

VET RUN



Around Herdsman
JULY 2024



No. 540
AUGUST 2024



Cover: to come.

NEXT EDITION: Vetrun No. 541 will be published in October 2024.

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50km correction



Chris Maher has held the overall record since 1998 with an average per/km of 3:34 - NOT 3:35 as stated in Vetrun, June 2024. The previous best time, 3:54, was set by Frank Smith in his one and only 50km effort of 1987.

MAWA AGM 2024

THE MAWA AGM will be held at 9.45am on Sunday, September 15, 2024 at the Hockey Club Rooms, Perry Lakes Drive, Floreat following the Claypit Circuit Event. Morning tea will be available in the club rooms prior to the meeting. All members are invited to attend.

Nominations are called for the Committee for 2024-2025. The positions are:

President, Vice-President, Secretary, Treasurer and four Committee Members.

Nomination forms are available from the Secretary at mawasecretary@gmail.com and require a nominator and seconder.

All Committee nominations must be received by the Secretary no later than Sunday, September 1, 2024

A copy of the previous AGM minutes is available on the website along with copies of the reports from the President, Treasurer and Secretary for 2024.

To access these go to www.masterathleticswa.org and click on 'OUR CLUB' - 'ABOUT US' or you can request a copy from the Secretary.

AGENDA

- 1. WELCOME**
- 2. ATTENDANCE/ APOLOGIES**
- 3. MINUTES OF 2023 AGM**
- 4. MATTERS ARISING**
- 5. REPORTS**
President
Secretary
Treasurer
Statistician
- 6. PRESENTATION OF TROPHIES**
Achievement Awards
- Road
- Track & Field
Jim Barnes Trophy
- Half Marathon
- Handicap Trophy
John Gilmour Trophy
- Athlete of the Year
President's Pin
- 7. CLUB OFFICIALS**
Patron
Auditor
Course Measurement
Editor *Vetrun*
Handicapper
Registrar
Social
Statistician
Website
- 8. ELECTION OF OFFICE BEARERS**
President
Vice-President
Secretary
Treasurer
Committee Members (4)
- 9. LIFE MEMBERSHIP AWARDS**
- 10. GENERAL BUSINESS**
- 11. CLOSE**

President's Report 2024

WHAT a wonderful year it has been! It has been a pleasure to serve as the MAWA President in this, our 50th anniversary year. I have been well-supported by past-president, Richard Blurton, secretary Gillian Young, treasurer Gary Fisher, vice-president Silke Peglow and committee members John Fisher, Karyn Tolardo and Jason Kell.

Our club is run by volunteers but operates so professionally. This professionalism is a reflection of just how passionate our members are about their role in our club. Lynne Schickert becoming a Member of the Order of Australia exemplifies the volunteering spirit which runs through our club.

We finish this membership year in a strong financial position. This has enabled us to maintain membership fees at the same rate as last year. Our financial position is both a reflection of our prudent approach to the available funds and the efforts of our many volunteers - in the absence of volunteers, we would have to pay for services and this would impact on the price of membership. We have also maintained our membership numbers at around 650, which is great to see.

We have seen some fantastic records set by members this year but just as importantly, we have members who work hard week by week to strive for their best. The State Championships, held in perfect conditions, were a great success, albeit with slightly reduced numbers. We sent a strong team to the National Champi-



President Rochelle Airey

onships in Hobart where it was pleasing to see some fantastic results. I am writing this before the World Championships but with about 20 WA athletes heading off, I am looking forward to hearing about their achievements on the international stage.

Our Sunday run program, unique to WA Masters, has continued to be very well supported. We have seen some new members take on various roles including in the results team, handicapping and as race directors. The Sunday runs are resource intensive so we can always have more support but they are a great way of promoting participation in our club.

In November we held an introduction to the track for road

CONTINUES PAGE 15 ►

Club Cross Country Championships



JUNE 16, 2024
 Director: Jim Klinge

FULL RESULTS - WEBSITE
AGE-GROUP LEADERS

8KM MEN

1617	Chris Lark	M40	32:20
1226	David Adams	M45	36:02
2077	Alan Stabler	M50	33:29
1450	John Ranger	M55	44:21
807	Rod Hamilton	M60	36:49
2233	Greg Knuckey	M65	38:43

8KM WOMEN

2516	Georgie Smith	W35	37:27
2519	Mariette Botha	W40	37:20
1902	Crystal Glossop	W45	45:13
1258	Sandra Siviour	W50	41:50
2491	Claudia Seke	W55	37:05
650	Karen March	W60	45:26
2439	Marilyn Connell	W60	47:28
1422	Carolyn Stephens	W65	51:13

