50 years should be that. A celebration of our club, for old and new members. In a venue that supports this. Advertise this properly, form a sub-committee to make it happen, make

MEMBERS' IDEAS ARE INVITED NOW!

it a special occasion (which it is), invite former members to come and celebrate (not only publish it in the newsletter). Find another way to make them feel welcome and encourage their attendance. There will be some good yarns to tell. Include them and the newer members with their expectations of the club.

"I used to love the comment 'I can't recognise you with your clothes on.' And it's wonderful to get dressed up and meet each other in a more formal environment."

"I think another publication to mark the anniversary is a great idea and important way to remember some of the founders we have lost recently and how the club has progressed over the last decade.

"Even an online publication would be great.

"I loved the dinners we used to have – agree not many went, however, I would be in favour of

something formal as well as the run and morning tea.

"Maybe we could have some commemorative item made up that people could buy.

"Perhaps something more individual, like a medallion stating you are a member of Masters in this 50th year. Made so it could be worn? And you might pay yourself to have your name inscribed?"

"Sure we should celebrate with a get together in a nice community hall with bar. Central, modernist. Self-catering for those who cannot spend a lot. Club pay so much behind the bar. Fancy sports fun attire.

"Partners to come along. Presentations to founders and big-time helpers.

"Maybe even have a buffet caterer. We have plenty of money.

"Morning tea is a bit too low key after 50 years."

There are a few ideas. Please think about this important time for the club – and send your own thoughts and ideas to the club, preferably in some written form. If that's too difficult, speak to a committee member.

IT was 1974 when John Gilmour, Cliff Bould and a handful of keen runners formed WAVAC – the Western Australian Veterans Athletics Club – and in April that year they held their first official meeting. Fifty years on, as Masters WA, we must mark their foresight and celebrate the decades of sportsmanship and camaraderie that have followed that auspicious start.

Perth Festival of Running Marathon results

THANKS to Ross Keane for supplying this information.

M65-69

2494	Simon MacLaurin	3:29:54
1500	Tony Minards	3:49:10
2432	John Pantelis	3:57:05

M70-74

1719	Mercurio Cicchini	4:36:24
1117	John Pym	5:22:16
2379	Keith Miller	5:33:54

75-79

2468	Ken Alexander	5:34:46
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80-84

1872	Arthur Twiss	4:47:54
2668	John Oldfield	5:31:42



Kalamunda Railway

OCTOBER 15, 2023

Directors: Isolde
& Peter Tietz

AGE-GROUP LEADERS

8KM RUN

2077	Alan Stabler	M50	31:31
1226	David Adams	M45	37:35
229	Blakeney Tindall	M60	38:52
2108	Darryl Downing	M40	39:25
2432	Adrian Webb	M55	40:59
1202	Akos Gyarmathy	M65	43:27
1111	Ian Carson	M70	43:28
454	Mark Sivyier	M75	50:03
2015	Fred Smart	M85	53:04
112	Bob Schickert	M80	1:01:07

WOMEN

650	Karen March	W60	41:55
2372	Tegan Durbridge	W35	43:44
843	Rochelle Airey	W50	43:49
1862	Ceri Morton	W40	44:15
987	Julie Wilson	W70	46:33
1720	Anne Young	W45	46:56
288	Gillian Young	W75	49:18
2109	Mell Sieczka	W50	50:10
1389	Janne Wells	W55	52:46
2158	Rod Bickers	M65	1:01:17

4KM RUN

1342	Alex Tinniswood	M40	17:57
1639	Geoff Vine	M75	21:59
762	Mark Hewitt	M70	23:53
186	Bert Carse	M80	24:33
194	Ivan Brown	M75	24:58
1865	Stephen Grannells	M60	26:51

WOMEN

739	Margaret Saunders	W65	21:45
928	Sandra Rourke	W55	27:15
1787	Hazel Stephen	W75	40:46

8KM WALK

1678	Geoff O'Brien	M75	1:02:16
339	Elaine Dance	W70	1:08:37
111	Lynne Schickert	W80	1:17:56
1301	Erika Fardig	W65	1:18:58

4KM WALK

1624	Haydn Gawne	M75	35:33
1531	Lesley Dowling	W65	38:26
1679	Ros Pillay	W75	47:24
1112	Sofia Carson	W60	47:25
176	Margaret Bennett	W80	49:12
1944	Steve Travell	M65	54:00

IN ALL, 93 runners and walkers rocked up for the Kalamunda Railway event. The weather was warm and sunny, but a bit windy in the early hours of the day. Peter and I tried to do our best to mark the run so that no one was lost. On the Saturday before we spent three hours and six kilograms of flour to bring lines, dots and arrows in place.

A bunch of friendly helpers made sure runners/walkers safely crossed four roads and were able to stay hydrated. Everything went smoothly, most people enjoyed the run/walk, no one was lost; this time there were no falls with injuries. Afterwards, lots of people enjoyed the buzzing town of Kalamunda with its Sunday market and trendy shops and cafés.

