

VETRUN

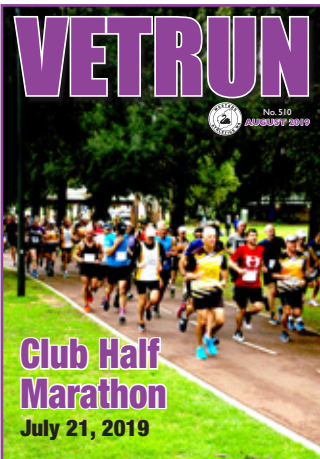


No. 510
AUGUST 2019



Club Half Marathon

July 21, 2019



NEXT EDITION: *Vetrun* No. 511 will be published in October 2019.

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AGM 2019 – October 13

THE MAWA Annual General Meeting will be held at 9.45am on Sunday, October 13, 2019 at the Hockey Clubrooms, Perry Lakes Drive, Floreat following the Claypit Circuit Run and morning tea in the clubrooms. All members are invited and encouraged to attend.

Nominations are called for the Committee for 2019-2020. The positions for election are President, Vice-President, Secretary, Treasurer and four Committee Members. Nomination forms are available from the Secretary, Delia – please email mawasecretary@gmail.com. All Committee nominations must be received by the Secretary no later than Sunday, September 29. Any Life Membership nominations need to be received by 8 September for consideration by the Committee.

A copy of the previous AGM minutes and reports for 2018 can be accessed on the MAWA website: www.mastersathleticswa.org under "Our Club" – "About Us" or you can request a copy from the Secretary. 2019 AGM reports will be printed in the October *Vetrun*. Hope to see you all there!

Delia Baldock

AGENDA

WELCOME

ATTENDANCE / APOLOGIES

MINUTES OF 2018 AGM

MATTERS ARISING

APPOINTMENT OF AUDITOR

REPORTS

President
Secretary
Treasurer

STATISTICIAN REPORT & PRESENTATION OF TROPHIES

Achievement Awards
John Gilmour Trophy
CLUB OFFICIALS

Patron
Auditor
Course Measurement
Editor *Vetrun*
Handicapper
Registrar
Social
Statistician
Website

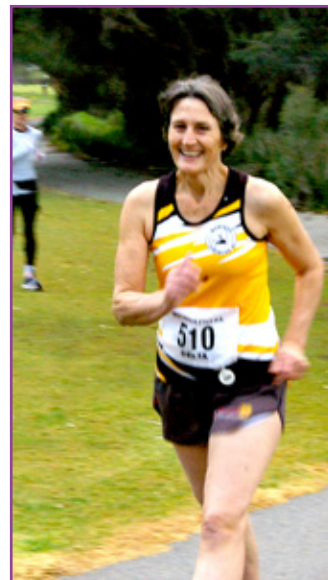
ELECTION OF OFFICE BEARERS

President
Vice-President
Secretary
Treasurer
Committee Members (4)

LIFE MEMBERSHIP AWARDS

GENERAL BUSINESS

CLOSE



Contact Delia for all information regarding the AGM, including nomination of members for Life Membership – mawasecretary@gmail.com

2020 Champs & NPIRE Travel

THE countdown is on for the 2020 WMA Championships in Canada.

We are aware that many of you are seasoned travellers and have been to AMA and WMA Championships in your careers; therefore, you are in a great position to know what you want, don't want, like and don't like in your personalised tours. That is where NPIRE Travel is a great option for you, as we meet your needs and pay attention to the little things that will make your tour memorable, affordable and unique.

View the Package Overview PDF document and/or contact Lisa Mac today on 0403 575 899 or lisa@npire.com.au to enquire about our Toronto, Montreal, New York and The Rockies packages exclusive to WMA athletes and supporters! *Lisa Mac*

Have a September weekend away!

COME and join your fellow runners and walkers for a great weekend away at Myalup Pines Cottages – Friday September 27 to Monday 30th.

Everyone is welcome to join us for this fun filled weekend.

There will be lots of running, walking, yoga, pilates, eating and drinking!

You can do as much or as little as you like.

Friday night – just chill out with your friends over a meal and wine in your cottage.

Saturday – we do a run or walk, followed by pilates or yoga for anyone interested. Saturday night we have a casserole night held in the main hall.

Sunday – again, run or walk, by pilates or yoga.

Sunday lunch we go to the



Brewery for lunch (PYO – at your own expense!).

Sunday night we have a BBQ, once again it's held in the hall.

For anyone interested in the footie there is a TV in the hall for you to watch the game.

Total cost to be advised once we know how many are attending.

Interested? Please see Margaret Bennet or me – Elaine Dance – at the Sunday runs or contact danaine@hotmail.com or mobile 0421 397 821.

SADLY, Barrie Thomsett one of our cherished Life Members, has passed away at 79 after a serious illness.

Barrie was member number 41 and will be remembered by many as a staunch supporter of our club. He joined in 1979 and was awarded life membership in 2007.

Barrie was our Boxing Day BBQ Race Director for many years. He was a Committee member from 1991 to 1993 and worked tirelessly on our Sunday results, as well as helping at many Sunday runs.

Many members will have fond memories of Barrie.

Said Bob Schickert:

"I knew Barrie as a competent walker who competed with MAWA most weeks for a long time. I also knew him as a fellow employee after his job of many years with Telstra finished and he came to work with my insurance firm on a part-time basis sorting mail. Barrie was on the MAWA Committee and did a great job for years in compiling the Sunday results. His contribution was very valuable. It was disappointing that over the last few years he stopped coming to Sunday events as he had many friends who attended regularly."

Travelling

I prompted Maxine Santich to recall an early '90s Championships in Tasmania, after which she and Barrie made a 'perilous' expedition!

"As I remember ... after the National Championships in Hobart I expressed an interest in going to Cradle Mountain. Barrie said he was going and I was welcome to join him.

"A number of Vets advised me not to travel with him – apparently he was a bad driver, but I took a punt!

"In fact, I don't remember any hair-raising moments on the journey. When we arrived at the base of Cradle Mountain the sun was shining but within half an hour snow was falling and we were throwing snow balls at each other!

