



# The Vetrun



No. 208 JANUARY 1990

## W.A. VETERANS' A.C.

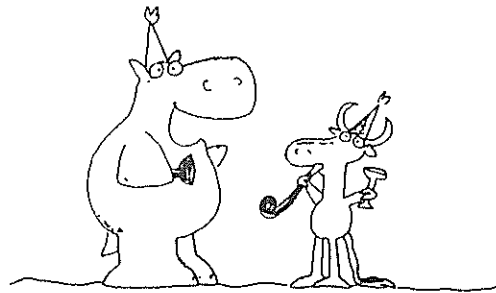
"Registered by Australia Post Publication No. WB11 0370."

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NONCHALANCE IS THE ABILITY TO REMAIN DOWN TO EARTH - WHEN EVERYTHING  
ELSE IS UP IN THE AIR.

THE PRESIDENT AND COMMITTEE WISH ALL MEMBERS A VERY HAPPY NEW YEAR  
AND INJURY FREE RUNNING THROUGHOUT THE YEAR.



### COMMITTEE MEETING.

We have had a letter from the Partially Blinded Soldiers Assc. stating that they have put forward John Gilmours name for inclusion in the Sporting Hall of Fame and asking for our support, which we have given wholeheartedly.

The A.A.W.A. Southwest Champs which are usually held on the long weekend at the end of January has been cancelled.

TIME TRIALS. The time trials will recommence on 4th January 1990 at Coker Park. There will be a 100m, 800m and Hammer for points and a 5km run and 5km walk non points scoring. R Sammells & K Martin organising. SEPTEMBER/OCTOBER LONG WEEKEND 1990. Plans are underway to try and book accommodation on Rottnest for this event. More details in future newsletters.

10km TRACK HANDICAP. This event has been moved from the 15th March 1990 to the 25th April 1990 as it clashed with the time trials and the committee felt that with the State T&F Champs following so close upon that race, it would be better to postpone it till after the Champs. There will be an entry form published later. The race will be run under lights and followed by a B.Y.O. barbeque.

MORNING TEA. If it is stated in the programme that there is morning tea after the event, then there is a charge of 50c, if it is not down on the programme then there will be no charge levied.

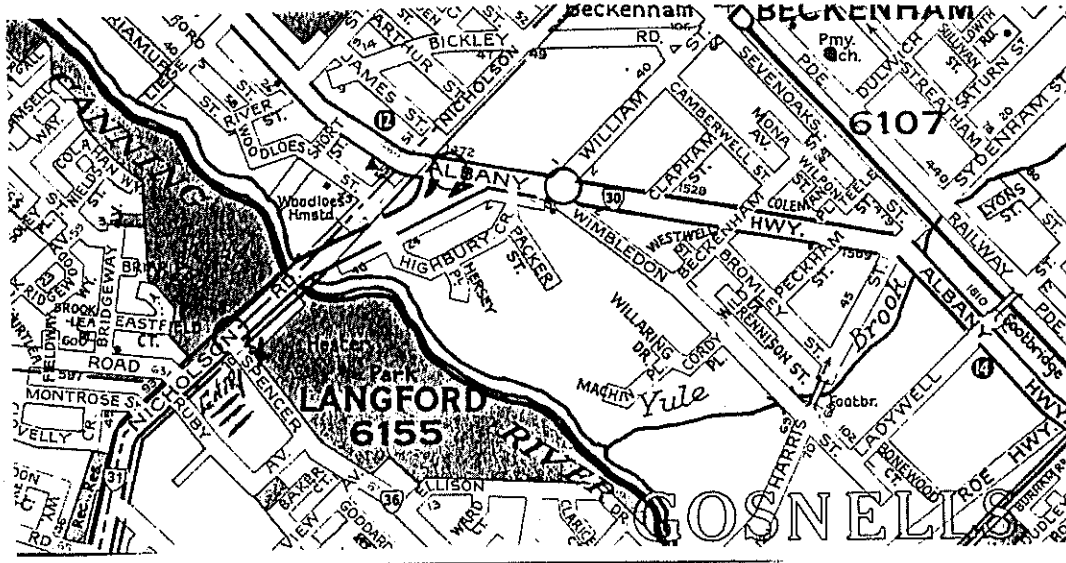
"CAUTION RUNNERS" If there is a signwriter in the club who can make up some signs for us would they please contact Bob Schickert on 332 4114 (Professional or amateur signwriters eligible.)

