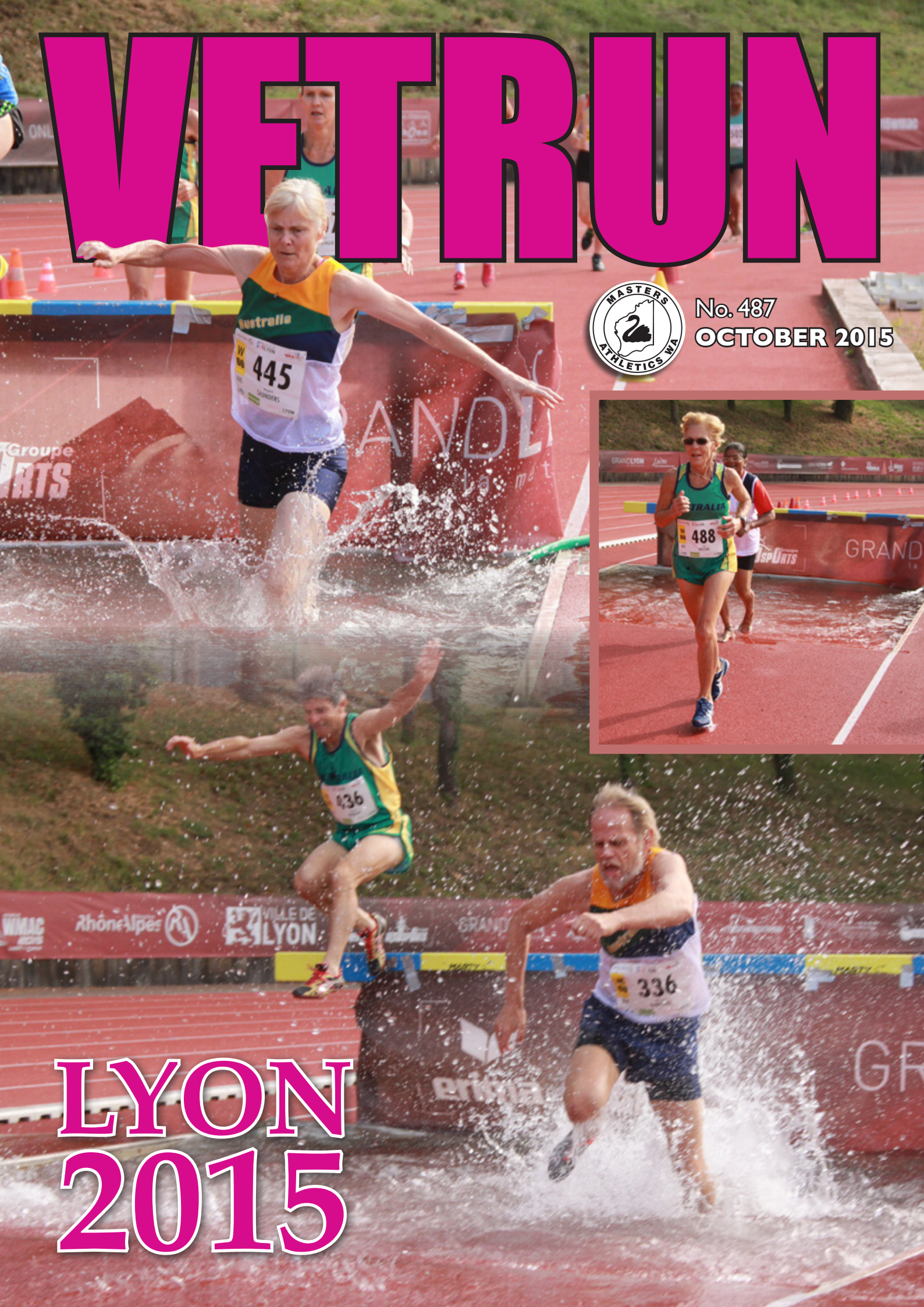


WET RUN



No. 487
OCTOBER 2015



LYON
2015





Cover picture – Steeplechasing sandgropers in Lyon World Championships.

Pictures by Graeme Dahl.

NEXT EDITION

Vetrun no. 488 will publish in December 2015.

In this edition ...

AGM record?	P2
In My View	P3
Perth's 2016 World's	
Progress report	P4
Lyon report	P4-5
Those Fabulous 80s!	P5-6
Darlington Dash	P6
Mullaloo Magic	
City Rail	P7
Claypit Circuit	P8
GOT preview	
Improving health system?	P9
Home Runs	
Bushwalking for brains	P10
Sub-2hour Marathon?	P11
Helpers	P12

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Record broken at meeting?

AGM Report

by Delia Baldock

WELL, the new format of having the AGM after a Sunday run was a great success!

It was a beautiful Spring day for the Claypit Circuit run at Perry Lakes and it was pleasing to see such a large number stay for the AGM.

Thanks to all our helpers for the wonderful morning tea that followed the run and preceded what was probably our record turn-out AGM

New Committee

Our appreciation goes to the outgoing committee members who have done so much work for the club. Your newly-elected committee are:

President – Richard Blurton; Vice President – Joan Pellier; Secretary – Delia Baldock; Treasurer – Geoff Brayshaw.

Committee Members are Mike Anderson, Margaret Bennett, Theresa Howe and Jim Langford.

Awards

Congratulations to David Carr for winning the John Gilmour Trophy for Best Individual Performance of the year, again! Earlier this year David was inducted into the AMA Hall of Fame, and after taking four gold medals



Usual turn-out for our AGM is 45 or so; timing the meeting this year to follow the Claypit event at Perry Lakes boosted numbers considerably.

at the recent World Championships in Lyon he has been nominated by the Oceania Regions for the IAAF Masters Male Athlete of the Year.

Lifers

Life Memberships were awarded to Lorna Lauchlan and John Oldfield in honour of their dedication and commitment to the club over many years.

Special thanks to all our club officials who fill very important roles for the club - and to the many other people who do all the little jobs behind the scenes.

Online

The AGM Minutes and updated Club Contacts are on the website.

Following the AGM a

forum was held for questions about the World Masters Athletics Championships to be held in Perth 26 October to 6 November 2016.

Notes from the forum have also been posted on the website.

