

VETR UN



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MAY-JUNE 2014

Big field completes 50km RRC





In the final event of this year's 50km RRC, the June 1st 25km field swelled to 55, with many visitors no doubt readying for the Perth Marathon.

RRC and RWC final positions – see pages 5, 7, 11.

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Future editions of Vetrans

■ Vetrans July/August – no. 480 – will publish early in August with the AGM Notice and pertinent reports.

■ Vetrans September/October – no. 481 – publishes early in October.

■ Vetrans November/December – no. 482 – publishes at the end of November and will include 2015 membership form.

They're Ultra Women!

A SENSATIONAL one-two by two of MAWA's top ultra-runners was the highlight of the Australian National 24-hour championships on April 5-6.

In near-perfect conditions on the newly re-laid athletics track at Coburg, Victoria, W45 Bernadette Benson won the ladies' race, with W40 Jodie Osborne in second place.

Bernadette clocked up 238.261km in the 24 hours. This is the furthest ever run by an Australian female and a new Australian open record. "I remember looking at performances in the 216-218km range not that many years ago and thinking it was incredible and so out of my league," she said.

So Bernadette made a plan "for 236km, and was on schedule, but was able to run 10km in each of the last two hours, getting me to 238km."

She rates the importance of the mental state just as much as physical preparation, but attributes a great part of her amazing run to her "indefatigable crew."

Headliner

Jodie Osborne made the headlines last July with her record-breaking 12-hour run. So she started this event as 'one to watch'.

"This was my debut over 24-hours," she points out "so I knew it was not going to be easy."

Jodie had three goals – the



Bernadette: 238km in 24 hours – Open record and best-ever by an Australian woman

Australian W40 12-hour and 100 mile intermediate marks, plus an ambitious target of 220km for the 24-hour record.

The first two were achieved. "But after running 100 miles in just under 16 hours I battled sleep deprivation and my pace dropped off."

A few short power naps in the chair enabled Jodie to keep going.

"I was thrilled to finish with a total of 212.432km, and



Jodie: second in the Nationals – 212km in 24 hours

second place in the National Championships," she said.

Bernadette and Jodie were both selected for Australian representative teams in 2013. Bernadette was part of the very successful national team in the 24-hour world championships, held in Holland.

Jodie qualified for the 100km worlds, originally scheduled for Jeju Island (South Korea), then Durban but eventually cancelled due to lack of sponsorship funding.

The 2014 event is penned in for Doha in November this year, so she hopes to be in the green and gold this time.

John Oldfield

New handicapper appointed

WE are very pleased to announce the appointment of Tristan Bell as the new club handicapper.

After many years of service to MAWA, handicapper Richard Danks feels it is time for someone fresh to take on the role.

Richard's work has enabled all participants to enjoy the competitive edge that a handicap race provides and we are sincerely grateful to him for his service.

The statistical and computer skills Tristan uses in

his business life see him well equipped to take on the demands of the MAWA handicapping system, and to refine the system over time as required.

Congratulations and thanks are extended to Tristan. He can be assured of the support and encouragement of MAWA members as we enjoy the handicap events throughout the year.

Committee



Richard Danks

Champion partners triumph east and west

ON THE same day Bernadette and Jodie were setting records at Coburg, partners Todd Ingraham and Tina Major were making their mark at Canberra.

The Australian Running Festival is a series of races, with the ultra being over the 50km distance. Todd (now M40) won this race 10 years ago.

Tina (W40) has only run the distance once previously, and though it came just seven weeks before her main target (Comrades) she decided to give it a go.

Outcome? Tina was 7th overall and 1st female; Todd was 2nd overall.

Tina comments:

"My training has all had an ultra-focus with Comrades in mind. With no taper to speak of I was unsure how my legs would feel."

On the day her final 10km was quicker than the first 10km.

"It was a huge confidence boost, knowing that I had paced myself right," she said, finishing at 3hr35mins, just 16 minutes behind Todd.

Perth 40-miler

They both say that "just to make sure we didn't overdo things in Canberra, we had entered the Perth 40-miler (WAMC) the following weekend."

This used to be the Mundaring to York run, but is now an out-and-back along the Kep Track from Mt Helena. Todd won it in 4hr39mins; Tina was right behind, 2nd overall in 4hr56mins. Now that really is backing up – just a week after their Canberra triumph!

"It was a big eight days of running," said Tina, "but thoroughly rewarding – and it has given me a real taste of the ultra scene".

Losing your shirt

AFTER the 25km meet at Burswood I had to thank Director Mark Hewitt for saving my laundry, which I had rolled neatly and abandoned on the pavilion table.

Seems that whenever I return from a trip it takes a while to regain equilibrium. (Similarly, when I disembarked the ship after 40 days, it took days before the earth stopped pitching.) Last year, on return, I forgot my normal method of safeguarding my car keys – carrying them. This is essential, for protection from magpie Brian Bennett who regularly collects any keys but his own. By the time I remembered that my set was in the key tray, it was in the back of Delia Baldock's car, en route for the hills. That same year, on returning

In My View ...



by the Editor

to the house after the holiday I struggled remembering how to turn on the high-tech telly. It didn't help that I had unplugged everything electrical in case of exploding power-poles. That happened the previous year, I think, wiping out countless appliances in Wembley Downs and setting our ancient meter box ablaze. So, on the scale of things, losing my shirt is small beer, I suppose.

Wave on ...



... it's a crazy feeling!

ROCK and rollers from the 50s will know the quote. OK, I know Buddy Holly could sound his Rs. Call it artistic licence; I've gotta fill this column somehow.

Oh, it's so good to be back in Perth, where you can wave at people without being arrested, or mugged!

Ran with an Aussie in the Richmond Park Marathon who agreed with me that waving at poms stuns them.

Perish the thought that you might say 'G'day!' I found that only the old 'uns respond. They're just pleased someone's noticed they're alive.

This Aussie was unlucky enough to be living in London (and Richmond is one of the nicer parts). He told me he keeps count. If four out of a thousand nod, smile or even murmur something, it's a good day.

So keep on waving, grinning, and talking when you're out – especially if you're a new chum. It's not crazy; it's the Australian way.

Slim chance

IT WAS a triumph of optimism over adversity.

Hovering at the edge of the Masters mob, drinking tea and gabbing after their exertions at Burswood, a diminutive and mystical couple bided their time. She wore a sari and headdress; he smiled benignly.

Finally, the male took his courage and clipboard in hand and shyly approached Brian Danby and me.

"We are interested in Wellness," he whispered.

"Our approach is 20 per cent exercise and 80 per cent dietary."

Oh yes, that sounds sound, we thought.

Then I spotted the guru's lapel badge. It read 'Lose Weight Now – Ask Me How.'