MILLERS RUN - 7th January

Our run is nothing like last year's! It's almost dead flat. In fact it's Duncan & June's old run but starting from Hester Reserve behind the White House Reception Centre, Langford.

The run starts at 8am and there will be a 12km & 6km course for runners and walkers. Visitors welcome.

Entry to the Park is from Spencer Road, near Nicholson Road.



REMAINDER OF TIME TRIALS PROGRAMME FOR 1990.

January	4	Coket Park	100	800	Hammer		5k	5k		<i>R. Sampson / K. Johnson</i>	
	11	M'G.		3k	Discus	200		1500			
	18	C. Park	200	2k walk	Javelin		1500				
	25	M'G		5k	Shot	400		3k			
January	1	C. Park		1500	Triple J.	100		3k			
	8	M'G	400	1500 walk	Long J.		3k				
	15	C. Park		10k		100		5k	Discus		
	22	M'G				200	mile	mile	Javelin		
Feb	1	C. Park				400	5k		Shot		
	8	M'G				100	800	3k	3k		Discus
	15	C. Park				200	10k	5k	Javelin		
	22	M'G				100	1500	1500	Shot		
	29										

5.30 p.m. Start in October, 6pm November onwards.

Co ordinators to nominate starting times prior to start of competition.

# Exercise 'lowers risks of disease'

MELBOURNE: Regular exercise can reduce the risk of coronary heart disease by 50 per cent and cancer by 20 per cent, according to a sports scientist.

Ian Gillam, of the Australian Sports Medicine Foundation in Melbourne, said a light workload of regular exercise could lead to significant improvements in resting blood pressure, heart-rate, glucose tolerance and plasma cholesterol after just four weeks.

"Once the exercise has become part of the life-style, the risk of coronary heart disease is reduced 50 per cent, the risk of cardiac arrest during exercise reduced by a factor of 10 or more and the risk of all cancers reduced 20 per cent," he said.

But Mr Gillam warned that the key to good health was not over-do exercise.

"There are risks associated with people trying to move too fast up the fit-

ness scale or those doing too much exercise," he said.

"The optimum for beginner joggers is between 10km and 20km a week. After that the benefits decrease quickly and the risks increase greatly."

Experienced exercisers such as fun runners gained their peak benefit by running between 30km to 70km a week," he said.

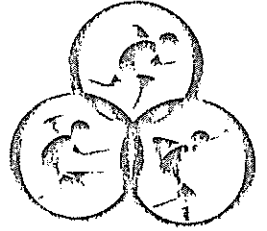
Research showed that above these levels people simply risked damage.

This included increased incidence of muscular-skeletal injury, potential loss of bone calcium, greater incidence of stress fractures, suppression of reproductive hormones and increases in stress hormones.

Another problem was a reduction in the immune function in people who were exercising too much.

"They become run down, tired, lethargic and are more susceptible to viral infections," Mr Gillam said.

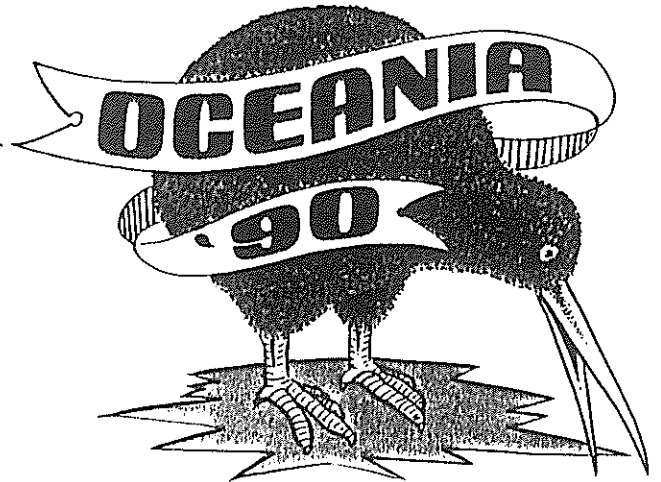
AUCKLAND A/V/A



on behalf of

NEW ZEALAND  
VETERAN ATHLETICS

Invites you to the  
5th Oceania Games



MT. SMART  
*New Zealand*  
AUCKLAND



26 NOVEMBER 1990

We plan to keep in contact with potential competitors by a series of Newsletters, and we invite you to subscribe NOW to the first of these by completing and returning the coupon below. Don't forget, if we don't know about you, we can't tell you about us.

