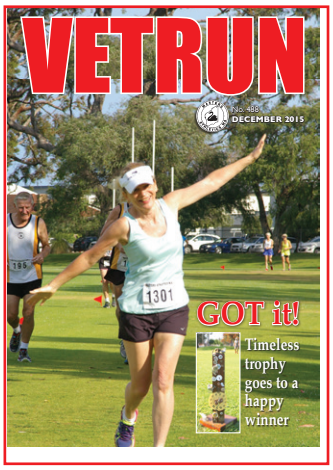
VETRUN

No. 488
DECEMBER 2015

GOT it!

Timeless trophy goes to a happy winner



Cover – Erica Blake in celebratory mode at the GOT run, with no idea she would be taking home the coveted Timeless Trophy. Story Page 7.

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Bell Tower launch for Champs

Perth 2016 update

A ONE-year-out event was held at the Bell Tower on October 26, with speeches from Tourism WA Executive Gwyn Dolphin, WMA President Stan Perkins and MAWA athlete Lyn Ventris. Comment and photos are on the Perth 2016 Facebook page.

• The one-year-out WMA inspection visit was held over three days in late October. The WMA team of Stan Perkins, Sandy Pashkin, Serge Beckers and Margit Jungmann worked with the Local Organising Committee to review the athletics schedule and make some minor changes. The revised programme will be put on the Perth 2016 website.

• Agreement has been reached with WA Marathon Club for running the championship marathon.

• Arrangements for the Athletes Party at Perth Zoo have been firmed up.

• The travel agent contract was awarded to Motive Travel. Agreement on rates has been reached with 10 hotels, and discussions are continuing with another 20+. Motive reports receiving regular enquiries about accommodation.

• Around 1700 athletes have signed up to the Perth 2016 Facebook page.

• Engineering reports on the Ern Clark hammer cage have been received.

• Decisions on the actions required by Perth 2016 should be made by year end.

HOW PERTH 2016 IS RUN

IT DOES not seem like four years since a small group of starry-eyed, but optimistic, Masters from Perth pitched to WMA (World Masters Athletics) to hold the World Championships (WMAC) in Perth in 2015. Backing by the National body representing Australian Masters Athletes is a necessary component of any bid made to WMA, and we had been given the authority to bid by Australian Masters Athletics (AMA).

Our representatives making the case for Perth were Richard Blurton, Lynne and Bob Schickert and representatives of the State Government, through Tourism WA.

As everyone knows, Perth lost out to Lyon for 2015. However, in a follow-up ballot, Perth defeated Poland for the right to run the 2016 Championships.

The first buzz of excitement after winning the 2016 rights was swiftly followed by a tee-shirt reprint, emblazoned with 2016; the 2015 version becoming a collectors' item!

We then had to set up the legal structures, put contracts in place, simply to apply a legal and operational structure to the agreed bid. In doing this there is an agreed protocol and path to follow as specified by WMA.

Perth 2016 Limited

The contract which sanctions the 2016 Championships for Australia, and more particularly Perth, was made between WMA and AMA, with the AMA signing a Memorandum of Understanding with Perth 2016 Limited. This is a limited company, set up specifically for the purpose of contracting some or all of the operational aspects of the Championships.

Perth 2016 Ltd appointed the LOC (Local Organising Committee) which carries out the day to day obligations of Perth 2016 Ltd.

Integral to all of this has been the significant essential support of the sponsorship agreement with Tourism WA. From day one the State Government, through Tourism WA, has been a magnificent supporter of this bid and seen the Championships as a means to attract a significant event to Perth, along with the tourism exposure to WA that this brings.

Geoff Brayshaw is Masters' club treasurer and a member of the committee organising next year's World Championships in Perth. He writes here for **Vetrun** *on the background to the bid that won the event for WA, and how the Champs will be run.*

As reported in the Perth 2016 updates – on our website and in *Vetrun* – to help with the huge amount of work needed to mount such a world-class event, the LOC have contracted specialists to handle specific parts of the planning and organisation.

TriEvents has been contracted to organise 'non-stadia' activity – such as transport, security, hotel and accommodation, registration, marketing, merchandising, athletes village and more.

Motive Travel are the exclusive travel agents to the event.

Competition Management has been contracted to Athletics WA, who have run many athletics events in WA. One of their major tasks is ensuring we have enough officials so that all events meet WMA's very high standards.

Finance

A world-class athletic event such as World Masters Athletic Championships demands world-class facilities, event organisation, equipment and facilities, official support, health and safety. It also has to work to a budget.

While most planning and infrastructure – including the event schedule – is finalised well beforehand, the total number of competitors is not known until approximately six weeks before Championships.

Income from competitors is an essential component of the total budget.

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In My View ...

by the Editor

John Oldfield was so pleased to receive his Life Membership pin, which was awarded at this year's AGM, that he emailed us this picture from the UK, where he and Christine have their permanent home. "Many thanks for the huge honour bestowed on me by my fellow members," he writes.

I thought the Oldfields' next Perth visit would coincide with the World Championships here next year. But according to next year's programme, John is down to organise the Age-Graded Handicaps event by the river at McCallum on March 13.

It's a long way to come to direct a Sunday run; but in his brief, solo, Perth sojourn John will probably have a hit-out at the State Champs too!

New Members – Welcome!

