

# WET RUN



No. 520  
APRIL 2021



*Save your skin!*

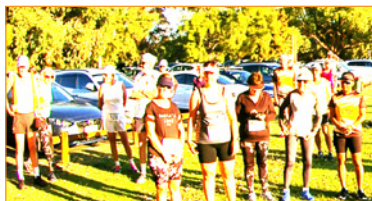


Cover - squinting into the sun at Joondalup.

NEXT EDITION: Vetrun No. 521 will be published in June 2021

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### NEW EVENT

ON May 23 a club event is planned - venue TBA - to replace the HBF Run for a Reason. Helpers are urgently needed. Jim Langford (who else?) directs. See page 16 and please contact Jim to volunteer.

# Skin checks can save lives

THIS might be the most important Vetrun you will ever read.

If only one person takes a skin check and finds something to fix, this edition will be worthwhile.

### by the Editor

Best outcome? Everyone checks, and finds nothing.

But you need help to do this properly.

On pages 8 and 9 you will find advice and guidance.

**NOT MANY CANCERS GIVE US A VISUAL WARNING.**

**Skin cancer does.**

**Don't ignore the signs.**

**Get naked in front of a health professional.**

## Masters Committee reports ...

### OUR CLUB SETS NEW RECORD

MEMBERSHIP reached an all-time high in January this year as 703 people enrolled with WA Masters!

Much of the growth has come via track and field participation and organisers were encouraged at the arrival of many new, young T&F members.

Since January more newcomers have signed up and as this edition of Vetrun goes to print the grand total is 747.

For the latest list of new members - see page 14 of this Vetrun.

Competitor levels on Thursday nights as ECAC were boosted in February and March as members honed their performances in readiness for the State Championships.

The surge brought a plea - 'to save on cups members are requested to bring their own water bottles for use at the finish!'

The committee also reported that as a review of Track and Field

income and expenditure showed the club is close to break-even, the \$3 p/p charge for participation at ECAC will be unchanged.

### Benefits

Members who joined by March 1 have free access to the World Masters Rankings site. Log in with your email address and it will be recognised.

The results of the OMA Virtual Championships are now on the OAA website.

OMA Championships in Norfolk Island 2022 have been cancelled. Next events are Australian Masters Games in Perth in October (entries now open), WMA Indoors in Edmonton in March 2022 and AMA Nationals in Brisbane April 1 to 4, 2022.

## Postal AMA Half-Marathon Champs

ACT Masters Athletics Club and the AMA has announced registrations for a postal 2021 AMA Half-Marathon Championships.

In WA the qualifying events are our own club half, on June 20; and the Marathon Club event of August 1.

While athletes can compete in any eligible half marathon and are not confined to a half marathon in their home state/territory, they can only nominate one event and submit one result.

For full details see the AMA website or send enquiries to Race Director, Suzie Gaynor (ACTMA), AMAhalfmarathon@actmastersathletics.org.au

## Elleker Running Festival

ALL MAWA members will be very welcome at this Albany event on Sunday, June 6.

Albany Athletics Club hosts the festival every year and this being the 25th staging, over a long weekend, it's a perfect time to head down south.

Elleker is a lovely little town 16km west of Albany.

You will run around the very scenic Elleker-Grasmere Road and the Lower Denmark Road and there's a choice of four events this year:

- 21.1km Half Marathon
- 10km Road Race
- 10km Walk
- 2km Kids Dash

Registration will be OPEN SOON - so check our own website for details.

### CLUB CONTACTS

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**Patron:** David Carr

# Feb 18, 2021: Quite a day

FEB 18: DELIVERED one past member to Charlie's for an op; and then attended the funeral of 'passed' member Bob Sammells at Pinnaroo to be buoyed by the excellent attendance of club members, including Pat representing Patron David Carr.

Saddened though, seeking Bob's image in the picture I took for the club's 40th anniversary in 2014, noting a few absent friends.

Still, that's what you expect if you join an old folks' club. You must make some younger friends, so someone will be left to carry you by the handles!

## Another funeral

What's in a name? Quite a lot when it comes to funerals. Lately the club had to double-check if a funeral notice in *the West* referred to 'one of us'.

A sportsman named Ray Lawrence was listed last month – and because one of the tributes was by Bob Hayres, who is definitely one of ours – conclusions were jumped-to. It was a morbid coincidence. Masters' Ray Lawrence actually died some years ago, and his obituary appeared in *Vetrun*. That's investigative journalism for you folks!

## Numbering system

Perhaps we could overcome such confusion by adopting unusual names?

Yet even if you're called Dweezel, Moonbiscuit or Xanadu (I always liked the idea of signing in with an X) there will eventually

be someone else with the same moniker. *Have you met the little lad named Elvis running with the club on Sundays? You see my point.*



So the only real solution is – go to numbers.

Everyone should be given a number at birth, preceded with a country prefix, like AU or GB.

(That's essential, otherwise it would be silly. You would have people with number 7 billion-plus.)

So – prospective parents note – this is how it works.

Your baby would be named AU (for this country) M or F (for gender) and then that day's number, say – AU-M-25,000,001. Catchy, eh?

Politically correct parents might choose to use ? instead of the M/F in case the offspring wants to switch parts some time hence.

No more obituary mix-ups; you know it makes sense.



## 'OUT OF BED IN THE MORNING ROUTINE'

EARLY-morning starts over summer had a very old Irving Berlin number reverberating through my brain – Oh, *How I Hate To Get Up In The Morning*. If you have similar feelings, here's a gentle exercise routine to make the experience more pleasing and useful.

Thanks, Ian Cotton and Ross Keane for recommending this guide.

