

VETRUN



No. 522
AUGUST 2021

Jorgensen

JUNE 2021

**Sunday help
made simpler!**

SEE PAGE 2





NEXT EDITION: *Vetrun* No. 523 will be published in October 2021

In this edition ...

Committee summary	P3
Kings Park CC	P4
Manning Park	P4/5/6/7
Jorgensen	P7/8
Deepwater Point	P9/10
Bardon Bash	P11
Blast of Cold Air	P12/13
My View	P13/14
Sharks	P15
Whiteman Park	P16
Garnet Morgan obituary	
Helpers	

President's reply to Rob Shand

– SEE THIS PAGE

WE used to have a very poorly-supported WAAS programme in winter – and in recent years we have not generally had winter throws as the weather is not conducive.

Rob is correct – lighting at ECAC is too poor for long throws but OK for shot. However, we always have a special WAAS winter programme leading up to major Championships.

We did canvass Tuesday regulars about this; Rob's is the first complaint I have received.

you write to VETRUN

David Baird comments on Jorgensen

Hello Vic, I would like to share my thoughts about the cross country event and what I learned over the years.

When I was young I was up for the challenge, but as years have gone by I listened to some of the

controversy regarding the safety of the run and I must say, and in truth, I find it a great challenge.

For some time now I've been asking myself whether I should attend the race.

I intend to continue to follow my passion but in saying that I'm slowly coming to the conclusion that falling and injuring myself to the point of not being able to run again would, personally, be devastating.

Northern concern over T&F track closure

Dear Vic, In response to your observations in the latest *Vetrun* concerning Letters to the Editor, I am forwarding this letter outlining my concerns, and those of a number of other older, old Masters which, if you see fit you could publish in your next issue.

The winter programme from the (club) web page is of concern in that all meetings are at ECAC and there is nothing at the stadium.

This means that club members north of the river are not being catered for at all.

Is there a reason for this?

Was this brought up at any time for members to consider and comment on, or is this just a committee decision?

In addition, the "field" component does not cater for any field events other than shot and weight, which have a limited involvement when compared to the missing events – high, long and triple jump; discus, javelin and hammer.

These are probably not included due to the pathetic lighting at the ground.

Another reason for concern relates to many of the older members who now have difficulty in



At this year's run five people fell – mostly older runners.

(It raises) the prospect that just for the sake of that one run it could end my running. I've decided in future I will be walking or marshalling. It's a great day and well organised. This is just my opinion and as Barefoot would say in *the Sunday Times*: 'tread your own path.'

David Baird

SUNDAY HELP MADE SIMPLER

WE are changing how you will register – online – for Sunday helper duties.

The current arrangement – where you select your two helper dates when you fill in your renewal form – is too inflexible.

Choosing dates up to a year in advance leads to a high drop-out rate, particularly for runs later in the year.

Online form

The new arrangement will require members to sign up for helper duties using a simple online form. If any member is not comfortable with online sign up they can just let a committee member know their preferred dates.

It means that when members do sign up for an event there's a much higher probability that they will be able to carry out their duty.

(Also, if injured, members can take the opportunity to take on a helper duty at that time and avoid missing a run when they are fit again.)

Twice a year

All regular Sunday runners are required to do at least TWO help-

GO TO PAGE 3 ►

- The 2021/22 Sunday programme has been agreed and will be published in August. It contains several new runs following member suggestions.

- The membership form was removed in early July and prospective new members advised to pay visitor fees until the 2021/22 form is available in late August.

- A new arrangement will be introduced for booking Sunday helper dates whereby members select dates online up to three months in advance. This will provide a more flexible arrangement and reduce the high drop-out rate. It will be fully explained in an email to all members. As discussed at the AGM over 80s will not be required to do helper duties.

- Silke will set up a MAWA Instagram account, which is the preferred social media for a lot of our younger members.

- There will be an Australian Masters Cross Country Championship in Adelaide. Check the AMA website for details and online entry.

Committee Summary

March - June 2021

- Our 2021 State Track and Field Championship was highly successful attracting a record entry of 203.

- A detailed review of Track and Field finances revealed that despite additional costs for flood-lighting at ECAC we roughly broke even. Track fees at ECAC will remain at \$3.

- It was agreed that non-members could attend MAWA coaching sessions but must register and pay the \$5 visitor fee. This is required for insurance purposes.

- Barbara Blurton, Bob Schickert and Richard Blurton have been invited by AW to join the organising committee for the Australian Masters Games.

- Richard Blurton will attend the AMA AGM in Tweed Heads in late August.

Sunday help made simpler

FROM PAGE 2

er duties. Occasional runners can nominate for just one. Country members, race directors, those granted exemption by the committee, over 80s and people doing only T&F are not required to nominate (but may of course do so if they wish).

The form will be accessed from

the link on the MAWA website.

Simply select a run from the three-month list that still has slots available and fill in your name, email and phone number. It is as simple as that.

Your contact details will NOT be seen on the publicly visible list - but will be available to Jim Langford and to the race director.

Kings Park CC

AGE-GROUP LEADERS 10KM RUN

1632 Roberto Busi M45 39:55



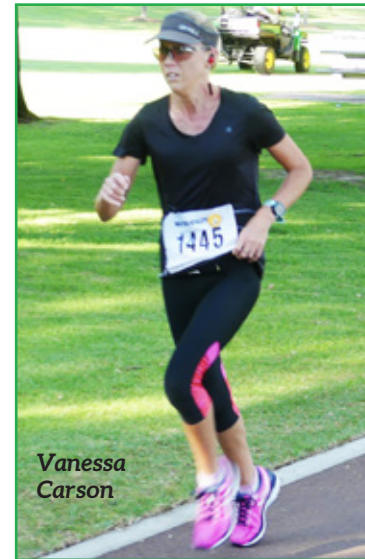
333	Trevor Scott	M60	47:28
1864	Martin O'Connell	M50	47:42
2055	Jan Brankaer	M40	55:18
1707	Andrew Grosas	M55	56:47
1111	Ian Carson	M65	57:13
512	David Baird	M75	59:53
175	Brian Bennett	M70	1:00:24
1576	Andrew Roddy	M35	1:00:32
2015	Frederick Smart	M85	1:13:58

