

VETRUN



No. 514
APRIL 2020



Cover:
3Ps
Sunday, March 15

Coronavirus & Masters P2

CORONAVIRUS AND OUR CLUB

YOU should all have received an email regarding our response to the coronavirus situation in WA - reprinted on this page.

Cancellations announced

AS YOU will be aware the situation with coronavirus is changing daily. The government has reinforced advice on social distancing while the majority of sporting events have been cancelled, despite the fact that many are under the 500 limit for outdoor events.

The MAWA committee have therefore decided that we will cancel the upcoming State Championships and all Sunday runs with immediate effect.

We know how much you all enjoy our events and the social interaction, but we think this is the right decision.

We will continue to run our Thursday evening track meets at ECAC and WAAS, with track only from March 24. As usual there will be no winter competition at WAAS. We typically get 10-20 athletes at these meets so social distancing is readily achievable. We will have sanitiser on the table and ask all athletes to hand wash before and after touching paperwork or equipment.

We are of course very sad to take such drastic action, and although we believe risks at our Sunday runs and State Champs are very low indeed, the committee felt that this cautious decision was the right thing to do. A number of you have written to us supporting this action.

Interestingly, we were just saying a couple of years ago that cancellation of Woodbridge due to course flooding was the only time one of our runs has been cancelled. During 45 years we have done pretty well. It goes without saying that we will keep reviewing the situation and restart our

events just as soon as it is safe.

Please keep up with your running and training, taking care to practice social distancing. Athletics Australia advise that continuing track training is ok; but obviously - take the precautions you are all aware of.

For those athletes attending our coaching sessions, these are programmes for the season which ends soon. We will advise which sessions will continue into the winter.

We will be suspending new memberships until we can restart our events.

Richard Blurton, President

CODE of CONDUCT

Official Notice - Members and Visitors

IT HAS come to the Committee's attention that some participants in several of our events have reportedly been rude to members of the public.

This is not acceptable behaviour for Masters Athletics and city councils can refuse permission for our runs to be held if they receive complaints from their residents.

We strongly remind all our members and visitors that our runs are usually on SHARED paths with the public.

All participants in our events MUST GIVE WAY to other users on paths and show every courtesy to members of the public.

This rule holds even when it is a championship event.

This means keeping left, not blocking other users on the path, passing other path users safely. No verbal abuse will be tolerated.

If you witness a discourteous incident at a Masters event please report it immediately to the Committee.

Thank you for your adherence to our Club Guidelines

• **More - see page 8.**

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AMA Hall of Fame for Bob

CONGRATULATIONS to Bob Schickert who will be inducted into AMA's Hall of Fame in Brisbane this April.



CONGRATULATIONS to the MAWA athletes nominated for AMA awards:

Sprints: Ruth Johnson - three gold medals at Nationals.

Middle Distance: Marg Saunders - 1 Australian and four state records; two gold medals at Mackay.

Distance: Dee Roe - gold and bronze medals at Nationals; one state record.

Walks: Andrew Duncan - 4 gold medals at Nationals; Australian Champs record in 10km walk.

Throws: Jo Peters - 5 gold medals at Nationals; one Australian and two 2 state records.

Multis: Paul Jeffery - world record decathlon.

Best female: Melissa Foster.

Best male: Andrew Brooker - gold medal and state record at Mackay; seven more state records.



Jumps: Melissa Foster - gold medal and Australian records in Torun; two gold medals at Nationals.

Best performance: Paul Jeffery

Vetrun in landscape

VETRUN has been part of the club landscape right from the start in 1974, when David Carr, I believe, turned out the first newsletter.

That modest publication matured into a magazine which has expanded and improved over the decades. Many styles and changes led to our current situation, with a full-colour online magazine from which is printed a monochrome version.

Here and now you have the latest iteration – a *Vetrun* in landscape design.

Astute online readers – that’s almost all of you – will have noticed the effect already. This whole page fits on your screen; less need to scroll down the columns.

There are five columns on this and other general news pages and they are fractionally wider than before.

On some Sunday reports pages there are four columns, and they are noticeably wider than in previous editions. This makes room for our lists of ‘Age-group leaders’ to include your club numbers. With our ever-increasing membership (and four-digit numbers) this might help everyone to identify each other!

Print

If you take a printed *Vetrun* the change is glaringly obvious.