1395 McMAHON: Cheryl W40
1396 KNUDSON: Kepper (Kep) M35
1397 FLETCHER: Rob M50
1398 LOCKWOOD: Jane W35

Any old iron?

THE Timeless Trophy is in need of some renovation. If you have any old bits and pieces of watches or clocks to spare, please contact me! *Vic*

Jim turns 37!

I'M enjoying cajoling friends into testing their 'fitness age' at www.worldfitnesslevel.org Margaret Langford took the test.

"Well, I answered with scrupulous honesty," she says, "or perhaps a little creativity and would probably get a totally different result if I did it again. The result was that, at 69, I came up with a fitness age of 47.

"Jim hasn't done it and I'm not encouraging him because he'll probably be 22."

Well, nearly.

It comes as no surprise that, once Margaret let him at the laptop, Jim Langford's fitness age computed to just 37.

Most of our members would, I suspect, find they are younger than their chronological age; but few will shed 34 years, as Jim did.

On the other hand, a fit, slim lady who took the test comments:

"What bullshit! I am seventy years old, completed the questionnaire properly, and was told that I had the fitness level of a 75 year old!

"Maybe it was because I was honest about my alcohol intake and you weren't Vic! Anyway I need a glass of wine now to recover from this news."

If YOU take the test, please let me know your new age!

Backward running

MY campaign to revive the excellent discipline of backward running has stumbled into a bureaucratic pothole.

Listed in the rules of combat for people using the lovely new Coker Park (ECAC) track is this:

TRAINING:

Runners are only permitted to run forwards on the track (no backwards running).

The other admonitions – all can be seen on the club website – are perfectly understandable, dealing with the right kind of spikes, where to throw your javelin, and so on.

Sneak photographer Vic Beaumont snatched this candid at Gwelup Lake, as I gave Alan Thorniley the benefit of my experience. 'Always aim high, or pray a lot' was probably the advice. Whatever, it worked; he won the Cliff Bould Trophy a couple of weeks later.

WHEN Paul Martin and I were passed by fast-walking Karyn Tolardo at John Bell's Perry Lakes event last weekend, she and Paul just had time to chat about their relative walking and running paces. They agreed that each can walk faster than they can run! My ambition is now to run faster than Karyn walks.

You write ...

Wot abaht the walkers ...?

Elaine Dance and Julie Wilson enjoying lawn-walking at Hale School. With this letter, Jeff and Dorothy Whittam have organised extra walks for 2016.

JUST got the newsletter, the article about the short handicaps being abandoned? This may be true for the runners but the short handicaps for the walkers have always been well supported. Where there are long run handicap such as the Cliff Bould, the Canning Caper, The Sharks Run, Woodman Point and Aquinas, there should be no reason that a walkers handicap could not be in place on the shorter event. In fact the Canning Caper and The Sharks Run were both made handicaps to avoid congestion at the start. Having these events would give the walkers the same number of handicaps as the runners each season.

Jeff and Dorothy Whittam

"The walkers have conferred – and the net outcome is that two more handicap walks will be added to the 2016 programme – Woodman Point 5km and Canning Caper 6km," President Richard Burton confirms.

It depends upon the number of participants and event entrances per participant, fees being a combination of a registration fee and a separate fee for each event entered. There is also an accompanying-person fee.

If there is a significant variation from our advance expectations it could well affect budget revenue, as well as the actual event schedule.

In addition to the uncertainty of competitor numbers, we also must be aware of the possible effect of currency exchange-rate variation.

We are obliged to set participant registration fees in US dollars, and this runs the inherent risk of our Australian dollar rising against the US dollar in the meantime.

Club exposure?

What part does our own club play in this overall structure?

MAWA is not involved in any contractual obligation or exposure to the Championships being held in Perth.

Having said that, MAWA will provide much of the heart and soul of the event. The LOC will call upon our WA members, and those from other states, to help with both official, and volunteer, activities both before and during the event.

We anticipate the Championships will leave a significant legacy of benefit to Masters, locally and nationally, such as the track improvement we have already seen at Coker Park. And of course, together with Tourism WA we want this event to be successful, both as an athletic event of world class stature and presentation, as well as an opportunity to show off our idyllic tourist attractions from Wyndham to Esperance, and all parts in between.

With less than a year to go, the excitement and activity level grow each day.

With the support of all the partners – Tourism WA, WMA, Australian Masters Athletics – and the highly professional input from TriEvents, our event manager; and Athletics WA, our competition manager; we are confident the Perth 2016 World Masters will be up there with the best of the past.

And of course, we know that our own club members – as well as Masters across Australia – will continue to assist in every way possible.

Trophies and medals YOU can win!

TAKE a look at coming events for 2016 – and perhaps you will be inspired to set a personal goal. Margaret Bennett has compiled this collection of trophy and medal events.

Track and field

Patrons Trophy

To qualify, athletes must compete in at least of 10 of the maximum 14 trophy events – which are highlighted on the T&F programme.

Points from their best 10 events are added for a total score.

The 10 events must include three field events, including one jump and one throw.

Ann Shaw – Athlete of The Meet Trophy

For the most outstanding athlete at MAWA State T&F Champs, held in March.

Antoinette Shaw – world-class steeplechaser, here finishing the Perth Marathon.

Sunday road running

Handicap Trophy – Road Running

Based on handicap events throughout the year.