What's the Committee up to?

Edited version of September 17 posted news

Short Handicaps abandoned

- Handicap runs will revert to longer distances for the next season.

The experiment with short handicaps has not worked. They were never popular and tend to distort the calculation of the handicap trophy winner.

- New uniform tops have been ordered.

- Ashfield Run will become an Australia Day Run, with a new course and new meeting location in Milne Street.

- A new and much-improved medical kit has been purchased. It includes snake bite treatment.

- Agreement has been reached with WAAS for Tuesday night T&F meetings, and the summer programme approved subject to some minor amendments.

- A new air-blower will be purchased to ensure we keep ECAC track clear of sand and leaves.

- Melbourne Cup lunch will be at Miss Mauds in the City, cost \$65 per cover.

Amazing 90%-plus!

FEELING GOB-SMACKED is a regular treat at the AGM. Because every year a list of amazing performances trots out, telling of club members who have made better than 90-per cent runs, walks and jumps.

This percentage indicates just how close they have come to the world record in their event.

So, for instance, the man who showed 102.10% in the 2km Steeple beat the WR, by 2.1%. (Yes, you know who!)

This year 47 of these 90%-plus performances were recorded.

Records

ALSO...members set 121 State Records, and 24 Australian Records.

Irwin Barrett-Lennard has six of these ARs; Lorraine Lopes six; Wendy Seegers

five; Scott Tamblin three; Melissa Foster three; and Byrony Glass, one.

Roll of Honour

The other 90%-plus members are: David Carr, Lyn Ventris, Bert Carse, Lorna Lauchlan, Marg Saunders, Barrie Kernaghan, Peggy Macliver, Lynne Choate, David Clive and Glen Ross.

Special mention is earned by Barbara Blurton, who compiled the list and figures. If you look closely at the AGM picture, you can see BB at the front with head down, finishing off her homework!

4000 visitors? Cheers!

JUST listening to our beloved Emperor on ABC crowing because 4,000 visitors would be in Perth (Sept. 25/26) for the football finals. Boss of the Hotels Association joined the love-in, claiming this would bring \$50 million into Perth.

Next year, with a little bit of luck we can expect another 4,000 visitors to Perth for the Masters World Championships. They'll be here for a lot longer than a drunken weekend.

So, is this bonanza time for the hospitality game? Not a chance.

Athletes are world-class wowers, who only lay out cash for Shoe-Goo, liniment and physiotherapy. Pity the poor Perth publicans; next October will be a good time for them to take a holiday.

Snapper caught on GoPro

OUR new technology camera was introduced at Sunday events to help the results recorder establish any queries about the finishing order. But at the Claypit Circuit it helped with the starting order!

I often take pictures of the race starts, then join in, as I did at Claypit. But first I had to run back down the chute to dump the camera before setting off. The GoPro recorded this and so Marg Saunders, who compiled the results, adjusted my time accordingly.

There's life in those knees

JOHAN Hagedoorn has reinvented himself in recent months. In fine fettle at the Mulla Magic event, which he co-directs with Mike Anderson, he said that walking has revitalised his athletics.

Tired of running-knee problems and unwilling to

Fallers in safe hands



WHEN Paul Martin made a spectacular fall at City Rail the medical kit proved woeful. Almost as woeful as two hapless first-aiders, Paul Hughes and the editor.

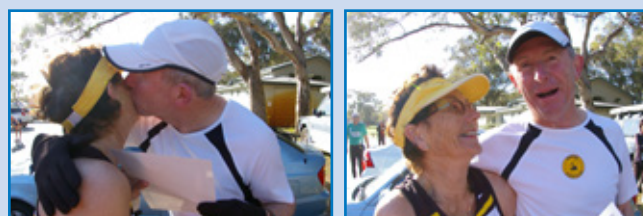
Now the committee has bought a new medical box of wonders, complete with snake bite treatment.

Great, but Paul's life and future health was only saved when his eager nurses — were sent packing.

Having wrapped up his wounds, complete with grav-

el and dirt, we were quite rightly kicked out of the operating theatre by a much greater-skilled lady member. Because she cleaned up our act, Paul is still running and walking.

Perhaps he'll even stop breaking falls with his face (see picture!).



Love-in at the Claypit

FINAL fling by the outgoing President? No, he reckons he was just congratulating Lynne Schickert on yet another award! Below, WMA General Assembly in Lyon awarded Bob Schickert (3rd from right) a Bronze Pin at the for his 30+ years service to Masters athletics. No mention of any kisses, though.



use pain-killers just to struggle along, Johan took to the walks. Anyone who has studied our Sunday results will know that he is consistently out in front.

So I presume he will not be adding to the \$47million Australia wastes on unneces-

sary ops — see ABC 4 Corners, September 28. It suggested that many knee clean-ups are ineffective; and even total replacements aren't always completely successful.

I know of people who have had successful replacements; one who chickened out at the

In My View ...



by the Editor

BLOODIED, and slightly bowed, Paul posed with his protégé, Misa Maeshima. They wanted a nice picture for her to send home, after five months studying English at UWA, so her family could see what fine company she has been keeping.

Misha returns to Japan in late October.

Staying with Paul and Jasmine for a month dragged her into Masters, and after training over only 15km or so a week Misa decided to run in the Gold Coast Marathon!

"Her time was 5 hours and 15 minutes, on about 10 to 15km a week training!" said Paul. "On the marathon weekend she flew out on the Friday midnight horror and came back on Sunday afternoon, a few hours after finishing.

"Oh, to be young again!"

I can't win

ABANDONMENT of the short handicap runs is obviously, totally, absolutely discriminatory. When they were first suggested by the much-revered handicapper Mike Rhodes I lavished praise on his judgement and foresight.

As I recall the occasion, it was at the AGM in 2012. Another superb handicapper, Richard Danks, had presided over the first season of short-run handicaps.

Coincidentally, he had also just awarded me the Handicap Trophy, to all-round derision.

last moment, and is managing well; another who went under the knife and hasn't stopped moaning yet.

Horses for courses, I suppose. But I'll trust my favourite orthopaedic surgeon who says surgery should be the absolutely final resort!

You can be in Perth's World Championships

WILL you be ready to take on the world's best senior athletes in a year's time?