Your magazine has been turned on its side, and opens from bottom to top, like a flip-book.

I know this feels strange, and I welcome your comments, for and against!

The future

Most importantly, all the information and regular *Vetrun* features remain in place.

Like many members I prefer to

hold and read a tangible newspaper, book or magazine. In part, that’s because my journalistic career began in hot-metal days. (How many readers have the faintest idea what that means?!)

But ... my aim with this new design is to future-proof *Vetrun*.

Doubtless a time will arrive when it will be online only. It’s also likely that a non-journalist (or

certainly someone with no concept of traditional production) will be in charge.

This design will make it simpler to drop stories and pictures into the website pages. New pages can be added whenever needed. Publication deadlines will be immaterial. Information can be uploaded and read almost instantly.

It’s the future, folks. But not yet; not quite!

MASTERS who have reached their 90s will no longer pay club fees, to acknowledge years of membership and service to the club. This timely gesture prompts another idea for older ex-members to stay in touch.

In recent years several senior members gave up Sunday morning attendance and membership, mostly because they can’t com-

A timely gesture

pete any longer. We lost their companionship, knowledge and experience. More importantly, they miss the sociability that is so important for seniors.

Yes, there’s nothing to stop anyone showing up even if they don’t compete.

But ... pride is involved. That doesn’t feel like being part of the club.

My suggestion is a special membership.

Charge would be nominal – \$5? They might regain their old club number? They might like to help out sometimes?

I know several past members – such as Morris Warren, who founded the 50km RRC – who gave enormous service for decades. Invited with special membership I believe – and I hope – they would rejoin the fold.



Hi Vic

Just a thank you for the article and photo of John in the February issue of *Vetrun*. It was very nice to see that John was being acknowledged for his many years at the club.

John’s passion was running, but sadly that was taken away from him when he developed Parkinson’s disease which robbed him of the ability to even walk.

John was sent to his rest wearing his Masters singlet with his club number 286 and wearing one of his many medals won during his time at the club.

Thank you again and my best wishes to the continuing growth of the club.

Regards, Elaine Ellard



Always helpful

“Yeah, good try, Brian,” said Brian. “But that leg should point down. Just roll, twist – like so – and you should be right back on the bike.”

FEBRUARY 16, 2020

Director: Delia Baldock

AGE-GROUP LEADERS

10KM WALK

215	Robin King	W60	1:03:22
1231	Wendy Farrow	W50	1:08:39
1110	John McDonagh	M70	1:11:33
262	Johan Hagedoorn	M75	1:14:01
1856	Justine Stewart	W30	1:14:25

5KM RUN

755	Bob Lane	M70	21:39
1726	Jerry Peters	M40	22:26
745	Mark Dawson	M55	24:13
1720	Anne Young	W45	25:21
139	Jim Klinge	M70	25:33
739	Margaret Saunders	W65	25:46
119	Margaret Langford	W70	28:10

WOMEN

1720	Anne Young	W45	25:21
739	Margaret Saunders	W65	25:46
119	Margaret Langford	W70	28:10
1804	Evelyn Gilbert	W55	31:06
1961	Sofia Dumlao	W40	31:35
713	Grace Hollin	W60	32:46
1819	Sue Glyde	W50	33:11
1963	Loren Gee	W35	38:22

10KM HANDICAP RUN

1494	Wendy Grace	W65	1:03:03	4.16	58.47
1820	Mark Glyde	M55	1:03:19	13.33	49.46

5KM HANDICAP WALK

1531	Lesley Dowling	W60	43:52	1.19	42.33
627	Richard Blurton	M70	44:26	4.11	40.15



Woodbridge
HANDICAP

A LOVELY mild morning greeted us for the start of the Woodbridge run on the banks of the Swan River.

A Ray Gimi memorial trophy has been created in honour of our late member – who also made a generous bequest to the club – and this perpetual trophy will be presented to the winner of the 10km Handicap Run at Woodbridge every year.

Congratulations to our first winner, Wendy Grace, who courageously held off fast-finishing Mark Glyde, just 16 seconds behind. Congratulations also to Lesley Dowling who won the equally-keenly contested 5km Walk Handicap. The humidity did make conditions harder on what is normally a fast course.



Big thanks to all my helpers, and we hope to see you all back to have a go next year. Perhaps you'll take the time to explore the wonderful delights of the Swan Valley while you are visiting!