Please add my name to your Fifth Oceania Games Mailing List

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Country: \_\_\_\_\_

Mail to:  
Fifth Oceania Games,  
P.O. Box 21-309, Henderson, Auckland 8,  
NEW ZEALAND  
Fax 0064 9 837-0154

TUESDAY T & F TRAINING. As Dorothy and Jeff cannot always make it if anyone requires equipment would they please ring 3876438 to make arrangements. (in case we are not able to make it to Perry Lakes.)

WE EXTEND A WARM WELCOME TO THE FOLLOWING NEW MEMBERS:-

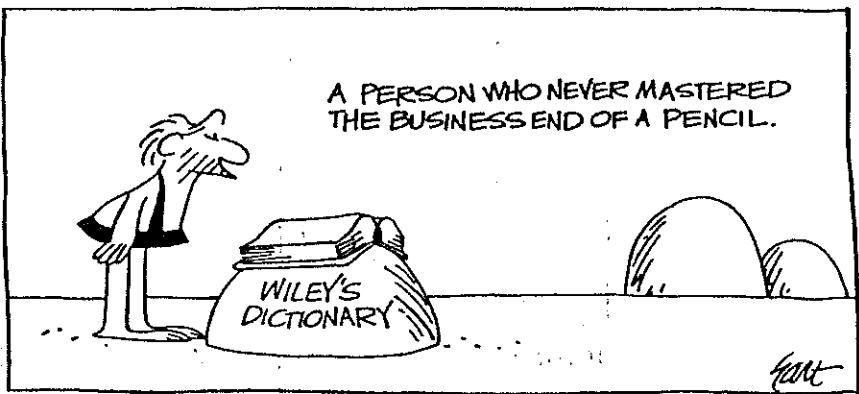
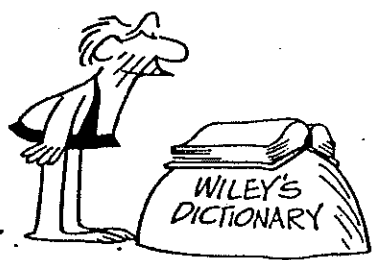
Barbara Dearden	52, Richmond Street, Leederville. 6007.	444	3841	10/Jul/56
Fred Abbott	2, Urna Place, Kingsley. 6026.	309	2352	22/May/45
Des A Brown	26, Scaddan Street, Wembley. 6014.	387	1477	29/Dec/47
Neil T Davis	133, Miles Street, Karrinyup. 6018.	445	3161	27/Mar/43
Beth Scott	50, Collick Street, Hilton. 6163.	337	7120	03/Nov/30
Penny Dufty	Lot 488, Maddington Road, Orange Grove. 6109.	459	1173	15/Sep/44
Phil O Dufty	" " " " " "	381	2003	27/Feb/44
Peter M Gare	31, Daglish Street, Wembley. 6014.	572	4054	21/May/40
Wally E J Groom	Loen 6251, Keenan Road, Chidlow. 6556.	381	5969	27/Jul/43
Daryl R Williams	PO Box 166, Subiaco. 6008.			21/Aug/42