This might be a one-time chance to run, jump, throw or walk in a World Championships, in our own backyard!

A dedicated group – the LOC – has worked flat-out to win this chance for Perth. They will continue right up until the games next October.

Your help would be appreciated! But every Masters member can do one simple thing to make the LOC's task worthwhile ...

Enter the Championships.



LOC

The Local Organising Committee (LOC) for the Perth World Championships has been developed and it is headed by Richard Blurton (who is also now Masters President). It includes:

- Dominic Staltari (deputy leader);
- David Budge (event director);
- Stephen Stingemore (competition management);
- Geoff Brayshaw (finance and legal);
- Lynne Schickert (international liaison);
- Bob Schickert (competition liaison); and
- Wilma Perkins (AMA President).

Contracts

TriEvents has been awarded a contract for event management services, which includes all requirements apart from those entailed in competition management scope.

Perth 2016 PROGRESS REPORT

www.perth2016.com

YOUR fellow club-members make up the Local Organising Committee. Pictured are Lyn Schickert, Richard Blurton, Bob Schickert, Steve Stingemore and Geoff Brayshaw.

TriEvents appointed Dave Budge as event director.

The competition management contract was awarded to Athletics Western Australia (AWA) which appointed Steve Stingemore as competition manager.

Their contract covers all our requirements at four competition venues, including programme, equipment, officials and helpers.

Entries

Online entries will open in January 2016 and the cut-off is Thursday, August 25, 2016 at 11.59pm! No entries will be accepted after this deadline.

Full competition programme details and entry requirements will be posted on the *Perth2016* website.

The online entry process will be handled directly by the LOC.

Marathon

A commercial agreement will be reached with WA Mar-

athon Club for support services in the marathon and half-marathon. The course will be the two-lapper currently used by WAMC for its annual Perth Marathon. Overall responsibility for conducting these events rests with AWA.

Competition venues

These are all well-known to Masters members.

Principal location for the championships is the WA Athletics Stadium (WAAS), at Mount Claremont, where all track events up to 3,000m steeplechase will be held, plus jumps, combined and some throws.

The athletes village will also be at WAAS and the adjacent HBF Stadium will house the technical information centre (TIC) and meeting rooms.

Secondary stadium is the Ern Clark Athletic Centre, Wharf Street, Cannington where the recently upgraded track will be used for the 10,000m, 5,000m run and walk events, as well as some throws.

Walks

The road-race walk course will be a shaded, relatively flat 2.5km course along Perry Lakes Drive, Floreat.

The 8km cross country course of four laps will be held in the Alderbury and Perry Lakes Reserves.

Visitors

Visiting athletes will enjoy complementary transport from the Perth CBD, where many will be staying in hotels organised by the LOC, to both stadia.

The LOC's marketing is aiming to attract 4,000 participants – or more – to the Perth 2016 World Championships.

Asian athletes will be targeted with a marketing effort at the Asian Masters Championships next year.

The Perth 2016 team were pleased at the interest shown around their campaign booth at the Lyon championships. They say huge interest was shown by Lyon competitors and around 4,000 entry information booklets were handed out.

David Carr is a veteran of so many World Championships that he's perfectly placed to give us an overview.

Here are his impressions of Lyon 2015.

ALL champs differ but what could be better than combining a love of athletics and a holiday adventure in an exotic location?

So we go with a positive attitude. More training, planning, booking fares and accommodation, entering, buying uniforms.

Worth it? Of course.

Better than last time? Every championship has its strengths; but all have weaknesses too.

Porto Alegre did a marvellous job of compensating for inexperience; Masters Athletics has a short history in Brazil.

Myazaki had thousands in the marathon.

Sacramento had good cheap restaurants.

Puerto Rico had police motor bikes and sirens to lead buses to the track. Riccione is a vibrant tourist city, accustomed to entertaining its visitors.

Lahti reflected Finland's love of throwing with numerous throwing sites within the town.

What all world championships have in common is excellent synthetic tracks and adequate field event facilities. Also common to most was a failure to provide and service suitable toilets!

And so to Lyon...

Most of us stayed at Quality Suites, arranged by Roy Skuse. It was comfortable and clean with basic cooking facility and included a breakfast to cater for all tastes. The breakfast room was a great place to mix with other Aussies and Kiwis.



David Carr enjoying the early-morning sunshine, leading the field at the start of last year's 25km run.

We used four stadiums. All could be reached by rapid public transport. However, a typical journey could be: walk, train, train, bus, walk, taking nearly an hour.

Two venues – ten journeys!

On some days we were at two venues. That could take ten trips on public transport. Many Australians seldom use public transport.

Driverless trains

Driverless trains at four minute intervals were wonderful. (They did not injure anyone, or scare the horses.)

The TIC (admin centre) is the hub of any championship. In Lyon, we could register and collect chest numbers, and programmes in three minutes. (It took up to an hour in Porto Alegre.)

Various booths sold merchandise, or provided advice or services – much like the Perth Convention Centre before the fun run. Clothing, shoes and action photographs sold well. Aroma less so.

PERTH 2016 had a small booth in an inconspicuous corner; willing helpers fielded questions and promoted Perth.

Nearby were food and drink kiosks catering for those with patience to stand in a long queue.

Warm-up areas were good at one venue, poor at the others. Call rooms were efficient, helped by the programme usually running on-time, though failure to put water in the water jump caused a late start on one day!

Vive le French 'flare'

On the track, we experienced French flare, particularly during the finals. A tandem of commentators stirred up the packed grandstand, and music blared. If you have been to a Wildcats game, you know the drill.

Display screens at the 200m and 300m showed times, and the finish screen showed name, place, country and flag of every competitor immediately after the race.

Social

The championship dinner was held around the pool of a large hotel (not near our accommodation). The food and company were excellent. The girls scrubbed up well. There was enough to drink. The music was lively.

Lyon is a beautiful city set on two rivers; not many places can boast that. She sold herself well. The museums, river trips, parks, gardens and cafés kept us entertained in spare time.

There are 16,000 hire push-bikes, which can be returned to any of the many bike racks. Free for the first hour, no helmets, no lycra and dedicated bike lanes. There are plugs for electric cars in some of the parking bays.

