



Vetrun

The magazine of Masters Athletics WA

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She's done it again – and again!

SO came the news that our own world-beating walker, Lyn Ventris, was stepping out in even more astounding style.

Lyn walked in the 20km State Open championships on July 29 and smashed the old W55 WR by more than 10 minutes. Her time was 1.43.11.

Then, on August 19 she broke the W55 WR for 10km by 18 seconds, with a time of 49:15.

... and again

In Adelaide at the Australian Walk Championships on August 26 Lyn broke her own WR for 20km by almost three minutes more, with 1:40:42! When she finds time, Vetrun hopes to publish an insight into the champ's fabulous recent form.



Lyn with Sebastian Coe in Monaco, where she received the IAAF award for Masters Athlete of the Year 2011.

New members – Welcome!

- 1145 DAVEY: Todd M45
- 1146 OBORNE: Timothy M40
- 1147 ARAVENA-ROMAN: Max M35
- 1148 MASON: Mandy W40



State X/C Kings Park – results P6

Grahak Cunningham first home in world's longest race

MASTERS member Grahak achieved massive media coverage when he set a new pb and finished first in the New York Self-Transcendence 3,100 Mile Race.

Club members who know Grahak will also know that this event is about something far more than 'victory' over his fellow-runners. He is a devotee of guru Sri Chinmoy, who initiated the Self-Transcendence event as a way for entrants to highlight their own human potential. His 5,649 gruelling circuits of a New York block took 43 days, 10 hours and 36 minutes - well before the 51-day cut-off. His previous personal best

was in 2009, when he finished second after 44 days and nine hours. Grahak has now completed the epic marathon four times.

Grahak ran for up to 18 hours a day and averaged almost 115 kilometres per day. Along the way he broke the Australian 1,000-mile (1,609km) record. As in previous years, instead of stopping at the 3,100 mile point, Grahak pushed on to make his run an even 5000km.



Grahak at the Carine run in 2008.



Karl at the Joondalup Run.

Duo are another Masters success story

MASTERS WA has a proud record. The club operates every week of the year, on the roads and T&F, without any paid admin or club premises. We have world-beaters. We boast an amazing age-range of fit and healthy people. But for me, camaraderie is Masters greatest virtue. Ordinary people – not established athletes – join us and improve, through the friendly competition, and advice and help from other members.

Most recently we have watched Sandra and Karl Stockman become fitter, faster (and lighter!) She has set new pbs over 10km and the marathon pbs, and Karl's is transformed from occasional runner to the bloke who just knocked nine minutes off his half-marathon pb! Here Sandra charts their progress since joining Masters.



Sandra in Perth Marathon 2011, her first.

KARL

Karl joined the club in 2008 and before that he was just running the odd fun run with me. He mainly did the shorter distances for the first couple of years but committed to doing a half marathon in Melbourne in October 2011.

It was, his first long distance run/race and his time was 2:02. The following month we both signed up for speed classes with the Running Centre, consisting of three sessions per week for six weeks.

During this time Karl sustained a number of soft tissue injuries to the calves, quads and hamstrings. He sought physio treatment but still ran, just slowing down a bit and upping the amount of kilometres each week.

First marathon

Over the summer we both started track running at Masters Tuesday night sessions, but in mid-January 2012 he developed a bursar on the hip. More physio, a cortisone injection, and he stopped run-

ning for about two months, working out at the gym instead. After this he slowly built up the kilometres again and set his sights on running his first marathon, Perth this year, in a time of 4:32. Preparation training wasn't great.

A career move and a number of farewell dinners the week before the event didn't help! But he felt good enough at the end to commit to another, the Melbourne marathon in October this year.

Karl also ran another half in early August, improving his PB by nine minutes to finish in 1:53. He is now running between 80 and 90km a week and looking to go under 4:20 in Melbourne. Oh yes: he's also lost 15kg since last year!

SANDRA

I joined the club in April 2005 after moving to Perth from Canberra in 1998, where I ran with the Veterans' Athletics Club. The Canberra vets only compete once a month, so I didn't run that much in Canberra, preferring to play golf, which I was much better at (nine handicap). I only competed with the Masters once or twice a year, plus the odd fun run, until I became serious in April 2009 and attended Sunday runs regularly.

