



The Vetrun

No. 144, SEPTEMBER 1984



W.A. VETERANS' A.C.

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

PATRON: W. J. (Bill) Hughes

PRESIDENT: Barrie Slinger 386 7727

SECRETARY: Duncan Strachan, 459 3859

TREASURER: Frank McLinden, 387 1152

NEWSLETTER EDITOR: Jeff Whittam, 387 6438

It is a small art to sleep; To achieve it one must keep awake all day.

COMMITTEE MEETING.

24hour Relay. Training has now started on a Saturday morning at the Belmont track. Quite a number of club members have been going along, if you are interested why not go along and join them! You don't have to be in the ladies team to train with them. The ladies team have come under the guidance of a very experienced 24 hour relay as Don Caplin has volunteered to train both teams, lets hope he gets them running as fast as he does.

Whilst still on the subject of the 24 hour relay. Gerry Noordyk is interested in having an over 60s relay during the event, not necessarily over the full 24 hours. If you are interested, give him a ring on 257 6704. The time or distance of the relay will be decided by those participating.

STATE CROSS COUNTRY CHAMPS. These will be held on the 9th September in Kings Park. The start will be at 8am at the corner of Saw Avenue and May Drive and the race will be run over 10km. The course will not be the same as last year as there have been several alterations to the tracks. We hope to have a map of the new course at the start.

After the race there will be a B.Y.O. barbecue and general socialising.

SPECIAL GENERAL MEETING. This was held before the Bridges and Mill Point Road run and the members present voted in favour of the motion and the word Amateur has now been deleted from the club Title.

FIXTURE CARD. Enclosed with this newsletter is the new club fixture list till the end of the financial year. Please keep it in a safe place as we will not be publishing the fixtures in the newsletter in the future. However if for any reason there is a change to the fixture list this will be published so everyone will know what is happening on that day.

SUNDOWN RUN. This will take place on the 18th November at W.A.I.T. South Oval and will start at 5pm in the afternoon. The distance of the run will be 2.8km. Entry forms will be in the next newsletter.

QUIZ NIGHT. This was a most successful night. The club made just over \$900 The committee would like to thank all those who worked to make it such a successful night.

12 EVENT CLUB CHAMPIONSHIP. It has been decided that this championship will be decided on the FIVE best results from the list of events that have been published before. This is because some of the events have a choice of distance and this brings the number of events that can actually be competed in down, this is more or less an experiment this year to finally decide the best system for running this type of event.

If anyone has any suggestions re the format, would they let any of the committee know them.

NEW MEMBERS:-

Mary McGinnis	77, Glyde Road, Lesmurdie.	6076.	291 6332	W40	2nd Feb 1940
John McGinnis	"	"	"	M45	17th May 1939
John D H Bell	20, Kenmore Crescent, Floreat Park.	6014		M35	6th Jun 1945
Cheryl Bell	"	"	"	W30	15th Nov 1950
			387 4079		
Walter S Cross	11, Warner Road, High Wycombe.	6057.	454 5769	M50	17th Jul 1930
Leo B Hassam	8, Young Street, Bayswater.	6053.	272 5556	M50	25th May 1930
Patricia Hayden	Pingelly Dist High School.	6308.		W45	11th Nov 1935
	Weekdays 098 871 061; Weekends	276 6138			
Basil Worner	92, York Street, Subiaco.	6008.	W387 4400	M50	4th Sep 1931

The best of British legacy of a crackpot professor

JAEGER is a name that stands for the best of British style around the world. It is celebrating its centenary this year.

But its beginnings in 1884 were far removed from its reputation for classical fashion today.

It grew out of the crackpot ideas of Dr Gustav Jaeger, professor of zoology and physiology at Stuttgart University. So the house of Jaeger, like the monarchy, has its roots in Germany.

Dr Jaeger, an invalid as a young man, regained his own health by spurning all remedies except woollen clothing and the gospel he preached was that only animal fibres were compatible with the human animal.

Cotton and linen were vegetable and silk the nasty excretion of an Oriental worm, all poisonous to the body.

Loony old extremist though he sounds, he soon won disciples and one of them, Lewis Tomalin, opened the first London store based on Dr Jaeger's "sanitary woollen clothing."

From PATRICIA MORGAN
in London

Today there are 60 Jaeger shops in Britain with a turnover of \$70m and a large overseas business, including Australian outlets.

The woollen lifestyle Dr Jaeger worked out for himself, and which others adopted, was precise.

The devout Jaegerian woollener slept between double cashmere sheets and blew his nose upon wholesome cashmere handkerchiefs.

He or she wore undyed combinations of finewool jersey. Her corsets, gown, jacket and shawl were wool, his coat, breeches and socks, each toe separately compartmented.

Hats were wool or in summer plaited horsehair, with only feathers for ornamentation. Lace was of wool, footwear fleece-lined. Natural wool colors only were approved, although indigo blue and black might be allowed.

The peak year in Britain for the new "sanitary hygiene health movement" was 1884.

The Times on October 4, 1884, reported favorably that "a new gospel has reached us from Germany which promises the physical regeneration of mankind, if we will but adopt a comparatively speaking simple reform in our system of clothing."

The British Jaeger venture took off. Oscar Wilde shopped at Jaeger and George Bernard Shaw adopted the full uniform and went around in tight stock-inette looking, someone remarked, like "a forked radish."