Aussies

We can be proud of the efforts of the Australian team, and of course the sixty of our club members and supporters. They provided help and support which is so important when away from home.

Australia had a closed Facebook for the team. This was invaluable for sharing information, particularly with the team managers; much better than noticeboards and meetings.

Results – some are reported in this *Vetrun* and all are on the net. See also Graham Dahl's pictures, and those on the official website.

David

The Fabulous Eighties!

LYON 2015 was another resounding success for Masters Athletics. The Australasian contingent did well (you can read all their results online).

However, most notable were the performances of three of our 80-somethings.

Lorna Lauchlan, Irwin Barrett-Lennard and David Carr enjoyed numerous triumphs.

- Lorna Lauchlan set new WA State records in winning both the 5,000m road walk, and the 10,000m road walk.

- Irwin won his 2000m steeple, and brought home silver medals from the 8km cross-country; the 10,000m; and the 5,000m.

- David Carr won gold medals in his 400m, 800m, 1500m and 2000m steeple-chase.

Lorraine and Peggy

The 80s were not alone in victory, of course.

Lorraine Lopes silver medal in the 5,000m set a new W75 Australian record.

Peggy Macliver, making great comeback after long lay-off through injury, was one of the 4x400 W70 team that set a new World Record.

But we must ponder – is there a magic ingredient that

makes our Australian older athletes, and especially those in WA, something special?

Is it our healthy climate, where people can get outdoors and train most of the year; and where the health-support system is better than most?

Barbara Blurton has sifted through the stats and found that 252 of the competitors listed to perform in Lyon were 80-plus. We can't say how many of these people actually fronted up, but Lorna says there were very few people in her particular, walking events.

Recent publicity from the USA has focussed on several athletic centenarians, particularly sprinters. With the huge US population it's inevitable that proportionally more people will win through to the 100mark.

But WA has a tiny population. I would suggest that per capita our seniors are among the world's best, and Lyon goes some way to supporting that idea.

How young are they?

IAAF Masters Athlete of the Year Nominations

DAVID Carr is again Oceania's choice as male athlete of the year.

Together with Lavinia Petrie – the 2014 IAAF female winner – he is now in the running for a 2015 IAAF Masters Athlete of the Year Award. Both were nominated following their superlative performances in Lyon this year.

Nominations will also be sent from other regions and winners will be notified by October, followed by IAAF presentations in November.

David was previously nominated in 2013 after his stellar performances at Porto Alegre.

IN August, *Vetrun* carried a story comparing 'fitness age' with actual, chronological age. It included a link where we can all check our own fitness age www.worldfitnesslevel.org

So I asked the three fabulous 80s to take the test.

Surely, their results would reveal all?

Fair enough, Lorna, Irwin and David all went online, put in their data (it's quick and easy) and reported back – in their own inimitable fashion.

Irwin

"Sounds like black magic to me.

How young are they?



I asked the 80s trio for pictures to match their 'fitness ages'. Only Lorna would play, so here she is – now, in her 30s and her 20s. All equally lovely!

"I went through the procedure once, and found the result incredible. So I raised a few minor issues and went through the assessment programme again, and managed to add another 20 years of wear and tear, but still could not identify with the junior me.

Too subjective, so I have decided to stay under the radar and avoid those gales of laughter.

And anyway, living for another 40 years – just think how lonely you could be. As an unemployed 130 year old, do you think I could get a real job? Enough said."

David

Brief as ever he wrote:

Hi Vic. 56 years. Sounds good.

Glad there are no questions on memory, libido, skin tone, reaction times, patience, tolerance, flexibility. One way of scoring a century.

(56 for David seems about right to me; most of the US tests found that senior athletes were

in fact 20 years under their chronological age.VW)

Lorna

Well I have done the fitness test which rates mine as a 27 year old, which I find ridiculous!

I didn't put my maximum heart rate so they calculated it might be 157.

It used to be 220 – at your age, Vic. Resting pulse is 60.

Feeling well and reasonably fit does not stop my breathlessness going up hills.

A 27 year old could do it and other exercise with ease.

The same applies to other exercise; I would expect to be way behind.

So I think this shows just one aspect of fitness, not the whole picture. If you saw me getting out of a chair or bending down to pick up something you wouldn't think I was 27! Have I missed the point?

Had you realised I was younger than you?

(I can believe that too! VW)



Herman and Nicki du Plessis received their Dick Horsley Trophy from Delia at the AGM.

WELL, Spring weather does keep us on our toes so although I was having kittens the night before when we were being deluged, in the morning runners assured me the weather was perfect.

The course stood up to the rainfall much better than I anticipated and thanks to my trusty marshals everyone got around safely and I hope you all enjoyed the scenery.

The Dick Horsley Trophy is awarded to couples with the fastest combined time, after one partner completes the short course and the other tackles the long run.

Competition was hot as always with some of our newer members entering for the first time and Nicki and Herman du Plessis taking the honours; congratulations, and well done to all participants.

Special thanks also to our morning tea-fairies; Margaret Bennett, Berwin Barrett-Lennard, Sue Danby and Liz Khan – it was enjoyed by all.

A big thank you to all my awesome helpers including those who kindly put up their hands to help in the eleventh hour, you made the day a success: Les Beckham, Barbara and Richard Blurton, Kerriann Bresser, Lui Cecotti, Ray Hall, Robin King, John Mack, Chris Maher, Wayne Pantall, Tracy Sulejmani and Kelly Underwood. Hope to see you there next year.

Delia

Darlington Dash

September 13, 2015

Director: Delia Baldock

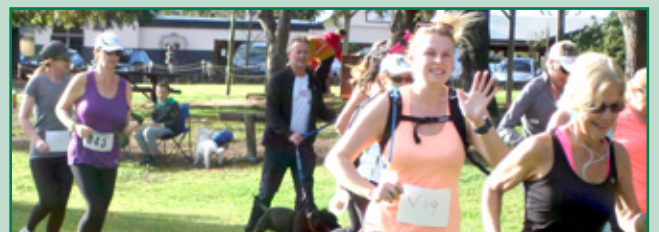


Dick Horsley Trophy Results

Time:

- 1:38.09 Nicki & Herman du Plessis
- 1:41.05 Bec & Stuart MacKinnon
- 1:45.07 Joanne & Bryant Burman
- 2:08.12 Janice & Wayne Bertram
- 2:13.08 Greg & Julie Wilson
- 2:15.02 Margaret & Brian Bennett

How to appear in Vetrun; wave at photographer Frank Smith. But who's that dog-walker?





