

# VETRUN

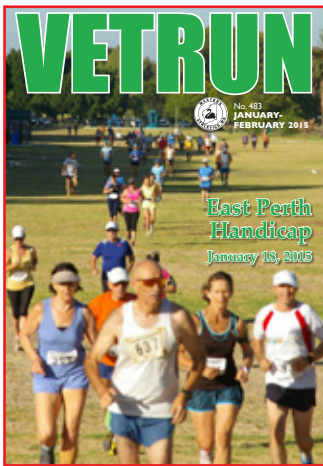


No. 483  
**JANUARY-  
FEBRUARY 2015**

**East Perth  
Handicap**  
**January 18, 2015**







East Perth handicap event – see John Smith's report, page 6.

NEXT EDITION

Vetrun no. 484 will publish at the beginning of April, 2015.

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# State Champs

Entries close on 10 February and no late entries will be accepted.

AN information sheet for the 2015 track and field State Championships has been circulated to members.

Please read it carefully before entering as there are several changes from previous years. In particular, note that the 10,000m takes place at WAAS due to the uncertainty of ECAC being available in March.

If you are a new member to our club, why not come and have a go, even if you haven't run on a track for years!

Of course, Sunday runners are more than welcome to enter – and might well fancy the 10km and/or 5km on the track.

## Entry system

Please use our online entry system if at all possible. It is a secure and easy system to

use and you will receive two confirmations – one for the events entered and the other for monies paid.

If you do not receive both of these, please contact Barbara Blurton immediately – as it means your entry has not gone through.

If you have not renewed your MAWA membership for 2015, please do so before entering the Championships, otherwise your entry cannot be accepted.

Follow the link to: [www.mastersathleticswa.org/eforms/entry.php](http://www.mastersathleticswa.org/eforms/entry.php) from the MAWA website. You can also download a paper form if necessary and post, but please allow extra time for snail mail.

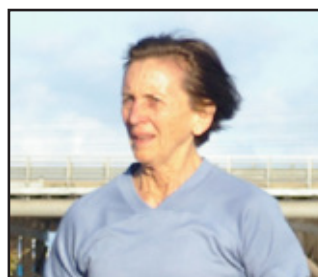
## It's nearly camping time!

A MASTERFUL effort by Margaret Bennett has set up the next club weekend camp for Friday, February 27 to Monday, March 2 at Dwellin-gup Caravan Park.

"We have stayed here on several occasions and the chalets come with air conditioning, and all linen provided," she says.

"Cost will be approximately \$117 each, depending on numbers.

"This is a very popular spot for our weekends, being a reasonable travelling distance from Perth and located near to wineries, a cider brewery, cafés and swimming. Of course, being locat-



See Marg to book

ed near the Bibbulmun track, there are good areas for running/walking."

Please contact Margaret Bennett on 0421 997 627 or email [mbe37778@bigpond.net.au](mailto:mbe37778@bigpond.net.au) or any Sunday. Otherwise, please talk to Elaine Dance for more details.

## You Write ...

### Why does everybody keep pickin' on me?

Hi Victor

I am not sure who is in charge of the results for the Claypit circuit but just wondered, were they aware the women's 10k did not get a mention?

I am beginning to feel there is a shadow over my name due to a number of mishaps!

Earlier this year I was left a lap short in the State track 10km; at a recent track run in Perry Lakes the clock stopped working when I was running the 3km; and the Claypit 10km was not recorded due to the clock breakdown. Not mentioned either, in the *Vet-run!*

Must be the Irish in me – I can only laugh!

Regards, Sue Zlmay



## VALE – AMA Handbook

DID you receive this year's, final edition?

Keep it, because it's now a collectors' item.

The Schickerts and I have produced the book for the AMA for the past eight years. Over that time we changed it from a rather turgid lump into something colourful and informative.

Unfortunately it has gone the way of many print publications, overtaken by websites.

The assumption is that AMA people all over Australia will studiously check the websites of the AMA and their own clubs, to keep up with news, records, reports and so on.

Dream on.

## Distance runners – train with Jim



Jim Barnes began his Marathon training mornings again in January. You can join him, and develop your distance running capacity. Turn up, and be ready to start at 6am, any Saturday, at McGillivray.

# Och aye!

INFECTED with the bleary-eyed Scotch mist that descended over Garvey Park on November 30th, I risked asking Christine Oldfield for some language guidance.



*Garvey Park report – and a poem!  
See page 7.*

What's the meaning – and correct spelling – of 'Dnoo', I wondered.

She replied: "I can only think it should be 'the noo' – meaning 'for now',"

As in 'Bye-Bye the noo'. No (educated) Scot would write it as 'D'!"

Christine then bade me well (I think) writing:

'Lang may yer lum reek!'

I hope that really means 'long may your chimney smoke' – all the best for a long future.

## Thanks for the bottles

TO the anonymous donor of two water bottles, with freezer inserts, that I scored at the Christmas Gift Run – good onya!

We all know better than to pick up bottle-shaped packages in the annual lucky dip. (It's never booze.) These were cunningly disguised, and a welcome surprise to someone expecting another used runners' diary. (Don't start me.)

It shows that most of our members put some effort into their Christmas shopping!

### Achievement award?

Talking of effort, there's a clubman who well deserves the 2014 *Vetrun* Achievement Award – which I have just invented.

He's Clinton Bishop, a fairly new member, number 1247. Clinton is a big, and very strong man, who earns a round of applause every time he crosses the line. He tells me that since joining us he has lost plenty of kilos and improved his running with Masters and in the Saturday parkruns.

## In My View ...



by the Editor

## Arthur of the Road



*Bush poet Arthur on form, marking another birthday at Wireless Hill a couple of years ago. Also raising a glass, the much-missed Frank Usher.*

ARTHUR Leggett graced Garvey Park on St Andrews' Day for what used to be his run. Now 97, he really should be the club's 'grand old man'; but unfortunately he turned in his membership a couple of years ago.

Although we don't see him often, old friends will be pleased to know that Arthur's as chirpy as ever.

At Garvey, he was even higher than usual, having recently passed the annual driving test.

"I must be a very good driver," he confided. "Other drivers are always hooting at me, and waving two fingers!"