I never had much of an interest in running a full marathon until Bob Lane suggested I give the Perth 2011 marathon a go. So I started doing longer runs from Darlington on Saturday mornings in April 2011. My time for the marathon was 3:43. Like Karl, I felt good enough at the end to want to do another, so committed to running the Melbourne marathon in October 2011, hoping to break 3:30.

Melbourne

I did more training beforehand this time, though it was still difficult. I work as a Hansard reporter and have to work late nights when

Parliament is sitting. I ran 3:23 in Melbourne. Then I did the speed class with Karl, track events in January and 14km runs on Wednesday nights with Marathon Club runners.

Injuries

This all proved to be too much as I started getting pain in my hamstring. I was diagnosed with everything from facet joint strains to sciatica, a bulging/protracted disk and osteoarthritis, so stopped running in early February while receiving treatment from physios, sports doctors and massage therapists, all to no avail. I was eventually referred to a neurosurgeon and had MRI, bone and CT scans, which showed up desiccated disks and a cyst on my spine.

But I was told it was nothing to worry about (!) and that my problems were just age-related and not a concern, and was given the go-ahead to run again. During the lay-off, I cycled, walked, did stretching exercises, did light cardio and weights at the gym, read as much as I could about back pain etc and was stricter with my eating regime. I'm currently training for Melbourne again in October, hoping for a PB of between 3:15 and 3:20.'

Motoring in France

IN Carayac without personal transport you are marooned. Buses are a good hour's walk away, up hill or down. Why wouldn't you drive, when you can buy ten old Mercedes for the price of a new Corolla?

There are 951,200km of roads available for your use in France. That's 'metropolitan' France – so you imagine they're talking cities?

Impossible! (Say it with a French accent – so much more emphatic.) That's all the roads, including motorways, in towns and country.

Imperial

This 'metropolitan' is a clue to France being even more imperialist than Rome, Ottoman and Britain at their peaks.

France doesn't even acknowledge its colonies as being – abroad.

They're part of France. They're French.

So to differentiate, the mass of land we all think of as France, is known as 'metropolitan' France. It's the homeland.

But I'm getting off the track. The population of France was, at the last published account, 63,587,700 souls.

Metropolitan France has 61 million people and now we're approaching the point.

They all drive; whether or not they have licences is another matter.

Value for money

Assuming the average driver starts terrorising the neighbourhood on his scooter at 16, and dies in an appalling head-on collision with a combine harvester at 66, il/elle has just 50 years of active mayhem to cover 951,000km.

If you drove for eight hours a day for 50 years (that's 151,840 hours) it would be simple.

You could do it at 6km per hour. But that's laughable impossible in France, so everyone averages 10 times that to wring every last sou of value from their road tax and insurance.

Parking

Where to leave the car, between races and safaris, is the least of their worries.

On the rare occasion your car isn't impounded by the gendarmes, or undergoing major body repairs, you just leave it where you stop.

C'est normal!

I thought the Parisian who left his VW overnight on a pedestrian crossing was the champ.

Then we came south and I saw a jeep left on the railway line.

It's good if you're lucky enough to have a garage. But then you have to get in and out of it. Owners try everything to keep their access clear.

The most imaginative found so far is the Monsieur who stuck an 'ambulance' sign on his garage door, alongside the standard 'if you park here I will kill you' warning. Don't know if he started driving around town in an ambulance. Whatever – it didn't work – see picture.



DIY breathalysers

Since July 1 every vehicle in France has to carry Breathalyser packs, two per car.

Presumably you need two so you can also check any passenger volunteering to drive you home if you fail the self-test.

What a great idea, I thought. I'll import these into Australia and make a fortune.

Better see if they work.

Now I am always ready to sacrifice myself on the altar of technological progress especially if it means drinking some wine before the altar first.

Catholics do it every Sunday, why not me?



In My View ... by the Editor-at-large

This is the final French Vetrin. The best part of this rural sojourn? Not the great, cheap food and wine; or good friendship; or the novelty of living in another culture. No, it's having no telly or radio; often no phone or internet, and no bloody politicians or 'celebrities' making me want to spit or kick in the screen. See you soon at the GOT Run!

Pure science

The test was very scientific. I bravely volunteered to drink enough to probably test positive. Two- Mercs Mich was the designated driver any way, because he knows all the un-patrolled country lanes around Figeac, so he would be the control.