Isolde Tietz

8km run winners - Alan Stabler, left; and (above left) Karen March.

Whitfords



Ultra-runner Grahak Cunningham (in blue kit) first member home in the 10.5km run found the undulating new course suited him. On his right, 1st M55 10.5km, Martin O'Connell.

AGE-GROUP LEADERS

10.5KM RUN

784	Grahak Cunningham	M45	45:05
1864	Martin O'Connell	M55	46:06
2417	Jon Gore	M50	52:03
2442	Daniel Hawkins	M40	52:39
666	Peter March	M60	53:04
454	Mark Sivyver	M75	60:51

WOMEN

867	Sue Zlnay	W60	48:05
843	Rochelle Airey	W50	55:07
2372	Tegan Durbridge	W35	56:16
1515	Sandi Keenan	W55	56:55
987	Julie Wilson	W70	59:45
1720	Anne Young	W45	61:00

7KM RUN

2233	Greg Knuckey	M65	29:06
2267	Bernard Candy	M60	33:59

1111	Ian Carson	M70	36:06
2055	Jan Brankaer	M40	36:30
2368	Bradley Hollins	M45	38:47
512	David Baird	M80	40:21
1138	Lui Cecotti	M75	44:26

WOMEN

288	Gillian Young	W75	39:56
1926	Gayle Craft	W65	40:39
2449	Orla O'Connor	W30	43:25
1389	Janne Wells	W55	44:03
2418	Robyn Gore	W50	45:35
2406	Susan Barkouni	W40	51:40

3.5KM RUN

308	Lachlan Marr	M60	15:22
178	Ralph Henderson	M75	17:22
2000	Andy Wong	M45	19:23

WOMEN

739	Margaret Saunders	W65	17:23
928	Sandra Rourke	W55	21:06
149	Jackie Halberg	W75	31:19
1526	Terri Carr	W60	41:20

7KM WALK

74	John Bell	M75	60:02
111	Lynne Schickert	W80	62:46
198	Keith Atkinson	M65	63:01
1828	Phillippa Bennett	W60	65:19
227	Gary Fisher	M70	70:26

3.5KM WALK

2397	Gerry Lee	M60	23:03
455	Sean Keane	M55	29:40
77	Arnie Jenkins	M75	33:23
1944	Steve Travell	M65	35:05
762	Mark Hewitt	M70	35:41

WOMEN

99	Peggy Macliver	W75	26:38
510	Delia Baldock	W60	26:45
176	Margaret Bennett	W80	36:22

AROUND 400 members compete regularly on Sunday mornings and are therefore required to help out at two events a year. On average ten people are needed every week to make the Sunday calendar work.

Yet race directors often struggle to fill necessary positions, and late calls from no-show helpers can compromise events.

While the committee is working to remedy the problem it's especially gratifying that a non-member - Lee Padgett - stepped up to organise (extremely efficiently) the new Whitfords event.

Thanks Lee, from all Masters.

VW

OCTOBER 22, 2023

Director: Lee Padgett



Lee Padgett just loves helping and organising runs - as well as taking part in hundreds of parkrun events.



Sandi Keenan, 1st W55 10km, looked inspired after receiving her Achievement Award from Patron Bob Schickert, and President Rochelle Airey.

State record set by WA's top marathon woman

ASTRID'S STORY

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

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.

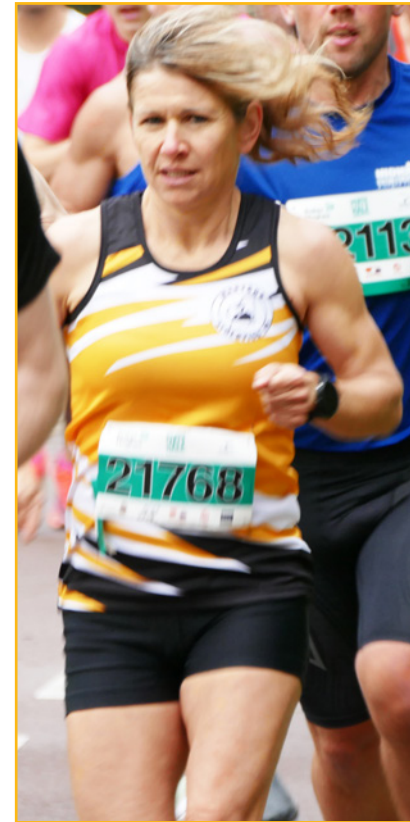
"Raf brings a scientific approach and thoroughness to my preparation and I managed to qualify for London 2022 by running a virtual marathon when COVID interrupted the 2021 marathon season."

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



Astrid running in along the Swan in a Perth event – and jubilant in New York this year!

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.

And so to New York, 2023

"Running in the New York Mar-

athon 2023 exceeded all my expectations.

"It was a wonderful experience and a dream come true for me. The course took participants through five boroughs and the streets were lined with spectators who cheered runners all the way. Beating my previous best time by more than two minutes was never in my thoughts. I was 19th female across the finish line and the 3rd in my age category. I could not have been happier with my race!"