Total points from five best times are calculated from a minimum of four and maximum of eight events. Races are:

- East Perth 6.5km January 17th
- Woodman Point 10km February 7th
- Track Handicap 10km (UWA Track, McGillivray Road) April 21st
- Aquinas 10km May 8th
- Sharks 10km July 3rd
- City Rail 10.7km August 21st
- Cliff Bould 10.4km November 13th
- Canning Caper 10km December 11th

This is not gender based. The more events you complete the better chance you have of getting a good result.

Also – you must have completed three races over six-months preceding a handicap event, so your handicap can be accurately assessed.

10km Track Handicap Trophy

- McGillivray Road Track Mt Claremont 21st April at 7pm
- John Tarrant/Dot Browne Trophy
- Kent Street Weir 10km May 1st
- Fastest Male/Female over 10km

Andy Wright Memorial Trophy

- Aquinas 10km handicap run May 8th

plus

- Aquinas 5km handicap walk May 8th

Jim Barnes Trophy

Best age graded result in Perth Marathon June 12th

Club Half Marathon Burswood July 10th

- Medals for age group placings

Age Graded Walk Trophies

- 10km walk (Racecourse event) July 24th
- Best age graded performance male/female
- Club Cross Country Championships
- Jorgenson Park 8k July 31st

Medals for age group placings

Dick Horsley Trophy

- Darlington Dash September 18th

Married couples/partners (must reside at the same address)

One partner to complete the long course, and the other partner to complete the short course. Best combined time wins.

GOT – Guess Own Time Trophies

- No timing device to be worn; 9.5km or 6.3km Cross Country at Hale School October 9th

Winner closest to estimated time.

Cliff Bould – fine athlete, early club member, and one-time UK Olympic team official.

Cliff Bould Handicap Trophy

- Taylor Street 10.4km November 13th

50km Road Racing Championship Male/Female Trophy

Raced over three distances

- 10km Kent /Street Weir May 1st
- 15km Nedlands May 15th
- 25km Burswood Park May 29th

Every competitor completing the three events receives a medal.

30km Road Walking Championship Male/Female Trophy

Raced over three distances

- 5km Kent Street Weir May 1st
- 10km Nedlands May 15th
- 15km Burswood Park May 29th

Every competitor completing the three events receives a medal.

Achievement Award

Criterion for this award is under review.

John Gilmour Trophy

For best athletic performance of the year.

On the Social side ...

Weekend camps are always well-supported; at this one Joan was obviously the only one going the right way!

MERRY CHRISTMAS
&
HAPPY NEW YEAR

Jingle bells time – the Christmas Gift morning is December 20. Bring a gift to place under the tree, and dress up seasonally; there are prizes for best Christmas outfit. A special morning tea follows.

SOME of the best fun you can have (while vertical) is at Masters events.

Socials have always been a bit more challenging though.

Persuading members to front-up, dress-up and cough-up isn't easy.

In days gone by we held an annual dinner-dance, which was moderately successful.

Since then the move has been towards social events immediately following a Sunday run; and these – such as the Christmas Gift, and the new Welcome Run – draw many more people.

Even the AGM became a social event this year, held right after the Claypit Circuit at Perry Lakes in September.

Weekend camps are also moderately well-supported and everyone who goes along seems to have a good time, mixing running and walking with congenial company.

Of course, some members make the most of every Sunday morning, fetching some breakfast and sitting around until the park-keepers throw them out. Official morning tea is also an incentive for a few extras to show up.

Early notice

But we can do better!

The recent Miss Maud's Melbourne Cup do was sparsely attended. Our loss, because the punters who did attend had a great time!

So, it seems to me that advance notice of our social events might help boost attendance, and give more of us a chance to see how the other half scrubs up.

Beginning here and now, a social calendar is established.

Online too

All the up-and-coming social happenings will be listed in *Vetrun* and on the club website. The list will be continually updated.

If you want to add anything to the social calendar, contact *Vetrun* and we'll see to it.

For instance, you might have a training group that welcomes other members – and I know that many groups finish up at a café.

Weekend Camps
Contact: Elaine Dance

March 2016
Dwellingup Caravan Park Chalets
September
Wellington Forrest Cottages

Morning tea – or something much grander – is served at all these events!

2015

December 20
Christmas Gift – McCallum

2016

January 3
Welcome Run – Burswood

March 19/20
State Champs – very social!

May 8
Aquinas

May 29
RRC/RRW
Burswood

June 19
Mill Point Road

July 10
Club Half
Burswood

July 31
Club CC Champs
Jorgenson

September 11
Claypit

September 18
Darlington Dash

October 8
Hale School

November 13
Cliff Bould

November 20
Perry Lakes

As this year's Melbourne Cup revellers know, parties don't have to be massive to be great.

In fact, Cup parties have long-standing tradition in our club, as Maxine Santich reminds me with this picture taken at her place several years ago.

Who are they? Well, Maxine has her clutches around the champagne; maybe it was in short supply that year?!

Behind her is Peggy Macliver – the afro suggests the '80s?

From left; Garnet Morgan, Dorothy Whittam, Cliff Bould, Alan Tyson, Pat Carr. Next to Max are Val Tyson and Frank Usher.