Half a bottle of Alsace, quick taste of Rioja, fair share of St Emilion; that should do it for me I announced. Let the testing begin.

Gallic hysterics all round the table as everyone tried to comprehend the instructions printed on the packs. Obviously this is the first stage; if you can't understand the rules, you're drunk.

We persevered. With the mouthpiece in place you simply blow hard until the balloon is full. At this point the mouthpiece-tube becomes almost too hot to hold.

In my case the tube turned from yellow to green. Green means go? No, it means you have failed.

Mich's turn, and on two glasses of wine over five hours – his test was green and positive also.

My scientific deduction is that these kits confirm that you have been drinking alcohol.

Great! I think you might know that already before you open the bag.

So much for my fortune. I don't think these gadgets will impress Aussies.

GET ready for the GOT

RECENTLY I have campaigned against the ugliest word in English.

It's 'Got', a verbal crutch, used excessively, and mostly unnecessarily. For instance: 'I've got' should be 'I have.' All right, it might be original old English, but it's still a dog. And don't get me started on 'gotten'.

(I've browbeaten a few friends into the cause. When they say got or get, they now apologise.)

Ironically I must now write and prepare new contestants for the Guess Own Time event – known as the GOT.

Fabulous trophies can be won. All you have to do is estimate how long you will take to complete either the long, 3-lap, 9km course; or the 2-lap, 6km. Go round any way you like – run, walk, hop, skip or limp. Winner is the member closest to estimate.

Naturally, we don't want to make it too easy. So it's held over a mixed-terrain course at Hale School. Some find it hard to guess how long it takes to swing through the jungle section. And the quicksand is a problem.

Amazingly, the famed Timeless Trophy has often been taken home by someone who picks their time to the second. Bob Schickert is believed to have a built-in metronome, and has won it several times. (Clue: follow Bob.)

So do give this unusual run a go. But leave your watch at home please. VW



Mill Point Road Championships

July 29, 2012

Director: Milton Mavrick

10K RUN Men

Kim Thomas	M35	37:56
Tony Smith	M35	39:24
Tom Tralau	M35	43:11
Hamish McLeod	M35	45:12
Ante Perdija	M40	39:53
Dante Giacomini	M40	46:38
Chris Reid	M45	42:33
Tristan Bell	M45	45:08
John Batta	M45	48:11
John Allen	M50	40:22
Peter March	M50	41:20
Mickey Muroi	M50	42:13
Ross Keane	M50	45:00
Wayne Taylor	M50	47:17
Karl Stockman	M50	50:29
Chris Koemam	M50	54:12
Chris Maher	M55	39:47
Bjorn Dybdahl	M55	40:02
Ian Carson	M55	40:25
Paul Ankers	M55	40:51
Bob Lane	M60	39:31
Paul Hughes	M60	41:37
Graeme Dahl	M60	41:56
Keith Miller	M60	43:32
George Fish	M60	43:37
Brian Bennett	M60	44:02
Charlie Chan	M60	47:23
Mark Hewitt	M60	47:44
Brian Danby	M60	47:55
Gary Fisher	M60	49:32
Frank Gardiner	M60	51:27
Terry Humphrey	M60	56:15
Neil McRae	M60	58:50
John Byrne	M60	60:57
Bob Fawcett	M60	74:18
Jim Klinge	M65	44:23
Mike Khan	M65	50:51
John Bell	M65	55:23

Jim Barnes	M65	55:34
Geoff Mullins	M65	55:37
John Talbot	M65	59:16
Roger Walsh	M65	61:54
John Mack	M70	49:28
Graham Thornton	M70	54:22
Paul Martin	M70	57:00
John Pellier	M70	58:55
Richard Danks	M70	61:41
Irwin Barrett-Lennard	M80	55:30
David Carr	M80	60:08
Cecil Walkley	M80	73:10