6KM MEN

1256	Mercurio Cicchini	M70	34:09
1432	Bob Hull	M75	35:17
186	Bert Carse	M80	40:10
2015	Fred Smart	M85	46:08

6KM WOMEN

987	Julie Wilson	W70	36:13
111	Lynne Schickert	W80	1:01:14

6KM CROSS COUNTRY

743	Ross Keane	M60	32:58
2429	Deb Moore	M45	36:55
1909	Les Neill	M60	42:20

4KM CROSS COUNTRY

2034	Gopal Gupta	M60	25:42
1985	Mike Cyran	M50	28:48
468	Wayne Taylor	M65	29:26
2520	Ben Botha	M45	31:31
77	Arnie Jenkins	M80	45:45
251	Mike Hale	M75	51:50

WOMEN

928	Sandra Rourke	W55	27:00
2319	Wei Li	W30	28:42
510	Delia Baldock	W60	31:05



GOLD-GETTERS! Chris Lark, David Adams and Alan Stabler, front-starters, ran on for age-group gold medals. There were more – pictured on page four.



Bert Carse



Mercurio Cicchini



Sandra Siviour



Julie Wilson



Bob Hull



Crystal Glossop



Georgie Smith



Fred Smart



Marilyn Connell

Happy starters; looking forward to new river crossings?



Peggy

Age Graded Handicap

10KM WALK SEALED HANDICAP

WOMEN'S TROPHY WINNER

99 Peggy Macliver W80 1:31:12 7:31

MEN'S TROPHY WINNER

1138 Lui Cecotti M75 1:40:20 19:30

In a sealed handicap, all contestants start off scratch. At the finish, each person's individual handicap is added to his/her clock time to determine actual finishing order.



Lui

10KM RUN MEN

1226 David Adams M45 40:26



1392 Adrian Fabiankovits M35 42:02



2134 Gerrit Myburgh M50 42:10



Director Gary outlines the course. Frank is fed up; he wanted a 20km.

773	Dante Giacomini	M55	26:57
512	David Baird	M80	27:51
2015	Fred Smart	M85	31:08
1985	Mike Cyran	M50	35:03

WOMEN

739	Margaret Saunders	W70	26:09
1926	Gayle Craft	W65	28:30
928	Sandra Rourke	W55	30:34
2473	Mega Ariani	W30	30:50
149	Jackie Halberg	W75	45:51
1440	Marion Kavenagh	W60	45:52

MORE RESULTS - PAGE 5



Another new member shines; Daniel Hawkins, 1st 40, 10km.

2184	Glenn Rogers	M55	44:55
346	Christopher Maher	M70	46:48
2461	David Colvin	M60	48:00
1202	Akos Gyarmathy	M65	48:32
2442	Daniel Hawkins	M40	49:29
278	Keith Miller	M75	1:00:37

5KM RUN

(V5)	Oliver Knuckey	Vis	19:23
2233	Greg (Nopix) Knuckey	M65	21:20
2088	Drew Langford	M45	21:57
178	Ralph Henderson	M75	24:48
106	Paul Hughes	M70	26:22
1332	Russell Smith	M60	26:29

Racecourse



Oliver, 1st in 5km, and David, 1st in 10km.

AGE-GROUP LEADERS

WOMEN

650	Karen March	W60	51:08
1716	Liz Gomez	W40	52:42
843	Rochelle Airey	W55	53:55
2372	Tegan Durbridge	W35	56:19
1512	Noels Treen	W65	1:08:40
1706	Rashanthi Wanigasekera	W50	1:10:52

JUNE 23, 2024

Director: Gary Wilmot

GARY focussed on another immaculately directed Sunday morning and our talented handicapper and results team devised a fiendish, sealed walk handicap, to confuse the Vetrun editor. (OK, I got it eventually.)

Meanwhile the Knuckey clan pursued the internecine rivalry that must make breakfast at their house tense. Young Oliver, back to earlier form, took honours from dad, Greg Nopix Knuckey over 5km.

Oliver is pictured right, sharing the start with David Adams, a man who knows only one way to run - flat out.

Everyone was pleased that stacks of building material that hogged our carpark some months ago has become the new walk and bike bridges (above) that appear to have reached Heirisson Island. Let's hope we'll be running over them one day. **VW**



UNDERNEATH THE ARCHES

Things looking up for Delia Baldock, 5km walk winner, and Alan Cassells, 1st M75, 5km.