WOMEN

1445	Vanessa Carson	W40	51:31
987	Julie Wilson	W65	1:00:25
1512	Noelene Treen	W60	1:10:20
1957	Christy Davidson	W40	1:21:03

5KM RUN

2134	Gerrit Myburgh	M50	24:44
779	Prabuddha Nicol	M65	26:31
2233	Greg Knuckey	M60	27:07
769	Graeme Dahl	M70	28:27
2054	Xinhuan Yan	M45	31:00
1332	Russell Smith	M55	31:03
112	Bob Schickert	M75	41:07
40	John Pellier	M80	46:35



Vanessa Carson

WOMEN

1716	Elizabeth Gomez	W40	31:59
843	Rochelle Airey	W50	32:01
215	Robin King	W60	33:00
1994	Lorna McGavock	W45	35:22
149	Jackie Halberg	W75	47:18

7KM WALK

262	Johan Hagedoorn	M75	54:24
1340	Andrew Thorpe	M70	55:04
227	Gary Fisher	M65	59:30

WOMEN

99	Peggy Macliver	W75	59:49
339	Elaine Dance	W70	1:00:47
1260	Melinda Fisher	W55	1:08:10
1112	Sofia Carson	W60	1:13:39

4KM WALK

174	Mike Anderson	M70	28:01
530	Peter Hopper	M75	30:31
347	Neil McRae	M65	40:51

WOMEN

510	Delia Baldock	W55	29:25
2059	David Gardiner	M75	32:36
295	Julie Wood	W70	43:02
47	Joan Pellier	W80	43:0

JUNE 27, 2021
Director: Ralph Henderson



ALTHOUGH the weather was quite cool for the event, at least the rain stayed away until after we had finished, unlike the previous week when everyone got drowned!

Unfortunately, the numbers were rather disappointing with only 71 members compared to 96 last year and just 15 visitors. This may have been due to the clash with the Marathon Club King of the Mountain Run or the rescheduling from September, a "warmer" time of the year.

The outstanding performance was that of Roberto Busi in the 10km run, who is the first member in our three using this course, to break the 4min/km barrier, winning by over 7 minutes. I may have to re-measure the course for next year, as there were suggestions it could be a bit long!

Finally, I would like to thank all my willing helpers, who made my job much easier and facilitated a trouble-free event.

Ralph

Manning Park

JUNE 6, 2021

Directors: Vanessa Carson
& Cassie Hughes

MANNING Park Cross Country went well this year, conditions perfect with a cool temperature, light wind and no rain. This was a change from the last event in 2019 which saw rain, flooding and a fair amount of mud.

Our course was interrupted slightly by local council work on the nearby facilities. A small amount of the park was fenced off and all had to use the alternative toilets at the far end.

This being said, there were many happy walkers and runners out enjoying a two or four lap course, relatively flat (one small hill) on grass.

Everyone that helped out on the day was praised for their happy, friendly demeanour; their contri-



Vanessa in 2017 at Burswood, in her first Masters run.

bution is greatly appreciated. I'm looking forward to next year's event.

Vanessa

1351	Randy Hobbs	M60	20:02
2054	Yan Xinhuan	M45	22:03
WOMEN 4KM			
1875	Sha Watson	W50	24:15
1819	Sue Glyde	W55	26:49
2052	Amanda Wylde	W35	34:19
149	Jackie Halberg	W75	36:29



As an 'old man' of 49 Gerrit Myburgh made a significant mark in the M45 category. At Manning, in his first race as an M50, he's served notice on the club's other half-centurions. They should be grateful he's given up those new super-springy shoes (too narrow) that some of our members are finding helpful.

WOMEN 8KM			
1833	Sally-Anne Smith	W40	41:52
1393	Lori Sexton	W55	
1512	Noelene Treen	W60	43:43
1709	Conny Brieden	W50	1:01:23
1768	Betty Koooy	W70	1:05:49
4KM RUN			
1522	Mark Kerr	M50	16:40
106	Paul Hughes	M65	19:03
769	Graeme Dahl	M70	19:20

AGE-GROUP LEADERS 8KM RUN

1978	Mike Haederle	M55	32:27
2134	Gerrit Myburgh	M50	33:39
796	Steven Hossack	M60	34:15
1226	David Adams	M40	37:22
2031	Matthew Dunstan	M45	38:18
1111	Ian Carson	M65	39:28
1639	Geoff Vine	M70	41:54
512	David Baird	M75	41:56



Sally-Anne Smith, 1st woman over 8km

5.6KM WALK

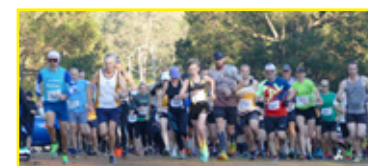
99	Peggy Macliver	W75	43:20
339	Elaine Dance	W70	43:44
1301	Erika Blake	W65	50:07
1531	Lesley Dowling	W60	55:26

MEN 5.6KM WALK

244	John Brambley	M75	45:03
455	Sean Keane	M55	46:50
251	Mike Hale	M70	47:11
11	Bob Fergie	M85	57:13
227	Gary Fisher	M65	57:17

2.8KM WALK

174	Mike Anderson	M70	18:51
510	Delia Baldock	W55	21:54
2059	David Gardiner	M75	22:13
1112	Sofia Carson	W60	27:08
2080	Maja Zivanovic	W30	28:44
1679	Roselyne Pillay	W70	29:19



Jorgensen 2021

WE returned to the 2km course, introduced last year, for Masters' 6km and 8km cross-country championships, and enjoyed the catering and hospitality facilities of the newly-built Community Centre in the park.

Excellent conditions and a respectable turn-out of members ensured vigorous competition in most age-groups.