Delia Baldock



Friendship RUN & WALK

FEBRUARY 2, 2020

Director: Chris Lark



AGE-GROUP LEADERS

10KM RUN

1632	Roberto Busi	M40	36:52
798	Kim Thomas	M45	39:58
1986	Milo Barham	M30	41:41
1864	Martin O'Connell	M50	43:32
1400	Kevin Johnson	M60	46:17
220	Giovanni Puglisi	M65	48:00
175	Brian Bennett	M70	52:32
1180	Jackson Wong	M55	53:43
1960	Leon Mitchell	M35	54:48
512	David Baird	M75	55:56

WOMEN

1445	Vanessa Carson	W40	45:41
1882	Pamela Thonell	W45	54:27
1515	Sandra Keenan	W50	62:25
1512	Noelene Treen	W60	65:11
1494	Wendy Grace	W65	67:18
1230	Sam Farman	W55	76:35

5KM RUN

2003	Paul Watson	M50	20:35
807	Rod Hamilton	M55	20:57
1729	Victor Munoz	M65	22:52
178	Ralph Henderson	M70	23:45
1226	David Adams	M40	24:41
53	Jim Langford	M75	28:38
1947	Ian Brown	M60	29:04
2	David Carr	M85	30:47
56	Hamish McGlashan	M80	37:11



CROSS-country isn't ideal for walkers so congratulations to all those happy strollers who did so - like Peggy, Sue and Wendy (lower picture) and especially Lui, left and Johan over 10km.

From far left - Roberto Busi was the convincing winner of the 10km run; Vanessa Carson first woman; and Marg Saunders was first woman over 5km.



WOMEN

739	Margaret Saunders	W65	25:33
1393	Lori Sexton	W55	28:31
288	Gillian Young	W70	29:13
1323	Silke Peglow	W50	30:59
1961	Sofia Dumlaio	W40	31:27
1878	Trudy Young	W60	31:49
1939	Trisha Griffiths	W45	33:41
1879	Louise Skipworth	W35	34:03

10KM WALK

1138	Lui Cecotti	M70	73:42
262	Johan Hagedoorn	M75	88:38

5KM WALK

174	Mike Anderson	M70	39:01
1242	Joseph Patroni	M60	40:18
1487	Jason Kell	M40	43:19
43	Roger Walsh	M75	53:29
11	Bob Fergie	M80	56:20

WOMEN

99	Peggy Macliver	W75	40:27
1508	Sue Hamilton	W60	40:30
1231	Wendy Farrow	W50	40:30
339	Elaine Dance	W65	42:01
1531	Lesley Dowling	W60	43:45
1112	Sofia Carson	W55	49:07
295	Julie Wood	W70	56:57
1027	Sylvia Szabo	W35	58:39

Age Graded

HANDICAPS

FEBRUARY 9, 2020

Directors: Jason Kell &
Elizabeth Gomez

AGE-GROUP LEADERS

5KM RUN

1986	Milo Barham	M30	19:55
743	Ross Keane	M55	23:58
769	Graeme Dahl	M70	24:53
1576	Andrew Roddy	M35	26:47
762	Mark Hewitt	M65	27:20
194	Ivan Brown	M75	27:25

WOMEN

1975	Rowena Williams	W50	27:24
1939	Trisha Griffiths	W45	31:53
1804	Evelyn Gilbert	W55	32:05
713	Grace Hollin	W60	33:16
149	Jackie Halberg	W70	33:55
1992	Donna Guida	W40	35:50
1963	Loren Gee	W35	39:52
1988	Jenny Owen	W65	49:07