** Dress code is always a challenge at Vets/Masters do's. Garnet, Dorothy and Frank look like they had been training at nearby Perry Lakes; while Cliff is pretty formal in his blazer with British Olympic team badge.*

'One man and his dog, went to tow a … '

FORTUNATELY, storms that lit up the sky in the Perth Metropolitan area, with bolts of lightning the previous night, did not affect the Kalamunda event.

We marked the course early Saturday morning to avoid the heat later in the day and were going very well with the marking until our car became bogged in loose gravel.

The members who took part would know that the trail is fairly free of traffic and pedestrians. We tried to remove ourselves unsuccessfully from this somewhat embarrassing predicament but were unable to do so. We were telephoning for help when along came a man with a dog.

This person, who I now know as Michael, brought his vehicle back and pulled us out. When I told him that we were marking a course for the Masters Athletic Club, he mentioned that he was aware of the World Masters T&F Championships being held in Perth in 2016. It turned out that he was a tri-athlete and that that we were both friendly with Chris Maher, a member of Masters, of course.

Bridget and I will be asking the club for another helper for towing duties, just in case we get bogged next year.

On a serious note we would like to thank all of our listed helpers and other members who made up for the short-fall in listed helpers and those members who provided informative advice to ensure that this event took place successfully.

To all that participated, we hope you enjoyed your visit to Kalamunda and hope to see you return in 2016.

Bridget and Bert

Kalamunda Heritage Trail
November 15, 2015
Directors: Bridget and Bert Carse

Bert can take most hurdles in his stride, but on a boggy trail he needed a little help!

Safety Bay
November 8 2015
Directors: Gail Castensen & Nick Miletic

NOT quite the planned ton, but 69 visitors did beat last year's total.

Thanks, and welcome!

VW

As Elaine and John are sailing the high seas, we filled in for them as Race Directors this year. It's a straightforward and easy run to look after. Was a really nice morning right by the ocean.

A big thankyou to all our visitors and a huge thankyou to the 40 club members for turning up.

A pretty poor effort for the rest who say the distance is the problem. What about the members who travel every week from that way to support other runs?

Lastly a big thank-you to all the helpers on the day, your assistance was truly appreciated.

Gail

Treasurer scores in Baseball USA

IN the USA there is a baseball league referred to as the Men's Senior Baseball League, which plays a normal summer season throughout USA.

At the end of each season in Phoenix, Arizona, an end of season tournament is played with age groupings similar to Masters Athletics, although with a small amount of flexibility to ensure full teams can be made up.

Geoff's a player

A regular contestant is our own Geoff Brayshaw – who most of you know best as the highly proficient club treasurer.

"A group out of Adelaide – the Adelaide Aces – form a number of age-group teams each second year and head off to the USA as the Aussie Aces to play in the end-of-season tournament," Geoff told *Vetrun*.

"This year I went across for the fourth time, having first travelled across in 2009 as a sprightly 60 year old playing in the 60 to 64 age group. Due to the lack of a 65 to 69 team, I'm still playing in the younger group, and not feeling so sprightly!"

The teams play on various baseball grounds which have been established for the northern major league teams as spring training grounds. Some have 5,000 seat stadiums.

Teams play six games, each of nine innings or three hours duration. This is all within four days in a round robin format. If you're good enough, you make it to the final also.

"Exhaustion and a bit of soreness normally sets in by the end of the second game!" he says.

"My running helps across both athletics and baseball, and throwing javelins helps with baseball throwing and pitching. Batting is something I scratch out of memory every year or so!"

This year Geoff batted 23 times, for four walks and eleven hits. So this means he batted almost at 600; also pitched a few innings and generally fielded where a decent arm and a bit of speed was required.

"All in all, a great time was had," he says. "Now it might be two years before I decide whether to make the US trip yet again."

Stuart and Bec did a great job, as new directors taking over from Ivan Brown.

Cliff Bould Trophy

November 1, 2015

Directors: Stuart and Bec MacKinnon

10.4km Handicap Run

** Indicates ineligibility for trophy.*

		Clock	Hcp
* V3		64.33	18.00
Alan Thorniley	M60	66.37	9.06
* V22		66.46	12.00
John Fisher	M55	66.55	18.28
Denise Newport	W55	67.15	8.22
Rochelle Airey	W45	67.44	14.58
Peter March	M55	67.51	23.07

PERFECT running conditions were enjoyed, considering the time of year, with a bit of cloud cover overhead, for a modified Cliff Bould course that took participants to the north, south and middle of the river, retaining the rugged all-terrain nature of the course and the classic 10.4/5.2km distances.

Avoiding the encampment on the eastern side of Heirisson Island, we did a full loop of the western side before venturing over the rest of the Causeway and turning back in East Perth.

Despite again clashing with a colourful novelty running event on the northern side of the river, 102 runners and walkers took to the field for the 38th Cliff Bould event, 47 of which competed in the 10.4km handicap race for the Cliff Bould Trophy. It was great to see Ivan Brown out there, able to compete for the trophy for the first time in 20 years, having been recently unburdened from the run director duties. A big thanks from a grateful club for your service over the years, Ivan!

Alan Thorniley took out the trophy, followed closely by John Fisher and Denise Newport. Hamish Mcleod lucked-out with the biggest official handicap, but that's what happens when you run that well. John Fisher, Peter March, Ian Carson and Bryant Burman were the big climbers in the field, each reeling in around 30 other competitors as they went around the course.

