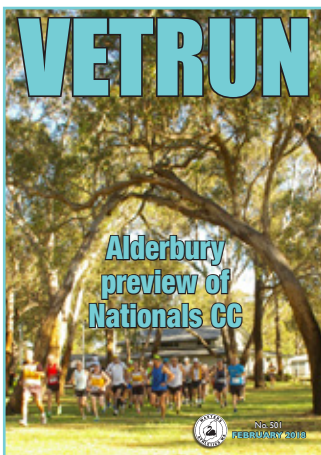


VETR UN

Alderbury preview of Nationals CC



No. 501
FEBRUARY 2018



Cover – natural arch of trees marks start of the Alderbury Run, and trial course for the Nationals' cross-country.

NEXT EDITION: Vetrin no. 502 will be published in April 2018

In this edition ...

Nationals and Timing news	P2
My View – WR in plimsolls?	P3
Hat Wars at Gift Run!	
Writing your family history?	P4
Alderbury Park	P5
Lake Gwelup	P6
Canning Caper	
Garvey Gusto	P8
Handicap Trophy at Canning	P9
Mosman Park	P10
Point Walter McCallum Lakes	P11
Who Ran Most in 2017?	P12
Welcome Run	
Aus Day Run	P14
Obituaries	P16/17
Your Health – Salt, PSA and Exercise	P18
Spot the Melanoma	P19
Helpers, New Members, Where They're Running	P20

CLUB CONTACTS

Editor:

Victor Waters
vfdwaters@gmail.com

Website:

www.mastersathleticswa.org

Secretary:

mawasecretary@gmail.com

President:

Richard Blurton
r.blurton@iinet.net.au
ph: 9293 0190

Clothing:

Colin Smith
colinsmith@netspace.net.au

Patron:

John Gilmour

Nationals – enter now!

PREPARATIONS for our National Championships in Perth this April are ramping up and the Local Organising Committee (LOC) has issued its first eNewsletter.

The LOC hopes that many athletes who competed in the 2016 World Championships will take the opportunity to return and enjoy Perth anew.

ENTRIES are open now and CLOSE MARCH 16.

The superb facilities at WAAS will allow us to optimise timetables, notably in the throwing events where we have three caged-circles. Moving the 200m to the fourth day will spread out the sprints and separates the relays from the individual events.

"We have recently tested new road walk and cross country courses at Perry Lakes, earning a strong thumbs-up from members,"

said convenor Richard Blurton.

"Also, please note that we will apply the new ruling that M/W70s+ do only a 6km run.

"Please visit our website, <http://www.mastersathleticswa.org/perth2018/> which contains a wealth of information on all aspects of the Championship."

VenuesWest is our major sponsor, and the event will be named the VenuesWest AMA Championships. VenuesWest WA's best sport and entertainment venues – Perth Arena and Optus Stadium – on behalf of the State Government. They were also a major sponsor of the Masters Worlds Championships.



Heading for his first century

ARTHUR Leggett, who will reach 100-years in September, made one of his all-too rare visits to our 'Australia Day' Run. Runner, abseiler, kayaker, motor-cyclist, writer and bush poet, Arthur was an active club member for many years.

He's the holder of club no. 34, and began the Garvey Gallop Run several years ago. Brian Bennett brought Arthur to the Aus Day event, but couldn't persuade him to give us some bush poetry. Fair enough, he'd probably worn out his larynx at Wireless Hill two days earlier. There, on the actual Australia Day, Arthur had entertained together with fellow poets.

Like John Gilmour, Arthur survived WW2 and the adversity of many years captivity, and we hope to enjoy the company of both these stalwarts for many more years.

Aus Day start – results page 4



New timing system performs well at ECAC

MAWA's new lap-scoring track equipment performed well at ECAC in January. It cost around \$8,000, paid from the Perth 2016 Trust.

It will be used for lap-scoring at Championships and also sometimes on Thursdays at ECAC when we have a large field.

While it can be used for race timing, it is not generally suitable for our Sunday runs and is totally separate from the Sunday run system being organised by Marg Saunders and the results team.

Regular 3,000m and 5,000m runners at ECAC will have a shoe tag that they will keep and bring each week.

However, the equipment will be used for the national cross country race.

What's the Committee been doing?

OUR new automated results project has been approved by the Perth 2016 Trust Fund Board. The new system will be implemented soon – see full report in this February edition of Vetrin.

The system will improve accuracy and cut time spent compiling results.

- A sponsorship agreement has been reached with VenuesWest for the 2018 Australian National Championships.

- Melville Council have agreed to sponsor all the Melville runs.

- More work is needed to prepare a suitable course at our new Bold Park GOT run. Race directors are needed for both Yokine and Bold Park

- A new coaching grant has been received from AMA, and agreement reached with our MAWA coaches to continue their programmes through to the end of the season.

- Membership sits at 631, but this will reduce as 2017 membership expires on January 31.

Who ran, or walked, most last year?

"Eighty per cent of success is showing up."

– Woody Allen

ON that basis, Julie Wilson is Masters' most successful athlete. She is closely followed by walker Johan Hagedoorn; and everyone's mate, Frank Price.

How can this be?

Julie is dogged and determined, but there are faster W60s. Johan would be first to admit that he's not a classically correct walker. Frank nobly fills the sweeper role most Sundays.

"Most Sundays" is the clue!

In 2017 Julie "showed up" to 41 Sunday meetings. Johan and Frank made it 39 times.

Another 24 members attended 30 times or more.



Julie Wilson at Point Walter

Who keeps score?

We thank Jim Langford for compiling the enormous list showing how many runs/walks were racked up by each member. Jim likes doing that sort of thing; and he still makes time for committee duties and a bit of running!

The full list showing every Sunday competitor in 2017 is on pages 12-13.

In the twenties

To whet your appetite, 58 of you proved Woody Allen right between 20-29 Sundays.

Shamefully, 51 members did only one run or walk!

Worse, if you can't find your name on the list that means you missed every event – double shame!

NB: Erika Blake – you appear twice in the single digit list, once as Erica. So that probably means you ran twice!

Badinage your injury

BANTERING through a 4km stroll behind the McCallum Lakes field with three used-to-be greats – Neil McRae, Paul Martin, Frank Smith – I found badinage the best wrapping for a sore knee!

Age-group tops reported

VETRUN doesn't print all Sunday results. Had you noticed?

The full lists are online so swiftly – generally within 24 hours – that repeating them two months later is a waste of space.

So we fillet them to show best performers by age-group.

Walkers too

Walkers might have noticed that I now report walkers' age-group bests too. The policy changed because the walkers group seems to be widening, with less predictable results.

However, there are few

M80s in the mix. Jeff Whittam and Bob Fergie arrive at the finish every week within seconds of each other, so I thank them for alternating their finishing positions!

This means that one week Jeff gets the glory, next week Bob is honoured.

Makes the list so much more interesting!



In my view

Two old blokes were standing by a river. One said: "I wanted to do a bit of fishing." The other replied: "I know. I was going to dive in, but all these bloody runners keep getting in the way."

How vital are your shoes?

Independent newspaper, April 1997

"A MILE up the road, in palm-treed Thorpe Bay (Essex) lives the Londoner who transformed marathon running from a plodding battle of endurance into a high-speed race against the clock."

From 1952-54 Jim Peters took the world record through the 2hr 20min barrier: from 2hr 26min 07sec to 2:17:39.

He did so in a pair of Woolworth plimsolls.

"Twelve and six they cost," he recalled. "I've still got 'em upstairs."

"D'you know I used to swap feet for a few months, put the left shoe on my right foot, so they didn't wear down in the same place and damage my tendons."

Two years after this brilliant account by Simon Turnbull appeared in the



Plimsolls from Woolworths were good enough for Jim Peters, who set four marathon world records.

Independent, on Saturday April 12, 1997, Jim Peters died, aged 81.

Could he have run 2:08?

Sadly, most people will remember Jim for the way his career ended.

At the 1954 Vancouver Commonwealth Games he reached the stadium in first place, 17 minutes ahead of the next runner and 10 minutes ahead of the record, but collapsed repeatedly and failed to finish.

After covering just 200 metres in 11 minutes, he was stretched away and never raced again.

To read the full account Google – The hero who was born to run – Independent newspaper.

Whose turn is it?



Sunday results enter new era

MEMBER I.D. TAGS TO BE WORN

OUR method of recording and processing your Sunday performances has moved deeper into digital territory.

Accuracy, reliability and timeliness should all improve when the new system begins, probably at the end of February.

How it works

Competitors will not see much change at the start each week. There will be no timing mats to run over. What everyone must do – before the start – is attach a Member I.D. to clothing, or shoe.

You will be given your personal I.D. tag during February.

Members must also still wear their member number – as well as the new Member I.D. tag, because the GoPro digital camera will still be used as a check on finishers.

Finishing

- As always, stay in finishing order in the chute.
- Your time will be recorded, as usual, by an official with the digital watch, as you cross the finishing line and enter the chute.
- Another official, in the chute, will hand you a Finishing Place Token.

As you reach the recording desk, officials –

- Will scan the Member ID tag, then take the Placing Token and scan that too.

Which event?

Each runner/walker will then be asked which event they completed.

The recording table official will then scan the barcode of their event from a sheet on the recording desk.

Results

Our results team will then download everyone's times from the recording watch, as usual.

However – information on each member's number, finishing order and event completed will be downloaded from the hand-held scanners.



Hat-spat
at
Gift!



Fairy-queen waves peace-wand after rip-off by Mad Hatter
Millinery starts punch-up at Christmas Gift event – Szabo mum and daughter were sold identical helmets, from Mad Hatter's 'exclusive' dead-animal range.

Are you saving the family history?