Jaeger's revolution had a lot in common with today's cult ideas about healthy, back-to-nature living and natural fibre clothing.

Imported cashmere, alpaca, guanaco, vicuna, angora, camel hair and wool from Australia and New Zealand went into "the sanitary woollen system."

Considering where Jaeger stands today in the fashion world, it is extraordinary that back in those days it was distinctly anti-fashion, though a precursor of things

to come. Jaeger's outfits for men and boys were remarkably like today's jogging suits.

Fame spread and whenever people wanted wool they went to Jaeger. Stanley took Jaeger with him when he went in search of Dr Livingstone in Africa and Nansen made his first great polar voyage in Jaeger. Jaeger travelled to the Arctic with Scott and Shackleton, and, more recently, with the successful British Everest climbers.

As Jaeger opened more shops in Britain (and there were eventually agents as far flung as Shanghai and Alexandria, Beirut and Buenos Aires) it added cardigans, gymnastic sweaters for women, camel dressing gowns, blazers and Argyll socks to its range.

The beginning of classic British fashion as we know it was taking shape. "Wherever you go among white people you will find that Jaeger is known," it was said.

Jaeger's fashion image is comparatively recent, an achievement of the '30s, when its famous fibres, cashmere, Shetland and camel hair, were transformed into fashionable knitwear and outer clothing of elegant cut.

Its boast is that its clothes are quality goods made to last.

But when fashion turned to novelty in the new-look era of the late '40s and the miniskirts of the '60s, that was bad news for the old firm.

Buying a dressing gown to last half a lifetime or a camel-hair coat to pass on to daughter or grandchild seemed old fashioned.

"The whole thing of the '60s worked against us because we weren't making Mickey Mouse T-shirts and rich hippie clothes," says David Watts, Jaeger's chief designer.

"But fashion has turned our way again, people are fed up with junk, with badly made clothes and fashion extremes."

With export sales up 35 p.c., the firm is expanding later this year to Jaeger's native Germany.

In this the 100th anniversary, the Herr doktor himself would be amazed and delighted by what his "sanitary woollen system" started.

Perhaps we should start the new revolution running gear. Horse hair singlet and shorts for the males, angora wool for the ladies.

Ripple sole Ugg Boots with built in achilles support, (Runners World five star approved of course) - the mind boggles!!

ATHLETICS MISCELLANY

To continue from the last N/L, one who believed jumping with weights to be the best method of developing all-round jumping ability was the English professional John Higgins. He stood 5'4" tall and weighed slightly over 10 stone at the start of this century when the following feats were achieved.

Running high jump	6'8 $\frac{1}{4}$ "	
Standing broad jump	14'11 $\frac{1}{2}$ "	
Two consecutive standing broad jumps	28'10 $\frac{1}{2}$ "	
Three " " " "	42'2"	
Standing hop with one jump	25'9"	All with weights.
Standing two hops with one jump	38'0"	
Two consecutive running jumps	36'3"	
" " jumps backward	22'2"	

He repeated John Howard's feat of leaping a billiards table and also used to jump over the backs of three horses standing side by side. One of his exhibition feats was to jump over the backs of 45 chairs in succession, the chairs being 10' apart. He used dumbbells ranging from four to 17 pounds in weight when jumping. Not surprisingly he was regarded as the "greatest jumper of all-time" by contemporary observers.

Other notable professional jumpers of the period who used weights were Joe Darby and Robert H. Baker, of England, and Richard P. Williams of the U.S.A.

Darby, from Worcestershire, another leaper of billiard tables, recorded

Standing long jump	14'9"
" " " backwards	12'11"

Baker, from Yorkshire, retired in 1900 as the undisputed professional jumping champion of the world. His high jump record, without weights, set in August, 1898, was almost 3" higher than the world amateur record that stood until 1912. With weights he did

Standing high jump	6'9"
Three consecutive standing broad jumps	43'0"

The muscular development of his legs was, reputedly, extraordinary.

Williams was a truly remarkable all-round athlete who will be the subject of a later article. With weights he recorded, about 1900,

Standing broad jump	15'4"
" " " backwards	13'3"

The use of weights did not transform an ordinary jumper into an exceptional one. Darby's world record standing broad jump of 12'1 $\frac{1}{2}$ " without weights was set on May 28, 1890. The current amateur record stands at 11'11 $\frac{1}{2}$ " and was set by Johan Evandt of Norway in 1962. Any superlatives heaped upon the above old-time professionals seem to have been well deserved.

Bob Sammells.

We are trying to compile a list of MARATHON TIMES would all those who run in marathons please let Brian Danby have a list of their BEST TIMES IN EACH AGE GROUP that they have run marathons in. Later in the newsletter there will be a list of marathon times run by members under three hours. This was taken from the Marathon Clubs Newsletter, the times are the best by different W.A. runners, but are not necessarily done whilst the member was a veteran or pre-vet. Some members may find that they are credited with a faster time than they

have actually done, or may be missed off altogether. This is because I did not know for sure whether I had the correct name. i.e. there are two Robert Harrisons on the list. Hope I got the right one!



Federal police too fat, says their doctor

CANBERRA. — Members of the Federal police were overweight, too well fed and not fit enough, the force's new director of medical services, Dr Denys Butcher, said yesterday.

Dr Butcher is well aware of the dangers of obesity, as he comes to the post fresh from two years as chief medical officer at OK Tedi, the Papua New Guinean mine where, "BHP believed in the importance of three huge meals a day".