Start from your head and work your way down:

### HEAD ROTATIONS

Slowly circle the chin 360 degrees; keep shoulders and upper body still. Repeat 8 times in each direction.

### ARM SWINGS

With both arms moving together, 8 forward, 8 backward.

### AEROPLANE ROTORS

Shoulders still, move one arm at a time, 8 forward, 8 backward for each arm.



### HAND ROTATIONS

One hand at a time; hold wrist, rotate 8 times forward, 8 backward. Change hands and repeat.

### HIP ROTATIONS

Hands on hips, 8 in each direction.

### KNEE ROTATIONS

Keep upper body still; 8 forward, 8 backward on each knee.

Note: Those with knee troubles might prefer to sit down for this one.

### FOOT ROTATIONS

Keeping leg still, use one foot

## Yokine effect

THE Yokine effect is one caused by running on the flat. Without undulations, sand, branches and other hazards flat-as-a-tack running affects your brain – adversely!

I was convinced I saw Mercurio out on the course marshalling. Must have been in a daze, as the results prove he was running.

After the event I ran the length of that enormous car park, trying to find my car to fetch the tea. It was actually parked very close to the start/finish, cunningly hidden in plain sight.

Right, I am definitely past it. Which doesn't mean I won't keep trying of course.

at a time; rotate each 8 forward, 8 backward.

Says Ross, who is an accredited coach:

"This routine is quick and relatively simple to do; takes me around five minutes. One of the advantages is that first thing in the morning you will be alerted to any muscle or tendon problems from the previous day's exertions.

"It appears that athletes feel mentally sharper earlier in their day. Coaches report increased wellbeing and over time, a decrease in injuries with training groups."

# Woodbridge - Valentine's Day 2021



Above, Mark Glide, 1st M60, in 27:10; and Cherie Byrnes, 1st W50, with 28:47. Right, Jenny Hogg was 1st W55, in 35:38; and in the main picture Bridget Carse was 1st W75 in a time of 35:54.

Top, Irene Ferris discovers just how to take first place, as the only walker to cover 10km!

Above left, Geoff Vine and Bert Carse kept close company; Geoff finishing just in front, 1st M70 in 26:01, with Bert, 1st M75 clocking 26:28. On their right, W45 Anne Young was first woman in the 5km, in 26:05.

# Woodbridge



*All-action Delia is a hands-on director! And, others please note - she even has time to send a report to Vetrun!*

## WHAT a relief not to have to wear a mask!

After our week of lockdown everyone was looking forward to getting out again at Woodbridge. It was rather warm so I think you all earned your Valentine's Day chocolates!

Well done to everyone who competed in the handicap events. Congratulations to Zane Walsh who took out the Ray Gimi Trophy in a very smart time for the 10km HC run and to Grace Hollin for winning the 5km HC walk.

Paul Watson was also first in the 5km in a very slick time. Thanks for your patience when we had to wait until 7am for the toilets to open and of course many thanks to all our wonderful helpers to run the event!

**Delia Baldock**



**FEBRUARY 14, 2021**  
*Director: Delia Baldock*

### 10KM HANDICAP RUN

1721	Zane Walsh	M40	1:04:06	22.36	41.30
2109	Mell Sieczka	W45	1:05:49	6.42	59.07

### 5KM HANDICAP WALK

713	Grace Hollin	W60	42:20	2.25	39.55
262	Johan Hagedoorn	M75	45:32	11.35	33.57



*Zane Walsh, tash intact, was first in the men's 10km handicap; Mell Sieczka (followed by handicapper Tristan Bell) won the women's.*

*Grace Hollin switched to her walking shoes and won the 5km women's handicap.*



### AGE-GROUP LEADERS

#### 10KM WALK

128	Irene Ferris	W65	1:13:43
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#### 5KM RUN

2003	Paul Watson	M50	19:56
2134	Gerrit Myburgh	M45	21:00
741	Ian Cotton	M55	21:18
1226	David Adams	M40	22:26
1639	Geoff Vine	M70	26:01
186	Bert Carse	M75	26:28
1820	Mark Glyde	M60	27:10
2183	Nick Baragwanath	M65	29:35
110	Merv Jones	M80	39:39

#### WOMEN

1720	Anne Young	W45	26:05
1751	Shareenah Virahsawmy	W40	27:01
2033	Cherrie Byrnes	W50	28:47
2159	Kerry Bickers	W60	32:27
2022	Jenny Hogg	W55	35:38
187	Bridget Carse	W75	35:54
1594	PhillippaGreenwood-Jones	W35	41:20

FEBRUARY 21, 2021  
 Directors: Ali & Philippa  
 Greenwood-Jones

# Yokine



Above: Pre-race, runners scan the horizon for the legendary hills of Yokine; and then, the race is on to be first up them!

YOKINE has housed our ancient Deadly Medley, the Six-Hour Team Challenge, even the Boxing Day jog. The venue's greatest asset is - it's flat! Oh yes, and it has the largest car park in the southern hemisphere. Thanks to Ali and Philippa and their helpers for taking over this year.

VW



### AGE-GROUP LEADERS 9KM RUN

2041	Simon McGarvie	M55	36:05
1864	Martin O'Connell	M50	37:00
2134	Gerrit Myburgh	M45	39:20
712	John Pentecost	M60	41:32
1111	Ian Carson	M65	41:59
1721	Zane Walsh	M40	42:51

### WOMEN

1255	Clare Wardle	W45	40:08
2042	Heather Longworth	W50	44:08
406	Chris Pattinson	W65	48:15

### 6KM RUN

858	Tristan Bell	M55	26:55
1362	David Boyd	M50	30:18
1256	Mercurio Cicchini	M70	30:26
512	David Baird	M75	31:03
762	Mark Hewitt	M65	31:14
2043	Paul Falconer	M60	33:19

### WOMEN

843	Rochelle Airey	W50	31:19
1862	Ceri Morton	W35	31:46
1393	Lori Sexton	W55	33:07
1926	Gayle Craft	W65	33:14



Highlight of the Yokine event is the water table and many - like John Pentecost, above - lingered a while. Not so Mark Dawson, left, who proved that blokes can do two things at once.