AS mentioned in *Vetrun 500*, our brilliant typesetter/designer Cathy Cunnane can now take on other freelance work.

Perth 2016 Trust pays

The new Sunday results method – approximate cost \$4,000 – is funded by the trust established after the successful 2016 Perth World Championships.

Why it's quicker, and better!

Marg Saunders, one of our great results team, told *Vetrun*: "After the event, the computer can be used at the venue (or the local coffee shop!) to download all the information from the digital stopwatch and scanners.

"Then a spreadsheet gives us member name, and details such as age group.

"Time is saved because we no longer need to copy information from the paper recording sheets.

"Checking of numbers, and watching the video when we know a number has been recorded incorrectly, can take a long time. On a good day the results take us about 1.5 hours. Sometimes it has taken more than 10 hours, if there are known errors."

She has worked in the printing industry for the past 30 years and started her freelance typesetting/graphic design business – Sunset Graphics – in 1994 in Perth. She is now based in Busselton but also handles Perth-based work.

Cathy's wide experience encompasses jobs such as business stationery, leaflets and invoice books; but her particular interest lies in producing books. She really enjoys creating a finished product which will form part of our history (like *Vetrun*!).

"It is fulfilling to lay out a family's past, knowing it can then be passed down from generation to generation," she told me recently.

Whittam's 30th

JEFF and Dorothy Whittam's 10km track handicap in April year is their 30th, and final for them. Let's make it the biggest and best turnout ever! VW

"It means the knowledge, stories and lives of our grandparents, great grandparents and even great-great grandparents will stand the test of time and won't be forgotten."

If anyone would like a quote for a particular job, you can contact Cathy through *Vetrun* – or call her directly on 0419 83 5559. Vic Waters

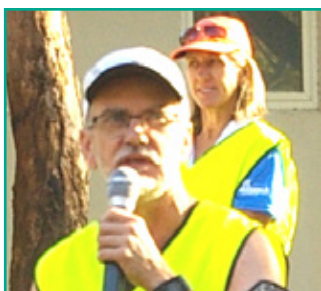
So many Oceanic winners!

MASSSES of MAWA results – including records set – are on our website so *Vetrun* will just laud the winners here. Individual gold medallists are: Lynne Choate; Carol Bowman; Delia Baldock; Gillian Young; Lynne Schickert; Brenda Painter; Rob Antonioli; David Baird; Morland Smith; Harold Membrey; John Fettus; Tom Gravestock; Ossi Igel and Akos Gyarmathy.

Brilliant – well done, team!

Alderbury Park

CC December 31, 2017
Director: Wayne Taylor



8km Run

Patrick Jones	M45	33:11
Lachlan Marr	M55	34:16
Giovanni Puglisi	M65	37:01
Ian Carson	M60	37:16
Rob Colton	M50	39:03
Geoff Vine	M70	40:51
Bob Schickert	M75	53:09
Irwin		
Barrett-Lennard	M851:00:42	

Women

Karen March	W55	41:52
Rochelle Airey	W45	45:58
Maree Brown	W50	46:37
Melissa Gardiner	W35	46:58
Theresa Howe	W65	54:36

4km Run

Ralph Henderson	M65	18:42
Bernard Mangan	M60	19:00
Alan Gray	M50	19:19
Blakeney Tindall	M55	20:35
Bruce Wilson	M70	20:50
David Carr	M85	24:43
Hamish McGlashan	M80	25:36
John Pellier	M75	28:39

Women

Margaret Saunders	W60	19:35
Tess Smith	W50	19:36
Carmel Meyer	W55	22:26
Janne Wells	W45	25:39
Jackie Halberg	W70	31:50

6km Walk

Wendy Farrow	W500:41:12	
Elaine Dance	W650:49:39	
Lynne Schickert	W750:50:26	
Gail Castensen	W601:00:01	
Gillian Young	W701:00:02	

Men

Johan Hagedoorn	M700:41:41	
Andrew		
Cuthbertson	M600:50:24	
Bob Fergie	M800:54:24	

4km Walk

Haydn Gawne	M700:27:59	
Rex Bruce	M750:35:36	
Ross Keane	M550:36:24	
Jeff Whittam	M800:36:48	

Women

Sofia Carson	W550:36:27	
Lorna Lauchlan	W850:37:22	
Joan Pellier	W750:40:34	

2km Walk

Erika Blake	W600:16:38	
Dorothy Whittam	W800:22:17	
Dorothy Lennox	W700:22:19	
Sheila Maslen	W750:28:12	

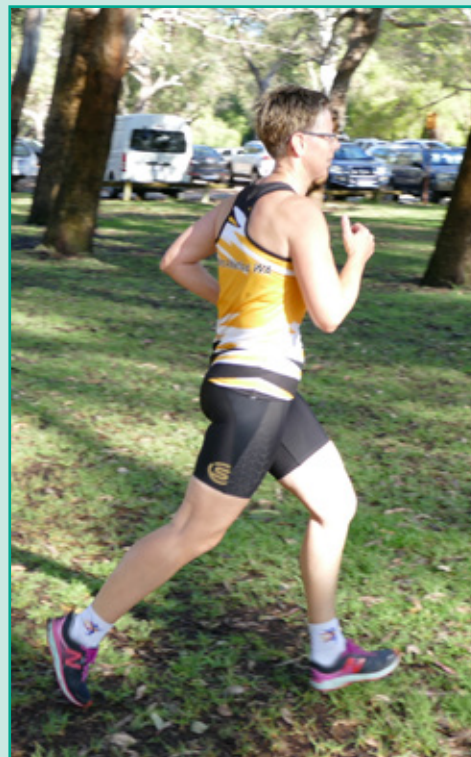
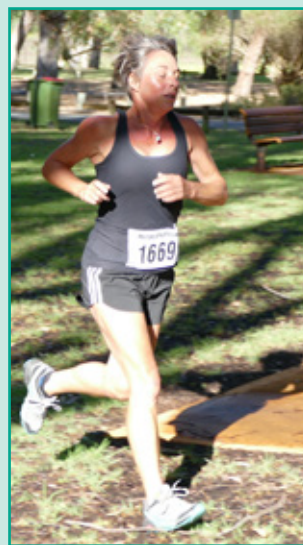


'Still life in the Park'

Vic Beaumont is a camera artist but he doesn't often have the chance to take a Masters' 'still life'. So here's that rarity (above!) Among the posers are, from left, Janne Wells, Carol Bowman, Jenny Audsley, Nick Miletic and David Carr.

Right, near the 4km finish, Tess Smith (W50) was only a second behind Marg Saunders. Bottom left: in the men's 4km event Blakeney Tindall was first M55, immediately followed by first M70 Bruce Wilson (pictured left). Behind Blakeney in Vic's pic is rare, welcome, Sunday runner, Campbell Till (M60).

Bottom right, coming in fast for her still life appearance is Janne Wells, first W45 in the 4km.





Lake Gwelup

November 26, 2017

Directors: Akos Gyarmathy
and Liz McFarland



Me and My Shadow: new director Akos sets them running at Gwelup. Left, club mateyness pictured; new member Steve Preece gets directions to the halfway turn from Tony Smith, even though he was threatening Tony's number one spot in the 10km. Tony finished in 38:21, Steve was second in 39:33.

AFTER supporting Richard Danks for his tenth time as Lake Gwelup director last year, this year Elizabeth and I took a turn at directing. The first big decision we took was to amend the course route – the rationale being that the previous layout, which had incorporated a figure-of-eight loop had caused a fair bit of confusion in the past.

After some research, we elected to follow (more or less) the route chosen by the Marathon Club when they hold their Gwelup Run.

On race day the weather was fine and to our relief and appreciation all of the helpers who had said they would come to help in their various

capacities turned up and did a great job. Some did so despite planning to fly internationally later that day and go to their work afterwards. All did well and made it so much easier for us first-timers.

The other thing that probably goes unnoticed every race day is the amount of sensible assistance provided by committee and general members.

These people just get on with it – setting up drink stations, setting up the recording desk layout (including placing it in the shade so that recorders didn't have to bake in the sun for a couple of hours) and packing up. Thanks!

We discovered that the changed course was liked by some – and others, well less so. One aspect of the change was less firm pavement, and more sandy, grassy terrain. Suiited some, but not all.

Not cricket!

We thought the first 500 metres of our route would be clear of any cricketers, but it didn't quite work out, as we passed behind the cricket nets. This was the shady position where 30 or 40 parents started setting them-

10km Run

Tony Smith	M45	38:21
Kim Thomas	M40	41:48
Keith Hill	M55	42:50
Kevin Johnson	M60	43:00
Giovanni Puglisi	M65	44:23
Jackson Wong	M50	49:53
Lui Cecotti	M70	59:55
Irwin		
Barrett-Lennard	M85	1:10:42

Women

Karen March	W55	48:12
Rochelle Airey	W45	55:35
Claire Walkley	W50	55:46
Heather		
Stanborough	W35	1:04:07

5km Run

Ralph Henderson	M65	22:44
Alan Gray	M50	23:25
Jim Klinge	M70	24:15
Bert Carse	M75	24:30
Randy Hobbs	M55	27:22
David Carr	M85	30:57

Women

Tess Smith	W50	23:38
Margaret Saunders	W60	24:26
Maxine Santich	W65	26:23
Peggy Macliver	W70	31:45
Janice Smith	W55	32:18
Theresa Howe	W65	32:32
Gemma Hildyard	W40	39:15



BYO cheer squad

WE all savour the encouraging roar of the crowd as we crest the hill, break the tape, or just make it to the finish!

Bob Fergie – that's him, no. 11 – guaranteed his reception by recruiting the family as marshalls. "Here comes grandpa," they chorused and everyone shared the joy.



