

**30 YEARS OF ROAD RUNNING**  
with  
**VETERANS / MASTERS ATHLETICS**  
in  
**Western Australia**

**Part Three**  
**2002 – 2008**

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2012



***Guess Your Own Time Run – Hale Oval***  
*Karen March, Brian Bennett leading Maurice Creagh,  
Mike Karra, Mark Hewitt and Frank Gardiner*

# 30 YEARS OF ROAD RUNNING

## PART 3 – 2002-2008

### Chapter 9: 2002-2004

#### *“Club Membership remains Strong”*

#### 2002

Bill Hughes continues to be the club patron, President this year is Bob Sammells, Secretary Bob Schickert, Treasurer Paul Hughes, editor Rod Tinniswood. Membership is high at 427.

At the AGM, the following tribute was extended to Brian Foley.

#### ***Many thanks to Brian Foley***

Brian Foley stepped down from the Vets committee after 15 years service. Brian is a life member and was President for 5 years, Vice President for 3 years, Secretary for 5 years and has been the track and field manager for many years. Brian has also been on the organising committee for three Australian Championships held in Perth and is continuing as Secretary for Australian Masters Athletics of which he has been on the Board for 9 years.

#### **Rising Cost of Events**

It was reported in *Vetrun* that the Melville City Council propose to charge the club \$200 to hold a run in their shire. Seeing that we have six planned this year, \$1,200 is a lot of money. Bob Schickert and Keith Atkinson persuaded them to reduce the cost to \$60 per event. Kings Park Board charges \$55, Canning Shire makes the club put up a \$300 bond to make sure we leave no rubbish after the run, however we haven't as yet had any problem getting the bond back. Let's hope all the other councils don't join Melville's bandwagon.

#### **Social Activities**

**Long weekend camps** were well attended – March at Rottnest, September, Donnelly River Cottages.

**Presentation Day** was held at Rosie O'Grady's, Northbridge and the **Dinner Dance** at Sandringham Hotel, Belmont.

**Results and times** I thought were interesting during the year:

The **Reg Brigg's Trophy** was won by Sue Bullen and the **Club Handicap** by Rod Tinniswood.

#### **Road Running Championships**

29 members completed the three events this year .

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	John Allen	4.14 min	1st	Shirley Bell	5.02 min
2nd	Bob Schickert	4.26 min	2nd	Julie Keeley	5.17 min
3rd	Mike Karra	4.29 min	3rd	Glenda Lawrence	5.18 min

#### **Road Walking Championships**

8 members completed the events

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>
1st	Paul Martin	6.53 min	1st	Val Millard	7.09 min
2nd	John Mison	6.17 min	2nd	Lynne Schickert	7.12 min
3rd	Alan Jennings	6.57 min	3rd	Michele Mison	7.28 min

### **Well Done Val Millard**

Val Millard was the first competitor to win both a Road Running and Road Walking Championship. She won the RRC in 1997 and RWC in 2002. Well done Val.

### **New Run - Centenary Park Run and Walk - 8km, 5.23km & 2.6km (116 runners & walkers)**

Race Director: Bob Schickert. The inaugural run was mainly on grass with a few hills. No times taken as the timing machine broke down.

#### **Men**

**8km** W Gee M50  
**5.23km** V Waters M55  
**2.6km** D Wilmer M45

#### **Women**

R King W40  
S Bell W50  
L Nixon W40

**South Perth Fiesta Run – 9.7km & 5.6km Run and Walk** - Race Directors – Heather Sanderson and Tony Speechley. As a joint community event, 32 visitors and 97 club members ran from near Mend St Jetty around Clydesdale and Sir James Mitchell Park. South Perth Council supplied morning tea afterwards.

#### **Men**

##### **9.7km**

1st T Robertson M45 37.42  
2nd R Henderson M50 37.48  
3rd L Marr M40 37.58

##### **5.6km**

1st W Crowley M45 22.00  
2nd F Smith M55 22.16  
3rd D Roberts M55 24.28

##### **5.6km Walk**

1st A Jennings M60 41.11  
2nd A Pomery M70 47.26  
3rd J Whittam M65 53.39

#### **Women**

1st D Burge W35 46.17  
2nd G Young W50 48.18  
3rd S Bell W50 49.13

1st M Langford W55 26.27  
2nd M Forden W60 27.52  
3rd W Clements-Green W55 31.05

1st L Romeo W55 38.35  
2nd L Schickert W60 41.10  
3rd M Mison W50 41.11

### **Deepwater to Applecross – 8km & 4km (111 runners & walkers)**

Race Director – Maggie Flanders. Course went from Deepwater Point coffee shop, under Canning Bridge towards Applecross.

#### **Men**

##### **8km**

1st B Carse M60 30.28  
2nd T Robertson M45 30.38  
3rd J Langford M55 31.45

##### **4km**

1st I Davies M50 15.21  
2nd J Brambley M60 19.10  
3rd P Buckley M45 21.06

##### **8km Walk**

1st J Mison M50 47.56

##### **4km Walk**

1st A Jennings M60 27.53  
2nd R Bruce M60 29.05  
3rd A Pomery M70 32.43

#### **Women**

1st L Nixon W40 38.28  
2nd G Lawrence W45 40.03  
3rd S Bell W50 40.11

1st B Carse W55 22.48  
2nd J Jarvis W55 25.02  
3rd J Steward W50 26.48

1st M Mison W50 60.39

1st J Shillington W40 30.07  
2nd L Lauchlan W70 30.10  
3rd J Billington W55 30.41

**Bassendean Run – 10km & 5km (85 runners & walkers) - Race Director: Jacqueline Billington.**

Course went from Point Reserve, Bassendean along Bassendean Parade

**Men****Women****10km**

1st	C Coates	M45	35.32
2nd	B Carse	M60	35.53
3rd	D White	M40	37.41

1st	D Burge	W35	43.26
2nd	K Jones	W45	48.35
3rd	C Rompotis	W40	51.13

**5km**

1st	I Brown	M55	20.36
2nd	D Roberts	M55	20.53
3rd	H Cortis	M55	22.08

1st	M Young	W50	35.25
2nd	E Ellard	W60	36.11

**10km Walk**

1st	A Jennings	M60	68.55
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1st	V Millard	W55	74.25
2nd	L Schickert	W60	74.26
3rd	D Whittam	W65	74.50

**5km Walk**

1st	R Bruce	M60	39.35
2nd	N Miller	M70	49.28
3rd	J Whittam	M65	49.32

1st	M Flanders	W65	44.45
2nd	K Mahony	W35	48.40
3rd	P Miller	W60	49.31

**Wildflower Run – 9.8km & 4.9km Run & Walk – Race Director: Rod Tinniswood**

Course went from Hale Oval around tracks in Kings Park.

At the City to Surf fun run we had the Vets Banner and tent to promote the club with members handing out flyers to finishers, inviting them to join us at the Wildflower Run. We put on morning tea and a sausage sizzle and we had well over 50 visitors with over 150 members. It was a great success.

**Men****Women****9.8km**

1st	C Maher	M50	34.47
2nd	C Frampton	M40	34.58
3rd	W Gee	M50	35.49

1st	A Shaw	W50	41.37
2nd	D Burge	W35	43.58
3rd	J Keeley	W35	45.49

**4.9km**

1st	I Davies	M55	18.18
2nd	B Wilson	M55	19.28
3rd	D Caplin	M60	19.48

1st	M Forden	W60	23.45
2nd	W Clements-Green	W60	25.10
3rd	B Gee	W50	29.24

**9.8km Walk**

1st	J Mison	M55	59.30
2nd	A Jennings	M60	67.30
3rd	L Hassam	M70	86.30

1st	J Malin	W50	73.46
2nd	C Pattinson	W45	73.47
3rd	L Lauchlan	W70	75.32

**4.9km Walk**

1st	B Thomsett	M60	41.32
2nd	J Bailey	M75	44.10
3rd	E Moyle	M75	44.25

1st	M Mison	W55	37.06
2nd	A Giacomini	W65	40.48
3rd	P Ainsworth	W65	41.28

## 2003

President Lynne Schickert, Secretary Bob Schickert, Treasurer Margaret Bennett, Editor Rod Tinniswood/Jeff Bowen. Membership stands at 460.

### Social Activities

**Long weekend camps** were again well attended – March at Wellington Mills, September at Dryanda Woodland Village, between Wandering and Narrogin. Julie Wood's report on p.5 of the April *Vetrun* gave a glimpse of just how energetic are these weekends away.

