

VETRUN



No. 538
APRIL 2024

Lake Monger



Cover: Lake Monger 2024.

NEXT EDITION: Vetrun No. 539 will be published in June 2024.

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Why are they waiting?



SEE PAGE 15

Celebrate 50 years of our club!

EVERYONE will be welcomed at the 50th anniversary run - McCallum Park, on April 21.

Members old and new will be there - and perhaps you can help by calling up some of the old-timers who haven't been around for a while.

Several of them find driving tricky these days.

So the club is asking YOU - if you have contact with members, past or present who would appreciate a personal invitation - and maybe a lift - please give them a call.

There are very few of the 'originals' left, but many early members are still alive (and kicking, we hope!).

Founders

McCallum was the favourite location back in 1974, when John Gilmour, Cliff Bould and a few like-minded athletes founded the

WA Veterans Club, and the first formal AGM was held there, under the trees.

We have managed very well without a clubroom ever since!

So it's back to where it all began, on April 21, but with much grander catering!

Please join your clubmates for a lavish breakfast and remember to smile for the camera when we assemble the greatest all-time line-up of Masters athletes for the commemorative photo!

Sundowner in June

The party doesn't end there of course.

Tickets for Masters' 'posh do' - the sundowner on June 9 - will be available for purchase through Eventbrite later this month.

Watch the club website for a link on the website as soon as they are available.

Price is \$20 for members, former members and partners. It will cost \$35 for other non-members and guests.

Location is the East Fremantle Yacht Club from 4pm-7pm; canapés will be served and a bar service available.

CLUB CONTACTS

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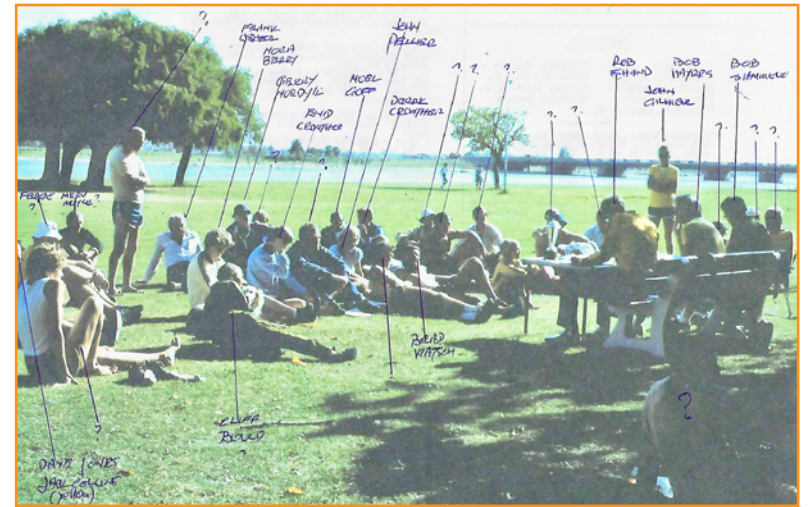
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Secretary:
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President: Rochelle Airey

Clothing: Delia Baldock
dlbaldock@bigpond.com

Patron: Bob Schickert



This is the only known photograph (courtesy of the late Rob Shand) of an early club AGM, held under the trees of McCallum in 1978. Even with Rob's scribbled guesses there are mysteries! Perhaps members can supply names?

From left, front - (hidden!) Jack Collins; seated, female ?; behind her Pedgie?; next Merv Moyle?; standing Dave Gough?

Reclining, Frank Wsteer?; Nora Berry; Cliff Bould?; Gerry Nordyk; Enid Crowther; Noel Goff; John Pellier; Derek Crowther; ?; Brad Watson; ?; ?; ?; ?; ? (all sprawling!) At the table: Rob Shand; John Gilmour (standing); Bob Hayres; Bob Sammels.

Pic Below: John Gilmour, Bill Hughes, Paul Martin, Cliff Bould



Friendship Run

(with WAMC)



FEBRUARY 4, 2024
Director: Jim Langford



Alan Stabler (far left) one of our newer members was 10km winner. Below- why did they start on the far side of that green box? Jim will know; I don't, wasn't there! All pictures taken by thoroughly dedicated Jenny Hogg, here and at Woodbridge.



AGE-GROUP LEADERS

10KM RUN			
2077	Alan Stabler	M50	41:27
807	Rod Hamilton	M60	43:04
2251	Scott Chambers	M45	46:09
1864	Martin O'Connell	M55	47:39
1622	Tommy Glackin	M40	48:28
1202	Akos Gyarmathy	M65	50:29
220	Giovanni Puglisi	M70	50:36

RESULTS CONTINUE

→ PAGE 4



Jon Gore (2417) 1st M50, 5km.



Chris Owen (2476) 1st M45, 5km.



Bernard Candy (2267) 1st M60, 5km,

Into the light; Brian navigates with Google Maps; and, the course was moist!