Women

Trisha Farr	W40	48:19
Monique Fountain	W40	52:46
Tracey Koziniec	W40	56:19
Kris Adrian	W40	62:53
Sandra Stockman	W45	41:41
Sue Bourn	W45	44:45
Claire Walkley	W45	48:17
Janet Jiang	W45	60:07
Paula Koert-Bain	W45	63:48
Karen March	W50	45:13
Robin King	W50	46:44
Carmel Meyer	W50	49:46
Penny Horsfall	W50	82:51
Carol Bowman	W55	49:22
Julie Wilson	W55	52:06
Barb Humphrey	W60	55:53
Jo Richardson	W60	77:27
Peggy Macliver	W65	54:37
Lorraine Lopes	W70	52:21
Kathy Burr	W70	71:24
Mary Heppell	W75	89:59

5K RUN

V4		20:27
Amanda Walker	W45	20:32
Raymond Gimi	M45	24:26
Ivan Brown	M65	25:12
Johan Hagedoorn	M65	25:19
Dave Roberts	M65	26:20
Damien Hanson	M55	27:14
Ray Attwell	M75	27:23
Delia Baldock	W50	27:33
Genevieve Schreyvogel	W40	28:03
V7		28:20
John Dennehy	M50	29:09
Kylie Mahony	W40	30:36
Sandra Rourke	W45	30:42
Aldo Giacomini	M75	31:30
Peter Hopper	M65	32:21
John Brambley	M70	32:47
Arnold Jenkins	M65	33:54



Chris Reid and Mickey Moroi.

Mitch Loly	M70	34:43
John Ellard	M70	35:41
Carolyn Fawcett	W60	39:00
Julie Wood	W60	39:42
Vic Beaumont	M80	40:04
Sheila Maslen	W70	40:14

10K WALK

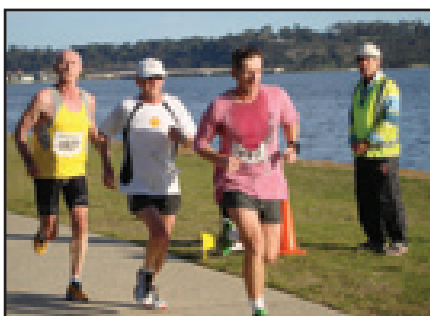
Men		
Alan Jennings	M70	79:43
Jeff Whittam	M75	84:11
John Smith	M75	84:13

Women

Val Millard	W65	75:23
Joan Pellier	W70	84:59
Ann Turner	W75	89:00

5K WALK

John McDonagh	M60	36:43
Rosa Wallis	W65	43:05
Lorna Lauchlan	W80	44:43
Kirt Johnson	M80	44:44
Sofia Carson	W50	45:25
Lee Chan	W50	45:58
Margaret Warren	W75	49:16
Morris Warren	M70	49:17
Elaine Sillery	W75	49:47
Margaret Bennett	W70	50:05
Dorothy Whittam	W75	51:51
Mike Horsfall	M60	54:46
Pat Miller	W70	55:19
Leo Hassam	M80	55:21
Elaine Ellard	W70	55:57
John Dance	M60	60:28
Andrea Byrne	W30	63:49



George Fish, Keith Miller and Tom Tralau.

State Cross Country Championships

August 5, 2012

Director: Committee

8K RUN

Men

Kim Thomas	M35	34:11
Tony Smith	M35	36:53
Tom Tralau	M35	38:49
Dante Giacomini	M40	45:27
Kim Tucker	M45	38:21
Chris Reid	M45	39:08
Tristan Bell	M45	41:21
Rob Colton	M45	42:53
Trevor Scott	M50	33:23
Peter March	M50	38:57
Ross Keane	M50	40:34
Wayne Taylor	M50	43:56
Chris Koemam	M50	50:55
Karl Stockman	M50	52:07
Ian Carson	M55	37:10
Bjorn Dybdahl	M55	37:28
Paul Hughes	M60	38:31
Brian Bennett	M60	40:13
Charlie Chan	M60	44:15
Brian Danby	M60	44:22
Nick Miletic	M60	49:57
Neil McRae	M60	53:07
John Byrne	M60	53:52
Jim Klinge	M65	39:21
Mike Hale	M65	44:52
Mike Khan	M65	48:51
John Talbot	M65	55:10
Greg Wilson	M65	71:48
Bob Schickert	M70	52:17
John Pellier	M70	54:26
David Carr	M80	49:09
Irwin Barrett-Lennard	M80	50:54



Start of the club's toughest cross-country – Jorgensen Park.