5KM WALK

510	Delia Baldock	W60	39:52
111	Lynne Schickert	W80	43:57
1301	Erika Fardig	W65	47:19
2128	Heather Miller	W70	51:40
1679	Ros Pillay	W75	57:4



MEN

248	Rex Bruce	M80	45:16
2066	Alan Cassells	M75	48:46
347	Neil McRae	M70	62:08



Pre-race tactics. "Agreed, we run/walk all the way with hands in pockets."

"Damn, missed him," cried the bike-rider.



This spot, once reserved for letter-writers, is rarely occupied since the demise of Rob Shand. So here's a severely truncated BARDON BASH report from Brian Bennett that arrived too late for an earlier Vetrun.

Portaloo plea!

PERFECT conditions; Director (and psychologist) Mercurio, safety in mind, moved the start and finish position 25m and importantly, off the path, so that we are now at a lower risk, when starting and finishing, of colliding with people pushing prams, walking dogs, riding e-bikes, scooters and the like, and walkers and joggers. Hopefully this will become our start and finish position for the future and prevent it becoming the Bardon Bashed event.

(Ironically, this position lines up with the toilet block, where unfortunate 'accidents' are always likely in the legs-crossed queue. Ed)

Unfortunately, the two toilets, which cater for everyone, are insufficient for the half hour or so before the race starts and I wonder whether a solution might be on the cards?

Maybe our club could enquire about hiring two transportable toilets?

These portalooos could be rented for 24 hours and placed nearby.



I was once so desperate, minutes before the start and sixth in the multi-sex queue that I had to go in the bush, near the river. Not impossible for men but unrealistic for the ladies.

Alternatively, it could become policy for this run that it starts only after everyone has had an opportunity to use the toilet?

Picture un-retouched - cross my heart!



JUNE 30, 2024
Director: Millpoint Mavrick



After his 25 years in the job, the President announces the Director is renamed Millpoint Mavrick.
 (Luckily, we all say 'Mill Point' for the peninsula and road to Perth's Old Mill. But the proper name is Point Belches (after Peter Belcher, an officer aboard Stirling's ship, HMS Success.
 Otherwise Milton's new moniker would be Belches Mavrick.)

10KM RUN

2077	Alan Stabler	M50	36:51
2251	Scott Chambers	M45	39:28
2184	Glenn Rogers	M60	40:34
1721	Zane Walsh	M40	42:20
346	Christopher Maher	M70	45:29
712	John Pentecost	M65	46:05
278	Keith Miller	M75	50:29
2415	David Goldblatt	M55	54:04
2015	Fred Smart	M85	1:06:04

WOMEN

1255	Clare Wardle	W45	45:36
1258	Sandra Siviour	W50	47:30
650	Karen March	W60	50:28
1422	Carolyn Stephens	W65	57:00
2372	Tegan Durbridge	W35	57:43
2477	Kirsty Peddie	W40	57:59
1494	Wendy Grace	W70	58:52
1875	Shalini Watson	W55	1:01:33

Mill Point Road



Always there - Clare Wardle (in pink) at the start; 1st woman, 10km.

5KM RUN WOMEN

2519	Mariette Botha	W40	20:44
843	Rochelle Airey	W55	25:59
739	Margaret Saunders	W70	26:03
1508	Sue Hamilton	W65	26:56
2473	Mega Ariani	W30	30:40
1994	Lorna McGavock	W45	34:22
119	Margaret Langford	W75	34:32

10KM WALK

1301	Erika Fardig	W65	1:37:00
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5KM WALK

1833	Sally Smith	W45	32:57
99	Peggy Macliver	W80	39:11
510	Delia Baldock	W60	39:29
1828	Phillippa Bennett	W65	43:33
2128	Heather Miller	W70	44:42
1679	Ros Pillay	W75	1:02:42

MEN

1110	John McDonagh	M75	36:39
227	Gary Fisher	M70	44:53
25	Jim Barnes	M80	48:43

Never mind the pressures of office (and a day-job) La Presidente Rochelle holds fine running form; 1st W55, 5km.

5KM RUN



2476 Chris Owen M45 20:02

2233	Greg Knuckey	M65	20:55
178	Ralph Henderson	M75	24:57
1332	Russell Smith	M60	26:04
106	Paul Hughes	M70	26:29



512 David Baird M80 27:39
 198 Keith Atkinson M65 27:44





Sports Signoff of the Week:
 'Can England cope with the handy Swiss?'
 (by Andy Swiss, BBC News)



“WE’RE ALWAYS HAPPY WALKING!”

THAT’S understandable, on another bright, cold Perth winter morning. But back at the medals Presentation Breakfast following this year’s Mill Point event, multi-marathon man Jim Barnes spoke to us of the club’s early days, when long-distance runs were everyone’s ambition.