Now, my mum used to advise me never to stand sideways, or I would be marked absent.

And Bones Danby can hide behind a shadow.

Pointing to Brian's washboard stomach, I considerately pointed out that the Wellness prophet could probably find fatter pickings elsewhere.

Another fine con ...

IF YOU'RE using an ATM abroad, beware the scam that befell two of my shipmates. A friendly local (I think it was in Namibia) kindly told them the machine they were about to use was busted, and took them to a working one nearby. It worked for him!

They withdrew their cash, no problem. But, suspicious, back on the ship they checked their account. Yep, \$2000 down; he'd cloned the card. It made the necklace snatching, and back-pack dipping that others suffered seem positively crude!

Everyone was warned to avoid ostentatious displays of jewellery, in South African and other towns. The gold necklace, with a medic-alert badge, was too tempting on the neck of a mature lady. But the back-pack was on our fit, young 20-years old gym instructor. He was simply foolish enough to wear it on his back, instead of in front.

New members – Welcome!

1268 LINTOTT: Douglas M35
1269 LINTOTT: Helen W40
1270 CRAIG: Amy W35
1271 TRELOAR: Phil M50
1272 HAMILTON: Sarah W30
1273 FOLEY: John M30
1275 DYBDAHL: Svein M60

1274 COCHRANE: John M75 (former member 1986/87)
1276 FRANKLIN: Tina W45
1279 SCHAEFER: Carole W55
1280 MAATMAN: Kees M30
1281 ROBINSON: John M50
1282 WEBB: Philip M60



Memories of Merv

SINCE my early club days, Merv and I – and later Simon Mort – enjoyed a regular diet of banter and friendly abuse. Merv enjoyed a joke, and like many members derived as much pleasure from the camaraderie of Vets/Masters as he did from competition.

But Merv remained competitive almost to the finish, when ill-health made it more difficult for him to attend meetings.

'My thing is the City to Surf' he always said, and Merv was very proud of his almost unbroken record of appearances in that event.

He was almost as proud of his venerable old car, which was always polished and im-



maculate – until the day he crashed it in his own driveway.

Simon gave him some stick for that incident!

Early profile

This brief profile appeared in the August 1990 *Vetrun*, one of the first I edited, and was written by Brian Aldrich.

"It is easy to overlook members whose consistently good performances through the age categories still mark them out as exceptional runners.

"One such is Merv Moyle, who this year competes in his 15th City to Surf.

"Merv's best time for this run is 50mins 10secs, in 1984.

"Despite a slower time one year due to a spell in hospital Merv still has an overall average for the C-to-S of 54mins 45secs.

1975 member

"Since joining the Vets in 1975 Merv has completed three sub-4hr marathons. He was one of the M50s team that took the 24-hour relay record for Australian Veterans, at the Belmont track in 1983.

• Continues P5 ▶

Farewell Phyllis

ON EASTER Sunday a 35-strong Masters group met in Kings Park for a memorial run/walk, followed by a very informative talk from Joan Pellier (as only Joan can give) about Phyllis's love of running and her involvement in the Masters/Veteran Athletics Club.

Also in the group was a married couple, John and Lana, who had been friends with Phyllis and her late husband Rob for 40 years. They were in Paris when they heard that Phyllis was in hospital and immediately flew home in time to see her before she died.

We then toasted Phyllis with a small glass of Guinness, and released green balloons and remembered her in our own way.

Sean Keane



Joan Pellier writes about judo champ Phyllis

PHYL joined Vets/Masters in 1981. The Club had a 'home run' at Jim Barnes' house in Thornlie. Phyl and her husband, Rob, were living in the same street and came and had a look at what all the people were up to. Being ex-sports people, they had been judo champions in Ireland, and soon joined our club.

They became regular members at run and social events.

It was Phyl who started the Bibra Lake Run and was Race Director for many years. At a later date Phyl and Gareth Brunt went on to be Race Directors of the Weir Run.

Phyl and I, along with many others, became good friends and running mates.

She ran one marathon in 1985, The Broadlands Peoples Marathon, in a time of 3:58:28 and ran 10km in 48:06.

Rob died in 1999 and we saw a lot less of Phyl at runs after that.

In 2011, after working at Curtin University in the computer room for 37 years she was told she was no longer needed.

I don't think she ever recovered from this and was later diagnosed with Alzheimer's and went into residential care.

On April 6 this year Phyl had a head bleed followed by a massive stroke and passed away in Fremantle Hospital aged 69 years.

In Loving Memory

of

Phyllis Farrell



Quoted on the bookmark at her funeral service:

"I run because it's my passion, and not just a sport.

Every time I walk out the door I know why I'm going, where I'm going and I'm already focused on that special place where I find my peace and solitude."

EDITORIAL

IT'S a sad time for the club.

With the age range of our membership losses must be expected. Over the years there have been few. Perhaps we can take some comfort here; physical and mental activity keeps us fit and sustains life.

But three deaths in a few weeks are a shock. Club support and solidarity is all-important at such a time.

Our – official – actions are very important, for the friends and family of the departed, of course; but for the rest of the club too. Placing a funeral notice, attending the ceremony; these simple acts reinforce the feeling that we are 'an extended family'.

This ethos is powerful, particularly among long-term members.

For many, Masters is more than 'the club'. It is 'our club'.

COMMUNICATION

Recent committee oversights highlight an overall communication problem. Many members feel shut out of decisions being made on their behalf, by their committee. Of course, elected officers must handle routine management without checking everything with the members.

But we should be kept informed, regularly, of topics being discussed. And the whole membership should be canvassed on major actions, like recruitment of officers.

The committee quickly and efficiently appointed a replacement club secretary, and a new handicapper. No criticism of the people appointed is suggested, but such positions should be widely advertised, for comments and nominations, before they are made.

Changes to major events like the Awards Lunch should also be put to members before a decision is taken. Social occasions are an important prop to club morale, and we have few of them.

Don't make the mistake of dismissing the concerns of a vociferous few. In every part of society they are indicative of the 'silent majority' who go unheard until election times.

Memories of Merv from P4

"A regular in the Bunbury Half-Marathon, Merv put in his best time in 1988, with 1hr 35mins 41secs.

"In 1978, at the start of the Bridges Fun Run, he told the timekeepers they could put him down for 42 minutes; and he completed it in just that time!"

Saddened by lack of official club representation at members' funerals

Vic, I am not very good at putting my point, or the point of others, so could you please put this in the correct text for me. Many of the club members feel very passionate about this including Bob and Lynne Shickert. Thanks.

Elaine Dance

You Write ...

RECENTLY we sadly had to say goodbye to two of our long term members who have died. Several MAWA members attended the funerals of Phyllis and Merv.