While it seemed cooler than normal for this event, Bob and Bec still did a roaring trade at the mid-course drink station, even finding the compassion to help hydrate some revellers as they staggered home over the Causeway after a big night out. A big thanks to all the helpers and also Tristan for handicapping members and visitors. One brave visitor (Phil Gore, still a bit young to be a member) took on Kim Thomas' 31:12 handicap and managed to chase down 38 positions in a fantastic run time of 37:25.

See you all again next year when we will hopefully return to the classic course.

Stuart and Bec

Winner Alan Thorniley

Wireless Hill

October 4, 2015

Director: Joan Pellier

AT the last minute the race director pulled out of the Wireless Hill run and I offered to stand in.

Afterwards I remembered we were going on the club's long weekend, so Paul Hughes offered to collect the gear and bring it early Sunday morning – thanks Paul.

Denise and Pierre Viala offered to mark the course and along with John (Pellier) did a great job. Most of the course was marked with flour, and I had lots of members say how easy it was to follow – thanks guys.

Another big thank-you to all my helpers, and congratulations to the winners. I believe Lynne and Bob Schickert will be race directors next year so it will be well organised.

Joan

Perry Lakes

November 22, 2015

Director: John Bell

Bibra Lake

October 25, 2015

Directors: Elaine and John Dance

JOHN and I would like to thank all our helpers and runners who made the run successful, especially Greg and Julie for marking out the run. Without their help I don't know where you would have all ended up running!

We hope that everyone enjoyed the run and that no one had any problems. As everyone knows this is not our normal run so we may have made a few mistakes. If we did we apologise.

It was a very breezy morning but at least it stayed fine for most of the morning. Only the die-hards who stay behind long after everyone else got wet; we won't mention names!

Safety Bay

We would like to take this opportunity of thanking Nick and Gail for taking over the Safety Bay run this year for us – while John and I will be living it up in China!

I hope the Park Runners don't cause too much chaos as they are hoping to get over 100 visitors this year. They will be trying to break their record of just on 60 visitors last year.

Elaine

"Without exception, begin every day of your life with gratitude. As you look in the mirror, say, "Thank you, God, for life, for my body, for my family and loved ones, for this day, and for the opportunity to be of service. Thank you, thank you, thank you!"

When you dance, your purpose is not to get to a certain place on the floor; it's to enjoy each step along the way.

Wayne Dyer (marathon runner who died in 2015).

Thank you, thank you, thank you for planet earth, the Perry Lakes venue, the MAWA enlisted foot soldiers notably Marg B, Jackie B, Jim L who supply me with lists of marshals, fruit guillotiners. Well done all for pitching and participating. Let them eat fruit!

Thanks and regards, John

Long-course winner Hamish McLeod remains in good form after his recent Chicago Marathon, where he set a new PB, 3:18.

Gwelup Lake

October 18, 2015

Director: Richard Danks

I APPROACHED this event with some concerns that we wouldn't have sufficient helpers, and the very real likelihood of rain which would wash away my carefully placed marking flour.

However, my concerns were unfounded. The forecasted rain didn't eventuate and adequate helpers turned up. Also there was a badly damaged bridge which all participants managed to negotiate without mishap.

No chance of getting bored with the course which comprises all types of surface, with gentle hills, and plenty of twists and turns.

I am fortunate to have a team of helpers who turn up faithfully each year to take on the same tasks which they perform with clockwork precision. Such efficiency requires minimal supervision from myself.

So I thank the following faithful helpers for once again ensuring a successful event: Pat Hopkins, Steve Cook and family, John and Melinda Fisher, Irene Ferris. Martin Watkins, Roger Walsh, Jim Klinge, Ray Lawrence, Neil Boudville, and the two volunteers, Les Beckham and Ray Hall.

Richard Danks

Hale School GOT

October 11 2015

Director: Vic Waters

YOU'RE never too old to learn, eh? Or to make errors, unfortunately. After organising the GOT for the last fifty years or so, you would think I'd get it right.

However, in my pre-fight briefing this year I neglected to point out that to win the trophy, you have to make a claim.

As members enter the chute I holler their finishing time. If it's close to their pre-race estimate, they should head to the table where Irene Ferris presides. She then compares the finish time with the estimate.

Closest to estimate wins.

So you have to be in it to win it!

We had some very worthy finishers this year, but unfortunately one of our potential winning-contestants went off without making a claim.

My fault; next year I will try harder, promise.

So thanks to the regular helpers (who all did much better jobs than me). They are the unflappable Irene; the indomitable Neil McRae; ever-vigilant Ray Gimi; and the bloke who does everything, Frank Smith.

This year they were supplemented by Greg Wilson, John Dance, Wendy Farrow and Richard Danks. Other helpers offered – thanks – but as we were over-subscribed they were able to have a run or walk. Of course we had a very comfortable morning tea also, courtesy of the Beaumont/Bennett team; more thanks.

Good relations

We always ask members to park their cars outside the school grounds, to minimise disturbance. We have a great relationship with Hale School and want to maintain it.

So it was very pleasing to see Ray Hall complete his walk carrying a bag of rubbish he collected out on the track. It's a small gesture that shows we appreciate Hale's hospitality – as did the manner in which all members packed up their breakfast to allow me to lock up the pavilion and perimeter gates at 10.30. Thanks to you all.

