



# VETRUN

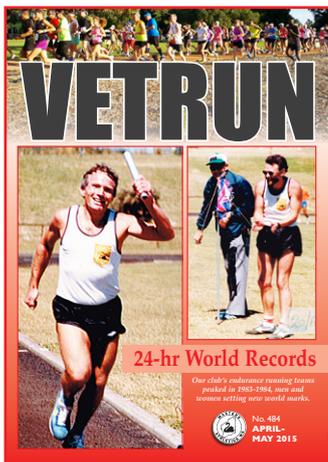


## 24-hr World Records

*Our club's endurance running teams peaked in 1983-1984, men and women setting new world marks.*



No. 484  
**APRIL-  
MAY 2015**



Perhaps our finest hours? The 24-hr relays record outstanding club spirit and camaraderie, as well world records. More pictures and words, see page four.

Top of the cover – Lake Monger start on March 1st.

**NEXT EDITION**

Vetrun no. 485 will publish at the start of June 2015.

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# Champs record entry again!

MAWA's 34th State T&F Championships attracted the largest ever entrant level with 172 athletes registering before the closing date.

The pattern of events was similar to recent years, except that the 10,000m was held at WAAS due to the closing of ECAC for re-surfacing.

## 10,000m

We saw some great racing on a perfect evening for the 10,000m. Todd Ingraham won overall after fighting off the challenge from Kim Thomas. Lorraine Lopes set two pending Australian Records, while Gary Peace and Jim Langford made performances close to 90% age-graded.

## Pentathlons

This was followed two days later by our pentathlon day at WAAS.

As always during pentathlons, competition was fierce and camaraderie high. Melissa Foster continued her record breaking spree in the pentathlon while Byrony Glass, Bev Hamilton and Matt Staunton set State records in the throws pentathlon.

For the steeplechase evening the temperature dropped quickly after sunset, to give ideal conditions. MAWA's strength in depth in this event was clear, three competitors setting State records.

## Stormy outlook

So finally, to the main weekend when our weather bureau threatened us with damaging winds, storms and floods.

We came prepared, but the cyclone ran out of steam somewhere near Geraldton and we enjoyed a fine weekend, with some humidity on Saturday and a moderate wind on Sunday. The close races were too numerous to list and more records tumbled.

## M85s

Mention must be made of our quartet of M85 athletes, Irwin Barrett-Leonard, Derry



10,000m runners; Kim Thomas moving up on Bjorn Dybdahl, Rosemary Giles and Chris Maher, but Todd Ingraham took overall honours. Inset left, Jim Langford continued his winning progress towards this year's World Championships in Lyon, winning his age group in 40:42, almost a 90% AG performance.

Foley, Gordon Medcalf and Cecil Walkley, who fought some memorable battles on the track.

Patron John Gilmour came on Sunday and he enjoyed some fine competition before presenting medals.

The Anne Shaw athlete of the meet award was won by Lorraine Lopes for her performance in the 10,000m.

## Records

In total, we ended with two pending Australian records and 28 State records set during the Championships.

I received many generous comments on the organisation and I thank you all for these. As always our officials and helpers were tremendous and it is their efforts that are the real key to success.

Next year we can anticipate a huge membership swell as athletes look towards the World Championships – here in Perth, during October 2016. I look forward to seeing you all then.

Barbara Blurton



## Entry for 10km Track Handicap

23rd APRIL 2015

NAME .....

AGE GROUP .....

NAME .....

AGE GROUP .....

Send ENTRIES and \$5 fee

Jeff Whittam,  
49 Holland Street,  
Wembley WA 6014  
(Ph) 9387 6438

## 10km Track Handicap

ENTRY FEE \$5

McGillivray Sports  
Ground  
23rd APRIL 2015  
Starting at 7pm  
Followed by a BYO  
BARBEQUE

**THIS will be the best event for you to get a good 10km time as the weather is usually cool and still. To be eligible for the trophy you will have had to have run at least three Sunday Runs in the previous six months, just so the handicapper can give you an accurate handicap.**

You can still run the event even if you haven't got the required runs in, just no trophy if you win. The event is held under lights so you do not need to bring your own torch. Anyone willing to help on the night please let Dorothy or Jeff know.

Jeff & Dorothy  
Whittam

## Why don't you take a standing jump backwards?

**VETRUN** hasn't exactly been overwhelmed with backwards-running record bids, although coach Basil Worner says he still encourages young footy players to use backwards running in training, to improve balance.

However, I have developed a fascination with 'reverse events'. Perhaps it's because my own running ability is going that way.

### All-rounder

So hear this. According to the QI website the great CB Fry was widely reported to be able to make a standing jump, backwards, onto a mantelpiece.

You have to believe it. This site is a 'must-trust'. QI is on the BBC – and host Stephen Fry is a descendant of the great CB.

It's credible. This great all-rounder was unbeaten when captain of the England cricket team; played soccer for his country; and set a world long jump record that stood for more than twenty-one years, while he was still an undergraduate.

Oh, by the way, he was also offered the throne of Albania.

Test Match Special's wonderful cricket broadcaster, John Arlott (1914-1991) wrote: 'Charles Fry could be autocratic,

## Going out with a sale

**CHRISTINE** and John Oldfield announced their departure from Perth at the Age-Graded Championships, which they directed at McCallum Park last month. Unusually, they signed off by holding a 'garage sale' under the trees – with any proceeds going into club funds.