Left, Tess Smith W50 was first woman over 5km, finishing here ahead of Frank Gardiner (M65) John McShane (M50) and Graeme Dahl (M65.)

Right, Ivan Brown working hard to beat Maxine Santich by two seconds in the 5km run. Below them, Mike Anderson demonstrates his unique 'controlled-fall' run style with which he defies gravity every Sunday morning.



Kevin Johnson (M60) Grahak Cunningham (M40) Keith Hill (M60) Chris Maher (M60) nearing end of the 10km first lap at Gwelup. Finishing order changed to Grahak, Keith, Kevin and Chris. Keith was first M50, Kevin first M60.

Below, ever-welcome visiting past member (now Cyprus-resident) Tom Savin leads Ian Carson and Peter March.



selves up to watch their children play.

Thankfully they were very flexible and accommodating even when I pointed out that those cones that they could see went right through the middle of their deck chairs and eskies and that in a few minutes a whole lot of runners – and later some walkers – would be in their midst. I needn't have worried – they gave cheers and high fives as the runners came through!

Thanks to all who helped and participated.

Akos and Elizabeth

10km Walk

Johan Hagedoorn M70 1:13:02
Erica Blake W60 1:23:51

5km Walk

Haydn Gawne M70 35:48
Brian Smith M75 44:32
Jeff Whittam M80 45:46
Joseph Patroni M60 47:50

Women

Ngaio Kerr W45 40:38
Elaine Dance W65 42:12
Lynne Schickert W75 42:29
Grace Hollin W60 42:39
Rosa Wallis W70 43:32
Gina Bell W50 44:24
Sofia Carson W55 45:55
Priscilla Wilson W35 51:40
Charlotte Webb W40 51:41
Pat Ainsworth W80 53:22

Garvey Gusto

December 3, 2017

Directors: Gillian Young
and Mark Sioyer

10km Run

Chris Cantelo	M40	40:26
Keith Hill	M55	43:46
Giovanni Puglisi	M65	44:40
Ian Carson	M60	45:02
Kees Maatman	M35	45:25
Lourens Jacobs	M45	46:11
Alan Gray	M50	50:26
Lui Cecotti	M70	1:00:16
Bob Schickert	M75	1:03:33

Women

Karen March	W55	48:46
Jo Shelley	W40	50:44
Sandra Keenan	W50	54:20
Rochelle Airey	W45	55:17

5km Run

Kevin Johnson	M60	21:15
Alex Tinniswood	M35	21:27
Paul Odam	M55	22:24
Jim Langford	M70	22:55



John McShane M50 23:22

Paul Hughes	M65	23:45
Bert Carse	M75	25:08
David Carr	M85	28:23
Hamish McGlashan	M80	34:46

Women

Sandra Stockman	W50	22:53
Margaret Saunders	W60	24:02
Melissa Gardiner	W35	25:09
Delia Baldock	W55	29:09
Gemma Hildyard	W40	39:54
Jackie Halberg	W70	41:22
Irene Ferris	W65	43:59

10km Walk

Johan Hagedoorn	M70	1:13:00
-----------------	-----	---------

5km Walk

Wendy Farrow	W50	34:58
Elaine Dance	W65	41:13
Erika Blake	W60	41:14
Lynne Schickert	W75	42:04
Lesley Romeo	W70	42:09
Priscilla Wilson	W35	51:32

Men

Roger Walsh	M70	35:20
John McDonagh	M65	39:51
Joseph Patroni	M60	40:15
Bob Fergie	M80	46:16
Rex Bruce	M75	46:19
Ross Keane	M55	51:25



WE had an unusual race day. Normally the Canning Caper is a warmer event. We got a little wet setting up for the day. Luckily though after that it was pretty windy, but no more rain.

Thank-you to my helpers who coped with the conditions well. We had a recorder whose hands were shaking so much with the cold it is a wonder she could write. Drink station crew chased cups all over the place after they had been discarded.

Otherwise a reasonably trouble free event, with no one getting lost!

Many more than usual did the short course event, leav-

Canning Caper

December 17, 2017

Director: Keith Atkinson

ing far fewer to have a go at the longer, handicap event. They all had the advantage of the wind behind them for longer coming back.

A number of you had a bite to eat, or coffee, afterwards and took advantage of the café, which was much quieter than usual. It is normally heaving on race day, but today plenty of room to sit down inside to get out of the wind.

Hope you all enjoyed it, and will see you again next year.

Keith



10km Run

Brian Bennett	M70	59:43	0.00	59:43
Theresa Howe	W65	1:02:20	3.24	58:56

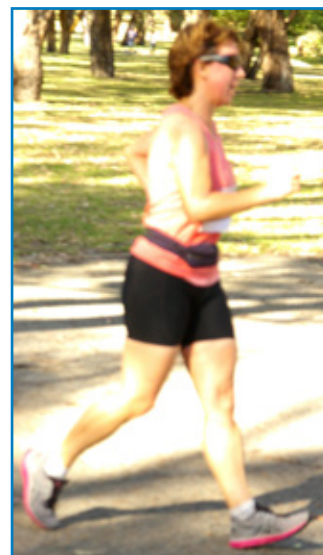
6km Run

KYLE EAGAR	M45	22:34
Keith Hill	M55	24:48
Alex Tinniswood	M35	25:09
Giovanni Puglisi	M65	25:53
Jim Klinge	M70	26:14
Alastair Wallace	M60	35:42
Hamish McGlashan	M80	39:44
Merv Jones	M75	41:38

Women

Margaret Saunders	W60	29:12
Olivia Brabant	W30	32:42
Maxine Santich	W65	32:54
Karen Hill	W55	33:33
Sandra Keenan	W50	34:02
Alicia Edwards	W45	34:03
Gemma Hildyard	W40	45:18

10km Walk



Wendy Farrow W50 1:07:38

Lynne Schickert	W75	1:21:01
Mike Hale	M70	1:24:47

Theresa Howe and Brian Bennett, winners of the Canning 10km handicap, debate whether a gentleman should have let a lady stay in front!

Canning Caper

by Insider

CAPER? I don't think so. This was no childish, cartoon romp; no cavorting in tights by caped crusader and boy wonder.

Fight of the Century – that's what it was.

Bigger than the Rumble in the Jungle.

Less predictable than the Centenary Test.

Dodgy as the demise of Phar Lap.

We name the names

Pre-match chatter said the Fix Was In.

But nobody would say who had fixed what, let alone how, or with whom (note the punctilious grammar, folks). However, fingers were pointed east, toward Christopher Pyne – a self-declared fixer.

Wise-guys raised an eyebrow, winked and tapped their substantial noses.

The handicapper had already booked his flight from the country, they whispered.

Weather factor

Lowering, untypically grey skies and plummeting mercury bewildered the shivering, damp field. Every other year this event is too hot, so how had the fixers fixed this?

Nay, declared the old hands; it means the gods are angry.

"Either that, or the Poms have started their rain-dance, trying to save the final Test at the WACA," they mused.

Three favourites

Undaunted, but shivering, your fearless local reporter approached the combatants for pre-match predictions.

Running on the spot, wrapped in towels, surrounded by their 'interests', the three favourites were reluctant to reveal race-plans.

"Naturally, I took their comments with a pinch of the proverbial," says your scribe.

"Bob Schickert (let's call him the Old Warhorse) pretended not to hear my question. He just kept mumbling about his handicap; something like 'six minutes; six



minutes! First time in my life I've had a handicap under 10 minutes ...'.

"Then he jogged off into the rain-mist, throwing punches at some anonymous wraith, the handicapper probably."

The long-shot

"Gillian Young was even more inscrutable.

"Under fluttering eye-lashes, she simply murmured 'Elbows'.

"I thought this meant I had been given the elbow and had better clear-off. Not so, said Mark and the other handlers. It seems this is killer-Gill's established tactic, sharp elbows for anyone thinking about overtaking."

The Champ

Most surprising interview of the morning was with reigning champ and handicap specialist Keith Atkinson.

"I shall not run," he declared loftily. "I shall stand on my record."

Stunning!

Granted he was the race director. Probably afraid to leave the club's paraphernalia unguarded; might have

Three favourites: the Filly (Gillian) ran fastest; the old Warhorse (Bob) ran his heart out; and the Champ (Keith, below) would have lifted the Trophy if he'd run – but didn't!

lost his deposit if some of the kit was filched.

The outcome

An incredible race ensued.

Most athletes went off scratch, to get warm.

Only 28 eligibles ran the handicap 10km.

(The back-runners were off such large handicaps that two poor souls might have started on the Monday.)

Warhorse Bob went off about six minutes, still pondering that 6-minute handicap. He returned an hour later, having run his heart out.

He then seemed to be attempting to regurgitate it, but it was probably only a lung that came up.

Gillian had a successful day, coming in smiling as always – with blood on both elbows.

Keith was still standing on his record.

Results

Unfortunately we all went home none the wiser!



First home, off scratch, was Brian Bennett, upsetting the field and hapless bookies in his first proper race since May.

(This man is a master of the long-game; such tactics mark a future Handicap Trophy champion, to be sure.)

But the BIG result – the ultimate 2017 Handicap Trophy winner – waited in the hands of the stewards – until Tristan the Handicapper could be persuaded to come out of exile and declare a winner.

Epilogue

Bob won – racking up 41 points; Keith was second, with 50 points; Gillian third with 51 point.

At Canning, Gillian actually ran 51:33, plus a 15 minute handicap; Bob 60:06, plus 6 minute handicap.

From an undisclosed location (somewhere over there, as they used to say) Tristan emailed a startling revelation. Had the Champ fought the last round, and finished 20th or better, he would have retained the title.

As Bob Schickert told me years ago, never say die; just keep going because the runners in front might fall over!



