

## **Vetrun Extra – April 16**

### **Jorgensen and Safety**

Hi Vic

With people recalling the club/state CC course at Jorgensen and the difficulty/safety I am adding my thoughts.

My first year in the club was 1988, having returned to WA from Victoria in December 1987.

I think the original CC course at Jorgenson used at that time - run in the opposite direction to the current course - is probably the most dangerous CC race I have ever been in.

On the `new` course, which has been used (I think) since around 1989, there have been one or two falls each year, even though it is not as dangerous.

The worst fall I recall was that of Michele Mison who injured her hip, which then required surgery.

`Old` course

As referred to above, runners on the `old` course went down the creek bed over slippery rocks. The result of the 1988 event is on page 8 of the Sept 88 Vetrun. The times recorded for the MAWA athletes who have been around for many years were quite fast considering the course difficulty. There is a photo taken earlier than 1988 - on page 4 of Joan Pellier's book -and I have seen (but not tried to locate) another photo taken in 1988 showing just how rough it was.

The second most dangerous CC was that at Malaga (Spain) World Masters Association Championships in 2018, where the rocks and tree roots brought about a bad fall for Jim Langford.

Bob Schickert



Bob at Jorgensen in 2018



Vic Waters descending the `old' course around 1989.

I remember enjoying that original route around Jorgensen; but we were all younger and more foolish then.

The most dangerous CC I can remember around Perth was one we used to run in the Helena Valley area. I think it was part of the WA Athletics Association series staged on Saturday afternoons, and one section took us downhill, striding from rock to rock.

At least we rarely encounter mud in WA.

In his book *Running for Fitness*, Sebastian Coe writes that UK cross-country runners learned a special way to tie their shoes, using extra long laces. After tying the knot on the shoe, the laces were then tied again, around the ankle. That way, you didn't lose the shoes when they were sucked off in the bog!

*Vetrun Extra* is a new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that –stay in touch!

Let me know how you're coping, staying fit, occupying your time.

Email contributions for me to include in *Vetrun Extra* –send to

[vfdwaters@gmail.com](mailto:vfdwaters@gmail.com).

I'll reply to all your emails and, if suitable, share your words on this page with all the members.