A VERY HAPPY BIRTHDAY TO OUR "JANUARY" MEMBERS  
 =====

02-JAN-49	HINDLE	: Eileen	turns	41	remains	W41
02-JAN-45	MUIR	: David	"	45	becomes	M45
02-JAN-39	MULLER	: Peter E	"	51	remains	M50
06-JAN-52	COPPING	: Charlie	"	38	"	M35
06-JAN-38	MASLEN	: Sheila	"	52	"	W50
06-JAN-37	SAMMELLS	: Robert	"	53	"	M50
13-JAN-36	ATTWELL	: Raymond K	"	54	"	M50
14-JAN-53	CHOATE	: Lynne	"	37	"	W35
14-JAN-28	JONES	: Brian	"	62	"	M60
15-JAN-47	JENKINS	: Jacqueline	"	43	"	W40
19-JAN-34	BROWN	: Malcom M	"	56	"	M55
19-JAN-43	PRICHARD	: Mary	"	47	"	W45
20-JAN-46	FLETCHER	: Janet	"	44	"	W40
20-JAN-46	LEMAN	: Colin	"	44	"	M40
20-JAN-45	OAKLEY	: Les	"	45	becomes	M45
22-JAN-51	TAYLOR	: Marg	"	39	remains	W35
24-JAN-43	ALDRICH	: Alison	"	47	"	W45
24-JAN-36	COSTELLO	: Ted	"	54	"	M50
24-JAN-40	FARRELL	: Robert	"	50	becomes	M50
25-JAN-43	BARNES	: James	"	47	remains	M45
25-JAN-47	BOGGS	: Robert	"	43	"	M40
25-JAN-49	JONES	: Susan	"	41	"	W40
27-JAN-36	TURNER	: ANN	"	54	"	W50
28-JAN-27	MORRISSEY	: Michael P	"	63	"	M60
29-JAN-30	EVANS	: James B	"	60	becomes	M60
31-JAN-46	BUCHANAN	: Barbara G	"	44	remains	W40

B.C.

editor



"You're Growing Old When ... "

Practically everything hurts, and what doesn't hurt, doesn't work.  
 The gleam in your eyes is from the sun hitting your bifocals.  
 You feel like the night before, and you haven't been anywhere.  
 You get winded playing chess.  
 Your children begin to look middle aged.  
 You finally reach the top of the ladder, and find it leaning against the wrong wall.  
 You join a health Club, and don't go.  
 You decide to procrastinate, but then never get around to it.  
 You're still chasing women, but can't remember why.  
 A dripping tap causes an uncontrollable bladder urge.  
 You know all the answers, but no-one asks you the questions.  
 You look forward with pleasure to a dull evening.  
 You walk with your head held high, trying to get used to your new glasses.  
 You turn out the light for economic reasons rather than romantic ones.  
 Your knees buckle and your belt won't.  
 You regret all those mistakes you made resisting temptation.  
 After painting the town red, you have to take a long rest before applying a second coat.  
 Dialing STD wears you out.  
 You're startled the first time you are addressed as an old timer.  
 The best part of your day is over when you watch a pretty girl go by.  
 You have too much room in the house, and not enough in the medicine cabinet.  
 You sink your teeth into a steak, and they stay there.  
 A fortune teller offers to read your face.

B.C.



STATE RECORDS

The following new records have been claimed or set.

1 MILE

W45 P. MCLIVER 5.55.00 26.11.89  
 W50 M. ROBINSON 6.03.00 26.11.89

3000m

W35 M. SANTICH 11.11.00 7.10.89

ONE MILE WALK

W35 A. SUTHERLAND 11.23.00 26.11.89  
 W45 J. BILLINGTON 9.40.00 26.11.89  
 W50 D. WHITTAM 10.56.00 26.11.89  
 W55 L. LAUCLAN 10.11.00 26.11.89

2000m WALK

W45 M. STONE 11.35.00 16.11.89

5000m WALK

W45 M. STONE 30.46.00 25.11.89

DISCUS (1 KG)

W30 C. HOLLAND 29.79 26.10.89

HALF MARATHON

W30 C. MILBOURNE 1.37.50 20. 8.81  
 W35 K. GOBBY 1.19.59 5.11.89  
 W40 M. FORDEN 1.37.54 2. 6.85  
 W45 M. FORDEN 1.37.10 3. 9.89  
 W50 L. LAUCLAN 1.46.05 24. 6.84  
 W55 L. LAUCLAN 1.58.03 25. 5.86  
 W60 J. STRACHAN 2.04.16 31. 5.87