278 Keith Miller M70 43:45



1512 Noelene Treen W60 55:34



324 Jeanette Tiverios W60 35:34

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2142 Cherie Perrella W30 36:39



1961 Sofia Dumlao W40 36:43  
3KM RUN

741	Ian Cotton	M55	12:02
1587	Patrick Jones	M45	12:53
1351	Randy Hobbs	M60	15:40
769	Graeme Dahl	M70	15:51
194	Ivan Brown	M75	16:33

#### WOMEN

1994	Lorna McGavock	W45	17:40
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#### 9KM WALK

262	Johan Hagedoorn	M75	64:33
128	Irene Ferris	W65	77:10

#### 6KM WALK

1487	Jason Kell	M45	46:19
25	Jim Barnes	M75	59:05
1167	John Fisher	M60	59:10
251	Mike Hale	M70	60:07

#### WOMEN

99	Peggy Macliver	W75	47:07
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1301 Erika Blake W65 48:27

1716	Elizabeth Gomez	W40	50:10
713	Grace Hollin	W60	51:15
2080	Maja Zivanovic	W30	65:20



2089 Suzanne Renton W70 67:51  
3KM WALK

174	Mike Anderson	M70	21:00
77	Arnold Jenkins	M75	26:37
20	Jeff Whittam	M85	29:31
347	Neil McRae	M65	32:07

#### WOMEN

510	Delia Baldock	W55	22:06
141	Roma Barnett	W70	25:21
71	Marg Forden	W75	27:21
1735	Deborah Franey	W60	30:25
1722	Liz Dewhurst	W35	33:37



## My melanoma

SEVERAL years back Richard Harris, club member, and past Vetrun editor, asked me:

“What are you going to do about your skin?”

“I think I’ll hang on to this lot,” I replied.

I was flippant. But Richard was serious. At that time he was short one earlobe (he never again looked right in drop-earrings) due to excision of a skin cancer. Like me Richard is a pom, and he knew how stupid we solar-deprived migrants can be about soaking up exotic Australian sunshine.

He noted my freckled skin, of course, and that I rarely wore a cap.

What he didn’t know was that I had already copped a melanoma, tucked away discreetly behind the left knee. I had noticed a small

# SAVE YOUR SKIN

GET naked in front of a health professional. That’s the simple message from a club member currently undergoing treatment for cancer stemming from a melanoma.

We are very fortunate to live where, and when, we do.

Because skin cancer is so common in Australia we have become more aware of the danger. Also, research and technological development means that in this enlightened age many cancers can be treated successfully.

But ... early detection is vitally important.

black spot, reported it to the local GP, who said:

“That would be better in a bottle than on your leg,” and promptly reached for the scalpel. ‘Out damn spot,’ he might have added.

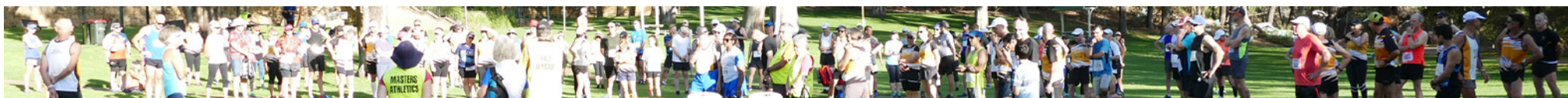
I was very lucky. Although it was a melanoma the effect was contained, as proved by follow-up surgery of the surrounding area



and six-monthly checks over the next four years.

Other sun-damage has been annoying, but non-lethal. Like many club members I have had bits frozen off commonly exposed parts of the body.

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## Being lucky

Nobody should rely on such luck, or just checking their own skin.

It is essential that our club members, who are regularly exposed to bright sunshine, 'get naked in front of a health professional.'

Why naked?

Because while most skin damage is related to solar rays - melanoma is NOT.

Melanomas can be found on the soles of your feet, between toes, and in the pubic region. Nobody can say why, but they are not caused simply by exposure to the sun.

## Go to experts

Effective examination can only be done by a trained medical professional.

I asked Dr Mark Dawson, one of our club's several health professionals, about skin checking.

"'Skin cancers' is indeed a large topic for discussion," he said.

"We must start by considering issues such as prevention; cumulative sun damage; and self-examination skin 'check-ups'.

"Then there are annual preventative skin check-ups with

# SAVE YOUR SKIN



## We run in the sun

**We are at risk. What can Masters do to alert people who attend our meetings - members, visitors, helpers? Can our club help prevent skin cancer?**

**Your ideas, suggestions and comments are welcomed. Contact the club secretary or Vetrin. VW**

GP's; pre-cancers; the many types of skin cancers per se, each with their own sub-types - BCCs, SCCs, melanomas.

"Next, who best to see for a medical opinion? Family GP, GP-run Mole Clinic, or specialist dermatologist? But note - one

specialist not to rely on is 'Dr Google'.

**"In short, I agree with my colleague Dr John Bell that there is no one simple way to identify skin cancers.**

**"But at the very least, a GP is a good place to start."** ■

The man I quoted at the top of this story is Club Patron and founder member David Carr. Richard Harris and I are mediocre performers at best. David is a world champion. But melanoma doesn't discriminate.

This is his account.

It took me a while to get thoughts together but I do not mind sharing this information.