*What do you do if you want to go on a relaxing getaway? DON'T go to the Veterans' Athletic Club summer camp. However, if it's a physical, fun and entertaining weekend you have in mind then this is just the ticket!*

*This year over 40 members of the club attended the lively Labour Day weekend camp at Wellington Mill, Collie.*

*Saturday morning the tone for the weekend was set with a 14km run at 7am. A few of us drove to the Wellington Dam area at lunchtime to grab a bite to eat. John Bell found an alternative way to do some sightseeing whilst saving petrol when he took to his bike. Honeymoon Pool proved too inviting for an intrepid few who were seen taking a dip, including Val Millard with her bandaged wrist held aloft!*

*The buffet casserole evening was a culinary delight thanks to Pat Ainsworth, Shirley Bell and many other helpers who did a great job in the kitchen. Lorna Lauchlan and Jacqueline Billington contributed to a fascinating evening with the games they organised. The questionnaire was both thought provoking and interesting.*

*Another early start on Sunday with a half marathon (for some!) organised by John Pellier. John took out the honours with a great effort –mind you, he knew exactly where the turnaround marker was!! A few missed the marker and carried on. The drink station ran dry so Elaine Ellard and myself drove back to replenish supplies.*

*We took in lunch at Wansborough Winery and had a pleasant time relaxing in the surrounding gardens in the afternoon. A group visiting Gnomesville later had to rescue Rob Sheehy as he was invited by the Gnomes to stay and be their granddaddy.*

*Our final evening at Wellington Mill consisted of a BBQ dinner and the odd drop of wine whilst contemplating the superb weekend we had all just enjoyed (despite those unwelcome March flies).*

*Monday saw another 7am start for the runners. Then our final breakfast before cleaning up, moving out and heading home. Thanks to all those who contributed to make this weekend the fun weekend it was. Even our new friends – the very tame kangaroos – wanted to be a part of it, inviting themselves into all of our houses.*

**Julie Wood**

Later in the year, the **Club Dinner Dance** was held at the Metro Inn, South Perth and **Presentation Day Lunch** was again held at Rosie O'Grady's, Northbridge.

In August, Jeff Bowen took over the role of editor of *Vetrun*.

Whilst club membership was increasing, during the year the *Vetrun* also reported on: "The Sad Death of Three Members - Rob Macliver, Val Wheeler and Val Tyson".

All three members were regulars at club events and here are a few comments on them.



### **Val Tyson**

Val and her husband Allen Tyson have been long time members of the club, Allen joining in June 1977 (#15) and Val a little later (#28). Val was a champion race walker and still holds MAWA records in the W65 age group: 1500m walk 9:57.0 and in the W70 age group: 3000m walk 19:56.0 (also AR) and 5000m walk 35:13.7.

### **Rob Macliver**

Rob and Peggy Macliver both joined the club in 1986. Rob was purely a social runner, he was quite happy to run at the back of the pack and chat. He and Syd Bowler regularly ran together and solved the problems of the world. 10k was about his limit. He eventually had to stop running as he started falling over as a result of his neurological condition, although he remained a member until his death.

### **Val Wheeler**

Val Wheeler came to the club as a more mature competitor and was a regular race walker on Sunday mornings with her partner Fred Watson.

### **Club Members are Congratulated**

Congratulations to John Gilmour for receiving the Centenary Medal from the Governor General. He has also been made Patron for Western Australia of the “Lest We Forget” run organised by Athletics WA on the Sunday closest to Anzac Day.



*John is seen here at the start of the first event in 2003, and club member David Willmer is in the background.*

Congratulations also went to **Lynne Schickert** who was elected to the position of Present of Australian Masters Athletics in August. Brian Foley was re-elected as Secretary of AMA.

**Results and times** I thought were interesting during the year:

This year the Reg Brigg's Trophy was re-named the **Achievement Award** and was won by Blakeney Tindall and the **Club Handicap** by John Bell.

### 50km Road Running Championships

38 runners completed the three events this year, of which there were 14 ladies.

Men			Av km	Women			Av km
1st	Chris Maher	M50	3.46 min	1st	Julie Keeley	W40	5.00 min
2nd	Jim Langford	M55	3.49 min	2nd	Gillian Young	W55	5.05 min
3rd	Bert Carse	M60	3.52 min	3rd	Marg Forden	W60	5.11 min

### Road Walking Championships

6 members completed all events

Men			Av km	Women			Av km
1st	John Mison	M55	6.26 min	1st	Jenny Shillington	W45	7.27 min
2nd	David Brown	M55	6.52 min	2nd	Dorothy Whittam	W65	7.57 min
3rd	Alan Jennings	M60	7.02 min				
4th	Rex Bruce	M60	7.37 min				

### Friendship Run with WAMC – 12.21km & 6.1km – Race Directors: John & Joan Pellier

This was the 25<sup>th</sup> Friendship Run which coincided with Christine and Silvio Wirth's 25<sup>th</sup> anniversary of coming to Australia. It was also the last time as race directors for the Pelliers after 25 years. The morning was overcast after hot weather. Together with marathon club members, 126 Vets competed.

Men				Women		
<b>12.21km</b>	1st	B Dybdahl	M50 47.10	R King	W40	58.34
<b>6.1km</b>	1st	B Carse	M60 23.36	A Shaw	W55	25.54
<b>Walk</b>						
<b>12.21km</b>	1st			C Pattinson	W45	94.25
<b>6.1km</b>	1st	D Brown	M55 41.56	L Schickert	W60	46.20

### Pagoda Run – 16km, 10km & 5km – Race Director: Jackie Halberg

Men				Women		
<b>16km</b>	1st	C Coates	M45 63.31	K Sexton	W40	68.49
<b>10km</b>	1st	C Frampton	M35 38.19	A Walker	W35	42.07
<b>5km</b>	1st	D Roberts	M60 20.06			
<b>Walk</b>						
<b>16km</b>	1st	John Mison	M55 1.47.46	V Millard	W55	1.51.10
<b>10km</b>				L Romeo	W55	68.02
<b>5km</b>	1st	R Tinniswood	M50 32.59	E Ellard	W60	39.42

### Southern River Sojourn – 8km & 5km (78 runners & walkers) – Race Director: Lachlan Marr

Inaugural run from Homestead Park in Gosnells. Mostly cycle path with a small amount of grass running.

Men				Women		
<b>8km</b>						
1st	B Mangan	M45	30.19	1st	G Young	W55 40.28
2nd	B Dybdahl	M45	30.48	2nd	S Bullen	W40 43.17
3rd	J Langford	M55	30.52	3rd	A Turner	W65 45.13

**5km**

1st	E Barrett-Lennard	M45	22.50	1st	D Baldock	W40	28.52
2nd	B Sammells	M65	31.40	2nd	J Wood	W50	34.06
3rd	R Hall	M65	34.05	3rd	A Aldrich	W60	36.26

**8km Walk**

1st	J Mison	M55	51.42	1st	V Millard	W55	52.30
2nd	P Martin	M60	51.51	2nd	L Schickert	W60	56.58
3rd	R Bruce	M60	57.01	3rd	J Shillington	W45	57.01

**5km Walk**

1st	D Blom	M55	32.31	1st	P Ainsworth	W65	43.22
2nd	J Bailey	M75	50.12	2nd	J Binns	W50	43.26
3rd	J Whittam	M65	53.48	3rd	M Flanders	W65	45.25

**Mullaloo Beach Run – 13km & 5km – Race Directors: Mike Anderson and Johan Hagedoorn**

A new run and walk from Mullaloo Beach on cycleway path – undulating and tough but a pretty run alongside the sea.

**Men****13km**

1st	A Cook	M35	55.54
2nd	J Klinge	M50	56.07
3rd	B Bennett	M55	56.27

**5km**

1st	L Marr	M40	23.20
2nd	B Tindall	M40	24.08
3rd	B Foley	M55	26.45

**5km Walk**

1st	R Bruce	M60	42.16
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**Women**

1st	G Young	W55	67.26
2nd	C Uren	W30	67.27
3rd	J Keeley	W35	71.42

1st	K Gower	W40	26.28
2nd	T Bailey	W45	28.17
3rd	L Chandler	W30	29.13

1st	L Schickert	W60	38.51
2nd	L Lauchlan	W70	44.05
3rd	D Whittam	W65	47.49

**Around Herdsman Lake – 8km & 5km (78 runners & walkers) – Race Directors: Margaret and Jim Langford. A very pleasant run around Herdsman Lake with lots of bird life and maybe a few snakes.****Men****8km**

1st	N McLean	M50	31.32
2nd	D McAuley	M50	31.36
3rd	J Klinge	M50	31.49

**5km**

1st	H Cortis	M55	20.51
2nd	E Barrett-Lennard	M45	22.52
3rd	J Stone	M50	27.16

**5km Walk**

1st	A Jennings	M60	34.51
2nd	P Martin	M60	34.52
3rd	B Sammells	M65	43.00

**Women**

1st	A Walker	W35	33.10
2nd	A Shaw	W55	33.45
3rd	D Haines	W40	38.09

1st	D Baldock	W40	27.15
2nd	M Heppell	W65	34.46

1st	L Lauchlan	W70	39.22
2nd	P Hopkins	W60	43.00
3rd	K Mahony	W30	47.51

### ***A Sad End to the Year***

Following the deaths of three other members during the year, the club then lost Anne Shaw to Leukaemia in December 2003, aged 56. Anne was an amazing athlete and her tribute follows. My thanks to Campbell Till for providing the statistics on Anne's achievements.

### ***Antoinette (Anne) Shaw***

Anne joined Vets/Masters in the nineties and soon began winning the ladies events, not only at road running but at track. She won the open division of the People's Marathon and represented WA in a Half Marathon in Japan.