8KM WALK

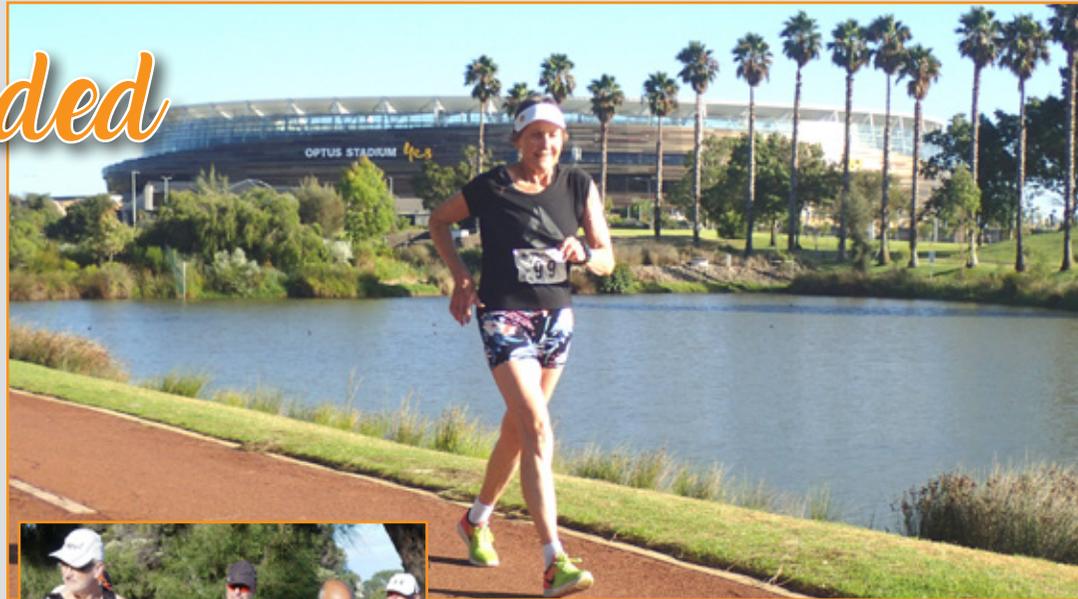
1944	Steve Travell	M60	69.41
251	Mike Hale	M70	77.16

8KM HANDICAP RUN

288	Gillian Young	W70	45:16	2.04	43.12
2003	Paul Watson	M50	46:05	15.09	30.56

5KM HANDICAP WALK

1729	Victor Munoz	M65	45:34	13.37	31.57
99	Peggy Macliver	W75	46:06	6.44	39.22



GILLIAN Young (right) is so cool she can pick up the Age Graded Handicap Trophy with her eyes closed! Above, W75 Peggy Macliver (pictured part-way through the event before the Optus Stadium) was best female walker in the 5km handicap. Victor Munoz, M65, left, was anxious to get under way and win the walk despite a hefty handicap of 15:57. Below, the non-handicap and scratch competitors set off.



Piney Lakes

FEBRUARY 23, 2020

Director: Ante Perdija

AGE-GROUP LEADERS

8KM RUN

1946	Yury Hotimsky	M40	29:02
2019	Daniel O'Brien	M35	29:47
798	Kim Thomas	M45	31:18
666	Peter March	M60	36:22
1707	Andrew Grosas	M55	37:39
1111	Ian Carson	M65	39:57
1675	Lourens Jacobs	M50	40:56
512	David Baird	M75	42:37
454	Mark Sivyer	M70	46:08
40	John Pellier	M80	62:06

WOMEN

867	Sue Zlnay	W60	36:17
1958	Annabel Vaughan	W30	37:25
1255	Clare Wardle	W45	38:11
650	Karen March	W55	38:55
1882	Pamela Thonell	W50	40:05
288	Gillian Young	W70	43:28
1494	Wendy Grace	W65	48:06
1826	Rhonda Newburn	W60	53:36
1994	Lorna MCGavock	W40	53:56

4KM RUN

858	Tristan Bell	M50	17:56
712	John Pentecost	M60	18:36
1620	John McShane	M55	18:58
1936	Laurent Carles	M45	19:24
106	Paul Hughes	M65	19:32
139	Jim Klinge	M70	20:37
194	Ivan Brown	M75	21:08
2	David Carr	M85	22:47
56	Hamish McGlashan	M80	27:25

WOMEN

739	Margaret Saunders	W65	19:38
1313	Cassie Hughes	W45	20:50
1977	Coko Rico	W30	21:39
1975	Rowena Williams	W50	21:52
1203	Elizabeth McFarland	W60	22:37
1661	Liz Bryson	W70	22:40
1961	Sofia Dumlao	W40	25:11
1963	Loren Gee	W35	30:33

8KM WALK

1257	Karyn Tolardo	W50	49:43
1729	Victor Munoz	M65	50:58
262	Johan Hagedoorn	M75	58:37
1487	Jason Kell	M40	64:11
1716	Elizabeth Gomez	W40	64:29
627	Richard Blurton	M70	69:04
251	Mike Hale	M70	71:31

