

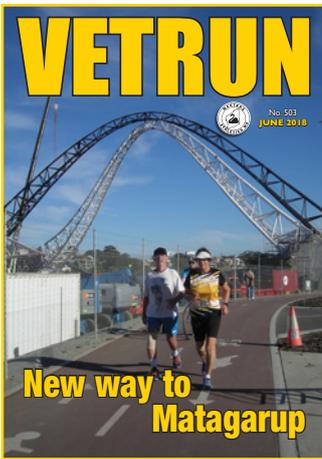
VETRUN



No. 503
JUNE 2018



**New way to
Matagarup**



New way to Matagarup

Cover – to come.

NEXT EDITION: Vetrun No. 504 will be published in August 2018.

In this edition ...

Nationals reprise	P2
Nostalgia	P3
10km Track Handicap	P4
My View	P5



"Badges? We don't need no stinking badges!"

Thornlie Two Rivers	
New recording system	P6/7
Mattagarup	P8
Yokine	P9
Weir Run RRC/RWC	P10
Mothers' Day at Curtin	P11
Nedlands RRC/RWC	P12
Road Champs round-up	P13/14
Vale Su Lloyd	
Fighting cancer treatment with exercise	P15
Helpers; new members; where they're running	P16

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I'll blow their trumpet

WHO would voluntarily spend months and months planning and preparing a national event for hundreds of people?

Why do they do it?

How can they spend hundreds and hundreds of hours – of what should be pleasant leisure time – in administration, negotiation, explanation, commiseration – and often, frustration?

Don't think they do it for adulations, congratulations, and felicitations that should be (but are not) showered on them. Not a bit of it.

Oh yes, we pay what is, actually, just lip service.

'Well done,' we say. 'Thanks.'

Insight

When you have insight into what really goes on; when

you see first-hand the problems that have to be overcome; when you see these volunteer administrators at work; only then can you really appreciate what our officials do for us.

I hope this doesn't sound too pious. I'm as guilty as anyone in taking people's freely-given service for granted.

But on behalf of myself – and, I hope – all of you, I offer heartfelt admiration and thanks to everyone who made the Nationals work.

Most especially this is directed to the top team who took overall responsibility (again!) for such a massive task. ■



Margaret (left) volunteers; Barbara (right) competition



Richard (below) Convenor



ALSO – Marion Buchanan, officials; Sally Sims, website, media

Who do I complain to?!

AS a non-participant at last month's combined National and WA State championships I was free to conduct a survey of human nature.

Bruce Wilson broke a few bits of himself by falling out of a tree just before the championships. Unwilling to attend the Saturday night dinner looking like the Mummy he returned his pair of pre-paid tickets. I hope two others enjoyed Bruce's dinner?

Sarah Ladwig thought up another way to confuse our recorders. She has reverted to her maiden name, Sarah Lee. Perhaps she can claim cake-mix royalties?

Janne Wells' young daughter Kristin taught me how to pronounce Janne – say Yahn (it's Norwegian).

Yahn (Janne) turned the Registration room into a safe-deposit box, after a senior athlete asked her to mind his wallet while he competed. He came back for it whenever he needed to buy something, and returned the wallet afterwards.

One overseas athlete

arrived without official registration or payment but was allowed to compete as a guest. On departure the athlete suggested the organisers should also present a 'gift' to mark the visit.

As the mass of athletes' packs was whittled down, volunteers on hands and swollen knees eventually 'organised' the remainder into number-order. Yet, there was one that could not be found. Unfortunately Richard Blurton was in the room and found it tucked under another. Damn the man; is there nothing he can't do!?

Play to your strengths? I was lucky that Margaret Langford gave me a sitting-down job, guarding the chute. I only had to leap to my feet in order to pick up fallen women.

Finally – the headline

above, a direct quote spoken by an athlete.

"Who do I complain to about the parking," were his precise words.

I would guess that within three minutes walk of the WAIS Stadium there are at least a thousand parking bays. Most athletes could probably manage such a hike.

But there is a very small carpark right next to the stadium and off that is a small unpaved parking area. The complainant used that on day one, but on day two it was closed.

"So where is your car now, on the road outside?" he was asked.

No, he had parked it, a bit further off, in one of those estimated 1,000 or more available bays, before racing back, looking for somebody to complain to. ■

APRIL 9th and 10th 1977

PERTH
PERRY LAKES STADIUM

AUSTRALIAN ASSOCIATION OF VETERAN ATHLETIC CLUBS

FULL RANGE OF TRACK AND FIELD EVENTS FOR WOMEN OVER 30, MEN OVER 35

COMPETITORS MUST BE FINANCIAL MEMBERS OF THE WA VETERANS ATHLETIC CLUB AND REGISTERED WITH THE W.A.A.A.A. OR W.A.W.A.A.A.

ENTRIES BY 5th MARCH TO SECRETARY OF WA VETERANS ATHLETIC CLUB

CHAMPIONSHIPS LAKES STADIUM

TRACK and FIELD

Nostalgia is back

JUST when you thought you'd had enough Championship stuff ... 1977 is back. Nostalgia not being what it used to be, members have rallied around and sent in memorabilia to stir your memories. (Perhaps that old picture of the 1974 AGM started it – see April *Vetrun*.)

The poster design for the 1977 nationals at Perry Lakes intrigued me.

It took a while, but I eventually got it. That peculiarity on the left – I thought it was possibly a rectal thermometer – is the P of Perth!

Presumably it doubles as a track, though if so it would have tighter bends than a contortionist gymnast.

Don't strain your eyes; take my word for it that the squiggles after the H read 'WA'. Not sure why they double as 11, because the champs ended on the 10th.

Longevity

OK, design has come a long way in 31 years. So

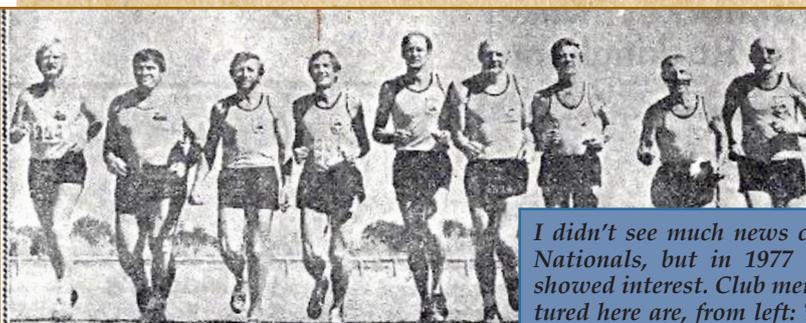
have our members, several of whom competed in 1977, and in 2018 as well.

Pictured on this page are Barrie Kernaghan, now 78; Norm Richards, 80; and Rob Shand, 86.

Norm I photographed at the start of his 60m dash, in which he was brilliant considering this was a comeback after recent surgery.

Barrie was in the preceding race, and unfortunately I missed his performance because I was crawling around the registration room at the time.

I missed Rob too, but as he pulled an adductor in the shot and made all his other throws from a standstill, I didn't miss much!