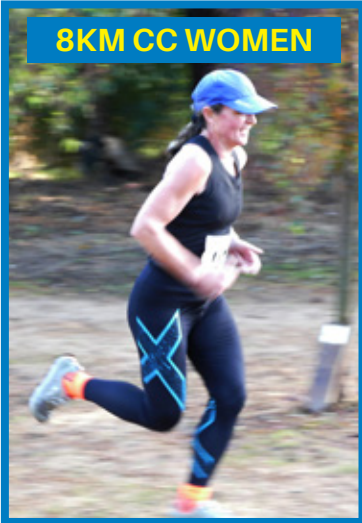
All this year's CHAMPIONS are pictured on pages 4 and 5

FULL REPORT - page 5



Jovial Jim Klinge, race director and helpers. John 'topless' Pellier has marked this course for years with the assistance of his more modestly-attired wife, and one-time club President, Joan.

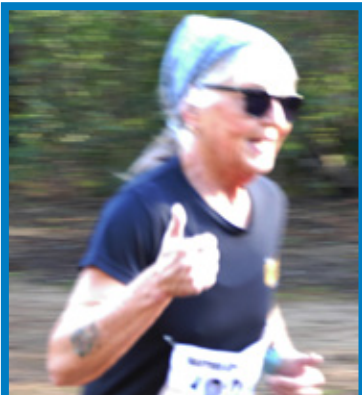
8KM CC WOMEN



Sophie Giles W45 35:59



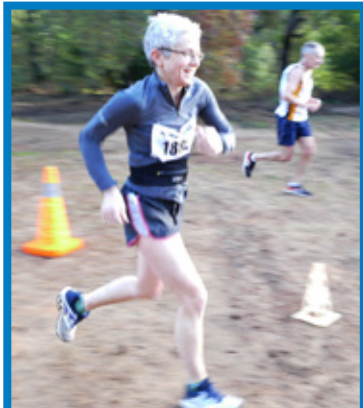
Karen March W55 42:03



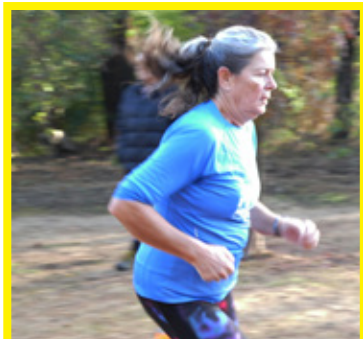
Crystal Glossop W40 45:36



Julie Wilson W65 46:28



Pamela Thonell W50 46:59



Denise Cleasby W60 53:06

CLUB CC CHAMPIONSHIP

JUNE 13, 2021

Director: Jim Klinge

FULL RESULTS are on the club website
AGE-GROUP WINNERS are shown here

6KM CC WOMEN



Margaret Langford W70 40:54



Lynne Schickert W75 66:59

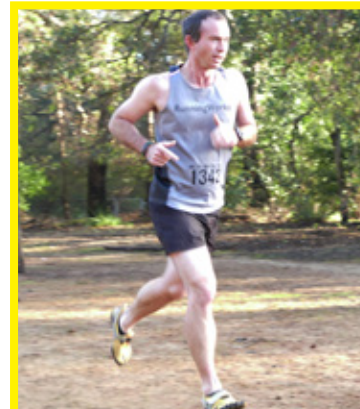
8KM CC MEN



Roberto Busi M40 31:43



Trevor Scott M60 35:45



Alex Tinniswood M35 37:23



Gerrit Myburgh M50 37:34



Andrew Grosas M55 42:07



Jason Kell M45 44:57

JORGENSEN Park has always been one of the club's most challenging venues. The course has varied across the years.

We have run clockwise and anti-clockwise, twisted and turned through undergrowth, skipped around slabs of capstone and boulders, skidded across gravel and crossed the stream high and low.

Runners, and walkers, have traversed it, reversed it, cursed it. Some still have the scars; some will never risk it again.

But this new two-kilometre route is easier, and safer – provided you go carefully. Paradoxically, that's easier for the younger and fitter, with sharper eyes to spot the risks and sharper reactions to correct slips and stumbles.

Older contestants have to accept that senses are dulled by age and reactions are slower – and go even slower!

Last man

As the last runner to start, with-out other people around, I had a clear view and studied the track closely this year. The start, unchanged for years, is relatively flat before the track narrows through the trees to the first trip-worthy rocky obstacles.

Early-morning sunshine slanting through the foliage doesn't help; those old-style sun-visors would be handy.

After a right turn the going is easier, paved with larger slabs of rock that are simpler to negotiate.



A gentle climb is followed by the long downhill in open ground. Then a surprisingly pleasant twisting route ends with a short uphill to the 2km finish.

This is a marked improvement on the previous course, which culminated with a 500m slog uphill that begun at the lowest point of the stream.

Character

So, Jorgensen is shorter, more

efficient, but far less interesting! The long, fast downhill is gone; as is the fun of stream-jumping. (Photographers weep.)

Does less character mean less blood spilled? Probably – yes.

Reducing the championship distance to 6km for people of 70-plus probably helped too. There were several falls this year, but no serious accidents.

The champions received their awards in the spacious and com-

fortable main hall which could have comfortably accommodated a few hundred more.

Some might regret the passing of the musty, matey old Jorgensen clubhouse, but I'll bet our catering team have no regrets at the change.

After-party!

The new centre's modern kitchen looked more than adequate for our buffet-style breakfast and we

thank the team (led by Melissa Lewis and Marg Bennett) profusely for the excellent spread.

Finally – well done to organisers including Jim Langford, and race director Jim Klinge. Negotiations and arrangements, especially in relation to excess parking; while maintaining 'reasonable' relationships with local dog-walkers who believe that Jorgensen is 'their' exclusive territory can't be easy!