### New Members – Welcome!

- 1311 BOURKE: Bernard M45
- 1312 BELL: Bronwyn W30
- 1313 HUGHES: Cassie W40
- 1314 WILSON: Priscilla W35
- 1315 PEARSON: Lyn W60
- 1316 FEUTRILL: Robyn W50
- 1317 MONTGOMERY: Russel M55
- 1318 BAKER: Kylie W45
- 1319 KELLY: Juliana W50
- 1320 RICKABY: Trish W40
- 1321 DALTON: Brian M60
- 1322 SIMS: Sally W35
- 1323 PEGLOW: Silke W45
- 1324 WILLIAMS: Yagan M35
- 1325 STOREY: Julie W40
- 1326 WELLS: Claudia W40
- 1327 KEMP: Michelle W55
- 1328 ENGLISH: Pamela W65
- 1329 HENDRY: Clarke M55
- 1330 HAYWARD: Lyda W50
- 1331 HAYWARD: Richard M45
- 1332 SMITH: Russell M50
- 1333 STERGIOU: Rebecca W30
- 1334 HIBBERT: Nicola W35
- 1335 FREDIANI: Peter M40
- 1336 PEREIRA: Sherman M50

## Mr Bojangles

### Heard of him?

PERHAPS the best version of the song is by Sammy Davis Jr., who said he was taught to dance by Bill 'Bojangles' Robinson.

So, the number was written to honour a great entertainer, a man at the top of his game in the early 20th century.

Bill rates an appearance here, in *Vetrun*, because he was also some athlete.

### 100 yards record

Mr Bojangles was a great self-publicist. Like most professional dancers he was also immensely fit, and took part in numerous 'freak sprints'. According to Wikipedia, in 1922 the dancer set the 100 yards world record – for backwards running!

Bill's time was 13.5 seconds. That record stood until 1977, when someone called Paul Wilson reduced it to 13.3 secs.

### Liven-up our T&F?

Okay, Mrs Blurton: how about adding a novelty



*100 yards-backwards champion, and dancing star Bill Robinson; below, with Shirley Temple in The Little Colonel (1935) one of his 15 major films.*



backwards sprint to our next T&F programme?

Does anyone think they could match Bojangles' time from 93-years ago?



## Bob Sammells – the Gift's reverse runner

IT was good to see long-time member Bob at the Gift Run.

'Bojangle Bob' perhaps? As it was he that habitually did the Gift Run in reverse. In those days we always circuited Heirisson Island – clockwise – for that event. Bob always ran in the other direction, so he could wish everyone a merry Christmas.



## Whistle Blowers!

THERE'S no 'Squelch button' on our loud hailer. But, provided you turn off the speaker before the mike, ear damage can be avoided. Great, forgo the ear-plugs.

So who's bright idea was it to fetch a whistle to the run, and blow that bloody thing through the loud hailer?

Is this now the official club whistle? Is this where club funds are being squandered?

Please – stick that whistle where it will never be seen again!



## Slimming the gear

OUR esteemed President's efforts to reduce the bulk of our Sunday kit is most welcome. He is trying to minimise and organise it better, and help all race directors cope more easily.

Labelled boxes should keep flags, cones, safety vests in some order. We have a light-weight trolley for water carrying.

Another plus, the way we split up the specialist timing stuff, all helps directors.

## Numbers and Years

by  
John Byrne

EACH member wears a number at Sunday runs.

Numbers were generally issued in the order in which members joined our club although there are some anomalies, particularly if membership was not continuous.

Have you ever wondered what a number may indicate about when a member joined?

The following answer has been provided with the able assistance from our club registrar Peggy Macliver.

Number range	Year range
Up to 50	1974 to 1981
50 to 100	1981 to 1986
101 to 200	1986 to 1994
201 to 300	1994 to 2000
301 to 500	2000 to 2003
501 to 700	2003 to 2005
701 to 900	2005 to 2009
901 to 1100	2009 to 2012
Over 1100	2012 on



# Performances on the Web

*IT has taken him years to assemble the facts and figures. There's still another 22 years of results to be analysed. But John Oldfield has now placed a T&F archive – that includes more than 10,000 performances – on the club website. A phenomenal effort John; thanks from all your fellow members.*

**HOW would your 100m time have ranked amongst 1970s Perth vets?**

Was there really a Vets 3000m with 17 members under 11 minutes?

Would you like to see a chart of your progression in the long jump over ten years?

Who was the first MAWA member to break four minutes for the 1500m?

The answers to these and thousands of other questions are now at your fingertips through the T&F archive on the website.

To access this mine of information, with more than 100,000 distinct performances recorded, go to the MAWA website [www.mastersathleticswa.org](http://www.mastersathleticswa.org).

Click Archives tab on the main menu ribbon. You will find the data is in Excel files, stored in two different ways.

You can access it by year or by event, depending on what it is you are seeking. The data is all in Excel files, allowing you to search and query as you wish.

In the same place on the website is an introductory document explaining the structure of the data, and



John Oldfield

some tips on how it might be used.

The data has taken several years to collate.

This first tranche includes all the information from 2006 to the present season, plus historical data from 1974 to 1984.

The missing 22 years is my remaining project, with the goal to have the archive complete by October 2016 when MAWA hosts the WMA Championships.

### Answers

The answers to two of the queries posed at the top of this article:

The 3000m was on November 5, 1981 – won by Don Caplin (9m27s), 18th was Morris Warren in a swift 11m01s. Current active members the Whittams, Rob Shand, Frank Smith, Bob Fergie, Brian Danby, Lorna Lauchlan will possibly recall the fireworks that evening at McGillivray.

The first MAWA member to break 4 minutes for 1500m was Scott Tamblin – February 3, 2012

## Where's the Sunday programme?

A MEMBER queried why the printed Sunday events list is no longer mailed to everyone.

The club committee says there are now very few members who cannot access the information from the website (and the number is falling the whole time). To save paper, and labour, only selective printed material is now posted with *Vetrun* to a few members who cannot access it otherwise.

This includes printed results, membership renewal forms and the Sunday programme.

For the State Champs entry form there are even fewer 'around four' and they are posted separately.

"Last December we sent out renewal forms (28) and printed results – but we forgot the Sunday programme," says Richard Blurton.