AGE-GROUP LEADERS

10KM RUN

1726	Jerry Peters	M45	41:28
2184	Glenn Rogers	M55	45:31
1202	Akos Gyarmathy	M65	49:36
743	Ross Keane	M60	49:41
1901	Rodney Glossop	M40	49:58
81	Peter Sanders	M75	54:00
2350	Hayden McGregor	M30	57:24
2463	William Baker	M50	58:12
729	Charlie Chan	M70	1:02:15

WOMEN

843	Rochelle Airey	W50	53:28
1716	Liz Gomez	W40	54:31
2372	Tegan Durbridge	W35	58:49
1494	Wendy Grace	W70	59:39
1393	Lori Sexton	W60	59:51
1875	Shalini Watson	W55	1:04:08

1720 Anne Young W45 1:06:16

5KM RUN

807	Rod Hamilton	M60	21:40
2041	Simon McGarvie	M55	23:37
1432	Bob Hull	M75	25:48
2054	Xinhuan Yan	M50	26:40
2046	Brett Montgomery	M45	26:58
106	Paul Hughes	M70	27:31
1431	Mick Francis	M65	27:52
1781	Rohan Thompson	M40	31:21
112	Bob Schickert	M80	37:30

WOMEN

2422	Kathryn Dawes	W35	26:52
739	Margaret Saunders	W65	27:01
987	Julie Wilson	W70	28:10
1508	Sue Hamilton	W60	28:22
1818	Belinda McKay	W50	29:43
2047	Melanie Montgomery	W40	34:50
1613	Charlotte Webb	W45	42:38
149	Jackie Halberg	W75	47:04

10KM WALK

1257	Karyn Tolardo	W55	67:59
1828	Phillippa Bennett	W60	89:26

5KM WALK

1678	Geoff O'Brien	M75	39:42
510	Delia Baldock	W60	39:43
111	Lynne Schickert	W80	45:10
762	Mark Hewitt	M70	45:13
1301	Erika Fardig	W65	48:15
1900	Glenys Duncan	W80	50:12
1328	Pamela English	W75	63:17



ALL went well at Woodman Point, thanks to all the volunteers who signed up as helpers.

Pete and I have been Race Directors for 15 years at Woodman Point.

Being a race director can be quite stressful. So much so that most years we have a few choice words with each other.

Usually Pete says: "This is the last time we are directing."

Mostly this is due to my whingeing about lack of volunteers.

So, to reduce the hordes of people needed on the course, this year all the turns were chalked, and where it was safe to do so Pete placed cones where we previously had marshals.

THE HIDES of MARCH

Tech support

Thank-you Mark Hewitt for initially walking me through the barcode scanning procedure; and thanks to Gillian Young, who missed out on her own run, because she stood with me until I got the gist of using the scanner.

More thanks - to Mark Sivyer for stepping in as a marshal, as we were short one.

Hope to see you all next year!

Karen and Pete



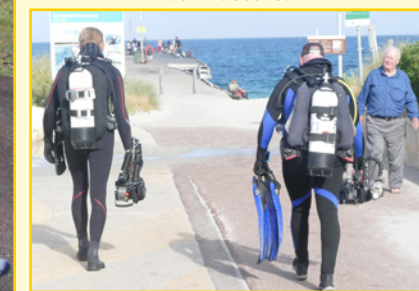
Diminutive Karen doesn't wear her heart on her sleeve; but proclaims her height on her back?

The Hides of March?

That's thanks to Karen. I beseeched her to reveal some hidden secrets - to justify a punning headline I have always hoped to slip in, some day. VW



This young lady (a helper?) had her own 'Hide' - in plain sight. Below, divers(e) visitors are always welcome at Masters.



Anne Young was 1st W45 over the 10km.



Above, Glenn Rogers received his special Results Team award from Rochelle Airey. Right, another valued results team stalwart, Chris Pattinson, follows Sue Hamilton (1st W60, 5km) along the ocean path. Below, Melanie Montgomery, 1st W40, 5km.



Starring Mandy Mason

DESPITE the passing of David Carr the World Records chase goes on.

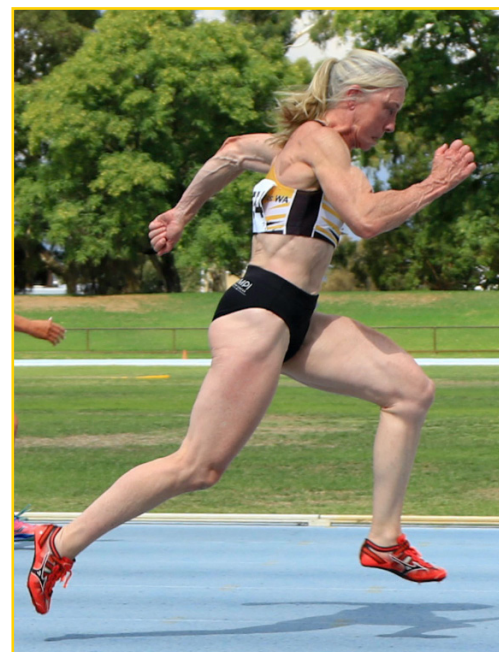
Barbara Blurton and Gillian Young are well into their current age groups, but Mandy Mason has taken on the mantle. She hinted what was to come with a 7.88s, 60mm AR at our State Champs earlier this year.