Firstly, I was diagnosed with a particularly aggressive melanoma behind the knee and an area of skin measuring 12x12cm was removed and replaced with my own.

However, cancer had found its way into the body elsewhere and subsequent immunology has upset the skin on legs. It's too early to know what the cancer is doing.

## Prevention

Like all runners, I am exposed to the sun often. I do wear a cap.

I have had six-monthly checks for the last 20 years. By 'check' I mean, close examination, in the nude, by a dermatologist. Many burn-offs and a few cuts.

So am I a role model?

What of my age? When we hear of an elderly person becoming ill, or falling, we're inclined to link those events to that victim's age - rather than relate it to our own, personal wellbeing.

"Dead? Well he was 101..."



David Carr

## Our club

Many members have cancer, or have had cancer. Nearly all survive to run on. We have all been taught to slip, slop, wear a hat. We know not to sunbake.

Our club membership demographic profile leans towards fair-skinned. Many are ex-UK; black people are under-represented.

Education level is high. The medical professions are well-represented.

## Action

So what is to be done? Appeal to authority? We have at least one dermatologist in the club.

A dramatic event or presentation? What can we do?

I can only think of one sentence of advice.

**GET NAKED IN FRONT OF A HEALTH PROFESSIONAL."** ■



# McCallum Lakes

FEBRUARY 28, 2021

Director: Joe Patroni

## AGE-GROUP LEADERS

8KM RUN	TIMES	
2134 Gerrit Myburgh M45	M45	32:43
741 Ian Cotton M55	M55	33:43
2108 Darryl Downing M40	M40	34:14
796 Steven Hossack M60	M60	34:15
220 Giovanni Puglisi M70	M70	34:30
1342 Alex Tinniswood M35	M35	35:35
1202 Akos Gyarmathy M65	M65	36:45
1522 Mark Kerr M50	M50	36:52

## WOMEN

1943 Sophie Giles W45	W45	34:46
1455 Barbara Putland W55	W55	39:11
843 Rochelle Airey W50	W50	41:38
987 Julie Wilson W65	W65	42:46
1422 Carolyn Stephens W65	W65	44:50
1512 Noelene Treen W60	W60	47:10
481 Theresa Howe W70	W70	52:06

## 4KM RUN

1226 David Adams M40	M40	16:18
282 Campbell Till M60	M60	18:14
743 Ross Keane M55	M55	18:22
769 Graeme Dahl M70	M70	19:11
105 Bruce Wilson M75	M75	20:51
40 John Pellier M80	M80	28:12

## WOMEN

1958 Annabel Vaughan W35	W35	17:20
1926 Gayle Craft W65	W65	21:19
2047 Melanie Montgomery W40	W40	26:51
2022 Jenny Hogg W55	W55	27:00
1218 Ginny Mulvey W60	W60	27:32
1613 Charlotte Webb W45	W45	32:01
149 Jackie Halberg W70	W70	33:32

## 8KM WALK

1729 Victor Munoz M65	M65	51:03
262 Johan Hagedoorn M75	M75	55:13
525 Peter Ryan M70	M70	1:18:46

## 4KM WALK

1808 Marcela Isabel Ruiz Valdes W60	W60	26:42
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Director Joe Patroni is a patient man who didn't grumble when we were squeezed down to the riverside by the big-boys-toys shows at McCallum - and his measured courses were all cut by 200m.



Sophie Giles, W45 winner over 8km, will soon be chasing crims when she graduates from the WA Police Academy. No contest!



Darryl Downing and Steve Hossack (above) were a second apart, finishing as 1st M40 and 1st M60. Far left, 1st M55 Ian Cotton (passing oldest contestant, Irwin Barrett-Lennard) and left, 1st overall Gerrit Myburgh, each opted for the longer event this time.

510 Delia Baldock W55	W55	29:38
99 Peggy Macliver W75	W75	30:05
1716 Elizabeth Gomez W40	W40	31:25
2080 Maja Zivanovic W30	W30	41:37
1679 Roselyne Pillay W70	W70	45:26
<b>MEN</b>		
174 Mike Anderson M70	M70	27:50
1487 Jason Kell M45	M45	31:25
244 John Brambley M75	M75	31:48
321 Irwin Barrett-Lennard M90	M90	33:49
1944 Steve Travell M65	M65	33:55
20 Jeff Whittam M85	M85	39:06
824 Heiner Huning M60	M60	40:35
248 Rex Bruce M80	M80	41:44
1827 Steve Barrie M55	M55	45:55



**MARCH 7, 2021**  
*Director: Mark Dawson*

**AGE-GROUP LEADERS**  
**10KM RUN**

1728	Chris Gould	M45	34:08
781	Ross Langford	M40	34:14
1864	Martin O'Connell	M50	42:03
2184	Glenn Rogers	M55	43:16
308	Lachlan Marr	M60	44:52
2146	Alan Perrella	M35	46:55
278	Keith Miller	M70	50:09
1111	Ian Carson	M65	51:51

**WOMEN**

2210	Astrid Roberts		
	Feyer	W45	38:36



<b>1634</b>	<b>Eulalia Van Blomestein</b>	<b>W50</b>	<b>44:44</b>
650	Karen March	W55	49:20
1716	Elizabeth Gomez	W40	54:26
406	Chris Pattinson	W65	55:43
1512	Noelene Treen	W60	1:03:21
481	Theresa Howe	W70	1:06:07
986	Greg Wilson	M70	1:06:57
1594	Phillippa Greenwood-Jones	W35	1:26:45

**5KM RUN**

2021	Paul O'Sullivan	M40	18:16
2003	Paul Watson	M50	19:03
741	Ian Cotton	M55	20:51
1226	David Adams	M40	21:44
178	Ralph Henderson	M70	23:41
762	Mark Hewitt	M65	25:03



Chris Gould and Ross Langford led the 10km, start to finish.