"People are resourceful, and I'm sure those few that cannot access via the web will have asked someone to print it for them."

However ... if you want the club to post you a Sunday programme, just ask a committee member and I am sure you will be helped.

VW

## BBQ and run

MARATHON Club BBQ nights are popular – up to 30 or more runners assemble every third Wednesday night – and partners and family are most welcome, says John Bell.

"Also, you can drag potential runners along too, who may be enticed to join our great group on a regular basis.

"Brian Bennett, Mike Hale, Brian Smith, Therese Howe, Shirley Bell, Jen Shillington, and Val Millard are among the regulars."

For those who haven't yet discovered it, the WAMC clubrooms are at Burswood Water Sports Centre, Camfield Drive, Burswood. (It's the east end of the Swan Function Centre.)

BBQ – 5.30pm every third Wednesday. Contact WAMC (9472 4833) for enquiries. ■





## Canning Caper December 14, 2014

**THE weather was very kind to us at the Canning Caper this year. It is not unusual for this event to be very hot. But this year it was just about perfect, and sunny.**

I was lucky enough to have a good turn-out of helpers for which I am grateful, as I am sure the competitors were. So thanks Chris, Helen, Gary, Alison, Ivan, Rhod, Claire, Aldo, Dante, Kim and Bob.

All went off without a hitch.

Congratulations to the

winner Wade, Akos, Paul, Rochell, Therese and Sarah in the handicap. Also Ross, Jim, Kees, Karen, Margaret and Carmel in the 6k run.

We had three complete the 10k walk, Karen, Lynne and John. Whilst Robin, Su, Lyn, John, Johan and Joseph were the lead pack in the 6k walk.

I hope you enjoyed the event. We certainly enjoy putting it on for you. We did notify the café of our event-scheduling, but I still noticed a long queue for coffee and food. Hope it was worth the wait.

We look forward to doing it again next year, at about the same time. See you then.

**Director:**  
*Keith Atkinson*

*It was a 'right caper' this year. Picture shows a false start – one of several made for my camera. Some members might have seen the picture, and a story on the club in the local Examiner newspaper. VW*

## Perry Lakes November 23, 2014

**Director: John Bell**

## Eat food. Not too much. Mostly plants.

### Sheehan

John also repeats some of the writings of George Sheehan.

Here's a short selection of some of his words of wisdom.

- Life is the great experiment. Each of us is an experiment of one – observer and subject – making choices, living with them, recording the effects.
- Success rests in having the courage and endurance and, above all, the will to become the person you are, however peculiar that may be. Then you will be able to say, 'I have found my hero and he is me'.
- Fitness has to be fun. If it is not play, there will be no fitness. Play, you see, is the process. Fitness is merely the product.
- There is no substitute for learning to live in our bodies. All the tests and all the machines in the world will fail if we do not first become good animals.

**MAY I use this column to embrace the benefits of quality fresh food? That's what I bring to the run. Think fresh and think fibre.**

### Tendinopathy

The recent *Vetrun* article about tendinopathy (page 12, December 2015 edition) made no mention of food.

In Third World countries there is minimal tendinitis.

Plantar fasciitis, Achilles tendinitis, knee and hip

- No matter how old I get, the race remains one of life's most rewarding experiences. My times become slower and slower, but the experience of the race is unchanged: each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others.
- Play is where life lives.
- Once you have decided that winning isn't everything, you become a winner.
- Everyone is an athlete. The

tendinitis, shoulder elbow and wrist tendinitis is absent! They live with minimal gout, etc, levels and eat mostly plant food.

Tendinitis hates to get better, and may continue for months, years.

**Dr John D H Bell,**  
**Orthopaedic Surgeon**

- only difference is that some of us are in training, and some are not.
- Treat the reason, not the result. Treat the cause, not the effect.
- All we need to know is the fitness equation: How fast? How far? How often?
- Know how to impose stress that makes you better, how to minimise or avoid stress hostile to you.
- You must listen to your body. Run through annoyance and not through pain. ■

## Race Report – PLUS!

### by John Bell

**THANKS** to the magic helpers. As I was flagging the course at 5am my ute keys disappeared down a gap between steering column and dash. Desperate search for a piece of wire to hook out the keys! Panic.

Good thing there are issues participants don't hear about on the day.

### Results in brief...

Head of the 10.8km featured some usual suspects, Kim Thomas (M40) followed by Ian Carson (M60) and John Allen (M55); but new member Craig Trudgian (M50) was only a minute or so behind John. Karen March (W50) was first woman, five seconds after Craig in 47:28.

7.2km: Jim Klinge (M60) first in 30:46, ahead of M35 Ed Beck, in 31:16.

3.6km: Marg Saunders (W60) 16:53.

Walks: 6km – Karen Tolaro (W45) 37:44. 4km – Su Lloyd (W60) 32:48. 2km – Vic Beaumont (M80) 25:54. ■



**East Perth**  
**January 18, 2015**  
*Director: John Smith*



**FOR runners it is the first handicap event of the year. Definitely, no handicap are the helpers; they did a magnificent job and I thank them for it.**

Getting the race gear into my into my pint-size Hyundai I20 was a handicap in itself. Fortunately I have long legs so that reaching the accelerator pedal while sitting on two water containers was not a problem. Stopping? Well isn't that what hand brakes are for?

The unusually high humidity level was a strain for those still carrying the Christmas Kilos.

It must have been 8.4 on the Sumo Wrestler's Sweaty

Jock Strap scale.

When it comes to hydration the humidity level is probably as important as temperature.

Thanks to all those members who found time to discuss their event experience with me.

This is the way that improvements are made. Last year a few people mentioned a lack of flags on the upper Nile Street Section and the need for a drink station at the finish.

'WELCOME Run' it was dubbed, and the excellent atmosphere certainly was welcoming. Visitors saw the club at its congenial best, in the sunshine, by the Swan, with plenty of friendly faces. Many of the newcomers joined the runs/walks.

Perhaps a repeat is worth considering – later in the year when milder weather allows a later start. Fun-runners aren't used to our early mornings! VW



Joan

**Ladies day?**

Organiser Joan Pellier reports lots of good feedback.