Vic Waters

Winner of the short-course trophy – a venerable, no-expense-spared classic alarm-clock – was Rochelle Airey (right) leading the trio.

Vetrun *cover picture this month shows the exuberant Erica Blake, who took home the long-course, priceless Timeless Trophy.*

Left, two more venerable time-pieces! Seriously, I know this cross-country course is less than ideal for the walkers – and I really appreciate their turning out and making the most of it. Thanks, to all the walkers.

VW

Margaret River Run Fest

MARGARET River's 19th annual fun run, come Running Festival, was held on the weekend of the October 17-18.

They were including an inaugural 15km trail run to go along with their usual 4km and 10km runs. This apparently turned it into a running festival and they had even enlisted a trail running guru to design and mark out their first-up course. The trail run was to take in a nice section of the Cape to Cape track after starting out from a playground park known as Riflebutts Reserve, down in front of the Prevelly store.

It sounded like a bit of an adventure.

So I convinced Karen that doing this was going to be a really good idea and we headed down there for the weekend. It got off to a flyer waking up to a beautiful, sunny Saturday morning. We picked up our race numbers from the Rotary clubs desk in the main street and walked around until we found the Margaret River weekly growers market.

Karen lashed out buying up more than $90 of local meat from one of the stallholders. After that we were lucky to jag the Margaret River show weekend being on. It was a large- size country show and it had a very good sustainability display.

Electrifying

Included was the WA Electric car club who were showing off their vehicles and chatting with the public. They had scored a coup as they convinced a couple with a brand new $150,000 Tesla electric car to stay and show off the sports car for the day.

Unable to charge the flashy BMW look-alike car in Augusta (due to a street pole being down causing town power failure) he had stopped in at the charging station in Margaret River.

The fanatics of the car club spotted them and collared the owner who then agreed to drive his car into the show and put it on display.

It was a popular move. He explained to all that his Tesla had a battery range of 430 odd kilometres and they had come down from Mandurah for the day.

Karen asked if she could take his car for a spin but the owner wisely declined!

Karen Peace and Ross Keane are just as cheery a couple as they look right here, with some of their Masters mates. But even their bright and optimistic outlook took some strain, at the .....

We picked up some show bags for the kids and headed back to our accommodation for the night.

Warm-up

Sunday morning came and it looked great early, but the sunshine was soon replaced by clouds and wind. I drove down the Wallcliffe Road from Margaret River and into the car-park at Riflebutts Reserve.

We then opted for a walk to the beach and back for our pre-race warm up. Pre-race instructions were given and then we were off with 80 other trail runners.

Although it was pretty windy we enjoyed a scenic and firm path stretch going south to the Gnarabup Beach café. Running past a few early morning coffee drinkers and up some steps behind the café we turned right towards the ocean. Little did we know but this was to take us to the beach where we had to plod some 4.5km in soft sand in our now wet runners. This proved a nightmare section and there were plenty of real trail runners starting to go past us. We finally made it to the end of this beach stretch and just stumbled up a sand hill and onto the sand path which first wound its way up and then eventually northward back towards Margaret River.

The path was very narrow and turned sharply as it wound up and around the sand hills. My legs were already like jelly from the beach and I fell over twice on the way up.

Slowing down on the bends seemed to be the best trick to staying upright. Karen fared better and says didn't fall the whole run.

Crazy Steps

We got up to what the locals called 'Crazy Steps' – a steep climb of over 180 wooden steps and part of the Cape to Cape Track.

This became another walking section for most of the competitors, including us. There were more uphill sand tracks to come. This was a tough run!

Finally we came to some cheery faces at the first water stop which was just over 8km into the run. The rain started coming down and got quite heavy, but seemed to help us if anything. Maybe because it couldn't have been any worse!

Things improved a bit on the terrain side of things with the soft beach sand trail turning into a firmer sand and dirt fire break. The last couple of kilometres of the Cape to Cape were definitely the best of the run. The trail was firmer and slightly downhill with thick bushes and greenery lining both sides of this wide firebreak track.

I was finally thinking 'hey, I am enjoying this run now' when my foot hit a tree root and I came tumbling down again, but this time harder. I hurt my shoulder on this fall and just had to shake it off and keep on moving. Karen was somewhere behind me, hopefully she was going better than I. Stumbling along a bit further I could see the bush starting to clear in the distance.

It was Wallcliffe Road and I knew this would be getting close to the end of it all. I gratefully ran around the metal gate and out onto the footpath forgetting my aches and pains and joined a young boy who was likely doing the 4km run. We were now running downhill on the road towards the ocean and getting close to the finish with other 4km and 10km runners coming into view. The course veered sharply left and down the final sand trail before looping back to the finish point at Riflebutts Reserve.

Race in

I raced another little 4km kid to the line and he beat me in but I was probably a lot happier to see the finish line than he was. I had come in 25th in 1 hour 32 mins while Karen came in 33rd in 1 hour 38 mins. I was immediately chastised for making her do the trail run but luckily for me she was too tired to stay angry for long! A big shower came through and we scrambled for the car. We were both wet and tired and I was dirty and a bit bloody as well. But we were happy!

Karen then became excited when her flash satellite watch (ex Carol Bowman's) told her that she had burnt 1282 calories. I think that must be a lot!