FRIENDSHIP RESULTS

WOMEN 10KM

1255	Clare Wardle	W45	47:50
650	Karen March	W60	53:14
987	Julie Wilson	W70	59:56
1862	Ceri Morton	W40	1:00:17
2372	Tegan Durbridge	W35	1:00:33
2464	Clare Wynn	W50	1:00:34
1422	Carolyn Stephens	W65	1:02:17
2405	Annemarie Kilshaw	W55	1:04:50

5KM RUN

1342	Alex Tinniswood	M40	23:15
2417	Jon Gore	M50	23:39
2267	Bernard Candy	M60	24:18
1262	Wade Davis	M55	24:31
346	Christopher Maher	M70	26:16
178	Ralph Henderson	M75	26:25
2476	Christopher Owen	M45	30:41
2015	Fred Smart	M85	34:50
824	Heiner Huning	M65	45:06

WOMEN

1883	Joanna Lloyd	W50	24:30
489	Amanda Walker	W55	26:15
1508	Sue Hamilton	W60	27:44
533	Anne Jones	W70	31:19
1926	Gayle Craft	W65	31:31
2473	Mega Ariani	W30	32:23
288	Gillian Young	W75	32:40
2438	Emma Blake	W40	33:35
1961	Sofia Dumlao	W45	36:37

5KM WALK

99	Peggy Macliver	W75	41:56
1828	Phillippa Bennett	W65	42:20
510	Delia Baldock	W60	44:02
2500	Carol Pullen	W45	58:09
176	Margaret Bennett	W80	1:02:11

MEN

455	Sean Keane	M55	41:57
262	Johan Hagedoorn	M80	42:22
2472	Martin Riley	M70	47:08
1944	Steve Travell	M65	49:44
251	Mike Hale	M75	55:26

Woodbridge Handicap

10KM RUN HANDICAP

			Clock	Handicap	Time
2184	Glenn Rogers	M55	1:03:40	20:29	43:11
1542	Sandra Levis	W60	1:06:09	4:03	62:06

FASTEST!

2184	Glenn Rogers				
2372	Tegan Durbridge	W35	1:06:21	13:35	52:46

5KM WALK HANDICAP

			Clock	Handicap	Time
1944	Steve Travell	M65	43:51	0:38	43:13
111	Lynne Schickert	W80	45:52	3:29	42:23

FEBRUARY 11, 2024

Director: Delia Baldock



THIS course is the same as the Woodbridge Parkrun along the Swan River.

The playground's Westie Café was very popular after the run and with Perth sweltering in the middle of a prolonged heat wave it was no surprise that numbers were down for the 10km handicap.

However, a good, close finish resulted, Glenn Rogers earning congratulations for taking the Ray Gimi Trophy in fine time! The heat didn't slow down Rod Hamilton either; he won the 5km run.

Melissa Lewis braved the demanding 10km walk and finished a few seconds ahead of the only other contestant, Andrew Duncan.

Steve Travell showed great improvement in winning the 5km walk handicap.

Well done everybody - and don't forget to keep hydrated in this prolonged, warmer weather. Thanks to all my sterling helpers and hope to see you all next year.

Delia



Woodbridge Handicap



AGE-GROUP LEADERS 5KM RUN

807	Rod Hamilton	M60	19:43
1342	Alex Tinniswood	M40	21:31
220	Giovanni Puglisi	M70	22:37

WOMEN

1508	Sue Hamilton	W60	25:31
739	Margaret Saunders	W70	26:17
2430	Theresa Whyte	W65	33:11
1323	Silke Peglow	W55	35:29
1818	Belinda McKay	W50	41:04
1787	Hazel Stephen	W75	53:58

DIANELLA OPEN SPACE



Director Erika spread her wings to identify and plan a new, twisting, turning and interesting course for this year's Dianella event.

Below (but pictured at Woodman Point) newer member Hayden McGregor was first M30 in the 8km. **RESULTS - PAGE 6.**



278 Keith Miller M75 24:35

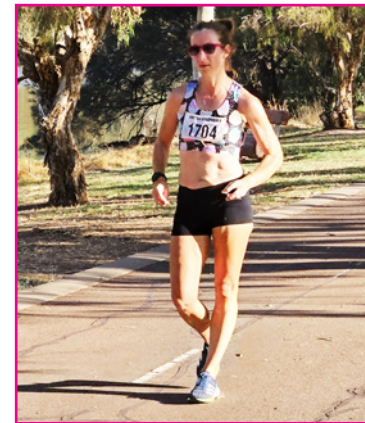


990 John Batta M55 32:13



112 Bob Schickert M80 36:13

10KM WALK



1704 Melissa Lewis W35 1:03:17
1638 Andrew Duncan M55 1:03:30



DIANELLA OPEN SPACE

FEBRUARY 18, 2024

Director: Erika Fardig

AGE-GROUP LEADERS

8KM RUN

798	Kim Thomas	M50	32:56
2251	Scott Chambers	M45	33:32
807	Rod Hamilton	M60	34:32
1400	Kevin Johnson	M65	34:59
220	Giovanni Puglisi	M70	37:07
1622	Tommy Glackin	M40	39:03
2184	Glenn Rogers	M55	40:22
2350	Hayden McGregor	M30	47:48
1678	Geoff O'Brien	M75	55:25

WOMEN

1255	Clare Wardle	W45	35:11
689	Sandra Stockman	W55	38:46
495	Tanya Burke	W50	50:17
1642	Heather Stanborough	W40	52:24



Jill Bohmer

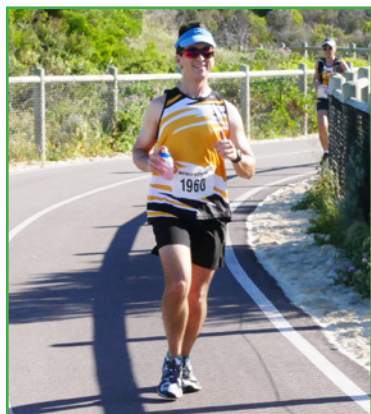
2338	Jill Bohmer	W60	54:14
1512	Noels Treen	W65	55:35

4KM RUN

1226	David Adams	M45	15:39
1978	Mike Haederle	M60	15:53
1342	Alex Tinniswood	M40	17:13
2054	Xinhuan Yan	M50	19:24
178	Ralph Henderson	M75	19:44
762	Mark Hewitt	M70	22:38
1960	Leon Mitchell	M40	27:33
2015	Fred Smart	M85	27:57
112	Bob Schickert	M80	29:03
1092	Bruce McGeorge	M65	29:37

WOMEN

2473	Mega Ariani	W30	21:58
987	Julie Wilson	W70	22:01
1926	Gayle Craft	W65	23:29
928	Sandra Rourke	W55	27:01



Winning couple - Leon Mitchell and Sophia Dumlao, below.