"Did you realise," she asks "that apart from the guys out marshalling, the whole morning was run by the ladies?"

"Margaret Bennett booked Burswood (after many problems); my job was to make sure the toilets were open and look after any children.

"I had two girls and they were great; had some races, played cricket and did some colouring-in.

"Elaine Dance bought all the snags. Maxine Santich cooked it all: two hours standing in the sun over a hot barbecue – what a champ!

"Jackie B. bought the fruit and my coffee ladies cut it up. Sandi and Brig did visitors table and recording; Jackie Halberg was on printout and Sarah was our commander in chief.

"What's more – they all want to do it again next year!"

These items were in place for 2015.

Presently there is no walking handicap but there is a confusing mixture of walkers and scratch runners taking part in 5km and 7.5 km events.

Try this for simplification. 5km Walkers – sealed handicap starting from scratch.

The hills on the 7.5 km course are unsuitable for race walking, particularly since we have an increasing

**Welcome Run**  
**January 4, 2015**  
**Buswood Park**

*Director: Sarah Ladwig*  
**'The ladies – bless 'em!'**



Sarah

**Race director Sarah Ladwig adds:**

We had 173 competitors and more than 50 visitors are included in that number – so, a great turn out! The venue at Burswood was successful and I had some lovely compliments after the run. A lot of people ran the 12km and three intrepid walkers tackled it too. Several people were asking about membership so hopefully, we did attract some new members.

I should like to say an enormous thank you to all the helpers who nominated and volunteered to help at this new Welcome Run.

Maurice Creagh helped me plan the 5km and 12km courses, and Joan Pellier and her band of helpers did a marvellous job on the barbecue and food preparation. Bridget and Sandi not only organised the visitors but did the recording as well, while Jackie Halberg, John Talbot, Mark Hewitt and Mark Dawson, Carmel Myer, Max and Tracy Sulejmani, Jim Barnes, Frank Price, Ray Hall, Merv Jones, Mark Rosen, John Pellier and Les Beckham all worked hard to ensure everything went smoothly! That's quite a team. ■

number of walkers who can wriggle their hips just like you see on TV.

As a sweetener, the course will be extended to make it a true 5 km.

7.5km Runners – open handicap starting by the clock.

Runners and walkers who do not enter a handicap will not go through the chute and their times will not be recorded.

Like it or hate it?

**John**



The pipes they played,  
The kilts they swayed,  
Good cheer was made  
On St. Andrew's Day at  
Garvey.

The sun shone bright,  
The flags a sight  
All blue and white  
On St. Andrew's Day at  
Garvey.

"They're off" was the shout  
The pack spread about  
The pipes called out  
On St. Andrew's Day at  
Garvey.

Through wood and glade  
In sun and shade  
Round lakes they sped  
On St. Andrew's Day at  
Garvey.

The walkers used  
A different route  
All by the Swan  
On St. Andrew's Day at  
Garvey.

But all came back  
To a similar track  
In a finishing pack  
On St. Andrew's Day at  
Garvey.

As is the way  
With MA double-U A  
All had a good day  
On St. Andrew's Day at  
Garvey.

## Garvey Lakes November 30, 2014

Directors: Christine  
and John Oldfield



To Jim and Pat  
Lesley and Jane,  
Sarah and Chris  
And Bruce and Ralph  
Sandi and Brig  
Sarah and Chris

Plus Clinton and Robin  
Indefatigable Les  
Our thanks are due.  
Without all of you  
None would have enjoyed  
St. Andrew's Day at Garvey.

GARVEY Park was at its best and we couldn't have asked for a more perfect morning. No fewer than 29 visitors joined the 100 members for this St Andrew's Day run, many wearing some tartan or blue and white to get into the spirit of the occasion.

The spectacle of runners and walkers travelling in four different directions around the picnic area and the piper was something to behold. Ron Thom, resplendent in kilt and sporran, did us proud – I bet some of the runners wished they had as much puff!

Ron was most appreciative of the great response he had from so many people and said: "Great fun! It was so thrilling to have runners clap and give thumbs up to me as I played the pipes. A win-win-win situation. Thank you for asking me to play."

Thanks to Ron and all who contributed to the day. John was so inspired that he even penned a poem.

### Results in brief..

10.5km: Todd Ingraham (M40) cleaned up this one in 38:26. Jo Clarkson (W55) was first woman in 47:29.

7km: Jim Klinge (M65) again with 30:42 – and again trailed – but only 10 seconds this time – by Ed Beck (M35)!

3.5km: Colin Smith (M50) 15:22. W60s Marg Saunders and Maxine Santich were one and two, in 16:15 and 16:27.

Walkers: Johan Hagedoorn (M70) won the 6km in 44:12.

**(Bet that shook the walking establishment!)**

Another new name, Joseph Patroni (M55) won the 4km in 31:51.

### Results in brief:

10.5km – M60 Ian Carson, 46:27; M30 Stuart MacKinnon, 47:17; M70 Jim Langford, 48:46.

5.2km – M60 Bjorn Dybdahl, 22:13; M65 Jim Klinge 23:20; M55 John Allen, 23:34.

Walks: 10.5km - W65 Sarah Ladwig, 85:56.

5.25km – M70 Johan Hagedoorn, 38:31

Far left, Jim Klinge and John Allen fight up the final Mosman hill. Left, Ian Carson, distance runner-turned-walker, winning 10.5km run at Mosman, and 12km walk at Pt Walter!

## Point Walter January 11, 2015

Director: Dave Roberts

I ASSUME nothing will be coming from Dave, so ... this year's Point Walter meeting was cooler and, according to Dave's pre-race spiel the course was 'the same, but with some changes.' At least he had the good grace to giggle.

On behalf of the director, thanks to the helpers.

VW

### Results in brief:

12km – M40 Kim Thomas, 46:53; M55 Mickey Muroi, 50:52; M30 Stuart MacKinnon, 52:18.

6km – M50 Ross Keane, 24:16; M55 John Allen, 25:15; W40 Clare Wardle, 2:22.

Walks: 12km M60 Ian Carson, 92:57; 6km W70 Lynne Schickert, 47:23.