Medal winners in the Veteran Australian Championships are (from left): Tom Reynolds (35) of Claremont, Edgar Nelmanis (35) of Mosman Park, Don Scott (40) of Medina, Dennis Batterham (44) of Bicton, Robert Shand (45) of Cottlesloe, William Hughes (49) of Attadole, Colin Baker (51) of Bicton, Cliff Bould (61) of Melville Heights and Joe Sheppard (73) of Medina.

In the 45 to 49 years age group, William Hughes (49) of Attadole, won a silver medal in the 300m steeple chase and set the WA residential record.

Robert Shand (45) of Cottlesloe, won two gold medals and set WA open and residential records in the 20km and 100m events, a bronze medal.

MEDALS FOR VETERANS

I didn't see much news coverage of this year's Nationals, but in 1977 the Fremantle Herald showed interest. Club members of that time pictured here are, from left: Tom Reynolds (35), Ed Niemanis (35), Don Scott (40), Dennis Batterham (44), Rob Shand (45), Bill Hughes (49), Colin Baker (51), Cliff Bould (61), and Joe Sheppard (73).

They were all medal winners – and the snapper even lined them up in age-group order! For newer members, Bill Hughes was for many years the club Patron. He is also father of Paul Hughes, still an extremely active clubman, who was President for several recent years.



Muscling in on the nostalgia kick, Brian Danby covered up his manly chest for once to sport this ancient club sweatshirt. He wonders if anyone can guess its vintage? The running man should be a clue.

In 1996 this group sweated together after a 400m at the Perry Lakes Big Meet. Perry Lakes stadium is no more but this lot are still on their feet (we think!)

Barrie Kernaghan – third from right – sent in the picture.

With him, from left, are Roy Fearnall, John Molloy, Duncan McCauley, Bill Shand (Floreast club), Neil Morphitt, (Barrie), David Carr and Alan Deans.



Start of the M80 60m dash at WAAS this year. Norm, third from top, stayed in that tight second position all the way to the tape.



He's outed himself – so Tristan Bell is The Barefoot Confessor!

NOW our solitary grass track race may be off the calendar, the secret that has helped him lift the Track Handicap Trophy four times can be revealed ... run barefoot.

"I first ran the 10km race in 2010, and finished mid-field, with my runners on," he told *Vetrun*.

"The following year, going to McGillivray straight from work, I realised I had left one of my running shoes at home. So I either had to run with my work boots on, or run barefoot.

"I chose the barefoot option (*wonder what the curator would have thought if he'd torn up the turf in his hobnails? Ed*) and beat my personal best by three minutes. I never knew my runners were such a burden!"

How to beat the handicapper at his own game

Tristan has run the event barefoot every year since and always run two minutes faster than his 10km average time for the year.

"My plan to blitz the field by two minutes this year was nearly thwarted, when Richard Blurton introduced his new recording system and announced to everyone 'attach the timing chip to your

shoes'. But Richard I don't wear shoes!"

"Luckily I managed to outwit their evil plan and with five minutes to go before the start I was busy strapping the timing chip to my ankle with my laces and some tape.

"But even with my two-minute shoeless advantage, my failure to complete a 10km run since November took its toll. I only just managed to cross the line a few seconds ahead of Bruce Wilson and Keith Atkinson, who were both breathing down my neck.

"It's rumoured that next year's race will be on a revolutionary new track covered in broken glass.

"Perhaps it's time for me to give up the barefoot running style, and go back to plodding along with the crowd.

"I competed nine times in Jeff and Dorothy's track handicap races, and was fortunate to win four of them. Every time the weather and conditions were ideal for running and the experience was a pleasure.

"It would be sad to see it go, but thanks for the memories!"



It was Dorothy and Jeff's 30th – and Tristan's 4th win.

We all want to say 'thanks' D&J for all you have done for the club for so long.

A good group stayed on for the BYO barbecue.

This was the final time we will be organising this event, we really enjoyed it and hope that those who ran did also, possibly in retrospect.

Our thanks to all who helped over the years, especially Janet Jarvis, who helped every year except this one, due to sickness. Get well soon, Jan. Thanks also to all those who ran!

Winner this year – for the fourth time – was Tristan Bell, with Bruce Wilson and Keith Atkinson close behind. Fastest times were by visitor Michi's son, Yoshi Moroi on 39:46 with Patrick Jones just ten seconds behind him.

* John Talbot didn't trust this new fangled lap counting system and finished on 24 laps with a time of 59:35!

And ... we would like to thank everyone for the unexpected present given to us after the run!

Dorothy and Jeff

ONCE again we had perfect weather for the thirtieth running of this event, though rain had been threatening all day.

By the way, we only organised 29 of the 30 as we were away one year.

Thankfully Barrie Thomsett stood in and organised it for us that year.

We would like to thank our helpers on the night, Richard for the automatic lap scoring; Jackie, recording; Maurice, timing equipment; Tristan's family, drinks; Margaret, finish check; and Ann on the bell.

10km Track Handicap

April 12, 2018

Directors: Jeff and Dorothy Whittam



Baffled by that headline? Perhaps you're one of the younger guys born after the 60s! Ah, you missed all the good stuff. Bogart? Ava Gardner? They were big back in the dark ages. The Barefoot Contessa was all hokum of course, but that title is unforgettable.

		Clock H'cap	Run H'cap	Time	Psn
Vis	Yoshi Moroi	62:46	23:00	39:46	1
M50	Tristan Bell	65:11	20:00	45:11	5
M70	Bruce Wilson	65:30	16:00	49:30	10
M60	Keith Atkinson	65:38	14:00	51:38	14
M70	Brian Bennett	65:40	15:43	49:57	12
W40	Clare Wardle	65:42	22:00	43:12	6
M65	Keith Miller	65:56	19:11	46:45	7
M55	Peter March	66:35	24:30	42:05	3
M45	Patrick Jones	67:00	27:42	39:18	2
M65	Frank Gardiner	67:06	19:23	47:43	9
M70	Maurice Creagh	67:19	12:51	54:28	15
M55	John Fisher	68:04	19:30	48:34	13
M65	Chris Maher	68:26	25:27	42:59	4
M75	David Baird	68:46	18:05	50:41	14
W55	Karen March	69:43	20:00	49:43	11
M65	Frank Price	69:55	00:00	69:55	18
M60	Michihito Moroi	69:56	22:54	47:02	8
M75	Bob Schickert	70:19	6:34	63:45	17
M85	David Carr	76:12	13:08	63:04	16



I sought first-hand views about Synvisc from Joan Pellier, above, and Ross Keane. Joan had the jab several years ago and walks vigorously in club events most Sundays. Ross had the treatment in December 2017. He walked for a while but is now running again, moving up to 10km at the Weir Run.



Humans needed

OUR new Sunday results scanning system is running well – but humans are still needed! If you can join and help this vital team please contact a committee or team member any Sunday morning, or email mawasecretary@gmail.com

Kneed to know about your knees?

FOR almost a year I have been dealing with a knee problem.

That's not uncommon in our club, so I would like to pass on what I have learned.

Treatments for lost cartilage are best explored as soon as you think there's a problem. It might be too late anyway, but if you are under 60, perhaps 50, you might be luckier than I.

Not everyone develops the problem of lost cartilage, of course.