Many members were absolutely disgusted that no funeral notice was placed in the press on behalf of MAWA, and that no one from the committee represented the club. It has always been the case that someone – either the President, Vice-President or a committee member – represented the club on such an occasion. Several members have spoken to me regarding this matter and they feel very strongly about this. The club has always been one big family and every individual was respected.

Several members have found it particularly disrespectful that the club was not



officially represented at Merv Moyle's funeral, especially as he was a very early member (10 was his club number).

This would never happen when we had long-term members on the committee. We can appreciate that some of the younger members on the committee had to work. But at the end of the day there must have been someone on the committee who could have represented the club.

I have always thought of the club as my extended family, people that cared about their fellow members.

I feel that the respect of the club was not shown on this occasion and I am not the only person to think this.

Elaine Dance

Let's remember we are all volunteers, doing what we believe is best.

That doesn't mean we are always right! If the system is flawed, let's fix it. Every member is entitled to stand for election as a club officer. I encourage those who want to help, want to make a difference, want to improve MAWA, to grab that opportunity at the August annual meeting.

We should also exhort more members to attend the AGM.

Remember, this is when you can raise matters of concern, and propose motions to guide the next committee.

Quiet

"However, these facts are only part of the story. Merv's quiet contribution to our club has been to encourage other runners whose spirits may be flagging. In training his conversation is quite therapeutic; but in competition he can be relied upon to pull something out of the hat when least expected."

COMMITTEE APOLOGY

The MAWA Committee would like to sincerely apologise, firstly to the families of Phyllis Farrell and Merv Moyle, as well as to our membership, for not acknowledging the passing of Phyllis or Merv as suggested in the letter, on this page, from Elaine Dance.

Members can be assured no disrespect was meant or intended by this omission. We totally endorse the sentiments of the letter, that the club is one big family and every member has the respect of all members.

Our web-site acknowledged both the passing and contribution of each of Merv and Phyllis at the time of them passing away, however we accept this was not an adequate substitute for the personal and wider public acknowledgement provided in the past.

Paul Hughes, President

I have made minor amendments to Elaine's original letter, only for the sake of clarification. She asks me to add that, after speaking to committee members at Herdsman, June 8, she and other members remain dissatisfied. VW

Vale John Frost



John, pictured above, last year at his Piney Lakes run; and right, a few years back walking at the Herdsman event.



JOHN joined MAWA in 2000 – his club member number is 290. Over the years when he was not away in South Africa he competed as a walker in Sunday events. For some time John's wife Moira was a fairly regular attendee at Sunday events on a non-competing basis so many of the long-time club members also know her. On behalf of us all, condolences to Moira and family. John contributed to the success of the club as race director of the Piney Lakes run for several years. He was a very easy man to like. He will also be remembered as very much a gentleman, well spoken, evenly tempered and knowledgeable. *Bob Shickert*

MAWA is a club full of both character and characters. Recently I have been reflecting on some of these characters who have most influenced me over the twenty-plus years since I first joined WAVAC, as it was known in 1991. There are so many things I might never have become involved in but for the intervention of these people.

It all began after a Marathon Club run, when Christine and I were chatting to friends George and Rosemary Maddox who ran a very successful mushroom farm in the hills.

They were so enthusiastic about the friendliness and camaraderie of WAVAC, their 'other' club, that we decided to give it a try.

I think our first run was the Mussel Pool Muster at Whiteman Park in 1991. We loved it and joined soon after. George and Rosemary were an adventurous pair and had already had a shot at opal mining in Coober Pedy. They soon moved on to Tasmania and we eventually lost touch.

In 1993, we also moved on – to work in the Arab state of Qatar. Then in 1996 we retired to Christine's home city of Edinburgh. But George and Rosemary's influence in introducing us to 'The Vets' was never forgotten.

Decade on

Apart from fleeting visits to family, it was more than ten years before we returned to Perth.

By then, the Vets had become Masters and soon after re-joining in March 2005 Christine and I were helpers at the Garvey Gallop. Ar-



Bon vivant Arthur Leggett



'Under the influence'

John Oldfield writes about the club members, and others, who have influenced him. Don't worry about that pugilistic stance: his passion is for athletics!

thur Leggett, legendary bush poet, cyclist, runner and a man overflowing with bon homie, was race director.

Arthur, at this time almost 90 years old, let it be known to us that he was looking to hand over the reins. We were used to setting runs for the Hash House Harriers but suddenly we found ourselves as Race Directors – a much more serious proposition. Arthur's experience and guidance behind the scenes was a great help and we have loved carrying out this role ever since.

Vetrun

As many readers will know, I enjoy both reading and writing about athletics. I have always been an admirer of *Vetrun* and consider it an institution that plays a significant role in making MAWA the great organisation it is. From a chance conversation with Vic Waters in 2007 it emerged that it was so difficult to fit in adequate coverage of Track & Field in the eight pages allowed.

Vic, probably at least partially in jest, said: "You could start a T&F Newsletter". I re-



Bob Shickert

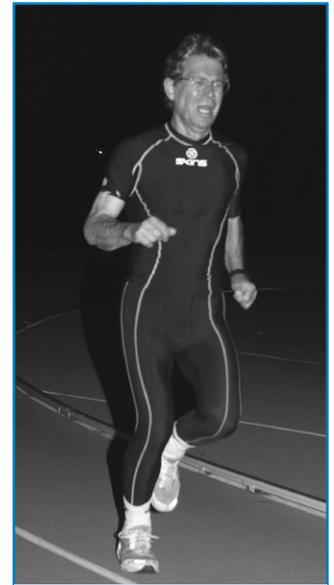
There must be few members who have not, at some stage, been influenced by Bob. Since moving across from Victoria to Perth in the late 1980s, Bob has been at the heart of almost everything good about the club. Whilst chatting over breakfast after a Sunday run I recall him suggesting that I consider track running as well.

I had run on the track, briefly, as a schoolboy and then subsequently in the mid-1970s when in the Royal Australian Navy, on the cinder track at HMAS Leeuwin in Fremantle. But after only a few runs at Coker Park and on the grass at McGillivray Oval I was hooked again!

I was there every Tuesday and Thursday without fail, urged on by Bob's presence and wondering if one day I might be able to beat him. I enjoyed it so much that I eventually agreed to

organise the Tuesday McGillivray sessions, gaining huge amounts of pleasure and satisfaction on putting something back into the sport I love so much.

It was also Bob who encouraged me to become involved in officiating at Perry Lakes with AWA – and this led eventually to being selected to officiate at the World Masters Championships in Brazil in 2013. I will always be grateful for his support and help in getting me to test myself on the track again.



Graeme Dahl, foster-editor of JO's 'baby' – the Track and Field Newsletter

member laughing! Less than two months later, in December that year, the first issue of what became known as TFNL (Track & Field NewsLetter) was born. Vic has always been very supportive; his insight, advice and suggestions over the years helped me make it a popular vehicle for disseminating news to the T&F faithful in the Club.