## Mosman Park December 7, 2014

Director: Paul Hughes

IT was our first 7am start of the summer season and the conditions were warm. Even though it is a scenic course it is testing, but enjoyable. All runners and walkers enjoyed the course and special thanks go to all my helpers who assisted. They were:

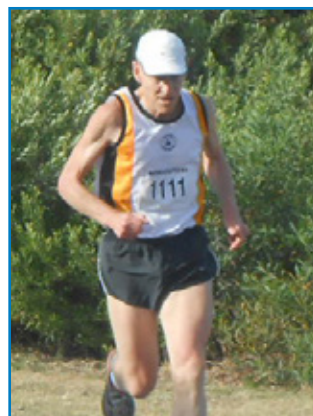
Paul Martin, Dick Blom, David Roberts, Charlie Chan, Shelia Maslen, Ante Perdija, Rhod Wright, Keith Atkinson, David MacAtinney, Rochelle Airey, Rod Hamilton, Karen Peace and Les Beckham.

See you all next year.

Paul Hughes



First in the 6km at Pt Walter – Ross Keane





THERE is a lot that goes with endurance sports training. From the training itself to proper nutrition, good sleep and other aspects, the list of things to be done seems endless. However, there are also things you may be doing that are detrimental to your success. The following 10 items are

### 1. Stop Ignoring Recovery

What you eat, how much you sleep, the beers, it all affects you. The intensity you go on easy workouts is also vital. Without recovery, there is no training. The formula for training is Training = Stress + Recovery. If athletes only do the stress part, the adaptations won't happen, or will soon stop. Yet, we all know an athlete that says, "I'm just going easy today," and doesn't really mean it. Don't be the athlete who trains hard, but then eats a bunch of junk food, stays up late drinking and partying, and yet wonders why they can't get any faster.

### 2. Stop Doing Other Athlete's Workouts

Instead, focus on what workouts YOU need. Sometimes (in fact many times), that means you need to train alone. Peer pressure is no way to train effectively. If you train with a lot of egos, let them go. Limit group workouts to those which are in line with your goals and specific needs, at the right time. This especially includes recovery workouts. (See #1). If you can't train effectively on your own, then you are not addressing the real issue. If you really are committed to your goals, training according to those goals shouldn't be in question.

### 3. Stop Sabotaging Your Training

When life gets stressful, skipping workouts because you're not in the mood only brings about more stress and frustration with training and lack of results. Training is your escape, keep it that way. Skipping that transition run because you think you're too tired, is a missed opportunity to build confidence with a great run, or to learn to better pace your bike. So many of us value performances in our

# 10 Things Endurance Athletes Need to Stop Doing

*Dr John Bell forwarded this useful advice. Writer is Jim Vance, a Level 2 USAT Coach; an Elite Coach for Training Bible Coaching; Head Coach of Formula Endurance; and a former elite tri-athlete.*

*The article was posted on Wednesday, September 17, 2014: <http://home.trainingpeaks.com/blog/article/10-things-endurance-athletes-need-to-stop-doing>*

lives, and to not give yourself the best chance to perform, just sabotages your efforts and investment.

### 4. Stop Ignoring your Diet and Weight

What you eat affects your recovery. (See #1). If you aren't thin, you aren't as fast as you can be. I'm not saying you should look anorexic, or be unhealthy, but to think those extra 10-20 lbs you could lose aren't affecting your performance, is ignoring the obvious. If you're 20+lbs over an ideal race weight, there is no training plan or lightweight bike that can overcome that handicap. The excess weight also means higher risk for injuries, which can sabotage your training. (See #3).

### 5. Stop Obsessing About Volume

If it really mattered, the athlete who did the most volume would win every race. Ultraman competitors would be the best Ironman and sprint racers. Tour de France

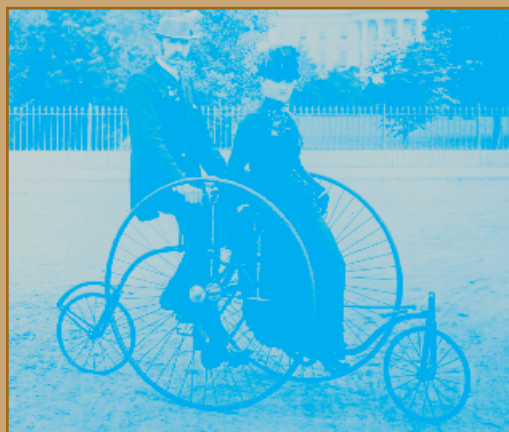


*Don't obsess about volume training! (Artist: Ron Leishman)*

winners would win the single-day races. It's about the quality of training you do, not how much training you do.

### 6. Stop Doing the Same Thing Over and Over

The body responds best to variance in training. If you've been doing the same things over and over for years, and aren't happy with the results, or seem stuck at a plateau, it's time to address the real issue, your training. If you're not satisfied with what you've gotten from your training, then change it.



**No, you don't need a new bike**

### 7. Stop Ignoring Your Warm-ups and Cool-downs for Your Workouts and Races

The older you are, and the higher your goals, the more they matter. It's like sabotage. (See #3) Research shows these help greatly with performance and recovery, so make it a priority.



*Find your inner geek!*

### 8. Stop Ignoring Technology in Your Training

You use technology in nearly every aspect of your life, from your iPhone/Android to your laptop and software at your job or at home. Why is it so hard to believe power and pace data can help your training and racing on a daily basis? (See #3). If you're not willing to learn how to use these tools, how committed are you to your goals if you know they can help? If you're afraid the data might tell you something you don't want to hear, then see #3.



*Geeks come in varied formats; which are you?*

### 9. Stop Thinking you Need a Faster/Newer/Better Bike

You need to get training right. (See #1 through #8).

### 10. Stop Being Negative With Yourself

There is nothing anyone or any coach can tell you that will supersede what you say to yourself. If you don't believe in yourself when you toe that start line, the result is pretty much already determined.



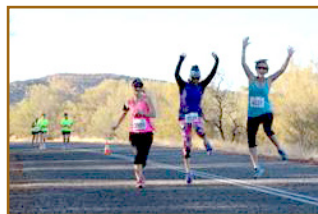
# A Marathon called Alice

**IT'S not raining; there's almost no wind but it is zero degrees at a few minutes before 6.30 am in Alice Springs.**

Forty six marathon entrants have just been briefed by the race director and I am sure that no-one fully absorbed the unfamiliar street names and the initial twists and turns of the course and I am equally sure that they were mightily relieved to be told that cycling outriders would keep us on track.