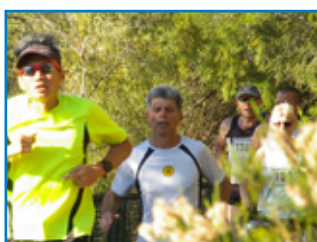
Bob starts, stunned by his handicap!

Mosman Park

December 10, 2017
Director: Paul Hughes



After that exuberant start – a long, hot winding track back!



Eventual 10.5km winner Giovanni trails Jackson (first M50) on lap one.

10.5km Run

Giovanni Puglisi	M65	49:15
Ian Carson	M60	50:13
Mark Kerr	M45	50:35



Mickey Muroi M55 51:05

Kees Maatman	M35	52:30
Geoff Vine	M70	55:49
Jackson Wong	M50	56:06

Women

Claire Walkley	W50	1:01:47
----------------	-----	---------

THE second run of the summer calendar unfortunately was the hottest day I can remember of all the years I have been race director – approximately 24 years – and the low number turnout reflected the weather; or perhaps it was the WAMC providing breakfast at their City Beach Run?

A special thanks to my helpers who assisted me in the event run and they were: Paul Martin, David Roberts, Charlie Chan, Shelia Maslen, Ante Perdija, Keith Atkinson, Rochelle Airey, Rod and Sue Hamilton, Akos Gyarmathy, Elizabeth McFarlane, Cassie

Hughes, Erica Blake and Gary Fisher. The hot weather made being a helper very tough and I thank them.

Next year if the weather is hot again I will add another drink station at the turnaround mark for the two-lap runners.

Appreciation to the Mosman Park Cricket Club particularly their president, Armando from Armando Sports and Mosman Park Town Council for allowing us to use the facilities.

See you all next year.

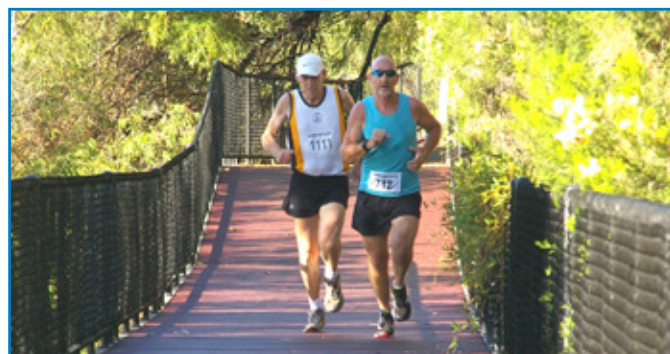
Paul Hughes

5.25km Run

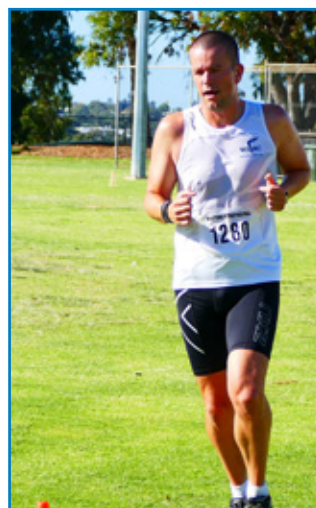
John Pentecost	M55	24:20
Jim Klinge	M70	25:15
Alan Gray	M50	26:13
Mark Hewitt	M65	27:08
David Carr	M85	32:32
David Adams	M40	33:31
Alastair Wallace	M60	34:26
Bob Schickert	M75	36:15
Irwin Barrett-Lennard	M85	38:12



Claire contrived to fill every position in the women's 10km!



Front-runners: John Pentecost won the 5km; Ian Carson was second in the 10km.



One of the newer guys, Kees Maatman was first 10km M35.

5.25km Run

Women

Margaret Saunders	W60	26:10
Julie Wilson	W60	29:40
Maree Brown	W50	30:30
Delia Baldock	W55	32:32
Robyn Dunlop	W45	33:41
Gemma Hildyard	W40	44:02

5.25km Walk

Johan Hagedoorn	M70	36:56
Bob Fergie	M80	51:04
Graham Thornton	M75	53:10

Women

Elaine Dance	W65	42:28
Grace Hollin	W60	43:51
Lynne Schickert	W75	45:19
Alicia Edwards	W45	47:06
Sandra Keenan	W50	47:07
Lesley Dowling	W55	47:26
Rosa Wallis	W70	51:03

Point Walter

January 14, 2018
Director: Dave Roberts

12km Run

Steve Preece	M45	46:44
Peter March	M55	53:22
Akos Gyarmathy	M60	53:55
Kees Maatman	M35	55:36
Andrew Grosas	M50	58:08
Keith Miller	M65	58:59
David Baird	M70	1:03:23

Women

Vanessa Carson	W35	50:18
Johanna Leahy		
Marstrand	W45	59:57
Noelene Treen	W55	1:16:17

Rashanthi

Wanigasekera	W40	1:27:30
--------------	-----	---------

6km Run

Patrick Jones	M45	23:56
Keith Hill	M55	24:12
Prabuddha Nicol	M60	25:42
Jim Klinge	M70	26:45
Alan Gray	M50	27:20
Gary Fisher	M65	31:17
Bob Schickert	M75	36:05



Hamish

McGlashan	M80	39:05
David Carr	M85	39:11

Women

Sandra Stockman	W50	26:30
Margaret Saunders	W60	28:51
Rochelle Airey	W45	31:33
Gillian Young	W70	33:07
Lori Sexton	W55	33:20
Bek Milne	W35	34:57
Theresa Howe	W65	40:12
Gemma Hildyard	W40	44:25

12km Walk

John Dance	M65	1:38:15
John Bell	M70	1:42:42

6km Walk

Haydn Gawne	M70	42:23
Bob Fergie	M80	55:04
Charlie Chan	M65	57:39
Randy Hobbs	M55	1:00:39
Paul Edwards	M45	1:05:01

Women

Elaine Dance	W65	46:41
Lesley Dowling	W55	46:59
Erika Blake	W60	48:37
Peggy Macliver	W70	49:09
Regina Crouch	W45	51:09
Lyne Schickert	W75	53:49



Newer members pictured by Vic B: top, Annie Smith; top right, Rashanthi Wanigasekera – 1st 12km W40 (and holder of the club's longest female name!); above left, Bek Milne 1st 6km W35; above right Lori Sexton 1st 6km W55; left Bob Britton.



McCallum Lakes

January 21, 2018
Directors: Marg and Brian Bennett

8km Run

Keith Hill	M55	35:35
Lawrence Zhang	M30	37:04
John Allen	M60	38:07
Mark Kerr	M45	40:12
Brian Bennett	M70	43:30
Sean Keane	M50	44:27
Brian Danby	M65	45:12

Women

Karen March	W55	40:22
Barbara Putland	W50	40:57
Conny Brieden	W45	46:57
Barbara Blurton	W65	47:32
Rashanthi Wanigasekera	W40	57:26

4km Run

Sandra Stockman	W50	18:04
Elizabeth Gomez	W35	18:37
Margaret Saunders	W60	19:18
Denise Newport	W55	23:46
Ngaio Kerr	W45	26:48
Gemma Hildyard	W40	30:02
Carolyn Fawcett	W65	31:37

Men

Ralph Henderson	M65	18:21
Alan Gray	M50	19:10
Bert Carse	M75	19:32
Bruce Wilson	M70	20:38
Jason Kell	M40	21:24
David Carr	M85	22:10
Dante Giacomini	M45	22:37
Wayne Taylor	M55	23:46
Alastair Wallace	M60	27:44
Irwin Barrett-Lennard	M85	28:27

8km Walk

Wendy Farrow	W50	57:50
Elaine Dance	W65	1:05:47

Men

Johan Hagedoorn	M70	1:00:01
Peter Ryan	M65	1:05:48
John Bell	M70	1:07:29

4km Walk

Haydn Gawne	M70	28:06
John McDonagh	M65	30:10
Jeff Whittam	M80	37:56
Rex Bruce	M75	38:11
Randy Hobbs	M55	40:00

Women

Sam Farman	W50	31:46
Erika Blake	W60	32:09
Lesley Dowling	W55	32:16
Peggy Macliver	W70	33:36
Regina Crouch	W45	33:40
Joan Pellier	W75	36:29
Priscilla Wilson	W35	37:14
Lorna Lauchlan	W85	40:00
Julie Wood	W65	45:42
Dorothy Whittam	W80	48:08



VETRUn

starters

JULIE WILSON, W60,
was our most prolific
Sunday runner in 2017.

THE WINNER!