The editorship has now passed to Graeme Dahl. Graeme's photographic and presentation skills have transformed what was an electronic newsletter into a fully-fledged magazine. I feel that 'my baby' has cemented its place alongside *Vetrun* as a publication with a reputation far beyond the boundaries of Western Australia. And it's all due to Vic's casual remark.

Over the sticks

Spurred on by Bob Shickert's influence, by 2009 I had become a fairly average, but recognised, track distance runner. I had a few state medals to my name, including a 5000m gold, and had competed in the World Championships at Riccione.

Then in one of those moments that probably only I recall, David Carr said to me: "Have you thought of running a steeplechase?" I suspect that I laughed – again.

It had been the prospect of having to negotiate hurdles that had prevented me from attempting to emulate Daley Thompson and fulfil one of my dreams – to complete a decathlon. I knew that my flexibility was too poor. ▶

Later, watching the state championships steeple at Perry Lakes, I realised that masters tended to 'climb' rather than hurdle the barriers and thought, perhaps I could do that.

Well, if it had not been for the vision of David Carr I would never have experienced the satisfaction of being the M65 British steeplechase champion from 2009 to 2012 or the euphoria of taking the M70 British record in the event in 2013.

Stats-man

A man dedicated to his sport, easy-going and friendly with everyone, always happy to step in and help when something needs doing and a first class athlete is surely going to be a source of inspiration.

Yet it's for none of these qualities that Campbell Till appears in my most influential list. Campbell is also a self-confessed statistics-freak. As club statistician for most of the nine years since my return to the fold, it is his role as 'keeper of the records' that has been behind much of my contact with him. While I was setting up TFNL, he and I discussed the ins and outs of record-keeping and in early 2008 our discussions gave birth to the concept of a club database.

It took me around twelve months to create this and include T&F data back to October 2006. Data from earlier than that was patchy and incomplete.

This club database now contains around 60,000 different entries covering al-



David Carr: "Have you ever thought of running a steeplechase," he asked.

JO did try; was M65 UK steeple champion from 2009-2012; and set the M70 UK record last year. Cheers, Dave!

most eight years of athletics. Included are performances from regular club meetings, State, National, Regional and World Championships, plus any other events that members make me aware of.

Without it I could not identify all your PBAs and SBs. The next plan is to make it fully searchable and capable of allowing multiple report formats. Eventually, if we can find a way to overcome certain privacy issues, I hope to make it available on the club website for all to use.

Like Campbell, I now have to admit that I too am a statistics-freak.

Ultra

Christine tells me that I am like a bear with a sore head when I can't run. But, as I approached 70, my enthusiasm was at low ebb. I needed something different, a new challenge.

I had only known Karen Hagan, an ebullient, outgoing and enthusiastic person, for about three years. However, she sensed my mood – and put in a few oblique suggestions about ultra-running. I had first met her at the track on her occasional visits for some speed work and later on training runs in the hills on a Saturday morning with the 'Comrades' group. I had done a number of marathons from age 53 to 65, but never with great success.

But Karen has an infectious enthusiasm and the seed was planted. So I trained and trained and trained, running further than I'd ever done before.

My usual 1000 to 1200km per year was doubled. I completed the Lark Hill 50km ultra in March 2013, ostensibly as a training run for The Wall, a 111km ultra across England following the route of Hadrian's Wall. Sadly, during the final stages of preparation for The Wall I picked up a knee tendon injury which prevented me finishing. I'm told that this injury will probably have to be managed for the rest of my running life and ultras are now out. Despite this, and my 'failure to complete', 2013 was an exhilarating year for me. And it would not have happened without Karen's influence.

I have singled out eight of my MAWA colleagues. These are the ones I feel have influenced me most by challenging me to venture on to fresh ground. They are but a small sub-set of the great family that MAWA has become to Christine and me. ■

RRC/RRW Reports

Weir Run

May 4 2014

THIS was the first of club championship runs and walks for the season. Conditions were overcast, and good for running and there was a good field of runners.

Kim Thomas won the 10km run and takes the John Tarrant trophy, and Bernadette Benson won the Women's 10km, winning the Dot Brown trophy.

Wendy Farrow was the winner of the 5km walk, and John McDonagh was the first male.

Thanks to all the competitors and marshalls for a successful event.

Sean Keane & Neil Mcrae

RRC 25km, RWC 15km

June 1, 2014

AFTER early morning drizzle, the weather cleared long enough for this year's 144 keen runners and walkers, including 29 visitors, to start the events. Runners had the choice of four distances: 25km, 15km, 10km and 5.2km. Walkers had the choice of 15km, 10km and 5.2km.

Once again, the 25km run comprised a 15km out-in loop and a 10km out-in loop.

Three ultra-enthusiastic runners decided 25km was not enough and committed the ultimate 'trilogy of sins': first – ignore the instructions; second – ignore the 15km-turn marshall; third leap the "don't go past the" line of flour.

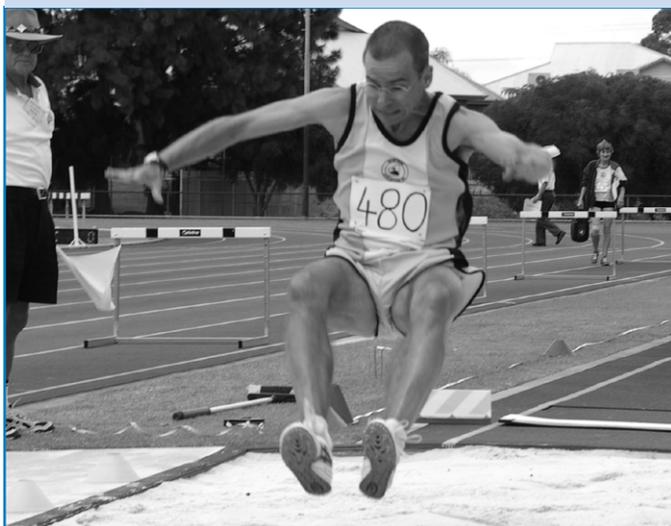
They ventured into the wilderness for a few kilometres before rejoining the event!

The drizzle held off and the conditions were good for distance running and walking. Irwin Barrett-Lennard caused a stir after 15km when he stripped off (to nearly his birthday suit) in front of the crowd to run the final 10km. Representing the club's senior statesmen, both Irwin and Bob Schickert completed the 25km – well done!

Kim Thomas, Chris Maher and Tony Smith were 1-2-3 in the men's 25km run.

• Continues P11 ▶

Campbell Till: another 'statistics-freak' whose discussions with John led to establishment of the club database – now 60,000 entries-strong.