1961	Sofia Dumlao	W45	27:32
149	Jackie Halberg	W75	34:41

8KM WALK

1138	Lui Cecotti	M75	1:01:38
1828	Phillippa Bennett	M65	1:09:39
111	Lynne Schickert	W80	1:11:31

4KM WALK

262	Johan Hagedoorn	M80	30:52
2059	David Gardiner	M75	33:48
1454	Andrew Cuthbertson	M65	33:50
227	Gary Fisher	M70	39:35

WOMEN

510	Delia Baldock	W60	30:53
99	Peggy Macliver	W75	32:06
2500	Carol Pullen	W45	44:16

YOUR pics are online!

IF you race home every Sunday, anxious to see if you look as good as you hoped, the club website would have been disappointing, for a few recent weeks.

An inexplicable malfunction meant that although the Sunday runs pics were there (prompt as ever, folks) they couldn't be viewed.

Webmaster Ernie tried everything to fix the site, to no avail.

For I.T. and other nerds, here's what Ernie tried ...

"I had gone through all the settings, resetting, clearing caches, updating and resaving galleries and albums with no resolution.

"Uninstalled and reinstalled the plugin, went back to an older plugin version, reverted PHP versions. Nothing."

Ignorant me

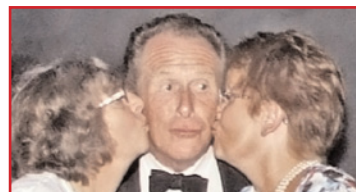
So, in my total ignorance I noticed that the pics from 2021 could still be viewed. I tentatively suggested we move all the newer pics there.

So then ... Ernie tried my idea.

Normal service has now been resumed. Modestly I quote my new best friend, good old Ernie:

"Vic, you are a genius."

(Thanks mate, but I think an old cockney adage is more likely - Be Lucky!).



Some like my pictures!



Helpers - always appreciated!

Want your pictures?

Every few years Richard Blurton has to clear out the backlog of pictures to make space on the website. To help save space, I now upload the Sunday pictures at fairly low resolution.

If you spot an especially good shot featuring you, and would like a better resolution version, for printing perhaps, contact me (Vic Waters).

Of course, you might also want to request removal of especially embarrassing pictures!

That entails a much larger bribe.

VW

Giovanni to be Europe-bound

AFTER the 3Ps event Giovanni Puglisi announced that he will be leaving us for a year or two. Of course, he will still be running! M75s watch out; on his return Giovanni will be set to join your category!

He told *Vetrun*: "I will be joining up with my Oxford City Athletics Club buddies and together with Stewart Thorpe, Richard Grant and Bryan Vaughan (who are all Veterans 70-75 years and 21 minute to 22 minute 5km runners) should ensure that Oxford City will be at the forefront of the UK National road relay championships in 2024-2025 for the V70 division!"

World Champs

"I hope to go to Gothenburg for the WMA championships in August and will look forward to catching up with the Australian team members, especially my buddies from Perth.

"Recently I have had a forced fortnight off running due to an ankle injury sustained in the MAWA State Champs Steeplechase.

"The men's 60 to 85 years + is always run in the dark and the poor lighting at Ern Clark makes spotting the barriers a hazard. I nominated to run the SC in 2023 but decided it was too risky running it at night and decided not to run. I'm mad at myself for running this year!

"All the best, Giovanni."

5KM WALK HANDICAP

		Clock	H/cap	Time
1257	Karyn Tolardo	W55	43:28	13:05 30:23
1729	Victor Munoz	M65	45:02	12:30 32:32

8KM RUN HANDICAP

OVERALL WINNERS

2491	Claudia Seke	W55	43:49	10:14	33:35
2100	Gerard Hill	M35	43:53	17:53	26:00

AGE-GROUP LEADERS IN HANDICAP RUN

MEN

220	Giovanni Puglisi	M70	45:40	9:50	35:50
1978	Mike Haederle	M60	47:56	13:24	34:32
2460	Michael Brophy	M50	48:23	15:45	32:38
2251	Scott Chambers	M45	49:05	16:31	32:34
1202	Akos Gyarmathy	M65	49:38	11:39	37:59
1432	Bob Hull	M75	50:32	6:16	44:16
1622	Tommy Glackin	M40	51:15	17:03	34:12
2036	Oliver Mueller	M55	58:15	14:31	43:44
112	Bob Schickert	M80	62:05	3:36	58:29

WOMEN

1661	Liz Bryson	W70	47:53	0:43	47:10
1255	Clare Wardle	W45	48:05	12:48	35:17
1422	Carolyn Stephens	W65	49:43	4:30	45:13
1542	Sandra Levis	W60	58:16	7:08	51:08
2483	Liz Clennell	W50	1:01:12	11:01	50:11
1642	Heather Stanborough	W40	1:04:46	14:41	50:05
2485	Katie Yeowart	W35	1:08:19	15:27	52:52

Age Graded Handicaps



FEBRUARY 25, 2024
 Directors: Jason Kell & Elizabeth Gomez

5KM RUN

AGE-GROUP LEADERS

2507	Drew Langford	M45	22:25
743	Ross Keane	M60	22:48
106	Paul Hughes	M70	27:07
1351	Randy Hobbs	M60	28:16
175	Brian Bennett	M75	28:5
2158	Rod Bickers	M65	32:53