Name	Club No.	Count
Julie Wilson	987	41

THE THIRTIES

Name	Club No.	Count
Johan Hagedoorn	262	39
Frank Price	1134	39
Bob Schickert	112	38
Neil McRae	347	38
Delia Baldock	510	37
Ian Carson	1111	37
Brian Bennett	175	36
Margaret Saunders	739	36
Mark Hewitt	762	36
Bob Fergie	11	35
Lynne Schickert	111	35
John Allen	277	35
Ross Keane	743	35
David Baird	512	34
Jackson Wong	1180	34
Peter March	666	33
Mark Dawson	745	32
Greg Wilson	986	32
Alastair Wallace	1518	32
Patrick Jones	1587	32
Jeff Whittam	20	31
Irwin Barrett-Lennard	321	31
Charlie Chan	729	31
Allan Billington	993	31
David Carr	2	30
Jo Richardson	513	30

THE TWENTIES

Name	Club No.	Count
Mike Hale	251	29
Gillian Young	288	29
Elaine Dance	339	29
Keith Hill	1417	29
John Pellier	40	28
Alan Gray	1382	28
Roy Hart	1604	28
Joan Pellier	47	27
Jim Klinge	139	27
Rex Bruce	248	27
Julie Wood	295	27
Mark Sivyver	454	27
Carol Bowman	714	27
Rochelle Airey	843	27
Sofia Carson	1112	27
Gail Castensen	1143	27
John Fisher	1167	27
Priscilla Wilson	1314	27

Pamela English	1328	27	Frank Gardiner	238	18
Peter Brooke	1623	27	Tristan Bell	858	18
Rosa Wallis	90	26	Silke Peglow	1323	18
Randy Hobbs	1351	26	Renia Niderla	1412	18
Jim Barnes	25	25	Bob Colligan	1439	18
Arnold Jenkins	77	25	Haydn Gawne	1624	18
Nick Miletic	392	25	Peggy MacIver	99	17
Sylvia Szabo	740	25	Jackie Halberg	149	17
Mickey Muroi	1120	25	Keith Atkinson	198	17
Su Lloyd	1200	25	Bernard Mangan	441	17
Joseph Patroni	1242	25	Maree Brown	876	17
Brian Danby	39	24	David Adams	1226	17
Sheila Maslen	59	24	Denise Newport	1254	17
Paul Hughes	106	24	Ngaio Kerr	1523	17
Ann Turner	114	24	Lorna Lauchlan	38	16
Theresa Howe	481	24	Ray Hall	242	16
Sandra Rourke	928	24	Bob Fawcett	1038	16
Lui Cecotti	1138	24	Carmel Meyer	1137	16
Merv Jones	110	23	Geoff Vine	1639	16
Gary Fisher	227	23	John Bell	74	15
Karen March	650	23	Jan Jarvis	91	15
John McDonagh	1110	23	Vic Waters	136	15
Erica Blake	1301	23	Maurice Creagh	218	15
Russell Smith	1332	23	Keith Miller	278	15
Karen Hill	1456	23	John Pentecost	712	15
Hamish McGlashan	56	22	Carolyn Fawcett	967	15
Paul Martin	89	22	Alex Tinniswood	1342	15
Wayne Taylor	468	22	Wayne Bertram	1353	15
Akos Gyarmathy	1202	22	Lori Sexton	1393	15
Brian Dalton	1321	22	Vanessa Carson	1445	15
Mark Kerr	1522	22	Sandra Keenan	1515	15
Milton Mavrick	193	21	Lesley Dowling	1531	15
Peter Hopper	530	21	Ralph Henderson	178	14
Kathy Skehan	1584	21	Ivan Brown	194	14
Giovanni Puglisi	220	20	Patricia Hopkins	307	14
John Dance	340	20	Grace Hollin	713	14
Raymond Gimi	536	20	John Batta	990	14
John Talbot	690	20	Hamish McLeod	1069	14
Kim Thomas	798	20	Wendy Farrow	1231	14
Elizabeth McFarland	1203	20	Andrew Thorpe	1340	14

THE TEENS

Name	Club No.	Count	Name	Club No.	Count
Mike Anderson	174	19	Chris Pattinson	406	13
Maxine Santich	309	19	Don Pattinson	407	13
Bjorn Dybdahl	384	19	Janice Bertram	1352	13
Richard Blurton	627	19	John Ranger	1450	13
Graeme Dahl	769	19	Alicia Edwards	1599	13
Andrew Cuthbertson	1454	19	John McShane	1620	13
Jenny Audsley	1468	19	Roger Walsh	43	12
Noelene Treen	1512	19	Jim Langford	53	12
Irene Ferris	128	18	Ray Attwell	80	12
Margaret Bennett	176	18	Peter Ryan	525	12
			Claire Walkley	567	12

Dante Giacomini	773	12	Maria Le Page	1630	6	Chris Gibbons	1402	2
Tom Tralau	777	12	Michelle Skellern	1659	6	Andrew Shugg	1435	2
Grahak Cunningham	784	12	Chris Maher	346	5	David Pereira	1447	2
Eamonn McNulty	1220	12	Anne Jones	533	5	Sandy Eastley	1507	2
Karyn Tolardo	1257	12	Marie Fitzsimons	644	5	Therese Carr	1526	2
Janne Wells	1389	12	Rod Hamilton	807	5	Abdul Mohamed-Isa	1598	2
Barbara Putland	1455	12	Janice Smith	1418	5	Katie Chinnery	1609	2
Judy Davis	1491	12	Phil Smith	1419	5	Leslie Hill	1625	2
Chiew Mei Law	1546	12	Gary Wilmot	1441	5	Jacinta Berlingeri	1626	2
Angela Italiano	1603	12	Ann Andersen	1495	5	Eulalia Van Blomestein	1634	2
Chris Lark	1617	12	Ida Steyn	1608	5	Jacqueline Kellerman	1635	2
Graham Thornton	58	11	Heather Stanborough	1642	5	Narelle Gaynor	1652	2
Bert Carse	186	11	Matt Skellern	1658	5	Jason Woolley	1660	2
Brig Cheek	1214	11	Jacqueline Billington	63	4	Roselyne Pillay	1679	2
Clare Wardle	1255	11	Toni Frank	131	4	Melissa Gardiner	1685	2
Dorothy Whittam	31	10	Bridget Carse	187	4	Nick Franey	1689	2
Marg Forden	71	10	Karen Peace	1128	4	Rob Colton	623	1
Adrian Damiani	276	10	Jeremy Savage	1239	4	Lynne Choate	133	1
Debbie Wolfenden	688	10	Katrina Tyza	1246	4	Aldo Giacomini	164	1
Tommy Glackin	1622	10	Wade Davis	1262	4	Val Millard	188	1
Michael Le Page	1631	10	Jim Speirs	1368	4	Robin King	215	1
THE BEGINNERS			Adrian Fabiankovits	1392	4	Blakeney Tindall	229	1
Name	Club No.	Count	Kim Chandler	1416	4	Shirley Bell	247	1
John Smith	156	9	Phillippa Greenwood	1594	4	Campbell Till	282	1
Brian Smith	195	9	Sheryl Woolley	1611	4	John Mack	362	1
Pat Ainsworth	205	9	Charlottle Webb	1613	4	Bob Cavin	387	1
Lorraine Lopes	520	9	Andrew Duncan	1638	4	Bob Neville	404	1
Sue Bourn	980	9	Leigh Rodgers	1647	4	Liz Neville	405	1
Nicola Hibbert	1334	9	Marilyn Garbin	1657	4	Dianne Marriott	575	1
Wendy Grace	1494	9	Tess Smith	1669	4	Brian Hewitt	605	1
Olivia Brabant	1636	9	Gemma Hildyard	1674	4	Kim Cook	657	1
Rochelle Rodgers	1648	9	Cecil Walkley	154	3	Fiona Cousins	890	1
Martin Watkins	637	8	Mary Heppell	168	3	Paul Odam	979	1
Sandra Stockman	689	8	Denise Viala	199	3	Monique Thomas	1040	1
Sarah Ladwig	756	8	Tom Lenane	283	3	Rebecca MacKinnon	1118	1
Melissa Hynds	818	8	Lachlan Marr	308	3	Ed Wall	1121	1
Bryant Burman	1366	8	Colin Smith	393	3	Jeff Bremner	1184	1
Kevin Johnson	1400	8	Brett Roach	438	3	Jon Storey	1232	1
Anna Bamber	1451	8	Amanda Walker	489	3	Kelly Underwood	1240	1
Julie Walters	1500	8	Trisha Farr	815	3	Monique Scourse	1263	1
Ali Morgan	1595	8	Sue Zlnay	867	3	Chris Neilson	1277	1
Gina Bell	1602	8	Lisa Searle	965	3	Sarah San	1278	1
Bruce Wilson	105	7	Kirstin McGregor	1190	3	Erika Blake	1301	1
Barbara Blurton	386	7	Sam Farman	1230	3	Erica Blake	1301	1
Sean Keane	455	7	Kees Maatman	1280	3	Elisabeth Gerber	1369	1
Bob Lane	755	7	Julie Storey	1325	3	Bruce Grant	1430	1
Prabuddha Nicol	779	7	Sue Gibbons	1403	3	Wayne Byram	1438	1
Ante Perdija	1126	7	Sue Hamilton	1508	3	Marion Kavenagh	1440	1
Stuart MacKinnon	1174	7	Wheelsie Keillor	1592	3	Gerry Dennison	1484	1
Robyn Dunlop	1245	7	Paul Edwards	1600	3	Darren Miller	1519	1
Kyle Eagar	1628	7	Bill James-Wallace	1610	3	Christian D'argent	1533	1
Mike Khan	49	6	Grant Walker	1615	3	Andrew Roddy	1576	1
Roma Barnett	141	6	Steve Preece	1673	3	Angelo Italiano	1603	1
Mark Rosen	223	6	Lourens Jacobs	1675	3	Genevieve Adams	1606	1
Richard Danks	596	6	Frank Smith	27	2	Adelle Banks	1607	1
Scott Winn	889	6	Michele Mison	130	2	Matthew Jessett	1612	1
Tony Smith	1109	6	Clive Choate	132	2	Ivo Davies	1621	1
Ginny Mulvey	1218	6	Lesley Romeo	134	2	Roberto Busi	1632	1
Mercurio Cicchini	1256	6	Maggie Flanders	210	2	JP Moutia	1640	1
Tina Franklin	1276	6	Bernadette Height	228	2	Jody Brownley	1643	1
Joanne Burman	1367	6	Trevor Scott	333	2	Yvette McLean	1650	1
Herman du Plessis	1374	6	John Dennehy	598	2	Jonathan Lester	1655	1
Nicki du Plessis	1375	6	Steven Hossack	796	2	Peter McCormack	1656	1
Simon Johnson	1414	6	Rob Badenoch	1031	2	Amanda Gower	1664	1
Carolyn Stephens	1422	6	Steve Weller	1104	2	Mary Petkovski	1665	1
Wayne Davies	1499	6	Jim Farr	1108	2	Jo Shelley	1682	1
Sandra Levis	1542	6	Sharon Davis	1217	2	Chris Cantelo	1684	1
Charlotte Webb	1613	6	Erika Blake	1301	2	Raoul Temme	1687	1
Steven Wiseman	1627	6	Cassie Hughes	1313	2	Dorothy Lennox	1694	1



Welcome Run

January 7, 2018
Director: John Fisher

'Marshall Lore' rules

JOHN Fisher's meticulous attention to detail was a clue. His fastidious approach to measuring and marking the course was another.