She set 22 Australian records and 98 State records of which 34 are still current. In addition to this incredible performance, Anne set 7 World records for W40 including the 2000m steeplechase.



But it wasn't only her running that made her such a great person – she worked as a school cleaner in Craigie and coached the children after school. Anne was also mentor and coach to Darrell Howe, the young man who had Cerebral Palsy and who ran his first of many marathons at Rottnest Island.

*Anne seen here running with Chris Frampton in 1998, and club member Jan Kelly cheering them on.*



*Anne Shaw is seen here at one of the club's Presentation Day Lunches at Rosie O'Grady's  
L-R: Anne, Shirley Bell, Lorna Lauchlan, Robin King, Marg Forden, Jackie Halberg with Glenice Shanahan, Joan Pellier and Margaret Bennett in front*

## 2004

President this year was Val Millard, Secretary Bob Schickert, Treasurer Roger Walsh, Editor Jeff Bowen. Last year we had a name change from Veterans to Masters, so we are now known as Masters Athletics WA. Membership reached 464 and we also had track and field competition North and South of the river and numbers were growing to almost 90 a week.

### Social Activities

This year the **long weekend camps** were held in March at Wellington Mills, and October at Donnelly River.

The **Club Dinner Dance** was held again at the Metro Inn, South Perth and the **Presentation Day Lunch** at Rosie O'Grady's in Northbridge.

During the year, the *Vetrun* reported on various items about our members.

### Where are the Karras?

*Paula and Mike Karra left sunny Perth to work in Canada. Both being nurses, they are working in North Battleford, Saskatchewan, where they experienced the coldest day (-42c) and the most amount of snow in 15 years (15cm overnight). Running is pretty difficult, but they hope to see plenty of the countryside and maybe run a few marathons while they are there.*



*Mike and Paula Kara in Canada  
"Cold running" – bit different to running in Perth*

### Fifty Years and Going Strong

*Cecil Walkley qualified as a medical practitioner in June 1954 and is still working at his practice in Subiaco with no immediate plans to retire. Congratulations Cecil on your 50<sup>th</sup> Anniversary.*

### Chest Numbers

This year saw the introduction of chest numbers to assist recorders when members finish a run. Jim Barnes did the distribution to members. In recognition of long standing members it was decided to allocate numbers by the year of joining, so we have 1 Cliff Bould, 2 David Carr, 3 John Gilmour, 4 Bob Hayres, 5 Colin Junner, 6 Garnett Morgan, etc. If you joined in 1980 your number would be in the 40s.

*From my perspective, this system has worked very well since then, and most members remember to wear their number each Sunday.*

**Results and times** I thought were interesting during the year:

The **Achievement Award** was won by Gillian Young and the **Club Handicap** by Jim Barnes.

### 50km Road Running Championships

38 runners completed the three events this year.

<b>Men</b>				<b>Women</b>			
			<b>Av km</b>				<b>Av km</b>
1st	Steven Dunn	M35	3.52 min	1st	Gillian Young	W55	5.12 min
2nd	Bjorn Dybdahl	M50	3.59 min	2nd	Marg Forden	W60	5.34 min
3rd	Gary McLean	M40	4.15 min	3rd	Ann Turner	W65	5.54 min

### Road Walking Championships

6 members completed all events

<b>Men</b>				<b>Women</b>			
			<b>Av km</b>				<b>Av km</b>
1st	John Carrington	M65	6.56 min	1st	Val Millard	W55	6.36 min
2nd	Stan Delandgraff	M75	7.35 min	2nd	Lorraine Lopes	W60	6.52 min
				3rd	Lynne Schickert	W60	7.21 min
				4th	Lorna Lauchlan	W70	7.26 min

**East Perth Run – 7km Handicap (111 runners & walkers)** - Race Directors: Jill Midolo and David Brown. The runners and walkers faced the hottest January in 6 years. Congratulations to Christine Pattinson and Malcolm Hawley, the handicap winners, with Paul Hughes and Gillian Young being the fastest club members. Lynne Schickert won the Margaret and Alan Stone Women Walkers Trophy. Morning tea was served after the run.

**Burswood RRC 25km & RWC 10k (107 runners and walkers)** – Race Director Wayne Pantall  
Course went from Burswood on cycleway under Windan Bridge past Bardon Park where 10km turned and for 25km event, continued on past Maylands Golf Course, under Garratt Road Bridge to Memorial Drive and back to Burswood.

<b>Men</b>				<b>Women</b>			
<b>25km</b>							
1st	S Dunn	M35	1.40.12	1st	R King	W45	1.58.47
2nd	B Dybdahl	M50	1.41.49	2nd	J Thomson	W45	2.11.22
3rd	R Parker	M55	1.44.29	3rd	G Lees	W40	2.15.17
<b>10km</b>							
1st	I Davies	M55	38.40	1st	F Gill	W40	47.50
2nd	J Klinge	M55	40.46	2nd	M Hart	W50	48.21
3rd	D Roberts	M60	42.40	3rd	C Engels	W45	52.23

**10km Walk**

1st	D Blom	M70	66.55	1st	V Millard	W55	67.57
2nd	S Jones	M75	69.42	2nd	L Lopes	W60	68.12
3rd	J Carrington	M65	69.42	3rd	L Schickert	W60	73.59

**Sharks Run – 10km & 5km (109 runners and walkers) – Race Director: Paul Martin**

This was the first run with new chest numbers which was a great success.

**Men****10km**

1st	J Langford	M55	38.23
2nd	R Parker	M55	38.36
3rd	L Marr	M40	38.54

**5km**

1st	B Dybdahl	M50	18.09
2nd	I Davies	M55	18.10
3rd	H Cortis	M55	19.57

**10km Walk**

1st	S Delandgraff	M75	72.33
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**Women**

1st	M Langford	W55	44.59
2nd	G Lees	W40	50.14
3rd	G Young	W55	50.19

1st	B Blurton	W50	21.51
2nd	L Jones	W40	24.50
3rd	S Bullen	W40	26.50

1st	V Millard	W55	66.59
2nd	L Lopes	W60	67.13
3rd	L Schickert	W60	72.33

**5km Walk**

1st	J Carrington	M65	33.59
2nd	J Whittam	M65	39.29
3rd	M Taylor	M45	46.55

1st	L Lauchlan	W70	39.19
2nd	R Wallis	W60	39.26
3rd	J Smith	W50	40.43

**R.I.B. Run – 9km & 5km at Gwelup Reserve – Race Directors: Roma, Irene, Brian**

A pleasant run around Lake Gwelup, mostly on cycle paths.

**Men****9km**

1st	J Langford	M60	34.36
2nd	J Allen	M45	38.26
3rd	N McRae	M50	38.34

**5km**

1st	J Klinge	M55	19.40
2nd	J Collier	M35	20.16
3rd	B Danby	M55	23.39

**9km Walk**

(no men)

**Women**

1st	H Lysaght	W50	41.41
2nd	D Haines	W45	44.34
3rd	J Kelley	W35	47.14

1st	B Blurton	W50	23.13
2nd	M Langford	W55	23.24
3rd	T Bailey	W45	23.38

1st	L Lopes	W60	64.36
2nd	J Smith	W50	67.14

**5km Walk**

1st	D Brown	M55	35.07
2nd	J Carrington	M70	35.29
3rd	J Whittam	M70	38.40

1st	L Schickert	W60	37.12
2nd	D Whittam	W65	38.54
3rd	R Wallis	W60	50.26

## Chapter 10: 2005-2008

### *“Club Activities continue to be well supported”*

#### 2005

President Val Millard, Secretary Bob Schickert, Treasurer Roger Walsh, Editor Vic Waters.  
Life memberships were granted to Val Millard and Jim Barnes.

**Social Activities** and other news reported in the *Vetrun*:

**Long weekend camps** this year were held at Jarrahdale Cottages, Serpentine in March, and at Lewana Cottages, Balingup in September.

#### ***Busselton Ironman***

Congratulations went to Shirley Bell on completing the Busselton Ironman event this year.

The *Vetrun* gave us a laugh with these classic quips:

#### ***Training Tips and Racing Secrets***

**John Bell** - “Always arrive late on Sunday mornings, so you have the challenge of overtaking the entire field.”

**Vic Waters** – “Avoid injury at all costs. Basil Worner holds the falling down record; three tumbles in a 6km cross country.”

**Bob Schickert** – “You can run a marathon with a broken big toe. You don’t use your big toe when you are running.”

**John Pellier** – “Falling off a roof shouldn’t interrupt your training.”

**Brian Bennett** – “Nice and easy does it every time.”

**Margaret Langford** and **Joan Pellier** – “Don’t believe any doctor who says ‘You’ll never run again’.”

#### **M75 Hits a Six**

Irwin Barrett-Lennard set six M75 State Records in six weeks. He has set 12 WA State Records in all, they are:

10km Road, 46.16, May 22;	15km Road, 70.50, June 6;
16km Road, 74.08, May 29;	25km Road, 2.00.51, June 19;
One Mile, 7.12.4, June 2;	Marathon, 4.08.20, July 3.