Many older members are doing fine. An MRI would tell if your knee problem is caused by lost or diminished cartilage.

Note: There are MRI scanning companies that will bulk bill. Ask your GP about that.

Donor tissue

There's a lot of talk lately of replacing cartilage with donor tissue or artificial material inserts. Neither is likely to work once the arthritis caused by cartilage loss is advanced.

The new material can't adhere to the arthritic bone – it won't take.

Same applies to stem cell

Act early!

technology, where an insert is made from some of your fat cells, developed and inserted.

(The effectiveness of this is not clinically proven anyway. Reported success might well be due to a placebo effect.)

Be young!

So, if you are older none of these treatments is likely to be effective.

The donor tissue option is good for young people who lose or badly damage a cartilage for some reason. In younger patients the bone is likely to still be healthy, without any arthritis, and the donor tissue can 'take'.

This is not a new concept, by the way. You can check the details online.

Some years ago it was on the Pharmaceutical Benefits Scheme (PBS) but was removed. After that the procedure became incredibly expensive – \$8-9,000 – and so was little used.

There is a now a possibility of it being added to the PBS again.

In My View ...



by the Editor

Synvisc

In the short-term, Synvisc might work. You might have heard of this, a viscous material which is injected into the knee capsule. It doesn't replace the cartilage but acts as a buffer around the bones that meet in the knee.

Other members have enjoyed some success.

The received wisdom is to go carefully after the injection; walk first and if you do run later don't run too far, too soon.

I'll report in a few months on how Synvisc works for me.

Another consideration is that it might need renewal, after a year perhaps.

It's not cheap, so here's more advice; if you have health insurance make sure it covers this stuff.

Also, the very long-term might entail knee replacement – not a re-build.

So check if you have health insurance for that operation.

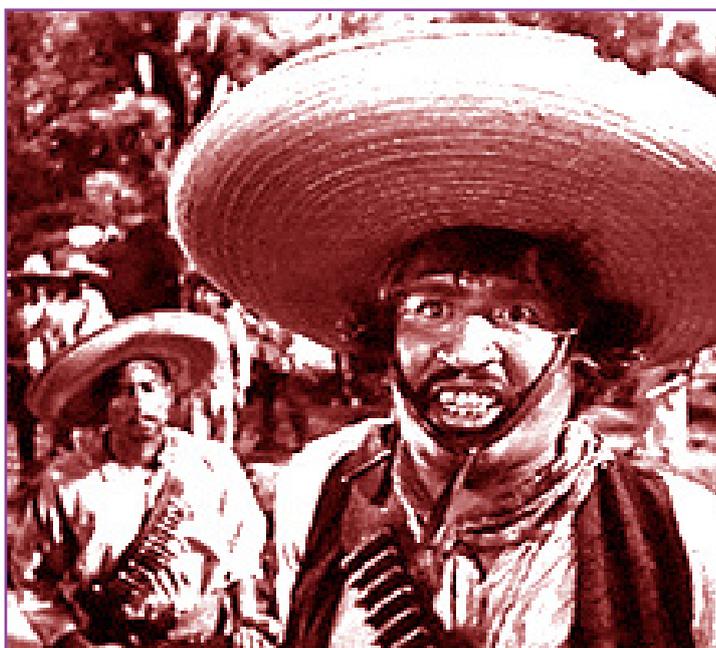
VW

Will we be 'badgered'?

IN early days club committee members wore badges so new members could identify them. Today many of us wear our names on our singlets, and we write visitors' names on their bibs. I wonder if re-introduction of the officials' badges would be another worthwhile step?

I still have my red 'Editor' badge and will wear it in future and take a chance on being badgered about *Vetrun* and its 'jokes'!

I wonder if the Committee will react like the boss bandit in *Treasure of the Sierra Madre*?



"Badges? We ain't got no badges! We don't need no badges! I don't have to show you any stinking badges!"

Thornlie Two Rivers

April 8, 2018

Director: Jim Langford

15km Run

Peter March	M55	1:05:35
Kees Maatman	M35	1:08:05
Mickey Muroi	M60	1:09:56
Jason Woolley	M45	1:14:58
David Baird	M75	1:19:15
Brian Bennett	M70	1:21:29
Frank Price	M65	2:15:22

Women

Michelle Skellern	W45	1:36:29
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10km Run

Bob Lane	M70	41:16
Reid Barron	M35	41:33
Patrick Jones	M45	42:15
John Allen	M60	45:35
Gary Fisher	M65	53:43
Frank Gardiner	M65	54:39
Ross Keane	M55	57:20
Jason Kell	M40	58:28
Bob Schickert	M75	1:04:08

Women

Elizabeth Gomez	W35	47:26
Barbara Putland	W50	48:45
Karen March	W55	49:32
Gillian Young	W70	51:58
Renia Niderla	W55	52:48
Theresa Howe	W65	1:04:35
Sheryl Woolley	W45	1:06:12
Wendy Grace	W60	1:07:42

5km Run

Kevin Johnson	M60	20:53
Giovanni Puglisi	M65	21:07
Geoff Vine	M70	23:25
Randy Hobbs	M55	26:28
Simon Roy	M50	28:04
Scott Winn	M45	29:43
Merv Jones	M75	34:23

Women

Sandra Stockman	W50	21:28
Julie Wilson	W60	27:09
Janne Wells	W45	27:36
Delia Baldock	W55	30:14
Peggy Macliver	W70	31:31
Jac Staiger	W40	34:34
Irene Ferris	W65	43:42
Rachael Thompson	W35	45:58

15km Walk

Andrew Duncan	M50	1:24:51
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10km Walk

Johan Hagedoorn	M70	1:10:47
Erika Blake	W60	1:19:16
Elaine Dance	W65	1:19:17
Lynne Schickert	W75	1:22:38

5km Walk

Haydn Gawne	M70	35:30
Rex Bruce	M75	45:52
Jeff Whittam	M80	47:11
Neil McRae	M65	59:42

Women

Sarah Lee	W65	41:51
Sofia Carson	W55	44:57
Dorothy Lennox	W70	49:19
Priscilla Wilson	W35	49:20
Sylvia Szabo	W60	53:46
Dorothy Whittam	W80	54:10
Margaret Bennett	W75	1:03:59
Fiona Cousins	W45	1:03:59



Idyllic arboreal setting for the after-party, above, but not for the recorders who worked on! Right, one of the two starts!

TWO rivers, two starts, six events and the first live-run of our new results-recording system; it was a big day at Thornlie.

Lucky Jim; as race director he had Margaret's help. She had been given temporary leave from organising Nationals' volunteers to bake cake for the morning tea and sit in at the recorders table.

That became pretty crowded, as Margaret Saunders, Mark Hewitt and Mark Kerr compiled the results from the tag-scans that were used for the first time.

It should have been nerve-wracking but the results team seemed remarkably calm. Fair enough – the first live run had gone well.

Errant members who forgot their new tags (hands-up, I was one; so was Neil McRae!) were accommodated without curses.

For a pictorial guide to the process, see the facing page.

Team – you were brilliant! VW

Right: 1. Start here; dozens of new id. tags to hand out, plus more for visitors and temporary ones for members who left theirs at home.