WOMEN

987	Julie Wilson	W70	27:14
2477	Kirsty Peddie	W40	29:40
2430	Theresa Whyte	W65	33:07
1440	Marion Kavenagh	W60	41:15
149	Jackie Halberg	W75	48:39

8KM WALK

1638	Andrew Duncan	M55	51:22
1828	Phillippa Bennett	W65	1:13:17

'... and the last shall be first'

Gerard Hill almost made it, trailing women's winner Claudia Seke by just four seconds. As youngest runner he went off last with a 17:53 handicap and ran 8km in 33:36. Claudia, our phenomenal new W55 followed her Sunday win by resetting the 10km State track 10km a few days later.

Picture left, start of the 5km non-handicap run, which was equally enthralling. Drew Langford and Ross Keane, close at start and finish, were pipped by another Langford - Drew's nine-year old son, Kai!

MARCH 3, 2024

Directors: Rochelle Airey
& Gillian Young

AGE-GROUP LEADERS

10KM RUN

2133	Paul Rowland	M45	38:26
807	Rod Hamilton	M60	41:30
2134	Gerrit Myburgh	M50	41:51
1202	Akos Gyarmathy	M65	48:42
t/c	Andrew Roddy	M40	45:26
1846	Paul Every	M55	53:01
278	Keith Miller	M75	54:27
2472	Martin Riley	M70	84:27

WOMEN

867	Sue Zlnay	W60	47:46
2485	Katie Yeowart	W35	58:02
1682	Jo Shelley	W45	60:08
1642	Heather Stanborough	W40	65:02
495	Tanya Burke	W50	66:29
82	Susan Sanders	W70	69:14
1512	Noels Treen	W65	71:34
1323	Silke Peglow	W55	76:03

5KM RUN

2176	Michelle Shuck	W40	20:59
689	Sandra Stockman	W55	24:50
987	Julie Wilson	W70	28:28
1926	Gayle Craft	W65	31:28
1961	Sofia Dumlao	W45	39:17
1440	Marion Kavenagh	W60	43:11

MEN

1400	Kevin Johnson	M65	22:03
2267	Bernard Candy	M60	23:37
1256	Mercurio Cicchini	M70	25:07
178	Ralph Henderson	M75	25:38
112	Bob Schickert	M80	39:10

10KM WALK

1508	Sue Hamilton	W60	1:14:42
1138	Lui Cecotti	M75	1:18:56
1389	Janne Wells	W55	1:21:37
1828	Phillippa Bennett	W65	1:28:10
111	Lynne Schickert	W80	1:30:36

5KM WALK

1110	John McDonagh	M75	36:54
262	Johan Hagedoorn	M80	40:19
2507	Jorge Domingues	M60	59:42

WOMEN

510	Delia Baldock	W60	40:31
2128	Heather Miller	W70	51:45
1301	Erika Fardig	W65	52:58
176	Margaret Bennett	W80	59:50
295	Julie Wood	W75	59:51

Joondalup



Enthusiastic young visitor Shaun Gale's crouch start paid off; first home in the 5km - followed closely by W40 Michelle Shuck in 20:59.



Gayle Craft ran well, as usual, 1st W65 5km. Then she came down with Covid!



A huge visitor roll-up put tested our officials, and we are so fortunate, and we are so fortunate, and we are so fortunate to have such capable directors as Gillian Young and Rochelle Airey. The pair (who do a few other things for the club you know!) took over this year's run from Martin O'Connell, who was called away.

MARCH 10, 2024
Director: Kim Thomas

ANOTHER huge visitor turnout - as at Joondalup a week earlier - made extra work for Kim, his helpers and our results team. Gratifying though, that so many are seeking out Masters' Sunday programme. It augurs well for the club in its 50th year. **VW**

AGE-GROUP LEADERS
11KM RUN

2100	Gerard Hill	M35	37:16
1632	Roberto Busi	M45	40:26
2077	Alan Stabler	M50	42:19
807	Rod Hamilton	M60	47:02
1202	Akos Gyarmathy	M65	52:44
81	Peter Sanders	M75	56:46
2036	Oliver Mueller	M55	1:01:45
1901	Rodney Glossop	M40	1:03:03
193	Milton Mavrick	M70	1:04:11

WOMEN

1255	Clare Wardle	W45	49:31
2491	Claudia Seke	W55	47:39
650	Karen March	W60	55:37
2487	Jennie Davies	W70	1:05:23
2372	Tegan Durbridge	W35	1:06:32
1706	Rashanthe		
	Wanigasekera	W50	1:15:32
2047	Melanie Montgomery	W40	1:20:22

7.5KM RUN

1702	Steve Helm	M60	35:11
2432	Adrian Webb	M55	37:36
1622	Tommy Glackin	M40	38:18
278	Keith Miller	M75	41:55
198	Keith Atkinson	M65	42:56
1450	John Ranger	M55	45:41
25	Jim Barnes	M80	45:44
2015	Fred Smart	M85	47:44

WOMEN

1716	Liz Gomez	W40	40:07
843	Rochelle Airey	W55	40:36
2241	Jo Scott	W45	45:16
1926	Gayle Craft	W65	46:09
2433	Louise Chambers	W50	46:41
1813	Isolde Tietz	W70	51:16



Serious warm-up paid off for Greg Knuckey, 1st in 4km.



Text-book knee-locks - Andrew Duncan and Karen Tolardo.