1351	Randy Hobbs	M60	27:43
136	Vic Waters	M75	34:34
<b>928</b>	<b>Sandra Rourke</b>	<b>W50</b>	<b>29:49</b>
1613	Charlotte Webb	W45	34:38
1819	Sue Glyde	W55	35:47
149	Jackie Halberg	W70	39:07
131	Toni Frank	W75	41:41
1674	Gemma Hildyard	W40	42:29

**10KM WALK**

262	Johan Hagedoorn	M75	1:13:27
1301	Erika Blake	W65	1:22:44
339	Elaine Dance	W70	1:24:45
251	Mike Hale	M70	1:27:03
128	Irene Ferris	W65	1:33:25

**5KM WALK**

510	Delia Baldock	W55	37:40
111	Lynne Schickert	W75	44:09
1722	Liz Dewhurst	W35	46:35
2128	Heather Miller	W65	49:53
1735	Deborah Franey	W60	51:58
1515	Sandra Keenan	W50	51:58
2080	Maja Zivanovic	W30	53:59
1679	Roselyne Pillay	W70	54:35

**MEN**



<b>43</b>	<b>Roger Walsh</b>	<b>M75</b>	<b>43:32</b>
392	Nick Miletic	M70	50:24
1985	Michael Cyran	M45	54:00



**Zumba-rinas?**

Sandra Rourke might have been celebrating her 5km win; Wayne Taylor, simply exuberant for International Women's Day? They joined the Zumba session that fortuitously followed our event.



**24km warm-up!**

That's fairly normal for Noelene Treen, who cycles from home most Sunday mornings. Noelene always runs well and at Joondalup was first W60 in 62:21 for 10km. Then, of course, she rode home again!

MARCH 14, 2021  
 Director: Lachlan Marr

**AGE-GROUP LEADERS**  
**16KM RUN**

Aptly, while women's rights were in all our minds Astrid was best 16km runner of all.



- 2210 Astrid Roberts Feyer W45 1:04:28**
- 1704 Melissa Lewis W30 1:19:58
  - 650 Karen March W55 1:20:34
  - 1716 Elizabeth Gomez W40 1:26:35
  - 2113 Kim Tyler W65 1:32:38
  - 1862 Ceri Morton W35 1:34:29
  - 1512 Noelene Treen W60 1:52:22

- MEN**
- 1726 Jerry Peters M40 1:08:56
  - 1864 Martin O'Connell M50 1:10:06
  - 796 Steven Hossack M60 1:15:25
  - 755 Bob Lane M70 1:15:36
  - 1707 Andrew Grosas M55 1:20:25
  - 1202 Akos Gyarmathy M65 1:21:41
  - 1600 Paul Edwards M45 1:26:48

- 8KM RUN**
- 1400 Kevin Johnson M60 33:59
  - 1622 Tommy Glackin M40 36:28
  - 2146 Alan Perrella M35 36:45
  - 762 Mark Hewitt M65 41:42



**1180 Jackson Wong M55 43:11**



**1888 John Cameron M50 45:59**  
 39 Brian Danby M70 50:00

- WOMEN**
- 2124 Lucinda Rowlinson W50 37:31
  - 689 Sandra Stockman W55 37:59



**2181 Lauren Anderson W35 39:59**



**WHY** is this one named 3Ps? Kevin Johnson raised the question; I couldn't remember. Kevin says someone told him it honours three women, all with the initial P. I don't think that was what I heard when I enquired years ago. What's the true origin - and if it was for three of our ladies, who were they?

Answers please, for the next Vetrun.



**2056 Grace Yang W40 45:40**

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*3Ps-tretchers..!*

Ways to stretch: must be the way to go, because Astrid Roberts Fayer (top right) cleaned-up the 16km field; and Melissa Lewis (right, in the pink) swapped her walking shoes to be first W30 in the same race.

Start line was wrapped around a tree - and the starters then kindly wrapped around the snapper. Thanks everyone!

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2107	Madeline Radestock	W60	53:26
1325	Julie Storey	W45	1:00:44
1988	Jenny Owen	W65	1:19:05
<b>5KM RUN</b>			
<b>743</b>	<b>Ross Keane</b>	<b>M55</b>	<b>23:59</b>
2212	Marcus Callum	M50	24:34
1351	Randy Hobbs	M60	26:24
139	Jim Klinge	M70	26:26
1960	Leon Mitchell	M40	26:38
<b>2000</b>	<b>Andy Wong</b>	<b>M45</b>	<b>33:49</b>
40	John Pellier	M80	38:05
2066	Alan Cassels	M75	47:50



Ross Keane



Andy Wong

**WOMEN**

1833	Sally-Anne Smith	W40	25:50
1218	Ginny Mulvey	W60	34:35
1787	Hazel Stephen	W70	37:15
1260	Melinda Fisher	W55	37:38
131	Toni Frank	W75	42:31

**16KM WALK**

1638	Andrew Duncan	M55	1:28:41
1138	Lui Cecotti	M70	2:01:09
339	Elaine Dance	W70	2:16:53
251	Mike Hale	M70	2:17:45
321	Irwin Barrett-Lennard	M90	2:28:52

**8KM WALK**

1257	Karyn Tolardo	W55	57:37
262	Johan Hagedoorn	M75	59:02
2080	Maja Zivanovic	W30	1:03:20
1985	Michael Cyran	M45	1:03:21
1301	Erika Blake	W65	1:05:30
1143	Gail Castensen	W65	1:20:28

**5KM WALK**

174	Mike Anderson	M70	36:10
244	John Brambley	M75	41:55

455	Sean Keane	M55	43:26
1944	Steve Travell	M65	43:27
2054	Xinhuan Yan	M45	48:15
248	Rex Bruce	M80	49:05

**WOMEN**

510	Delia Baldock	W55	38:22
99	Peggy Macliver	W75	39:49



<b>1900</b>	<b>Glenys Duncan</b>	<b>W80</b>	<b>45:13</b>
2115	Kaye Kemter	W40	51:54
2089	Suzanne Renton	W70	53:53
1599	Alicia Edwards	W45	55:38

## One runner went sub-4 for 11km



**GUESS** who? Not only did Astrid win the long run - as she did at Pt Walter a week earlier - she was also fastest on the day over any distance!