Every pic tells a story

2. Briefing; Mark Kerr explains; stay in order in the chute; collect a Finishing Place Token; go to the desk where the token, and your member Id., will be scanned.



3. In the chute: Margaret hands Johan his finishing place token.

4. Mark collects Johan's token, scans it and the member Id. tag. At the desk regular recording goes on as a back-up.



7. Putting the scanned data into a computer to produce results.



5. Scanning the member Id. tag of Akos; please remember yours every Sunday!

6. Margaret checks numbers, as usual, with the watch-holder at entrance to the chute.



Mattagarup

April 15, 2018

Director: Wayne Pantall

10km Run

Patrick Jones	M45	39:52
Neil Armstrong	M50	41:18



Matt Byles M35 42:13

Stephen Helm	M55	42:20
Jerry Peters	M40	43:39
Chris Maher	M65	44:33
Mickey Muroi	M60	46:14
Brian Bennett	M70	52:31
Bob Schickert	M75	1:03:34

Women

Vanessa Carson	W35	41:17
Amanda Walker	W50	44:32
Jo Shelley	W40	50:16
Lori Sexton	W55	55:35
Liz Dewhurst	W30	59:34
Wendy Grace	W60	1:01:23
Sheryl Woolley	W45	1:06:00

5km Run

Rob Cattrall	M60	19:03
Mark Kerr	M45	20:13
Graeme Dahl	M65	21:40
Geoff Vine	M70	22:03
Tristan Bell	M50	24:38
Jim Barnes	M75	32:51
Irwin Barrett-Lennard	M85	33:13

Women

Julie Wilson	W60	25:48
Janne Wells	W45	26:00
Carol Bowman	W60	26:52
Anne Young	W40	27:02
Peggy MacIver	W70	29:02
Delia Baldock	W55	29:03
Rachael Thompson	W35	39:31
Sheila Maslen	W80	52:39

10km Walk

Karyn Tolardo	W50	1:04:59
Johan Hagedoorn	M70	1:19:36
Peter Ryan	M65	1:21:13
Elaine Dance	W65	1:21:59

5km Walk

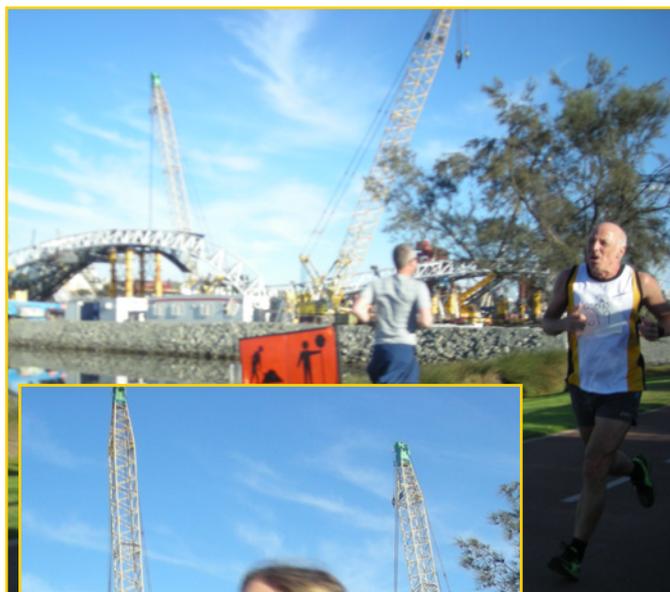
Haydn Gawne	M70	32:24
Jason Kell	M40	34:30
John Brambley	M75	38:55
Ray Hall	M80	40:34
Neil McRae	M65	53:23

Women

Rosa Wallis	W70	40:36
Sandra Keenan	W50	45:28
Deborah Franey	W55	45:29
Marg Forden	W75	45:48
Ann Turner	W80	48:14
Irene Ferris	W65	49:06
Lesley Dowling	W60	49:30
Fiona Cousins	W45	55:40



Vanessa Carson likes this course; 2nd overall she's leading Neil Armstrong at the finish.



Rob Cattrall, above, won the 5km; Steve Helm, right, 1st 10km M55; left, newer member Ann Young models the new bridge.

Good luck wresting the mike off Wayne, Richard, the man's a performer!

Off the 'T'

FOR the first time in its 16 years the Matagarup Run was not held in Spring, but we brought Spring weather with the program change, to the delight of all.

We also now dispense with one letter 'T' from an unwritten language, in order to respectfully acknowledge that the State Government is building 'Matagarup Bridge' for the use of MAWA.

This is to improve both the long and short courses next year.

We don't even mind sharing with a few footy fans, as long as the AFL doesn't impose an 8am Sunday morning Western Derby on us.

Once the missing 370 metres over Matagarup is available, we can begin measuring our options. I'm sure all our members will have thoughts on that, now that the Perth Stadium is up and running.

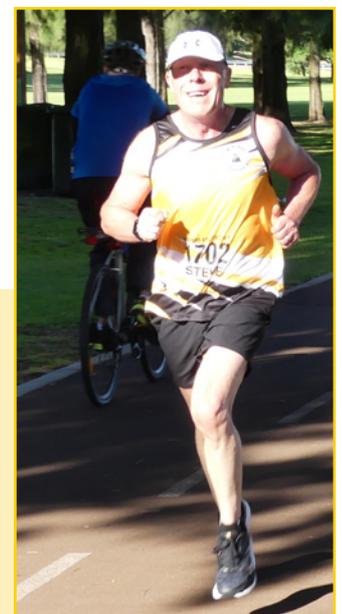
More available parklands, less U turns and only the Marathon Club entry road to cross, should permit a more simple flowing event.

There you have a muse for your morning muesli.

Thank you very much to all helpers, and in particular those who stepped up to cover for members who were unavailable on the day.

I'm sure 2019 Matagarup will be a corker.

Cheers, Wayne





We all had a chance to view our likely route for the 2019 event – the almost-ready Matagarup footbridge across the Swan. Below, new Yokine director Haydn Gawne. In his short time as a member he's made a mark as a leading walker.

One wheel on his wagon

Faced with a one in three climb most people look for a tram. David Bird looks for a wheelbarrow. Jo Richardson reports.

BALDWIN Street, Dunedin is not just any street.

It is 350 metres long and for every 2.86 metres travelled horizontally it rises a metre.



When David Baird saw this street while in Dunedin for the Oceania Games, he thought he'd love to run up it with his wheelbarrow.



The only problem was he didn't have his Across Australia wheelbarrow handy. As luck would have it, at the top of the street in a laneway for residents he spotted a wheelbarrow sitting outside a house.

David knocked on the door of the house to ask if he could use the wheelbarrow but no one was home.

So he "borrowed" it – but not for long!

It took David less than four minutes to run up the street.