He said his principal goal would be "to improve the health and fitness of officers. There were prospects of doing this with proper health education and physical education.

Dr Butcher also blamed the "stress and tension" of police life for health problems in the force, but was optimistic that he could make changes.

FROM: THE MELBOURNE AGE

NATIONAL CHAMPS CROSS COUNTRY COURSE. PERRY LAKES. 17th June 1984.

A fine but cold morning saw a good turnout of members for a run around the cross country course that was used for the Veterans National cross country champs in 1982. Most of the runners (37) elected for the two lap, 10km event which was won in fine style by Don Caplin closely followed by Derek Crowther and Graham Thornton. Dons time was a new record for the M45 group and beat his M40 time in the champs. Rob Shand equalled the record he set with a fine 47.20 in the M50 group. In the womens groups records were set by Sandy Walton 60.37 for the W35 group and Lorna Butcher 61.54 in the W50 group. 17 members did the 5km 1 lap run and in this race there were three new records set by Enid Crowther in the W40 group with a time of 33.13, Val Tyson W60 with a time of 45.50 and Hugh Kirkman in the M40 group with a time of 22.50. When Jeff got to the top of Reabold Hill to marshall the runners through the gate and onto the sand track down to Oceanis Drive he thought that someone had been having a word with the T.V. people that we were out to set a few records as there were THREE outside broadcasting vans in the car park, unfortunately they were there to film the "Team Trot" run that was to start at Perry Lakes Stadium later in the morning. After the great 'flagging' effort by Brian and Morris there were still some runners who managed to go off course. Everyone managed to find their way back to the finish in time for the barbecue though.

RESULTS.

*DNOTES NEW RECORD

+ EQUALS EXISTING RECORD.

1. Don Caplin	M45	43.51*	9. Ken Snowden	M40	49.49
2. Derek Crowther	M40	45.07	10. Dave Hough	M50	50.05
3. Graham Thornton	M40	46.41	11. Vincent Caruso	M35	50.07
4. Ian Brownie M55	inv	46.58N.Z.	12. Dave Roberts	M40	50.14
5. Rob Shand	M50	47.20+	13. Kevin Martin	M45	51.06
6. Frank McLinden	M50	48.46	14. Hamish McGlashen	M45	51.54
7. Bob Sammells	M45	48.52	15. John Pellier	M40	52.00
8. Dalton Moffett	M50	49.19	16. Barrie Slinger	M40	52.02mc
			17. Andy Wright	M60	52.14mc

18. Bill Grocott	M45	53.32	28. Frank Usher	M60	65.37
19. Margery Forden	W40	53.34mc	29. Ernie Moyle	M55	66.34
20. Jim Greenfield	M40	57.59	30. Mary Robinson	W45	66.34*
21. Rob Farrell	M40	60.13	31. Ken Whistler	M50	69.32mc
22. Allen Tyson	M55	60.13	32. Alan Pomery	M50	69.32mc
23. Sandy Walton	W35	60.37*	33. Elza O'Dea	W45	71.59
24. Lindsay Snowden	inv	61.52	34. Jill Pearton	W35	71.59
25. Lorna Butcher	W50	61.54*	35. Pat Hayden	W45	76.17
26. Selby Munsie	M50	61.56	36. Bill Hughes	M55	76.18
27. Malcolm Sargent	inv	63.12	37. Phyllis Farrell	W35	77.40

Mary Robinson set an inaugural record for the W45 group. Sorry I nearly missed you Mary.
mc denotes modified course?

5km.

1. Hugh Kirkman	M40	22.50*	8. Yolande Caruso	W30	32.50
2. Bill Monks	M45	26.08	9. Patsy Reside	inv	32.50
3. Bill Bright	inv	30.27	10. Enid Crowther	W40	33.13*
4. Kirt Johnson	M55	30.28	11. Sue Torkildsen	inv	36.20
5. Ron Torkildsen	M50	32.40	12. June Strachan	W55	36.27
6. Duncan Strachan	M60	45.39	13. Val Tyson	W60	45.50
7. Greg Leaver	inv	45.39			

Also ran but unfortunately no times or distance were recorded for the following:- Parrie Evans, Dick Horsley and John Smith.

SUTHERLANDS RUN. 29th July 1984.

Fifty runners lined up this year for the start of the 8.4km Sutherlands Run, be led away by Gloria Sutherland, on a bicycle.

With a handicap start extending over 23 minutes the field was well spread out in the early stages, but gradually those at the back caught up.

Wireless Hill provided a relentless climb, testing the breathing of all, and turning many legs to jelly.

Officials waiting patiently at the finishing line suddenly saw a sea of panting runners appear over the brow of the hill, to converge with a rush on Duncan Strachan, who was feverishly handing out place cards.

George Innes was unable to run this year, but the replacement he invited along, Alan Martin, justified George's faith in him by being first over the line in 49.16 off a 15min handicap.

First lady home was Lorna Butcher, with Margery Forden coming in fastest in 39.47.

First male member home was Merv Moyle, and fastest was Colin Lemaa in 28.54.

This is a new record for the course.

Many Thanks to Elaine Warren, Mike Berry, Rosemary McGlashen and George Innes, who guided all safely around the course.

Thanks too to Shirley and Wally Cross, Duncan Strachan, Mrs Phyllis Barnes and Frank McLinden who sorted everything out successfully at the finishing line.