This speeding W45 was the only athlete to run better than 4mins/km.

Closest to Astrid's pace was another great woman runner, Amanda Walker, in the 4km run. All things considered it was a superb day for our women members. Astrid beat everyone over 11km; Amanda was first overall in the 4km; and Karyn Tolardo was outright winner of the 4km walk.

To mark the day, on our Lake Monger pages it's all female pics, folks! **VW**



# Lake Monger

### AGE-GROUP LEADERS

#### 11KM RUN

2210 Astrid Roberts  
Feyer W45 43:08



650 Karen March W55 55:22  
1737 Emma Lee W50 57:04  
987 Julie Wilson W65 64:58  
1512 Noelene Treen W60 72:08

### MEN

2184 Glenn Rogers M55 47:02  
755 Bob Lane M70 49:57  
1721 Zane Walsh M40 51:52  
666 Peter March M60 52:06  
1202 Akos Gyarmathy M65 54:33  
2028 Anthony Wilson M50 61:15  
1576 Andrew Roddy M35 68:45

### 7.5KM RUN

512 David Baird M75 39:58  
762 Mark Hewitt M65 41:13  
1180 Jackson Wong M55 41:27  
198 Keith Atkinson M60 41:36  
1960 Leon Mitchell M40 42:05  
2048 Brian Greenhalgh M50 43:07  
2046 Brett Montgomery M45 43:55  
690 John Talbot M70 55:57

### WOMEN

843 Rochelle Airey W50 41:12  
1926 Gayle Craft W65 44:02



1393 Lori Sexton W55 46:40  
324 Jeanette Tiverios W60 46:57



She wasn't happy starting on the grass, saying it was hard to set her pace. Yeah, 16:32 for 4km must have been a real let-down, Amanda! **VW**



481 Theresa Howe W70 51:35  
1682 Jo Shelley W40 57:29

**MORE PAGE 14** ▶



## NEW MEMBERS - WELCOME

- 2166 MARTIN: Paul M40  
 2167 FLUGEL: Lee-Anne W40  
 2168 SCOTT: Tracy W55  
 2169 DOWNING: Anita W40  
 2170 FEARON: Chrissie W55  
 2171 PANEGRYRES: John M55  
 2172 GOLLING: Roger M45  
 2173 WILLIAMS: Rachel W35  
 2174 TAYLOR: Kelly W40  
 2175 MARIAS: Anne-Marie W75  
 2176 SHUCK: Michelle W40  
 2177 SUGARS: Darren M50  
 2178 HEWITT: Dianne W60  
 2179 SMITH: Jess W30  
 2180 SMITH: Katelyn W30  
 2181 ANDERSON: Lauren W35  
 2182 HORI: Geish M45  
 2183 BARAGWANATH: Nick M65  
 2184 ROGERS: Glenn M55  
 2185 LAGAT: Dominic M35  
 2186 LAGAT: Naomi W35  
 2187 GILBERT: Chris M35  
 2188 SHARP: Clayton M45  
 2189 NEWITT: Penny W40  
 2190 SINTON: Nat W40  
 2191 LOMBARDI: Donato M50  
 2192 REID: Aileen W60  
 2193 BALLARD: Joshua M30  
 2194 ROSS: Angie W40  
 2195 FOLEY: Des M80  
 2196 KREMNIZER: Akiva M35  
 2197 ZINELLA: Yvonne W50  
 2198 NOE: Jose M65  
 2199 DUFTY: Phil M75  
 2200 RYALL: Andrew M35  
 2201 BULL: Ian M50  
 2202 PRICE: Debbie W50  
 2203 DOWELL: Callum M30  
 2204 TAYLOR: Mary W65  
 2205 MORO: Dorian M50  
 2206 NDUNGU: Bonny M30  
 2207 GYLSSON: Glori W60  
 2208 WARD: Tony M45  
 2209 PUFKE: Uwe M50  
 2210 ROBERTS FEYER: Astrid W45  
 2211 BYRNE: John M35  
 2212 CALLUM: Marcus M50  
 2213 NEWTON-SMITH Carol W70  
 2214 MILLER: David M55  
 2215 MOTZEK: Heike W50  
 2216 McELWEE: Hamish M45

### 4KM RUN

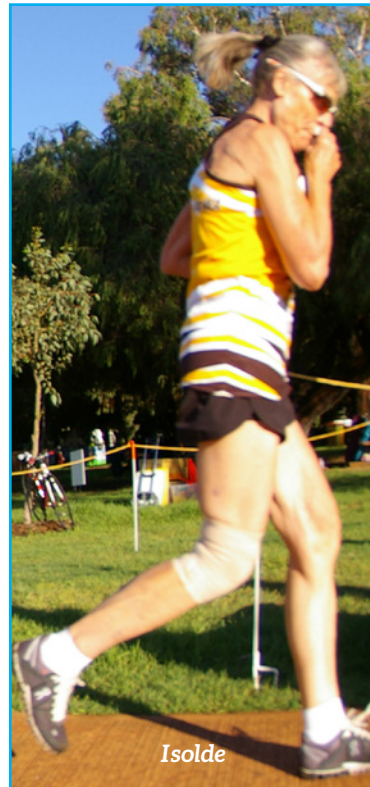
- 489 Amanda Walker W55 16:32  
 406 Chris Pattinson W65 22:07