Mullaloo Magic

CLUB runners and race walkers enjoyed bright and sunny though windy conditions on this, our 11th running of our 'Magic' race up and down the spectacular Burns Beach coastal path. A large number of visitors joined us for the event and were warmly welcomed.

We started some few minutes late as the megaphone on its stand, having been placed on a slope, fell over disgorging its batteries in quite horrifying fashion and took some time to rectify.

In haste to get underway as soon as possible, I chose to give the minimum of race directions. Little detail is in fact required since the route is to simply follow the heavily undulating bitumen path along the coast from Mullaloo to Burns Beach with the ocean to the left on the outward and to the right on the return. Distance options of 5km, 8km and 13km are available to runners; 5km and 8km to race walkers.

Unfortunately, I omitted to advise competitors that though the start was in the car park at Tom Simpson Reserve, wide enough for all competitors to set off safely, the finish was in the chute some 100 metres closer to the Mullaloo Surf Lifesaving Club. Of course, seasoned club members did not need this information, but a couple or three of our visitors

stopped in bewilderment where they had been started, looking fruitlessly for a formal finish! They were quickly put right and hurried on to properly complete the course at the chute: my apologies to them.



Sandi and Bridg, blasted by 41km winds but still happy to help!

All our volunteer marshals arrived in good time and performed their given roles perfectly. So our thanks go to every one of them (including dragooned family members!). Also, our special appreciation to those club individuals who offered to assist and forgo competing should we be short of needed volunteers. This generosity of

**September 27,
2015**

*Directors: Mike
Anderson
and Johan Hagedoorn*

spirit is what makes our Club worth belonging to and is especially appreciated. Nor should the members who weekly bring the clock and other equipment be overlooked in our thanks.

Long 5km!

As we have advised in previous years, though the 8km and 13km distances are very accurate, the '5km' course is 500 metres longer.

This is because at around two and half km point the path is fenced on either side. There is simply no way to place a drinks station or make a safe turn-round there.

So we have always had to make the half way for the short run in the space just before the Ocean Reef Marina, some 250 metres further along the path. I think it's time in future we advertise this shorter distance as being 5.5km!

We warmly thank ALL competitors, runners and



Winner of the - 5.5km! - was speedy Greg Vander Sanden.

race walkers, however quick or slow.

And I would mention that we were very impressed with the first of the 13km runners completing our rugged course in a little over 50 minutes, better than 4 minutes per kilometre!

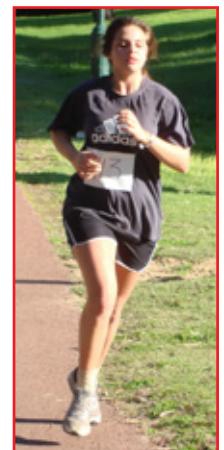
We look forward to seeing all of you again for next year's 'Magic.'

Mike and Johan



CITY RAIL

SO they voted with their feet! Very few runners were left to run the shorter handicap event, justifying the decision to give them away next season. Right, Catherine Keane surely our most regular visitor? Pics: Frank Smith.





Claypit Circuit

September 20, 2015

Directors: Dorothy and Jeff Whittam

A GOOD day with clear skies and a cool breeze, perfect for running, saw 100 starters for the run and walk. Perhaps the promise of a FREE breakfast before the AGM could have had something to do with it.

When we arrived to get the start organised we were surprised to see a number of cars already there, at 6am. Keen we thought, but it was only the cub scouts having a week-end camp in the scout hall, the leaders had to do it the hard way in tents. We had thought it may be the Marathon club as they had a run in Bold Park but fortunately not.

Our thanks go to all our helpers Lorna, Maggie, Sheila, Michele, Janet, Pamela, Carol, Nicki, Herman, Kirt and Les, without them there would be no run.

Thanks to all those who came along and congratulations to the winners of each section.

We hope to see you all again next year.



Nedlands

August 16, 2015

Director: Frank Gardiner

ON a beautiful late winter morning, about 100 competitors enjoyed the opportunity to test themselves over the Nedlands 5kms and 10kms courses on the walk path beside the Swan River.

Apart from some confusion at the start/finish area where the 10kms competitors turned to commence their second lap, the event seemed to satisfy expectations. As usual, the willing helpers proved to be highly efficient and their assistance was much appreciated; notably by the Race Director, who can now relax for the next 12 months before the event next year.

Making the health system better?

Thanks to John Bell for sourcing these health-related items.

After the recent ABC 4 Corners programme that queried the effectiveness of many operations that we older, active people are likely to consider, it makes interesting reading.

IN JULY this year the Council of Australian Governments went to a special retreat to discuss Australia's health system. According to a feature in the Australian (June 26, by Philip Clarke and Peter Choong) they need to develop a framework that collects and uses evidence to make our health system better.

They say 'a recent Intergenerational Report projects that our health expenditure per person will more than double across the next 40 years. People are expected to live up to five years longer than they presently do, and the proportion of the community over the age of 65 will double.

In addition to ageing, the main drivers of rising expenditure include new technologies and the desire of people to seek more healthcare to treat and cure an ever-widening range of conditions.

Osteoarthritis

Musculoskeletal disease, often caused by osteoarthritis, is a prime example as it is the second most common cause of life years lost through disability and accounts for at least 10 per cent of the health budget in most developed world countries.

Joint replacement

Although joint replacement surgery has been shown to be a highly successful and cost effective solution to end-staged osteoarthritis, the Australian Orthopaedic

IT began long ago, in the days when we were welcome in Kings Park.

Swinging through the trees and skipping along the sand-trails, our runners kept a close watch for muggers, courting couples in parked cars (truly!) and avoided stepping on any flora and fauna.

The GOT was made for trail-running. Who had an idea how quickly (or slowly, more like) they could cover 8km of twisting and undulating bush paths?