Congratulations Andy Wright for your spot on handicapping, and thanks to all the runners for participating. Look forward to your company next year.

RESULTS.

	Age Grp	Clock Time	Posn	Hcap	Adjusted Time	Posn
Alan Martin	inv	49.16	1	15.00	34.16	16
Merv Moyle	M55	49.47	2	13.15	36.32	23
Dick Horsley	M70	49.52	3	11.00	38.52	27
Cliff Bould	M65	50.02	4	11.00	39.02	28
Keith Forden	M45	50.06	5	11.00	39.06	29
Lorna Butcher	W50	50.14	6	9.30	40.44	34
Basil Worner	M50	50.23	7	12.45	37.38	24
Graham Thornton	M40	50.26	8	19.15	31.11	5
June Strachan	W55	50.30	9	1.30	49.00	47
Derek Crowther	M40	50.35	10	19.45	30.50	4
Vic Beaumont	M50	50.37	11	12.45	37.52	25
Margaret Warren	W45	50.41	12	6.00	44.41	41
Kirt Johnson	M55	50.42	13	11.30	39.12	30
Hamish McGlashen	M45	50.43	14	17.45	32.58	9

Dave Roberts	M40	50.45	15	16.30	34.15	15
Kevin Martin	M45	50.46	16	18.00	32.46	7
George Peet	M50	50.47	17	14.30	36.17	21
Nora Berry	W50	50.51	18	3.00	47.51	46
Dalton Moffett	M50	50.44	19	17.15	33.39	12
Joan Pellier	W40	50.55	20=	11.00	39.55	32
Bob Sammells	M45	50.55	20=	18.00	32.55	8
Carole Cole	W40	51.06	22	6.00	45.06	42
Mary Robinson	W45	51.07	23	6.00	45.07	43
Brian Danby	M35	51.08	24	20.30	30.38	3
Colin Leman	M35	51.09	25	21.15	29.54	2
Ernie Moyle	M55	51.17	26	9.30	41.47	35
Joe Stickles	M45	51.22	27	17.30	33.52	13
Bob Hayres	M50	51.25	28	16.15	35.10	17
Selby Munsie	M50	51.27	29	9.30	41.57	36
Aub Davie	M45	51.31	30	15.00	36.31	22
John Pellier	M40	51.32	31	18.15	33.17	10
Jim Barnes	M40	51.50	32	19.30	32.20	6
Rob Shand	M50	51.52	33	18.15	33.37	11
Don Caplin	M45	51.57	34	22.15	29.42	1
Frank Usher	M60	52.08	35	10.00	42.08	38
Bob Farrell	M40	52.37	36	14.30	38.07	26
Terry Tate	M45	52.39	37	18.30	34.09	14
Elza O'Dea	W45	52.58	38	9.30	43.28	40
Margery Forden	W40	53.02	39=	13.15	39.47	31
Ray Lawrence	M55	53.02	39=	11.00	42.02	37
Jim Greenfield	M40	53.04	41=	17.00	36.04	19
Dave Branson	M45	53.04	41=	17.00	36.04	19=
Mike Hill	M40	53.04	41=	?	?	?
Morris Warren	M45	53.44	44	18.15	35.29	18
Andy Wright	M60	54.24	45	11.00	43.24	39
Enid Crowther	W40	56.32	46=	11.00	45.32	44=
Phyllis Farrell	W35	56.32	46=	11.00	45.32	44=
Dave Hough	M50	58.17	48	18.00	40.17	33
Pat Hayden	W45	64.05	49	9.15	54.50	48
Jill Pearton	W35	64.24	50	9.15	55.09	49

On checking the record sheet, it would appear that Colin did not break the course record as he has already done 29.29 on the run in 1981. This is not the course record however, Hugh Kirkman still holds the course and M35 record at 29.12 which was set in 1980 in the first Sutherlands Run.

There were some age group records broken this year. They were by:-
 Lorna Butcher who did 40.44 breaking her own record by 5sec. in the W50s.
 June Strachan did 49.00 to break Val Tysons W55 record by 8min 35sec.
 Don Caplin Just managed to get under Maurice Smiths record by 1sec in 29.42.
 Last but not least Dick Horsley broke his own M70 record by 46sec with a run of 38.52

I think Andy did a magnificent job of getting 31 of the 50 runners home inside two minutes. (Even if it does make it hectic for those on the finish).

YANCHEP PICNIC RUN. 12th August 1984.

28 members drove to Yanchep National Park for the first Picnic Run organised by Joan and Barrie Slinger.

The start was delayed so we could listen to the Olympic 1500m being run at Los Angeles, NOT because Barrie was late back from marking the course with flags, (thats his excuse anyway).

The run was a hard but picturesque course, taking us through the Gorge and round the back of the golf course and along the bush tracks.

First man home was Colin Leman and the first lady Margery Forden. The three ladies who walked round the course, were in fact seen running at on stage.

Mary Robinson took a wrong track on one of the many bends where the ferns were head high although there were a couple of men only a short distance in front of her she could not see them.

After lunch a tug of war was held, ladies against men, also a skipping competition. The men should definately take lessons. This was followed by a soc-

-cer match, with a lady referee. Whether they took any notice of her is a debateable point? In the end the ladies decided that they would show the men how to play. That's when the fun started. Barrie had his glasses kicked off twice, If you will play soccer laid on the floor Barrie!!!! Colin got his back scratched, well he should have worn a shirt! Margaret made some great saves by standing just where her own team were kicking the ball and Jackie put on a terrific show of doing the splits whilst keeping goal. I believe the final score was 3 - 3. After the game everyone collapsed in a heap, I really don't know which was the hardest? The soccer or the run, but I do know which was the funniest.