ALL roads lead to Rome. And so it was on March 23 that I lined up with about 16,000 other runners for the 20th Anniversary of the "Maratona di Roma". My wife and I were at the start of a four-week holiday in Italy and what better way to start than with a 42km run around the Eternal City?

The course itself is amazing – you run by just about every famous landmark in Rome, starting and finishing near the Colosseum. I think the highlight was running through the Vatican Square with St Peters Basilica in all its glory and thousands of people lining the square.

In fact crowd support was amazing the whole way – I think the locals enjoy the fact that on this one day of the year, they can roam the streets free of cars that normally dominate the streets of Rome. Anyone who has been to Rome knows just how congested and crazy the traffic is! The organisation is amazing – blocking off 42km of Roman streets is no easy task but everything ran like clockwork. Every 2.5km there was either a sponge or water point, and they all ran very smoothly – not that there was a great need for the sponges anyway because the day of the Marathon turned out to

'Maratona Di Roma'



Another city, another marathon, another medal!

Globe-trotting marathoner Peter Sullivan was in the eternal city for the 20th anniversary running of Rome's major street event.

be the wettest day for the whole trip. Five minutes before the start there was a huge downpour which drenched everyone thoroughly but didn't dampen the usual pre-race enthusiasm.

I haven't mentioned the cobblestones yet – there are over seven kilometres of them, mostly uneven and very slippery in the wet so you need to focus on every step when running on these to avoid trouble.

I don't think it is a PB course for this reason and the finish time for the elites would indicate this. Two hours, nine minutes was the

winning time. A nice touch is to have a line of gladiators forming a guard of honour at the finish line. The web site is very informative and you have three days prior to the run when you can pick up your race number. The Marathon Expo is huge with a very international flavour with lots of European cities promoting their marathons. This is a big city marathon without the 50,000 plus runners that London or New York attracts but has one of the best and most memorable courses you will do and I would highly recommend it.

Peter Sullivan

Memories jogged

"RIGHT From the Start" is, in my daughter's parlance, "Awesome".

It brought back many memories.

About 30 years ago, when I had hair and all the other appendages of relative youth, my company pulled me out of Malaysia and dropped me into Perth.

I knew nobody and felt rather lonesome. The good thing was that they put me up in a back-packers establishment on the terrace, the Hilton or the Sheraton, I forget which. This meant I could do the Bridges circuit most evenings.

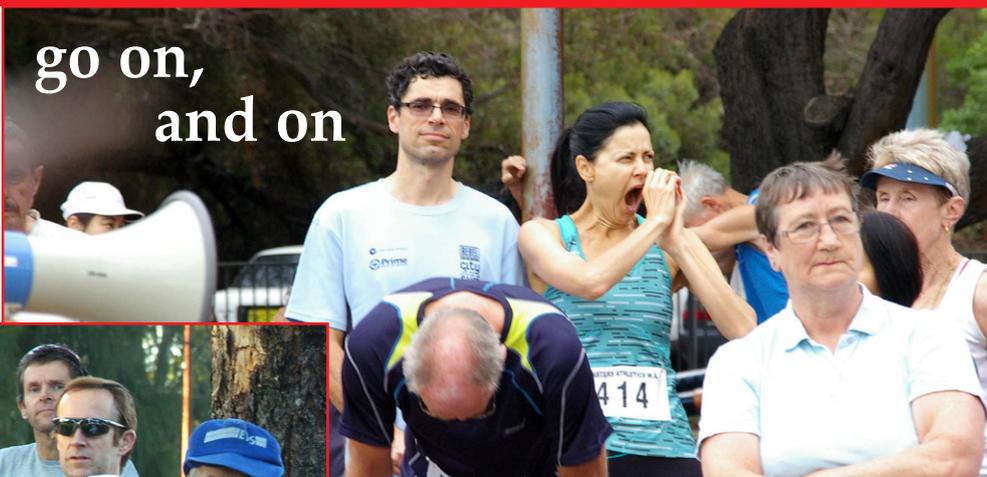
It was not long before I realised I was being shadowed by a lanky fellow who I could not shake off. To make a short story even shorter it turned out to be Merv Moyle, who suggested I come along to the Sunday run and add Kings Park on Tuesday to make the double.

This I did and the rest is part of my history. Perth suddenly became a warm and welcoming place. In this era of wall-to-wall communications it seems incredible that the club grew and prospered simply by word of mouth.

Not long after that the win treble was made up when I joined Dick Blom's Saturday morning marathon training group and Dick and I became friends and rivals. Running is now beyond us but Saturday mornings still finds us trying to outdo each other in walking.

John Smith

From the vaults ... When Directors



go on,
and on



'Oh, no more, please!
Make him stop, God,
please.'



Richmond Park X/C Marathon: great event, in the park where I always ran, pre-Australia. Pics: two minutes from the start – it's a breeze! A few hours later - lucky my granddaughters were there to help me over the line.

Emulating Peter Sullivan (P8) I won't talk times. But I was oldest, of 300 runners, finishing in front of fifty or so. And if anyone puts on a 'walk 7 miles with cramp' event – I'm favourite!



Member Profile

Following on from my history stories, I was asked to write a few articles for Vetrun. So, with Lynne Schickert looking over my shoulder to check on my spelling, and to get on the right side of the Editor, my first one is Vic Waters.

I thought he was going to steal my thunder when I read the April Vetrun, but – Vic, I can beat that!

VIC WAS born in Bermondsey, South London (my thoughts go to Tommy Steele and Joe Brown, GREAT 1950s Rock and Rollers). This is a grim part of London, but Vic managed to stay on the straight and narrow when growing up.

He's already told us about his first job as a reporter on a South London weekly newspaper. What he didn't say was that when the managing editor wanted to boost sales of the paper he told the 17-year-old:

"Vic my boy, we need more crumpet in the paper and you're the man for the job – find the best looking bird you can."

He found her at a local stage school. She was spectacular, and soon boosted sales. Vic's first overseas assignment came when they took 'our girl' to Paris.

Street of shame

Just a few years later Vic was on the other side of the Thames, in Fleet Street running a press relations com-

pany and a photographic agency. He was also involved in setting up night clubs – after all, this was the swinging sixties, and Vic was right into it. He met Michael Crawford, The Beatles, The Byrds and lots of other interesting people.

His fourth-storey offices were on the Street of Shame and when the postal strike hit the UK in the early 70s, Vic ran an overseas postal service, delivering mail to the continent. Instead of drinking the profits in the ancient Cheshire Cheese pub below his office, Vic saved his money – which led him to tenancy of a succession of pubs, mainly run by his parents, who fancied the life.