Far fewer runners took part then, says Jim, but the standards were very high.

Later Jim presented *Vetrun* with an impressive list of the club’s sub-three-hour marathon runners. There are many,

Marathon man Jim and Heather Miller.

but as far as we know only six have run faster than 2:30. They are:

- Alan Thurlow - 2:14:07
- Jim Langford - 2:18:08
- Clive Hicks - 2:22:21
- Dave Scott - 2:23:05
- Tony Heppener - 2:27:49
- Frank Smith - 2:28:59

If at first you don’t succeed, then skydiving definitely isn’t for you.

AUSTRALIA cricket authorities deny that T20 World Cup leg spinner Adam Zampa’s real first name is Christmas and that he changed it to avoid ridicule.

The dreaded mullet (business in front, party at back) hairstyle is making a comeback. It’s almost de rigeur in Aussie Rules footie. A survey of 18 teams and 788 players reveals 150 mullets.

Nice one for the walkers

The longest walkable route on earth, 13,000 miles from Cape Town to Vladivostok through 17 countries, has never been completed. Not only because of the weather contrasts from the Sahara to Siberian tundra but the trail is like Genocide Alley: Rwanda, Sudan, Syria, Armenia and Russia.

Who reckons the ‘World Game’ has gone too far?



“Do you think there’s somewhere up there where they don’t play football?”



What do you do?

Job titles and a person’s occupation were first included in the UK census in 1841. But no one thought to explain them.

So, answers please – what were a ‘budget bummer’; a ‘butt woman’; a ‘pony sucker’; or a ‘spilch dealer’?

Going to the Paris? Fancy a swim? Stay in the pool. They spent £1.2 billion to clean up the Seine before the Olympics but it’s still riddled with faecal bacteria including E.coli.

Doing the doubles

Bob Monkhouse, master of the double-take, gagged:

“I want to die like my father, quietly, in his sleep – not screaming and terrified like his passengers.”

And – “I still have sex at 72. I live at 74 so it’s no distance.”





Alf Tupper Working-class athletics hero



AUSSIERS would probably call him a 'battler'. Whatever, this fantastic runner inspired young would-be athletes - in a UK that always was football mad.

While *Roy of the Rovers* performed wonders with the round ball, Alf's similarly impossible achievements were legend in kids' comics. Parents approved because Rover, Wizard, Adventure, Hotspur and Victor had illustrated stories, that encouraged the young 'uns to read.

Typically, Alf would beat all the odds, skulduggery by the 'rich boys', holdups due to stopping off to do someone a good turn, and just make it to the track in time to break the mile world record. All this he did on a diet of fish and chips (out of newspaper of course).

At the finishing line we'd revel in his famous catchphrase - "I ran 'em all!"

Doss mascot

Even today, Doss AC (Leeds University Cross Country Club) have Alf as a mascot. Like him, Doss members - wear yellow vests and have a traditional 'Hard as Nails' attitude towards their running. They pay homage to Alf - "We

love running, we love yellow, we love beer! We dislike all things orange. Alf Tupper is our hero!" - and enter races under his name.

'Guttersnipe'

Alf was the eternal underdog, a "guttersnipe" to the posh blokes at the AAA. He was at his best the day after a night on late shift, doing heavy lifting and getting little sleep. Of course he would fall asleep on the train and miss his stop on the way to London's famous White City Stadium.

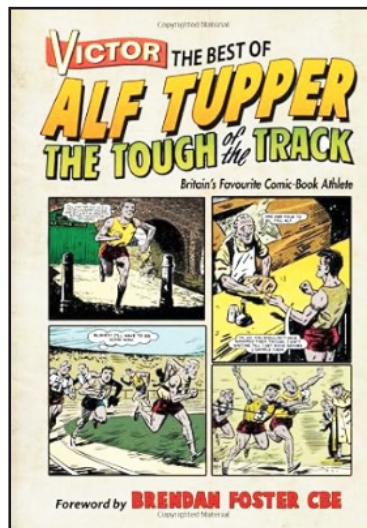
Just 18 years old when he first appeared in the Rover of 1949, Alf lived with his Aunt Meg in Anchor Alley, Greystone in a one up, one down, house sleeping on a mattress on the kitchen floor. He worked as a welder in Ike Smith's welding shop (under a railway arch) for a paltry wage and paid most of it for rent. After a bust up with Aunt Meg he moved his mattress into Ike's shop, sleeping by his workbench.

Alf Tupper: The Tough of the

Alf Tupper was fictional, probably based in part on real-life athlete Alf Shrubbs who we have previously covered (*Vetrun* No. 530 - December 2022).