We would like to thank Joan and Barrie for organising a most enjoyable ady, even the weather was great.

Dorothy Whittam.

RESULTS:- 10km.

1.	Colin Leman	M35	37.46*	=15.	Keith Forden	M45	51.57
2.	Don Caplin	M45	38.56*	=15.	Jim Greenfield	M40	51.57
3.	Derek Crowther	M40	39.15*	17.	Derek Cowlan	M45	52.50
4.	Graham Thronton	M40	40.19	18.	Jo Stone	W35	53.10*
5.	John Pellier	M40	43.37	19.	Ernie Moyle	M55	53.19*
6.	Morris Warren	M45	43.42	20.	Fred Hagger	M55	53.29
7.	Mitch Loly	M40	43.49	=21.	Phyllis Farrell	W35	57.00
8.	Dave Hough	M50	46.54*	=21.	Kath Penton	inv	57.00
9.	George Peet	M50	47.17	23.	Dorothy Whittam	W45	63.00*
10.	Stan Lockwood	M50	48.34	24.	Mary Robinson	W45	63.19
11.	Margery Forden	W40	49.05*	<u>Walkers!</u>			
12.	Bob Farrell	M40	50.08	=25.	Sue Leman	W35	81.48
13.	Joan Pellier	W40	50.28	=25.	Margaret Warren	W45	81.48
14.	Basil Worner	M50	51.28	27.	Enid Crowther	W40	82.08

*All age group winners set inaugural records.

DAVE JONES X 3 (6.6km)

Two major runs and wet, windy conditions resulted in low attendances at McCallum Park on the 19th August, but thirteen hardy runners braved the elements to run the Dave Jones x 3 course.

Nine men and four women set off in high spirits and some good times were attained.

Alan Croxford - invitation runner - took an early lead and finished in a good time of 25.07. Rob Shand was the first club member to finish in the fine time of 25.43.

Joan Pellier finished strongly in 30.29 and is looking in good shape for the forthcoming 24hr relay in October. Carol Cole - our once a week runner - finished well in 33.30 and it's nice to see Shirley Cross back in form after knee problems.

Thanks to Jeff (Chester) Whittam and Dick Horsley for their helping hand.

Mary Robinson

RESULTS:-

			lap 1.	lap 2.	lap 3.
1.	Alan Croxford	inv	8.19	16.37	25.07
2.	Rob Shand	M50	8.27	17.02	25.34
3.	Mark Pomery	inv	8.53	18.27	28.22
4.	Merv Moyle	M55	9.45	19.30	28.59
5.	Alan Pomery	M50	9.45	19.30	29.05
6.	Joan Pellier	W40	10.19	20.35	30.29*
7.	Dick Horsley	M70	10.19	20.41	30.46*
=8.	Kirt Johnson	M55	10.59	22.13	33.30
=8.	Carole Cole	W40	10.58	22.14	33.30
10.	Dorothy Whittam	W45	11.55	24.46	37.53*
11.	Shirley Cross	W45	12.23	25.48	38.45
12.	John Bissett	M40	10.19 one lap only		
13.	Fred Hagger	M55	10.59 one lap only		

* Denotes new record.

ALTERATION OF ADDRESS. Jill Pearton, 2, Macaulay Ave, Duncraig. 6023. T448 6364

HAPPY BIRTHDAY TO THE FOLLOWING MEMBERS:-

Tony Dowling	turns 46	remains M45 14	Morris Warren	turns 47	remains M45 24
Tony Denham	" 49	" M45 15	Basil Worner	" 53	" M50 04
Bob Hayres	" 53	" M50 16	Arthur Leggett	" 66	" M65 08
Stan Lockwood	" 55	becomes M55 29	Alan Chambers	" 47	" M45 30
Mel Shead	" 41	remains M40 04	Brian Kennedy	" 51	" M50 14
John Spencer	" 48	" M45 26			
Frank Usher	" 61	" M60 30			

CLUB RECORD RUNS FOR SEPTEMBER:- CLIFF BOULD TRPHY. 10.4km.

W30 G Hall 52.36; W35 J Slinger 48.10; W40 J Slinger 50.14; W45 M Warren 54.54; W50 L Butcher 50.08; W55 J Strachan 59.48; M35 H Kirkman 36.36; M40 D Caplin 35.37; M45 M Smith 38.01; M50 R Shand 39.20; M55 A Tyson 41.40; M60 R Godkin 44.55; M65 R Horsley 45.07; M70 R Horsley 50.15:

HILLS TRACKS RUN. 7.6km W30 J Pearton 40.49; W35 J Slinger 40.15; W40 V Pach 42.37; W45 M Warren 44.12; W50 L Butcher 39.42; W55 J Strachan 48.16: M35 C Leman 29.27; M40 D Caplin 30.32; M45 R Shand 31.10; M50 D Moffett 34.24; M55 M Moyle 36.45; M60 D Strachan 36.36; M65 D Horsley 37.33; M70 D Horsley 37.53:

BRIDGES (RIVER) + 1 CLIFF BOULD:- 14.4km. W30 G Sutherland/M Tapper 91.35; M35 K Beamont 56.09; M40 M Smith 56.59; M45 B Buchanan 58.46; M50 D Butcher 60.42; M55 A Tyson 61.49; M60 V Anderson 66.36:

Dick Horsley has had a letter from Don Stone who is now living in Israel. Don has become involved in athletics there and as well as competing himself he is also helping to coach young walkers. He recently competed in the Jerusalem half marathon as a walker, he found the event rather like walking for 21km over Reabold Hill. He has also competed in the Israeli Trach Champs in the 3km and 20km walks winning the M50 in the 3km with a time of 15.52.13. In the 20km event he did 2.04.36.0 and his 10km split was 58.19. Apart from his athletics he is also having a very full social life.