## Why?

As I waited for the gun, my mind went back six months to a luncheon with former business colleagues where we each set ourselves a challenge to be reviewed in a year. Buoyed by the occasion, before my brain could intervene, I had mouthed the words "run a marathon in the outback".



*Some go Troppo in the Top End*

The gun, cheers from the assembled supporters and the forty-six set off. We were clad in all manner of running gear from full length skins and several layers of tops, supplemented by beanies and gloves to the hardy (or foolish) souls in only shorts and singlets.

The course initially took us along a loop beside the Todd River where yesterday we had enjoyed the annual 'Henley on the Todd' regatta.

## Witches

We were soon at the first drink station, where we were greeted by black-robed witches (Halloween in August?) and we remembered the instruction to rate each drink station.

The station teams were competing for free dinners at Lasseter's.

*By Victorian Master Phil Urquhart at the Alice Springs Running and Walking Festival 2014*

After reaching the Stuart Highway the new course traversed the Heavitree Gap, the only southerly access through the MacDonnell Ranges into Alice Springs. It carries road, rail and the Todd River.

As we settled into a steady pace, I remembered the varying degrees of enthusiasm my running friends had expressed for a road trip to the Red Centre, as supporters or participants. But alas, in the early morning darkness just six days ago it was Jim Clarke, myself and my partner Lorraine who set out.

A shout of "turn left here" from our accompanying cyclist brought me back to the task at hand, as we left the aforementioned unfamiliar streets and joined the Ross Highway, now heading east, with the rising sun warming frozen hands and faces.

## Camel farms

We passed assorted caravan and camping parks, camel farms and other rural establishments, before we were greeted at the next drink station by volunteers dressed in 'onesies', who we naturally marked harshly, despite their enthusiasm.



*Round the rugged rock – 46 redoubtable runners ran.*

Eventually all signs of farming activity had been left behind and we were truly in the outback. The ridges of the East MacDonnell Ranges loomed on our left, a bright contrast to the deep, blue sky and the dull green of the vegetation.

## Coming Events

Mark Dawson travelled north for the biennial Alice Springs Masters Games last year and did very well in seven running events.

**Alice Springs Running Festival 2015**  
Sunday August 16, 2015



**IN 2015 a single-day Running Festival is planned. There's to be a 4km fun run, 10km run, Half-Marathon, and full Marathon.**

(For a taste of the latter – see our accompanying report from Victorian Master Phil Urquhart who ran it in 2014.)

## Mark's golden meet:

"In the 2014 ASMG, I took gold in three track events – 800m, 1500m, and 3000m," says Mark.

"On the road I did the Masters Mile, 5km cross-country, 10km road race, and the Half-Marathon; gold medal in the cross-country, and silver for the other three events. A quite enjoyable Games!

## Pre-Worlds hit-out?

In 2016, the Alice meet will enjoy a 30-year anniversary.

"The interesting thing is that the dates for this are 08-15 October 2016, that is, about two or three weeks before 'our' World Masters Athletics Championships here in Perth from 26 October-6 November 2016," says Mark.

"Maybe some of our club members would be interested in attending the 2016 ASMG as a final 'hit-out' before the World Champs?"

The next of the gentle twists and turns of the highway revealed a drink station manned by another eager group who, unfortunately, were amusing themselves with 80s music, thus ensuring a low score (Flock of Seagulls were never a favourite of mine but the track was the appropriately named "I ran so far away").

By now I was lagging well behind the pack but Jim was waiting for me, as in the distance we observed the approaching race leaders on the way back.

## Emily Gap

Emily Gap was passed, one of many breaks in the range carved long ago by the swift

flowing rivers that existed in wetter times. Clearly marked kilometre indicators kept us focussed on the pace and regular drink stations ensured we were well hydrated.

Not to be forgotten was the appearance of Buzz Lightyear at a later drink station, causing me to wonder whether we had somehow been beamed to another galaxy but the booming strains of Queen's 'We Are the Champions' brought me back to earth and the necessity to keep moving.

We had passed the half way point and were now in sight of the turnaround at 24.8 kilometres, as the Todd River loop is omitted on the





*It's a run-only festival this year.*

return leg; only 17.4 kilometres to run. We were still running last so as we passed each drink station were able to happily inform the crew that they could now go home, however, many just moved to the next to cheer us on.

As we approached Heavitree Gap, signalling the nearing of the end, the race director drew up to check our progress and we quickly assured him we were determined to finish so he phoned ahead our expected finish time. At the last drink station Buzz Lightyear made a further appearance but refused to hand over his rocket devices so we had to finish on foot under our own power. Which we did, in a slow 5 hours 15 minutes, but another marathon done: the 73rd for Jim and the ninth for me.

With only an hour to the presentation, it was back to the Desert Palms for fifteen minutes walking in the pool, a hot shower and off to Lassetter's for the complementary presentation lunch, where we applauded the place-getters and accepted our finishers' medals. As the medal was handed to me those words uttered in haste at that earlier lunch "run a marathon in the outback" came back to me and, with great relief, I realised I had honoured that commitment.

### **Genuine outback**

All in all, it was an excellently organised and well supported running festival



with genuine outback running but without the sand and stones underfoot. The Alice Springs Running and Walking Festival is an event not to be missed for any distance runner who wants to experience an outback marathon. Whether it is combined with a lengthy road trip, or fly-in fly-out, there is plenty to do in the Red Centre.

**I highly recommend the event to all Masters and their families.** It is hosted by the Alice Springs Running and Walking Club, whose president, John Bermingham, a Victorian and one time winner of the Victorian and Traralgon marathons, will be known to many masters. Race Director, Peter Eason, and the committee are planning to further improve the event and increase participation. As Peter pointed out, the marathon course has IAAF-AIMS certification and it is sanctioned by Athletics Northern Territory and is the NT marathon championship. As well as the marathon, the festival included a half marathon run and walk, and a 10km run and walk, all carrying generous cash prizes. All distances are certified.