Alfred Shrubbs (1879-1964) was an English middle and long-distance runner. During an amateur career lasting from 1899 to 1905 (when he was barred from amateur competition for receiving payment for running) and a professional career from 1905 to 1912 he won over 1,000 races of about 1,800. Altogether he set 28 world records.

Track - created by Bill Blaine (head of DC Thomson comics) and written by Gilbert Lawford Dalton - appeared in *The Rover* from 1949 and then *The Victor* over almost 40 years period, until 1992.



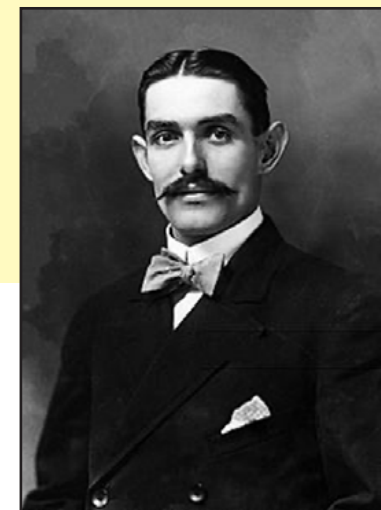
In the 1970s, some of the early 1950s storylines and a 'prequel' series about Alf's "rough tough boyhood" and his struggle with the authorities as an orphan were told to a new generation.

Alf's last published appearance came in the Scottish newspaper, *The Sunday Post*, in 1992, and featured Alf in training for the Barcelona Olympic Games. Then, in April 2014, Alf Tupper returned in a monthly one-page comic-strip feature in the international athletics magazine *Athletics Weekly*.

Real fan?

You can read the later exploits of Alf at victorhornetcomics.co.uk Pages were still being added in 2017!

(More - go to [Wikipedia](https://en.wikipedia.org/wiki/Alf_Tupper), the free encyclopedia.)



Kings Park Cross Country

JULY 7, 2024
Director: Rohan Thompson

AGE-GROUP LEADERS

10KM RUN

2077	Alan Stabler	M50	43:20
796	Steve Hossack	M60	48:49
1342	Alex Tinniswood	M40	50:10
1202	Akos Gyarmathy	M65	54:35
2249	Rod Siviour	M55	59:42
729	Charlie Chan	M70	1:08:47

WOMEN

650	Karen March	W60	57:53
843	Rochelle Airey	W55	1:01:45
2527	Rebecca Speirs	W45	1:05:48
1422	Carolyn Stephens	W65	1:08:42
495	Tanya Burke	W50	1:11:03
1642	Heather Stanborough	W40	1:12:44

5KM RUN

V5	Oliver Knuckey	Vis	23:50
2233	Greg Knuckey	M65	23:54
2292	Chris Stansbury	M50	24:53
2531	Steve Stanborough	M45	26:57
178	Ralph Henderson	M75	27:38
2036	Oliver Mueller	M55	32:13
2381	Americo Pereira	M60	32:45
512	David Baird	M80	34:45

WOMEN

739	Margaret Saunders	W70	29:29
928	Sandra Rourke	W55	35:10
2107	Madeline Radestock	W65	38:07

7KM WALK

V10	Christian d'Argent	Vis	50:31
1138	Lui Cecotti	M75	54:52
262	Johan Hagedoorn	M80	58:41
227	Gary Fisher	M70	1:05:44
1301	Erika Fardig	W65	1:11:15

4KM WALK

99	Peggy Macliver	W80	31:28
74	John Bell	M75	33:18
510	Delia Baldock	W60	33:21
1218	Ginny Mulvey	W65	36:14



Director calls Met. Office and confirms: "Yep, it's definitely going to rain!"



Gloomy looks abound for the club's wettest meeting of the year (so far) - except on cheery Rod Siviour (above) and the club's most colourful man, Gerard Wallen, right!



Manning Park

RUNNERS and walkers with no time to linger by the lake wouldn't have heard the charming call of the pobblebonk frogs, well-hidden among ancient paperbark trees. I heard them though - one advantage of slow strolling! My guess is the squat sculptures near our mustering point are oversized versions of same.



Thanks - for another great event organised by Vanessa and her helpers.