Following marriage to Chris, they tarted up a pub in

Richmond. However, Vic got fed up with being "kicked in the head by the Welsh rugby followers" and went back to journalism. It was while he was in the pub when he was 30, that he started jogging – mainly to get out of the pub for some fresh air. This was a big challenge after (in his words) "never being any good at sport at school". During this time Vic and Chris had two sons, born in 1974 and 1978.

Sunblest

Back in the journalism world, one of Vic's assignments was producing a newspaper – 'The Sunblest Sun' – for a bakery company that sponsored the Birmingham Marathon. After watching for a few years, in 1984 Vic decided to run, and, appealing to readers all over the UK, they raised 2000 pounds for leukaemia research.

Australia

Although life was good in London, in 1989 Vic and Chris and the boys moved to Australia to get away from the English class system. Their boys thrived in Perth and both became talented musicians. One is now back in London and the other studies computer science in Melbourne.

Within a week of arriving in Perth, Vic had joined

Masters (Vets) through Mike Rhodes, and he remembers always trying to catch Marg Forden on the Sunday runs. Vic loves cross-country and for years ran in Kings Park on Tuesday nights with club members including Mike, Maxine Santich and Simon Mort.

T&F

It was Keith Forden who suggested Vic should try track events and he joined Basil Worner's training group – and boy, did he ever improve – he had one of the best running styles I've seen on the track with PBs of 400m: 61.3; 800m: 2.11.6; 1000m: 2.59.9; 1500m: 4.41.8; 3000m: 10.29.1; 5000m: 18.49.

Vic broke forty minutes for 10km at the Wilson Park run in a time of 39.19 and in 1992 he won the Reg Briggs Trophy for the most improved athlete. In a great 3000m race at McGillivray in 1993 between Bruce Wilson, Don Caplin, John (Giovanni) Puglisi, the late Brian Foley and Vic, the results were: Bruce 10.24.4; Vic 10.29.1; Brian 10.29.4; John 10.29.6, Don 10.36.4. Then in 1995 Vic ran the People's Marathon.

Vic thanks the late Keith Forden, Basil Worner, Don Caplin, Frank Smith and Bob Schickert for helping with his improvement. He says he has been inspired by being part of a great group of supportive and talented people in our club.

Vic was made a life member of the club in 2009 and is the longest serving news editor.

As I write this, Vic and Chris are aboard a ship headed for the UK where Vic plans to run a marathon in his home town. Good luck Vic, let us know how you go.

Joan Pellier
May 2014

To all readers who believe editors should stay out of their own rags, sorry. There's been an over-abundance of VW-related coverage in recent issues, partly due to events. After this I'll veto any further coverage of myself.

Next time ...
August's profile by Joan Pellier is pin-up, cover-girl, coach and athlete Marg Saunders.



28th ROAD RUNNING CHAMPIONSHIPS and 21st ROAD WALKING CHAMPIONSHIPS

THIS year brought the 28th staging of the Road Racing Championships: 10km, 15km, and 25km for the runners and 5km, 10km and 15km for the walkers.

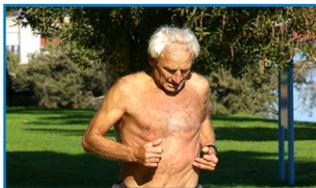
In all, 28 runners and eleven walkers completed the events, a slight increase on last year.

Congratulations to Kim Thomas on his third successive win, and to Bernadette Benson, Wendy Farrow and John McDonagh for their first victories

The trophies, and an engraved medal for each finisher, will be presented before a Sunday run; date of the presentation will be announced on the club website.

25 for Bob!

Bob Schickert completed his 25th Championship – an outstanding achievement. Other milestones this year were John Pellier's 20th RRC and Lynne Schickert's completion of 15 RW Championships.



John Pellier: he's completed the 50km RRC 15 times.

Winter THROWS training

THE throws training group restarts on Saturday June 14 at WAAS, 9.30am-11am. Lyndsey Glass will coach and Damien Hanson will equip the group and manage when available. Normal entry requirements apply – ie MAWA members pay \$3 entry fee at the WAAS reception desk.

David Carr's training group meets at WAAS from 8am on Saturdays so if you want to make a big morning of it you can train with David's group then move on to throws training.

Monday

POINT Walter evening road run has been established for many years. Contact Dick Blom – who is a very well-respected ex-member of Vets/Masters for details, at 1959blom@ozemail.com.au



Dick

Tuesday

T&F – see website

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club rooms; a circuit is set-up by Marathon club man Jon Kappler.

Shirley Bell said: "Starting time on Tuesday night is 5.45pm, with a warm up, then the main session which ends about 6.30pm. It amounts to about four or five kms of speed work or intervals. It's been a while since I've run with the group, but the arrangement was a donation of \$2 thrown into a container placed on the grass. The session is different each week; all ages are welcome and I always thoroughly enjoyed it."

Wednesday

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 4.30pm there's usually a group running from 15 to 21km.

"It's mostly slow, people in the 60s age groups," says John Bell.



"Starting around 5.30pm at the same place there's usually a group running 5 to 14km; and here are some regular walkers too."

It's rather disorganised according to the good doctor, with no specific start or finish. There are good showers though and a pleasantly well run pub to finish!

Oh, another extra; third Wednesday of the month is BBQ night.

Call John Bell for more info: 9386 6975.

Where they're running

IF YOU can add to this list, please email me vfd-waters@gmail.com with details, including dates, times, locations and distances involved.

* The club's regular Tuesday and Thursday T&F sessions are NOT shown here. For full details of these please check the club website.

Friday

ROAD: 6am start most of the year, for an hour-long run or walk at various points along Swan River from UWA to Bassendean.



Marg

Marg Bennett organises a programme every four months; her phone number is 9275 0169; or email mbe37778@bigpond.net.au

These out-and-back courses can be run or walked, and finish at 7am. Winter calendar varies slightly depending on the light and security.

The group usually go for breakfast afterwards. Here's the March/April programme

Saturday

You have several options available.

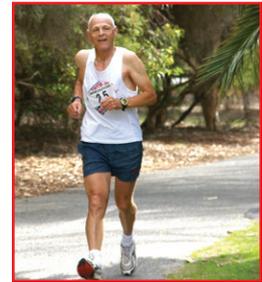
DISTANCE training sessions with Jim Barnes are finished for now, but Jim says

"I may start again if there is a call for me to do so, otherwise it is next January."

These sessions were used

by several members to good effect this year, with many members preparing for marathons at home and abroad.

6am start: Meet at McCallum Park. Routes include Claisebrook, Narrows and on to Uni and back for a 20km-plus run.



Jim

Saturday

ROAD runs early every Saturday morning, mainly around the western suburbs and Fremantle, are co-ordinated by Dick Blom, who emails time and location details weekly. Contact Dick to go on his list, at 1959blom@ozemail.com.au

Or contact Paul Hughes for more information, on 0412 513 348 or email paul@wjhi.com.au

* Dick also still organises a Monday night road run at Point Walter – see Monday, above.