Climbing

"We continued climbing up and Barrie said he wanted some time to himself. I went ahead slowly, and when he caught up he told me that the



Barrie Thomsett

mountain was significant to Barrie and his late wife, Fay. He had brought one of her T-shirts on the trip and had buried it on the mountain. **Anyhow, it was a memorable occasion and I felt quite privileged to share the experience. Barrie was good company; we had a lot of fun."**

Jeff and Dorothy Whittam were fellow walkers and close friends with Barrie for many years. Jeff said:

"Barrie went to Mt Lawley Primary School and as far as I know he was born in Inglewood or somewhere close by. I think the first time he went to Tasmania was to go orienteering. As far as I know Fay was from Perth as well. Frank Usher (another club member, now deceased) was a teacher who taught Barrie at Mt Lawley. Frank said it made him feel old when he found that out!"

Volunteer

"Barrie was a great volunteer, besides the work for Masters he also did voluntary work for the Cancer Council; and he also hosted the Rogaine Association when they collated and addressed their newsletter at his house.



"A special memory is of the time Barrie came along to support one of our club's 24-hour runs.

"I had suggested he bring along his running gear so he could have a run around the track in the outside lane if he wanted. It was fortunate he did as we were a runner short in one of the support teams.

"Barrie stepped in and ran

I DON'T know if Barrie was a bad driver – but he was a bold one. Only a few years ago he bought a motor-scooter, and that takes guts at our time of life!

Barrie was always up for a laugh though. Back when the GOT Run was in Kings Park, some parked cars had been damaged. I talked Barrie into guarding our vehicles, patrolling in a red jerkin and carrying a big stick.

He was always obliging. Once, when I was planning to give up editing this magazine Barrie offered to take over. That would have been interesting. Committee meetings with Barrie were always interesting too. They often went on too late (we were undisciplined) and his ear-splitting yawns were the signal that it was really time to wind-up! VW

the full 24 hours of the event! His main worry was getting someone to go and phone Fay to tell her he would not be home 'til the following afternoon.

"Three others in the team dropped out with injuries, etc – but not Barrie. The main team broke the world record that day."



Fine day for waders?

"Well, it was, until all these bloody runners came charging through my pond!"

Another bird – Chris Lark – just hovered over the water to victory. And on reflection, Silke Peglow and Rohan Thompson seemed to enjoy the day.



Be prepared for anything – like Leslie Dowling and Joanne Richardson.



Around Herdsman

June 23, 2019

Director: Rod Hamilton

ON such a day the true heroes were our helpers – so thanks, Rod, to you and your team. Marg Saunders said that had she not been rostered to handle the results she would have stayed in bed! For my part, members' exuberance through the water-jumps made it all worthwhile. VW

Age-group Winners

14.4km Run

Chris Lark	M35	1:00:36
Mark Kerr	M45	1:10:24
John Ranger	M50	1:10:28
Akos Gyarmathy	M60	1:12:46
John Fisher	M55	1:12:46
Brian Bennett	M70	1:13:48
Bruce McGeorge	M65	1:17:13
David Adams	M40	1:17:21

Women

Clare Rice	W40	1:10:02
Elizabeth Gomez	W35	1:10:32
Karen March	W55	1:13:03
Janne Wells	W50	1:27:37
Noelene Treen	W60	1:32:00
Wendy Grace	W65	1:32:36
Anne Young	W45	1:34:21
Justine Stewart	W30	1:48:30

7.2km Run

Patrick Jones	M45	30:09
Ralph Henderson	M70	33:13
Ross Keane	M55	35:35
Wayne Taylor	M60	37:59
Mark Hewitt	M65	38:39
Gavin Bain	M50	39:15
Rohan Thompson	M40	45:36
Bob Schickert	M75	48:13

Women

Joanna Lloyd	W45	31:50
Rochelle Airey	W50	38:31
Shareenah		
Virahsawmy	W40	38:38
Carol Bowman	W60	40:19
Denise Newport	W55	40:21
Jackie Halberg	W70	53:10

5km Run

Margaret Saunders	W65	26:22
Roger Walsh	M75	40:00
Paul Martin	M75	43:11

14.4km Walk

Karyn Tolardo	W50	1:37:10
Wendy Farrow	W50	1:43:52
Elaine Dance	W65	1:56:31
Melissa Lewis	W30	2:00:43
Mike Hale	M70	2:07:28

7.2km Walk

Johan Hagedoorn	M75	54:17
Lesley Dowling	W60	1:13:06
Jo Richardson	W65	1:13:09

5km Walk

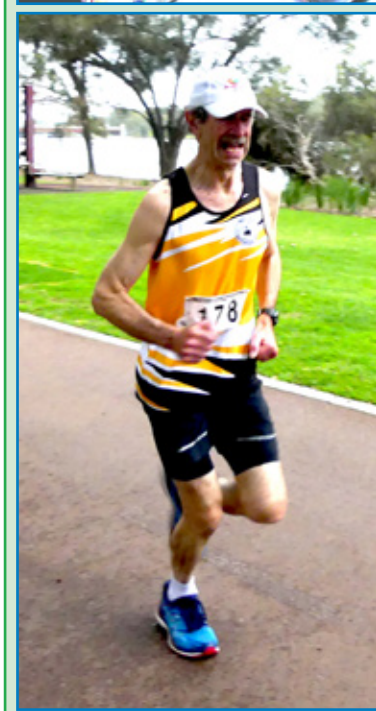
Delia Baldock	W55	38:58
Bob Fergie	M80	48:47
Priscilla Wilson	W40	54:10
Brian Dalton	M65	1:06:03



Clockwise, from top: Mark Kerr and Ricey, who must be waterproof! Liz Gomez squeezes cutely between bush and the pond; Bruce? – Hi, Bruce!

Next, Mark Hewitt is sandwiched delightfully by Delia Baldock and Virahsawmy Shareenah; and finally, the ever elegant Wendy Grace even jumps puddles with style!