In Perth, setting sprint records entails a constant search for the right wind. With mostly evening meets, the Fremantle Doctor frequently blows an illegal wind at WAAS – while at ECAC the headwind is so strong that the desired time is not achievable.

But after very solid winter strength-training with her coach, Aaron Bresland, it all came good for Mandy on November 11.

She set her first individual (pending) WR with a 200m time of 24.94s – and reduced her 60m record to 7.76s. “Now for the 100m and 400m,” she said!

Late news: November 25: 0.21 s inside the 100m WR – but an illegal wind!



Mandy. Pic by Graeme Dahl.

Records – Remember rules

NEW season – and already a number of performances have bettered State record times and distances. Obviously it is essential that all rules are followed and our Statistician Barbara Blurton will disallow any claims that do not comply.

They are clearly shown on the club website.

Go to the home page, Records tab, to see the document called Record Procedures.

Apart from performances at a Masters Championship, records will only be granted after an appropriate claim form is received.

State Championships

THIS year was such a fine event, enjoyed by 200 competitors in ideal sunny conditions. Be sure you do not miss out in 2024; put these dates in your diary now.

Thursday, 29 February	10,000m
Saturday, 9 March	Pentathlons + 5,000m + high jump
Thursday, 14 March	Steeplechase
Saturday/Sunday, 16/17 March	Main weekend

Entries open on Thursday, 1 February and close on Friday, 23 February. **As always – NO LATE ENTRIES.**

Cliff Bould Trophy



WHAT ABOUT THE WALKERS?
Well, they went their own way, as usual!

AGE-GROUP LEADERS

5.2KM RUN

743	Ross Keane	M60	24:21
178	Ralph Henderson	M75	27:18
278	Keith Miller	M70	28:27
1450	John Ranger	M55	28:28
512	David Baird	M80	30:32
2148	Derek Munro	M50	31:05
1781	Rohan Thompson	M40	35:53
2000	Andy Wong	M45	37:11
1944	Steve Travell	M65	56:10

WOMEN

1883	Joanna Lloyd	W50	24:30
739	Margaret Saunders	W65	28:26
2241	Jo Scott	W45	31:37
2107	Madeline Radestock	W60	31:51
928	Sandra Rourke	W55	33:27
2319	Wei Li	W30	36:10

10KM WALK

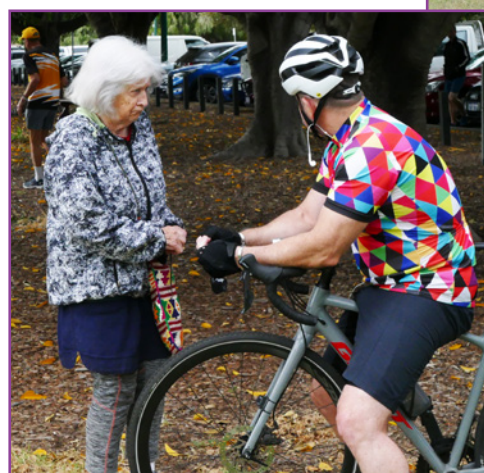
1704	Melissa Lewis	W35	1:06:21
1257	Karyn Tolardo	W55	1:10:57

5KM WALK

2274	Fiona		
	Van Heerwaarden	W45	37:04
510	Delia Baldock	W60	40:25
99	Peggy MacIver	W75	43:28
111	Lynne Schickert	W80	44:30
1531	Lesley Dowling	W65	49:41
2128	Heather Miller	W70	51:00
1697	Karen Alford	W55	52:45

MEN

1624	Haydn Gawne	M75	42:49
455	Sean Keane	M55	43:28
198	Keith Atkinson	M65	43:29
227	Gary Fisher	M70	44:32
248	Rex Bruce	M80	46:39



10.4KM RUN HANDICAP

858	Tristan Bell	M55	69:23	21:54	47:29
2109	Mell Sieczka	W50	69:48	5:48	64:00

FASTEST

2251	Scott Chambers	M45	70:50	26:33	44:17
2167	Lee Flugel	W40	70:18	24:28	45:50

OCTOBER 29, 2023

Director: Peter Brooke

Peter directed with usual, calm efficiency even though bridge-building forced massive course changes.



David Goldblatt can't believe his handicap. Nobody told him, you only win once!

Joy of youth – no handicap!

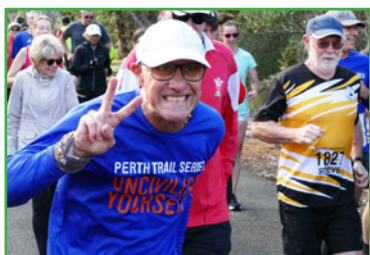
"Y'kin try, but I dinna think they allow bikes in the run; and you need a visitor number on that shirt too."