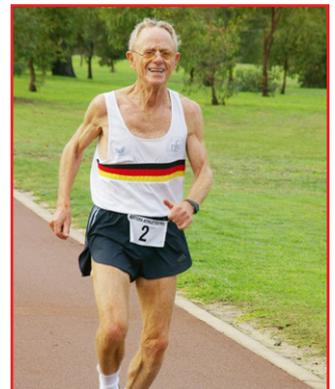
Saturday

TRACK-based: David Carr's 'Saturday Group' meets weekly.

8am start – 9.45am finish at WAAS (the new track).

Cost: \$3, pay at the door.

If the track is closed, David notifies you by email and everyone meets at a nearby ground.



"The sessions cater for runners of any age, over any distance," he says.

"Programme consists of intervals or repetitions over distances from 40 metres to 400 metres."

All are welcome. Contact: davidcarr6@bigpond.com ■

DID you know that one in 10 Americans will get kidney stones over the course of a lifetime?

Recent studies have shown that in the United States, kidney stone rates are on the rise across the country. March was National Kidney Month and the National Kidney Foundation (NKF) encourages people to learn about the kidneys and kidney-related conditions, including kidney stones.

Most people are born with two kidneys, but only need one. They are about the size of your fist and located in the lower back, just below the rib cage.

What they do

Kidneys filter toxins and wastes from the blood in order to maintain a bodily balance of water, salt, potassium and other minerals. In the process, the kidneys create urine, which is how wastes exit the body. And this is where kidney stones come in.

When the wastes dissolved in the urine are very concentrated relative to the ratio of liquid in the urine, crystals can begin to form. These crystals can then attract other elements and minerals, joining together to form a solid, or 'stone' which can get larger unless passed out of the body with the urine.

After a kidney stone forms, it can stay in the kidney or travel down the urinary tract into the ureter – the tube connected to the bladder.

As kidney stones journey out of the kidney, they can cause severe pain, blockage and bleeding. Maybe you're already squirming imagining what this might feel like. Or perhaps you're the one in ten who has had the misfortune of experiencing a kidney stone first-hand. Either way, the good news is that preventing kidney stones rests largely in your own hands and your diet (before wastes ever reach the kidneys).

Dietary

When it comes to dietary choices, the Dietary Approaches to Stop Hypertension (DASH) diet reigns supreme, according to a new study published in the March issue of the National Kidney Foundation's American Journal of Kidney Diseases.

The DASH diet is high in fruits, vegetables, legumes

Leave no (kidney) stone unturned: or better yet, prevent them from forming

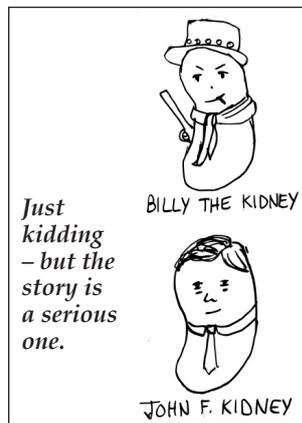
"Good article. My view is not moderate dairy, but minimal dairy. Apart from that, good stuff."
John D H Bell
 jdhb75@gmail.com



and nuts,* (see John Bell comment) moderate in low-fat dairy products, and low in animal proteins, refined grains and sweets. In addition to being a well-balanced low salt diet, it may reduce your risk for developing kidney stones.

I've long touted the DASH diet as a kidney-friendly diet that has many health benefits, including reducing high blood pressure and helping to prevent kidney stones, so I'm very excited to share this new research with you. The study authors found that compared with following a low-oxalate diet - the frequently prescribed diet for kidney stone prevention and treatment - a DASH-style diet was more effective at reducing urinary risk markers for calcium oxalate kidney stone formation, the most common type of kidney stone (more than 80 per cent).

Oxalate is naturally found in high levels in many foods including: beets, navy beans, bulgur, kale, almonds, sweet potatoes, rice bran, rhubarb and spinach. Many of these foods have other good nutritional value and cutting them out of the diet can feel very restrictive. Because most kidney stones are formed when oxalate binds to calcium while urine is produced by the kidneys, as opposed to during the digestive process, eating and drinking calcium



and oxalate-rich foods together during a meal may be a better approach than limiting oxalate entirely. This way oxalate and calcium are more likely to bind to one another in the stomach and intestines before reaching the kidneys, making it less likely that kidney stones will form.

In addition to following the low salt DASH diet and consuming oxalate-rich foods at the same time as calcium, here are four more tips from the National Kidney Foundation to help you reduce your risk of forming kidney stones:

Drink fluids! Ideally, 2 to 3 litres daily.

Drink water

Water is best. Water is the best fluid to drink. Another option is sugar-free fresh lemon or lime juice mixed with water. Tea and coffee also seem to be okay.

Eat fruits and veggies. In general, eating a diet high in fruits and vegetables, moderate in low fat dairy and low in salt and animal protein might prevent kidney stone formation. Most Americans eat more than the recommended amounts of animal protein and salt.

Stick to a treatment plan. After a kidney stone, work with a doctor to create an individual treatment plan that considers fluid intake, diet and sometimes medication.

Have you experienced a kidney stone before? When it comes to forming kidney stones, history tends to repeat itself, so what have you done to prevent them from occurring again? Have you made dietary changes to reduce your risk of forming stones?

By Leslie Spry, M.D., FACP (National Kidney Foundation spokesperson; Medical director, Dialysis Centre of Lincoln, Neb. USA) in Huffington Post 24 Mar 2014

25km/15km

from Page 7

Bernadette Benson, Lisa Searle and Sandra Stockman were 1-2-3 in the women's 25km run. John McDonagh, John Smith and Ray Hall were 1-2-3 in the men's 15km walk. Wendy Farrow, Julie Wilson and Lynne Schickert were 1-2-3 in the women's 15km walk.

Many thanks to the helpers: on turns – Lynne Choate, David Adams, Akos Gyarmathy and Sylvia Szabo; at road crossings – Richard Harris, Bridget Cooke, Clive Choate and Les Burdett; on drinks – Delia Baldock, Mary Heppell, Sandra Rourke and Michelle Kemp; and at the start / finish – Jackie Halberg, Melissa Hassan, Gail Castensen and Catherine Keane.