Signing himself Lt. Colonel could have been a ruse, but then I noted this rider at the end of his email – which was headed 'UNCLASSIFIED'.

IMPORTANT: This email remains the property of the Department of Defence and is subject to the jurisdiction of section 70 of the Crimes Act 1914. If you have received this email in error, you are requested to contact the sender and delete the email.

So, thanks go to our military man and his legion of helpers for another fine day by the river. Masters is indeed fortunate that so many relatively new members, like John, step up and take responsibility for directing our events.

Wendy Farrow's proper walk style is a winner.

12km Run

Lachlan Marr	M55	48:22
Chris Lark	M35	49:29
Kim Thomas	M40	49:31
Giovanni Puglisi	M65	51:31
Bob Lane	M70	51:36
Matt Skellern	M45	52:04
Leigh Rodgers	M30	52:04
Ian Carson	M60	52:42
Jackson Wong	M50	59:46
David Carr	M85	1:17:56
John Pellier	M75	1:26:09

Women

Rochelle Rodgers	W30	49:30
Barbara Putland	W50	57:59
Karen March	W55	58:14
Sarah Ballard	W35	1:03:53
Theresa Howe	W65	1:14:01
Wendy Grace	W60	1:16:20
Michelle Skellern	W45	1:19:10

5km Run

Keith Hill	M55	20:14
Ralph Henderson	M65	22:06
Kevin Johnson	M60	22:08
Mark Kerr	M45	22:39
Jim Klinge	M70	22:55
John McShane	M50	25:17
Bob Schickert	M75	29:44
Hamish		
McGlashan	M80	31:01
Peter Hopper	M70	32:06
Irwin		
Barrett-Lennard	M85	34:12

Women

Sandra Stockman	W50	22:08
Nicola Hibbert	W35	22:52
Margaret Saunders	W60	23:34
Gillian Young	W70	25:30
Maxine Santich	W65	26:41
Delia Baldock	W55	29:04
Ngaio Kerr	W45	31:42

12km Walk

Johan Hagedoorn	M70	1:29:28
Peter Ryan	M65	1:47:07
Bob Colligan	M60	1:47:40

Women

Lynne Schickert	W75	1:40:43
-----------------	-----	---------

5km Walk

Wendy Farrow	W50	33:50
Erika Blake	W60	40:52
Rosa Wallis	W70	41:57
Lesley Dowling	W55	43:02
Regina Crouch	W45	43:15
Marg Forden	W75	43:26
Lorna Lauchlan	W85	45:38
Sylvia Szabo	W35	48:56
Roselyne Pillay	W65	51:55
Dorothy Whittam	W80	55:22

Men

John McDonagh	M65	34:05
Haydn Gawne	M70	34:40
Andrew		
Cuthbertson	M60	39:26
Rex Bruce	M75	44:46
Jeff Whittam	M80	45:33



Front-runners are happy to see me – or maybe it was just the 6km turn; but Lachy Marr (inset) was a minute ahead in the 12km with 48.22.



John Allen consulted his guru at 6km, and it worked. Look at that finishing style!

What do you have to do to get into Vetrin?

Just wave – thanks, Sarah Ballard!





So, you're M70 and fancy running the shorter distance? Might be an age-group best, even. All you have to do is catch Jim Klinge (above). Jim was top M70 at the Welcome and Aus Day runs. Newer member, M70 Geoff Vine (right) dogged Jim's steps on Aus Day.



10km Run

Chris Lark	M35	38:05
Steve Preece	M45	38:13
Chris Maher	M60	42:20
Robbie Pringle	M40	42:54
Peter March	M55	42:59
Bob Lane	M70	43:13
John Ranger	M50	43:27
Keith Miller	M65	49:20
John Pellier	M75	1:08:55

Women

Karen March	W55	48:14
Maree Brown	W50	53:37
Rochelle Airey	W45	54:23
Wendy Grace	W60	59:24
Liz Dewhurst	W30	1:01:39
Theresa Howe	W65	1:01:49
Anne Young	W40	1:03:34

5km Run

Amanda Walker	W50	20:49
Margaret Saunders	W60	23:49
Ngaio Kerr	W45	31:43
Charlotte Webb	W40	31:44
Jenny Audsley	W55	31:55
Angela Italiano	W35	39:46

Men

Giovanni Puglisi	M65	22:13
Bernard Mangan	M60	23:13
Jim Klinge	M70	23:25
Bert Carse	M75	23:55
Dante Giacomini	M45	26:42
David Carr	M85	27:54
Irwin Barrett		
-Lennard	M85	34:17

10km Walk

Johan Hagedoorn	M70	1:12:22
Elaine Dance	W65	1:21:52
Erika Blake	W60	1:21:52

Australia Day

January 28, 2018
Director: Sandra Stockman



5km Walk

Haydn Gawne	M70	34:42
John McDonagh	M65	34:42
John Brambley	M75	42:53
Ross Keane	M55	44:12
Bob Fergie	M80	46:13

Women

Regina Crouch	W45	40:16
Rosa Wallis	W70	45:47
Sofia Carson	W55	47:11
Priscilla Wilson	W35	48:25
Julie Wood	W65	53:57
Joan Pellier	W75	55:53
Dorothy Whittam	W80	56:07

VALE

Alison Aldrich

ALISON, member No. 78 and mother of Sean Keane, died on Sunday, December 17. She was born in Dehra Dun, India in 1943 and five years later, after partition, the family moved to Nairobi, Kenya.

With husband Robert Keane she had three children, Sean, the elder, Patrick and Mirella.

Alison met and married Brian Aldrich in the early 1980s and the family came to Perth, where the couple began a financial planning business.

In 1984 they both joined our club, then called WA Veterans AC.

Joan Pellier writes:

"Never one to rest on her laurels, Alison studied law at UWA at the age of 56. Once she graduated she helped support many students to find work.

"Alison was also an active member of the Soroptimists, a philanthropic group that exists to assist women undergoing hardship."

Travel

The Aldrich's travelled widely – and our picture (first used in *Vetrin* in July 1997) shows Alison at the Samaria Gorge, Crete).

"They were both active runners until about the late 1990s," writes Joan.

"Brian, Alison, Kirt Johnson, Phyl Farrell and I were running in the RRC 25km when Brian's knee problem began. He had a knee replacement and we didn't see so much of either of them competing after that.

"But they always helped at two runs a year and went to the Friday morning group. And Alison was one of the few members who visited Phyl when she went into care with dementia.

"To Brian, Sean, Patrick, Mirella and the grandchildren we send out deepest sympathy."



Bob Schickert also has fond memories of Alison.

"Thirty years ago when we arrived in Perth, Alison and Brian were regular Sunday runners and also race directors. Their event started from Hurlingham Street in South Perth and most of the athletes went on to morning tea arranged by them at the Hurlingham Hotel just up the road, which was very nice.

"The first time we ran it I think Ted Maslen was first in. On that day the race went down the freeway towards Canning Bridge and back.

"I remember because I was just behind him and it was very hot for an athlete from Melbourne!"

Studious

Bob says that running time for Alison was limited by the time and effort she put in to her studies, first in financial planning, and then for her legal degree. That culminated in the setting up of Alison Legal in Victoria Park.

Alison was also a member of the organising committee, chaired by David Carr, of the 1989 AMA Championships held in Perth.

"Alison and Brian were very friendly towards us newcomers to Perth and the club. In recent years Brian was not as healthy as he had been and appearances at Sunday events were infrequent – but when they came along they were always very friendly.

"Over recent years our news of Alison has been patchy but that does not lessen the shock at her sudden and very sad passing."

WE REGRET to announce the death of long-time member Mike Rhodes, an active clubman for many years and one-time handicapper, among other roles. He held club no. 155. Mike was born on November 16, 1945 and died in hospital on January 24.

Our deepest sympathy and condolences go to Linda, and their children Cynan and Vicky, as well as to all Mike's friends, colleagues and fellow club members.

Basil Worner told me recently: "I have a wonderful memory of you and Mike helping me through a half-marathon – one that turned somewhere near Steve's pub. I hadn't run for a while and was keen to get somewhere near 100 minutes and Mike did the sums all the way!"

In a single paragraph Basil has summed up Mike very neatly; an athlete, a supportive friend, and a dedicated numbers man.

On that run – a successful outing for Bas, by the way – Mike had covered his left arm with indelibly-inked times for us to hit at given points.

Family

Of course Mike was much more than our running mate. He was a staunch family man, born in England and adopted into a loving family. Some of us will recall his absolute joy when, several years ago, he met his extended birth family in Wales. Among them was a half-brother who might have been Mike's doppelganger, beard and glasses included.

Mike was a scientist by nature to whom study came easily. He was also an able administrator who ran major mining projects, in Australia and overseas.

Most recently Mike spent many months of his final working years in Russia. To handle that situation more efficiently he taught himself Russian – quite an achievement for a senior man! He was still running then, and Russian colleagues advised him against running in the surrounding woods – because of bears!

In addition to mastering the Cyrillic alphabet and collecting frequent flyer points, Mike gave himself another bonus – expensive cognac from airport duty-free shops.