4KM RUN

2233	Greg Knuckey	M65	17:29
796	Steve Hossack	M60	17:50
106	Paul Hughes	M70	21:21
1587	Patrick Jones	M50	21:56
2415	David Goldblatt	M55	22:04
175	Brian Bennett	M75	23:04
112	Bob Schickert	M80	31:13

WOMEN

1883	Joanna Lloyd	W50	18:18
689	Sandra Stockman	W55	19:22
987	Julie Wilson	W70	22:00
1961	Sofia Dumlaio	W45	25:50
2512	Carla Huisken	W80	36:49
1526	Terri Carr	W60	59:42

11KM WALK

1638	Andrew Duncan	M55	1:04:28
1257	Karyn Tolardo	W55	1:14:56
1828	Phillippa Bennett	W65	1:36:45

7.5KM WALK

1231	Wendy Farrow	W55	52:05
1508	Sue Hamilton	W60	57:25
111	Lynne Schickert	W80	1:07:17
713	Grace Hollin	W65	1:07:47



Louise Chambers, 1st W50, 7.5km.

MEN

262	Johan Hagedoorn	M80	59:51
1138	Lui Cecotti	M75	1:01:59

4KM WALK

2274	Fiona		
	Van Heerwaarden	W45	28:45
510	Delia Baldock	W60	32:16
288	Gillian Young	W75	37:07
2128	Heather Miller	W70	38:01
1900	Glenys Duncan	W80	38:09

MEN

2426	Jamie Lachlan Back	M55	32:14
1487	Jason Kell	M45	34:08
248	Rex Bruce	M80	37:53
227	Gary Fisher	M70	38:59
74	John Bell	M75	44:03
2507	Jorge Domingues	M60	45:18
1944	Steve Travell	M65	46:19



Lake Menger



Irrepressible Tommy Glackin; he sees a camera, he jumps! Right, colourful visitor turns scarecrow! Below left; Peter Sanders, one of our impressive earliest members; and below right, Gerard Hill, one of our impressive newer ones!



NM Kate Burton, AG winner at Point Walter.

Being Behan

IRISH writer Brendan Behan was once invited to Oxford to debate the difference between prose and poetry. His opponent spoke for almost two hours. Behan rose, promised brevity and recited an old Dublin rhyme.

*There was a young fella named
Rollocks
Who worked for Ferrier Pollocks.
As he walked on the strand
With a girl by the hand
The water came up to his ankles.
"That," declared Behan, "is prose.
But if the tide had been in it
would have been poetry."*



Bit hot?

COUNT your blessings - and toes! Dozens of fans were treated for frostbite at an NFL game in Kansas City; 12 had to have fingers or toes amputated. The temperature for the playoff in January between Miami Dolphins and Kansas City Chiefs was -20°C (wind-chill -33°C).



Bloke wants a serious walk...and some people just muck about!

New members - Welcome!

OUR newer members don't waste any time making a mark in the club!

In this edition of *Vetrun* you will find several of the names printed here leading their age-groups on Sunday mornings.

- 2501 HILL: Douglas M40
- 2502 KEANEY: Frank M65
- 2503 CASEY: Casey W65
- 2504 DUNHAM: Michelle W45

- 2505 KWAN: Laurence M40
- 2506 WATT: Kathryn W40
- 2507 DOMINGUES: Jorge M60
- 2508 HILL: Amanda W30
- 2509 ESTUPINAN: Memo M30
- 2510 NARANJO: Natalie W30
- 2511 LAWLER: Trent M50
- 2512 HUISKEN: Carla W80
- 2513 BURTON: Kate W40
- 2514 HATTINGH: Charl M40
- 2515 STOCK: Kevin M55
- 2516 SMITH: Georgie W35

State Championships

WE had a bumper entry of 202 athletes, superb organisation as always by Barbara and sunny skies. All this made for a highly enjoyable competition.

We strongly encourage all members to read Carmel Meyer's outstanding TFNL special - which can be accessed from the magazines tab on the website. It has all the results, brilliant pics from Carmel and Graeme, plus 'my championships' articles from Tammi Doyle and Dave Wilkie.

Jo's throws

Outstanding performer was Jo Peters in throws.

Just into the M70 age group, he set Australian records in the weight and the discus, and was a worthy winner of the Athlete of the Meet Trophy.

State records

Multiple State records went to Jim Davis and Paul Jeffery and newer member Claudia Seke excelled in more ways than one.

Plumb-on!

First, she set a State record in the 10,000m and then saved the day on the Saturday of the meet when we lost all water supply. Claudia went and found the problem, carried out a temporary repair, and turned the water back on.



Melissa Foster

Jo Peters



Claudia Seke

Special thanks to our great photo-finish team of Lorna, Kirsty and Rashanti. This is the first time we have managed the photo-finish without having to employ the skills of officials from Athletics West.

Melissa Foster

What is it with our Track and Field women recently - they all want to get in on the act!

First Gillian smashes the steeplechase world record and then Barbara the 400m WR. Not to be outdone Mandy rewrites the W55 sprint WR's and now Melissa Foster gets into the WR listing in the long jump. Many congratulations to her. Who will be next?

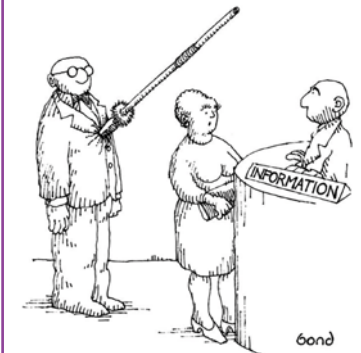
AMA Nationals

Winter woollies are packed and we are off to Hobart for the Nationals over the Easter Weekend. A strong MAWA team of 43 athletes are making the trip. I note in particular a very strong contingent from the south west of the state, especially

Championships Worlds

This is the one we have all been waiting for. It will be spectacular for sure - expensive yes, but tag on a holiday in Europe and you have the trip of a lifetime. Several members have already booked flights and accommodation. Entries close June 4.