Thanks are due to intrepid Jim Klinge, race director of the Half Marathon for many years, and his helpers. This event is a long one for them, beginning in good time for the long-distance walkers to set off, and not ending until the last competitors eventually come home. Our pictures: at top, two views of the start from the two Vics. Left, Ralph Henderson is still maintaining form, winning the 6km run. Above, Happy Andy? That's him, peeping in on the right, pleased as Punch (to whom he bears some resemblance here?) after signing in 87 visitors.



Club Half Marathon
 July 21, 2019
 Director: Jim Klinge

Age-group winners

21.1 km Run	Times
Chris Lark	M40 1:22:53
John Ranger	M50 1:30:14
Paul Beckers	M30 1:32:08
Ante Perdija	M45 1:32:46
Alex Tinniswood	M35 1:38:45
Akos Gyarmathy	M60 1:44:23
Brian Bennett	M70 1:45:18
Andrew Grosas	M55 1:45:41
Ed Wall	M65 1:53:42
David Carr	M85 2:46:23

Women

Clare Wardle	W40 1:38:09
Pamela Thonell	W45 1:49:40
Karen March	W55 1:55:17
Sarah Ballard	W35 1:59:34
Lori Sexton	W55 2:02:02
Carolyn Stephens	W60 2:06:44
Barbara Hasenoehrl	W50 2:11:27
Susan Sanders	W65 2:21:49

10.5km Run

Anthony Mugavin	M35 44:55
Adrian Fabiankovits	M30 45:35
Craig Goldfinch	M45 51:34
Russell Smith	M55 54:14
Wayne Taylor	M60 55:36
Alan Thorniley	M65 1:00:09
Bob Schickert	M75 1:12:36

Women

Rochelle Airey	W50 55:40
Ceri Morton	W35 58:17
Ngaio Kerr	W45 1:04:26

Jo Tucker	W55 1:05:14
Justine Stewart	W30 1:18:37
Rebekah Blake	W40 1:18:57

6km Run

Ralph Henderson	M70 27:33
Bert Carse	M75 29:14
Campbell Till	M60 30:00
Randy Hobbs	M55 30:12
Graeme Dahl	M65 31:05
Roy Hart	M70 42:23

Women

Margaret Saunders	W65 30:16
Carol Bowman	W60 34:11
Carmel Meyer	W55 34:13
Sandra Rourke	W50 34:45
Jackie Halberg	W70 42:21

21.1km Walk

Ross Keane	M55 2:58:48
Peter Ryan	M65 3:19:09

10.km Walk

Melissa Lewis	W30 1:12:01
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6km Walk

Christian D'argent	M60 39:35
John McDonagh	M70 43:12
Bob Fergie	M80 57:33
Brian Dalton	M65 1:16:11

Women

Peggy Macliver	W75 51:58
Erika Blake	W60 53:36
Sofia Carson	W55 57:25
Priscilla Wilson	W40 1:11:01

Ben Hoyle
The Times, June 4,
2019

IT'S 7am in Hollywood and a large man with a beard and long hair is waiting on a corner to discuss loneliness. Chuck McCarthy is dressed for work in a straw boater and a T-shirt that says: "The people walker – never walk alone."

He's hard to miss, which is precisely the point, and we set off on foot for a short loop through the honeysuckle-scented streets.

'No poop'

Three years ago McCarthy, an actor who won't give his age but "plays between 35 and 45", came up with a tongue-in-cheek business idea. Dog-walking apps were taking off but he did not want to work for one because he "didn't want to pick up dog poop". Instead, he thought, don't people need walking as much as dogs, and not just for exercise?

Los Angeles is home to four million people, many of whom are often stuck in cars, glued to screens or lurching from one temp job to another on different timetables from their friends. Surely some of them would benefit from time outdoors and human company? Starting with McCarthy.

"I was doing a lot of stuff online, writing and making art. Basically being isolated and not talking to anyone. Which is a bad thing, for an actor, to forget how to talk."

So he turned his joke business into a real one. He wore hand-drawn "People Walker" T-shirts and posted flyers asking if there were people who were scared to walk alone at night, embarrassed to walk solo in general or who just "don't like listening to music or podcasts but can't walk alone in silence forced to face thoughts of the unknown future or your own insignificance in the ever expanding universe."

The initial rush of attention was "10,000 times" more intense than expected and he



'People walker'?

It began as a joke idea – but before long people let Chuck take them walkies!

found it stressful at first. But after a year he met a lawyer at a wedding who came on-board as his business partner. Today People Walker has about 10 staff, a small office behind the Hollywood Hills and an Uber-style app on which people in need of a walk can reach more than 200 freelance companions in the area.

In this neighbourhood, for instance, there's Philip, a film and TV writer who is studying to become a therapist and charges US\$7 (\$10) per half hour. Or there's Asteropi, a Greek woman who recently moved from Brazil and loves making nature videos, for double that price. Or for \$US21 there's Jack from Delaware, an artist who is "very into fitness and wellness".

Walkers wanted

McCarthy says he needs 800 more walkers to meet demand in LA. There are outposts in Portland and San Francisco and he is seeking investors to help to scale the business and eventually take it abroad.

There's no single reason why people seek his services. Safety and fitness are the



Giggling time's up; it was no joke for our early starters, both walkers and runners, who set off into the gloom at the club's half-marathon meeting at Burswood Park.

most common reasons they cite, and walking encourages people to unplug and fosters inspiration.

"Very few people are going to say, 'Oh, I'm lonely,'" McCarthy says. "But everything we do is about loneliness."

"You have a job so you can buy a house, take a shower, buy clothing because you know people don't want to be around a guy who smells bad and is wearing rags."

People Walker just address-

es that need more directly. The people he walks don't look obviously lonely.

"They're married or have plenty of friends and family around. But here, and in lots of parts of the world, to just connect for a walk is tough." We're back at the corner. So how big does he think People Walker can get?

"It sounds super-silly and punny," he says, shuffling and smiling awkwardly. "I'm just trying to take it one step at a time."

by Jill Margo
AFR
Dec 12, 2018

A SNAPSHOT of Australia has highlighted two surprises.

First, we are getting even fatter, and second, our young adults are becoming more anxious.