The rain finally eased and we got out of the car to catch the end of a soggy presentation. There I ran into former Masters member and great marathoner Clive Hicks. He said he was just recently retired from working at TAFE and had enjoyed the move down to Dunsborough to live.

It was now time to buy up a bit more of the local produce and pack for the trip home. It had been a terrific weekend.

By the way – many thanks to Roger Walsh who looked after the clock and microphone gear for the week allowing us to get away.

Ross Keane

Good stuff, though best part, I believe, is "eat more leaves less seeds" and beans are seeds … John Bell

Dan Buettner's Blue Zone Solution: eat more beans for a long healthy life

"To try to live longer, Buettner does not tell us to become teetotal, go on a strict diet, eschew caffeine or start training for marathons. That's where the Western world has been going wrong. Self-discipline, he says, is a muscle that tires, and such regimens have failure rates of more than 90 per cent."

GENES dictate only 20 per cent of longevity. Lifestyle and environment account for the rest.

That's the conclusion of Dan Buettner, adventurer and documentary-maker from Minnesota, who spent a decade studying the lifestyle and diet traits of long-lived communities in so-called "blue zones": Ikaria in Greece, Okinawa in Japan, the Barbagia region of Sardinia, Loma Linda in California and Nicoya in Costa Rica. The people in these places significantly outlive the rest of us, enjoying lower rates of heart disease, diabetes and dementia.

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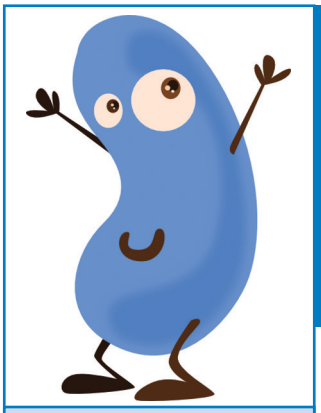
No, the key to the longevity of those who live to 100 in these areas seems to be to live in cultures that make the right choices without you noticing. "None of these people try to live to be 100," says Buettner, author of The Blue Zones Solution: Eating and Living Like the World's Healthiest People. "They are products of their environment." The people he met did lots of walking, grew their own vegetables and often went to bed late and slept in. However, if he had to sum up the key to a long life in a single word, it would be beans.

Buettner believes they are the "greatest longevity foods" and that eating beans of every variety, including fava, black, soy and lentil, is fundamental to healthy living and the "cornerstone of every longevity diet". Blue-zone people are "eating a cup of beans a day on average".



Alright, grant me a bit of artistic licence! The combination of blue zones and beans was irresistible. Google blue beans and see what you find; some of it is shocking, ladies!

The other striking feature of these people's diets: they eat very little meat. In most of the blue zones, meat is consumed on average about once a week and in a serving about the size of a deck of cards; 95 per cent of their diet comes from a plant or plant product. It isn't that they don't like meat or object to it but simply that it is treated more like a condiment or celebratory item than a regular staple food.

Tempting, aren't they? Probably taste just as good as the green variety though.

Buettner, the son of a dairy farmer who grew up as a "midwestern meat loaf and pork chop eater", doesn't claim to be a paragon of good health ("last night I was drinking tequilas") but believes one day "our meat-eating habits are going to be looked at in the same way as we look at our smoking habits in the 1970s. There will be diehards that do it but no one will be ignoring the fact that it is lowering our life expectancy."

Why are beans so special? They are high in fibre, vitamins and micronutrients and they remove the need for animal protein so are better for the gut. "When you eat a lot of meat, the gut bacteria, the flora, of your gut changes to digest it," says Buettner. "So a certain type of bacteria thrives when you eat a lot of meat; that bacteria causes inflammation, which is at the root of every age-related disease."

When you eat beans, however, you switch to another type of flora (flatulence occurs, but he says it lasts only a couple of weeks), which lowers inflammation and is "highly correlative with lower obesity". Walter Willett, of the Harvard School of Public Health, is quoted in Buettner's book as saying, "Meat is like radiation: we don't know the safe level."

Buettner, whose first book on the subject, *The Blue Zones*, became a bestseller, has identified nine traits he calls "the power 9".

They include, cheeringly, drinking wine (people in all blue zones "drink wine moderately and regularly"); natural movement, such as walking to work or doing housework; eating mostly plant-based food (what he calls the plant slant) and stopping eating when your stomach is 80 per cent full (blue zones eat their smallest meal by early evening). Blue zones also drink strong coffee. A minority of them (mainly men) even smoke or have smoked. "The bad news is: smoking kills. The good news is that if you quit

you can still live a long life." A report from Public Health England found poor diet was a more important factor than smoking for causing fatal illness, but Buettner doesn't rule out any of the things other health programs may advise you to avoid.

When it comes to beverages, the blue zone way is to have coffee at breakfast, tea in the afternoon, wine at 5pm and water all day, and never to have fizzy drinks, including diet ones.

Buettner sympathises with those eating poor diets and suffering ill health and obesity. In the 1970s, a third as many people were overweight. The World Health Organisation predicts soaring rates of obesity and overweight by 2030 in Western countries.

"If you are overweight … it's probably not your fault," Buettner says. "Our environment has changed. You can't walk through an airport or get cough medicine without running into a gauntlet of sweets, chocolate and crisps."

www.theaustralian.com.au/life/food-wine/dan-buettners-blue-zone-solution-eat-more-beans/story-e6frg8jo-1227574630557

HELPERS

Be there! Or contact Jim, or your director

The helpers shown below for five January events are the same names we had in 2015.