*Phil Urquhart*



*AFTER talking Mike Anderson into joining Masters' committee this year I also persuaded him to tell us something of his past. The burly, one-time weightlifter and judo exponent reveals that he is amply qualified to help with management of our organisation.*

*"My interest in serving on the MAWA Committee is driven by the wish to give something back to a club that has given me so much over so long," he writes. "Having retired from paid work four years ago I have the time (and the energy still!) to make a contribution towards the continuing flourishing of our club."*



# Road racing debut was a marathon

**LIKE many in the 1980s I was drawn to running by the dream of successfully completing a marathon. So in 1984, in my mid-30s with four months' training under my belt I entered the Wirral Marathon (Merseyside, UK) and finished without mishap in around 3hrs 40 minutes.**

This was my first road race ever, over any distance! Looking back now, yes, it does seem more than a little crazy.

In the years just prior I had done quite a lot of lifting weights. In my late teens and at university my sport was judo, so I suppose I must have maintained a good standard of fitness which enabled me to get away with a marathon with such minimal preparation.

### **10-milers**

The running achievements I'm most proud of now are a couple of 10 mile races completed in around 65 minutes, and some half marathon times under 89 minutes.

I also managed to run a few 10kms in around – or just under – 39 mins.

A year after the Wirral Marathon I entered the City of Sheffield Marathon and just missed my 3hrs 30mins goal.

At the time I was managing a charitable organisation, and aimed to raise some money for it while proving that the previous year's 42kms hadn't been a fluke! However, I was so disappointed with failing to get under three and a half hours that I determined never to run a marathon again – and I haven't!

### **Hello Masters**

I joined the Masters (WAVAC then) shortly after migrating with my family to Australia in 1991 and was immediately impressed with the camaraderie I experienced. I was always met with encouragement and friendliness.

My running goal now that I'm ageing through the 65-69 grouping is to complete sprint distances as fast as my chunky, short legs will carry me.

The challenge for me has always been speed, since my marathon and half marathons showed I've somehow



always managed to be able to 'get round' the longer distances.

Actually, this has been achieved by the clever stratagem of slowing down when I get weary!

### Throwing

I've quite recently taken up the shotput; and more recently still, the discus. Because I've never competed in these events when in my prime, I can surely look forward to many PB's?

These motivate me to keep to a weights schedule and will thus avoid my developing the 'Muppet' arms so prevalent amongst 'Masters' runners!

### Fiery youth?

The editor asked me to add some autobiographical detail to the running story. So here come some key elements ...

I was brought up just to the north of Sheffield in South Yorkshire. After happy years in a Montessori primary school I spent several exceedingly unhappy years at a Grammar School founded 1604 in the reign of King James 1. So a little older than Guildford Grammar, Hale School and the like!

(It seems to me now that many of my teachers were either trauma victims of the WW1 trenches or, if younger, survivors of one or other appalling Japanese prisoner of war camps consequent on the fall of Singapore.)

Aged about 14, it dawned on me that the quickest way out of this school-prison was to work super hard at my studies so I could leave for university a year or two earlier than virtually all of my peers.

In the event, this longed-for leaving was sooner and more abrupt than I had planned since a school friend set fire



*In the 80s Mike was still developing his hair-style. (C'mon Mike, you didn't expect a comeback after that 'muppet arms' crack?)*

to a school building (empty at the time). That's still one of my happiest days! Though I, and several others of his mates, were not directly implicated we were "asked to leave".

I think this was because we stood together in not 'dabbing' in this miscreant to the school authorities. (And we had hung around to watch as the conflagration took hold without taking steps to alert staff.)

### Studious

My older brothers, who are twins, had gone up to Oxford to be medics and I was fortunate to win a Scholarship there to St Catherine's College where I took an MA in Law.

Always something of an education junkie, after Oxford I got a nationally recognised qualification in youth work; and then post-graduate social work and counselling qualifications at Birmingham University. Later I did a Masters in Education by research part-time at Liverpool University.

For some five years in the late 1970s in England's West

Midlands I ran diversionary schemes for youths in trouble with the police and the judicial system. In 1975 I was offered a part-time teaching job at a local university and this developed into 30 years or so of employment as an academic at four English Universities. My last academic post in England was Head of the Social Work Department at the Metropolitan University of Manchester.

### Teaching

Tertiary education teaching made me progressively interested in the ethics of social casework and individual counselling and this became my research focus. Later I completed a PhD at Murdoch University on the ethics of the existentialist theorising of John-Paul Sartre. I became Honorary (i.e. unpaid!) Chairperson of the Human Research Ethics Committee of Joondalup Campus in 1997 and have continued in this role ever since.

All research involving people has to be checked by our committee and established as ethical before it can be allowed to take place at the hospital.

### Migration

I came to WA with the family in 1991 to take charge of the Human Services Degree Programme at Edith Cowan University.

Meantime, my wife Helen, whom I had met and married whilst an undergraduate at Oxford, gave up her secondary teaching career and became a very successful real estate sales person. After 1998 I took on a variety of part-time jobs to give more support to Helen's work on what became the family real estate business.

These included Senior Counsellor for the Department of Corrections at Karrikin, Wooroloo and Casuarina Prisons; and assisting people with their claims for justice and recompense following sexual and other abuse from the Catholic Church via the (now rightly discredited) Towards Healing process. Most recently I worked for five years in WA's mental health inspectorate.

## December Committee Meeting

(Posted on December 17, 2014)

- The club is nominating David Carr and Lyn Ventris for the AMA Hall of Fame.