On the positive side, the Australian Bureau of Statistics' National Health Survey 2017-18, released on Wednesday, shows 85 per cent of us feel we are in good health.

Feeling good

Louise Gates, ABS director of health statistics, says of this number, 56 per cent actually feel in excellent or very good health.

That 15 per cent are in fair or poor health has been unchanged for more than 10 years. This health profile is similar to most OECD countries.

Mental health

But Ms Gates was surprised by the rise in mental health conditions, predominantly anxiety and depression, which now affect 20 per cent of Australians.

Young women seem most at risk with 30 per cent,



between the ages of 15 and 24, having a mental health condition.

Their anxiety levels alone have risen over the past three years from 19 per cent to almost 25 per cent.

For males in this age group, anxiety levels rose from eight per cent to 14 per cent.

Ms Gates is not in a position to explain this rise, nor the increase in weight, which means three in every four Australian men are now overweight or obese.

"After the US and Chile, Australian men are the third most overweight and obese in Western developed countries."

That 74.5 per cent of men are now overweight or obese has helped push the proportion of Australian adults who are overweight or obese from 63.4 per cent three years ago to 67 per cent.

The survey was conducted across the country and included 21,000 people in

over 16,000 private dwellings.

It produced typical profiles of Australian men and women, against which you can compare yourself.

Today, the typical male weighs 87 kilograms and stands 175 centimetres tall, while the typical female is 72 kilograms and 161 centimetres tall.

No smoke ...

About 47 per cent of Australians have at least one chronic health condition but typically don't smoke.

More veg!

While they eat enough fruit, they seem not to like vegetables with only 7.5 per cent of adults having sufficient every day.

Although 79 per cent of adults consumed alcohol in the past year, they did so safely. Men are leading the reduction in risky drinking.

Six years ago, one in five adults drank more than two standard drinks a day. This has now dropped to one in six.

While 44 per cent of adults spend most of their work day sitting, the typical Australian does 42 minutes of exercise every day (mostly walking) but not enough strengthening and toning exercise.

Lauren Wicks
5 July 2019 in
CookingLight.com

WE could all use more exercise in our lives, as only 23 per cent of Americans get enough on a regular basis. Regular exercise offers some serious health benefits, from helping us lose weight to reducing our risk of developing chronic disease. But new research shows it could also play a crucial role in protecting our brains from dementia.

Researchers from Oregon Health & Science University wanted to discover how exercise can actually benefit the brain – besides releasing

Walking this much every day could reduce your dementia risk

Researchers from Oregon Health & Science University found a short workout could have a significant impact on one's learning and memory.

endorphins and boosting our moods. Previous studies have linked exercise to better brain health, but it's hard to separate the physical benefits from the specific effects on the brain.

The scientists designed a study where mice completed single, short bursts of exercise – the human equivalent to walking 4,000 steps – and their brain activity was monitored for three days post-

exercise. The researchers discovered just a short workout increased activity in the hippocampus, the region of the brain responsible for learning and memory. The hippocampus is responsible for forming, organising and storing our memories and plays a major role in cognitive decline and Alzheimer's disease.

"Exercise is cheap and you don't necessarily need a

fancy gym membership or have to run 10 miles a day," said co-senior author Gary Westbrook, MD, in a press release.

The team plans to continue their research by pairing short bouts of exercise with learning tasks to better understand the impact of physical activity on learning and memory.

The Bottom Line

While more research needs to be conducted, this study could be a great insight into effectively preventing Alzheimer's disease and other cognitive-related disorders in the future.

There are a million reasons to exercise and we will continue to monitor this research to see if preventing dementia and Alzheimer's becomes yet another important reason to get moving.

Sharks Run No. 25!

AMAZING – second year running without rain. The good lord must be taking pity on us!

All went well thanks to my helpers, particularly Paul Hughes, John McShane, John Batta, Charlie Chan, Paul Odam, Jenny Audsley, David Roberts, Cassie Hughes and Akos Gyarmathy. It is a great relief to me to have helpers who every year put their name down for this event and therefore make my life so much easier. I know a handicap run is not everybody's cup of tea but it was good to see nearly 100 runners and walkers taking part. Hope to see you all again next year.

Paul Martin

Sharks (Handicap)

July 14, 2019

Director: Paul Martin

10km Run Handicap

Alastair				
Wallace	M60	66:06	5.33	60.33
Rochelle				
Airey	W50	68:02	15.14	52.48

Age-group winners

5km Run

Tristan Bell	M50	23:45
Campbell Till	M60	24:41
Jim Klinge	M70	24:59
Patrick Jones	M45	25:38
Randy Hobbs	M55	25:49
Mark Hewitt	M65	27:08
David Carr	M85	28:20
David Baird	M75	34:27

Women

Margaret Saunders	W65	24:39
Carmel Meyer	W55	28:23
Sue Glyde	W50	32:47
Jackie Halberg	W70	34:23
Bernadette Height	W60	34:24

10km Walk

Lui Cecotti	M701:17:10
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5km Walk

Mike Anderson	M70	37:01
John Brambley	M75	41:38
Irwin		
Barrett-Lennard	M90	46:27
Jeff Whittam	M80	47:41
Neil McRae	M65	56:37

Women

Charlotte Webb	W40	47:40
Roselyne Pillay	W70	53:02
Margaret Bennett	W75	54:58
Jo Richardson	W65	54:59



Stop messing about you lot above, there's a serious contender coming through! That's Alastair Wallace on the left, recording his first win with the club, in the 10km handicap event.

Rochelle Airey, right, was the women's winner. Below, start of the 5km shows Marg Saunders, far right, winner of the female section. Pictures: Vic Beaumont.



National M50 Marathon record falls after 31 years

ON a cold, damp Sunday morning Shaun Creighton finished seventh outright in the Christchurch Marathon in the excellent time of 2:30.22. More importantly to Shaun, was the realisation that he had finally succeeded in breaking the M50 Australian Record that had been held by Peter Kallio for 31-years plus.

* Local note: Peter Kallio is father of our own outstanding distance runner, Sandra Stockman.

After the record-surpassing run Shaun Creighton said:

"So pleased to get it done in those BRUTAL conditions."