BUT...as no one has yet joined for 2016, I do not have an accurate list of helpers for January.

HOWEVER... there is a good chance most of them will be the same people who helped in 2015!

IF any of the people listed here can't help in 2016, would they please let me know? Then I will let the race directors know what is going on.

*** Finally - for the three runs in December we need more helpers.**

Jim Langford
jimrun@iinet.net.au

6 DECEMBER
Mosman Park
Race Director: Paul Hughes 0412 513 348

Rochelle Airey, Keith Atkinson, Charlie Chan, Akos Gyarmathy, Rod Hamilton, John Hillen, Steve Hossack, Misa Maeshima, Paul Martin, Sheila Maslen, Elizabeth McFarland, Ante Perdija, Dave Roberts

13 DECEMBER
Canning Caper
Race Director: Keith Atkinson; Ph. 9313 1669

Ivan Brown, Les Bruyns, Gary Fisher, Peter Frediani, Aldo Giacomin, Dante Giacomin, Helen Lysaght, Eileen Mitchell, Russell Smith, Kim Thomas, Monique Thomas, Cecil Walkley, Claire Walkley, Jackson Wong

27 DECEMBER
Alderbury Park
Race Director: Wayne Taylor; Ph. 9272 3705

Jeff Bremner, Mercurio Cicchini, Peter Hopper, Theresa Howe, Arnold Jenkins, Anne Jones, Stan Lockwood, Hamish McLeod, Eamonn McNulty, Frank Smith, Jon Storey, Julie Storey, Marg Veal

3 JANUARY
Welcome Run
Race Director: Sarah Ladwig; Ph. 9390 2056

Jim Barnes, Brig Cheek, Maurice Creagh, Elaine Dance, Mark Dawson, Jackie Halberg, Ray Hall, Mark Hewitt, Sandi Hodge, Rebecca MacKinnon, Carmel Meyer, Joan Pellier, John Pellier, Frank Price, Mark Rosen, Maxine Santich, Max Sulejmani, Tracy Sulejmani, John Talbot

10 JANUARY
Point Walter
Race Director: Dave Roberts; Ph. 9361 4191

David Brown, Bert Carse, Bridget Carse, Bjorn Dybdahl, Gary Fisher, Cassie Hughes, Paul Hughes, Lorna Lauchlan, Paul Martin, John, McDonagh, Carmel Meyer, Chris Neilon, Liz Neville, Sarah San, Debbie Wolfenden

17 JANUARY
East Perth
Race Director: John Smith; Ph. 0421 216 569

David Brown, Jackie Halberg, Bernadette Height, Sean Keane, Stan Lockwood, Dalton Moffett, Chris Neilon, Frank Price, Mark Rosen, Sarah San, Mark Sivyer, Max Sulejmani, Tracy Sulejmani, John Talbot, Bruce Wilson, Gillian Young

24 JANUARY
Australia Day Run
Race Director: Sandra Stockman; Ph. 9375 5294

Lui Cecotti, Rod Hamilton, Bernadette Height, Clarke Hendry, Kirt Johnson, Michelle Kemp, Pat Miller, Dalton Moffett, Russell Montgomery, Brian Smith, Bronwyn Smith, Wayne Taylor, Ann Turner, Ced Turner

31 JANUARY
Friendship
Race Director: Brett Roach 0406 422 378

Jim Barnes, Bronwyn Bell, John Bell, Andrea Byrne, John Byrne, Jim Farr, Trisha Farr, Ray Hall, Todd Ingraham, Michael Lee, Tina Major, Lachlan Marr, Mickey Muroi, Liz Neville, Joan Pellier, John Pellier, Janet Walter, Michael Walter

What's the Committee up to?

Meeting summary
November 2, 2015

Individual committee member's roles were agreed. They are:

Communication
Joan Pellier

Track and Field
Mike Anderson

Sunday Runs
Margaret Bennett

Sunday Equipment
Theresa Howe

Helper lists
Jim Langford

• A video camera was purchased to aid Sunday results recording, following a successful trial.

• Membership has reached 549 – close to the all-time record.

• New membership fees are to be agreed at November committee meeting. 2016 forms will go on the website late in November.

• Jacqi and Vic Beaumont have retired from the morning teas role and the club now requires someone to take over.

• Track and field championship costs will be lower with the move to ECAC.

• Revised fees are to be agreed at December meeting.

• Welcome Run to be advertised; we are hoping for another large turnout of prospective members.

• AMA Board nominees and Notices of Motions were reviewed. For those interested, AMA AGM minutes will appear on the AMA website.

Important news from Australian Masters Athletics

Financial Position of AMA

The following statement was issued by the national body – AMA – in November. All Australian Masters clubs are affiliated to AMA.

"There has been an apparent misappropriation of Australian Masters Athletics (AMA) funds. Steps have been taken to investigate how this has happened. The situation has been placed in the hands of the appropriate authorities."

MAWA's committee are unable to comment further on this announcement.

However, the committee has stated: "The Committee will keep members informed when any further information is released by AMA."

*** Regarding next year's World Masters Championships to be held in Perth, please see the report on page 2-4 of this edition of *Vetrun*.**