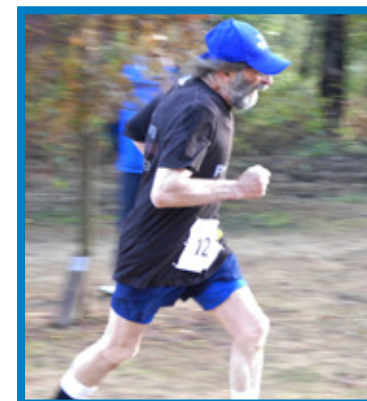
VW



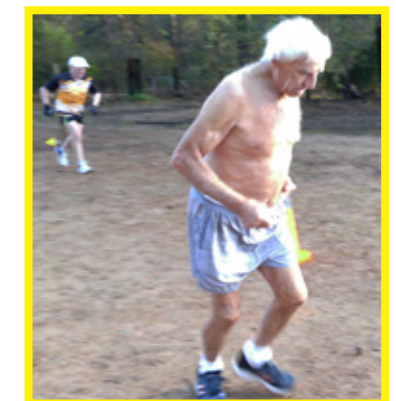
Ian Carson M65 45:00



Bob Hull M75 31:22



Mercurio Cicchini M70 32:39



John Pellier M80 54:19

Jorgensen 2021

NON-CHAMPIONSHIP EVENTS

6KM CROSS COUNTRY

Melanie Montgomery W40 46:23
Chris Pattinson W65 1:06:59

4KM CROSS COUNTRY

Mark Kerr M50 18:23



David Hogg M60 30:30
Steve Barrie M55 35:31
Arnold Jenkins M75 40:18



Roy Hart M70 45:48
Neil McRae M65 50:04

WOMEN

Kerry Bickers W60 31:53
Delia Baldock W55 32:05
Roselyne Pillay W70 52:02



AGE-GROUP LEADERS

21.1KM RUN

1617 Chris Lark M40 1:25:56
798 Kim Thomas M45 1:29:23
1392 Adrian Fabiankovits M35 1:29:54
1522 Mark Kerr M50 1:41:27
712 John Pentecost M60 1:42:01
278 Keith Miller M70 1:48:13
729 Charlie Chan M65 2:05:00
2014 David Eustace M55 2:08:55

WOMEN

1255 Clare Wardle W45 1:26:53
650 Karen March W55 1:46:15
1415 Johanna Leahy Marstrand W50 1:48:57
1902 Crystal Glossop W40 2:02:31
1422 Carolyn Stephens W65 2:11:01
1828 Phillippa Bennett W60 2:48:56
967 Carolyn Fawcett W70 2:51:54

10.5KM RUN

2088 Drew Langford M40 43:31
1729 Victor Munoz M65 51:18
1675 Lourens Jacobs M50 53:51
1874 Michael Pascoe M60 54:49
512 David Baird M75 57:51
1707 Andrew Grosas M55 59:02
2054 Yan Xinhuan M45 1:04:10

CLUB HALF MARATHON

JUNE 20, 2021

Director: Ian Carson

1576 Andrew Roddy M35 1:05:10
2015 Frederick Smart M85 1:06:34
340 John Dance M70 1:22:49



Clare Wardle and Chris Lark duplicated their Weir Run form to win the half-marathons.

WOMEN

1704 Melissa Lewis W30 53:37
2042 Heather Longworth W50 56:33
1940 Kathy Nicholas W55 57:50
2109 Mell Sieczka W45 1:01:35
2107 Madeline Radestock W60 1:07:10
1957 Christy Davidson W40 1:16:29
149 Jackie Halberg W75 1:36:07

5KM RUN

743 Ross Keane M60 24:49
1351 Randy Hobbs M60 26:22
112 Bob Schickert M75 35:36
1827 Steve Barrie M55 40:47

WOMEN

1994 Lorna McGavock W45 30:43
1599 Alicia Edwards W45 33:06

21.1KM WALK

339 Elaine Dance W70 3:04:42
874 Regina Crouch W50 3:04:44

10.5KM WALK

251 Mike Hale M70 1:34:08

5KM WALK

1257 Karyn Tolardo W55 35:30
1808 Marcela Isabel Ruiz Valdes W60 35:45
262 Johan Hagedoorn M75 35:47
25 Jim Barnes M75 46:00



Richard Blurton wields the Presidential umbrella for Director Ian Carson.

I GIVE special thanks to all my helpers who turned up and worked under extremely difficult conditions, strong winds and lashing rain, on top of unusually cold weather for Perth.

I was particularly grateful to Don and Christine Pattinson. Arriving early, they managed to get all the events started on time despite the fact that there were runners and walkers setting off at different start times.

Fortunately for some of the helpers, Brian and Margaret Bennett arrived with a tent so at least the recorders had some shelter. With the assistance of David Adams, Brian and Margaret wrestled with the strong wind to finally get the tent erected! This was a great help and Gillian Young provided additional assistance for the recorders.

On such a day the competitors are the lucky ones. Out on the course for hours, the marshals braved the heavy rain and freezing conditions to man turnaround points and drink stations. They were all fantastic! Ian

More watery pics - P7

Deepwater!





**AGE-GROUP LEADERS
13KM RUN**

2210	Astrid Roberts Feyer	W45	50:38
1943	Sophie Giles	W45	54:48
1255	Clare Wardle	W45	57:32
867	Sue Zlnay	W60	1:01:16
1258	Sandra Siviour	W50	1:04:13
1422	Carolyn Stephens	W65	1:17:24
1862	Ceri Morton	W35	1:18:38
1940	Kathy Nicholas	W55	1:18:39
967	Carolyn Fawcett	W70	1:39:53

MEN

1710	Mitch Cleasby	M60	53:38
1864	Martin O'Connell	M50	55:34
2108	Darryl Downing	M40	1:00:29
1202	Akos Gyarmathy	M65	1:04:55
278	Keith Miller	M70	1:05:23
2031	Matthew Dunstan	M45	1:05:36
1707	Andrew Grosas	M55	1:09:16
512	David Baird	M75	1:11:57

7KM RUN

1867	Melinda Evans	W40	34:01
689	Sandra Stockman	W55	34:42
2042	Heather Longworth	W50	37:09
1926	Gayle Craft	W65	41:28
1994	Lorna McGavock	W45	50:29
1813	Isolde Tietz	W70	52:09
149	Jackie Halberg	W75	1:00:48

MEN

1522	Mark Kerr	M50	36:29
220	Giovanni Puglisi	M70	36:37
743	Ross Keane	M60	36:53
1332	Russell Smith	M55	38:53
2055	Jan Brankaer	M40	39:32

JULY 11, 2021
Director: Mercurio Cicchini



Mercurio: more pics, page 9.