Right: Bob's impression of Tommy Cooper – 'Just like that'.



NOVEMBER 12, 2023

Directors: John Fisher &
Andrew Grosas



Enthusiastic new director
Drew Grosas

INVITED by John Fisher to be his RD wingman and taken under his ever-experienced guidance was an invitation one cannot refuse. So preparation began, reccys, chit chats, robust discussions, many laps of the course, planning was in full swing way prior to the event.

HOLD THE PHONE ... John surprises me with the news he must hand over full RD duties as OS commitments prevail. Hmm.

I grab the opportunity with much anticipation and uncertainty. Fast forward.

The rain starts to fall at midnight, seven hours prior to race time, my worst fear!

Early-morning set-up was greeted with all my Saturday arvo chalk markings washed away. Buzzer!

Our brilliant team of vollies stepped up and as the waterworks ceased right on showtime the

numbers swelled and the start line was choccas!

Racing conditions were good, though humidity was a factor later when the sun came out.

Some very swift and entertaining racing was had.

Thanks to GK Endurance (speedy), all visitors, and ever-reliable members, for making the event a success and a joy to be in.

I am truly overwhelmed at the positive feedback and together with our band of merry vollies (legends all of them), look forward to making **BIBRA 2024** even bigger and better.

Many thanks and good running to you all.
Drew Grosas

Sandra Stockman took our Bibra pictures - after running first W55 in the 6km. Thanks, Wonder Woman!

AGE-GROUP LEADERS WOMEN 6KM RUN

1833	Sally Smith	W45	29:09
689	Sandra Stockman	W55	30:05
2422	Kathryn Dawes	W35	30:26
288	Gillian Young	W75	34:08
1926	Gayle Craft	W65	35:53

1784	Caroline Clark	W50	37:17
2107	Madeline Radestock	W60	38:01
2047	Melanie Montgomery	W40	39:20

WOMEN 6KM WALK

510	Delia Baldock	W60	47:51
339	Elaine Dance	W70	51:20



AGE-GROUP LEADERS 12KM RUN



1726	Jerry Peters	M45	48:45
1721	Zane Walsh	M40	50:28
1400	Kevin Johnson	M65	54:03
858	Tristan Bell	M55	54:21
2466	Peter Woods	M60	58:09
81	Peter Sanders	M75	1:01:01
2054	Xinhuan Yan	M50	1:02:08
2350	Hayden McGregor	M30	1:11:22
2015	Fred Smart	M85	1:18:35

WOMEN

1255	Clare Wardle	W45	51:59
650	Karen March	W60	1:00:51
1716	Liz Gomez	W40	1:05:40
2372	Tegan Durbridge	W35	1:05:54
1422	Carolyn Stephens	W65	1:08:40
987	Julie Wilson	W70	1:08:47
2433	Louise Chambers	W50	1:12:12
1875	Shalini Watson	W55	1:14:37

6KM RUN

1342	Alex Tinniswood	M40	25:19
308	Lachlan Marr	M60	28:49
2041	Simon McGarvie	M55	30:02
1432	Bob Hull	M75	30:21
278	Keith Miller	M70	31:41
1487	Jason Kell	M45	32:08
512	David Baird	M80	34:46
198	Keith Atkinson	M65	34:54

6KM WALK

1110	John McDonagh	M75	42:21
227	Gary Fisher	M70	56:18
1944	Steve Travell	M65	59:19
25	Jim Barnes	M80	60:55

KNEES NEWS

'Do it early'

PSST, hot tip: invest in companies that make metal knees. Everyone's getting them, and judging by the prices we pay, the manufacturers should be raking in huge profits.

I keep stumbling over people at the gym who are making up a matched pair, and a few others who, unfortunately, have made return trips to their surgeon of choice for running repairs.

Despite these occasional setbacks, most knees news is good, for we consumers as well as the big pharma companies.

There's no doubt the devices have improved in reliability, and the surgical procedures have also benefitted from new technology. Computer-aided operations are becoming more common, and when I had my last op. a scan of the existing knee area helped the doctor plan.

Do it early

I have written on this topic before and I would still recommend it, even though a few recipients have encountered problems.

The message is, I believe, to do it early.

There's no point in putting up with pain and lack of mobility, if your medicos advise it, and you have the funds.

Also, it appears that the younger the patient, the quicker the recovery. Joanne Richardson is a great example. Never reveal a lady's age, of course, but as well as being light and fit she had the new knee while in early 70s and has recovered very well.

Personally speaking

My own left knee was replaced when I was 73 and I was running again with the club after seven months. But the right knee, replaced at 78, has taken much longer to recover.