MARATHON

W45 M. FORDEN 3.25.55 6. 8.89

60m

M60 J. DE GRUCHY 8.90 25.11.89

200m

M50 D. CLIVE 23.80 11.11.89

1500m

M50 D. CAPLIN 4.28.90 12.11.89

1 MILE

M50 D. CAPLIN 4.49.50 26.11.89

3000m

M50 D. CAPLIN 9.39.00 2.11.89

110m HURDLES (99.1cm) M35 - M45

M45 K. MARTIN 20.30 12.11.89

2000m STEEPLECHASE

M35 D. REID 6.39.50 12.11.89

1500m WALK

M40 A. WHITLEY 6.11.00 4.11.89

ONE MILE WALK

M40 M. RHODES 9.02.00 26.11.89  
 M45 A. JENKINS 9.46.00 26.11.89  
 M50 B. CHALMERS 9.33.00 26.11.89  
 M55 J. WHITTAM 10.19.00 26.11.89  
 M60 D. WARREN 10.23.00 26.11.89

5000m WALK

M40 A. WHITLEY 23.04.00 4.11.89

HAMMER (4KG)

M70 S. COLEMAN 38.90 25.11.89

JAVELIN (700G) M50 - M55

M55 A. STONE 36.20 25.11.89

ONE HOUR RUN

M50 S. BARRIE 16,116m 18.12.89

15,000m (ROAD)

M50 S. BARRIE 52.40 21. 5.89

20,000m (ROAD)

M50 S. BARRIE 1.10.57 3. 9.89

HALF-MARATHON (ROAD)

M35 T. O'HARE 1.14.32 23. 9.79  
 M40 H. STOFFERS 1.12.11 24. 6.84  
 M45 H. STOFFERS 1.10.17 .88  
 M50 S. BARRIE 1.15.49 9. 7.89

20 MILES (ROAD)

M50 S. BARRIE 2.02.29 18. 6.89

MARATHON

M35 C. BROCKWELL 2.39.10 6. 8.89  
 M50 S. BARRIE 2.43.13 6. 8.89  
 M70 J. GILMOUR 3.03.04 6. 8.89

50 KILOMETRES

M60 A. TYSON 5.22.32 12.10.85

50 MILES

M60 A. TYSON 12.29.47  
 12/13 October, 1985

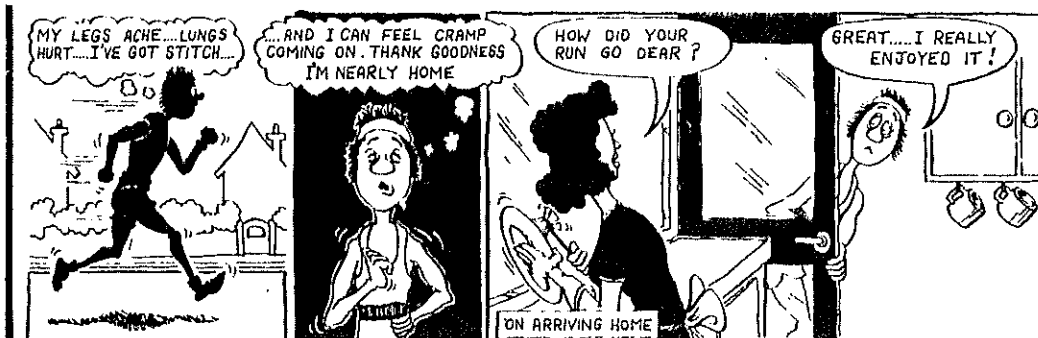
100 KILOMETRES

M60 A. TYSON 15.36.05  
 12/13 October, 1985

24 HOURS

M60 A. TYSON 132.545K  
 12/13 October, 1985

Bob Sammells.



It was a pleasure to see so many members at this run especially those from the northern suburbs. In spite of the hot conditions and a testing course many good times were recorded. Everyone appreciated the efforts of Landcorp for the display of earthmovers, diggers, pumps etc. all carefully placed to block the car park and the scenery. Our special thanks to the two Sues, Maureen and Ann for timekeeping and recording, Ernie at the drink station, Jill for marshalling and Brian for flag collecting. Thanks also to Bob Farrell for guiding all the vehicles in while we were otherwise engaged. Finally how do so many Pritikin type people manage to demolish 4 large tins of jam in such a short time?

If the developers don't get their own way we will be there next year.

JACQ & VIC BEAUMONT.