4KM WALK

1808	Marcela Isabel Ruiz Valdes	W55	28:36
99	Peggy Macliver	W75	30:58
188	Val Millard	W70	32:29
1531	Lesley Dowling	W60	32:51
47	Joan Pellier	W80	37:53
1314	Priscilla Wilson	W40	40:50
513	Jo Richardson	W65	44:23

MEN

174	Mike Anderson	M70	30:37
244	John Brambley	M75	33:35
743	Ross Keane	M55	36:14
11	Bob Fergie	M80	38:03
20	Jeff Whittam	M85	38:31



Chivalry on show? No. Paul Edwards held off our visitor by one second! However, below, Paul Martin was trying so hard for the finish. How kind of Hazel to follow him with the drinks.



Yury



Sue



Tristan



Marcela

Left, Yuri Hotimsky, M40, made good the promise shown in his debut at the Welcome Run, finishing the 8km first in 29:02. Sue Zlnay, W60, was first woman in 36:17. Handicapper Tristan Bell won the 4km run in 17:56; and Marcela Isabel Ruiz Valdes walked 4km, first with 28:36.



It's great to see Lynne Schickert so bright and well after all the trials of the past year.



Masters in the Fishbowl

How to run Lake Monger's path bent by the fish-eye lens! Central runner is Mike Haederle, 1st M55, 7.5km. Two of our visitors, the exuberant youngster, and the man following in Mike's wake each enjoyed the outing in their own way.

OUR club's outstanding public presence is at an all-time high. Membership has grown steadily while deft handling of publicity outlets has drawn ever-more visitors to the Sunday morning events.

Increased attendance is gratifying - even though it adds to the overall burden of all our volunteer helpers, on the organising committee and on the ground every weekend. It's excellent.

We can be proud that more and more people use Masters to enjoy

physical activity and our friendly, sociable ambience.

Yet there is a distaff to temper the euphoria.

Masters high profile has floated us in the fishbowl of public perception.

As our crowds of athletes circulate round and round the paths of

rivers and parks we attract lots of attention.

Many events draw in 200 or more runners and walkers and when we hit the track our presence can be disconcerting for other people, be they young or old, on wheels or feet.

With the freedom and the privilege to use public thoroughfares comes responsibility.

In this *Vetr*un the club committee has issued some firm guide-

lines for Sunday morning behaviour (see page 2).

Athletics has always been the sport of courtesy and civilised behaviour.

WAVAC, now Masters, was founded in 1974 by a handful of talented, enthusiastic runners. The club grew steadily and as membership multiplied we gained the skills to cope with larger public events, and championships, on the road and track and field.

Several of the founders are still enthusiastic club members and should be justly proud of their creation. As Masters' half-century approaches we newcomers must honour their vision by nurturing the high standards that they set and have upheld for so many years.

Lake Monger

MARCH 1, 2020

Director: Kim Thomas



Daniel O'Brien, M35 (above, right) 11km winner.



Melinda Evans, left, 1st W35 over 11km. Right: Annabel Vaughan, W30, 7.5km winner. Far right: Paul O'Sullivan, M40, 4km winner.



You gotta go that way!

Kim Thomas made a great job of Lake Monger, showing exactly how we can share public footpaths with minimal disruption to other users. His grassy start used a 500m circuit to thin out the massive, 200-plus field before they hit the path. An anti-clockwise circuit of the lake allowed a left-turn finish into the chute, cleverly avoiding any confrontation with oncoming people, dogs, bikes, prams etcetera! Congratulations to Kim and all his team.

AGE-GROUP LEADERS

11KM RUN

2019	Daniel O'Brien	M35	41:06
1710	Mitch Cleasby	M60	45:17
308	Lachlan Marr	M55	48:50
858	Tristan Bell	M50	54:51
1942	James Hadfield	M30	55:10
1979	Hugh Reilly	M45	55:56
1256	Mercurio Cicchini	M70	56:57
1226	David Adams	M40	1:00:02
762	Mark Hewitt	M65	1:01:06

WOMEN

1445	Vanessa Carson	W40	50:52
1867	Melinda Evans	W35	53:28
650	Karen March	W55	54:50
1981	Samantha		
	Doran-Bryce	W45	57:12
288	Gillian Young	W70	1:00:21

843	Rochelle Airey	W50	1:00:54
1987	Catherine Breheny	W30	1:02:31
1254	Denise Newport	W60	1:05:09
481	Theresa Howe	W65	1:15:49