And yet ... many runners came so close!

Often the winner would pick his or her time within seconds. One year Jim Greenfield (I think it was him) was spot on, to the second.

Such a run deserves a very special trophy of course. So, one was created, in a high-security secret workshop, which outwardly looked much like my garage.

Here a team of experts assembled a priceless collection of watch and clock parts, mounted on the finest WA jarrah plinth.

Their final touch of genius, to deter thieves and vandals, was to make the Timeless Trophy resemble a collection of junk stuck on a cut-down bed-post.

Venue changed

Banished from Kings Park by the bureaucrats, the historic GOT shifted across town to Hale School, where they really value tradition.

In many ways the venue

Association National Joint Replacement Registry shows that patients do not always receive prostheses that are known to work for the long-term time.

Injection

In recent years there also has been a surge in the use of injectable products (for example viscosupplements, platelet-rich plasma) for controlling pain, improving joint function, healing injuries and retarding arthritis.

However the evidence for their long-term benefit is lacking. Despite this, patients have sought and are being advised that such costly treatments are appropriate and justified for their conditions.

While the Intergenerational Report projects most types of healthcare to rise steadily in

GOTcha – anyone can win the Timeless Trophy

Preview – GOT Run

October 11, 2015
Cobb Street
Wembley Downs

One of these unique trophies could be yours for a year. Be the envy of your friends and rivals; just guess your time right.

is better, a comfortable spot where we are based at an excellent pavilion and small kitchen.

Bushland forms around half the course, most of balance being on lawns.

How to do the GOT

You can get around the course any way you like; walk, run, hop, crawl – though we do frown on wheels, wind-sails and motors.

All that counts is guessing your time accurately. There are now two trophies.

An old-fashioned alarm-clock goes to the winner of the two-lap, 6.3km short-course; and the priceless Timeless

real terms, it contains the assumption that hospital funding will increase only at the rate of inflation, reflecting the policy stance contained in the most recent budget.

If this comes to pass, it will make most state health ministers fall off their chairs. The lion's share of hospital expenditure is devoted to funding wages and salaries, which generally rise faster than inflation. Hence state governments are being expected to do more with less.

Putting the level of funding to one side, there is no question we need to increase the efficiency of the hospital system, but do it in a way that ensures we deliver the right care at the right time, to the right patient at the right price.



Trophy goes to the person closest to estimate over the three-lap 9.5km event.

Parking

Please do not try to drive into the school grounds – unless you're infirm, or collecting the gear for the next week.

An armed guard, Neil McRae, will be on duty at the main entrance, and he loves shooting out tyres.

Everyone has to park in Cobb Street, where you'll find ample space on the verge near a pedestrian gate.

Vic Waters

A key element here is to use evidence to improve care. Sometimes this evidence will come from the literature, but it also needs to come from studying what is happening in our own hospital system.

Hip replacement

For example, Australia was the first to alert the world to how a certain type of hip replacement was inferior to the alternatives, leading to a worldwide withdrawal of the product.

We need to expand registries and conduct clinical trials to understand how alternative methods of care affect patient outcomes and costs. At a commonwealth level, expert committees advise which pharmaceuticals are cost effective and there will be a review of services covered by Medicare.

VIC has asked me to write about the club's 'Home Runs' which used to start and finish at members' own homes.

There are none still operating today, but back in the 1980s club numbers were small and Perth was a pretty quiet place to live; so there was no need of permissions from any local council. Kings Park was the only location where we had to get permission to have a run. (*Why does that not surprise me? - Ed.*)

Marshals on the courses were few; Bev Thornton and Maureen Pommery were always the recorders at the finish table. At the home runs we always had breakfast in the members' garden.

All the Bs

My first run with the club was Batterham Bush Bash at Bicton, a 7km run down to Point Walter finishing at Dog Pound Hill. (*How romantic! Ed.*)

For Ian and Gloria Sutherland's run at Ardross you crossed Canning Highway twice, with no marshals. You'd take your life in your hands doing that now!

Also, they always gave a prize to the man with the hairiest chest.

Talking of hairy chests, Brian Danby had a great run from Pinnaroo Cemetery, where he lived. (*Don't ask. Ed.*)

That course was a mixture of paths, bush and sand tracks and we would always have a barbecue afterwards. (*That run was, I think, the last surviving home run, only closing down when Brian moved. Ed.*)

A STUDY published in the Proceedings of the National Academy of Sciences has proven that being in nature, not just outdoors, does wonders for your brain.

According to a News Ltd reporter, writing in July this year, the study sampled 38 people who lived in urban areas who had 'no history of mental disorder' (*that's comforting, read on. Ed.*). They split them into two groups and asked them to take a 90-minute stroll.

One group walked through town; another 'in nature.'

Home Runs

Scored by Joan Pellier



Not a home run, but it's at McGillioray, almost the Vets home-from home. This old-time line up comprises, from left: Arthur Leggett, Rob MacIver, Peggy MacIver, Rod Stewart, Paul Jones, Jim Barnes, Morris Warren, Keith Forden, Don Caplin, Dave Reid, Margaret Warren, Bob and Lynne Schickert, Sandi Hodge, Bob Sammells, Jill Midolo, Val Tyson, Margaret Stone and Colin Leman. Mystery: who is that peeping over Don Caplin's left shoulder?

Jim Barnes' run was a 5km and 10km around the streets of Thornlie.

Duncan and June Strachan's run was along a cycle path, also in Thornlie.

Dave and Pat Carr's run was around the streets of Yokine. Dennis Willmott's was at Shoalwater Bay, a 5km and 10km out around Point Peron.

Bill Hughes (Paul's dad, and club Patron) held his run at Bicton. Kath and Bill Michel's run was on a cycle path at Kenwick; and Linda and Mike Rhodes' was around Hamer Park, Mt Lawley.

Linda always put on a lovely basket of crusty bread and home-made jam!

Food and wine

One of the best home runs was Maurice Johnston's 'Walliston Wallop' up in the hills. The course was 2km of rough tracks, and 4km up and 4km downhill. The 'up' was Mundaring Weir Road (that would be a death-trap now!).