## RESULTS:- 5km

1	Paul Martin	M45	20.51	
2	Joan Pellier	W50	24.51	
3	Peter Cole	M45	25.04	
4	Kirt Johnson	M60	25.17	
5	Jan Johnson	W40	27.06	
6	Penny Dufty	W45	27.56	
7	Rosa Davies	W45	29.04	
8	Dorothy Whittam	W50	30.12	
9	Frank Usher	M65	30.24	
10	Wayne Pantell	M35	19.55	(late again)

## 10.5km

1	Tom Savin	M40	38.50	21	Alan Pomery	M55	49.15
2	Frank Smith	M45	39.42	22	John Pellier	M50	49.40
3	Duncan Mcauley	M40	39.47	23	Marge Forden	W45	49.49
4	Don Caplin	M50	40.36	24	Basil Worner	M55	51.05
5	Bob Schickert	M45	41.00	25	Morris Warren	M50	52.02
6	Hugh Kirkman	M45	41.18	26	Keith Forden	M50	52.09
7	Jim Barnes	M45	42.07	27	Merv Moyle	M60	52.40
8	Brian Danby	M40	43.49	28	Joe Mort	M40	53.17
9	Bob Sammells	M50	43.58	29	Bob Farrell	M45	54.15
10	Kevin Martin	M50	43.04	30	Kath Penton	W45	54.51
11	Peter Hill	M40	45.16	31	Peter Nicoll	M45	59.05
12	Barrie Slinger	M45	45.52	32	Sandi Hodge	W40	59.56
13	Dennis Miller	M45	46.05	33	Patrick Sheerin	M55	59.57
14	Phil Dufty	M45	47.38	34	Duncan Strachan	M65	60.16
15	Bryan Hardy	M45	47.41	35	Margaret Warren	W50	61.47
16	Mike Traynor	M45	48.00	36	Norm Miller	M55	62.04
17	Rod Stewart	M45	48.11	37	June Strachan	W60	63.31
18	Merv Jones	M50	48.34	38	Joan Slinger	W45	66.16
19	Bill Crellin	M50	48.44	39	Phyllis Farrell	W45	66.17
20	Barry Munyard	M45	48.59	40	Nora Berry	W55	75.01

## WALKERS

Judy Hill	W40	22.15	3km
Jacque Billington	W45	36.10	5km
Barry Thomsett	M45	59.45	10km
Bob Chalmers	M50	60.52	10km
Jeff Whittam	M55	69.31	10km

A.A.W.A.

At the State Relay Champs the club fielded a team in the 4 x 800m relay, the team was made up of the following runners:- Duncan McAuley 2.03, David Carr 2.21, Arnold Jenkins 2.22, Brian Foley 2.15:

Times are approximate but the story is there. Duncan got us off to a good start but the rest of us were below even our standards. I gave Barry Acres 40m start; he wasn't worried.

Dave.

10th December 1989.

1500m		3km				
Peggy McLiver	W45	5.19.4	Record.	Dave Reid	M35	10.29.0
Duncan McAuley	M40	4.28.5				
Brian Foley	M45	4.41.0				
Dave Carr	M55	4.48.1				

TIME TRIALS.

9th November 1989.

200m			800m			2km Walk.		
C Holland	W30	33.90	C Holland	W30	3.31	C Holland	W30	12.53
P McLiver	W45	30.85	R Holmes	W40	3.40	J Fletcher	W40	12.12
E Mercer	W45	33.51	P McLiver	W45	2.42	M Stone	W45	12.07
D Whittam	W50	30.46	E Mercer	W45	2.57	J Billington	W45	12.43
P Carr	W55	34.81	J Ferris	M35	2.30	E Mercer	W45	13.51
M Rhodes	M40	27.75	M Rhodes	M40	2.17	P McLiver	W45	13.53
A Jenkins	M40	27.20	B Wilson	M40	2.24	D Whittam	W50	14.22
B Kernaghan	M45	24.99	B Kernaghan	M45	2.27	L Lauchlan	W55	13.08
H Holland	M45	26.86	K Martin	M45	2.27	P Carr	W55	14.43
B Foley	M45	28.99	B Foley	M45	2.18.7	B Wilson	M40	10.41
R Stewart	M45	29.36	T Foster	M45	2.40	A Jenkins	M40	12.14
T Foster	M45	30.45	R Stewart	M45	2.41	B Foley	M45	11.50
F Johnston	M45	31.77	F Johnston	M45	2.53	R Stewart	M45	11.52
M Marsh	M50	29.51	R Spencer	M45	3.46	M Marsh	M50	14.33
D Caplin	M50	29.74	D Caplin	M50	2.18	J Whittam	M55	12.59
D Caplin	M50	29.68	B Sammells	M50	2.33	D Carr	M55	17.32
B Worner	M55	32.57	B Paxman	M55	2.29	A Tyson	M60	12.57
D Carr	M55	35.31	B Worner	M55	2.54	J Collins	M75	14.56
A Tyson	M60	32.75						