Women

Sandra Stockman	W45	40:00	Janet Jiang	W45	40:07
Sue Bourn	W45	42:11	Bob Fawcett	M60	45:40
Julie Keeley	W45	56:05	Sylvia Szabo	W30	61:30
Sue Zlnay	W50	41:34	Sylvia Szabo	W50	61:30
Karen March	W50	42:51	Visitor		
Robin King	W50	43:23	V2		25:51
Delia Baldock	W50	51:13	2.7K RUN		
Margaret Saunders	W55	44:14	Neil Morfitt	M55	12:26
Carol Bowman	W55	45:52	Paula Koert-Bain	W45	18:16
Julie Wilson	W55	49:16	John McDonagh	M60	18:39
Sarah Ladwig	W60	55:24	Ray Hall	M75	20:47
Peggy Macliver	W65	50:51	Gail Castensen	W55	22:55
Lorraine Lopes	W70	49:22	Carolyn Fawcett	W60	23:16
Lynne Schickert	W70	71:13	Sofia Carson	W50	27:03
5.4K RUN			Kirt Johnson	M80	27:57
Lisa Searle	W35	25:48	Lee Chan	W50	28:28
George Fish	M60	26:56	Visitor		
Johan Hagedoorn	M65	34:30	V1		18:05



Ups and downs, and the ditch, give the old Jorgensen golf course its character. Broad-jumpers are, above, led by Graeme Dahl; right, Mike Hale and Charlie Chan; and far right, following David Carr.



Director Ralph – directing.

10K RUN

Chris Maher	M55	42:52
John Allen	M50	43:13
Bjorn Dybdahl	M55	43:17
Ian Carson	M55	43:21
Mickey Muroi	M50	44:00
Jim Klinge	M65	45:36
Chris Reid	M45	46:46
Lisa Searle	W35	46:58
Danny Sheehan	M55	47:50
Hamish McLeod	M35	49:37
Charlie Chan	M60	52:37
Mark Hewitt	M60	53:50
Bob Schickert	M70	57:51
Monique Fountain	W40	57:59
Lorraine Lopes	W70	62:54
John Byrne	M60	63:26
John Pellier	M70	64:36
Dennis Hughes	M65	71:46



One of our newest members, Gail Castensen at Kings Park.

5K RUN

Paul Odam	M50	21:33
Graeme Dahl	M60	22:26
Paul Hughes	M60	22:37
Neil Morfitt	M55	22:49
Ross Keane	M50	24:01
Bruce Wilson	M65	24:07
Chris Koemam	M50	26:37

Kings Park Cross Country Run

August 12, 2012

Director: Ralph Henderson

AFTER a bit of a damp start the rain thankfully stayed away until the run was well finished. Although the numbers were down, presumably due to a combination of the weather and the Perth Half Marathon Championship, it was good to see some close competition for the leading places and a few young visitors running very well. I heard that the walkers enjoyed their 'challenging' course.

My job was made much easier by all my willing helpers and as a result we had a very successful event. So a big thank you to marshals Milton, Peter, Richard, Tracey and Sue, time-keeper Alan, recorders Jannie and Bob and drinks Sue and Carol. I trust everyone enjoyed themselves and will, I hope, be back next year.

Carol Bowman	W55	26:38
Gary Fisher	M60	26:52
David Carr	M80	27:09
Dee Conibeer	W50	28:01
Peggy Macliver	W65	28:47
Graham Thornton	M70	28:52
Nick Miletic	M60	29:08
Neil McRae	M60	29:08
Johan Hagedoorn	M65	29:44
Delia Baldock	W50	29:46
Anne Jones	W55	30:13
Sandra Rourke	W45	31:44
John Talbot	M65	32:53
John Dennehy	M50	33:18
Sandra Hughes	W65	35:08
Arnold Jenkins	M65	37:04
Jackie Halberg	W65	38:39
Val Millard	W65	39:09
Gail Castensen	W55	39:44