PETER KALLIO is one of Canberra's 'Originals', writes Bryan Thomas, AMA historian. Peter joined our club in its formative year, 1979, and is one of only five who have maintained continuous membership.

Peter is now an M80 and injuries have limited his athletic competition to participating in our monthly run/walk handicaps. But in earlier years he was a champion distance runner with a long list of notable achievements in cross-country, fun run, half marathon and marathon races in which he won numerous titles and set many age group records.

In the longer road races Peter really shone.

His achievements in the ACT Veterans' Half Marathon are simply outstanding.

- He won his age group 18 times out of 20 finishes.
- He won six best male performance trophies, determined by WMA age standards.
- He still holds the M45 record – and ran three of the top ten all-time best performances.

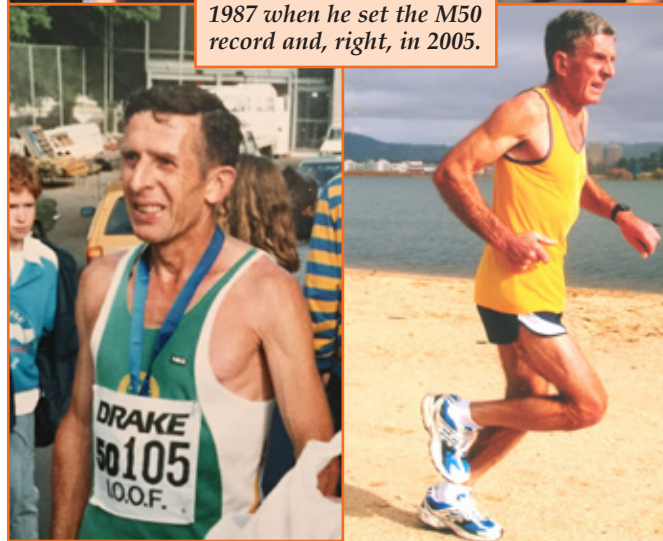
Aus Record

Peter set the Australian M50 marathon record at 2:30.52 at the 1987 World Veterans' Championships in Melbourne. This gold medal record stood for more than three decades!

He has the ninth best local (Canberra) M40 marathon performance; is the top M45 runner; and following



Below, Peter Kallio in 1987 when he set the M50 record and, right, in 2005.



Sandra Stockman, née Kallio, sent Vetrun these pictures of her dad and of Sandra herself with Shaun Creighton, the man who finally broke Peter's 31-year record. They were photographed after last year's Perth marathon, when he made an attempt on the record.

"Yes, Dad and I were both sad to see his record broken, although he knew it would happen one day," Sandra told me. "He was glad it wasn't smashed though, giving an indication of how hard it was to break. I'm still super proud of my dad."

At an ACT Athletics meet at Woden in November he set a new M50 ACT Record in the 3,000m. Then, in December, Shaun set two new M50 Australian Records in the NSW Club Championships, at the Sydney Olympic Track, where he ran 5,000m in 15:34.71 and lowered the existing record by fifteen seconds. Two weeks later in Geelong he ran the 10,000m in 32:19.11 improving the AR by 35 seconds.

These magnificent performances were recognised when Shaun was announced as the recipient of the Distance Category in the annual AMA Awards. He was runner-up in the same category the following year.

In April 2018 Shaun finished tenth outright and first male over 50 in the Canberra Marathon in the time of 2:47.24. In August he easily won the M50 age group in the ACTMA/AMA Half Marathon in 1:13.34 with a WMA age standard of 89.3%. This is the third best all-time performance in the thirty-eight year history of the event, and a new M50 record.

Then on that June morning in Christchurch Shaun took the Australian record from Peter. Can Shaun run a quicker marathon and will he be able to hold his record for as long as Peter?

Bryan Thomas

(Edited by Bob Schickert and Vic Waters)

Shaun's recent effort Peter is now runner-up on the M50 list.

The cover of the September 2002 *Vetrunner* features a photograph of Peter and the beginning of his story, *How I trained for that Marathon PB*.

Peter turned 50 in August 1986 and targeted the 1987 World Veterans Championships run. His aim was to run 2:30 and be a medallist.

He wrote: "At the time I was able to regularly run 10km in 35 minutes, so I needed to put four such efforts together in one event ... I would gradually increase training distances and run

every day all at the fastest pace at which I felt comfortable ... and run two marathons."

New record-setter

Shaun Creighton has enjoyed a distinguished career as a world-class middle distance runner having participated in two World Championships, four Commonwealth and two Olympic Games (Atlanta 1996 and Sydney 2000) prior to joining our Canberra club.

Having turned 50 in 2017 Shaun immediately set about smashing several ACT and Australian Records.

Mill Point Road

June 30, 2019

Director: Milton Maverick

Age-group winners

10km Run

Adrian Fabiankovits	M30	38:49
Jameson Hick	M40	38:52
Chris Lark	M35	38:58
Kim Thomas	M45	38:59
Martin O'Connell	M50	43:52
Paul Odam	M55	45:58
Akos Gyarmathy	M60	47:05
Brian Bennett	M70	47:56
Mercurio Cicchini	M65	51:25
Bob Schickert	M75	65:34

Women

Vanessa Carson	W40	46:32
Pamela Thonell	W45	48:16
Karen March	W55	48:58
Rochelle Airey	W50	52:06
Louise Skipworth	W35	53:14
Ceri Morton	W35	53:45
Carolyn Stephens	W60	59:48
Wendy Grace	W65	60:28

5km Run

Ralph Henderson	M70	22:51
Bert Carse	M75	24:06
Randy Hobbs	M55	25:20
Graeme Dahl	M65	25:50
David Carr	M85	28:01
Rohan Thompson	M40	31:43
Paul Martin	M75	40:08

Women

Margaret Saunders	W65	24:58
Sally-Anne Smith	W40	26:03
Carol Bowman	W60	28:19
Carmel Meyer	W55	29:29
Jackie Halberg	W70	33:29