Why I don't help at the Champs



"How can we get it out, without ruining his suit?"

in the throws where Jo Peters, Jim Davis and John Fettus are sure to come back with a large array of medals - and maybe some records to boot.

A highlight will certainly be the match up between ex-world record holder Julie Brims and current holder, our own Mandy Mason.

Winter Track

We are taking a well-earned two-week break and will restart at ECAC on April 11. Look out for the winter programme in the usual place.

Richard Blurton



3Ps at Point Walter

FOR the second successive year Lachie Marr had personal, social, family circumstances that kept him away from his beloved Point Walter Run, one that he has directed for a number of years.

To keep the Sunday Runs programme to the order that went to print at the beginning of the season, a swap was arranged with South Fremantle run directors Clare Wardle and me, Giovanni Puglisi, for the second year running.

Clare's impeccable!

Using Clare's impeccable notes kept from the 2023 running, volunteers were contacted in good time, each arriving early in the morning to help set up for the morning. Unfortunately Covid prevented Clare attending to see the outcome of their efforts which made 3Ps such a resounding success.



Giovanni dubs it 'Popular 3Ps'.

I suggest Masters 3-Penny Opera!

The weather was also very agreeable throughout the day and, as last year, a large number of visitors came along join the grand turn-out of members and help swell the fields for 5km, 8km and 16km runs and walks.

We witnessed splendid running and walking by all those who pushed hard and finished their event with a satisfying performance - whether finishing at the pointy end of proceedings, further back in the pack or claiming a PB somewhere in the field.

We had phone-ins!

Moments that many of the volunteers stationed near the finish line thoroughly enjoyed, later in the morning, as the tailenders doing the 16km event turned for home, were the phone reports sent by Stephen Grannells, who was posted at the 8km turn.

Although the wind assisted on the 8km journey to the finish, it must have felt such a long way to go, especially for those attempting a distance beyond 10km for the first time.



One of Stephen's reports alerted us:

"Rashanthi has just rounded the 8km mark!"

It reminded me of radio reports of the Sydney to Hobart Yacht race when the smaller, low-handicap yachts at the tail of the fleet were edging towards the finish line in Hobart!

When a smiling Rashanthi Wanigasekera crossed the finish line (in 1 hour 51 mins 21 sec) she said there were two other runners still out on the course, edging their way towards the finish. Because one of the runners was having gastric problems, Rashanthi kept her company for some distance. She also gave her one of her running gels, and once convinced that her companion was okay, continued on with her own race!

Gel is the 'gels' pick me-up!

The gel must have done the trick as that runner also made it to the finish, jogging through the line. Well done to one and all.

Everyone managed to complete their events; there were no casualties or any DNF.

Finally, a special salute to Rashanthi for displaying such sporting spirit and friendship towards a fellow competitor!