1680	Bob Britton	M60	42:23
762	Mark Hewitt	M65	43:05
2199	Phil Dufty	M75	49:10
40	John Pellier	M80	56:34

13KM WALK

1138	Lui Cecotti	M70	1:37:35
339	Elaine Dance	W70	1:50:46

7KM WALK

262	Johan Hagedoorn	M75	51:24
227	Gary Fisher	M65	59:06
248	Rex Bruce	M80	1:03:01

WOMEN

510	Delia Baldock	W55	55:26
99	Peggy Macliver	W75	58:51
141	Roma Barnett	W70	1:15:33
2128	Heather Miller	W65	1:16:45
1027	Sylvia Szabo	W40	1:18:37
47	Joan Pellier	W80	1:20:27

WHAT performances by our female athletes!

In the 13km run first place went to Astrid Roberts Feyer (three minutes faster than the first man, Mitch Cleasby) and she was followed by two more of our superb W45s – Sophie Giles and Clare Wardle. What's more, Sue Zlnay and Sandra Siviour were in the first dozen of 54 finishers – and Melinda Evans and Sandra Stockman reinforced 'ladies day', finishing first and second overall in the 7km event.

Weather was perfect, and our helpers did their duties admirably and also retrieved all the equipment from the course. Roy Hart and I also appreciate the services of club stalwarts – Maurice Creagh, Delia Baldock, and Christine Pattinson – who set up the finish and advised the token person, scanner and finish recorder helpers in their tasks.

Jim Langford stepped in and did a sterling job as the all-important



Wonderful 45s! Clare, Sophie and Astrid.

time-keeper. Other helpers who did their bit to make the run a success were Arnold Jenkins, Roselyn Pillay, Bob Lane, Mike Hale, Robyn Dunlop, Leslie Dowling, Milo Barham, Catherine Breheny, Jenny Owen, Leon Mitchell and Sofia Dumlao.

Mystery woman

Late on Saturday night I was stumped by flooding that blocked the running path near Maylands Waterland, which leads along the river to the drink station and 3.5km turn.

I thought the runners would have to run on the road in lieu of the waterlogged path we previously used.

As my companions and I pondered about what to do to rejig the course a shadowy figure appeared out of the night on the path near the 3.5km point. I asked

this night walker where she had come from given that the path was under water. She said there was a dry patch that could be traversed to get back onto the path at Waterland. Upon investigating that possibility we made an adjustment through the dry spot and stuck up flags and a beaut sign.

If you followed that course your feet should have stayed more or less dry. If your shoes are still very wet, it's your fault as you took a short cut through the water. Either that or you left them out in the rain since Sunday?

I got a big thrill when Melinda, the first 7km finisher, said that we had "solved the riddle" of the flooded path. It wasn't fully our doing; credit goes to that mysterious night walker coming out of the shadows who gave us a tipoff!
Mercurio & Roy

Bardon Bash



Come to a Bash!

OK - lockdown's almost over.
So will masks be worn?

Some were unsure - was this
exercise vigorous enough?



Not to
worry -
it turned
into
a real
knees-
up!



2021 WA State Cross Country Championships



Pic by Mickey Muroi

JULY 25, 2021 KINGS PARK Masters Results

Name	Team	Finals
EVENT 10 MEN 8,000 METRE RUN ALL-COMERS		
1 Greenwood, Bryce	Community Member	34:02.30
2 Moore, Stu	Community Member	45:14.60
EVENT 11 MEN 8,000 METRE RUN 30-35 MASTERS		
1 Mayston, Jordan	WA Masters	27:56.40
2 Mizen, Brenton	Masters Athl	31:54.60
EVENT 12 WOMEN 8,000 METRE RUN 41-45 MASTERS		
1 Evans, Melinda	WA Masters	42:41.50
EVENT 13 MEN 8,000 METRE RUN 41- 45 MASTERS		
1 Crage, Keegan	WA Masters	33:52.70
2 Adams, David	Masters Athl	37:46.60
EVENT 14 WOMEN 8,000 METRE RUN 46 - 50 MASTERS		
1 Giles, Sophie	WA Masters	34:23.60
2 Davis, Sharon	WA Masters	35:57.70
EVENT 56 MEN 8,000 METRE RUN 51 - 55 MASTERS		
1 Ferguson, John	Community Member	33:00.20
EVENT 15 MEN 8,000 METRE RUN 56 - 60 MASTERS		
1 Grosas, Andrew	WA Masters	39:52.80
EVENT 16 MEN 8,000 METRE RUN 61 - 65 MASTERS		
1 Scott, Trevor	WA Masters	32:06.90

Blast of Cold Air

**Chest pain?
Don't blame the weather.
Stop, see a doctor.**

PERTH mornings have been unusually cold lately and I thought that sucking in the early-morning air was causing my chest pain. Not so. The problem was a narrowed pulmonary artery.

I was able to start running again in July 2020, nine months after the left knee replacement. My pace was really slow, but so what?

All went reasonably well until a couple of months ago I started an early Sunday-morning club run, and felt a burning in the chest after a couple of hundred metres.

It must be through breathing hard in the cold air, I guessed, and walked for a while until the sensation stopped. I recovered and ran slowly on without problem.

This scenario was repeated a few times in following weeks with the addition of a pain to the left of the chest, and in the jaw.



I carried on blaming the cold air but when it happened again at night without any physical exertion my wife (yes, the wise one) dragged me to our GP.

A stent in time saves... mine?

He's pretty wise too and the outcome was a treadmill stress-echo test on June 23 at a Hollywood Hospital unit. There another excellent doctor spotted the problem, called the cardiologist, who called the cardiac surgeon.

By the next day I had a stent in the pulmonary artery to expand a narrowed section.

Watch it happen

The process is remarkable and painless.

First an angiogram - where the artery is flooded with dye - identifies any narrowing or blockage. If, as in my case, it's narrowed an angioplasty follows immediately.

This is amazing. The surgeon inserts a microscopically fine wire into the artery via the wrist (or groin) and pushes a small balloon to the narrowed part. This opens the narrowing while a stent (small tube) is inserted.