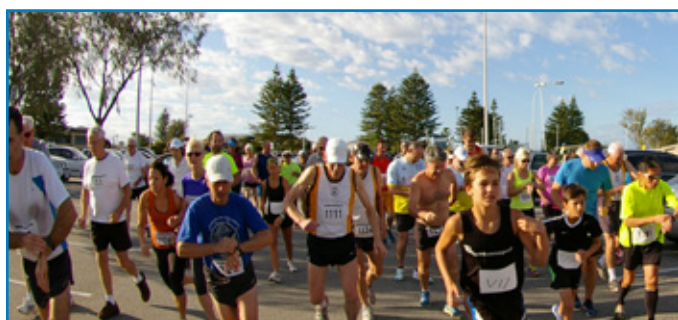


*Lyn*



*David*

- State Championship entry fees were approved. No changes from last year.
- The club will move towards a web-based system for ordering uniforms. The initial procedure will require members to download an order form from the web, and send it to Colin Smith. Eventually orders will be fully online.
- Club membership reached 512 on November 30.
- The club urgently needed someone to compile Sunday Run results – volunteers please. (Now sorted.)
- The committee thanks Sandi Hodge and Brigitte Cheek for manning the visitor table, and Jim Langford for taking on the management of the Sunday helpers.
- The club may be prevented using lanes 1 and 2 for our Tuesday evening track meets. If so, alternatives will be sourced and track and field athletes canvassed.



*With Johan Hagedoorn, Mike has directed the Mullaloo Magic events for many years.*

More, next page ▶



# HELPERS

## Be there – or phone your director!

**1 February**  
**FRIENDSHIP RUN**  
*Director: Brett Roach*  
*Ph: 0406 422 378*

Jim Barnes, Bronwyn Bell, John Bell, Andrea Byrne, John Byrne, Jim Farr, Trisha Farr, Ray Hall, Todd Ingraham, Michael Lee, Tina Major, Lachlan Marr, Mickey Muroi, Liz Neville, Joan Pellier, John Pellier, Janet Walter, Michael Walter

**8 February**  
**WOODMAN POINT**  
*Directors: Karen & Peter*  
*March*  
*Ph: 9418 8770*

Elaine Dance, Col James, Gail James, Eamonn McNulty, Karen Peace, Elaine Sillery, Rhod Wright

**15 February**  
**McCALLUM LAKES**  
*Directors: Bob & Lynne*  
*Schickert Ph: 9330 3803*  
Keith Atkinson, Fiona Cousins, Lyda Hayward,

## Committee Matters ... from page 11

(Posted on December 31, 2014)

PLEASE note that Jim Langford has taken on the key role of managing the helpers list. Jim's email is jimrun@iinet.net.au

The list for the entire year is now on the website (road/cc tab), and will be kept up-to-date by Jim.

PLEASE DO THE FOLLOWING:

1. If you have not yet renewed, select lightly populated runs for your helper dates.
2. Check that your name is down for the correct runs.
3. Contact your race director at least a couple of weeks before the race to re-affirm your availability.
4. If you find you cannot make the date, inform Jim immediately.

Already some dates are over-full so Jim will be looking to re-allocate some people.

Please be flexible!

(More stretching? VW

IF YOU have volunteered for one of those shown here, and your name isn't listed, it means that run is fully staffed. If so, contact Jim Langford to be allocated to another event – because MANY other events do need more helpers!

Jim's email? It's jimrun@iinet.net.au

**Championships reminder:** Our annual State Championships are on March 24 & 15; and the AMA Champs are from April 3 to 6.

Richard Hayward, Merv Jones, Mike Khan, Su Lloyd, Helen Lysaght, Keith Martin, Hamish McGlashan, Dalton Moffett, Joseph Patroni, Christine Pattinson, Don Pattinson, Blakeney Tindall, Yagan Williams, Scott Winn

**22 February**  
**PINEY LAKES**  
*Director: Ante Perdija*  
*Ph: 0401 000 228*

Geoff Bailey, Clive Choate, Lynne Choate, Marg Forden, Jan Jarvis, Russell Montgomery, Syd Parke, Lyn Pearson, Rosa Wallis, Rhod Wright

**1 March**  
**LAKE MONGER**  
*Director: Kim Thomas*  
*Ph: 9360 2675*

Bob Fawcett, Carolyn Fawcett, Peter Frediani, Michelle Kemp, Ginny Mulvey, Russell Smith, Monique Thomas, Blakeney Tindall, Clare Wardle

**8 March – AGE GRADED HANDICAPS**

*Directors: John & Christine*  
*Oldfield*  
*Ph: 0434 191 611*

Kees Maatman, Chris Maher, Mickey Muroi, Don Pattinson, Christine Pattinson, Denise Viala, Pierre Viala, Amanda Walker

## Taking a long walk? Please – start early!

SOME Sunday mornings, the helpers have done a day's work before most of us are up.

Starting in the dark on occasion, they mark up courses, hump the gear into place, and prepare to stand guard for some hours to see everyone safely around the route.

It's an extra burden when the longer events are scheduled, and even worse if they have to wait an extra hour or so for the final walkers to come in.

**22 March**  
**JOONDALUP**  
*Directors: Denise & Pierre*  
*Viala Ph: 9307 1249*

Mike Anderson, Brian Bennett, Margaret Bennett, Johan Hagedoorn, Keith Miller, Dalton Moffett, Brian Smith, Bronwyn Smith, Tony Smith (1204), Julie Wood

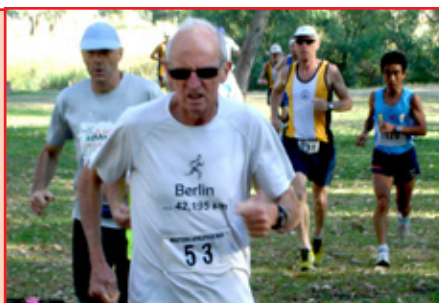
**29 March**  
**MANNING PARK**  
*Directors: Maree Brown & Sally Floyd*  
*Ph: 0419 914 006*

Geoff Bailey, Andrea Byrne, John Byrne, Lorraine Lopes, Elaine Sillery

**12 April – 3PS**  
*Directors: Nick Miletic & Gail Castensen*  
*Ph: 9419 7890*

Chris Coles, Kim Cook, Steve Cook, Lyn Pearson, Maxine Santich

*Pictured winning at Alderbury in December, M70 Jim Langford is training doggedly with this year's Lyon World Championships in mind.*



*If you are entering any of the coming T&F championships you'll need official club apparel. Colin Smith is the man to see, or contact. His email is emailcolin@netspace.net.au Perhaps you will look as fetching as glamorous model Allison Lilly – pictured showing off the World Championships kit at the Railway Run, to riotous applause? No, the blokes definitely will not; but it's probably time you all bought some new shorts!*



## Time for some new kit?