Yokine

April 1, 2018

Director: Haydn Gawne

9km Run

Patrick Jones	M45	35:29
Bob Lane	M70	35:46
Chris Maher	M60	35:58
Zane Walsh	M35	37:42
Adrian Fabiankovits	M30	38:44
Stephen Helm	M55	39:10
David Baird	M75	43:12
Sean Keane	M50	46:34
Mark Sivyer	M65	47:02

Women

Trisha Farr	W45	41:34
Karen March	W55	43:20
Jane Elton	W50	43:57
Jo Shelley	W40	44:46
Liz Dewhurst	W30	52:43
Theresa Howe	W65	57:16
Erika Blake	W60	1:04:18

6km Run

Matt Byles	M35	22:14
Rob Cattrall	M60	23:28
Jim Klinge	M70	27:05
Frank Gardiner	M65	27:17
Tristan Bell	M50	27:27
Russell Smith	M55	28:40
Richard Danks	M75	57:23

Women

Sandra Stockman	W50	25:04
Shareenah Virahsawmy	W35	29:30
Gillian Young	W70	30:24
Julie Wilson	W60	31:52
Lorraine Lopes	W75	40:40
Sheila Pillay	W45	41:34
Deborah Franey	W55	47:25

3km Run

Amanda Walker	W50	11:58
Margaret Saunders	W60	13:22
Delia Baldock	W55	16:23



A GOOD turnout of 105 competitors considering it was a holiday weekend. Probably a good opportunity for grandparents to get a reprieve from the demands of grandkids for a couple of hours.

Fast times by Patrick, Bob, and Chris in the 9km run and it was nice to see the two old stalwarts, Bob and Jeff, lead home the 6km walkers.

Many thanks to all the helpers on the day who make the RD's job easy – the only slight hiccup being the drink station co-ordinator Brian B who went missing in action.

Men

Desmond Walsh	M60	15:11
Randy Hobbs	M55	15:50
Peter Hopper	M70	18:11
Richard Blurton	M65	18:36
Merv Jones	M75	19:48
Arnold Jenkins	M70	22:48

9km Walk

Johan Hagedoorn	M70	1:01:51
Lynne Schickert	W75	1:12:20

He was found talking (surprise, surprise) to three little old ladies – no doubt trying to sign them up for Masters Athletics.

Thanks also to the thoughtful person who turned up with a bag full of Easter eggs to hand out on the day.

Haydn Gawne

6km Walk

Bob Fergie	M80	54:26
Ann Turner	W80	58:11
Dorothy Lennox	W70	59:40
Jo Richardson	W65	1:01:09

3km Walk

Brian Dalton	M65	22:00
Priscilla Wilson	W35	25:08
Rex Bruce	M75	26:38
Gina Bell	W50	27:14
Mark Hewitt	M65	27:14
Dorothy Whittam	W80	31:37

Weir Run



SHALL we or shan't we?

We could detect the rumbling conversations between partners as the pitter-patter of raindrops landed on our roof-tops at 4am on the morning of the Kent Street Weir run.

For the last year or more, we have been lucky with the weather, but it had to turn to custard on the morning of our appointed run!

So we pay tribute to our sturdy band of helpers who all turned up early to their appointed stations and braced themselves through the golf ball-sized hailstones, tornado wind gusts and snow flurries. So thanks heaps to Margaret, Adrian, Bruce, Barbara, Darren, Annie, Andrew, Conny, Zane, Liz and Herman.

Also we should add that Margaret Saunders and Mark Kerr (who has his own parkrun), generously gave their time in the finish chute to teach us the new scanning system.

Trophy winners

CLARE Wardle has a way to go in the all-time Dot Browne winners table. As you can see online (under Trophies) Marge Forden has won it four times since its inauguration in 1984. Notably, Marge won in '87, '88 and '89; and then made a comeback to win again in 2001!

Other multiple-winner names on the Dot Browne that you may know are Lisa Searle (3); Margaret Langford (Birks) (3); Jill Chambers (3); Robin King (2); Helen Lysaght (2); and Gillian Young (2).

The men's John Tarrant Trophy won for the first time by Chris Lark this year, has been taken home by Chris Maher an outstanding 11 times! His wins were between 1991-93; 97-99; 2001-05.

Happy birthday John

Our esteemed patron John Gilmour celebrated his 99th birthday and it was a pleasure to see him attend our run (although I think the rather large cake, organised by Brian and Margaret Bennett, may have had something to do with it!). For next year, we expect Lizzie to send her congratulatory telegram! Anybody remember telegrams?

Neil and Sean



Clare Wardle took her third Dot Browne Trophy.



Top pic: Ben Armstrong, 3rd overall 10km runner in 38:16. Above, great finish for Miki Muroi and Wayne Bertam, two seconds separating them. Below, dry start, (not much snow, Neil!)



Weir Run

May 6, 2018

Directors: Sean Keane & Neil McRae



Chris Lark receives the John Tarrant Trophy from John Gilmour.

10km Run

Chris Lark	M35	37:00
Kim Thomas	M40	37:00
Ben Armstrong	M30	38:16
Patrick Jones	M45	42:10
Peter March	M55	42:58
Ian Carson	M60	45:14
Paul Hughes	M65	49:30
Bert Carse	M75	49:59
Jackson Wong	M50	50:39
Brian Bennett	M70	53:15
David Carr	M85	68:52

Women

Clare Wardle	W40	42:33
Anna Bamber	W35	44:10
Sandra Stockman	W50	46:18
Rochelle Airey	W45	56:31
Carolyn Stephens	W60	58:35
Denise Newport	W55	59:55

5km RRC

Matt Byles	M35	19:21
Mark Dawson	M55	22:06
Jim Klinge	M70	22:21
Graeme Dahl	M65	22:31
Anthony Faulkner	M50	23:45
Dante Giacomini	M45	24:12
Mal Vernon	M60	26:52
Jim Barnes	M75	34:19
Irwin Barrett-Lennard	M85	35:13

Women

Margaret Saunders	W60	23:36
Shareenah Virahsawmy	W40	24:47
Karen Hill	W55	26:35
Janne Wells	W50	31:29
Peggy Macliver	W70	32:04
Janice Bertram	W45	34:49
Sheila Maslen	W80	48:45

10km Walk

Robbie Pringle	M40	80:17
Mike Hale	M70	89:28

5km RWC

Wendy Farrow	W50	32:54
Jodie Harris	W45	36:49
Elaine Dance	W65	38:31
Erika Blake	W60	40:08
Lynne Schickert	W75	42:46
Rosa Wallis	W70	44:28
Sofia Carson	W55	45:30
Ann Turner	W80	52:14

Men

John McDonagh	M70	33:38
Jason Kell	M40	36:26
Allen Whitley	M65	38:23
John Brambley	M75	41:35
Ray Hall	M80	46:32



Curtin

May 13, 2018

Director: Giovanni Puglisi



Handicap winners Eamonn McNulty and Lori Sexton finished just eight seconds apart. Lori's pre-race prayers paid off!



Mother's Day at Curtin

THANKS to all members who contributed to the special Mothers' Day breakfast; and to all helpers; but 'Best performance of the Day' was that of director Giovanni Puglisi.

This was a first-time event which meant he started entirely from scratch. First, as club events co-ordinator, he had to arrange everything with the Uni.

It's also one of our more complicated events, including handicaps plus other runs/walks. Giovanni also concocted and set-out an incredibly complicated twisting and turning course - or rather courses, all on campus.

Of course he arranged the under-cover start/finish and morning tea spot.

Oh yes, then there was the reading of the results, and interpreting the indecipherable hand-writing of the recorders!