AGE-GROUP LEADERS

8KM RUN

Patrick Jones	M50	35:45
Akos Gyarmathy	M65	41:25
Ross Keane	M60	41:26
Daniel Hawkins	M40	43:24
John McShane	M55	47:04
Charlie Chan	M70	52:30
Doug Elkins	M45	58:30

WOMEN

Karen March	W60	44:04
Tegan Durbridge	W35	50:23
Carol Bowman	W65	51:28

JULY 14, 2024

Director: Vanessa Carson

4KM RUN

Kathy Nicholas	W55	20:58
Julie Wilson	W70	23:34
Wei Li W30		47:54

MEN

David Baird	M80	23:54
Randy Hobbs	M60	25:02
Mark Sivyver	M75	25:19
Martin Riley	M70	33:06
Mike Cyran	M50	49:46

5.6KM WALK

Peggy Macliver	W80	43:34
Lui Cecotti	M75	43:36
Sean Keane	M60	45:57
Phillippa Bennett	W65	51:24
Carol Pullen	W45	1:00:50

2.8KM WALK

Delia Baldock	W60	21:56
Johan Hagedoorn	M80	24:13
Jim Barnes	M80	30:02
Steve Barrie	M60	32:46
Margaret Bennett	W80	46:56
Pamela English	W75	46:58
Julie Wood	W75	47:01



Karen and Peter March - going over the top.



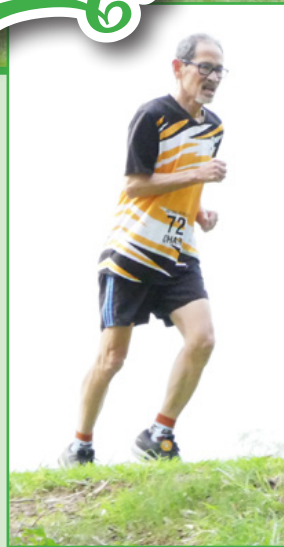
Manning Park



Kathy Nicholas, W55 – 4km winner



Barefoot runner Pat Jones, M50, led from the off on this smooth-grass, cross-country course to win the 8km in 35:45.



CCC – Consistent Charlie Chan, above left, 1st M70 8km; left, Mark Sivyer, 1st M75 4km; above, 1st M80 5km, David Baird.



Whiteman Park

JULY 21, 2024
Director: Ross Langford

AGE-GROUP LEADERS 10KM RUN

1726	Jerry Peters	M45	40:57
2184	Glenn Rogers	M60	42:32
858	Tristan Bell	M55	44:04
1342	Alex Tinniswood	M40	44:54
1702	Steve Helm	M60	45:21
712	John Pentecost	M65	46:00
2054	Xinhuan Yan	M50	49:35
454	Mark Sivyer	M75	58:06



Thanks to Ross and all his helpers – and especially to Jenny Hogg for all our pictures.

WOMEN

843	Rochelle Airey	W55	52:21
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1092 Bruce McGeorge M70 1:01:29



1494 Wendy Grace W70 57:06

MOREAGE-GROUPEADERSP13

Whiteman Park

2372 Tegan Durbridge W35 58:09
1716 Liz Gomez W45 1:00:49



Noels Treen rides her bike to most Sunday runs and consistently tops her age-group - as at both events on this page; likewise, ever-consistent M75 Ralph Henderson, pictured right with Lee Flugel.

1512 Noels Treen W65 1:08:02
5KM RUN

807 Rod Hamilton M60 19:20
178 Ralph Henderson M75 24:36
512 David Baird M80 28:01
762 Mark Hewitt M70 29:11
1781 Rohan Thompson M45 32:56
2249 Rod Siviour M55 37:08

WOMEN

739 Margaret Saunders W70 26:08
1926 Gayle Craft W65 29:37
1258 Sandra Siviour W50 37:07
2526 Heleen Stevens W55 37:49

10KM WALK

1138 Lui Cecotti M75 1:22:44

5KM WALK

510 Delia Baldock W60 39:27
74 John Bell M75 41:35
1828 Phillippa Bennett W65 41:39
111 Lynne Schickert W80 44:32



Scott Chambers eyes David Adams break-away start to the 15km. Was that the three-second advantage that separated them at the finish?



Lee Flugel excels on this great, varied course.

7.5KM WOMEN

2439 Marilyn Connell W60 39:33
987 Julie Wilson W70 40:41
2527 Rebecca Speirs W45 41:48
1926 Gayle Craft W65 42:36
2477 Kirsty Peddie W40 45:02
928 Sandra Rourke W55 48:48

5KM RUN

1720 Anne Young W50 29:19
1865 Stephen Grannells M60 30:45
2430 Theresa Whyte W65 34:23
2398 Gerard Wallen M60 34:43
1827 Steve Barrie M60 38:43

7.5KM WALK

713 Grace Hollin W65 1:06:49
2059 David Gardiner M75 1:09:23

5KM WALK

99 Peggy Macliver W80 38:58
510 Delia Baldock W60 38:58
1531 Lesley Dowling W65 43:16
2128 Heather Miller W70 45:41
1828 Phillippa Bennett W65 1:04:47