These sunbirds have been flying to and from the UK



## In My View ...



by the Editor

*angry and self-willed: he was also magnanimous, extravagant, generous, elegant, brilliant – and fun. He was probably the most variously gifted Englishman of any age.'*

Jumping backwards onto a mantelpiece from a standing position on the floor was just a party-piece for the supremely athletic CB. Had he taken part in the 1896 Olympics (he didn't, probably due to financial difficulties), it's believed that he would

probably have won the 100 metres and the long jump. However, Fry's lifetime of achievements was so huge that when he appeared on *This Is Your Life* in 1955, Eamonn Andrews' introduction didn't even mention his sporting career.

### Look here, Hitler ...

He failed three times to become a Liberal MP and made an ill-advised trip to persuade Hitler and von Ribbentrop that the Nazis should take up test cricket.

### And about Albania ...

This supposedly happened at the League of Nations held in Geneva in 1920. Fry was there as secretary to India's delegate (another superb cricketer) Kumar Shri Ranjitsinhji, the Jamsahib of Nawanagar. Ranji and Fry were old friends who played together for Sussex.

But Ranji was known for his practical jokes, and it seems probable that the offer of kingship was one of them.



for the past nine years – "we don't do winters" – but are now clipping their long-distance wings for a while.

They'll be back next year, though just for the World Championships.

*CB Fry – far left, second row in this 1899 England team, captained by the unmistakable WG Grace – centre. Top pic – the famous Ranji, left, with Sussex teammate Fry.*



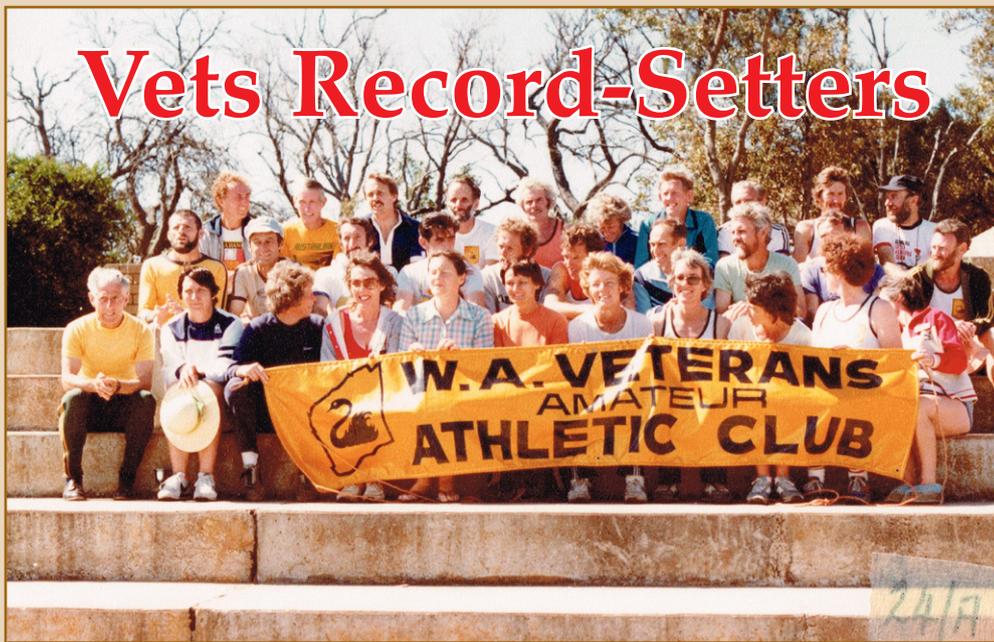
**1981:**

*Above left, Ted Maslen to Maurice Johnston; above right, Jeff Whittam to David Carr. Left, Barrie Thomsett to Morris Warren. Barrie came to watch/help, was co-opted to run, wandered off to find a phone and tell his wife he'd be back in 24 hours!*



*Maurice Smith finishes – the late Dick Horsley (another champion) and Bob Sammells applaud. Bob: "I'm flattered to be in the same picture as Maurice, an extraordinary endurance athlete. Once, in the Marathon Club's 40-Miler he ran the marathon section, and won. After a short and warm-down, he then ran the rest, and won it!"*

*Joan Pellier hands over to Marion Peterson.  
More pictures – page 11.*



**Vets Record-Setters**

**How the West won**

WA's 24-hour record attempts began in 1979 with M35 and M40 teams setting new ARs. Bob Sammells and David Carr were among the M40s, who ran 244 miles 1280 yards.

Two years on W35s and M40s scraped together teams despite late no-shows. With welcome fill-ins the women covered 186 miles to set a WR and the men broke their own AR with 250 miles-plus.

1983: M40s including Frank Smith and Jim Barnes ran a 430km WR. M50s set an AR; W35s a State record.

**Ladies only**

In 1984 the last 24-hour record runs were made by M35s and W40s, both teams trained by Don Caplin (picture – see page 11.) The W35s included Marg Forden; their new WR came up at 353km-plus. The W40s, including Lorna Lauchlan, Dorothy Whittam and Joan Pellier set their WR with 314km.

**You want more?**

Unravelling the various runs after 40-odd years isn't easy!

But there's a good summary in Christine Oldfield's book *Right From the Start* (Chapter 6, page 107.)

She drew on old *Vetrans* pieces: October 1979, no. 89; and January 1982, no 112; and February 1984.

All *Vetrans* are on the website, as are all the records, for the relays and many other endurance runs.

Finally, our pictures – taken at the 1981 record runs, are held by Jim Barnes.