7.1K WALK

John McDonagh	M60	49:13
Mike Rhodes	M65	49:37
Bryan Hardy	M65	50:30
Peter Hopper	M65	53:13
Alan Jennings	M70	54:47
Lynne Schickert	W70	55:57
Jeni Shillington	W50	59:12
Debbie Wolfenden	W45	59:31
Bob Fergie	M75	60:18
Jeff Whittam	M75	60:18
Joan Pellier	W70	62:01
Kirt Johnson	M80	63:17
Lorna Lauchlan	W80	63:17
Sofia Carson	W50	63:33
Lee Chan	W50	65:35
Patricia Hopkins	W70	65:41
Ann Turner	W75	65:41
Sylvia Szabo	W30	69:29
Sylvia Szabo	W50	69:31
Morris Warren	M70	75:59
Margaret Warren	W75	76:06
Pat Ainsworth	W75	78:59
Shorty Turner	M75	79:00
Mitch Loly	M70	83:10
John Dance	M60	83:13



Ralph again, cheering 10km winner Chris Maher to the finish.



Why are so many ladies joining Masters? It's obvious – they want to be photographed by Frank Smith! The duo are Ali Menegola and Allison Lilly; above is Sofia Carson.

Nedlands

August 19, 2012

Director: Frank Gardiner

10K RUN

Kim Thomas	M35	37:53
Steve Weller	M35	39:12
Ian Carson	M55	40:07
Bjorn Dybdahl	M55	40:59
John Allen	M50	41:03
Chris Maher	M55	41:14
Peter March	M50	42:03
Sandra Stockman	W45	42:37
Chris Reid	M45	43:38
Paul Ankers	M55	45:08
Bob Lane	M60	45:09
Sue Bourn	W45	45:25
Karen March	W50	45:38
Geoff Bailey	M40	46:16
Steve Hossack	M50	47:50
Ross Keane	M50	47:51
Mark Hewitt	M60	48:09
Hamish McLeod	M35	48:18
Charlie Chan	M60	48:22
Robin King	W50	48:33
Wayne Taylor	M50	49:20
Gary Fisher	M60	49:26
Mark Dawson	M50	49:31
Jennifer Williams	W65	49:46
Maree Brown	W45	50:06
Bob Schickert	M70	51:28
Gillian Young	W65	53:11
John Bell	M65	53:22
Dee Conibeer	W50	53:25
Julie Wilson	W55	54:08
Karl Stockman	M50	54:20
Mike Hale	M65	54:25
Sally Floyd	W45	54:36
Geoff Mullins	M65	54:43
Claire Walkley	W45	55:11
Jo Clarkson	W55	55:12
Jim Barnes	M65	56:56
John Byrne	M60	58:00
Milton Mavrick	M55	58:33
Neil McRae	M60	59:22
John Talbot	M65	60:52
Sarah Ladwig	W60	61:15
Sandra Rourke	W45	62:29
Richard Danks	M70	63:26
Rochelle Airey	W40	63:29
Mike Horsfall	M60	64:54
Brian Bennett	M60	66:38
Greg Wilson	M65	75:28
Bob Fawcett	M60	77:40

5K RUN

Rod Hamilton	M50	19:18
Paul Odam	M50	19:45
Paul Hughes	M60	20:06
Jim Klinge	M65	21:01
Bruce Wilson	M65	22:03
Giovanni Puglisi	M60	22:30
Tom Tralau	M35	22:40
Dante Giacomini	M40	23:06
Margaret Saunders	W55	23:50
Tom Clarke	M65	23:53
Raymond Gimi	M45	24:11
Carol Bowman	W55	24:32
Dave Roberts	M65	25:48
Johan Hagedoorn	M65	25:58
Nick Miletic	M60	26:20
Peggy Macliver	W65	26:26
Allan Billington	M50	26:44



Start of the Nedlands event (above).

Below, it might look confusing but they all really know just where they're going!

Delia Baldock	W50	27:18
Irwin Barrett-Lennard	M80	27:29
David Carr	M80	27:44
Ray Attwell	M75	27:53
Sean Keane	M45	28:15
Tracey Koziniec	W40	28:51
Paul Martin	M70	29:53
Robert Poulinet	M65	29:57
John Dennehy	M50	30:56
Merv Jones	M70	31:06
Kylie Mahony	W40	31:07
Aldo Giacomini	M75	31:19
Damien Hanson	M55	31:29
John Brambley	M70	32:16
Arnold Jenkins	M65	33:13
Mitch Loly	M70	35:23
Kathy Burr	W70	35:26
Ali Menegola	W50	35:30
Allison Lilly	W40	35:31
Pierre Viala	M65	36:12
Ray Hall	M75	36:36
Carolyn Fawcett	W60	36:56
Gail Castensen	W55	37:51
Julie Wood	W60	37:52
Sheila Maslen	W70	39:40
Penny Horsfall	W50	41:41
Margaret Bennett	W70	42:06
Mary Heppell	W75	42:08
Cecil Walkley	M80	45:31