- 928 Sandra Rourke W50 24:53**  
 1961 Sofia Dumlaio W40 25:56  
 1852 Stephanie Manuel W45 26:03  
**1813 Isolde Tietz W70 28:04**  
 1218 Ginny Mulvey W60 29:07  
 131 Toni Frank W75 34:10

### MEN

- 2134 Gerrit Myburgh M45 16:39  
 1726 Jerry Peters M40 16:43  
 178 Ralph Henderson M70 19:06  
 743 Ross Keane M55 19:19  
 2212 Marcus Callum M50 20:30  
 194 Ivan Brown M75 23:15  
 1942 James Hadfield M35 23:37



- 1111 Ian Carson M65 27:53  
 1351 Randy Hobbs M60 29:20  
 40 John Pellier M80 29:41  
**11KM WALK**  
 74 John Bell M75 93:47  
 1301 Erika Blake W65 95:27  
 339 Elaine Dance W70 95:53

### 7.5KM WALK

- 1729 Victor Munoz M65 49:54  
**99 Peggy Macliver W75 61:19**  
 2027 Justine Bolton W45 62:26  
 1531 Lesley Dowling W60 66:08  
 2080 Maja Zivanovic W30 85:23  
 1985 Michael Cyran M45 85:24

### 4KM WALK



- 1257 Karyn Tolardo W55 26:15**  
 1231 Wendy Farrow W50 27:25  
**1808 Marcela Isabel Ruiz Valdes W60 29:10**  
 111 Lynne Schickert W75 35:41  
 1722 Liz Dewhurst W35 38:54  
 739 Margaret Saunders W65 43:30  
 47 Joan Pellier W80 43:40  
 2089 Suzanne Renton W70 45:21



### MEN

- 1110 John McDonagh M70 26:35  
 455 Sean Keane M55 34:37  
 1944 Steve Travell M65 34:56  
 77 Arnold Jenkins M75 37:03  
 248 Rex Bruce M80 39:56  
 1689 Nick Franey M60 42:02  
 20 Jeff Whittam M85 42:03

# VALE – BOB SAMMELLS

ONE of the club's earliest members, life-long athletics enthusiast Bob Sammells died on February 8 after a long fight against cancer. Despite his years of continuing illness Bob devoted much of his time caring for Maureen, his wife. This was something he 'considered a privilege' and it was typical of a bloke who should be remembered as one of life's givers.

Most of our newer members would never have encountered Bob because he has been absent from club events for some years. But almost everyone else did, especially if they did the Christmas Gift Run.

For many years our routine was to run this clockwise around Heirsson Island. Bob devised his own method for meeting people there, and always ran it anti-clockwise, so he could personally wish everyone 'Merry Christmas!'

## President

He joined the club – then known as WAVAC (WA Veterans Athletics Club) in 1977, two years after migrating from England. His club number is 19.

Bob spent many years serving the club on the committee, became Treasurer, twice took on the Presidency and was elected to Life Membership

## Athletics

Bob Sammells was a fine runner. According to the 'old-timers' everyone ran a sub three-hour marathon back in the 'old' days of the club. Well, Bob must have been the only one who didn't! According to Jim Barnes he never quite cracked the 3-hour barrier.

"But he ran several marathons, including the nationals in Melbourne and was very good. Even so, he was a much better 10km runner, very consistent, generally running around 34 minutes."

Bob's love of running began in the UK. He was born in Islington, north London and excelled at school. A career in banking, which he continued until retirement in Perth, began with UK's Barclays Bank.

National Service with the RAF took him to Germany, following which he took, successfully, an Institute of Bankers Exam. However, because he was considered too young to manage a bank branch, he joined an elite few in computer operations.

Bob's IT skills (he worked for R&I in Perth) led to Masters first foray into computerisation, which he introduced for our Sunday results.

Bob met Maureen at Barclays and the pair migrated here with four children in 1975. Before the move they lived in Oxfordshire and a love of distance running was nurtured in the countryside. According to his log Bob took '18 years to run around the world!'



Bob with Dick Horsley, cheering Maurice Smith home at the finish of the 24-hour relays in 1984.



Above, with old friends at the club's 40-year celebrations, (shown below) at McCallum Park.

## Volunteer

Volunteering was part of Bob's make-up, and he helped out at the 2000 Olympics in Sydney – although a chance to be up-close to the action would have been an ulterior motive. Speaking at the Karrakatta funeral, which was attended by a large number of our members, Bob's daughter revealed that every time a major athletics event was broadcast, anywhere in the world, Bob decided it was time to improve the quality of the family's TV!

But it would be wrong to celebrate Bob Sammells simply through the long-lens of sport. He was a man of wide-ranging interests, intellectual pursuits and a lively wit.

Bob's family's musical choices for his send-off – *Chariots of Fire* and *Take Five* – indicate his wide-ranging tastes. It's small consolation to learn that we ex-Londoners had mutual interests in jazz and wine and chess. Bob's London accent never left him, and neither did the pom's sense of humour. He would have been tickled that we have left it just a little too late to share these pursuits.

*A small lesson perhaps – don't leave it too late to know our clubmates outside of athletics? VW*



Vetrun's final pic of Bob Sammells in action, at Herdsman Lake in 2005. An M65, first in his age-group, he ran 10km in 57:13.

## HELPERS REQUIRED

May 23 - New event (venue TBA) will replace cancelled 'Run for a Reason'.