**1981 was a very good year!**

*Back: Morris Warren, Alan Tyson, Derek Walker, Barrie Thomsett, Aub Davey, John Pellier, Jeff Whittam, Ray Lawrence, Brian Danby, Don Stone.*

*Centre: Maurice Johnston, John Davis, Richard Sparks, John Rowlands, Charlie Spare, Maurice Smith, Bill Monks, Ted Maslin, Barrie Robinson, Bob Sammells.*

*Front: Cliff Bould, Bev Wall, Joan Pellier, Ann Deanus, Jo Stone, Kath Holland, Lorna Lauchlan, Jan Fletcher, Marian Peterson, Dorothy Whittam, Margaret Warren.*



THIS year's Ashfield event attracted 137 competitors – 23 visitors and 114 members. Unlike previous years, there was no need to encourage people to stay hydrated during the event as the cooling winds kept the temperature down. They also kept the mozzies away, which was a welcome relief, especially for my helpers at Tranby House, as it's always recommended to have some Aerogard on hand.

If you thought your time was a little slow, that may be because the course was a tad long. Some people's Garmins showed that it was only a few metres out but it was probably closer to 80-90 metres long. We'll try to start closer to the bike path next year to get an accurate length.

Visiting runners were first across the line in the men's 5km and 10km events.

It was great to see Brett Roach's son, Abi, flying up the hill at the end to come first in the 5km run.

Impressive also was Chris Lark, a visitor, who was first over the line in the 10km event, over a minute ahead of the next competitor.

We were all treated to a scrumptious range of cakes and pastries that Les Beckham brought along to share,



Sandra

courtesy of his local bakery. Thanks, Les, for your help so early in the morning. Thanks also to all my helpers, who did a great job.

I was grateful that all the helpers listed for this event were able to assist on the day. Kirt Johnson, Brian and Bronwyn Smith, Ann and Ced Turner and Pat Miller have been helping for the four years I've been directing this event and make my job easier, offering invaluable advice.

Thanks to them and my newer assistants Michelle Kemp, Russel Montgomery, John and Christine Oldfield, Wayne Taylor, Lui Cecotti, Bernadette Height and Clarke Hendry and Rod Hamilton, who both cycled to their respective points and were able to pick up flags later.

A special thanks to my dear friend and partner, Kevin Johnson, for cycling over the course twice with me and getting up at 4.30am to help set up.

I hope to see you all next year.

## Ashfield results in brief

### 10KM

- Tony Smith M35 - 42:09
- Bjorn Dybdahl M60 - 43:35
- Bob Lane M65 - 43:41
- Stuart MacKinnon M30 - 43:49
- Karen March W50 - 45:45

### 5KM

- Chris Frampton M45 - 21:38
- Brett Roach M45 - 22:43
- Ross Keane M50 - 23:39
- Karen Peace W40 - 24:21
- Margaret Saunders W60 - 24:56

### 10KM WALK

- Marie Fitzsimons W45 - 62:30
- Johan Hagedoorn M70 - 77:23
- Lynne Schickert W70 - 82:23

### 5KM WALK

- John McDonagh M65 - 36:47
- Su Lloyd W60 - 39:58
- Ray Hall M80 - 40:12
- Joseph Patroni M55 - 40:40

**McCallum Events**  
**February 1, 2015**  
*Directors: Lynne and Bob Schickert*

THE changed course with no bike path crossings resulted in a safer event. The distances are now 8K/4K and there were about 130 participants.

Some of the 'Giants' of our club such as David Carr and Jim Langford and Irwin Barrett-Lennard ran; so there were giants on the north and south sides of the river today. Helpers – thanks!

NB: The other giants were part of the Festival of Perth.  
*Bob*

## Age Graded Handicaps

Directors: Christine & John Oldfield

8 KM RUN	Age	Clock	H/Cap	Actual
Lorraine Lopes	75	45:16	0:00	45:16
David Carr	82	46:59	3:36	43:23
5 KM WALK				
Lorna Lauchlan	84	42:56	0:51	42:05
Ray Hall	81	45:32	8:02	37:30

IT seemed hotter than it should have been and there were a lot of soggy singlets on show coming up the chute.

Last year's winner of the 8km handicap run was Giovanni Puglisi and he suggested to the committee that there should be a trophy for this event. The committee agreed and produced two trophies, one for the first man, one for the first lady – despite the fact that the handicaps already take account of both sex and age.

Lorraine Lopes was first home with David Carr second and each was presented with one of the impressive new trophies – which were immediately taken away from them to be engraved.

### Walkers

Lorna Lauchlan, one day short of her 85th birthday, took top honours in the 5km walk handicap. Lynne

Schickert came in second, just a whisker in front of Ray Hall. But there were no trophies for the walkers in this event.

The marshals and the finish team were marvellous and made sure nobody got lost or, more importantly, collided with any bicycles and that all results were timed and recorded accurately. They have been personally thanked but a public acknowledgement of our appreciation is due to Les Beckham, Sam Farman, Chris Maher, Kees Maatman, Micky Muroi, Denise Newport (who stepped in on the day to manage the second timing device), Chris and Don Pattinson, Marg Saunders, Katrina Tyza, Denise Viala, Amanda Walker and Julie Wood. You are stars.



David Carr, M82, won the new AG men's trophy off a 3:36 handicap. His current Australian 800m record is faster than the official world record – see story (right).

Think of us as the weather heats up here around October. We'll be shivering in the cold in England – or perhaps sunning ourselves in the mountains of Southern Spain. We'll see you all again in October 2016 at the World Championships and, in the meantime, we will be keeping an eye on how you are all getting on.

JO & CO

You write ...

## More super-senior times

IT'S on the internet so it must be true. *Ninemsu* homepage shows a new 200m World record, achieved at the British Masters Indoor Championships, of 55.48secs by Charles Eugster in the M95-99 age group.