JAVELIN

C Holland	W30	22.76	P Carr	W55	13.30	R Spencer	M45	25.26
J Fletcher	W40	17.34	A Jenkins	M40	25.28	D Caplin	M50	20.04
E Mercer	W45	17.64	B Kernaghan	M45	28.44	M Marsh	M50	24.16
P McLiver	W45	15.30	H Holland	M45	37.34	J Whittam	M55	18.68
M Stone	W45	12.72	R Stewart	M45	23.02	D Carr	M55	14.74
D Whittam	W50	18.48	T Foster	M45	21.46	A Tyson	M60	18.20
L Lauchlan	W55	16.84	B Foley	M45	20.64	D Horsley	M75	12.42

21st December 1989

200m			800m			5km		
Harry Holland	M45	27.0	David Carr	M55	2.20.8	D Caplin	M50	18.11
David Carr	M55	28.6	Don Caplin	M50	2.21.8	M Sanders	vis	19.05
Fraser Deanus	M45	31.5	Michael Sanders	vis	2.29.7	F Deanus	M45	19.21
Cathryn Holland	W30	34.7	Vic Waters	M45	2.32.5	P Sanders	M40	19.24
Patricia Carr	W55	36.6	Fraser Deanus	M45	2.48.0	V Waters	M45	20.34
<u>3km Walk</u>			Peter Sanders	M40	2.52.9	K Forden	M50	20.41
Margaret Stone	W45	18.31	Kath Penton	W45	2.59.4	M Santich	W35	21.27
Jo Stone	W45	19.59	Harry Holland	M45	3.15.7	B Worner	M55	21.27
Cathryn Holland	W30	20.02	Cathryn Holland	W30	3.16.7	K Penton	W45	22.46
Jeff Whittam	M55	20.24	Patricia Carr	W55	3.25.0	S Sanders	W35	25.08
			Susan Sanders	W35	3.26.2			



# HAVE YOU BEEN TYPECAST?

PUBMAN AND CLUBGIRL ARE ALREADY WELL KNOWN STEREOTYPES. IF YOU HAVEN'T FOUND YOUR NICHE YET, PERHAPS ONE OF CRYSSIE MORRISON'S DEFINITIONS WILL FIT THE BILL. ON THE MORE SERIOUS FRONT, BEVERLEY HADGRAFT HAS COME UP WITH SOME RELEVANT FACTS AND FIGURES

**S**o you're a man who's becoming disquieted by the invasion of women into your sacrosanct macho activities.

Did you think women runners all wore pastel bouclé jogging suits and existed only to complain in shrill voices about the lack of loos? If all you know about the other gender is that they are responsible for those awful pink running shoes wasting display space in your local sports shop and they tend to bounce about in different parts of their anatomy to you, then you could probably do with a quick briefing on today's women runners. Don't worry if you find this identification of your special needs as a male a bit patronising — women have to put up with it all the time.

First rule to remember is that "the ladies" as you still like to call them are also human and therefore largely unpredictable.

Second rule, they too are runners and therefore just as loopy as you are.

Thirdly, there are various recognisable subdivisions, and an awareness of a few basic stereotypes may help you categorise those you jostle shoulders with in the next race. Then if your fragile ego is likely to be damaged by being overtaken by a mere wench, you will know who to look out for and avoid.

One last tip: the true sportsman, when overtaken on the final hill by a female, says "Well done, keep it up" or — if he can't manage that — nothing at all. Don't commit the common error of gasping angrily "For heavens sake, I thought this was supposed to be a Fun Run!". We are none of us here for fun; as the poet said there is no reference to fun in any Act of Parliament. So study the form, know your enemy, and keep smiling.