Rose's home-made apple pie and scones were to-die-for (*that's apt Joan, Ed.*) and this was an all-day party. After breakfast we bottled wine from a 44-gallon drum. The wine was pretty awful; but we all bought it at \$2 a bottle.

Mad Mile

This was organised by Bob Sammells; a flat, straight mile which was good for speed

training and held at Wanneroo. It wasn't very successful though, so we went south of the river. John and I found a flat, straight 'no-through' road in Kenwick. We used to park at an oval 2km from the start; jog down and do the mile; then jog back to the cars and drive to our place for breakfast.

Thinking back to those days reminds of several courses and runs that have come and gone, mainly because of growing traffic, such as the 'two lighthouses' in Fremantle, that Lorna Lauchlan organised for some years.

Perhaps that would make another story, on the 'lost runs'?

Take your brain Bushwalking

Afterwards, both groups were tested, in addition to having a brain scan.

"The group who walked in nature had an overwhelmingly positive result compared to those who walked among people, cars and ordinary life in the city," she writes.

City dwellers

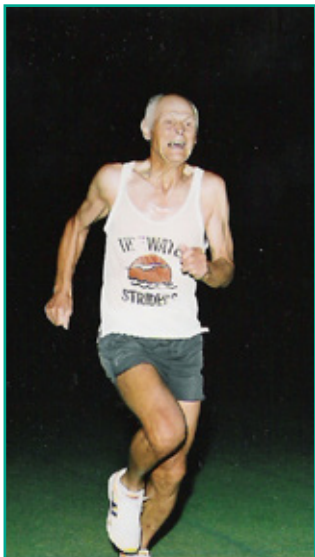
One of the researchers, Stanford University's

Gregory Bratman said: "We just passed the halfway point recently where 50 per cent of humanity lives in urban areas.

"Along with this trend comes a decrease in nature and nature experience." By 2050, 70 per cent of people will be living in urban areas.

The writer says she fell in love walking in New Zealand.

The writer says she fell in love walking in New Zealand. "We were walking along the Routeburn Track. It was pouring. It was freezing. It was wonderful. The air was so quiet, so cold and so clean. So, this week, perhaps ditch the yoga class, give that spin session a miss and venture out into the unknown. It's so simple ... and so free."



Want to run a better marathon?

JIM Barnes is Masters' most-experienced marathon runner and most generous in passing on his knowledge of distance-running. If you want to improve, join Jim's Saturday-morning sessions at McCallum Park. Many members have already benefited from Jim's sessions, and they start again on November 21. Start is 6am, so arrive in time to warm up.

Master marathoner Jim Langford's 2:18:08 PB, set when he was 35, is the best by any club member.



Sub-2 hours. Is it possible?

ED Caesar ponders one big question; can a man run a marathon in less than two hours?

The answer is – yes, probably.

World-class athletes have come closer and ever-closer in recent years, with Berlin being the fast course of choice.

But it would be fair to say that not one has aimed at beating two hours. Caesar makes the valid point that runners hoping to snatch the world record aim at to break by seconds, not minutes.

On September 28, 2014, Kenyan Dennis Kimetto finished the Berlin Marathon two hours, two minutes and fifty-seven seconds after he had started it. He set a new world record.

That was only six seconds better than Geoffrey Kiprono MUTAI's 2:03:02 personal best – and a course record for the Boston Marathon, run in 2011.

Why is this PB so important?

Because it beat the WR of the time, held by the fabulous Haile GEBRSELASSIE at 2:03:59.

Mutai's was a fantastic run, because it was almost a minute faster than the Gebrselassie WR. It was a massive progression.

Breaking two hours, today, means slicing 2 minutes and 58 seconds off the current world record. Such an advance seems unlikely. More likely is a gradual whittling down, a few seconds at a time.

And yet ... Mutai took almost a minute off Gebrselassie ...

His incredible achievement was no world record because Boston, the world's oldest continuously-contested marathon, doesn't meet the standards set by the IAAF.

These requirements were set in 2003 to make it possible for a world record to be established. Previously, because of the huge variation in marathon courses across the globe, it was only possible to set a world best.

**TWO HOURS
The Quest to Run the Impossible Marathon**

Ed Caesar: 2015

UK: Viking

*US: Simon and Schuster
Review: Victor Waters*

Confused?

It's almost as confusing as the myriad names of East African distance runners who now dominate the world of marathon. Caesar knows them all and writes at length on their training regime, lifestyle and talent.

He also delves into just why they dominate, suggesting that it's more than just the advantages of living at altitude. Poverty plays a role; running can fetch untold fortunes to the elite, and enormous wealth to many others.

Millions of dollars have been won, transforming many lives and ruining others. Commercial involvement is rife; managers, coaches, sponsors, promoters and dodgy doctors are all on the gravy-train. Caesar doesn't rule out drugs and pushers either, though he does not name any of the top performers.

How to break two-hours

Sebastian Coe, whose own 800m WR went unbroken for 14 years, has suggested that the Oxford cinder track on which Roger Bannister became the first man to run a mile in under four minutes is 90-seconds per lap slower than today's tracks.

That's six minutes!

After Bannister, everyone – led by Landy – cracked the four-minute mile. The mental barrier was down.

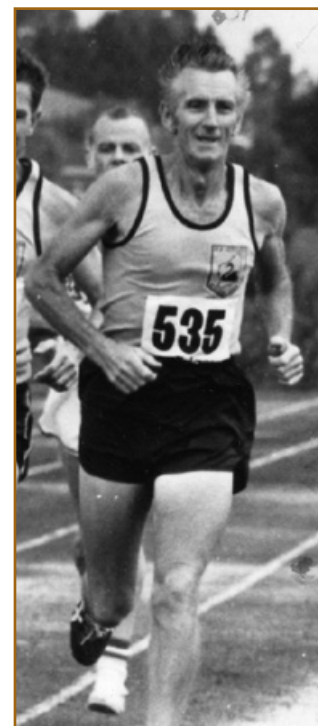
Ideal conditions

In 1977, a 'tuned track' at Harvard University improved all runners' times by three per cent.

Ed Caesar speculates that if a miles-long, all-weather version of such a track were built, perfectly tuned for marathon runners, we might see their ultimate capabilities.