WA has no record-holder for that age/distance combination; the nearest is Peter Kennedy's 3:06.12 when aged 90, over 400 metres. Now let's see; I've got 14 years to enter that age bracket and as 'only the good die young' ... but then my current time would probably be around that mark. Oh well, back to the rocker chair.

Ray Hall

## It's not going to be easy, Ray!

There is an Australian national M95 100-metres record, set by Charlie Booth of Victoria way back in 2002 when he ran the 100 in just 28.57 seconds. So aim for that when you're old enough; it's a start.

(Australia's most venerable 200m record-setter is still Queensland's M90 Harry Gathercole. He set the AR at 44.24 in 1997.)

### Records at AMA

I found these performances at the AMA website. There's lots of fascinating stuff in the lists. David Carr features, of course.

He still has the Australian 800m records for M65, M70 and M75, as well as that for his current M80 age-group, 2:48.5, set in 2013.

This time is actually better than the listed M80 WR – Canadian Earl Fee's 2:48.95, set in 2009. But, as David explains:

"Current requirement for 800m records is electric timing and photo-timer print of the finish. My time was hand time. Hence I have WA record. Various websites will credit me with world record. So close!"

David also still holds the World M75 record – 2:34.3. In a couple of years let's hope will set his sights on the M85 records. Currently they are 3:34.5 (AR) and 3:15.15 (WR).

VW

# Woodman Point

AFTER a couple of forced course changes, we are pleased with the course we have now. It seems our members are happy too, as we had more than a hundred participants this year (including visitors). Comments were very positive.

Many thanks go to our wonderful helpers. Some travelled from north of the river, to be at Woody Point with a friendly smile on their faces.

February 8, 2015

Directors: Karen and Peter March

Initially we had nine helpers listed, but we need thirteen to safely direct this run.

When the word got around we were short, members rallied and we had numerous offers of help. In fact we had to knock some people back.

See you all again next year!  
Karen and Pete



Karen

## Brief results

### 5KM HANDICAP RUN

Graeme Dahl M65 – 29:56 (6:02) 23.54

David Adams M35 – 30:17 (6:27) 23.50

Monique Thomas W35 – 31:28 (3:31) 27.57

Paul Martin M70 – 31:49 (2:10) 29.39

Julie Wilson W60 – 31:50 (4:49) 27.01

Christine Oldfield W70 – 31:50 (0:04) 31.46

Shirley Bell W65 – 31:58 (3:28) 28.30

### 10KM RUN

Tony Smith M35 – 41:36

Kim Thomas M40 – 42:29

Paul Ankers M55 – 43:28

John Allen M55 – 43:58

### 5KM RUN (NON-HANDICAP)

Sandra Stockman W45 – 22:27

Peter Frediani M40 – 22:54

Melissa Hassan W40 – 33:21

### 10KM WALK

Karen Tolardo W45 – 68:20

Johan Hagedoorn M70 – 76:10

### 5KM WALK

Su Lloyd W60 – 38:51

Joseph Patroni M55 – 39:37

Ray Hall M80 – 40:41

# Age-Grading – the best test for Masters?



Lorna Lauchlan – named Lorna Butcher in 1984, when in the record-breaking 24-hour team – see page 11.

CLUB handicapper Tristan Bell suggests that the age-graded handicap event is MAWA's best measure of members' ability.

Age-grading levels the playing field – a bit. If you're unlucky enough to be born in the same year as Jim Langford, you can still only enjoy his company for 50 metres or so.

But all other things being equal – no injuries, regular training – A-G (age-grading) should tell the average runner if he/she is maintaining form.

For instance, I was usually in the top third of the Sunday field when running well, some years ago. In an A-G event that should still be the case. If not – more work needed!

## Lorraine and David

Exceptional performers will always belie their years, of course. Record-holders like Lorraine Lopes and David Carr are obvious examples. Even without their numerous records – mostly set in their senior years – we all see them performing exceptionally all the year, on and off the track.

## How Ray improved

Lorna Lauchlan and Ray Hall won their categories in the A-G walks, and both are

travelling to the Lyon World Championships this year for the joy of contest, and the camaraderie they will enjoy there.

Ray Hall's hard work has produced excellent, improved times lately as he prepares for Lyon. Club competition has helped, he says.

"Long ago I improved my definitely poor education level by becoming a sycophant; hanging around on



Ray Hall – improving every week with Lyon in mind.



Lorraine Lopes – 98.82% 10,000m track run

ON THE age-graded percentage basis, W75 Lorraine Lopes won this year's State Championships 10,000m with her pending Australian record time of 51:31.8 – a stunning 98.82% run!

Second overall would be Jim Langford, a mere 70 y.o. whose 40:42.5 is worth 88.38%.

Next comes M65 Gary Peace; 38:50.6; (88.15%); then M70 Bert Carse; 44:50.4; (83.53%).

Oldest contestant was Irwin Barrett-Lennard, who set a new State record of 61:43.3, which is an 80.63% run.

Several other members made 80% plus runs, the youngest of them being M40 Todd Ingraham, M55 Trevor Scott and W55 Sue Zlnay.

DESPITE the freeway closure, we had a good number of participants. The path has now been upgraded, giving a lovely red bitumen surface, no more limestone and pot holes. We even had a couple of PBs. A big thank you to my wonderful band of helpers, you make it enjoyable to direct the run, for me.