Great Running Irwin.

**Results and times** of interest during the year:

The **Achievement Award** was won by Henry Cortis and the **Club Handicap** trophy by Helen Lysaght.

#### **Road Running Championships**

22 men and 11 women completed the three events this year. As you can see, only three seconds separate the first three men.

<b>Men</b>			<b>Av km</b>	<b>Women</b>			<b>Av km</b>
1st	Gary McLean	M40	4.06 min	1st	Helen Lysaght	W50	4.46 min
2nd	Neil McRae	M50	4.08 min	2nd	Shirley Bell	W50	5.06 min
3rd	John Allen	M45	4.09 min	3rd	Karen March	W40	5.19 min

## Road Walking Championships

5 men and 6 women completed all events

Men				Women			
		Av km				Av km	
1st	David Brown	M55	6.23 min	1st	Lynne Schickert	W60	6.42 min
2nd	Ray Hall	M65	7.09 min	2nd	Lorraine Lopes	W65	6.49 min
3rd	Jeff Whittam	M70	8.11 min	3rd	Pat Hopkins	W60	8.43 min

## Pagoda Run – 16km, 10km & 5km (122 runners & walkers) – Race Director: Jackie Halberg

The run started from McCallum Park and the route seems to have to be changed almost every year owing to safety concerns – again we had to cross a couple of potentially busy roads. Some good times were recorded.

### 16km

1st	R Cattrall	M45	60.36	1st	R King	W45	72.48
2nd	C Maher	M50	61.10	2nd	C Engels	W45	80.57
3rd	R Parker	M55	62.09	3rd	K March	W40	82.38

### 10km

1st	J Klinge	M55	40.33	1st	S Kallio	W40	50.48
2nd	J Langford	M60	41.11	2nd	C Pattinson	W45	52.07
3rd	F Smith	M60	41.21	3rd	W Clement-Green	W60	54.34

### 5km

1st	D Klicker	M30	17.37	1st	A Walker	W35	20.20
2nd	I Davies	M55	17.54	2nd	L Jones	W45	24.59
3rd	S Dunn	M35	20.14	3rd	D Baldock	W40	27.06

### 16km Walk

1st	J Carrington	M70	117.27	1st	V Millard	W55	112.27
				2nd	L Lopes	W65	117.17
				3rd	L Schickert	W60	119.28

### 10km Walk

1st	D Brown	M55	66.56	1st	D Whittam	W65	80.25
2nd	D Blom	M70	73.35	2nd	P Hopkins	W60	83.17
3rd	R Bruce	M60	80.46				

### 5km Walk

1st	J Bailey	M75	50.41	1st	S Wells	W50	43.29
2nd	E Moyle	M75	55.29	2nd	M Flanders	W65	44.53
				3rd	L Lauchlan	W75	45.40

## Darlington Dash – 16km & 8km (77 runners & walkers) – Race Director: Delia Baldock

Great run up the Bridle Path with several roads to cross. Morning tea served afterwards in the Darlington Recreation Ground Hall.

### Men

#### 16km

1st	M Bermudes	M30	63.43
2nd	D White	M45	65.57
3rd	G McLean	M40	66.37

#### 8km

1st	S Keane	M40	35.13
2nd	M Vernon	M50	38.13
3rd	M Rhodes	M55	38.38

#### 8km Walk

1st	J Carrington	M70	60.47
2nd	J Whittam	M70	63.57
3rd	M Lolly	M65	69.42

### Women

1st	H Lysaght	W50	78.03
2nd	S Bell	W55	82.25
3rd	C Pattinson	W45	82.32

1st	D Gardner	W35	32.10
2nd	C Uren	W30	38.25
3rd	K March	W40	39.48

1st	L Lopes	W65	60.47
2nd	D Whittam	W65	64.30
3rd	J Smith	W50	64.38

The **Dick Horsley Trophy** for the first husband and wife (or partner) team was won by Michel Bermudes & Deborah Gardner, with Gary McLean and Christine Engels coming second.

**Bibra Lake Run – 12km & 6km** – Race Director Richard Harris

Masters Athletics organised a top class event for the City of Cockburn. Over 200 runners, including many children, had a great time at the Bibra Lake Fun Run. The public paid \$4 a head fee with a sausage sizzle and drink provided at the finish. Overall it was a highly satisfactory event in the tradition of Masters at their best, promoting our club to the community.

**Guess Own Time – 9.5km & 6.3km (83 runners & walkers)** – Race Director: Vic Waters

*A New Course*

After so many runners getting lost in Kings Park, Vic decided to try a new course at Hale Campus, Wembley Downs. The hardest part was finding the start as there were so many entrances. The start was on the sports field with 1km on grass then sand tracks before returning to the sports field. The 9.5km was a three lap course, and two laps for the 6.3km – runners were warned they weren't to do only one lap! Winner of the **Timeless Trophy** was Bob Schickert (I bet Lynne loved it on the sideboard).



*Start of a Guess Your Own Time run at Hale Oval*

*A chocolate frog for anyone who can identify all the runners!!*

## 2006

Patron Bill Hughes, President Val Millard, Secretary Bob Schickert, Treasurer Roger Walsh, Editor Vic Waters.

**Social Activities** and other news reported during the year in the *Vetrun*:

**Long weekend camps** this year were held at Jarrahdale Cottages, Serpentine in March, and at ??? in September.



### **Jarrahdale Camp weekend**

*As always, the group had a good time and here they are, up early and getting ready for the Saturday morning run*

The *Vetrun* acknowledged the passing of one of our very committed members with this tribute.

### **Vale: Brian Foley**

*Brian Foley died 1 April 2006 as a result of a massive stroke earlier in the week. Brian had just come home from two weeks working as an Athletics official at the Commonwealth Games in Melbourne and had planned to retire at the end of the month.*

*Brian's contribution to Athletics has been outstanding and he will be greatly missed. He has been involved as an athlete, an administrator and an official. In 2003 he received the AMA Administrator of the Year Award.*

*He served on the MAWA Committee for 14 consecutive years which included Secretary, Vice President and 5 years as President. He also organized T&F meetings for a number of years and served on the organizing committee for the past three national championships held in Perth.*

*Brian served on the AMA Board for 12 years including 10 years as AMA National Secretary. As an A grade qualified official Brian spent many a summer at Perry Lakes with our Open athletes.*

*Our thoughts go to Norma and family at this sad time.*



Brian was always a strong advocate for Masters Athletics and prior to the 1996 National Championships in Perth, Bryan featured in an article in the Fremantle Gazette, promoting the WAVAC state championships.

Brian competed in many WMA Stadia championships and is shown below with the Oceania group in the M60 1500m at the 2005 WMA Championships San Sebastian, Spain.



*L-R Brian Foley, Bill Wells (NZ), John Waite (Victoria), Bob Schickert and Ivan Brown*

More news from the *Vetrun*:

### **Jim Barnes**

Jim Barnes ran three marathons in three weeks in Europe – first in Seville, Spain, then to Germany to run in Kandell near the French border and last in Steinfurt, again in Germany.

### **Bunbury 25<sup>th</sup> Silver Jubilee Marathon**

Sixty MAWA members and lots of supporters were warmly welcomed by the Bunbury Runners Club to the 25<sup>th</sup> Marathon and Half Marathon. Also added this year was a 50km Ultra event and it was great to see 12 members walk the half marathon.

Again, as reported by the *Vetrun* during year, the club lost two more talented members and here are their tributes.

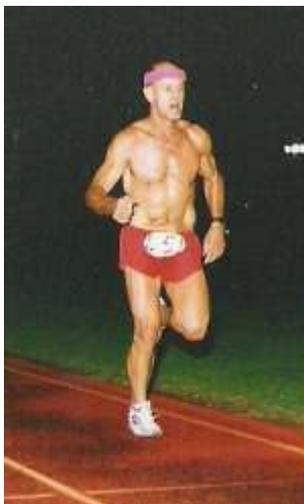


### ***Henk (Hank) Stoffers***

*Once again we lost another great club member in Hank Stoffers. Although he lived in Bunbury he ran in many Vets/Masters races and always came up for the State Championships. Hank was a member of the record breaking M40 24 hour relay team and had a PB of 2.30.19 for a marathon. Hank was one of the founder members of the Bunbury Runners Club of which he was President for many years.*

*Deepest sympathy to Marg Stoffers.*

Hank is seen here running in a Perth Marathon, down near Alfred Cove



### ***John West***

*After his long battle with cancer we lost another of our long distance runners. John joined the Vets/Masters in 1990 and ran regularly with the club. He won the 40 miler Mundaring to York event several times, and also the Bunbury Marathon.*

*Deepest sympathy was extended to Fran West.*

Fran, John's wife became a member of the "Coffee Group" which I will mention at a later date.

**Presentation Day lunch** this year was held at the Metro Inn, South Perth and Elaine Dance organised a very enjoyable event for \$25 per head.