Race Director: Jim Langford - 0401 916 925 - if you can help.

### April 4 - The Roe Run

Race Director: Jim Langford - 0401 916 925

Margaret Langford, Jim Klinge, Frederick Langford, Sandra Rourke, Mandy Mason, Roberto Busi, Betty Kooy, Hugh Lloyd, Brett Bowker, Raquel Bebbington, Paul Bebbington, Lizelle Smith, Greg Smith

### April 11 - Perry Lakes

Race Director: Mark Hewitt - 0447 914 971

John Bell, Irwin Barrett-Lennard, Ian Carson, Carmel Meyer, Bob Britton, Sulette Le Roux, Hairi Yusuf, Brian Greenhalgh, Xinhuan Yan, Madeline Radestock

### April 25 - Bold Park GOT & Perry Lakes Race Walk

Race Directors: David Adams (0410 403 365) & Andrew Cuthbertson (0409 790 702)

Roger Walsh, John Bell, Mike Hale, Johan Hagedoorn, Julie Wood, Ross Langford, Frank Price, John Hillen, Johanna Leahy Marstrand, Philippa Greenwood-Jones, Alison Greenwood-Jones, Mitch Cleasby, Denise Cleasby, Stephanie Manuel, Alan Cassels, Mark Comber, Ally Orourke

## Where you're HELPING!

### May 9 - Curtin

Race Directors: Giovanni Puglisi (0424 245 141) & David Adams (0410 403 365)

Bob Fergie, John Pellier, Joan Pellier, Rosa Wallis, Sean Keane, Trisha Farr, Wendy Grace, Ann Anderseb, Roberto Busi, Rebekah Blake, Kevin Anderson, Nicole Anderson, Laurent Carles, Madeline Radestock, Rachel Greaves

### May 16 - Nedlands

RRC 15km/RRC 5km & RWC 10km/RWC 5km & 10km

Race Director: Gary Fisher - 0400 855 978

Theresa Howe, Ian Cotton, Rob Badenoch, Akos Gyarmathy, Lesley Dowling, Hazel Stephen, Stephen Grannells, Kerry Milne, Sophie Giles, Andrew Mcleish, Justine Bolton, Anthony Wilson, Cherrie Byrnes, Jan Brankaer, Anita Cipriano

May 30 - Burswood  
RRC 25km/RRC 5km & Rwc 15km/RWC 5km & 10km



Race Director: Nick Franey - 0409 902 333

Jackie Halberg, Ivan Brown, Sylvia Johanna Szabo, Robyn Dunlop, Eulalia Van Blomestein, Craig Lines, Rodney Glossop, Crystal Glossop, Ian Brown, Michael Cyran, Eugene Whitehorn, Jan Brankaer, Anita Cipriano, Maja Zivanovic, Lucinda Rowlinson, Fran Harwood

### May 2 - Weir Run

RRC 10km/RRC 5km/RWC 5km

Race Directors: Sean Keane (0412 180 823) & Neil McRae (0423 077 283)

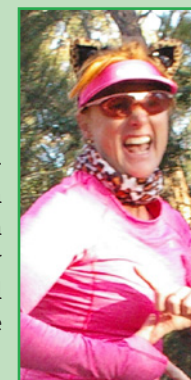
Roma Barnett, Giovanni Puglisi, Carol Bowman, Rodney Hamilton, Barbara Putland, Elizabeth Dewhurst, Gavin Bain, Melinda Evans, John Herzfeld, Rowena Williams, Cherrie Byrnes, Sharon Woodfield



### June 6 - Manning Park

Race Directors: Vanessa Carson (0411 349 514) & Cassie Hughes (0438 757 990)

Rochelle Airey, Greg Wilson, Julie Wilson, John Batta, Rohan Thompson, Iain Parnum, Joanna Lloyd, John Cameron, Jeremy Murray, Mike Haederle, Daniel O'Brien, Emma Hartley, Cherrie Byrnes, Audra Rimmer



## Where they're running

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

Do you have a regular training group? Like some extra company? Email the details - location, time, day of the week, distance and type of run/walk - to [Vetrun](mailto:Vetrun) and we'll add it to this feature. Send to [vfdwaters@gmail.com](mailto:vfdwaters@gmail.com)

### MONDAY

- Track training - ECAC 7.30pm.
- Point Walter road run 8km, 6pm. Richard Simmons - 0408 986 631.

### TUESDAY (am)

McGillivray Oval and Perry Lakes; 10am. Contact Jeff Whittam [djwhittam@pixelvision.com.au](mailto:djwhittam@pixelvision.com.au).

### 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 - 0412 990 945; [brianbennett47@gmail.com](mailto:brianbennett47@gmail.com)

### THURSDAY

Perth Trail Series, Kings Park Kiosk, Fraser Ave. Start 6pm, finish 7pm. 8km to 10km mob run, on the trails.

Contact Melina Mellino 0423 729 949 [melina@perthtrailseries.com.au](mailto:melina@perthtrailseries.com.au)

### FRIDAY

6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or [mbe37778@bigpond.net.au](mailto:mbe37778@bigpond.net.au)

### SATURDAY

DC's group at WAAS; 8-9.45am; track training - all welcome. Cost \$3.80 seniors - \$6.70 others; pay at the door. Contact [davidcarr@bigpond.com](mailto:davidcarr@bigpond.com) parkrun - go online to [parkrun.com](http://parkrun.com) for details of many locations around Perth. ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email [gary.fisher@y7mail.com](mailto:gary.fisher@y7mail.com) or mobile 0400 855 978. Paul Hughes, email [paul@wjhi.com.au](mailto:paul@wjhi.com.au) or mobile 0412 513 348.