Denise

## Brief results

### MEN 10KM

Hamish Mcleod M40 40:03  
Bjorn Dybdahl M60 41:50  
Ian Carson M60 42:43

### MEN 5KM

Mike Lee M65 22:19  
Mark Hewitt M60 23:02  
Maurice Creagh M65 23:48

### WOMEN 10KM

Sandra Stockman W50 46:47  
Marie Brown W50 48:21  
Wendy Burgess W30 49:33

## Joondalup March 22, 2015

Directors: Denise and Pierre Viala

### WOMEN 5KM

Sandra Rourke W45 28:31  
Sarah Ladwig W65 29:48  
Christine Oldfield W70 31:5

### WALKS

Men 10km  
John McDonagh M65 80:24

### MEN 5KM

Jim Barnes M70 42:13  
Bob Fergie M75 44:28  
Jeff Whittam M80 44:29

### WOMEN 5KM

Joan Pellier W75 42:12  
Pat Hopkins W70 46:10  
Gayle Castenson W60 46:35

### WOMEN 10KM

Marie Fitsymons W45 61:53  
Lyn Schickert W70 42:13

the fringes of those at higher levels than me. Also, long ago David Carr urged me to treat each 100m in any race as separate entities.

"For example in a 200m run: maximum effort went into achieving top speed more quickly than ever before, coast for a little while then the final surge. Recently a faster walker, David Brown, drew alongside and I strained and strained

to try and get back to one of yesteryear's times.

"This time there was a strong, live 'rabbit' right there beside me, for km after km; no mind wandering off onto other matters. I'd have been really chuffed to have got my time down to 28.00 but found it was 26.19 – and yes, the timing was accurate!

"As Jeff Whittam says, aim for the impossible."



## Lake Monger Results in brief ...

### 10.5KM

Ante Perdija M40 – 40:59  
Hamish McLeod M40 – 41:39  
Tony Smith M35 – 42:56  
Peter March M55 – 45:20  
Tristan Bell M45 – 45:22

### 7KM

Ross Keane M50 – 29:27  
David Adams M35 - 32:38  
Mark Hewitt M60 – 33:00

### 3.5KM

Michael Lee M65 -15:09  
Karen Peace W 40 - 15:58  
Margaret Saunders W60 – 16:23

### 10.5KM WALK

Lynne Schickert W70 – 84:08

### 7.5KM WALK

Joseph Patroni M55 – 55:31  
John Smith M80 – 56:55  
Rosa Wallis W70 – 59:03

### 3.5KM WALK

Ray Hall M80 – 26:19  
Peter Hopper M70 – 27:51  
Michele Mison W65 – 29:04

## Results in brief ...

### Piney Lakes

#### 8 KM

Kim Thomas M40 - 31:16  
Bjorn Dybdahl M60 - 33:32  
Ross Keane M50 - 35:08  
Akos Gyarmathy M55 - 36:44  
Brian Bennett M65 - 37:24

#### 4 KM

Bert Carse M70 - 17:43  
Bruce Wilson M65 - 17:50  
Mark Hewitt M60 -18:10  
Maurice Creagh M65 -18:52  
Margaret Saunders W60 -19:14

#### 8 KM WALK

Karen Tolardo W45 - 51:32  
John McDonagh M65 - 57:34  
Johan Hagedoorn M70 - 58:42  
Lynne Schickert W70 - 64:17

#### 4 KM WALK

Su Lloyd W60 - 30:52  
Sarah Ladwig W65 - 31:01  
Peter Hopper M70 - 31:36



*Ante Perdija won the Lake Monger 10.5km on March 1st; a week earlier he directed Piney Lakes. Top pic – Lake Monger start; above left, Jackson Wong leads this group along the freeway back-straight.*

## Joondalup Directors, Pierre & Denise



# Profile – JANET JARVIS

by Joan Pellier

JANET was born in Kalgoorlie, where sadly her mother died when Janet was three. So Janet and her brother were sent to Perth to live in the children's home 'Swanleigh'.

From a very early age Janet loved to run and won all the races at school and inter-school sports (there was no Little Aths in her early years). At thirteen Janet went to live with an aunt and joined Floreat Park Little Athletics where she excelled. She was soon noticed by the State Board and was invited to compete at East Fremantle Oval (which was a grass track) along with Shirley Strickland and all the top WA runners. Janet would catch the bus to Fremantle from Tuart Hill and home again. She continued to win all her age group races and ran in some of the heats with the top runners. Shirley Strickland invited her to join her training group and one of her favourite places where they trained was the long gone Collier Pine Plantation on Leach Highway at Melville.

## Club runner

At fifteen Janet was sent back to Kalgoorlie where she joined Eastern Goldfields Athletic Club and beat all the top runners in the club, setting records in 75, 100 and 400 yards, long and triple jump and shot put.

Marriage and children put paid to Athletics competition but after her third child, Janet had a few training runs and found her times were getting better so she rejoined Eastern Goldfields AC.

She was surprised when the local newspaper ran an article "Janet Johnson making a comeback and I wonder if she 'still has it' ". She did, and went on to win many races. The family then moved to Perth and with a couple more children, life was busy but Janet did manage to coach Little Aths for awhile.

By the way, one of her daughters was coached by Margaret Saunders.



16-years old Jan wins 100m at Eastern Goldfields AAA, in Kalgoorlie; inset, triple jump win at Hobart 1992 Nationals. Below, at 1987 Sydney Nationals where Jan won 5 golds, pictured with Dorothy Whittam (right).

## Vets

In 1985 Janet joined the Vets (now Masters) after her husband had spoken to Duncan Strachan who told her to go to McGillivray Oval. In her first 100m she was 'tanked' by Dorothy Whittam but met Basil Worner who invited her to train with his group. She loved it and says training with Bas was some of the best times in her life.