Pioneer of the double-knee job was the late Jeff Whittam. His operations, around 25 years ago, enabled him to walk strongly but at that time he was advised against running. He was told the joint would wear out, which seems unlikely with modern materials

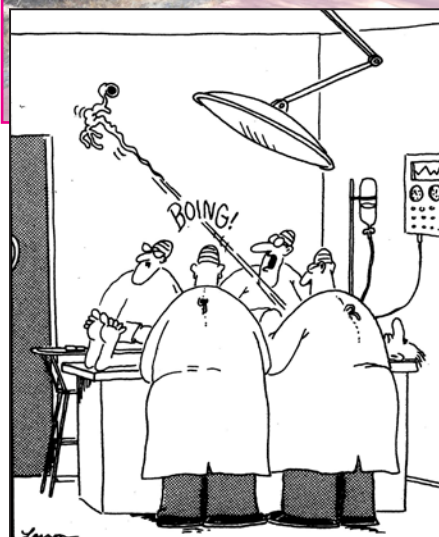
Apart from me, Bob Fawcett is (I believe) now the club's only D-K, and he is running well.

So, writing purely as a layman, I am advising anyone who's knees definitely warrant replacement – do it as soon as possible.



Two-Knees Bob Fawcett.

Below: Joanne Richardson.



"Whoa! Watch where that thing lands- we'll probably need it."



Sign-up with care

METICULOUS, that's our computer experts.

As well as recording your race results they also help the club keep membership records, and are especially busy at membership renewal time.

John Ranger revealed that three existing members 'submitted their sex as being different to our current records.'

John says he took a punt and left them as they were because: "The names did not suggest any ambiguity!"

What a pity, just typos.

Had they 're-identified' that would be a great My View story, very post-modern.

According to some UK cartoons some people identified as potatoes earlier this year. Ha! I bet they were really Swedes.

APOLOGY

Here's a rarity: a mistake in Vetrun.

In the Jeff Whittam obituary we wrote: "He took on many roles, as an organiser and competitor, but Jeff's work in building up the track and field infrastructure was instrumental in the club becoming capable of running our first State T&F Championships, in 1932."

Sorry. That should have read 1982.

NOVEMBER 19, 2023

Directors: Sandra Stockman &
Kevin Johnson

Gwelup Lake



THIS year Lake Gwelup hosted our "Guess Own Time" event in warm conditions, with the temperature climbing from 23 degrees at 7.30am to 28 degrees by 9am. Shady parkland provided much-needed relief from the sun's heat though, and serene and peaceful surroundings enhanced the race.

Read the leaders! Alex Tinniswood had a typically fast getaway, but chasing him hard is Mike Haederle, fastest man over the 5km run. Mike's pace was marginally quicker than that of 'Flying' Scott Chambers - but Scott (pictured right) who is making a habit of 'fastest on the day' times, kept it up for 10km.

In total, 129 participants, including eight visitors, from various age groups ran or walked 5km or 10km.

One delightful aspect of the race was the presence of numerous dogs accompanying their owners - wagging tails and friendly demeanour added an extra layer of cheerfulness.

Our marshals and drink station attendants stationed along the race route were exceptional. They ensured a safe and smoothly organised event, ensuring few went offtrack or faced any difficulties.

Interestingly, we also had bird watchers on the course who, along with some Masters walkers, were captivated by the various species flying around.

The race turnout was impressive, with participants travelling from all over to be part of this fantastic event. The energy and camaraderie among the participants were truly remarkable, making the race even more memorable.

In conclusion, a resounding success, thanks to the incredible efforts of the volunteers, the warm and pleasant weather, the presence of dogs, the dedicated marshals, the beautiful parkland and the bird watchers. The event brought together athletes of all ages, fostering an atmosphere of sportsmanship and unity. Kudos to everyone involved in making this event a memorable and enjoyable affair.

Sandra and Kevin





Guess own time at Guelup Lake

OUTSTANDING in this year's guessing game were Mark Kerr and Elaine Dance. Knowing and holding your pace is the secret and Mark, only 1 second out (!) and Elaine, 4 seconds, have obviously mastered it.

Left, Mark looked confident in the first kilometre, while Elaine, right, was concentrating hard!

10KM RUN/WALK – GUESS OWN TIME

		Estimate	Actual	Diff
1522	Mark Kerr	50:23	50:24	00:01
951	Xander Van Rijen	48:47	48:43	00:04
454	Mark Sivyier	1:01:00	1:00:50	00:10
666	Peter March	50:04	50:18	00:14
81	Peter Sanders	51:30	51:08	00:22
2310	Andy Whiteside	47:30	47:05	00:25
796	Steve Hossack	50:00	50:26	00:26
2251	Scott Chambers	42:30	42:03	00:27
1031	Rob Badenoch	54:36	55:09	00:33
2442	Daniel Hawkins	51:27	52:05	00:38
1393	Lori Sexton	1:00:00	1:00:42	00:42
1680	Bob Britton	1:04:45	1:04:00	00:45
1702	Steve Helm	51:00	50:14	00:46
2381	Americo Pereira	56:00	56:56	00:56