**Runs and Results**

Notwithstanding the loss of three members this year, the club continued to attract strong numbers at the Sunday runs and here are some results and times of note during the year:

The **Achievement Award** was won by Delia Baldock and the **Club Handicap** trophy by Mike Rhodes.



*Delia is pictured here hurdling at the Fremantle Masters Games with Norm Richards*

**New Run – Kalamunda Railway Run – 8km & 4km (43 runners & walkers)** – Race Directors: John & Christine Oldfield. A pleasant run along a tree-lined heritage gravel track in Kalamunda.

**Men**

**Women**

**8km**

1st	J Langford	M60	30.49
2nd	I Davies	M55	31.02
3rd	J Pentecost	M45	33.26

1st	M Langford	W55	40.02
2nd	S Bullen	W45	47.46
3rd	V Lok	W45	47.57

**4km**

1st	J Wannberg	M35	17.59
2nd	B Sammells	M65	24.35

1st	D Baldock	W40	20.52
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**8km Walk**

(no men)

1st	B Doust	W55	65.15
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**4km Walk**

1st	J Whittam	M70	38.31
2nd	R Bruce	M65	38.59
3rd	A Pomery	M70	41.47

1st	D Whittam	W65	38.31
2nd	A Turner	W70	42.26
3rd	T Halwell	W70	42.27

### **New Run – Piney Lakes, Winthrop –8km & 4km (103 runners & walkers)**

Race Directors: John & Jenni Smith. A great new run of 2 x 4km laps around the cycle paths of Piney Lakes, with varied scenery and some small climbs. Even a shower didn't dampen the spirits and just about everyone thought the course was great.

#### **Men**

##### **8km**

1st	S Burt	M40	20.02
2nd	J Langford	M60	29.28
3rd	B Mangan	M50	30.05

##### **4km**

1st	C Coates	M50	15.08
2nd	P Burke	M35	15.08
3rd	J Wannberg	M35	15.52

##### **8km Walk**

(no men)

##### **4km Walk**

1st	D Brown	M55	26.38
2nd	M Loly	M65	36.39
3rd	M Moyle	M75	37.50

#### **Women**

1st	K Burt	W50	35.40
2nd	M Langford	W55	37.35
3rd	S Bell	W55	38.49

1st	A Humphrey	W40	19.27
2nd	L Jones	W45	20.23
3rd	J Wood	W55	21.46

1st	R Wallis	W60	60.50
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1st	P Hopkins	W60	33.17
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### **50km Road Running Championships**

36 members completed the three events this year.

#### **Men**

1st	Steve Dunn	M35	3.53 min
2nd	Paul Hughes	M50	3.55 min
3rd	John Allen	M45	4.00 min

#### **Women**

1st	Helen Lysaght	W50	4.36 min
2nd	Gillian Young	W55	4.50 min
3rd	Julie Keeley	W35	5.14 min

### **Road Walking Championships**

12 walkers completed all events

#### **Men**

1st	David Brown	M55	6.19 min
2nd	Jeff Whittam	M70	7.43 min
3rd	Stan Delandgraff	M75	8.08 min

#### **Women**

1st	Val Millard	W55	6.52 min
2nd	Lynne Schickert	W60	7.32 min
3rd	Elaine Ellard	W60	8.34 min

**Racecourse Run – 10km & 5km (100 runners & walkers)** – Race Directors: Gary McLean and Christine Engles. The course went from Burswood Park on cycleway past Burswood Golf Club, under Windan Bridge out towards the Racecourse. An almost flat, fast run.

#### **Men**

##### **10km**

1st	T Scott	M45	34.47
2nd	B Roach	M35	35.05
3rd	L Marr	M45	38.01

##### **5km**

1st	S Dunn	M40	18.12
2nd	D Roberts	M60	20.15
3rd	R Gimi	M40	21.22

#### **Women**

1st	S Stockman	W40	46.07
2nd	G Young	W55	46.58
3rd	K March	W45	48.07

1st	D Baldock	W40	25.42
2nd	V Lok	W45	26.51
3rd	W Clement-Green	W60	28.55

**Walkers - 10km Age Graded Walk – Dick Horsley Trophy** - Winners were Stan Jones and Val Millard.

##### **5km Walk**

1st	J Frost	M65	38.20
2nd	R Bruce	M65	39.27
3rd	K Johnson	M75	40.12

1st	L Romeo	W60	35.13
2nd	M Mison	W55	38.20
3rd	P Hopkins	W60	40.12

After announcing the results, Gary said it was good to get some good runners in the club. This raised some good natured cat calls from a large number of older members, so Jim Barnes' painstaking research came up with a list of members who had run sub-3 hour marathons. Campbell Till, club statistician also helped. I did my bit for the ladies. This list might surprise a good number of the newer members because we have so many on it. My apologies to any one I have missed. We have 56 up until 2007 – I don't have all the dates.

### Sub-3 hour marathoners

Alan Thurlow	2.16.07	1985	Brett Roach	2.50.30	2007
Jim Langford	2.18.08	1979	Chris Coates	2.51.00	1983
Clive Hicks	2.22.21	1983	Graham Thornton	2.51.31	1985
Tony Heppener	2.27.49	1985	Bob McNamara	2.51.45	1979
Frank Smith	2.29.06	1982	Rob Shand	2.52.07	1979
Hugh Kirkman	2.30.00		Alan James	2.52.14	
John West	2.30.48	1987	Tom Savin	2.52.35	1984
Henk Stoffers	2.30.43	1987	Bob Argyle	2.52.35	1984
Bill Jones	2.31.41	1979	Barrie Robinson	2.52.35	1984
Ross Parker	2.31.41	1989	John Pellier	2.53.18	1985
Chris Brockwell	2.33.16		Charlie Spare	2.53.18	1985
Phil Wall	2.33.31	1979	Wayne Pantall	2.53.47	1985
John Pressley	2.33.44	1985	George Innes	2.54.02	1972
Chris Maher	2.34.12		John Frost	2.54.45	1979
Jeff Joyce	2.34.00	1978	Allen Tyson	2.56.22	1979
Doug Hazell	2.36.25	1978	John Bell	2.56.24	1984
Myles Ferrell	2.37.08	2006	David Reid	2.56.38	1981
Don Caplin	2.37.20	1982	Terry Manford	2.56.43	1984
John Gilmour	2.38.19	1978	John Butts	2.57.59	1978
David Muir	2.39.55	1983	Peter Sullivan	2.57.56	1978
Steve Barrie	2.40.10		Brian Paxman	2.58.01	1978
Maurice Smith	2.40.34	1979	Ralph Henderson	2.58.20	1990
Maurice Johnson	2.43.00		Brian Foley	2.58.33	1980
Jim Barnes	2.43.23	1983	David Carr	2.58.33	1980
David Baird	2.43.42		Eric Emmett	2.58.49	1985
Bob Schickert	2.44.32	1984	Barrie Slinger	2.58.59	1984
Steve Dunn	2.45.00		Dick Blom	2.59.31	1985
Peter Saunders	2.46.14	1985	Arnold Jenkins	2.59.52	1984
Murray Drummond	2.46.34	1996	<b>Ladies</b>		
Paul Hughes	2.48.00	1984	Karen Gobby	2.36.40	1999
Darryl White	2.48.37	1999	Tessa Brockwell	2.43.00	
Bjorn Dybdahl	2.49.59	2003	Anne Shaw	2.57.06	
Brian Danby	2.50.10	1983			

### Three of our Marathon Men



*Allen Tyson and Steve Barrie helping at a Marathon Club event*



*John Pellier*

## 2007

President Ivan Brown, Secretary Bob Schickert, Treasurer Roger Walsh, Editor Vic Waters.  
Life membership was awarded to Barrie Thomsett at the AGM. Membership for the year was 484.

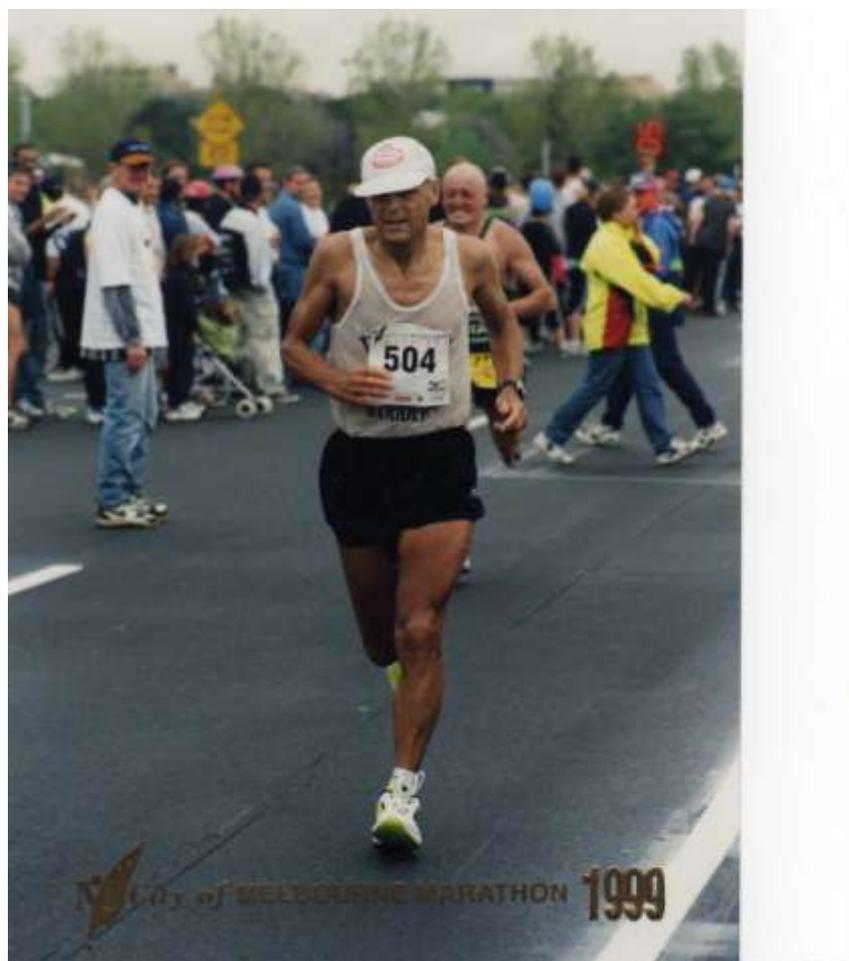
**Social Activities** and other news reported during the year in the *Vetrun*:

**Long weekend camps** - in March this year the camp was held at Dwellingup Caravan Park, 100km from Perth near the Murray River. There was good running on the Bibbulmun and Mindi Bindi Tracks. Cost was \$80 per head for three nights. In September, club members went to Dryandra, again with a cost of \$80.

**Website** - Mike Carra has taken over the website from John Stone who has moved to New Zealand.

**Vetrun** - July 2007 saw the 400<sup>th</sup> edition of the club magazine produced. This has been a valuable resource for members checking on times of their runs, and being told about future overseas competitions.

**Jim Barnes** became the first runner in WA to complete 100 marathons.



*Jim is seen here finishing the City of Melbourne Marathon in 1999.*

**Wayne Pantall** - during the year, Wayne Pantall, runner, race director of TWO runs each year and darn good bloke and bush poet was made “Bush Poet of the month” by The Bush Writers Club.

**Basil Worner** – long time Albany resident and Vets life member, Basil Worner was the principal organiser of the Albany “Relay for Life” over 24 hours which raised \$140,000. Great effort for a first time event.

#### **Brian Foley Award**

At the 2007 AMA Annual General Meeting (of which Lynne Schickert was President), it was decided, that in recognition of Brian’s contribution to Masters Athletics, to award an annual trophy at the 2008 Australian Masters Athletics National Championships for the best age graded individual performance (either male or female) in an 800m or 1500m event – Brian’s two favourite track events.

**Congratulations:** And at the 2007 AMA AGM, Jacki Halberg was awarded an AMA Merit Award for services to Masters Athletics.

**Presentation Day lunch** was held at the Metro Inn, South Perth again for a cost of \$27 per head. Club members also joined together for a fun night **Dinner Dance** at Frenchy’s in November, cost being \$44 per head.

**Results and times** of note during the year:

The **Achievement Award** was won by Jackie Halberg and the **Club Handicap** trophy by Lachlan Marr.

**Twenty One Years** ago, in 1987, Morris Warren instigated the club’s 50km Road Running Championships. Thanks Morris, these are the highlight of the club’s winter season and here are this year’s results.

#### **50km Road Running Championships**

22 men and 12 women completed all three events this year.

<b>Men</b>	<b>Av km</b>	<b>Women</b>	<b>Av km</b>
1st Brett Roach	3.42 min	1st Gillian Young	4.50 min
2nd Bjorn Dybdahl	4.02 min	2nd Karen March	4.51 min
3rd John Allen	4.05 min	3rd Kay Burt	5.00 min

#### **Road Walking Championships**

9 walkers completed all events.

<b>Men</b>	<b>Av km</b>	<b>Women</b>	<b>Av km</b>
1st Mike Rhodes	6.48 min	1st Lynne Schickert	7.15 min
2nd John Frost	7.23 min	2nd Elaine Dance	7.20 min
3rd Jeff Whittam	7.47 min	3rd Linda Rhodes	7.42 min



**MAWA Presentation Day Lunch**

*Club members receiving their medals and trophies for the 2007 Road Walk Championships*

*(front Row L-R) Margaret Bennett, Linda Rhodes, Elaine Dance, Lorraine Lopes, Lynne Schickert  
(Back Row L-R) Johann Hagedoorn, Mike Rhodes and John Frost*

**PK Run – 10km & 5km (48 runners and walkers) – Race Directors: John & Elaine Dance.**

This was a Handicap run at Port Kennedy and brave members had a dip in the ocean afterwards.

**10km Run Handicap**

			<b>Time</b>	<b>H/cap</b>
1st	J Langford	M60	67.40	29.24
2nd	R Harris	M70	68.05	9.42
3rd	S Letham	W30	68.18	25.48

**Men 5km**

1st	R Sheehy	M60	25.28
2nd	R Walsh	M60	27.20
3rd	B Sammells	M70	28.23

**Women 5km**

1st	T Burke	W35	29.46
2nd	J Jarvis	W60	36.21
3rd	L Rhodes	W60	38.06

**10km Walk**

1st	J Whittam	M70	81.44	1st	V Millard	W60	69.46
				2nd	L Schickert	W65	79.49
				3rd	M Mison	W55	81.44

**5km Walk Handicap**

			<b>Time</b>	<b>H/cap</b>
1st	P Miller	W65	49.52	7.24
2nd	W Spencer	W60	49.53	N/H
3rd	P Hopkins	W60	52.10	10.18

**Mattagarup Run – 10km & 5km (83 runners & walkers) – Race Director Wayne Pantall**

The start was at Burswood Park and Frank Usher celebrated his 84<sup>th</sup> birthday by “shouting” all a drink at the East Perth drinks station.

**10km**

1st	P Smith	M40	38.15	1st	A Walker	W40	42.43
2nd	J Allen	M45	40.02	2nd	P Karra	W35	52.45
3rd	G McLean	M40	40.40	3rd	B Humphrey	W55	54.17

**5km**

1st	C Coates	M50	19.15	1st	R King	W45	23.43
2nd	L Presland	M65	19.20	2nd	M Saunders	W50	24.30
3rd	P Burke	M35	19.44	3rd	L Jones	W45	24.45

**10km Walk**

1st	R Walsh	M60	74.52	1st	L Schickert	W65	74.50
2nd	J Whittam	M70	82.15				
3rd	A Pomery	M75	92.57				

**5km Walk**

1st	K Johnson	M75	40.12	1st	L Romeo	W60	35.22
2nd	M Warren	M70	43.51	2nd	P Hopkins	W65	41.15
3rd	M Lolly	M65	44.35	3rd	D Whittam	W70	41.21

**New Run – City Rail – 10.7km & 7.3km (63 runners & walkers) – Race Directors: Linda & Mike Rhodes.** Run started at Bardon Park, turning right and heading towards Perth at Windan Bridge. Then on cycleway towards Mt Lawley for longer run. Although times were fast it appears no one jumped on the train.

**10.7km**

1st	R Parker	M55	41.01	1st	S McNamara	W50	53.06
2nd	P Hughes	M55	41.42	2nd	G Hollins	W45	58.33
3rd	J Allen	M45	42.03	3rd	J Richardson	W55	72.58

**7.3km**

1st	C Coates	M50	28.18	1st	M Langford	M60	36.03
2nd	J Klinge	M60	29.07	2nd	P Macliver	W60	38.42
3rd	D White	M45	32.20	3rd	G Spiro	W35	39.21

**7.3km Walk**

1st	K Johnson	M75	58.38	1st	R Wallis	W60	61.35
2nd	P Hopper	M60	60.41	2nd	L Lauchlan	W75	61.54

**Ashfield Run – 10km & 5km (104 runners & walkers) – Race Director: Denise Viala**

This was the second year of this very popular run from Katanning St Reserve, along the river. A pretty and fast course, which started from the reserve, going under Tonkin Highway and followed the river on an undulating cycle path.