## Championships

In 1987, along with Basil Worner, Leo Hassam, Dorothy Whittam, John Russell, Alan Tyson and Shirley Cross, Janet went to Sydney to run in the Nationals, and they stayed in an Old Christian Brothers' house, south of Sydney, that Leo had arranged, and had 'a ball' she says! Janet won five gold medals – 100m, 200m, 400m, long and triple jump and was 'blown away' with her success.



Janet then went to the World Veterans Athletics Championships in Melbourne that year. She only made the first round in the 100m, reached the finals in the 400m, and finished equal third in the long jump, only to miss out on a medal on a count back. She won bronze in the triple jump and was selected to run in the Australian 400m relay team which won gold!

## Sunday runs

Janet came to the Sunday runs after Basil told her what a friendly bunch we were. Her first run was the Darlington Dash. Not knowing the first 4km was all uphill, she was happy just to finish. She then went on to win the 5km Jim Barnes road race in around 22 minutes.

Her only long run was in the Bunbury Half Marathon, while she was unable to do track because of an Achilles problem. Janet and Jacqueline Billington decided to run it together and their long-distance training was just one 10km and one 15km. At the last minute Jacqueline pulled out – but who should be standing next to Janet at the start of the Half but one Kirt Johnson who ran with her all the way.

## Albany Games

Janet regularly competed at the Albany Games which have been held every two years since the eighties.

Six years ago when competing in the long jump Janet pulled her hamstring and went to the Albany Hospital

where it was diagnosed that she had strained it. However, after 12 months and treatment from many different physios, Margaret Saunders recommended Janet should see Duncan Sullivan.

Here she was told that the hamstring had detached from the bone and the tendon had shrunk and needed surgery. So a piece of tendon was taken from near her knee to reattach the hamstring, and these days she doesn't have much strength in that leg and is only doing some jogging.

## Hobbies

Janet's other hobbies included four wheel driving so she joined a club. She enjoyed going into the bush but it proved expensive. Staking a tyre, which is easy to do, costs a couple of hundred dollars; and hitting rocks and getting a few dents in your car isn't good!

Having friends who flew light planes, and loving flying, Janet learnt a lot about flying light planes. She also had a few rides in a stunt plane doing 'loop the loop', which she said was great fun.

Janet's one triathlon was a terrible experience – a huge storm broke out just after she got on the bike leg. She also loved abseiling down cliff faces for a few years, and she also rode in a few bike tours.

## Travel

During 1991-92, Janet had an interesting time living and working for about six months at Ayers Rock.

As for the future, Janet hopes to get back on the running track, as with a group of Masters club members she is going to Lyon for the World Championships in August. If she can run, 'great', if not, then she will enjoy the holiday as she has never been to Europe before. ■

# Who eats shoots, and leaves?

IT'S John Bell – who has also made yet another valuable contribution to *Vetrun's* continued campaign of making healthy, long-lived readers.

(We gotta keep the old one's going folks!)

However, John points out that this article omits mention of nutrition in the plan, regarding the lowering of gout and cholesterol levels by means of less dairy, less eggs, less food from animal sources. You know his message: Eat more fibre, eat more leaves less seeds.

The centre of chlorophyll is a magnesium iron (not iron like in haem, of blood). "So," says John, "like Bill Clinton, these days, I eat heaps of baby spinach, cabbage, citrus.

"I smash up fruit and veg in a blender with ice – because I'm scared of pain!"



John Bell

## How does it happen?

FAR and away the most common cause of plantar fasciitis is a series of biomechanical factors (high arch, poor stability, tight gastroc complex, uneven leg length, myofascial trigger points) that combine to produce cumulative micro traumas that push the plantar fascia past its elastic limits.

The foot is a very complex structure required to absorb ground impact forces of running or jumping anywhere from 3-22 times one's body weight.

Any muscular imbalance, ligamentous laxity or aberrant mechanical action (due to injury, flat feet, high arches, blisters, etc.) predisposes the foot to injury.

Plantar fasciitis is usually not the result of a single event but more commonly the result of a history of repetitive micro trauma from training errors (too much too soon) combined with a biomechanical deficiency of the foot.

When the foot is on the



## What is Plantar Fasciitis?

*Researching pics for this feature I Googled 'images for plantar fasciitis'. Among the exploded gore and home remedies, some inexplicable force drew my eye to this one. It illustrates ... something to do with the subject. Who cares?*

*(My wife says I'm incorrigible; I don't know, I reckon I could still be corriged.)*

**Plantar Fasciitis is a painful condition affecting the bottom of the foot. It is a common cause of heel pain and is sometimes incorrectly called a heel spur.**

The plantar fascia is a thick fibrous band that runs the length of the sole of the foot. The plantar fascia helps maintain the complex arch system of the foot and plays a role in one's balance and the various phases of gait.



### Disabling

Injury to this tissue, called plantar fasciitis, is one of the most disabling running injuries and also one of the most difficult to resolve.



Cryo-therapy

forms as the body's response to try to firmly attach the fascia to the heel bone. However, this bone spur is rarely the cause of pain.

As we age, the very important fat pad that makes up the fleshy portion of the heel becomes thinner and degenerates. This can lead to inadequate padding on the heel and chronic pain in this area. It is also thought that the small nerves that travel under the plantar fascia on their way to the forefoot become irritated and may contribute to the pain. Both of these problems produce similar symptoms to plantar fasciitis but need to be managed differently.

Rehabilitation can be a long and frustrating process. The use of preventative exercises and early recognition of danger signals are critical in the avoidance of this injury.