10km Walk

Melissa Lewis	W30	69:09
Johan Hagedoorn	M75	73:57
Elaine Dance	W65	79:23
Peter Ryan	M65	83:59
Mike Hale	M70	86:48

5km Walk

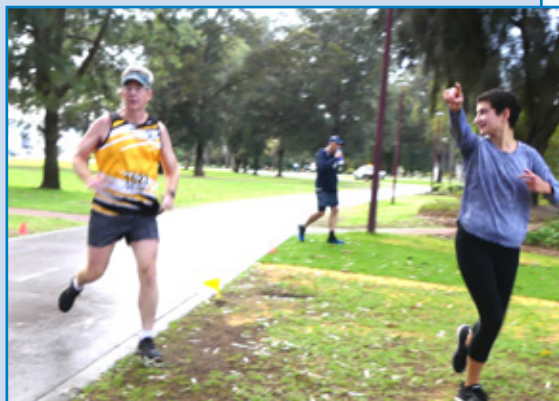
Wayne Taylor	M60	42:20
Rex Bruce	M75	47:46
Jeff Whittam	M80	47:55
Brian Dalton	M65	70:27

Women

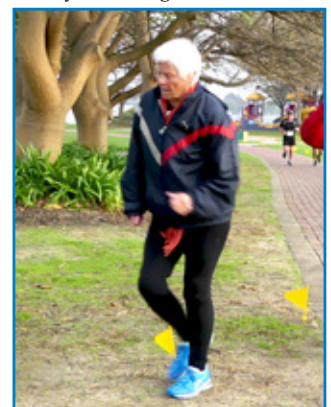
Charlotte Webb	W40	47:41
Lesley Dowling	W60	49:39



THEY really didn't want to come out of the shed this morning – but, above, Milton eventually got the events started. Right, Vic Beaumont found some shafts of sunshine to backlight Carol Bowman, as she finished, first W60, in the 5km. Bottom of page, Wayne Taylor rounds the penultimate turn in the 5km walk.



Who missed the turn then?



Joan Pellier	W75	50:24
Sofia Carson	W55	50:54
Jo Richardson	W65	53:39
Julie Wood	W70	53:40



Manning Park CC
 June 9, 2019
 Directors: Vanessa
 Carson & Cassie Hughes



I never wanted to come anyway and now my little brother's got his head stuck in that speaker thing – and I only pushed him a bit, but I bet I get the blame!

What a delight to have the Penrhos girls join our run! And right, yes, he made another late start – but Mike is always cheery!



Age-Group Winners

8km Run		Times
Kim Thomas	M45	30:20
Anthony Mugavin	M35	32:23
Andrew Grosas	M55	37:02
Jackson Wong	M50	41:19
David Adams	M40	41:24
David Baird	M75	42:50
Charlie Chan	M65	44:22
Tim Inglis	M60	45:47
Roy Hart	M70	55:31

Women

Karen March	W55	39:53
Tina Franklin	W50	42:29
Mara Kroyer	W40	43:37
Carol Bowman	W60	44:24

4km Run

John McShane	M50	17:47
Mark Hewitt	M65	20:26
Bruce Wilson	M70	20:37
Rohan Thompson	M40	25:36

Women

Monique Scourse	W45	20:00
Marcela Isabel		
Ruiz Valdes	W55	26:52

5.6km Walk

Sally-Anne Smith	W40	37:03
Peggy Macliver	W75	43:10
Elaine Dance	W65	43:12
Julie Wood	W70	56:30

Men

Lui Cecotti	M70	38:56
John Brambley	M75	45:37
Bob Fergie	M80	51:19

2.8km Walk

Victor Munoz	M60	16:38
Haydn Gawne	M70	18:50
Johan Hagedoorn	M75	19:16

Women

Delia Baldock	W55	21:26
Lynne Schickert	W75	27:35
Priscilla Wilson	W40	28:39



Racecourse (Walk Handicap)

July 28, 2019

Director: Gary Wilmot



Manning Park

SALUTATIONS to the hardy ones who braved the promised storm – especially the directors, helpers and Bob and Giovanni who marked the course. Manning is a great park.

Whoever organised the attendance of the Penrhos girls is to be thanked especially. Having 20 or so young athletes there with us was inspirational.

I spoke to one young mum whose daughter finished first, I think, perhaps in the single-lapper. The pair then raced to their car and were off to the next appointment – netball. Amazing how these supportive mums do it. Even at that hour she had made time for make-up and looked fine!

Delia says a Penrhos teacher contacted her in May to ask if they could send their cross country team to run the 4km at our Manning Park as training for the imminent inter-schools cross-country competition.

As they had about 20 students, we arranged for them to arrive early so they had plenty of time to register for their visitor numbers.

The girls filled most of the early positions in the 4km and I think the teachers ran too.



The President – nothing would keep Richard away from Presentation Day!

10km Walk Handicap

1st Male

John McDonagh M70 1:12:32 23.46 96.18

1st Female

Justine Stewart W30 1:18:43 34.48 113.30

Age-Group Winners

10km Run

Kim Thomas	M45	41:45
Andrew Grosas	M55	47:27
Akos Gyarmathy	M60	47:49
John Ranger	M50	48:00
David Adams	M40	51:11
Keith Miller	M70	51:13
Ed Wall	M65	52:00
Bob Schickert	M75	1:12:22

Women

Clare Wardle	W40	46:43
Pamela Thonell	W45	49:44
Karen March	W55	50:11
Chris Pattinson	W60	53:25
Ceri Morton	W35	54:51
Rochelle Airey	W50	55:47
Wendy Grace	W65	1:02:26

5km Run

Chris Maher	M65	22:07
Ralph Henderson	M70	22:30
Mark Dawson	M55	24:02

Campbell Till	M60	24:22
David Baird	M75	26:53
David Carr	M85	27:45
Sean Keane	M55	29:43

Women

Margaret Saunders	W65	24:53
Shareenah		
Virahsawmy	W40	26:01
Carmel Meyer	W55	27:19
Carol Bowman	W60	27:53
Ngaio Kerr	W45	28:34
Jackie Halberg	W70	34:23
Karen Alford	W50	35:22
Marg Forden	W75	43:53
Sheila Maslen	W80	54:01

5km Walk

Victor Munoz	M60	32:29
Mike Anderson	M70	37:32
Roger Walsh	M75	43:52
Jeff Whittam	M80	47:45
Brian Dalton	M65	1:00:38



Sheila Maslen – love those pink shoes!