Finally, long after most people had gone home, who was pushing a barrow around that long and twisting course to collecting hundreds of cones and flags!

Thanks Giovanni, great day.

VW



He has a club singlet but I just don't believe Steve and Basia's son Izaek is 30!

10km Handicap

	Run	Clock	H'cap	Time
Eamonn McNulty	M60	1:05:32	9.51	55.41
Lori Sexton	W55	1:07:03	11.30	55.33

5km Handicap Walk

Erika Blake	W60	47:49	8.13	39.36
Johan Hagedoorn	M70	47:54	13.24	34.30

5km Run

Matt Byles	M35	16:36
Peter March	M55	21:08
Anthony Faulkner	M50	22:57
Jim Klinge	M70	24:07
Mark Sivyer	M65	26:36
Mal Vernon	M60	26:48
Jim Barnes	M75	34:47
Irwin Barrett-Lennard	M85	35:34

Women

Shareenah Virahsawmy	W40	24:30
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Carol Bowman	W60	27:38
Delia Baldock	W55	29:14
Basia Lis	W50	31:08
Peggy Macliver	W70	31:31
Janne Wells	W50	31:39
Sheila Pillay	W45	33:43
Sheila Maslen	W80	51:39

10km Walk

Elaine Dance	W65	1:21:37
Mike Hale	M70	1:29:19



Nedlands RRC/RWC



From left:
Victor Popescu,
10km winner;
Chris Lark,
Rochelle
Rodgers and
Chris Maher
in the 15km
RRC.

IT was a case of, "weather, fine; track good" for the launch of MAWA's newest event on the racing calendar, the Curtin Handicap Run/Walk over 5km and 10km.

The event was extremely well received by competitors, patrons and also some casual onlookers who have expressed an interest in taking part next year. Special thanks to my fabulous helpers who ensured it all went well – and to all who brought a banquet of goodies to share afterwards. It was great and it was lovely to see so many members socialising over a cuppa or three well into the morning on the undulating lawns of the Members' Paddock! With a little tweaking the Curtin Handicap could rise to 'Classic' status in the very near future!

Giovanni Puglisi

MORE than 140 competitors came along on a beautiful May Day to run or walk this event.

Issues with a local council required a slight modification to the regular course but whilst the 15 km run had a change there were familiar names winning both the men's and women's races, being Kim Thomas and Rochelle Rogers.

As is the norm for all of the Masters events, it could not take place without the assistance of the helpers and I am most thankful to those that assisted me on the day.

Pat Miller arriving with a cake appeared to improve the mood of the race director, and even a slight mishap whereby a piece of the cake came in contact with the grass did nothing to detract from the flavour.

Cheers, Gary

RRC 15km RWC 10km

May 20, 2018
Director Gary Fisher

15km RRC Run

Kim Thomas	M40	58:26
Ben Armstrong	M30	58:45
Chris Lark	M35	1:01:51
Patrick Jones	M45	1:04:21
Chris Maher	M65	1:04:31
Peter March	M55	1:06:58
Bob Lane	M70	1:08:41
Rob Cattrall	M60	1:09:12
Bert Carse	M75	1:16:29
Jackson Wong	M50	1:17:50

Women

Rochelle Rodgers	W30	1:01:50
Elizabeth Gomez	W35	1:09:58
Sandra Stockman	W50	1:11:39
Sue Zlnay	W55	1:12:41
Jo Shelley	W40	1:17:02
Julie Storey	W45	1:46:53

10km RWC Walk



Wendy Farrow W50 1:08:52

Elaine Dance	W65	1:19:23
Erika Blake	W60	1:20:25
Lynne Schickert	W75	1:23:59
Sofia Carson	W55	1:32:31
Men		
John McDonagh	M70	1:10:21
Robbie Pringle	M40	1:12:27
Allen Whitley	M65	1:19:11

Burswood

June 3, 2018

RRC 25km, RWC 15km,
RRC 5.2km, RWC 5.2km

ANOTHER perfect Perth blue-sky day, chilly early, at Burswood Park attracted 174 energetic runners and walkers, including 33 visitors, for the finale of the road championships, including the new short-distance events.

So we had runs over 25km, 15km, 10km and 5.2km; and walkers over 15km, 10km and 5.2km. About 20 longer distance competitors took the option to start at 7.30am; the rest of the field started at 8.00am.

The course took competitors under the new Matagarup pedestrian bridge, which is still under construction, and past the new Perth Stadium which is now a sporting focal point for the city. Along the river near the Stadium, the course is very low but once again the river tide was favourable and all competitors kept their feet dry!

In the 25km, the club's longest run, Rochelle Rodgers, Clare Wardle and Elizabeth Gomez were 1-2-3; Matt Di Masi, Chris Lark and Kim Thomas were 1-2-3 in the men's. Competition was equally fierce further back with Bert Carse and David Baird sprinting the final 200 metres neck-and-neck and both diving "elegantly" over the finish line for an M75 dead-heat finish!

(Full results are on the club's website.)

Many thanks to the helpers, who endured a very cold morning: Peter and Susan Sanders; Roma Barnett; Jackie Halberg; Delia Baldock; Sandra Rourke; Ian and Sofia Carson; Akos Gyarmathy; Elizabeth McFarland; Sandra Eastley; Rod Jurich; Sam Farman; Chris Kawolski; Annie Smith and (first helper to arrive) Maurice Creagh.

Mark Hewitt

Mark and the team deserve the thanks and congratulations of the whole club. This is one of our most complicated and challenging Sunday events on our list and the extra short-course events added to it. VW



Surely the largest field of the year? 174 people started at Burswood.

June 3, 2018
Director: Mark Hewitt

Limited space means we can only show overall winners here. Full results are on the website.

15km Run

Darren Miller M35 1:02:06
Maree Brown W50 1:18:37

10km Run

Kyle Eagar M45 39:28
Rochelle Airey W45 55:23

5.2km Run

Andrew Brown M55 23:34
Margaret Saunders W60 24:34

15km Walk

Wendy Farrow W50 1:41:02
Jason Kell M40 1:45:48

10km Walk

Christian D'argent M60 1:14:43
Kerrie Whitley W60 1:16:40

5.2km Walk

Haydn Gawne M70 35:47
Jodie Harris W45 37:22



Mark – at top of the picture – risked life, limb and being mistaken for a leap-frog hurdle as he chalked up the finishing and turning lines at Burswood.

You Write ...

REGARDING the photo I sent you of the AGM I found membership lists for 1977 and 1979 and have concluded the photo was 1979. Thank you for crediting me for being the owner of the photo. The reason I sent it was so newer members could see how laid back it was in those days – not who was there. However, it gave the Octogenarians a good Alzheimer's check.

I could have named, if consulted, a couple of runners they did not identify, but I was disappointed they missed my dog Tara. She is the one with the hairy ears.

You certainly make a good job of the newsletter, a far cry from the old photocopy days.

Cheers, Mike Berry



They make a lovely couple!

Hello Vic, Thought I should send this on to you – taken at Sunday's Nedlands 15km run. John spotted and picked up this bridesmaid sash near the Narrows Bridge. He must have run all the way back with it.