The stent keeps the artery properly open so ensuring normal blood flow.



That's good to see - runners do their bit to preserve the city's natural environment.



Masters go south - Silke, Kevin, Victor, Sandra, Bob, Marcella and David.

It's all over in about 45 minutes and you, mildly sedated, watch the expert team at work on a monitor!

I stayed in hospital for two nights while my low heart rate was monitored and I was back home enjoying a few celebratory glasses on the night before Ralph's Kings Park run. I decided against doing that one but met the gang at the Zamia to brag and show off my non-existent scars.

Seriously, it's best to go easy for a week after the op. and then slowly return to steadily heavier exercise.

Now the surgeon says I can expect breathing to be easier when I do run; and there is a very good chance of a better pace.

Chest pain?

I repeat - don't blame the weather. Stop, see a doctor.

In the Elleker 10km, Silke Peglow.

In the Elleker 10km walk - 1st was Victor Munoz, setting a new men's record with 1:06:02.2. He was followed by Marcella Ruiz, in a new women's record time of 1:13:49.5.

Johan Hagedoorn was 3rd overall in 1:16:01.1

Elleker Running Festival 2021 Half Marathon

2nd	Astrid Roberts	F40-49	1:22:06.7
7th	Anna Bamber	F40-49	1:27:35.3
11th	Kevin Johnson	M60+	1:35:57.8
17	Bob Lane	M60+	1:39:21.4
18	Peter March	M60+	1:40:07.7
26	Sandra Stockman	W50-59	1:47:04.3
29	Karen March	W50-59	1:49:03.7
47	Cassie Hughes	W40-49	2:03:01.6
50	Heather Longworth	W50-59	2:04:26.6
56	Hairi Yusef	M50-59	2:09:43.7

Sharks Handicap



HANDICAP 10KM RUN

			Clock	H/cap	Run
1167	John Fisher	M60	1:05:04	17.08	47.56
1706	Rashanthi Wanigasekera	W45	1:05:54	6.20	59.34

JULY 18, 2021
Director: Paul Martin



SHE has a better chance getting her dog to bark than I have extracting a report from Paul Martin (or Dave Roberts).

The dastardly Freo duo they have only been directing their individual runs for 33 years. You would think one of them would write something, just once, even by accident? An abusive postcard would do.

Still, must thank Paul for getting out of bed on yet another dark and stormy night to wrestle with Sharks. Not just any night either. It was his 80th birthday!

As a well-known wit once remarked, if that's the best thing you can think of doing on your 80th, you shouldn't be allowed birthdays.

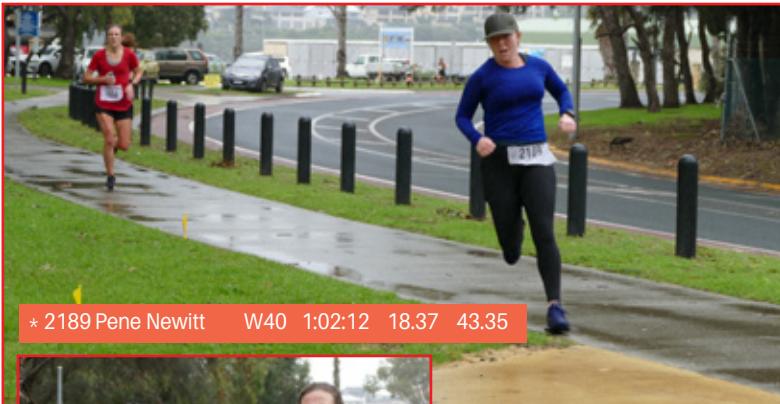
Thanks then, to Paul and all his mob for another outing. (I expect the report is in the mail.) **VW**

More Sharks

the fastest...

FASTEST

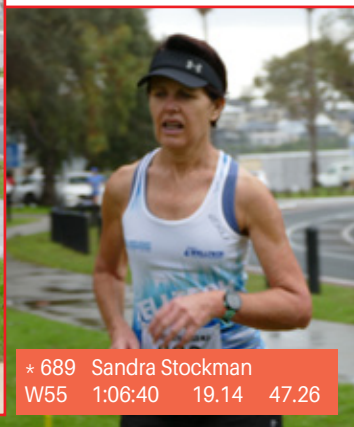
* 781 Ross Langford M40 1:06:34 30.00 36.34



* 2189 Pene Newitt W40 1:02:12 18.37 43.35



* 1958 Annabel Vaughan W35 1:02:14 18.28 43.46



* 689 Sandra Stockman W55 1:06:40 19.14 47.26



... and the cutest!

AGE-GROUP LEADERS

5KM RUN

2134	Gerrit Myburgh	M50	21:00
743	Ross Keane	M60	25:14
1639	Geoff Vine	M70	26:14
1332	Russell Smith	M55	26:45
1960	Leon Mitchell	M40	27:04
530	Peter Hopper	M75	35:07
40	John Pellier	M80	37:21

WOMEN

2098	Vynka Cridge	W45	27:21
1961	Sofia Dumlao	W40	33:00
1819	Sue Glyde	W55	34:42
1515	Sandra Keenan	W50	34:43
1828	Phillippa Bennett	W60	38:48
149	Jackie Halberg	W75	38:58

10KM WALK

262	Johan Hagedoorn	M75	1:16:14
339	Elaine Dance	W70	1:24:05

5KM WALK

510	Delia Baldock	W55	38:18
99	Peggy Macliver	W75	41:18
227	Gary Fisher	M65	41:18
244	John Brambley	M75	43:00
251	Mike Hale	M70	51:47
1531	Lesley Dowling	W60	51:48

Whiteman Park



It's about time the helpers grabbed some attention! So we're happy to acknowledge all the crew - and especially Nellie Gaynor and Kerriann Bresser who once again doubled up on recording duty and taking charge of the Vetrun camera kit.