		Estimate	Actual	Diff
1716	Liz Gomez	53:30	54:32	01:02
798	Kim Thomas	47:27	46:25	01:02
2461	David Colvin	53:00	51:48	01:12
288	Gillian Young	58:30	1:00:01	01:31
82	Susan Sanders	1:12:00	1:13:32	01:32
2054	Xinhuan Yan	59:00	1:00:37	01:37
220	Giovanni Puglisi	47:51	49:30	01:39
650	Karen March	53:00	51:11	01:49
1226	David Adams	51:23	49:29	01:54
843	Rochelle Airey	54:13	56:24	02:11
743	Ross Keane	52:10	49:47	02:23
1622	Tommy Glackin	55:50	58:13	02:23
1632	Roberto Busi	43:30	46:15	02:45
512	David Baird	58:20	1:01:14	02:54
784	Grahak Cunningham	47:27	50:44	03:17
2406	Susan Barkouni	1:20:00	1:37:37	17:37



The priceless trophies: I was delighted that Lui Cecotti, last year's winner of the big one, obviously cherished it. No adjustments or repairs needed to my creation in 2023. VW



5KM RUN/WALK – GUESS OWN TIME

		Estimate	Actual	Diff
339	Elaine Dance	42:20	42:16	00:04
1678	Geoff O'Brien	39:45	39:40	00:05
1865	Stephen Grannells	33:00	32:51	00:09
1332	Russell Smith	27:02	26:50	00:12
1827	Steve Barrie	38:25	38:38	00:13
1781	Rohan Thompson	34:00	33:43	00:17
1926	Gayle Craft	29:25	29:52	00:27
77	Arnie Jenkins	51:00	50:32	00:28
2059	David Gardiner	42:42	42:10	00:32
807	Rod Hamilton	22:30	21:57	00:33
139	Jim Klinge	28:00	28:35	00:35
2398	Gerard Wallen	32:00	32:42	00:42
1523	Ngaio Kerr	48:32	47:44	00:48
739	Margaret Saunders	26:45	27:34	00:49
1624	Haydn Gawne	42:55	43:45	00:50
1978	Mike Haederle	20:00	20:51	00:51

		Estimate	Actual	Diff
1508	Sue Hamilton	28:30	27:38	00:52
2158	Rod Bickers	33:30	34:34	01:04
1342	Alex Tinniswood	22:44	21:32	01:12
455	Sean Keane	45:00	43:34	01:26
1587	Patrick Jones	23:23	21:50	01:33
194	Ivan Brown	34:30	32:45	01:45
198	Keith Atkinson	29:55	28:07	01:48
1828	Phillippa Bennett	50:23	48:27	01:56
251	Mike Hale	56:30	54:33	01:57
1134	Frank Price	56:00	57:59	01:59
1679	Ros Pillay	57:00	59:05	02:05
637	Martin Watkins	38:20	36:03	02:17
1450	John Ranger	28:21	25:59	02:22
690	John Talbot	51:00	48:35	02:25
340	John Dance	41:15	43:47	02:32
1515	Sandi Keenan	30:00	27:08	02:52
1487	Jason Kell	29:00	32:30	03:30
510	Delia Baldock	29:35	39:52	10:17
227	Gary Fisher	49:50	1:04:06	14:16
1167	John Fisher	45:00	1:04:11	19:11

I DON'T recall precisely when the bizzarely-named Garvey Gusto came into being. I remember it was once called the Garvey Gallop, and followed the river, crossed at the Garratt Lane Bridge and then took a cruel uphill drag. It's the same hill now used in our Australia Day jaunt.

The 'Gallop' bit acknowledged our running alongside the Ascot race track. Presumably director Arthur Leggett was a betting man; or perhaps he just saw horses exercising in the Swan?

This event has endured more changes than a busy jockey switches steeds.

When the Oldfields had charge of it they took us over road and path, through pleasant woods, around fields and back to the river.

One year, to help people find the way home, they engaged a wailing Scots piper. (Music-lovers tended to run away from the skirl, of course.)

Another course change was made this year, the admirable directors Gillian and Mark reducing the down-river leg to just one kilometre.

I didn't get that far, but I expect this avoided using the wooden plank footbridge, and the frightening trolls that live underneath.

Our event also coincided - I won't write 'clashed' because everything remained amicable - with a walkers club. No, not like our lot - the kind that are dragged



NOVEMBER 26, 2023
Directors: Gillian Young & Mark Sivyer

along by their canines. Very well-organised by the look of them; even had banners bearing the club name.

Hmmm ... an idea for Masters?

Gutso

The Garvey Gastronomic - in other words, the kayf near our start/finish - was back in business this year. This is a definite improvement on driving back to the main road service station for refreshments in a heady atmosphere of diesel fumes.

Although the GarvGast has now joined the new millennium (takes credit cards) the staff, lovely as they are, were not prepared for the horde of Masters who filled the place. Next year, we should pre-order.

VW



'How long can he keep her up there? Is he going to run like that? I'll time him.'

Right: Perfectly 'in-step sisters'!