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Marathon medicine

The modern cult of marathon running owes more to Robert Browning and his Victorian romanticism than to any recognisable historical fact.^{1,2} The marathon was not an event in the classic ancient Olympic games, but the poet's licence with the story of the Greek messenger Pheidippides's heroic run, garnished with his death as he gave the message, led to the modern Olympic marathon and some 70 years later to the mass marathon phenomenon.

The myth of the runner's death is still perpetuated as a medical fact by Northcote, who advocates routine exercise electrocardiography on all novice runners over 40, and even some of 35-40.³ Indeed, the Victorian image of the marathon runner, close to death, is widely accepted and has been helped along by journalists. First came the collapse of Dorando Pietri in front of the royal box as he led the 1908 Olympic marathon, and the photograph of his being helped across the finish line became a sports classic. Pictures of Jim Peters disorientated and confused from hyperthermia as he led the 1954 Vancouver marathon in weather conditions far too hot for such an event are also frequently shown, giving the impression that marathon running is inherently dangerous.

The reality is very different. The common medical risks of marathon running and training are not alarming and they can be prevented (p 1355). For women marathon training produces a small "risk" of amenorrhoea, but the commonest reason for withdrawal from the London marathon (for either sex) in the four months to date has been pregnancy. Most problems on the day are trivial: blisters, chafing from constant friction with fashionable nylon running shorts and vests, muscle cramps, and exhaustion make up the vast majority of "casualties" recorded at popular marathons.⁴ These are

preventable to some extent by adequate training, correct shoes and clothing, and perhaps use of petroleum jelly on friction points. Musculoskeletal problems are common during training, and more than a third of these are knee injuries, which often become chronic.⁵ Accurate diagnosis of musculoskeletal problems is not possible in a "major disaster" setting with 1000 or more casualties at first aid stations at popular marathons, so that the actual incidence of fatigue fractures is not known, but fractures of the neck of the femur as well as the commoner "march fractures" may occur.

Constitutional problems are usually related to the weather and dehydration. Heat stroke may occur even in mild weather conditions, but hypothermia is commoner in Britain. Apart from advice on drinking frequently and wearing adequate clothing in cold weather, the prevention of real damage from hyperthermia probably requires education of the public not to encourage the dazed disorientated runner to carry on but to get him to first aid as soon as possible.

Major cardiac events are surprisingly uncommon, and the occasional death from heart disease is perhaps inevitable with the numbers of participants.⁶⁻⁸ Canadian experience of exercise testing has shown it to be of very limited cost benefit in mass screening of potential joggers. Such tests tend to give frequent false positive results in normal populations, and a better approach uses a preliminary health questionnaire to identify those at particularly high risk.⁹ The best form of prevention is better public knowledge of coronary disease and its symptoms. Inevitably occasional death in a marathon is given a great deal of press coverage⁸ but necropsy usually shows extensive coronary disease.^{10,11} Possibly we are all susceptible to the legend of Pheidippides, but over 96% of the 36 000 runners in the last two London marathons finished the course, and perhaps after a century this romantic legend will be laid to rest.

DAN TUNSTALL PEDOE

Marathons, half marathons, and long distance runs

MEDICAL ADVICE TO RUNNERS

If you have any medical problems, discuss these with your general practitioner. This advice sheet supplements anything he or she says. See your doctor if you have any medical problem which makes it risky for you to run or take part in the marathon.

Training

Muscular aches and pains occur most commonly after an increase in training.

- Increase training gradually so that you do not suffer prolonged exhaustion.
- Intersperse days of heavy mileage with one or two days of lighter training, so that your body can replace its muscle glycogen.
- If you have flu, a feverish cold, or a tummy bug, do not train until fully recovered. Then start gently and build up gradually.
- Do not attempt to catch up on lost mileage after illness or injury. This may cause further damage.
- To reduce risk of injury train on soft surfaces (parkland, footpaths, etc) when you can, especially on days of light training. Vary routes and run on varying cambers—hills, etc. *Always face the oncoming traffic, especially in the dark.*

If you cannot run 15 miles comfortably a month before the marathon you will not manage a marathon in safety, or enjoy it. *Please do not run on this occasion.*

Diet

- Eat what suits you.
- Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a good mixed diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply.
- Training helps you to sustain a high level of muscle glycogen. Before you run the marathon decrease your intake of protein (meat) and increase your intake of carbohydrate (pasta, bread, potatoes, cereals, rice and sweet things), especially for the last three days, which is when you should be reducing your mileage and resting. (Unless you reduce the protein you will not eat enough carbohydrate.)
- Carbohydrate (glycogen) depletion and then loading does not help all runners and can make your muscles very heavy.