**10km**

1st	B Roach	M35	36.39	1st	M Tarulli	W40	43.32
2nd	J Langford	M60	38.19	2nd	G Young	W60	47.45
3rd	P Sullivan	M45	38.57	3rd	S Oliver	W50	49.56

**5km**

1st	S Dunn	M40	19.04	1st	B Blurton	W55	23.33
2nd	P Burke	M35	20.47	2nd	P Macliver	W60	24.58
3rd	R Gimi	M40	22.33	3rd	D Baldock	W40	25.30

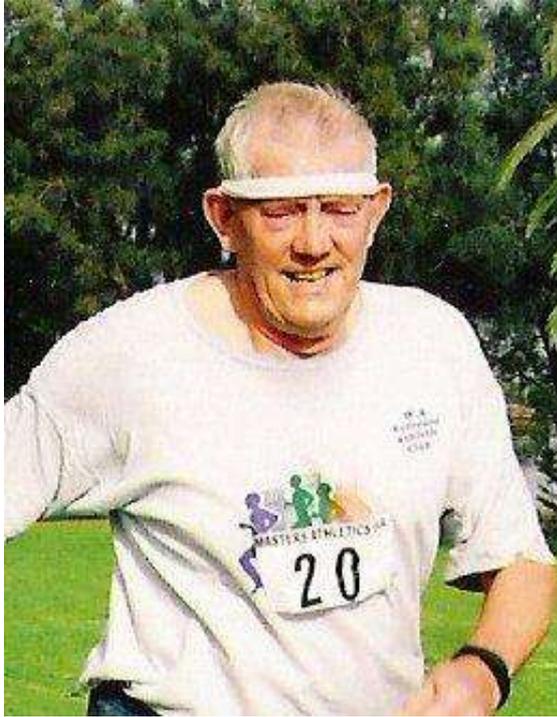
**10km Walk**

1st	R Hall	M70	72.23	1st	V Millard	W60	69.48
2nd	R Danks	M65	72.56	2nd	L Schickert	W65	75.25
3rd	J Whittam	M70	80.30				

**5km Walk**

1st	V Ratana	M70	42.05
2nd	L Hassam	M75	47.38
3rd	G Schaefer	M75	47.38

1st	M Mison	W60	38.28
2nd	P Hopkins	W65	42.02
3rd	L Lauchlan	W75	43.58



*Jeff and Dorothy Whittam – regular race walkers on Sunday mornings*

## 2008

President Barbara Blurton, Secretary Bob Schickert, Treasurer Roger Walsh, Editor Vic Waters.

After many years as Patron of the club, Bill Hughes has resigned owing to ill health. John Gilmour will take over as new Patron.

Life Memberships were awarded to Jacqui and Vic Beaumont.

### Social Activities

**Long weekend camps** were held at Dwellingup in March and Quindanning in September – a farm stay, just two hours from Perth. Great location with accommodation in the woolshed, double beds and single beds, communal kitchen/dining room, including upstairs. Sunday lunch was at the English pub in Quindanning.



#### ***Dwellingup Camp - March 2008***

*After the morning run, the group is now getting ready to walk the Bibbulmun Track!*

*L-R: Elaine & John Ellard, Lynne & Bob Schickert, Denise Viala, Julie Wood & Johann Hagerdoorn, Jan Jarvis, Ann Turner, Margaret Bennett, Pat Ainsworth, Pam & Steve Toohey, Lorraine Lopes  
Crouching in front: Pierre Viala, Val Millard and Morris Warren*

**Presentation Day Lunch** – held again at the Metro Inn, South Perth, \$33 per head.

Other items of interest reported in the *Vetrun* during the year.

### **Jeff Whittam**

MAWA has nominated Jeff Whittam for the 2008 City of Cambridge Volunteer of the Year Award in recognition of his outstanding work for the club over many years. Jeff is a life member and has been a committee member, *Vetrun* Editor, race director of two runs a year and also walk handicapper.

### **New Club Trophy**

A new club trophy, named the Jim Barnes Trophy was donated by John Oldfield for the best age graded time in the Peoples Marathon. The inaugural winner was Bert Carse.

### **Vale: Ernie Moyle**

The *Vetrun* acknowledged the sad death of Ernie. He joined the club in 1983 and was club treasurer in 1988/89. Ernie worked for Main Roads along with Richard Harris and Graham Thornton, and was a regular Saturday morning runner from McCallum Park.

**Results and times** I noted during the year.

Winner of the **Handicap Trophy** this year was David Carr, and the **Achievement Award** went to John Oldfield.

### **22nd Road Running Championship**

20 men and 9 women completed all three events this year .

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>		
1st	Brett Roach	M35	3.41 min	1st	Gillian Young	W60	4.51 min
2nd	Lachlan Marr	M45	4.03 min	2nd	Shirley Bell	W55	5.04 min
3rd	John Allen	M50	4.17 min	3rd	Claire Walkley	W40	5.24 min

### **Road Walking Championships**

2 men and 4 women walkers completed all events.

<b>Men</b>		<b>Av km</b>	<b>Women</b>		<b>Av km</b>		
1st	Mike Rhodes	M60	6.49 min	1st	Michele Mison	W60	6.50 min
2nd	Ray Hall	M70	7.05 min	2nd	Lynne Schickert	W65	7.25 min
3rd	Jeff Whittam	M70	8.00 min	3rd	Elaine Ellard	W65	8.43 min

### **McCallum Lakes – 8.4km & 4.2km (89 runners & walkers) – Race Director: Sue Bullen**

A fast flat course from McCallum Park around the lakes. All on the cycle way, and it is great now the cyclists have a separate path.

#### **8.4km**

1st	L Marr	M45	32.27	1st	K March	W45	37.53
2nd	C Frampton	M40	35.21	2nd	G Young	W60	38.22
3rd	R Henderson	M55	35.29	3rd	S Bell	W55	41.57

#### **4.2km**

1st	P Hughes	M55	16.02	1st	M Saunders	W50	19.29
2nd	J Klinge	M60	16.18	2nd	C Bowman	W50	20.52
3rd	D Roberts	M65	16.46	3rd	L Jones	W45	21.13

### 8.4km Walk

1st	R Hall	M70	58.34	1st	V Millard	W60	52.56
				2nd	L Lopes	W65	67.40
				3rd	B Doust	W55	67.41

### 4.2km Walk

1st	J Frost	M70	31.53	1st	L Romeo	W60	30.43
2nd	J Whittam	M70	33.11	2nd	J Shillington	W50	33.16
3rd	K Johnson	M75	34.25	3rd	P Hopkins	W65	35.12

### Whiteman Park – 10km & 5km (70 runners & walkers) – Race Directors: Brian & Jane Hardy

Great to be back in Whiteman Park after twenty or so years. Course mainly a flat track.

#### 10km

1st	B Roach	M35	38.07	1st	S Stockman	W40	49.20
2nd	P Sullivan	M50	38.58	2nd	J Halberg	W60	57.16
3rd	J Allen	M50	41.38	3rd	D Jones	W55	57.31

#### 5km

1st	M Dawson	M45	21.13	1st	D Baldock	W45	26.56
2nd	B Mathieson	M60	23.40	2nd	P Toohey	W60	30.11
3rd	M Creagh	M60	26.13	3rd	J Wood	W60	39.51

#### 10km Walk

1st	M Rhodes	M60	75.39
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#### 5km Walk

1st	N Miller	M75	54.52	1st	L Rhodes	W60	41.42
2nd	B Fergie	M70	54.53	2nd	L Schickert	W65	44.36
3rd	G Schaefer	M75	47.38	3rd	E Dance	W55	44.37

### Vale: Two outstanding club members – Keith Forden and Bill Hughes

In September and October of 2008, the club lost two very influential and well regarded members – Keith Forden (Club and National President) and Bill Hughes (Club Patron). Here are my tributes.

#### *To our best mates – Keith and Marg Forden*

Keith and Marg joined Vets/Masters in April 1984. They were introduced by Duncan Strachan. Duncan and Keith were both in the Australian Army together. We soon became friends with Marg and Keith as we seemed to enjoy the same things, ie training hard (like us they did high mileage in the early days); socialising with a few beers rolled in; travel - we travelled to Europe a few times with them to the London marathon and along with Barrie and Joan Slinger on the Canal Di Midi in France, and many times to Asia; plus we were all fans of West Coast Eagles.

We decided to celebrate our Golden Weddings together, ours in 2008 at my favourite place Nusa Dua in Bali; theirs in 2010 at Penang Malaysia where they married (Keith was stationed there in the army at the time). We had booked Bali when Keith became ill and they had to cancel. It was while we were in Bali that Keith passed away. "It was a very sad time".

Keith was club handicapper for many years and club President in 1988 and was therefore National President when the National championships were held in Perth in 1989. In those days the Presidency was always assumed by the leader of the State club hosting the event.



*1983 Relaxing at Jorgensen– Keith Forden, John Pellier, Don Caplin, Barrie Slinger and Val Tyson  
This is how we enjoyed ourselves after the cross country!*

Keith ran seven marathons with his best time being 3.24.41 in 1987. He also enjoyed cross country. After retirement they joined the Over Fifty Cycling Club and also had a "dab" at Triathlons. The Fordens had a "home" run at Woodvale and were Race Directors of the Lake Monger run.



*Marg and Keith finishing the 1987 London Marathon*

*Some Great Memories of Keith and Marg*



*Keith giving the welcome address at the 1989 Perth Nationals Championships*



*Brian Foley, Keith and David Carr at the Perth 1989 Cross Country course*



*Keith enjoying the cross country at Jorgensen in the days when we ran the creek*



*Marg running along the freeway in the (Perth) Peoples Marathon*



*Keith and Marg enjoyed many holidays  
with friends Joan and Barrie Slinger, Joan and John Pellier*



*Marg and Keith with Kirt Johnson celebrating John and Joan's 65<sup>th</sup> birthdays*

Marg was a marathon runner and has run twenty five, with her best being 3.25.33 in 1991. Thirteen of her marathons were the Peoples Marathon. Apart from long distance running Marg won gold in a 400 metres event at the National Championships in Tasmania in 1986 and was a member of the ladies 24 relay. Marg and John (my old man) did their marathon training together for over twenty years. Tuesday night in Kings Park they ran twenty two kms and weekends had a long run. Marg was a very active member of the committee when I was President in 1991, where she organised all the social side.