Women

Janne Wells	W50	36:31
Lynne Choate	W65	42:07
Jo Shelley	W40	44:29
Sofia Carson	W55	46:57
Lesley Dowling	W60	50:05
Roselyne Pillay	W70	50:38
Margaret Bennett	W75	51:44
Lorna Lauchlan	W85	52:08

A BEAUTIFUL sunny morning was the backdrop for this winter event. The evening before, it had rained cats and dogs, so setting up the course was a morning affair.

The 13km run was taken on by 62 athletes (including 28 visitors). The 7km run had 52 entrants; the 13km walk had 5, and the 7km walk 15.

Age-group best performers are listed on this page and full results are on the club website, as usual. In

Age-group winners

13km Run

Grahak		
Cunningham	M40	58:36
Stuart MacKinnon	M35	59:40
Andrew Grosas	M55	1:02:00
Adrian		
Fabiankovits	M30	1:02:09
Giovanni Puglisi	M65	1:02:38
Akos Gyarmathy	M60	1:02:51
Brian Bennett	M70	1:03:07
Gary Ife	M50	1:04:05
Patrick Jones	M45	1:07:43
Bob Schickert	M75	1:31:27

Women

Pamela Thonell	W45	1:03:54
Karen March	W55	1:05:05
Mara Kroyer	W40	1:05:36
Rochelle Airey	W50	1:09:27
Noelene Treen	W60	1:20:44

7km Run

Anthony Mugavin	M35	30:33
Kevin Johnson	M60	31:33
Ralph Henderson	M70	32:27
Mark Kerr	M45	34:25
Bert Carse	M75	34:49
Graeme Dahl	M65	35:54
Ross Keane	M55	36:34
David Carr	M85	40:48

Women

Ceri Morton	W35	38:11
Carol Bowman	W60	39:55
Sandra Rourke	W50	40:51
Ngaio Kerr	W45	41:09
Gillian Young	W70	43:00
Delia Baldock	W55	44:11
Theresa Howe	W65	47:28
Gemma Hildyard	W40	56:53

13km Walk

Melissa Lewis	W30	1:27:03
Lui Cecotti	M70	1:36:21
Elaine Dance	W65	1:42:57
Janice Bertram	W50	1:54:10
Peter Ryan	M65	1:54:48

7km Walk

John McDonagh	M70	51:28
Johan Hagedoorn	M75	51:46
Bob Fergie	M80	1:07:08

Women

Peggy MacIver	W75	55:41
Lynne Choate	W65	1:02:17
Sofia Carson	W55	1:12:36
Julie Wood	W70	1:14:29
Lesley Dowling	W60	1:14:31
Sylvia Szabo	W35	1:18:43

Bardon Bash

July 7, 2019

Race Co-Directors:
Mercurio Cicchini &
Roy Hart

In addition to the fine performances of race leaders – such as, in the 13km, Grahak Cunningham, and Pamela Thonell, there were many notable performances.

Giovanni Puglisi finished first in his age group (fifth overall among members) despite not being able to participate in a competitive run for a number of weeks.

Original

Brian Bennett (an original director of the Bardon Bash) was first in the M70 category with an impressive time of 1:03:07 and Brian was also of great help by showing this novice Race Director the layout of the course. That was before the event, in company with another helper, Mike Hale. Mike also officiated on the day at the Garratt Road Bridge turn and drinks station, and brought back flags from the course as he cycled his way back to the start after the event.

Helpers

On the subject of helpers, my co-director Roy Hart was very supportive and did a fantastic scanning job. Helpers assisted at various parts of the course in a variety of roles. They were Arnie Jenkins, Sheila Pillay, Brian Dalton, Priscilla Wilson, Sandie Levis, Hazel (the Poet) Stephen, Trisha Farr, Bob Lane, Keith Miller and Milton Mavrick. Mark Hewitt jumped into the fray after his 6.5km run as an auxiliary helper. After the run other non-rostered volunteers chipped in as well, one being Jackie Halberg. So thank you. And thank you also to Margaret Bennett who brought an extra table used for setting up drinks.

Scorers

Last but not least I would like to thank Maurice, Margaret Saunders and Andrew Wilkinson who held the event together in the specialised roles. Their contributions on the day were greatly appreciated.

Mercurio Cicchini

WIRELESS HILL



Vanessa Carson blurs the frame speeding to her 8km victory. Below, Patrick Jones was first member home in the men's 8km.



Sue Hamilton, W60, was first overall in the 8km walk.

Johan Hagedoorn, M75, first man in the 8km walk.



WE ENJOYED a great day with no rain, even though it was threatening, writes director **Bob Schickert**. Being there earlier in the year than usual we did not see the wildflowers, however.

Every year, first timers on this course are surprised by just how tough it is; there is always a sense of achievement when you get to the end at the top of the last hill. Thanks to our helpers, many of whom are now regulars for this event.

Bob

Wireless Hill

June 16, 2019

Directors: *Lynne & Bob Schickert*



Monique Scourse W45, above, won the women's 4km run. Right, clockwise: Barbara Putland was the first W55 in the 8km run; Peter Clark was first M50 in the 8km; Alex Tinniswood, first M35 in the 8km; and Phillippa Bennett was the 4km run's first W60 home.