Fluids

You must replace fluids lost in sweat; otherwise your body becomes dehydrated and less efficient.

- Drink plenty of fluids after training and during races, especially in the first half of the marathon.
- Alcohol is dehydrating. A pint of beer produces more than a pint of urine. Spirits have a worse effect. So take plenty of non-alcoholic drinks, especially before the race and in hot weather.
- *Drink enough to keep your urine pale straw colour and abundant.*

Clothing

- *When training in the dark be seen.* Wear white clothing and reflective flashes or bandoliers. *Run facing the traffic.*
- Wear comfortable clothing. Natural fibres such as wool and cotton are kinder to the skin than artificial fibres. Trendy shorts with sewn on trimmings can rub your groins until they bleed.
- Find shoes that stay comfortable for long periods.

On the day

- *Do not run if you feel unwell* or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the start. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family, and the marathon support staff to risk becoming a medical emergency and you are unlikely to do yourself justice.

There are many other marathons. If you surrender your certificate of entry to the marathon office you will be guaranteed a place next year.

- If you have any medical problem which might lead to an emergency, such as fits, diabetes, put a cross on the front of your number (well away from the bar code) and write details on the reverse of the number, especially your medication.
- Wear appropriate clothes for the weather. On a cold wet day you can become very cold if you slow down or walk. A hat and gloves prevent heat loss and are easily carried.
- If it is hot, wear loose mesh clothing, *start slowly*, run in the shade, and drink whenever you can.
- Start the race well hydrated (urine looks pale) and drink regularly as you lose a lot of fluid "insensibly." This will help you feel better late in the race and may prevent cramp.

At the finish

- *Do not stand about getting cold.* Go straight to the baggage area and change into warm dry clothing.
- Do not trust your clothing to someone else. Use the baggage system, get dressed, and then go to the reunion area. Foil blankets do not stop you from becoming cold.

Medical aid

Train sensibly. Follow this simple advice and you will probably not need medical aid. The medical aid posts are generally situated 50 to 100 metres downstream of the drink stations and at the finish.

- If you drop out make for an aid station.

Make sure your relatives know your running number.

Enjoy your running and *keep this advice sheet.*

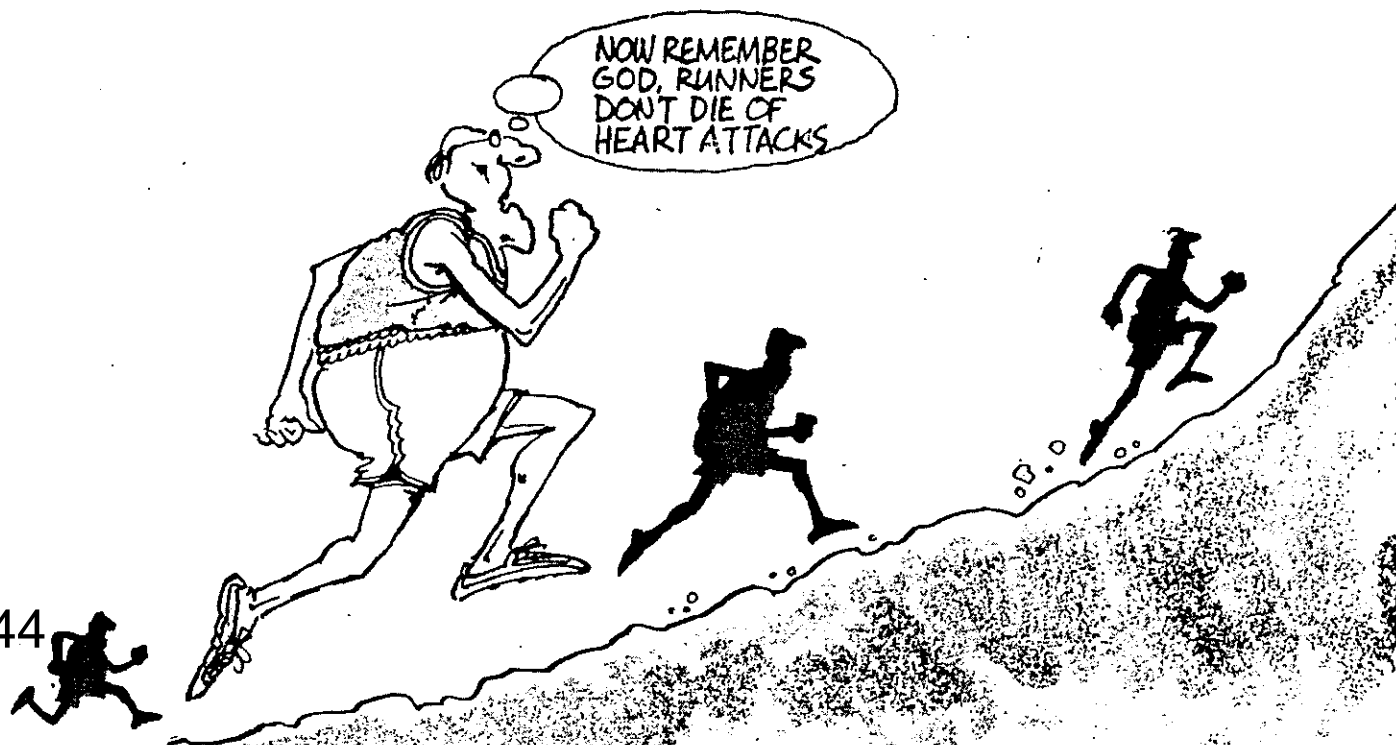
[Signed Medical Director]