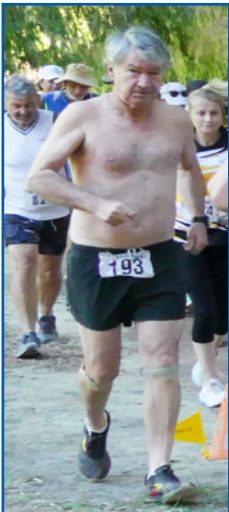
Giovanni



MARCH 24, 2024
*Directors: Giovanni Puglisi
 & Clare Wardle*

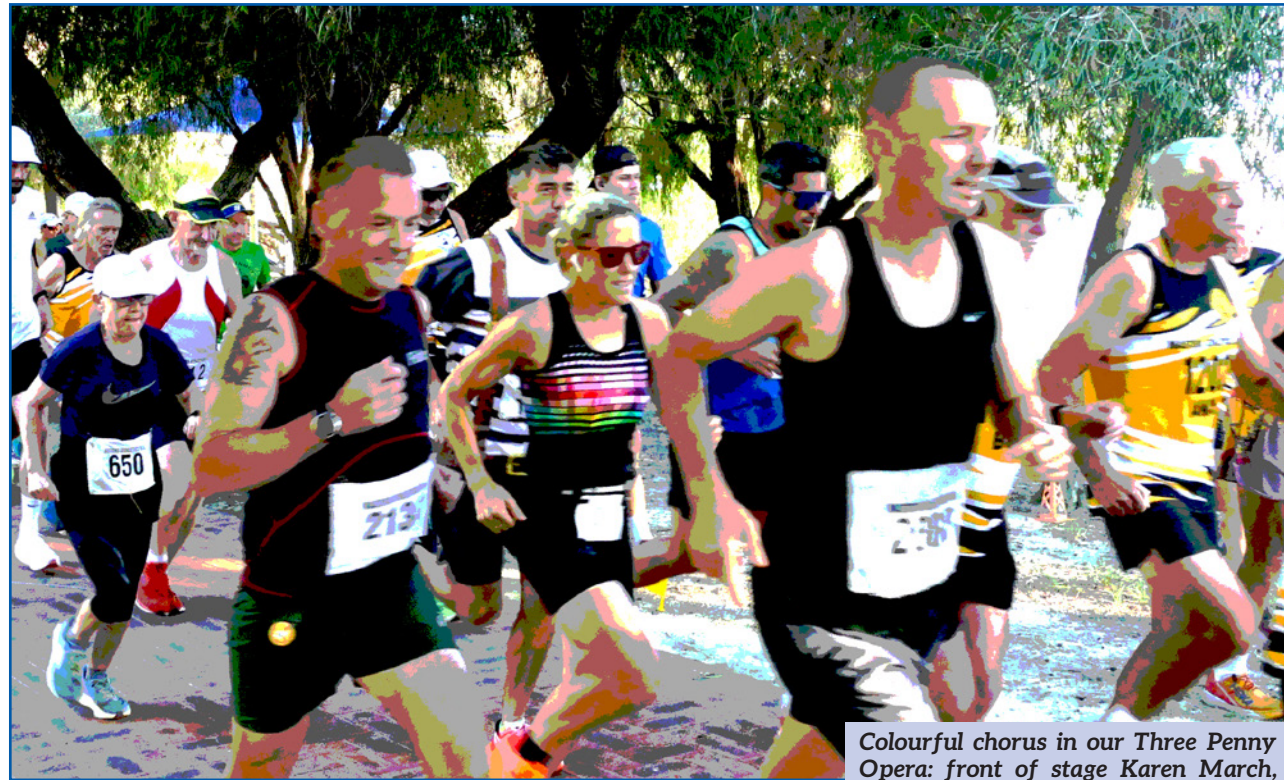
**AGE-GROUP LEADERS
 16KM RUN**

2134	Gerrit Myburgh	M50	1:07:09
1226	David Adams	M45	1:08:18
796	Steve Hossack	M60	1:15:04
1202	Akos Gyarmathy	M65	1:17:26
858	Tristan Bell	M55	1:19:46
2055	Jan Brankaer	M40	1:20:50
81	Peter Sanders	M75	1:24:10



Milton - going well in preparation for his 7th marathon, and first as M70.

193	Milt Mavrick	M70	1:33:35
650	Karen March	W60	1:21:55
1902	Crystal Glossop	W45	1:31:17
1494	Wendy Grace	W70	1:35:47
2372	Tegan Durbridge	W35	1:39:21
1875	Shalini Watson	W55	1:45:31
1706	Rashanthi Wanigasekera	W50	1:51:21
1512	Noels Treen	W65	1:57:10



Colourful chorus in our Three Penny Opera: front of stage Karen March, Gerrit Myburgh, Drew Langford, Akos Gyarmathy.

8KM RUN

346	Christopher Maher	M70	35:29
1702	Steve Helm	M60	36:02
1639	Geoff Vine	M75	44:48
2046	Brett Montgomery	M45	45:14
1206	Adrian Kenny	M50	45:15
1450	John Ranger	M55	46:05
1859	Tim Inglis	M65	47:48
2015	Fred Smart	M85	51:41
112	Bob Schickert	M80	1:01:13

WOMEN

2513	Kate Burton	W40	40:22
843	Rochelle Airey	W55	42:01
1661	Liz Bryson	W70	45:53
2483	Liz Clennell	W50	52:44
1961	Sofia Dumlaio	W45	1:01:05

5KM RUN

2088	Drew Langford	M45	18:31
743	Ross Keane	M60	23:00
175	Brian Bennett	M75	27:35
512	David Baird	M80	30:08
1134	Frank Price	M70	1:03:15

WOMEN



2273	Jacinta Thompson	W45	29:42
1926	Gayle Craft	W65	29:43
2450	Wendy Jones	W55	36:18
1440	Marion Kavenagh	W60	39:20
149	Jackie Halberg	W75	50:31

16KM WALK

2426	Jamie Lachlan Back	M55	2:03:44
1828	Phillippa Bennett	W65	2:22:57

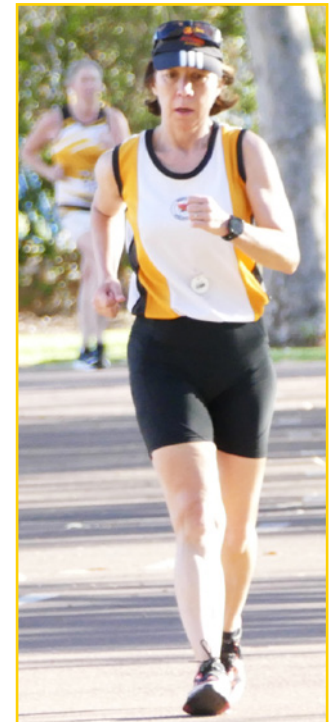
5KM WALK

1704	Melissa Lewis	W35	33:39
99	Peggy Macliver	W75	40:35
510	Delia Baldock	W60	40:36
288	Gillian Young	W75	44:57
2128	Heather Miller	W70	46:23
2433	Louise Chambers	W50	48:43
1900	Glenys Duncan	W80	49:15
1531	Lesley Dowling	W65	54:41

MEN

455	Sean Keane	M60	42:10
244	John Brambley	M80	47:30
227	Gary Fisher	M70	50:31
824	Heiner Huning	M65	51:44
74	John Bell	M75	66:20

8KM WALK



Serious contender: Wendy holding off Fiona in the 8km walk.