Memories of Mike

VALE Mike Rhodes



Home run

I met Mike in 1989, running around Hamer Park near the Rhodes' home in Mount Lawley. The following Sunday he introduced me to the Vets, where I've stuck. Linda and Mike were our first Perth friends and we were to enjoy many happy times together, including our first WA Christmas.

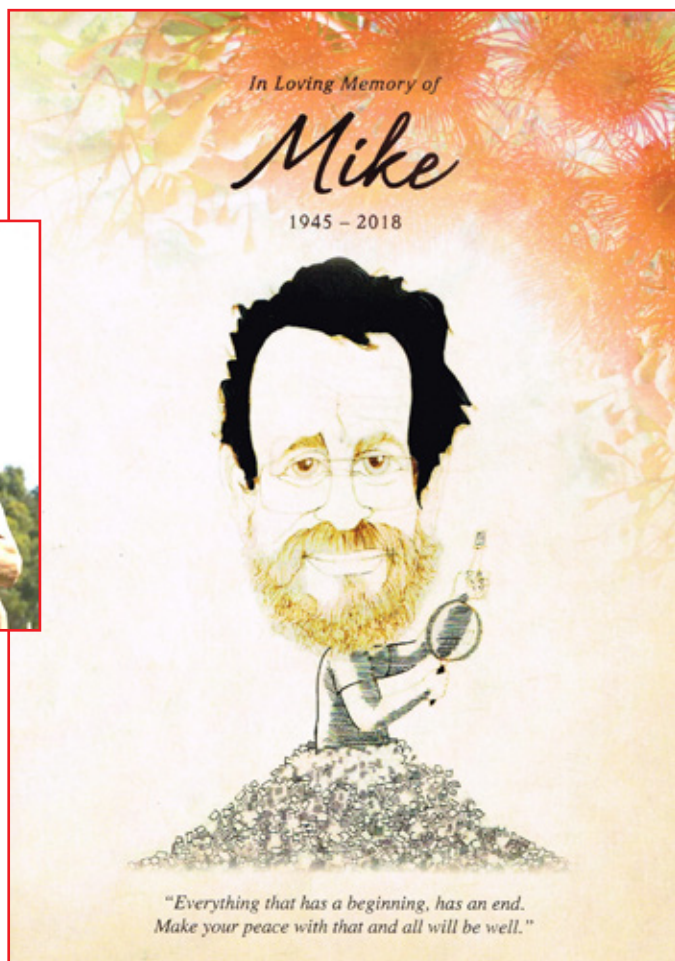
Older club members will also recall happy times in their Mount Lawley home, where Linda catered for us all after the Hamer Park run Mike directed.

Mike threw himself into work and leisure with equal gusto. Most recently he established the City Rail run from Bardon Park, Linda and he directing it for some years.

Of course, for six years he was club handicapper; what else for the maths man?

Mike's move to extend the handicap trophy by including some shorter runs was, of course, a stroke of genius. (I won it that first year, I must add. The idea developed most recently into a short-course handicap series.)

Although Mike was an all-round runner, covering everything up to and including the marathon, his favourite events, I believe, were over middle-distance. In 1989 he was part of the Vets successful team at the World Championships in Eugene, Oregon USA. Mike's times against intense M40 competition were 800m – 2:15; 1,500m – 4:42; and 5,000m – 18:07.



GOT

Another of Mike Rhodes' club legacies is the Guess Own Time Run. He began the event in Kings Park and then bequeathed it to Marg Langford and me.

Although managing to win the Handicap Trophy in 2016 Mike gradually relinquished running – and used the time gained, especially after retiring from mining, to throw himself wholeheartedly into another dedication.

As a philatelist Mike turned

a lifetime hobby into an obsession, of course, becoming an international judge of stamps, organiser of exhibitions, President of the WA Philatelic Council.

The brilliant cartoon that Linda used for Mike's memorial shows him so well – up to his shirt in a pile of stamps!

It's always difficult to farewell a friend. But there's comfort in the knowledge that this one never wasted a day of the life he was given. VW

VALE

Ray Lawrence

SADLY we report the death of Ray Lawrence, one of the club's earliest members.

Ray (member no. 24) was born May 15, 1928, and died on January 19. He joined us in February 1979 and was an active club member until 2015.

Masters sends our deepest sympathy and condolences to Ray's friends and family – his children Gregory, Susanne and Kathryn; and grandchildren Timothy, Rebecca, Shannon and Renata.

All-rounder

Although Ray was an all-rounder as a runner, his most energetic pursuit in later life was on the ballroom floor!

He enjoyed this form of exercise for many years. As we're informed that ballroom dancing is good for the brain as well as the legs, there's no doubt it would have satisfied Ray's very active mind as well as his well-known sociability.

Accountancy was Ray's profession and as well as practising he lectured on the topic in early days, in Kalgoorlie, we're informed.

His shrewd financial skills were put to good use by the club too, because Ray was club auditor, overseeing our accounts for 18 years, until he was eventually succeeded by Dave Roberts.

When Ray joined the Vets in 1979 membership was relatively small. One of the founders, David Carr, recalls Ray's earliest appearances.

"It was never about racing for Ray, but he enjoyed the club atmosphere," he says.

"When he joined in February 1979 he was unfit, but a cheerful volunteer; and he made a positive approach to running. Within a few months he could run 10km on the Cliff Bould course without stopping. A year later he graduated to having seven runners behind him in a race."

In those early days, Ray (like everyone else, it seems) also ran marathons. The club database records two appear-



Training on the sand in 1983, probably to be ready for the 24-hour relay attempts of that year. Ray Lawrence is the runner on the right, third from back.

Running mates are, l-r, rear group: Ron Jones, Graham Thornton (obscured), Bob Sammells, Frank McLinden, John Chadwick, John Maddison, Ray, Ron Torkildsen. Front group, from left Don Caplin, Les Oakey, Dorothy Whittam and Ernie Moyle.



Ray starting in the 2008 Age-Graded run, left; and above, possibly on the tough Wireless Hill course.

ances in the Herne Hill event, with creditable times around four hours.

There's no doubt that running in company helped Ray improve. As our 1983 training picture shows he kept exceptional company! This was almost certainly a precursor to that year's 24 Hour Relays by the club's M50s.

On December 10, 1983 the

team ran 356.056km in the allotted time. Ray was in it, together with Frank McLinden, Dave Hough, Merv Moyle, Brian Kennedy and Alan Pomery, among others.

Three years after that run he placed his name on an individual trophy, as the winner of the 1986 Handicap Trophy.

I met Ray mostly on Tuesday nights training runs from McCallum Park (where our colour picture was taken, in the age-graded event of 2008).

Unfortunately we saw little of him in the last couple of years, but he will be remembered with affection and respect by many, many club members. VW



SO does muscle fatigue, spasms and heart palpitations.

Yet we're consuming up to 10 times LESS than we once did, because we've been fooled by this boldfaced lie that's also raising our risk of insulin resistance.

Story at-a-glance

Salt has been wrongly demonised as a major contributor to high blood pressure. Factors that play a significantly greater role include your sodium-to-potassium ratio, and a high-sugar, processed food diet.

Symptoms of sodium deficiency may include muscle fatigue, spasms, cramps and heart palpitations. Such symptoms may disappear by adding more salt to your diet.

In the 1600s, the average person was consuming up to 100 grams of salt per day from salted cod, herring and meats. Today, most people get 10 grams of salt per day or less, yet we have far higher rates of hypertension.

Low-sodium diets may lower blood pressure. However, this reduction in



MASTERS is fortunate to number several health professionals among the membership. Dr John Bell, one of the longest-serving members, is constantly alert to developments, research and reports that might be relevant and interesting to athletes.

John makes it clear that he does not necessarily agree with or support the views of the various, independent writers and professionals whose work we quote in *Vetrin*, where we attempt to summarise articles for the general interest of our members. Such articles are published in full on the club website, in *Vetrin Healthline*.

VW – Editor

Is salt really bad for your blood pressure?

James DiNicolantonio, Pharm.D. answers this and many other questions relating to salt in his book, *"The Salt Fix: Why the Experts Got It All Wrong – and How Eating More Might Save Your Life."*

blood pressure may not necessarily translate into a reduction in cardiovascular events. In fact, the reduction in blood pressure may actually be harmful by potentially increasing heart rate, as well as the risk of falls and fractures.

* For more – go to club website and *Vetrin Healthline*.

INVENTOR of the PSA test, William Catalona, says: "A man should be tested in his 40s and early 50s. At this age, his PSA should be less than 1.

"If it's higher, then that is the most powerful predictor of the probability of him developing metastatic or lethal prostate cancer later in life. If it's higher than 1 he should have more intensive screening going forward."

This recommendation is more aggressive than Australia's 2016 guide-

lines for men at average risk of prostate cancer who decide to be tested.

It recommends testing every two years from age 50 to 69, and further investigation if their PSA is greater than 3.

* For more – go to club website and *Vetrin Healthline*.

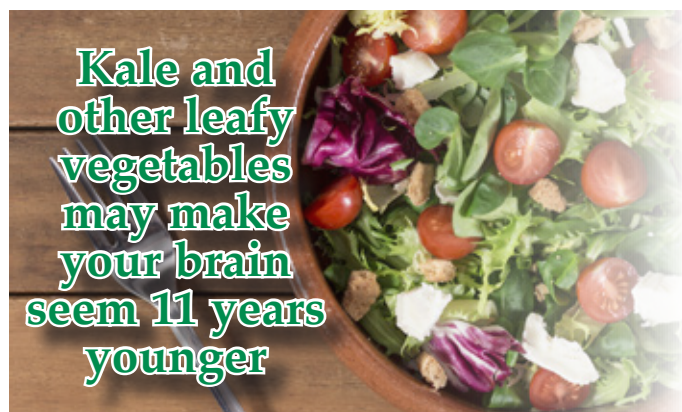
Is MORE exercise better?

by Ross Walker
Sydney Cardiologist

"THE results were quite surprising and in many ways, somewhat disturbing. When the group who exercised more than seven and a half hours were compared to the other groups there was a 27% increase in coronary artery calcification, suggesting lack of protection from heavy exercise for heart disease risk."