MEN

455 Sean Keane M60 41:47
74 John Bell M75 42:55
227 Gary Fisher M70 51:05



AROUND HERDSMAN

JULY 28, 2024

Directorate: Rod & Sue
Hamilton

AGE-GROUP LEADERS

15KM RUN

1226 David Adams M45 1:01:47
2251 Scott Chambers M45 1:01:50
796 Steve Hossack M60 1:06:44
858 Tristan Bell M55 1:06:57
712 John Pentecost M65 1:09:35
2054 Xinhuan Yan M50 1:14:57
2442 Daniel Hawkins M40 1:20:44
278 Keith Miller M75 1:20:45
729 Charlie Chan M70 1:33:48

WOMEN

2167 Lee Flugel W40 1:03:08
2491 Claudia Seke W55 1:03:53
1255 Clare Wardle W45 1:08:30
1258 Sandra Siviour W50 1:12:05
650 Karen March W60 1:20:09
2372 Tegan Durbridge W35 1:30:36
1512 Noels Treen W65 1:51:05

7.5KM RUN

2134 Gerrit Myburgh M50 30:51
2233 Greg Knuckey M65 31:09
2292 Chris Stansbury M50 32:17
178 Ralph Henderson M75 37:23
1450 John Ranger M55 38:39
1256 Mercurio Cicchini M70 40:45
2046 Brett Montgomery M45 41:34
1846 Paul Every M60 43:59
2015 Fred Smart M85 50:39
112 Bob Schickert M80 58:15



JENNY Hogg will be taking our pictures in August, and I'll post them at the club site on August 22.

Directors - please give Jenny every consideration!

Thanks, Vic



And, In My View ...
(as if you really cared ...)

OLDEST skateboarder in the Olympics is Team GB's Andy MacDonald, aged 51. His teammates are both 16. Youngest competitor is a Chinese boy aged 11.

**New Members
- Welcome!**

2533 HAUSTEAD: Bruce M60
2534 MARTIN: Simon M40
2535 YOUNG: Kimberly W30
2536 MANGANO: Phil M55
2537 THORPE: Sarah W35

Vale Lorraine Lopes

January 1, 1940 -
July 1, 2024

By
Margaret Saunders

LORRAINE was such a lovely person. She was always active and enjoyed walking. But when finally convinced to give running a go it had an enormous influence on her later years.

Amazing performances were achieved so quickly!

Despite outstanding achievements in Masters distance running she was so humble. Her unpretentious attitude inspired others to achieve.

Today, Lorraine still holds 10 state records in the W70 and W75 age groups for events ranging from 800m to half marathon.

Records

Lorraine's record-breaking career began in Perth 2010 at the Masters Nationals when she won her age-group 800m and 10km.

Over the next six years victories and awards came thick and fast.

2011 Brisbane Nationals: 800m, 5km, 1,500m in a state and Australian record.



Lorraine on club Sunday runs: left, winning the Age-Handicap event at McCallum Park in 2015. Centre, 2011 and in peak form, running the McCallum Lakes event. Right, delighted to be running with her daughter, Trish at the Hale School Guess Own Time event of 2012. (Sadly, Trish died in 2015.)

Also in 2011, World championships in Sacramento USA: 3rd in the 800m, 2nd in both 1,500m and the 5km; resulting in AMA trophy for the most outstanding middle-distance performance of 2011.

2012 Melbourne Nationals: 1,500m win, a championship record and top age-graded middle-distance performance of the championships. Plus silver medals in both 800m and 5,000m.

In 2013 Lorraine won the Nationals 5km and placed in the 800m and 10km events.

Internationally Lorraine ranked

3rd in the 1,500m and 5th in the 800m and 10km.

In 2015 Lorraine travelled to Lyon, France for the World championships. Once again, excellent results - 2nd in the 5km and 3rd in the 1,500m.

Aussie No. 1

At the end of that year she was number one in Australia in all events from 400m through to the 10km.

Internationally she was number one in the 3km and 10km, 2nd in the mile and 3rd in the 800m and 5km.

In 2016 her final international

contest was in Perth, when we hosted the World championships. She won silver in the cross country and bronze in the 5km.

Results

Lorraine was also an outstanding Masters volunteer and the Sunday results processor for many years. This entailed copying the information from hand-written finishing sheets, adding it to a spreadsheet and finally a Word document.

In 2015 she stepped down. We now have five volunteers sharing the load!