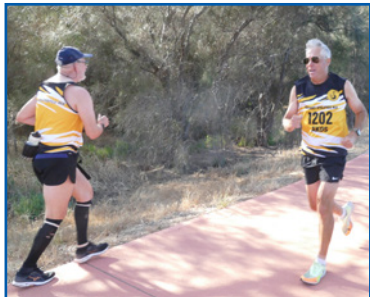
AGE-GROUP LEADERS

10KM RUN

2251	Scott Chambers	M45	40:14
1721	Zane Walsh	M40	44:00



807 Rod Hamilton M60 44:12



1202 Akos Gyarmathy M65 47:17



2054 Xinhuan Yan M50 52:07

81	Peter Sanders	M75	52:09
1846	Paul Every	M55	53:44
2015	Fred Smart	M85	64:28
2472	Martin Riley	M70	85:24

WOMEN

1255	Clare Wardle	W45	47:09
650	Karen March	W60	50:01



2109 Mell Sieczka W50 1:02:06

1875	Shalini Watson	W55	1:03:51
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5KM RUN

1978	Mike Haederle	M60	20:02
1587	Patrick Jones	M50	20:58
1342	Alex Tinniswood	M40	21:24
1400	Kevin Johnson	M65	22:40
2432	Adrian Webb	M55	23:21



178 Ralph Henderson M75 25:25

1111	Ian Carson	M70	26:39
112	Bob Schickert	M80	37:23

Garvey Gutso

YOUR AGE-GROUP LEADERS



Scott Chambers and Mike Haederle did it again, running within seconds of the same pace.

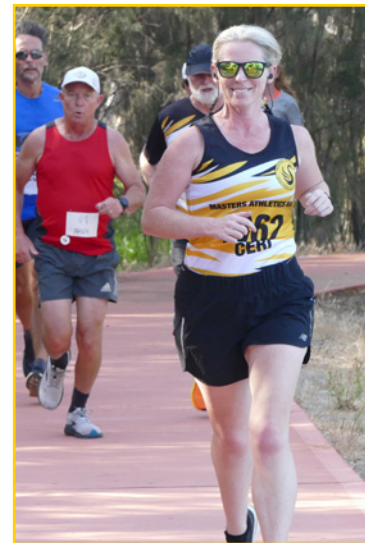
WOMEN



689 Sandra Stockman W55 24:31

2433	Louise Chambers	W50	25:05
739	Margaret Saunders	W65	25:51
843	Rochelle Airey	W50	26:48
2473	Mega Ariani	W30	30:52
2241	Jo Scott	W45	32:26

1813	Isolde Tietz	W70	33:12
1440	Marion Kavenagh	W60	43:58
1787	Hazel Stephen	W75	46:02



1862 Ceri Morton W40 56:25

987	Julie Wilson	W70	57:27
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10KM WALK

1828	Phillippa Bennett	W60	1:29:21
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5KM WALK

1110	John McDonagh	M75	36:29
762	Mark Hewitt	M70	47:59



824 Heiner Huning M65 51:42

248	Rex Bruce	M80	52:12
1167	John Fisher	M60	58:12

WOMEN



1508 Sue Hamilton W60 37:39

99	Peggy MacIver	W75	39:58
510	Delia Baldock	W60	40:13
967	Carolyn Fawcett	W70	45:02
1301	Erika Fardig	W65	47:53
111	Lynne Schickert	W80	49:00



DID YOU KNOW ...?

USA's Greek failure caused Boston Marathon

AT the first 'modern' Olympics held in Greece in 1896 the Marathon was an event the American competitor, Arthur Blake, didn't even manage to finish, dropping out at the 23km mark, despite at the time being in third place.

According to American high jumper Ellery Clark, "The Greeks seemed to feel that the national honour was at stake, the excitement was so great as to be almost painful, and on all sides we heard the cry, 'The other events to the

Americans; the Marathon to a Greek!'"

As the race finished, he stated:

"Slowly the moments dragged, and then, on a sudden, a murmur rose in the long line of watchers outside the entrance, a murmur grew to a shout, and then swelled to a vast roar ... And a moment later, panting, dusty, travel-stained, but still running true and strong, Spiridon Louis, a young Greek peasant, burst into the Stadium, the winner of the race, and the idol of his people."

UNLIKELY SPORTS No. 9

Yet another cycling skill that has been lost over the years.



Woman practicing cutting off a head while riding a bicycle.

Of course, 13 of the 17 racers in the Marathon were Greek, so they had good odds on victory.

In the end, the marathon was one of the few events the Americans performed extremely poorly in, not even managing to complete it.

Why is this so notable? Because when the Boston Athletics Association members returned home, they were determined to up their Association's game in the sport and soon founded the then curiosity, and now world-famous Boston Marathon, an event still run by the Boston Athletics Association today.



THEY ALL LAUGHED at Kalamunda but this barefoot runner went the distance, no problem, over fierce gravel and nuts along the old rail track.



UNLIKELY SPORTS No. 10



Sports quotes

Train hard, turn up, run your best and the rest will take care of itself."

"I don't think limits."

"Kill them with success and bury them with a smile."

"The difference between the impossible and the possible lies in determination."

Usain Bolt, April 2020

"An athlete cannot run with money in his pockets. He must run with hope in his heart and dreams in his head." **Emil Zatopek**