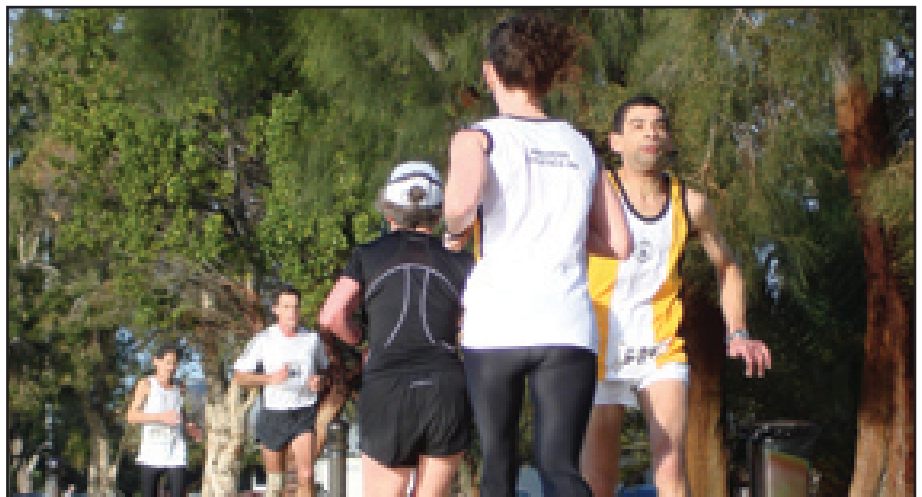
5K WALK

John McDonagh	M60	33:35
Mike Rhodes	M65	34:01

Peter Hopper	M65	39:32
David Brown	M65	39:48
Elaine Dance	W60	41:09
Jeni Shillington	W50	42:05
Debbie Wolfenden	W45	42:19
Jeff Whittam	M75	42:58
Bob Fergie	M75	43:00
Kirt Johnson	M80	43:01
John Smith	M75	43:05
Ann Turner	W75	44:55
Rosa Wallis	W65	45:29
Lorna Lauchlan	W80	45:57
Elaine Sillery	W75	46:55
Pat Ainsworth	W75	47:03
Margaret Warren	W75	47:39
Leo Hassam	M80	51:49
Dorothy Whittam	W75	53:33
Andrea Byrne	W30	56:17
Melissa Hynds	W35	56:18
John Dance	M60	57:37

10K WALK

Bryan Hardy	M65	75:14
Lynne Schickert	W70	79:10
Alan Jennings	M70	81:28
Morris Warren	M70	98:00



You Write ...

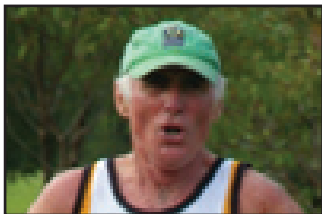
EGM this month

Vic

I think you are correct that the meeting to be held on Sunday 16 September is the first club EGM to be held BEFORE a Sunday run but it is not the first AT a Sunday run. An EGM was held at the Deepwater Point run in 2003 AFTER the run. This was the meeting to change the club name from WA Veterans Athletic Club (WAVAC) to the current Masters Athletics WA (MAWA).

As club secretary in 2003 I arranged the meeting and issued the notice.

Bob Schickert



Bob Schickert.

All-rounder Pistorius

During the London Olympics we saw quite a lot of Oscar Pistorius, the double-amputee South African blade runner.

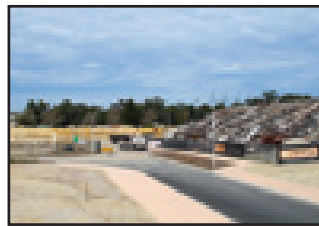
Nostalgia ain't what it used to be

Dear Editor at large

Thank you for bringing back fond memories of that famous x-country run in Kings Park.