Age-Group Winners

4km Run

John McShane	M50	18:25
Bert Carse	M75	19:10
Campbell Till	M60	20:07
Russell Smith	M55	20:18
David Carr	M85	21:22
Charlie Chan	M65	23:26

Women

Monique Scourse	W45	19:51
Margaret Saunders	W65	20:18
Lisa Limonas	W50	20:35
Jenny Audsley	W55	24:32
Phillippa Bennett	W60	30:21
Jackie Halberg	W70	30:26

8km Walk

Sue Hamilton	W60	58:30
Johan Hagedoorn	M75	58:55
Justine Stewart	W30	62:12
Mike Hale	M70	68:20
Lesley Dowling	W60	69:52

4km Walk

Victor Munoz	M60	25:16
Mike Anderson	M70	30:03
John Brambley	M75	33:07
Bob Fergie	M80	38:36
Brian Dalton	M65	53:59

Women

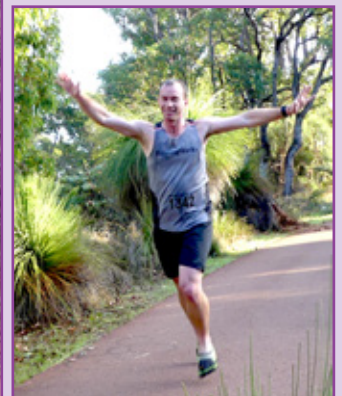
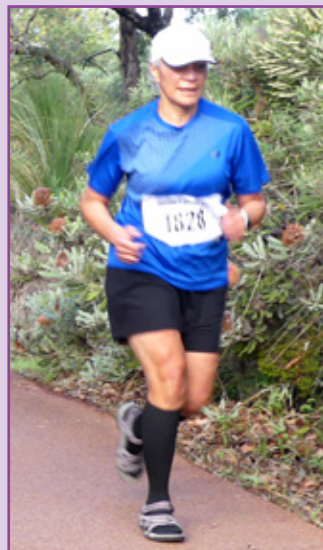
Gina Bell	W55	38:51
Priscilla Wilson	W40	41:22
Roselyne Pillay	W70	45:18

8km Run

Patrick Jones	M45	34:05
Alex Tinniswood	M35	34:22
Rod Hamilton	M55	37:09
Akos Gyarmathy	M60	38:56
Brian Bennett	M70	39:44
Peter Clark	M50	40:42
Bruce McGeorge	M65	42:34

Women

Vanessa Carson	W40	37:42
Barbara Putland	W55	40:54
Tina Franklin	W50	42:50
Carolyn Stephens	W60	44:53
Caroline Clark	W45	50:36



**August 11
Club CC Championship**



Race Director: Jim Langford (0401 916 925)
Bob Fergie, John Pellier, Joan Pellier, Keith Martin, Margaret Langford, Frank Gardiner, John Dance, Frank Price, Virginia Mulvey, Mercurio Cicchini, Craig Goldfinch, Clare Rice

**August 18
Nedlands**



Race Director: Frank Gardiner (0419 886 728)
Amanda Walker, Paul Scott-Taylor, Joseph Patroni, Adrian Fabiankovits, Johanna Leahy Marstrand, John Ranger, Sandra Levis, Zane Walsh, Liz Dewhurst, Jo Patroni, Justine Stewart

**September 1
Darlington Dash**



Race Director: Delia Baldock (0418 935 040)
Michael Khan, Ralph Henderson, Adrian Fabiankovits, Ivo Davies, Narelle Gaynor, Lourens Jacobs, Sarah Ballard, Shareenah Virahsawmy, Lea Van Rensburg, Rebekah Blake, Nasirah Hemy, Sha Watson, Russell Saunders

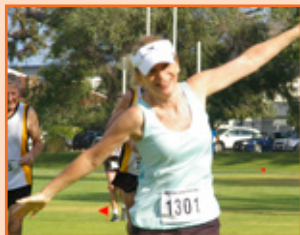
HELPERS

**September 8
Kings Park CC**



Race Director: Ralph Henderson (0408 939 293)
Merv Jones, Mark Rosen, Peter Hopper, Anne Jones, Alan Thorniley, Bruce McGeorge, Andrew Thorpe, Joe Aquilina, Geoff Davidson, Matt Byles, Rohan Thompson, Craig Lines, Joanna Lloyd

**September 15
City Rail**



Race Director: Erika Blake (0412 791 357)
Wayne Pantall, Christopher Maher, Malcolm Vernon, Karen March, Peter March, Carol Bowman, Edmund Wall, Joe Aquilina, Sheila Pillay, Tim Inglis, Dave Berry, Rhonda Newburn

**September 22
Mattagarup**



Race Director: Wayne Pantall (0415 684 368)
Blakeney Tindall, John Collier, Sylvia J Szabo, Sylvia B Szabo, Lui Cecotti, Samantha Farman, Nicola Hibbert, Renia Niderla, Raoul Temme, Craig Goldfinch, Troy Stanlake, Martin Oconnell, Aaron Cornes, Mara Kroyer

**September 29
Mullaloo Magic**

Race Directors: Mike Anderson (0407 940 520) & Johan Hagedoorn (0499 190 423)

Julie Wood, Martin Watkins, John Collier, Sandra Rourke, Lui Cecotti, Julie Storey, John Hillen, Lesley Dowling, William Hart,



**NEW MEMBERS
– WELCOME!**

1887 WRIGHT: Craig M50
1888 CAMERON: John M50
1889 MINNAAR: Judith W45
1890 CHAPMAN: Matt M40
1891 HARRISON: Mike M50
1892 BERRY: Dave M55
1893 THRALE: Trevor M55
1894 MURRAY: Jeremy M50

Peter Brooke, Eulalia Van Blomestein, Ceri Morton, Sha Watson, Russell Saunders, Jameson Hick

Where they're running

EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the extra events listed here. All are organised by members, volunteers and supporters.

MONDAY

Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

FRIDAY

6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY

DC's group at WAAS; 8-945am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door. Contact davidcarr@bigpond.com parkrun – go online to parkrun.com for details of many locations around Perth.



Dick Blom, long-time club member and now supporter; pictured at the end of his 2008 full Bibbulmun Track walk.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.

TUESDAY (am)

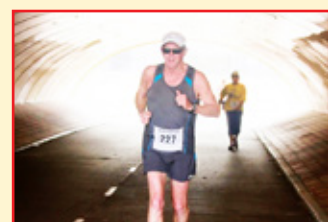
McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@pixelvision.com.au; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412990945; brianbennett47@gmail.com



What a star! Most Improved road runner Gary Fisher; no wonder he needs shades, he gives off such a glow!