I just made him feel like he was wanted! Ross

I thought John might be getting married; that's why he was sporting that non-military beard! VW

Deepwater Point

May 27, 2018

Director: Bob Schickert

THE start had to be moved due to work at the adjacent coffee shop. It had been wet in the lead-up but conditions were very good for this very scenic event from DWP, along the river path to just past Heathcote. The clash with Run For a Reason keeps the numbers down and there were only 73 finishers. First home in the 15km was a visitor from UK.

Unfortunately about half of the nominated helpers were unavailable but many thanks to those who answered the call for extra assistance – Irwin Barrett-Lennard, Mike Hale, Jim Langford, Helen Lysaght and Karen March. They joined the rostered helpers in doing a very good job.

Bob Schickert

Reminder: Vetrun shows Age-Group best performers. Full results are on the website.

Short-course RRC

7.5km Run

Matt Byles	M35	29:47
Giovanni Puglisi	M65	31:35
Jim Klinge	M70	34:34
Bert Carse	M75	35:37
Anthony Faulkner	M50	35:42
Margaret Saunders	W60	36:58
Alan Gray	M55	37:00
David Carr	M85	45:53
Gary Wilmot	M45	1:04:30

Women

Karen Hill	W55	40:27
Julie Wilson	W65	41:06
Carol Bowman	W60	41:06
Janne Wells	W50	45:02
Gillian Young	W70	51:32
Karen Alfrod	W50	51:57
Sheila Maslen	W80	1:19:01

Short-course RWC

7.5km Walk

Johan Hagedoorn	M70	51:54
Allen Whitley	M65	57:08
Bob Fergie	M80	1:11:10

Women

Jodie Harris	W45	56:19
Kerrie Whitley	W60	57:09
Rosa Wallis	W70	1:05:05
Joan Pellier	W75	1:09:29
Lorna Lauchlan	W85	1:10:21
Ann Turner	W80	1:11:56
Julie Wood	W65	1:15:28

Very versatile M80 Bob Fergie won the 5km RWC; and Wayne Taylor, pictured at Lake Monger in 2010, achieved his 'decadence' in the 50km RRC.

MEMBERS have just completed four Road Championships, including two new events – the short course RRC and RWC.

The final rounds were contested last Sunday, June 3 – at Burswood and the overall results are shown on this page.

The 50km RRC (Road Running Championship) entailed:

10km – May 6 (Kent St Weir)
15km – May 20 (Nedlands)
25km – June 3 (Burswood)

30km RWC (Road Walking Championship)

5km W – May 6 (Kent St Weir)
10km W – May 20 (Nedlands)
15km W – June 3 (Burswood)



Above, Liz Gomez was fastest woman in the 50km RRC; right, Matt Byles, quickest man in short RRC; below, Jo Shelley is another 50km first-timer.

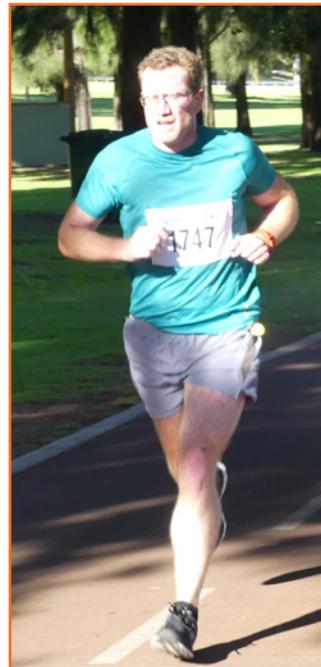


Short Course RRC

5km – May 6 (Kent St Weir)
7.5km – May 27 (Deepwater Point)
5km – June 3 (Burswood)

Short Course RWC

5km W – May 6 (Kent St Weir)
7.5km W May 27 (Deepwater Point)
5km W- June 6 (Burswood)



Yes he can walk, and give directions! Johan, quickest in 30km RWC.



TIMES shown below are competitors' average per/km over the championship total distance.

50km Road Running Championship

* indicates first-timer
** Wayne's 10th RRC

Men

Kim Thomas	3:57
Ben Armstrong	4:00 *
Chris Lark	4:01 *
Patrick Jones	4:19 *
Peter March	4:27
Jerry Peters	4:35 *
John Allen	4:48
Bert Carse	5:09
David Baird	5:10
Jackson Wong	5:18
Bob Colligan	5:21
Brian Bennett	5:26
Ross Keane	5:35
Wayne Taylor	5:46 **
Eamonn McNulty	5:53
Bob Schickert	7:46
Frank Price	8:05

Women

Elizabeth Gomez	4:42 *
Sandra Stockman	4:47
Jo Shelley	5:26 *
Denise Newport	6:12 *
Julie Storey	7:13 *
Rashanthi	
Wanigasekera	7:29 *
Kathy Skehan	7:51 *
Angela Italiano	8:21
Alison Jones	8:35 *

30km Road Walking Championship

Women

Wendy Farrow	6:46
Elaine Dance	8:05
Erika Blake	8:10 *
Lynne Schickert	8:33

Men

Johan Hagedoorn	7:10
Jason Kell	7:12 *
Allen Whitley	7:57 *

Short RRC

Men

Matt Byles	4:24
Jim Klinge	4:39
Anthony Faulkner	4:42
Giovanni Puglisi	4:43

Women

Margaret Saunders	4:48
Karen Hill	5:21
Carol Bowman	5:30
Bridget Carse	7:20

Short RWC

Men

Bob Fergie	9:26
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Women

Jodie Harris	7:23
Rosa Wallis	8:44
Joan Pellier	9:14
Ann Turner	9:46
Gail Castensen	10:05
Jo Richardson	10:08
Julie Wood	10:40

VALE Su Lloyd

Su ended her story last year with this message.

Lessons?

So what has cancer taught me? It's never too late to make positive changes in your life, and you will be better for it, whatever your age or state of health. I only wish I had found Masters years ago, but I'm so grateful to the club for what it's done for me.

As I said at the beginning, everyone at Masters has a story. I don't think mine is anything special but I would encourage people to exercise for their own wellbeing and good health.

It's never too late to start. Like that well-known ad says – 'because you're worth it!'



CLUB members were saddened to learn in early May of the death of Su Lloyd. As her partner Joe Patroni wrote, she was much loved and highly respected by all who knew her.

In Su's relatively short time with our club she made a considerable impact, and many friends.

In May 2013 she was diagnosed with breast cancer. Her inspirational account of the fight for recovery should be seen as a lasting tribute.

In April this year, Su retired from her role as Western Australia's Information Commissioner and travelled to Europe, where she died peacefully in the company of loved ones.

"Su was much loved and highly respected for her generosity, ethics and professionalism as a concert pianist, teacher, mediator and lawyer. Her passing is a profound loss to family, friends, colleagues and mentees alike," said Joe.

"She enjoyed her participation in Masters immensely and shared a mutual respect with you and many others."

A private Memorial Service to celebrate her life and legacy will be held in June and following that I shall produce a further tribute to Su for *Vetrun*.

VW

Renewed interest would have been stirred in May by a widely publicised paper endorsed by Cancer Council Australia, the Medical Oncology Group of Australia, Exercise and Sports Science Australia and Australian Physiotherapy Association and supported by more than 20 cancer and exercise organisations.