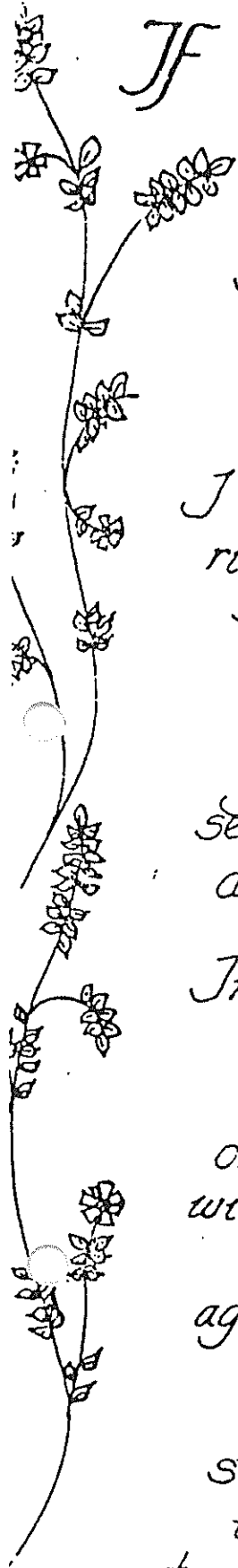
Guidelines produced by a consensus conference, convenor Dr D Tunstall Pedoe, Cardiac Department, St Bartholomew's Hospital, London.

BEST W.A. VETERANS MARATHON TIMES 3 HOURS AND UNDER. (FROM W.A.M.C. N/L.)

Jim Langford	Herne Hill	2.18.08	12/8/79
Ray Purdue	Albany	2.25.37	6/11/83
Frank Smith	Herne Hill	2.29.06	12/9/82
Hank Stoffers	Albany	2.30.19	6/11/83
Col Junner	Melbourne	2.30.35	4/6/60
Fred Langford	Herne Hill	2.30.43	4/9/71
Kevin Anderson	Peoples /Perth	2.33.29	24/6/79
Peter Gallagher	PCG	2.35.23	12/8/67 ?
Colin Leman	Albany	2.36.53	6/11/83
Don Caplin	Albany	2.37.20	7/11/82
John Gilmour	Herne Hill	2.38.19	25/6/78
Maurice Smith	Herne Hill	2.39.33	12/8/79
Bob Harrison	Peoples/Perth	2.40.07	24/6/79 ?
Dennis Wilmott	Albany	2.40.29	22/11/81 ?
Derek Hoyer	Herne Hill	2.40.34	12/8/79
Maurice Johnston	Herne Hill	2.43.25	25/6/78
Jim Barnes	Albany	2.46.34	22/11/81
Frank Steere	Albany	2.46.43	7/11/82
Derek Crowther	Herne Hill	2.47.13	12/9/82
Ted Maslen	Peoples/Perth	2.47.37	24/6/79
Brian Danby	Albany	2.50.10	6/11/83
Bob Bryce	Albany	2.51.19	6/11/83
George Audley	Albany	2.52.02	7/11/82
Rob Shand	Peoples/Perth	2.52.07	24/6/79
Bob Harrison	Peoples/Perth	2.52.50	7/6/81 ?
Charlie Spare	Albany	2.53.18	22/11/81
George Innes	Herne Hill	2.54.02	8/10/72
Harry White	Albany	2.54.42	6/11/83 ?
John Maddison	Albany	2.56.04	7/11/82
Allen Tyson	Herne Hill	2.56.22	12/8/79
Vincent Caruso	BCM Bunbury	2.56.58	24/4/83
Gerry Allen	BCM Bunbury	2.57.07	24/4/83
Stan Latchford	Roebourne	2.53.13	15/7/84
John Pellier	BCM Bunbury	2.57.50	24/4/83
Dave Hough	Herne Hill	2.58.22	17/9/78
Dave Carr	Herne Hill	2.58.33	14/9/80
Dave Roberts	Peoples/Perth	2.59.32	24/6/79 ?
Laurie Elliott	Floreat	2.59.39	3/9/60 ?
Bill Monks	Peoples/Perth	2.59.47	6/6/82

Those with ? at the end may not be the ones who are members of the club.





If I had my life to live over,

I'd dare to make more mistakes next time.
I'd relax. I would limber up. I would be
sillier than I have been this trip.
I would take fewer things seriously. I would
take more chances. I would take more trips.
I would climb more mountains and swim more
rivers. I would eat more ice cream and less beans.
I would perhaps have more actual troubles, but
I'd have fewer imaginary ones.

You see, I'm one of those people who live
sensibly and sanely hour after hour, day after
day. Oh, I've had my moments and if I had
it to do over again, I'd have more of them.
In fact, I'd try to have nothing else. Just
moments, one after another, instead of living
so many years ahead of each day. I've been
one of those persons who never goes anywhere
without a thermometer, a hot water bottle, a
raincoat and a parachute. If I had to do it
again, I would travel lighter than I have.

If I had my life to live over, I would
start barefoot earlier in the spring and stay
that way later in the fall. I would go
to more dances. I would ride more merry-go-
rounds. I would pick more daisies.

Nadine Stair, 85 years old
Louisville, Kentucky