## The steady pacer

Usually a veteran who does all her training alone. She enters the longer distance races and lets everyone stream ahead of her at the start as she gets into her usual stride. As the miles pile up, her steady 8½ minute mile comes into its own, and she plods past more ambitious runners up the last hills and through to the finish.

## The equal opportunist

An experienced runner, she knows all the difficulties women runners face. This has made her cynical. You will hear her at the start appraising the prizes and pointing out in a loud voice the inevitable discrepancies in value and quantity for male and female runners. You may hear her protests at the local running club — although it's more likely she left because there were too many men on the committee. Don't make sexist comments if you don't want a flea in your ear!

## The absolute beginner

She's been talked into this Fun Run by her friends, and is probably wearing fancy dress and plimsolls, but she's really enjoying the atmosphere. The whole family are there to take snaps and cheer her on, and even if she walks half the five miles, she'll be received by them like Wendy Sly. And why not — she's doing it for charity and it takes all types of runners to make a good race.



## The deceiver

She looks far too glamorous to run more than 100 yards without renewing her mascara. Her immaculately co-ordinated kit and gold chains suggest she is only there to pose — but watch her effortlessly pass panting males on the uphill and cruise in easily with a time most other runners envy.



## "Is-it-really-fun?" runner

She started to get fitter, and got hooked after the Woman's Own/Nike 10K. She still needs a lot of encouragement, what with meals to make, kids to fetch, and the *can-they-really-*

## cope-if-I-go-off-training?- syndrome.

By two miles she's wondering why on earth she does it — but the cries of "There's Mum!" just before the finish make it all worthwhile.

## The veggie

She's dedicated, and she looks it. Finger on the sports watch, eyes on the start, you know her by her serious expression, cropped hair and lean physique which tells you she IS what she eats! That's whole food — lots of fruit, veg, pulses, polyunsaturates and brown bread, and no animal fats. Don't jeer — you won't see her again until you finish.



**S**TOP moaning about PMT. There is some evidence that it can actually help your running.

Many women probably notice that they are more aggressive just before their period — and apparently channelling this anger into running can spur you on to faster times.

Most runners keep a log book of their training. It's worth keeping a graph to see if the time of the month coincides with improved running times.

A survey of female Finns actually found that those actively engaged in sport were less likely to suffer from PMT anyway. Yet another good reason for getting fit.

According to a report in a sport medicine magazine, one-third of women who lost more than 10lbs while running experienced some menstrual irregularity — even though only 18.6 per cent of the 859

repondents ran more than 20 miles a week.

HAVE you been wearing high heels a lot? This can shorten the achilles tendon and make running painful. Wear flatties when possible and stretch well before every run.

A good sports bra is essential if delicate supportive ligaments are not to be destroyed — according to Dr. Cooper, who subsequently lent his name to the condition "Cooper's droopers".

FORGET the black coffee, the carbo-loading and the Royal Jelly — there is a perfectly legal substance that can provide remarkable bursts of speed from any macho runner.

It's called the male ego.

Any woman runner, who regularly takes part in road races will know exactly what I'm talking about.

You start to gain on the chap in front, he glances over his shoulder, notices that (horror of horrors) a woman is set to overtake him and and...whoosh! He's off.

It's the same at the finish too!

A male friend of mine was running in a half-marathon recently, chatting to a fellow runner when, just 800 metres from the finish, he saw me ahead of him.

Apparently, he said to his friend, "I'm sorry I must go. I've just seen someone I know," and ended up bombing along the final straight like a steam train.

But do these chaps ever thank us women for spurring them on to personal bests? Very rarely.

And do they ever return the favour by offering to help their female club colleagues on to ever faster times? Not as often as they might.

That's a shame. Many women have been helped incredibly by the presence of a male colleague.

MANY mums have to do their training very early in the morning — before the rest of the family are up.

But if they're worried that they seem to be struggling rather more than their evening-running sisters, they may take consolation in the fact that a scientific study has revealed that it really is physically harder to run early in the day.

A group of scientists were recently trying to discover why asthma sufferers so often wake up struggling for breath in the early hours of the morning and discovered that the airways in everyone's lungs close up during the night.

At 4am, they are at their narrowest, making breathing hardest, but they open up during the day, reaching a maximum of 4pm.

Have you any interesting tales to tell or facts to pass on? If so, write to us at *Today's Women*.