After 2016 her passion for com-

petition lessened and while she ceased to compete her love of running never diminished. She still ran with Masters and at Parkrun, Yokine.

When Lorraine became ill and was no longer able, or permitted, to run she still loved going out for walks. At her age-care facility Lorraine could be seen leading the pack, followed by carers and other residents.

Sacramento

Many of our team will remember Lorraine in Sacramento.

Early each morning when the sun was struggling to be seen she would wake up and meet her coach in the car park and they would complete a training session together - around the car park. The rest of us had a longer sleep and waited until there was sunlight!

Sharing with Lorraine on tour was interesting. She was just a beautiful person, so lovely and friendly. However, trying to sleep in the same room was a bit of a mission! She had warned us she may snore, and said "just hit me gently and I will stop."

Well that was not always easy!

Coached

Her running coach and mentor David did not really help either. Lorraine was so successful - and they would celebrate with a red wine. Well that was good for them but no so good for us as the snoring was even worse!

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runners. It was an unexpectedly hot Thursday evening (40°C in November!) which likely affected turn out but it was interesting to hear Robin and Paul talk about the way they had used the track to improve their running performance. Track running can be a useful addition to the training regime. The committee welcomes suggestions from members for other opportunities to link our track and field program with our road running program.

A highlight this year was the celebration run on April 21 (great to see some of our track members venture out on the road) and the wonderful sundowner on June 9. These were both enjoyable occasions to celebrate our club's 50 years where we recognised the origins of our club as well as our optimism for the future.

We are reviving the 1 hour run which will be held this year on 15 October. If there is good interest, we will look at making this an annual event.

The committee is keen to see the Patron's Trophy reinvigorated. While we have always had passionate participants, interest has waned so we are looking towards a launch event to bring the multi-event format to everyone's attention.

Our club is in a wonderful position in its 50th year ... long may that continue.

Rochelle Airey



Gillian Young

IT has been another busy year for the committee, particularly in planning and preparing for our 50 years anniversary.

This included choosing uniform to display our 50th anniversary logo, the 50th anniversary run/walk - which was very well attended by many past members - and the very successful Sundowner at the East Fremantle Yacht Club. This was attended by 160 past and present members and partners and we received a lot of good feedback on this event.

Our Committee

Our committee continues to work hard to improve all aspects of our club and this is evident in the good numbers attending on a Sunday morning and some of the highest-ever numbers at our track and field nights.

As requested at last year's AGM our wonderful results team has

Secretary's Report 2023-2024

found a way to include the names of our visitors in the Sunday results. Also, there is now a numerical list of members on the website so that if you know a member's number you can look up their name; two more ways that make our club even more friendly!

Thanks to all our volunteers!

As always it is the work of our volunteers that makes our club so successful.

We are very grateful to all of them and encourage all members to think about putting their hand up when we put out the call for some assistance. Every offer helps us to keep running smoothly and safely. This year we have put the call out several times for Race Directors, Handicapper and Relief Handicapper, Council Application Assistance, Results Team members, Photo-finish Camera Operator as well as many calls for Helpers at our Sunday events. A big thank you to all those who responded.

Please think about offering to help next time we put out the call. It can be very rewarding!

Gillian Young
MAWA Secretary

Treasurer's Report 2023/24

IN PRESENTING the annual accounts to members, I am pleased to report a solid year with no occurrences to disrupt the committee's goal of a break-even result.

Lighting up the club's finances - Gary Fisher



The 2024 result was solid. I can report a surplus of \$2,359 for the year.

Cash on hand as a result remains extremely healthy and sits at \$86,715.

Revenue

Revenue continues to be strong as a result of a strong membership base.

Visitor numbers were steady.

Membership as at 30 June was 651.

As a result of the Reserve Bank's thirteen interest rate rises, our two term-deposits benefited, as we earned interest of \$2,808.

Expenses

State Championships returned a small deficit of \$1,317, but this was as a result of improved amenities which made for a better experience for both competitors and spectators alike.

Also, to celebrate our 50th anniversary a function at East Fremantle Yacht Club was held at a cost of \$2,456.

There were no other large items of expenditure of note and any replacement equipment was of minimal cost.

Clothing

2024 saw the full implementation of a new supplier with the additional benefit of the club no longer paying for stock held.

Events

Due to a steady decline in attendance the social weekends away are no longer a part of our annual calendar.

Summary of Receipts and Payments

The summary has been included in the *Vetrun* and will also be placed on the website. As yet the accounts have not been audited.

Conclusion

Our sound financial position should ensure that the club continues to grow and function effectively for the benefit of all members for the foreseeable future.

Gary Fisher
MAWA Treasurer