### Signs and symptoms

Symptoms include pain in the centre and/or inside of the heel when weight is placed on the foot. It's usually most pronounced in the morning when the foot is first placed on the floor.

After several minutes of walking the pain usually subsides only to return with the vigorous activity of the day's training session.

The most common site of pain with plantar fasciitis is at the attachment point of the plantar fascia on to the heel bone (calcaneus). The plantar fascia fans out over the sole of the foot ending at the base of the toes.

### How do I treat Plantar Fasciitis?

**TREATMENT of plantar fasciitis can be a long and frustrating process although most athletes do manage to recover without surgery.**

I would generally recommend a sustained period (6-12 weeks but could easily be double that in some people) of treatment focusing on biomechanical changes and soft tissue therapy before considering surgery.

Stretches and massage for the calf muscles on the back of the lower leg can help take tension off the plantar fascia. ▶

## Rehab begins in bed

Check the sheets at the foot of your bed. Tight sheets at the foot of the bed force the foot into plantar flexion (straight out) position that promotes a short, tight gastroc complex that can over time lead to chronic shortening of these muscles, the exact opposite of one of our goals. This may seem like a small point but remember one-fourth to one-third of one's life is spent in bed.

A night splint can be worn while you sleep (eg. the Strasburg sock pictured on site or Rigid Night Splint). The night splint keeps your foot from bending downward, and it places a mild stretch on the calf muscles and the plantar fascia. People seem to get better more quickly when using a night splint, and they report having less heel pain when placing their sore foot on the ground in the morning.



Assortment of night splints

Treatment will include passive stretching of the calf muscles, ankle mobilising to increase the range of motion available, dynamic proprioception and strengthening of the foot muscles. The use of heel cups and orthotic supports for the foot may be used.

Inspection of footwear is vital and orthotics may be of assistance in some cases. Supporting the arch with tape or a well fitted arch support, or orthotic, may help reduce pressure on the plantar fascia and delay the amount of time the foot spends in an over pronated position during walking/running. Also,

**Footnotes:** *What's your style – Springheel Jack, or the Herman Munster?*



DIY treatment

placing a gel pad or heel cup in the back of your shoe, can reduce the pressure on the sore area and add padding to a heel that has lost some of the fat pad through degeneration.

Anti-inflammatory medications are sometimes used to decrease the inflammation in the fascia and reduce your pain. An injection of cortisone once popular is used sparingly these days but can be effective. Cortisone may contribute to the process of degeneration of the fat pad, actually making the problem worse.

## Surgery

Surgery is a last resort in the treatment of heel pain but tends to be very effective for those who have failed conservative treatment. Physicians have developed many procedures in the last 100 years to try to cure heel pain. Most procedures that are commonly used today focus on several areas:

- remove the bone spur (if one is present)
- release the plantar fascia
- release pressure on the small nerves in the area

Go to: <http://www.irun.org.au/News/plantar-fasciitis-88583> for the full story on plantar-fasciitis, compiled by Rob O'Donnell, Physiotherapist and Director of Southern Suburbs Physiotherapy Centre and former Australian Distance running representative.

For more details go to [www.sspc.com.au](http://www.sspc.com.au)



# Road-runner Morris and the RWC



Morris Warren, pictured in the 1981 24-hour relay, is acknowledged as the 'father' of the club's Road Race Championship. He helped establish the concept, which grew out of an overall 1984 championship series that included twelve fixtures, ranging from 5km to marathon.

OUR Road Race Championship and Road Walk Championship events start again on May 3 at the Weir. They continue at Nedlands and conclude with the Burswood meeting on May 31.

The RRC in current form – comprising 10km, 15km and 25km – was first staged in 1987 and has been well-supported year in, year out. Overall age-group winners are decided by best average km time for the whole 50km.

In 1987 Frank Smith was just about unbeatable, and finished first overall. First woman was Tina Carman.

The RWC followed in 1989, driven by Jeff Whittam. Events for the RWC have varied over the intervening years, but since 2011 have

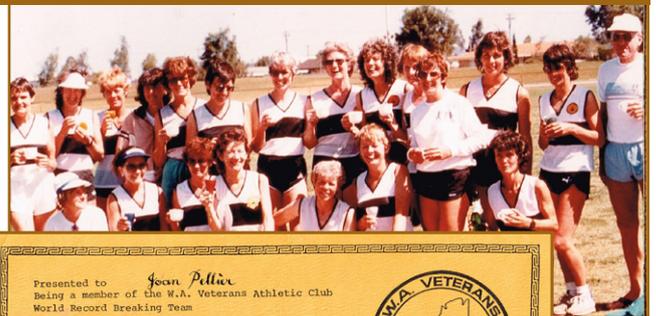
been set at 5km, 10km and 15km.

As Christine Oldfield mentions in the club history *Right from the Start* (page 62) Morris Warren kept a tight rein on his 'baby', calculating the results and outcomes every year until handing over to Bob Sammells in 1998.

Morris was made a Life Member of the club in 2009.

An inveterate road-racer, Morris commented on Cecil Walkley's excellent RRC performances: "He started life as a miler, then became a real runner."

## Triumphant women of 1984



Presented to **Joan Pellier**  
Being a member of the W.A. Veterans Athletic Club  
World Record Breaking Team  
- 24 HOUR RELAY WOMEN OVER 40 YEARS -  
Established 21/22 October 1984 - Belmont W.A.