Mark Hewitt

RRC 50km

Women	min/km
W45 Bernadette Benson	4:19.4
W40 Lisa Searle	4:27.2
W45 Sandra Stockman	4:33.7
W45 Maree Brown	5:02.9
W55 Carol Bowman	5:40.9
W45 Rochelle Airey	5:43.1
Men	min/km
M40 Kim Thomas	3:56.5
M45 Darren Bottomley	4:26.7
M50 Peter March	4:29.7
M35 Hamish McLeod	4:29.7
M55 John Allen	4:31.0
M60 Ian Carson	4:32.4
M30 Stuart MacKinnon	4:34.3
M50 Ross Keane	4:34.6
M50 Mark Dawson	4:37.9
M65 Brian Bennett	5:01.1
M60 Milton Mavrick	5:11.5
M70 Graham Thornton	5:33.8
M80 David Carr	5:41.3
M40 Kem Hassan	5:43.2
M50 John Fisher	5:46.7
M55 Eamonn McNulty	5:46.8
M65 Mike Khan	5:52.1
M65 John Talbot	6:04.2
M70 John Pellier	6:10.1
M85 Irwin Barrett-Lennard	6:11.8
M65 Greg Wilson	6:20.9
M70 Bob Schickert	6:25.3

RHC 30km

Women	min/km
W45 Wendy Farrow	6:51.6
W60 Julie Wilson	7:30.9
W60 Elaine Dance	7:59.9
W70 Lynne Schickert	8:01.0
W70 Joan Pellier	8:45.9
W80 Lorna Lauchlan	9:00.2
Men	min/km
M65 John McDonagh	7:14.3
M75 John Smith	7:59.5
M80 Ray Hall	8:05.7
M75 Bob Fergie	8:31.5
M75 Jeff Whittam	8:59.5

Sunday Events

JUNE-JULY-AUGUST

Course Descriptions

Mill Point Road
June 22
10km/5km
Riverside paths.

Bardon Bash
June 29
13km/7km
Picturesque route up-river from the park, on tarmac paths.

Sharks
July 6
10km/5km
Paul Martin's Freo run is on solid footpaths, mostly along Riverside Road.

Club Half-Marathon
July 13
Half; plus 10.5km/6km
Map-maker Jim Klinge organises this one so the course is bound to be accurate. Where does it take you? Dunno; Jim hasn't told me and I'm not going to guess as everything around the river seems to be in a state. Let's call it a surprise run.

Wireless Hill
July 20
9.5km / 4.8km

State CC
July 27
8km championships; plus 5.4km/2.km
Hillyex-golf-course. Take care – no chatting, watch the going. Rocks, loose gravel and challenging slopes can undo you. Save something for the uphill finish!

Racecourse
August 3
10km/5km
Age-graded walk – 10kmH
Riverside paths from Burswood, passing Belmont Park race-track.

Kings Park CC
August 10
Ralph Henderson does his best to make this a cross-country run, given the strictures imposed by the Kings Park Board. OK; you'll be running on soft-going, although much of it is by the park's roadside.



Bardon Bash – one our best riverside runs

THIS is an out and back course. Going out, keep the river on your right – and coming back it will be on your left!

Going is mainly bitumen until just before Tranby House where there's some concrete path. The 7km turn is at the first water station, just around the bend at the tennis courts.

If you are doing 13km, keep going past the first water station and when you reach Garratt Road Bridge, go under it. The 13km turn is about 20m past the bridge, at a water station.

There are a couple of road crossings, which will be marshalled. Otherwise, follow the flags.

Sue Bourn

Nedlands
August 17
Nedlands 5km and 10km events should be renamed the 'No Excuses' runs and walks. Starting from the JH Abrahams Reserve by the Swan River in Nedlands, the course winds its way along the walk and bike paths for 2.5km to just past the Tawarri Reception Centre, then turns back to the starting point. The 5kms is one lap and 10kms two laps. The course is virtually flat, occasionally with a cool breeze off the Swan River and bitumen or concrete surfaces throughout. All in all, an ideal opportunity to record good times and certainly no excuses for bad ones!

Frank Gardiner

13 JULY
CLUB HALF MARATHON
Race Director: Jim Klinge – 9294 4029
Max Sulejmani, Tracy Sulejmani, Maxine Santich, Hongi Laing, Janet Walter, Michael Walter, Ray Attwell, Delia Baldock, David Carr, Pat Carr, John McDonagh

20 JULY
WIRELESS HILL
Race Director: Chris Reid – 6189 1430
Darren Bottomley, Dutch Holland, Clare Wardle, Damian Staude, Graeme Dahl, Peggy Macliver, Marg Forden, Dalton Moffett, Wade Davis, Hongi Laing, Sylvia Szabo (740), Sylvia Szabo (1027), Bob Fergie

27 JULY
CLUB CROSS COUNTRY – JORGENSEN



Race Director: Jim Langford – 6394 0780
Keith Martin, Lui Cecotti, John Dance, John Pellier, Joan Pellier, Douglas Lintott, Helen Lintott, Ray Hall, Kees Maatman

Are you now a Sunday competitor?

MANY people join Masters Athletics to participate only in the T&F sessions on Tuesday and Thursday evenings.

Before long some of these members realise how great it is to compete on Sunday mornings as well. It is a good way to improve your times and to socialise with other members.

If you are among them, please be aware that while all members are welcome to attend on Sunday mornings, we do ask that after competing in about five events you offer to help out at one of the Sunday morning events.

This way we can ensure there are enough helpers so that all competitors can enjoy a safe and well managed event on a Sunday morning.

Thanks! Gillian Young

3 AUGUST
RACECOURSE
Race Directors: Claire Walkley – 0410 434 257 & Jo Clarkson – 0403 527 495
Jon Storey, Tina Runnion, Tristan Bell, Mike & Paula Karra, Jim Barnes, Nick Miletic, Gail Castensen, Andrea & John Byrne, Chris Frampton, Carole Schaefer

10 AUGUST
KINGS PARK CC
Race Director: Ralph Henderson – 9401 3115
Robyn Dunlop, Mike Khan, John & Melinda Fisher, Anne Jones, Alan Thorniley, Merv Jones, Steve Hossack, Kees Maatman

17 AUGUST
NEDLANDS
Race Director: Frank Gardiner – 9295 4246
Wendy Farrow, Irwin Barrett-Lennard, Carolyn & Bob Fawcett, John Brambley, Ginny Mulvey, Karen Peace, Kirstin McGregor, Lorraine & Trish Lopes, Jo Clarkson

24 AUGUST
WHITEMAN PARK
Race Directors: Brian & Margaret Bennett – 9275 0169
Robin King, Colin Shaw, Alan Thorniley, Margaret Saunders, John Mack, Sam Farman, Tony Smith (1109)

HELPERS

Be there – or phone your director!

6 JULY
SHARKS
Race Director: Paul Martin – 9339 1648
Dan Baldwin, Tania Baldwin, Paul Hughes, Col James, Ante Perdija, John Batta, Charlie Chan, Lee Chan, Kim Thomas, Monique Thomas, Dave Roberts, Trish Lopes, Lisa Searle