JULY 25, 2021

Director: Ross Langford

AGE-GROUP LEADERS

10KM RUN

308	Lachlan Marr	M60	44:43
1342	Alex Tinniswood	M35	44:48
1721	Zane Walsh	M40	45:46
1202	Akos Gyarmathy	M65	48:04
278	Keith Miller	M70	48:33
2036	Oliver Mueller	M50	50:33
1623	Peter Brooke	M55	53:22
2054	Yan Xinhuan	M45	58:24

WOMEN

987	Julie Wilson	W65	54:47
2109	Mell Sieczka	W45	56:49
1512	Noelene Treen	W60	1:00:28
1716	Elizabeth Gomez	W40	1:05:28
1323	Silke Peglow	W50	1:07:01
2022	Jenny Hogg	W55	1:15:24

5KM RUN

1710	Mitch Cleasby	M60	20:32
2134	Gerrit Myburgh	M50	20:36
178	Ralph Henderson	M70	23:43
2214	David Miller	M55	26:31
407	Don Pattinson	M65	26:56
112	Bob Schickert	M75	34:21
1781	Rohan Thompson	M40	37:20



Akos

GO TO PAGE 14 ►

Whiteman Park



Everyone checks the time – and with no clock at the start (a rare occurrence) the invigilators were doubly careful! Right, first woman over 10km, Julie Wilson, had every reason to grin as she clocked her own finish time of 54:47.

WOMEN

2056	Grace Yang	W40	27:09
1711	Denise Cleasby	W60	27:51
928	Sandra Rourke	W50	30:33
1819	Sue Glyde	W55	32:59
1994	Lorna McGavock	W45	33:32

10KM WALK

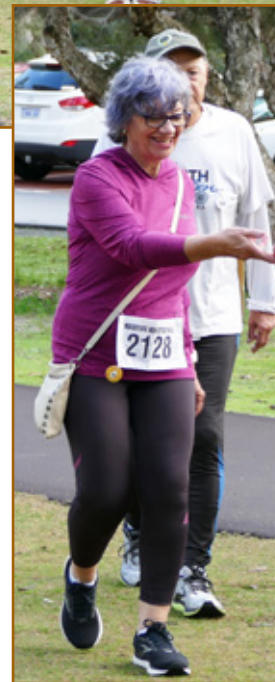
1138	Lui Cecotti	M70	1:11:32
262	Johan Hagedoorn	M75	1:12:46

5KM WALK

174	Mike Anderson	M70	36:57
2059	David Gardiner	M75	41:27
248	Rex Bruce	M80	43:42
11	Bob Fergie	M85	51:25

WOMEN

510	Delia Baldock	W55	38:11
99	Peggy Macliver	W75	40:37
339	Elaine Dance	W70	40:37
713	Grace Hollin	W60	43:32
2128	Heather Miller	W65	49:58



Want a run?

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 and we'll add it to this feature. vfdwaters@gmail.com

MONDAY

- Track training – ECAC 7.30am.
- 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.

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

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@perthtrail-series.com.au

FRIDAY

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

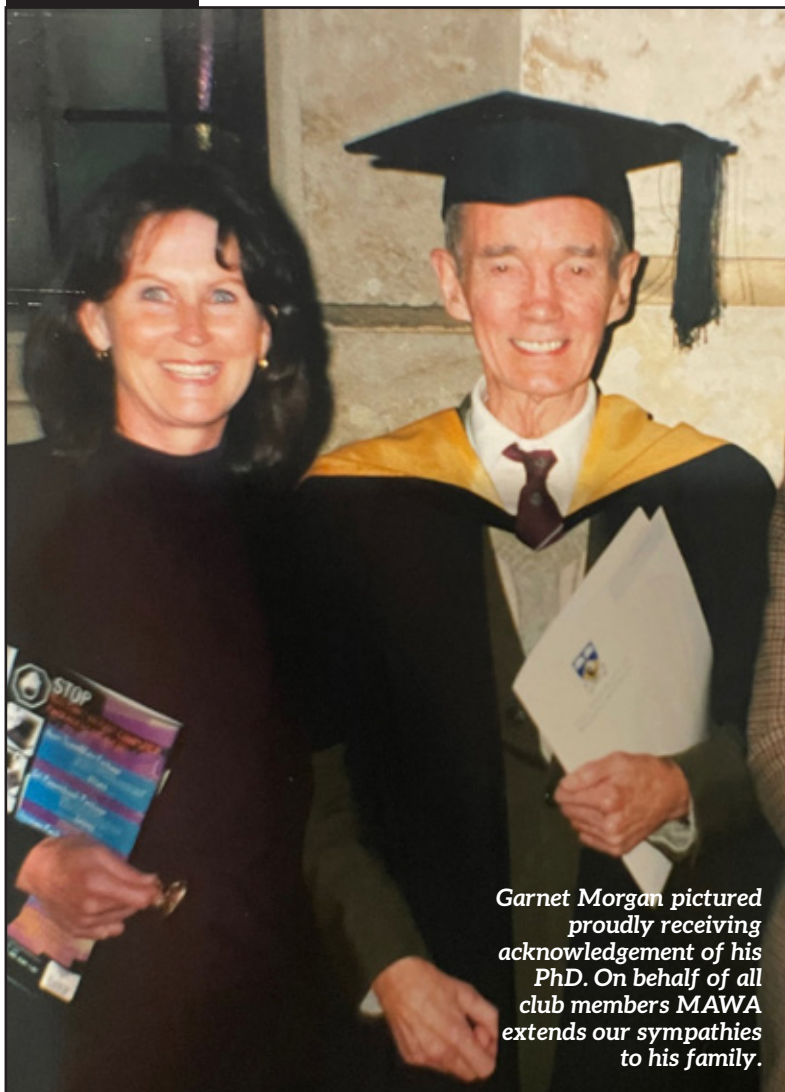
SATURDAY

DC's group at WAAS; 8-9.45am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door.

parkrun – go online to parkrun.com for details of many locations around Perth.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, garyfisher1404@gmail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or 0412 513 348.

VALE Garnet Morgan



Garnet Morgan pictured proudly receiving acknowledgement of his PhD. On behalf of all club members MAWA extends our sympathies to his family.

Garnet Aldrich Morgan - born 6.10.1924. Passed away peacefully 7.7.2021, aged 96. Loving father to Rhonwen and Glynn and grandfather to Alicia, Jess, Tom, Sam and James.