It is right up there with the time Dick Blom organised a run in Bold Park and told the marshal (Bob Sheehy I think) to turn 'em left at the top of the hill. The only problem was that he forgot to clarify that it was left as the runners headed up the hill not left as the marshal faced them

• *More nostalgia, for those who remember the Commonwealth Games – or even the Rolling Stones, the last artistes to fill Perry Lakes. If the ridiculous Cottesloe Pylon has heritage value, let's hope the old scoreboard is given similar reverence.*



so half the field spent the next 20 minutes trying to find their way out of Bold Park!

Hope you are having a great holiday.

Regards, Roger Walsh

Learn First-Aid

Hi Vic

I would urge our Club Members to sign up for one or other course to update their first aid skills.

I was staggered to learn very recently on a St Johns refresher programme that a number of the procedures I'd been taught a dozen or so years ago (by St Johns!) are now considered unhelpful, some said to be actually harmful.

I hope I never have need of practising the first aiding skills I've been taught but it's good to have them – just in case!

Mike Anderson

Quite correctly, he is being hailed as a sprinter but in fact he is also no mean marathon man.

In the 2007 Comrades he came bounding by me at the 50 km mark, and I believe he came in to the 90km finish at under 10.5 hours.

This must make him one of

the best all round athletes of our time.

I also had the good fortune to meet with him the following evening and he gave the impression of being a pleasant and unassuming young man.

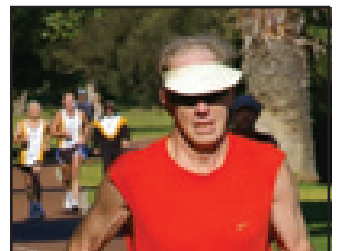
John Smith

Prostate remains a poser

A DETAILED summary of the prostate dilemma, titled 'To Test or Not to Test, To Cut or Not to Cut' has reached Vetrun courtesy of Dr John Bell.

It's fascinating reading and should interest most members. But being rather long for these pages, the article is published in Vetrun Extra on our website.

You can also find it online at the following link: <http://www.sciencebasedmedicine.org/index.php/prostate-cancer-dilemmas-to-test-or-not-to-test-to-cut-or-not-to-cut/#more-22248>



John Bell.



John Smith.

COMING EVENTS – HELPERS

SEPTEMBER 9

CLIFF BOULD TROPHY

Race Director: Ivan Brown - 9384 8582

Sue Bourn, Mark Dawson, Raymond Gimi, Mary Heppell, Janice Matthews, Peter Sullivan, Sue Zlnay, Bob Fergie, Bert & Bridget Carse, Marg Forden

SEPTEMBER 16

MATTAGARUP

Race Director: Wayne Pantall - 9362 3715

Mike Anderson, Delia Baldock, Chris Koeman, Bernard Mangan, Michele and John Mison, Sylvia Szabo, Peter Van Duren, Val Millard

SEPTEMBER 23

MULLALOO MAGIC

Race Directors: Mike Anderson - 0407 940 520/ Johannes Hagedoorn - 9401 3280

John Collier, Ray Lawrence, Dalton Moffett, Martin Watkins, Julie Wood, Marie

Fitzsimons, Lucio Cecotti, Irwin & Berwine Barrett-Lennard

SEPTEMBER 30

WIRELESS HILL

Race Director: Chris Reid - 6189 1430

Graeme Dahl, Carolyn and Bob Fawcett, Peggy Macliver, Nick Miletic, Dalton Moffett, Elaine Sillery, Sylvia B Szabo, Kim Thomas, Rosa Wallis, Bob Fergie, Merv Jones

OCTOBER 7

GUESS YOUR OWN TIME

Race Director: Vic Waters - 9341 3464

Raymond Gimi, Neil McRae, Frank Smith, Merv Jones, Irene Ferris, Jochen and Genevieve Schreyvogel, Alan Jennings, Andrea and John Byrne

OCTOBER 14

DARLINGTON DASH

Race Director: Delia Baldock - 0418 935 040

Richard and Barbara Blurton, Mike Khan, John Mack, Darryl and Wendy White, Ray Hall, Stan Delandgraftt, Colin Chisholm

ALL HELPERS – Please contact your race director to confirm that you are available for your allocated event. If you are not available, please find a replacement and advise your race director.