THE old pattern of cossetting people after cancer treatment is over. The new way is to get them up and out exercising as soon as possible.

It's a counter-intuitive and dramatic change with exercise now being regarded as a medicine. And it's not just a stretch here and a shuffle there. It is serious exercise.

Australia's peak body representing all health professionals who work in cancer has just produced the world's first position paper that prescribes exercise as a standard component of treatment across the cancer spectrum.

Produced by the Clinical Oncology Society of Australia, the position paper has the support of 25 leading health organisations involved in the treatment of this disease. It is published today (May 7) in conjunction with the Medical Journal of Australia, MJA.

This is a national push and

Fighting cancer treatment side-effects with exercise

although the paper doesn't call it tough love, that is what it is recommending to the 138,000 Australians who will be diagnosed with cancer this year and to the 1.1 million Australians currently living with the disease or its aftermath.

The authors say there is strong evidence to show exercise can help to counteract the effects of cancer and its treatment.

"If we could turn the benefits of exercise into a pill it would be demanded by patients, prescribed by every cancer specialist and subsidised by government – it would be seen as a major breakthrough in cancer treatment," says lead author, Associate Professor Prue Cormie, of the Australian Catholic University.

"It works alongside mainstream treatment to help those affected by cancer feel better and increase their chances of survival. Evidence suggests withholding it from people with cancer is harmful," she says.

The paper's recommendations set a high bar because that is where the evidence

This topic was thoroughly explored in an article by Su Lloyd a year ago in Vetrun 497, June 2017.

lies. She says this bar is the ideal to which people should aspire over time and it can be challenging.

If we could turn the benefits of exercise into a pill it would be demanded by patients, prescribed by every cancer specialist and subsidised by government, said Professor Cormie.

They shouldn't rush out and hire a personal trainer who will flog them and leave them with fatigue that lingers and becomes counter-productive.

Rather they need to consult an exercise physiologist with expertise in cancer, who will carefully tailor a program for them based on their health, capacity and disease.

Such an individual program will treat exercise like a drug and be flexible depending on how the patient is that day.

Professor Cormie says the paradox is that people who feel fragile, weak and fatigued are the very ones who benefit most from exercise.

"Our attitudes to treating cancer – what it takes to give people their best chance at survival – have to change," says David Speakman, chief medical officer at the Peter MacCallum Cancer Centre.

"It's a weird thing to talk to patients about this because it's often the very last thing they feel like doing. They may be feeling vulnerable, have a high level of symptoms and poor function but science tells us exercise is the best medicine they can take, in addition to their cancer treatments."

Evidence shows it reverses treatment side-effects, slows the progression of the cancer, increases quality of life and improves the chance of survival.

The recommendations are for all kinds of cancer, across all stages and for all ages. It is estimated up to 70 per cent of people with cancer do not meet aerobic exercise guidelines for the general population and even fewer meet resistance exercise guidelines.

David Speakman says the position paper is a significant step forward.

"The notion that we must protect a patient, wrap them in cotton wool, is old fashioned and not supported by the research," he says.

"Our attitudes to treating cancer – what it takes to give people their best chance at survival – have to change. All cancer patients will benefit from an exercise prescription."

<http://www.afr.com/news/tough-love-and-hard-exercise-for-people-with-cancer-20180504>

10 June 2018 – Manning Park



Director: Maree Brown – 0419 914 006

Rochelle Airey, Scott Win, Fiona Cousins, Jim Barnes, Rashanthi Wanigasekera, Gillian Young, Jenny Audsley, John Hillen, Zora Harvie, Jane Elton, John Brambley, Sarah Ballard

17 June 2018 – Perth Marathon & Relay

Director: WAMC

Delia Baldock, Dan Leseberg, Silke Peglow, Margie Hadley, Gerard Kalle, Emma Lee, Neil Morfitt

24 June 2018 – Around Herdsman



Director: Rod Hamilton – 0428 940 089

Graham Thornton, Ian Carson, Sofia Carson, Susan Hamilton, Michael Brown, Lorraine Lopes, Clare Wardle, Lauren Shelley, Amanda Walker, Chris Maher, Jason Woolley, Sheryl Wooley, Kate Ingram

1 July 2018 – Mill Point Road

Director: Milton Mavrick – 0434 846 797

Rex Bruce, Sylvia J Szabo, Jacquie Staiger, Jonathan Lester, Michael Brown, John Batta, Judy Davis, Alun Lickfold, Kyle Eagar, Stuart MacKinnon, Rebecca MacKinnon, Beth King, John Hillen, Trisha Farr, Barbara Putland

HELPERS

8 July 2018 – Bardon Bash



Directors: Alan Gray – 0466 996 154; and Roy Hart – 0418 878 900

Arnold Jenkins, Ann Turner, Ross Langford, Priscilla Wilson, Brian Dalton, Yvette Ballard, Roselyne Pillay, Dorothy Lennox, Kevin Johnson, Sandra Stockman, Lauren Shelley, Mike Hale, Chris Gibbons, Sue Gibbons

15 July 2018 – Sharks



22 July 2018 – Club Half Marathon



Director: Jim Klinge – 0408 501 814

Arnold Jenkins, Irwin Barrett-Lennard, Delia Baldock, Roselyne Pillay, Dorothy Lennox, Mike Walter, Janet Walter, Heather Stanborough, Bob Cavin, Anne Young, Vivian Poll, Linda Leach, Deb Franey, Neil Morfitt

29 July 2018 – Racecourse



Director: Gary Wilmot – 0424 332 489

Director: Paul Martin – 0438 900 839

Paul Hughes, Charlie Chan, Paul Scott-Taylor, John Batta, John McShane, Mel Lewis, Jenny Audsley, Maree Brown, Amy Barker, Paul Odam, Sue Bourn, Margie Hadley, Deb Franey, Eamonn McNulty, Emma Lee

NEW MEMBERS

1761 BRANSON: Michelle W40
1762 WHITLEY: Allen M65
1763 ARMSTRONG: Ben M30
1764 PRIEST: Andrew M55
1765 DI MASI: Matt M30
1766 HARRIS: Jodie W45
1767 FAULKNER: Anthony M50
1768 KOOY: Betty W65
1769 SADLER: David M55
1770 WHITLEY: Kerrie W60
1771 LLOYD: Hugh M50
1772 COFFEY: Glen M65
1773 WALSH: Derrick M40
1774 WHEELER: Simon M45
1775 REDPATH: Keith M65

5 August 2018 – Whiteman Park



Director: Robin King – 0417 183 281

Geoff O'Brien, Bob Hull, Nicola Hibbert, Joe Aquilina, Lesley Dowling, Prabuddha Nicol, Ali Jones, Phillippa Greenwood, Tony Smith, Hamish Mcleod, Sue Bourn

Jim Barnes, Claire Walkley, Darren Miller, Wendy Grace, Denise Newport, Richard Danks, Sandy Levis, Jerry Peters, Renia Nideria, Victor Munoz, Linda Leach, Neil Armstrong

Where they're running

MONDAY

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au
Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@pixelvision.com.au; 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.