“GARNET was a gentleman who enjoyed his running and also, for many years, the social gathering after a run under a large tree at the rear of Perry Lakes Stadium.” So writes Bob Hayres who, like Garnet, was a founding member of Masters (then WAVAC) in 1974. This gathering still happens - although ‘numbers are less’ said Bob.

“As I said to Rob Shand - another coffee-under-the-tree member gone. We don’t need the large gum tree now. Remaining members could shelter under a Geraldton Wax.”

Garnet wore club number 6, which makes him one of the earliest members. We believe he remained with the club until around 2010.

“Small in stature - big in internal fortitude,” says John Bell. “A super-friendly bloke.”

Student

Rob Shand points out that Garnet was a structural engineer who preceded him at Cape Town University and adds that he did another degree in Perth when in his 70s.

Accounts of this degree vary but it was certainly late in his life and the seven-year study is an example of the strength of Garnet’s character.

Maxine Santich, pictured with Garnet at the presentation, recalls it as a PhD on melting ice and climate change. They were neighbours and she says: “Garnet lived on Turriff Road in Floreat. He was a hoarder of newspapers/books and the passage into his house was lined with them, leaving just a small pathway into the house!

“Dear ol’ Garnet. Fond memories of our runs around Perry Lakes. He often talked about his good results at the City to Surf and other runs - of which I remember none!”

Rob Shand comes to the rescue here. Some results sorted painstakingly by Rob from old *Vetrans* online show Garnet ran road as well as track.

- In 1974/5, the year MAWA (the Vets) was formed he ran 5,000m in 24:06; 10,000m in 48:42; and 1,500m in 5:57.

- Still an M50 in 1977’s Nationals, Garnet ran 2:47.2 to place fifth in the 800m.

- Twelve years later, in the 1989 Nationals (in Perth) he did 3:04.7.

His 100m was 16.3; 200m 32.5 and 400 77.4

- In 1976 endurance running was popular and in a one-hour event at the McGillivray track Garnet covered 11.613km.

- In the 1977 City to Surf he ran 55:55; later ran 49:15 for 10km; and then 48:19 in a 10km cross country. Also in 1977 Garnet ran the Mundijong half-marathon in 1:03:24.

(Rob recalls this being a particularly difficult course, with only John Gilmour finishing the full marathon!)

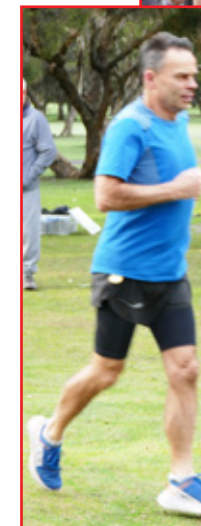
New Members - Welcome!

- 2231 ORTEGA: Pablo M30
- 2232 HOGAN: Paul M55
- 2233 KNUCKEY: Greg M60
- 2234 HUTTON: Lesley W45
- 2235 TONKIN: Cindy W40
- 2236 CRAGE: Keegan M40
- 2237 MAYSTON: Jordan M30

WE’RE well-used to speedy Oliver Knuckey leading out every Sunday; now his proud dad, Greg, has joined Masters! Garnet Morgan has left us - but he would be proud at how his club develops.



Oliver



Greg

AUGUST 8
Around Herdsman



Race Director: Rod Hamilton
(0428 940 089)

Jeffrey Whittam, Dorothy Whittam, Sandra Stockman, Rob Badenoch, Ian Carson, Sofia Carson, Kevin Johnson, Susan Hamilton, Mitch Cleasby, Denise Cleasby, Ceri Morton, Christy Davidson, Navin Ganeshanandan, Douglas Martyn

AUGUST 15
Darlington Dash



Race Director: Delia Baldock
(0418 935 040)

Michael Khan, Kerriann Bresser, Eulalia Van Blomestein, Narelle Gaynor, Shareenah Virahsawmy, Rohan Thompson, Kevin Anderson, Nicole Anderson, Suzanne Farcich, Gayle Craft, Darryl Downing, Mell Sieczka

Where you're HELPING!

Please remember - if you are listed on this page call your director to CONFIRM your availability.

AUGUST 22 - City Rail
Race Director: Erika Blake (0412 791 357)

David Carr, Roma Barnett, Blakeney Tindall, Mike Hale, Christopher Coates, John Pentecost, Grace Hollin, Trisha Farr, Rhonda Newburn, Rebekah Blake, Martin O'connell, Carey Taylor, Rowena Williams, Lorna Bade, Heather Uren, Brad Webb

AUGUST 29
Bold Park GOT & Perry Lakes



Andrew

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



SEPTEMBER 12
Wireless Hill



Lynne

Race Directors: Lynne & Bob Schickert (0438 386 563)

Peggy Macliver, Wayne Pantall, Rex Bruce, Graeme Dahl, Kim Thomas, Carolyn Fawcett, Robert Fawcett, Charlotte Webb, Rshanathi Wanigasekera, John Cameron, Matthew Webb, Jaimie Henderson

SEPTEMBER 19
Matagarup



Race Director: Wayne Pantall
(0415 684 368)

Brian Danby, Mark Rosen, David Baird, Joanne Richardson, Sylvia Johanna Szabo, Sylvia Bernadette Szabo, Erika Blake, Pamela English, Russell Smith, Andy Wong, Matthew Dunstan, Lorna Bade, Drew Langford, Glenn Rogers

SEPTEMBER 26
Mullaloo Magic



Johan

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

Brian Danby, Julie Wood, Martin Watkins, Sandra Rourke, Peter Brooke, Chris Kowalski, Christopher Stones, Carey Taylor, Andy Wong, Matthew Dunstan, Douglas Martyn

SEPTEMBER 5 - Nedlands



Race Director: Neil Morfitt (0417 410 328)

Anne Jones, Margaret Saunders, Ian Cotton, Bob Lane, Julie Storey, Shareenah Virahsawmy, Hugh Lloyd, Craig Madden, Laurent Carles, Andrew Mcleish, Daniel O'brien, Emma Hartley, Heather Stephens, Brad Webb, Lucinda Rowlinson