OVER 35 TEAM  
Distance Run: 353.437 kms

OVER 40 TEAM  
Distance Run: 314.313 kms

Triana Spalin  
Margaret Hansen  
Jan Fletcher  
Margery Jordan  
Cheryl Ames  
Joanne Collins  
Joan Alford  
Alicia Hewitt  
Sandy Walton  
Jill Chambers

Mary Robinson  
Loisa Butler  
Dorothy Whittam  
Joan Elving  
Don Caplin (Coach)  
Val Bach  
Joan Pellier  
Jill Chambers

COACH: DON CAPLIN (SPORT TERMS)  
SECRETARY: Joan Pellier

STANDING (L to R) -  
TINA Spalin  
Erlid Croother  
Kath Weston  
Cheryl Ames  
Doreen Gill  
Sandy Walton

ELSA O'Dea  
Margaret Hansen  
Joan Fletcher  
Margery Jordan  
Joanne Collins  
Marilyn Accrnan  
Jill Chambers

Mary Robinson  
Loisa Butler  
Dorothy Whittam  
Joan Elving  
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Don Caplin (Coach)  
Val Bach  
Joan Pellier  
Jill Chambers

COACH: DON CAPLIN (SPORT TERMS)  
SECRETARY: Joan Pellier

12 APRIL – 3PS

Directors: Nick Miletic and Gail Castensen

Ph: 9419 7890

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

26 APRIL  
X PAGODA

Director: Jackie Halberg

Ph: 9364 4474

Ray Attwell, David Carr, Pat Carr, Chris Coles, Ralph Henderson, Mary Heppell, Janet Jiang, Sean Keane, Neil McRae, Pat Miller, Maxine Santich, Sylvia Szabo, Sylvia Szabo

3 MAY  
WEIR RUN

Directors: Sean Keane and Neil McRae

Ph: 0412 180 823

Erika Blake, John Dance, Janet Jiang, Margaret Saunders

MORE helpers are needed for several of the events listed. Please contact Jim Langford if you can assist. Email jimrun@iinet.net.au

10 MAY – AQUINAS

Director: Lachlan Marr

Ph: 9398 6429

Clive Choate, Lynne Choate, Maurice Creagh, Mike Hale, Leo Hassam, Lisa Searle

17 MAY

RRC 15, RWC 10

Director: Gary Fisher

Ph: 9472 7062

Chris Coates, Graeme Dahl, Pamela English, David Lewin, Peggy Macliver

24 MAY

DEEPWATER POINT

Director: Ian Carson

Ph: 9440 5832

David Carr, Pat Carr, Sofia Carson, Bridget Cooke, Richard Harris, Leo Hassam, Alan James

31 MAY

RRC 25, RWC 15

Director: Mark Hewitt

Ph: 6262 5220

Delia Baldock, Bridget Cooke, Jackie Halberg, Richard Harris, Louis Nel

7 JUNE

AROUND HERDSMAN

Director: Rod Hamilton

Ph: 0428 940 089

Peter Bath, Ian Carson, Sofia Carson, Aub Davie, Robyn Dunlop, Marie Fitzsimons, Trish Lopes, Milton Mavrack, Genevieve Schreyvogel, Jochen Schreyvogel, David Scott, Clare Wardle

THE helpers 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

**New Members – welcome!**



John and Christine couldn't resist submitting an addition to this (temporary, I hope) farewell piece. "What we will miss most from MAWA," they write.

## Ten of the Best

- 10 The Sunday après
- 9 Running along the Swan River
- 8 Endless supply of willing helpers
- 7 The P.A.'s 'sonic boom'
- 6 Jackie Halberg's constant smile
- 5 The Christmas Gift run
- 4 Vetrin and TFNL – surely the two best club mags in the world?
- 3 Vic and Jacqui's morning teas
- 2 Everything
- 1 Everyone!

- 1337 LYONS: Tim M50
- 1338 NEL: Louis M40
- 1339 POPE: Ben M35
- 1340 THORPE: Andrew M60
- 1341 APPLEYARD: Jeremy M40
- 1342 TINNISWOOD: Alex M30
- 1343 BURGESS: Wendy W30
- 1344 PEACE: Gary M65
- 1345 GOREY: Angela W35
- 1346 MOLLOY: Anthony M55
- 1347 MOLLOY: Andrea W45
- 1348 SIVACOLUNDHU: Suresh M45
- 1349 HAGAN: Kevin M50
- 1350 BRANSTON: David M50
- 1351 HOBBS: Randy M55
- 1352 BERTRAM: Janice W45
- 1353 BERTRAM: Wayne M50
- 1354 STEELE-BROWN: Penny W30
- 1355 McLEOD: Stuart M40
- 1356 MITCHELL: Eileen W35

## JO&CO depart Perth

CHRISTINE and John Oldfield's list of contributions to the club hardly needs repeating. Which is good, because I would struggle to fit it all in.

During annual visits to Perth over the past decade they have added more to Masters than most of us will in a lifetime membership.

JO & CO, as they like to sign off, have been hyper-active in T&F and Sunday road events, organising and administering mid-week meetings and directing innovative Sunday road events.

Across the board this couple has made an indelible mark on club affairs that few can match.

Remember too John's vital original work on the club website; his continuing efforts in compilation of the database; and Christine's huge task of compiling the club history – *Right From the Start*.

Most recently JO&CO were instrumental in promotion of parkrun, a new series of Saturday morning events welcomed by many Masters.

They also took up the relay challenge, with a valiant

effort to revive club interest with a 6-hour relay event.

They first joined the Vets in 1991, but then moved on, not returning to Perth and Masters' membership until 2005.

As they are leaving us this year – well, that's the plan for

now, it seems – this seems a most appropriate time to thank them for all their endeavours on our behalf.

We'll look forward to a reunion at the World Masters Championship here in 2016.

Vic Waters