Keith also wrote poetry, and this one was featured in the *Vetrun* as part of his tribute.

***"Neath the stars of the "Ole Southern Cross"***

*I was born in Western Australia  
'Neath the stars of the "Ole Southern Cross"  
I've had a wonderful life  
With a beautiful wife  
Who bore two lovely children for me*

*Now the years are rolling by  
and before the memory grows dim  
I would like to say my farewells  
I hope I am out when the Grim Reaper calls  
but he'll keep coming back till he scores*

*I can't leave this unsaid  
you can't speak when you're dead  
so I had better tell you all now  
I love you but can't tell you how*

*"So"*

*Lay me to rest, where the wildflowers grow  
among the headstones, row upon row  
and leave some room for my darling  
For when she is ready to go  
Drape my coffin in red, white and blue  
and the stars of the "Ole Southern Cross"  
Let Roy and KD sing "Crying"  
and the Bugler will play the "Last Post"*

*I will wait for you here my darling  
Call to me, when you are ready  
and we'll be together again  
Just come here and lay down beside me  
and we'll sleep here together my darling  
Forever and ever, and ever, and ever  
'Neath the stars of the "Ole Southern Cross"*

*Keith Forden, 17 Dec 2001*

***Vale: Bill Hughes***

The November Vetrun saluted the passing of Bill Hughes who passed away on 14 October 2008 aged 81. I have used some of the information from that tribute and included my own memories of running with Bill in Boston and here in Perth.

Bill was an early member with a club number 8, Patron for many years and life member. He was a major sponsor of the 1989 Nationals in Perth through his company, Westwools Carpets.

In 1982 a group of Vets – Dennis Butcher, Barrie Slinger, Dave Hough, Allen Tyson and Jim Barnes went to the Boston Marathon. We were going to be in the US for three months at that time so John and I joined them. Bill was a very keen marathon runner too and at age 57 was also there to run the Boston Marathon.

Bill had two suites in the Sheraton overlooking the finish of the race where he held a function afterwards. Bill had shipped some Swan Beer to Boston but there was a strike and the beer sat on the dock, but not to be beaten Bill had some air freighted over.

Bill had 'no tickets on himself', he wore the most 'daggy' shorts but had bought some new ones for the marathon – yellow woolly ones, they looked awful but he said they were comfortable. It was the 86th running of the Boston and Bill finished in 3:14:28 in position 3560 out of 7647 – the fastest of the Vets group.

As President of his beloved South Fremantle Football Club Bill ran a marathon in Perth in 1990 to raise money for the football club. He ran a few kms with Sandi and myself but said we were too slow. However he ended up only a few minutes ahead of us at the finish, but like Sandi and myself, it was his last marathon.

Much to his disappointment Bill was unable to compete for about the last fifteen years of his life due to injury. But many new members at that time would have run into Bill: we all got to say

hello to him each year when he was on duty at the North Fremantle turning point of Paul and Sue's Mosman Park run when it went that way.

Condolences were extended to Paul and his family and Bill's contribution to the club will always be remembered.

*Joan Pellier*



***Bill Hughes in training for his events***

*Picture: Greg Wood*

*Source: The West Australian Saturday March 25, 1989  
Reprinted in 1989 National Veterans Track & Field  
Championships Results*

### ***NOW, If you can't run – don't give up, join the walkers!***

As I mentioned at the start of my story, I joined the Vets/Masters in 1980 and, although in later years I enjoyed competing on the track, my early years were mainly long distance running. I became mates with Phyl and Rob Farrell, also Ann Deanus. We ran in the hills around Canning Dam and also along the country lanes in Kelmscott which have all disappeared and are now houses.

Later I met Sandi Hodge at the club's Tuesday night training run in Kings Park and we became great friends, training together at least four times a week for ten years, doing anything between 10km to 20 miles. We ran a few marathons together including London in 1987 and Perth Mita Marathon in 1990.



*Joan and Sandi running in  
the 1990 Perth Mita Marathon.*

In the nineties I had some health hiccups and it took me some time to get back running my favourite run, the Road Running Championships, and doing some decent 5km times.

After running the 6km at Riverton Bridge in 1991, I pulled up sore with a swollen and painful knee. Rest did nothing so I saw a Sports Doctor who took one look at my knee and said “your running days are over”, you need to see a surgeon and when he gets into that knee I hate to see what he’d find. After speaking to Barrie Slinger, who advised me to stay away from my other favourite “hill running”, go to the gym, strengthen the muscles around the knee and swim, I carried on for a few more years.

By chance I heard about Synvisc Viscose supplement which is three injections into the knee, one week apart, to help the cartilage of which I had very little. It was done in the Sport Doctor’s surgery, so I gave it a go. Two weeks after the last injection I was back running 13kms, all was going well until five months later, whilst out on a long walk in France with the Slingers and Fordens, my knee locked up and John had to get me a taxi back to hotel. Back home and a rest and my knee seemed fine. When it locked up again on a 13km run from home I must have looked a horrible sight as a lady pulled along side of me and offered a lift home. Rest again!

On a Sunday club run I was just in front of Lynne Schickert when she suggested I join the walkers. That went down like a lead balloon, and I gave her “both barrels” – I was a runner, not a walker. I have since apologised many times, but it did put thoughts into my mind. A few months later I had Synvisc injections again but this time I wouldn’t try and run – I would “WALK”. It’s now been four years since my last Synvisc injection and I’m still out there.

Since then I’ve had lots of encouragement from Bob Fergie and Lynne who said “Well done, Joan – it is not every day that someone takes up the challenge of walking after being a runner, and I am very pleased you have been able to continue to participate and enjoy our Sunday events.”



*Bob Fergie and Joan battling it out in one of the Sunday morning walks.*

And I am not the only member of the club who has had to take up walking after starting out as a runner. **Barrie Thomsett's** story featured in the November 2008 *Vetrun* and he has given me permission to use it again, with minor editing.

### ***From running to walking to walking frame!***

As Barrie said "I had a completely different journey through the Masters Athletic Club. My journey started with a rather terrible mental breakdown due to over work, but thanks to some very caring medical people, and in particular, a caring and beautiful wife, I was able to climb out of that long dark tunnel and turn my life around. Mind you there are some who still have their doubts!

The name Whittam and orienteering/Veteran Athletics were well known in the 1970s, and due to my wife Fay, I somehow found myself at orienteering events, and under the tender care of Jeff and Dorothy Whittam. From there it was not long before I was trailing behind Jeff on the paths around Perry Lakes. November 1979, and I was a 'Pre-vet' until I turned 40 in June of the next year. Fay was somewhat amused that I took a great joy in turning 40. I was now a fully fledged Veteran Athlete.

My running was only mediocre, 5min/km was comfortable, and 4-30/km was stretching it a lot. Over the passing years we lost Fay to cancer, but the Vets became more and more my passion, due mainly to the competition and friendship in the Club. I retired early, and by my 50th birthday was attending the Tuesday morning group. I was a reasonable walker, I'm told my technique was sound, and the great Dick Horsley took me under his wing. I attended the Hobart Australian Champs and the Oceania Champs on Norfolk Island, helping at the track and competing, I believe I won a couple of medals, but again the holiday and good food was more important. [*On checking the Oceania records, Barrie brought home silver for the three walks in the M50 group – 1500m 9.28, 5000m 34.45, 10km road 68.06*]

With orienteering came rogaining in 1980s, and trailing behind my son and other super-fit maniacs for a few years. Bob Fergie (a powerful Vets thrower) and I teamed up to do "reasonably well" in super-vet rogaining which gained me a third place in the World Championships at Mt Singleton in 1996 and several State Championship titles. Touring cycling was another passion of mine, riding throughout the Eastern States including Tasmania and New Zealand. Finally, while riding with a friend in the Yallingup area in 2003, my legs started to give way. Not even extensive surgery halted a progression to the walking frame. It was then Bob and Lynne Schickert suggested I get involved in computerising our Sunday events results.

The years have passed. Life membership in 2006 was an honour I never expected. But I'm still deeply grateful, and very proud."

***Barrie Thomsett***

*Barrie's photos are on the next page.*

### **Other stories**

I have lots more stories about our members, but will leave these for the final part as I "wrap up" my thirty years of road running with the club.



*Barrie seen here finishing the 1500m walk at the 1992 Oceania championships on Norfolk Island, earning himself a silver medal.*



*WA Vets group at Norfolk Island 1992*

*L-R (back row) Ron Hillis, unknown, Jeff and Dorothy Whittam, Pat Carr, Cliff and Phyllis Bould, David Carr*

*Jackie Halberg in middle with Hillis daughter, Joan Hillis and Barrie Thomsett in front row*