I have repeatedly suggested that the ideal amount of exercise every week is somewhere between three to five hours.

* For more – go to club website and *Vetrin Healthline*.



LOOK into your salad bowl and think: if a fountain of cognitive youth were flowing in there, would you return every day?

In research that gives new meaning to the expression 'salad days' a study finds that older people who ate at least one serving of leafy greens a day had a slower rate of decline on tests of memory and thinking skills than did people who rarely or never

* For more go to club website and *Vetrin Healthline* or <http://www.latimes.com/science/sciencenow/la-sci-sn-leafy-vegetables-brain-20171220-story.html>

ate these vegetables. The study was published in the journal *Neurology*.

After almost five years, regular consumers of such veggies as kale, spinach, collard greens and lettuce enjoyed a mental edge that was the equivalent of 11 years in age.

How to recognise a dangerous melanoma that doesn't really look like one ...

by
Jill Margo
IN AFR

Australians are failing to identify the most dangerous kinds of **melanomas**, according to a revision of guidelines now underway.

These pale melanomas grow fast, and men in midlife, particularly those aged 60 and over, are most at risk of developing them.

They can suddenly appear as small, pinkish papules, and in weeks to months grow firm and thick. It doesn't take long for them to invade the skin and cross into the bloodstream.

Although they only account for 15 per cent of melanomas, they are responsible for more than 40 per cent of deaths in some states.

According to the new Clinical Practice Guidelines for the Diagnosis and Management of Melanoma, they can also look like little domes or nodules and while some have a tinge of pigment, some are completely skin-coloured.

The section on atypical melanomas, summarised in the *Medical Journal of Australia* on Monday, says they behave differently to classic melanomas, which usually grow slowly and horizontally.

Classic melanomas typically look like dark ugly ducklings, stand out on the skin and may take ages before they start to invade and cause trouble.

Nodular melanomas can erupt in weeks and become aggressive very quickly.

"But an important feature of both **typical** and **atypical melanomas** is that they change," says Dr Victoria Mar, consultant dermatologist from the Victorian Melanoma Service.

"Perhaps the most helpful feature of significant melanomas is that they are changing, regardless of their other clinical features."

She is part of a Cancer Council Australia working group revising the 2008 guidelines.

To raise awareness of atypical melanomas, the group wants to expand the mnemonic that has been used to diagnose classic melanomas for decades.

The mnemonic, ABCD, stands for asymmetry, border irregularity, colour variegation, diameter > 6mm.

They want to emphasise EFG for elevated, firm and growing.

"Any lesion that is elevated, firm and growing over a period of more than one month should raise suspicion for melanoma," says Mar.

"And any lesion that is changing in shape or growing over a period of more than one month should be surgically removed or referred for prompt expert opinion."

Ugly duckling - a common superficial spreading melanoma which is typically larger, pigmented and asymmetrical.
The Skin and Cancer Foundation Inc.



In Australia, one in 23 men will be diagnosed with a melanoma before the age of 75. For women the number is lower at 1 in 33.

She says it is very important to know your skin so you can recognise something new. With an ageing or sun-damaged skin,

this can be a challenge because so many spots, dots and freckles arise.

The tip is to watch for something new that keeps growing. It may or may not be itchy, it may or may not bleed and it can mimic other types of skin cancer.

If it's growing and it doesn't meet the ABCD criteria, see if it meets EFG because there is a fairly narrow window of opportunity before they grow thick and invade, says Mar.

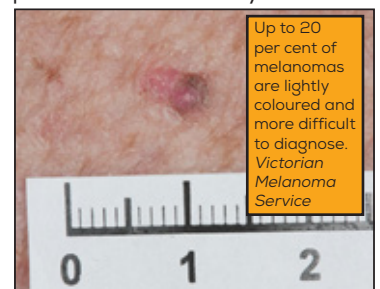
Under a skin magnifier, a dermatoscope, atypical melanomas may have scar-like depigmentation, irregular blue-grey dots, a blue-white veil, and milky pink areas or shiny white streaks.

It could be useful to keep notes or photos of growing skin spots, to capture their history and describe changes in size, shape, colour, elevation and ulceration to your doctor.

As melanomas can occur in places not easily seen, it's a good idea to have a partner, a family member or a friend check your back or have a full skin check by your family doctor.

The new guidelines are now available at Cancer Council. <http://www.afr.com/lifestyle/health/mens-health/how-to-recognise-a-dangerous-melanoma-that-doesnt-really-look-like-one-20171006-gyw5oh#ixzz4zohw3kxs>

Nodular melanomas are often smaller in diameter, symmetrical and skin-coloured, and they may grow quickly. They contribute disproportionately to melanoma deaths.
Victorian Melanoma Service



Up to 20 per cent of melanomas are lightly coloured and more difficult to diagnose.
Victorian Melanoma Service

4 FEBRUARY
Friendship Run



Race Director: Chris Lark – 0424 506 956

Peter Hopper, Charlotte Webb, Steve Preece, Lourens Jacobs, Christopher Cantelo, Toni Frank, Keith Miller, Ann Andersen, Sandra Hodge, Brigid Cheek, Jim Barnes, Merv Jones, Sue Zinay, Wendy Farrow

11 FEBRUARY
Woodman Point



Race Directors: Karen & Peter March – 0401 064 826; 0428 573 862

Rodney Hamilton, Susan Hamilton, Geoffrey Vine, Ray Hall, Basia Lis, Steven Hossack, Jo Shelly, Toni Frank, Kathy Skehan, Karen March, Trevor Scott, Carolyn

New members – Welcome!

1681 KOWALSKI: Chris M60
1682 SHELLEY: Jo W40
1683 LOVELL: Jaime W30
1684 CANTELO: Chris M40
1685 GARDINER: Melissa W35
1686 KUMLEHN: Goesta M35
1687 TEMME: Raoul M50
1688 MURRAY: Jaye W30
1689 FRANEY: Nick M55
1690 MANIACARA: Jacques M55
1691 BALLARD: Sarah W35
1692 DUXBURY: Neil M60
1693 WASSELL: Richard M50
1694 LENNOX: Dorothy W70
1695 SMITH: Annie W55
1696 LICKFOLD: Alun M50
1697 ALFORD: Karen W50
1698 POPESCU: Victor M50
1699 SHELLEY: Lauren W40
1700 CRABBE: Stephen M70
1701 AQUILINA: Joe M60
1702 HELM: Steve M55
1703 MILNE: Bek W35

HELPERS

Stephens, Cassie Hughes, Michelle Skellern, Matt Skellern

18 FEBRUARY
Woodbridge



Race Director: Richard Blurton 0434 287 757

Michael Khan, Brian Bennett, Margaret Bennett, Abdul-Raouf Mohamed-Isa, Toni Frank, Ivo Davies, Alicia Edwards, Michihito Muroi, Trevor Scott, Jonathan Lester, Bonny O'Loughlin

25 FEBRUARY
Piney Lakes



Race Director: Ante Perdija – 0406 405 583

Kim Thomas, Monique Thomas, Alan Gray, Lori Sexton, Ngaio Kerr, Lorna Lauchlan, Toni Frank, Neil McRae, Ann Andersen, Nick Franey, Sarah Ballard, Peter Ryan, Rosa Wallis

4 MARCH
Lake Monger



Race Director: Kim Thomas – 0414 362 473

Monique Thomas, Carolyn Fawcett, Robert Fawcett, Stanley Lockwood, Irene Ferris, Sandra Hodge, Brigid Cheek, Rochelle Rodgers, Leigh Rodgers, John Bell, Theresa Howe, Angela Italiano, Michael Le Page, Maria Le Page

11 MARCH
Joondalup



Race Director: Mark Dawson – 0438 408 563

Brian Smith, David Baird, Joanne Richardson, Martin Watkins, Bronwyn Smith, Edmund Wall, Geoffrey Vine, Tess Smith, Ivo Davies, Peter March

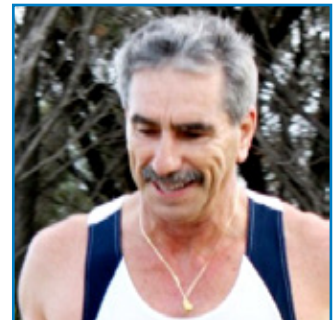
18 MARCH
Age Graded Handicaps



Race Director: Vanessa Carson – 0411 349 514

Brian Danby, John Talbot, Les Bruyns, Bruce Grant, David Pereira, Bernie Mangan, Karen Alford, Victor Popescu, Mark Sivyier, Lorraine Lopes, Clare Wardle, Prabuddha Nicol, Matt Skellern, Michelle Skellern

25 MARCH
3Ps



Race Directors: Nick Miletic & Gail Castensen – 0439 092 590 & 0411 217 755

David Carr, Alan James, John McDonagh, Mandy Mason, Johan Hagedoorn, Julie Wood, Amanda Walker, Chris Maher, Bonny O'Loughlin, Mish Iskra, Mitch Cleasby, Denise Cleasby, Bernadette Height

Where they're running

MONDAY

Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@digital-knightz.com; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412990945; brianbennett47@gmail.com

FRIDAY

6am start, various central

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY

DC's group at WAAS; 8-9.45am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door. Contact davidcarr@bigpond.com parkrun – go online to parkrun.com for details of many locations around Perth.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.