7.5 KM RUN

2003	Paul Watson	M50	29:04
1978	Mike Haederle	M55	31:02
53	Jim Langford	M75	39:06
1639	Geoff Vine	M70	39:59
468	Wayne Taylor	M60	45:12
1622	Tommy Glackin	M35	1:14:50

WOMEN

1958	Annabel Vaughan	W30	35:17
1926	Gayle Craft	W60	42:18
1919	Sulette Le Roux	W40	44:55
2018	Raegan Main	W35	46:59
815	Trisha Farr	W45	47:00
1813	Isolde Tietz	W65	51:10
2022	Jenny Hogg	W55	53:54

4KM RUN

2021	Paul O'Sullivan	M40	15:45
807	Rod Hamilton	M55	16:23
1587	Patrick Jones	M45	16:51
220	Giovanni Puglisi	M65	17:00
139	Jim Klinge	M70	20:15

194	Ivan Brown	M75	21:09
2	David Carr	M85	22:11
56	Hamish McGlashan	M80	27:19
824	Heiner Huning	M60	29:31

WOMEN

739	Margaret Saunders	W65	19:35
1313	Cassie Hughes	W45	19:43
1833	Sally-Anne Smith	W40	19:56
406	Chris Pattinson	W60	21:31
1975	Rowena Williams	W50	22:22
1837	Ruth Metcalf	W55	27:37
91	Jan Jarvis	W75	34:47
131	Toni Frank	W70	36:56

Joondalup

MARCH 8, 2020
Director: Mark Dawson

AGE-GROUP LEADERS
10KM RUN

1728	Chris Gould	M40	34:30
1342	Alex Tinniswood	M35	41:51
308	Lachlan Marr	M55	43:07
11450	John Ranger	M50	44:23
1202	Akos Gyarmathy	M60	47:43
1979	Hugh Reilly	M45	48:22
669	Alan Thorniley	M65	53:44
1639	Geoff Vine	M70	55:30

WOMEN



1634 Eulalia Van Blomestein W45 45:40

2011	Maria Graaf	W50	48:22
1867	Melinda Evans	W35	1:02:11
1512	Noelene Treen	W60	1:02:16
1994	Lorna MCGavock	W40	1:07:53



THIS year Lake Joondalup coincided with International Women's Day on Sunday, March 8, aptly as 'Joondalup' means the 'place of the long white hair' and is named after an indigenous story of the 'Charnok Woman', a tall spirit woman back in the dreamtime.

Anyone interested in this history can read about it in a brochure from the City of Joondalup Libraries service.

A pleasant, sunny morning greeted 152 people, including 70 visitors, who ran or walked along the flat and fast lakeside path, surrounded by melaleucas, banksias and acacia trees. I thank my efficient and charming team of helpers, who made the event run smoothly. See you all again next year.

Mark Dawson

2022	Jenny Hogg	W55	1:13:53
1768	Betty Kooy	W70	1:20:51



Pictures: Graeme Dahl

5KM RUN

220	Giovanni Puglisi	M65	20:58
178	Ralph Henderson	M70	23:17
2016	Eugene Whitehorn	M40	23:41
743	Ross Keane	M55	24:25
1681	Chris Kowalski	M60	27:23
1576	Andrew Roddy	M35	29:50
112	Bob Schickert	M75	35:46

WOMEN

1958	Annabel Vaughan	W30	21:08
739	Margaret Saunders	W65	24:43
1975	Rowena Williams	W50	28:50
1203	Elizabeth McFarland	W60	29:01
1961	Sofia Dumlao	W40	31:36
149	Jackie Halberg	W70	32:42
1963	Loren Gee	W35	40:05

10KM WALK

1257	Karyn Tolardo	W50	1:03:39
1111	Ian Carson	M65	1:07:10
1487	Jason Kell	M40	1:19:28
1716	Elizabeth Gomez	W40	1:21:30

5KM WALK

1729	Victor Munoz	M65	31:38
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262 Johan Hagedoorn M75 35:25

1522	Mark Kerr	M45	45:43
20	Jeff Whittam	M85	48:08
11	Bob Fergie	M80	48:10

WOMEN

1808	Marcela Isabel Ruiz Valdes	W55	35:24
99	Peggy Macliver	W75	37:58

10km winner Chris Gould, M40, led right from the start, even showing the way to the now-regular fast-starting young visitors.