1231	Wendy Farrow	W55	56:45
2274	Fiona Van Heerwaarden	W45	57:31
1138	Lui Cecotti	M75	67:27
111	Lynne Schickert	W80	73:47
713	Grace Hollin	W65	79:46





MARCH 31, 2024
 Director: Mark Hewitt

AGE-GROUP LEADERS
10.5KM RUN

V20	Kyle Eager	Vis	41:01
1226	David Adams	M45	43:20
807	Rod Hamilton	M60	44:58
2184	Glenn Rogers	M55	45:41
1400	Kevin Johnson	M65	47:52
81	Peter Sanders	M75	54:05
1256	Mercurio Cicchini	M70	56:05
1960	Leon Mitchell	M40	1:05:02
2015	Fred Smart	M85	1:08:33

WOMEN

2491	Claudia Seke	W55	44:24
650	Karen March	W60	52:49
1716	Liz Gomez	W40	55:49
495	Tanya Burke	W50	1:04:38
82	Susan Sanders	W70	1:13:05
1512	Noels Treen	W65	1:14:23

7KM RUN



1587	Patrick Jones	M50	29:58
2334	Andrew Kets	M55	32:04
2267	Bernard Candy	M60	33:40
178	Ralph Henderson	M75	34:47
2502	Frank Keaney	M65	34:50
106	Paul Hughes	M70	37:25
1487	Jason Kell	M45	55:48

RESULTS CONTINUE P15 ▶



Start as you plan to finish. Above, many age-group leaders head the pack.

Left, Mark Hewitt demonstrates the fine art of race direction - gamely predicting 'this event will now start here, forever!'

Right, Karen was truly 'flying'. (Check those tiny tootsies!)



Perry Lakes

7KM RUN WOMEN

689	Sandra Stockman	W55	34:52
2438	Emma Blake	W40	45:34
1813	Isolde Tietz	W70	47:01
1961	Sofia Dumlao	W45	48:35
2107	Madeline Radestock	W65	48:55

3.5KM RUN

2233	Greg Knuckey	M65	14:22
1332	Russell Smith	M60	18:14
1639	Geoff Vine	M75	19:22
1814	Peter Tietz	M70	24:29

WOMEN

1883	Joanna Lloyd	W50	15:54
1833	Sally Smith	W45	18:01
1508	Sue Hamilton	W60	18:52
2473	Mega Ariani	W30	21:24
2512	Carla Huisken	W80	31:10
10.5km Walk			
1638	Andrew Duncan	M55	58:41
1231	Wendy Farrow	W55	1:15:04

7KM WALK

262	Johan Hagedoorn	M80	55:43
455	Sean Keane	M60	58:40
74	John Bell	M75	1:11:57
2472	Martin Riley	M70	1:13:16

WOMEN

288	Gillian Young	W75	1:01:59
713	Grace Hollin	W65	1:03:10
128	Irene Ferris	W70	1:05:06

3.5KM WALK

510	Delia Baldock	W60	27:24
2128	Heather Miller	W70	32:56
1900	Glenys Duncan	W80	34:15
295	Julie Wood	W75	39:27

MEN

244	John Brambley	M80	33:05
77	Arnie Jenkins	M75	35:09
227	Gary Fisher	M70	41:51



Newer member Frank Keaney (2602), 1st M65, 7km.



Also new, Andrew Kets (2334) 1st M55, 7km.

Bardon Bash



Ah, of course! The Bardon traditional pre-race loo line-up. Sight of all that water doesn't help. Below, left, a visitor gets into Vetrun with just a blown kiss! And club officials in running conference, pre-race.

So ... why were they waiting?





Bardon Bash



Georgie Smith is the front-running new member at centre of this fast group. A W35, she won the women's 13km in 67:43. Below: Mercurio has this event in the palm of his hand!

APRIL 7, 2024
 Director: Mercurio Cicchini

AGE-GROUP LEADERS
13KM RUN

1226	David Adams	M45	53:58
2134	Gerrit Myburgh	M50	54:15
807	Rod Hamilton	M60	54:35
2184	Glenn Rogers	M55	57:32
1901	Rodney Glossop	M40	1:02:01
712	John Pentecost	M65	1:02:47
278	Keith Miller	M75	1:08:48
193	Milt Mavrick	M70	1:18:14

WOMEN

2516	Georgie Smith	W35	57:43
650	Karen March	W60	1:06:45
1902	Crystal Glossop	W45	1:12:34
1494	Wendy Grace	W70	1:16:19
2464	Clare Wynn	W50	1:18:18
1642	Heather Stanborough	W40	1:19:19
1422	Carolyn Stephens	W65	1:19:31



7KM RUN

796	Steve Hossack	M60	31:21
178	Ralph Henderson	M75	35:01
106	Paul Hughes	M70	37:48
186	Bert Carse	M80	44:37
1960	Leon Mitchell	M40	51:58
1092	Bruce McGeorge	M65	53:05
WOMEN			
689	Sandra Stockman	W55	34:19
1926	Gayle Craft	W65	42:37



2473	Mega Ariani	W30	43:45
1813	Isolde Tietz	W70	47:35
2047	Melanie Montgomery	W40	49:03
2433	Louise Chambers	W50	49:39
1961	Sofia Dumlao	W45	52:03



Rare pair

Two fine walkers, Peggy and Lynne achieved a very rare, dead-heat finish over 7km.

13KM WALK

1638	Andrew Duncan	M55	1:15:48
1257	Karyn Tolardo	W55	1:31:15
1828	Phillippa Bennett	W65	1:53:58
74	John Bell	M75	2:09:31

7KM WALK

1704	Melissa Lewis	W35	46:00
2274	Fiona Van Heerwaarden	W45	50:31
510	Delia Baldock	W60	57:16

111	Lynne Schickert	W80	1:01:19
99	Peggy Macliver	W80	1:01:19
1260	Melinda Fisher	W55	1:02:11
713	Grace Hollin	W65	1:04:42

MEN

1110	John McDonagh	M75	54:02
262	Johan Hagedoorn	M80	56:28
1454	Andrew Cuthbertson	M65	58:32
2157	Dave Hogg	M60	1:14:26