188 Val Millard W70 40:57

1301	Erika Blake	W65	41:50
1531	Lesley Dowling	W60	41:57

3Ps

MARCH 15, 2020

Director: Lachlan Marr

AGE-GROUP LEADERS

16KM RUN

2019	Daniel O'Brien	M35	63:30
798	Kim Thomas	M45	67:30
2003	Paul Watson	M50	69:48
1726	Jerry Peters	M40	72:58
755	Bob Lane	M70	76:02
666	Peter March	M60	80:07
796	Steven Hossack	M55	81:17
512	David Baird	M75	96:31
729	Charlie Chan	M65	98:36

WOMEN

1974	Jen O'Brien	W35	75:50
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1255 Clare Wardle W45 78:01



1855	Clare Rice	W40	82:40
650	Karen March	W55	82:58
1958	Annabel Vaughan	W30	86:50
1494	Wendy Grace	W65	109:40
1512	Noelene Treen	W60	114:01
1875	Sha Watson	W50	114:43

8KM RUN

1838	Craig Goldfinch	M45	38:08
1901	Rodney Glossop	M40	38:37
745	Mark Dawson	M55	40:40
106	Paul Hughes	M65	41:57
175	Brian Bennett	M70	43:10
1907	Clifton Otte	M40	46:03
468	Wayne Taylor	M60	49:41

WOMEN

288	Gillian Young	W70	44:03
843	Rochelle Airey	W50	44:25
2020	Emma Hartley	W30	44:38
1862	Ceri Morton	W35	45:22
1926	Gayle Craft	W60	45:41



2013	Narelle Henderson	W55	49:45
1939	Trisha Griffiths	W45	55:20

5KM RUN

2021	Paul O'Sullivan	M40	19:46
743	Ross Keane	M55	24:54
1639	Geoff Vine	M70	26:08
2001	Hairi Yusuf	M50	27:25
2	David Carr	M85	29:06
530	Peter Hopper	M75	36:00
347	Neil McRae	M65	52:00

WOMEN

1883	Joanna Lloyd	W45	22:12
739	Margaret Saunders	W65	24:48
1994	Lorna McGavock	W40	32:29
149	Jackie Halberg	W70	36:44



Serious start to 3Ps this year when club President Richard Blurton (above) told us of cancellations and restrictions brought about by the spreading Covid-19 virus. As it develops new strategies will certainly come about. Members are advised to check the club website regularly for likely effects on Masters.

Director Lachlan Marr (below) took on this year's event and he and his team did a fine job. Most innovative of them, perhaps, was new member Crystal Shiu who was at the 4km-turn water table with her remarkable pet dog, which was trained to collect discarded cups!

Lucky break for an editor – each of this trio won a category in the 3Ps big 16m event. Bob Lane, left, was first M70, in 1:16:02. Steve Hossack was first M55 with 1:21:17; and Jen O'Brien, W35, was outright winner of the female section with 1:15:50.



3Ps

16KM WALK

1111	Ian Carson	M65	104:54
251	Mike Hale	M70	140:32
525	Peter Ryan	M70	158:56

8KM WALK

1638	Andrew Duncan	M50	48:54
1257	Karyn Tolardo	W50	50:53



1138 Lui Cecotti M70 62:35



Awesome twosome Andrew Duncan and Karyn Tolardo, above powered through 8km. Left, some girls just have fun on their walk!



5KM WALK

1833	Sally-Anne Smith	W40	34:42
510	Delia Baldock	W55	39:01
188	Val Millard	W70	41:46
1900	Glenys Duncan	W75	45:59
513	Jo Richardson	W65	52:38

MEN

1110	John McDonagh	M70	36:17
244	John Brambley	M75	42:17
1454	Andrew Cuthbertson	M60	45:08
11	Bob Fergie	M80	47:56



Vetrun's photo aces - Vic B and Vic W. We're not so nimble lately, so kindly run 'round us!



Woman of the Year That's her, 2020's Emma Hartley first W35 in the km run. I bet she has perfect vision too!

Synchronicity



Not only running in lockstep, Grahak Cunningham and Paul Hughes have synchronised their blinking too!



Craig Goldfinch 8km 1st



Gayle Craft 8km 1st W60



Geoff Vine 5km 1st M70