I made Sub-3 Marathon badges many years ago and most recently awarded one to Tony Smith. If you qualify, and would like a badge, give me a call. VW



WA's greatest? John Gilmour ran the Olympic marathon qualifying time in his 60s!

In 1896, Olympic Marathon winner Spyridon Louis was the only runner to break three hours.

"Now any club runner worth his salt can run faster," says Ed Caesar.

(We know that; everyone in the WA Vets went under three hours, they tell us.)

So, how fast?

In 1991 Ed Joiner said the ultimate marathon time for modern man is 1:57:58.

His paper in the Journal of Applied Physiology was based on years studying best possible lactate thresholds, running economy, lung capacity and their effect on performance.

At that time the world's best time was 2:06:50, but he set the hares running. The debate was started, and will only end – or be re-set – when someone goes sub-two hours.

HELPERS

Be there! Or phone the director

4 OCTOBER

WIRELESS HILL

Race Directors: John & Joan Pellier: Ph. 9459 7782

Graeme Dahl, Bob Fergie, Mali Hodges, Alan James, Lorraine Lopes, Kees Maatman, Peggy Macliver, Dalton Moffett, Sylvia Szabo, Rosa Wallis, Margaret Warren, Claudia Wells

11 OCTOBER

HALE SCHOOL GOT

Race Director:

Vic Waters: Ph. 9341 3464

Zoe Corcoran, Graham Cunningham, Adam Dance, John Dance, Richard Danks, Robyn Dunlop, Wendy Farrow, Irene Ferris, Raymond Gimi, Ralph Henderson, Neil McRae, Frank Smith, Katrina Tyza, Greg Wilson, Julie Wilson

18 OCTOBER

GWELUP LAKE

Race Director:

Richard Danks: Ph. 9355 1570

Neil Boudville, Kim Cook, Steve Cook, Irene Ferris, John Fisher, Melinda Fisher, Patricia Hopkins, Jim Klinge, Ray Lawrence, David Lewin, David Scott, Roger Walsh, Martin Watkins

25 OCTOBER

BIBRA LAKE

Race Directors: Paul & Tanya Burke: Ph 6460 6423

Rochelle Airey, Elaine Dance, Aldo Giacomini, Dante Giacomini, Steve Hosack, Cassie Hughes, Mitch Loly, Denise Newport, Paul Odam, Silke Peglow, Frank Price

1 NOVEMBER

CLIFF BOULD TROPHY

Race Directors: Stuart & Rebecca MacKinnon: Ph. 0419 966 972

Shirley Bell, Sue Bourn, Richard Danks, Mark Dawson, Adrian Fabiankovits, Bob Fawcett, Carolyn Fawcett, Bob Fergie, Raymond Gimi, Mary Heppell, Mike Khan, Sarah Ladwig, Rebecca MacKinnon, Stuart MacKinnon, Chris Maher, Keith Martin, Prabhuddha Nicol, Lesley Romeo, Amanda Walker, Claudia Wells

8 NOVEMBER

SAFETY BAY

Race Directors: Elaine & John Dance: Ph. 9593 4607

Ray Attwell, Tristan Bell,



Les Bruyns, Gail Castensen, Fiona Cousins, Akos Gyarmathy, Col James, Gail James, Mitch Loly, Elizabeth McFarland, Nick Miletic, Trevor Scott, Scott Winn

15 NOVEMBER

KALAMUNDA RAILWAY

Race Directors: Bridget & Bert Carse: Ph. 9293 4934

Kerriann Bresser, Chris Coates, Bjorn Dybdahl, Robin King, Bob Lane, Karen Peace, Colin Shaw, Graham Thorn-

ton, Alex Tinniswood, Sheila Walsh, Debbie Wolfenden

22 NOVEMBER

PERRY LAKES

Race Director:

John Bell: Ph. 9386 6975

David Adams, Kris Adrian, Shirley Bell, Maree Brown, Steve Clark, Sally Floyd, John Hillen, Peter Hopper, Bob Lane, Ray Lawrence, Hamish McGlashan, Cecil Walkley, Claire Walkley, Roger Walsh, Margaret Warren



**Jim's best
marathon must
be acknowledged**

New Members – Welcome!

1386 McSWAIN: Phil M50
1387 BOUDVILLE: Neil M45
1388 RICHARDS: Owen M35
1389 WELLS: Jani W45
1390 WILLIAMS: Chris W35
1391 PARENZEE: Roger M50
1392 FABIANKOVITS:
Adrian M30
1393 SEXTON: Lori W50
1394 DE SILVA: Michelle W40

It's great to know that newer members are stepping up to help run Masters.

Stuart and Rebecca MacKinnon have done just that, taking over the Cliff Bould Trophy event (November 1) from long-term director Ivan Brown. The pair are pictured at Darlington Dash, where they ran second in the Dick Horsley Trophy to Nicki and Herman du Plessis.

29 NOVEMBER

GARVEY LAKES

Race Director:

Gillian Young: Ph. 9295 1754

Zoe Corcoran, Richard Danks, Adrian Fabiankovits, Jim Farr, Trisha Farr, Ange Hayward, Melissa Hynds, Todd Ingraham, Robin King, Michael Lee, Tina Major, Hamish McLeod, Ginny Mulvey, Lesley Romeo, Colin Shaw, Mark Sivy, Bruce Wilson, Gillian Young

RESEARCHING for the 2-hour marathon story (page 11) I was surprised at Jim Langford's absence from the marathon records section of the club website.

Jim is so self-effacing that he would probably never mention it, but his PB over the distance is outstanding.

Unfortunately, he ran it immediately prior to joining the Vets.

"It's 2:18:08," he admitted when I prompted him.

For ordinary mortals that time is amazing today; in 1979 it would have been even more so.

"I ran that time on August 12, 1979, my 35th birthday," Jim said. "The time was not recognised by Masters/Vets as I had omitted to join Vets (as it was then) that morning. In those days you could join as a 'pre-vet at 35 and become a vet at 40."

Records

Fair enough, rules are rules. Jim was not a club member on the day, but he has been one for decades!

Somehow we should acknowledge, officially, the outstanding record of a senior runner which eclipses all the age-group times currently shown on our site.

* Nearest is M40 Frank Smith's 2:29:06.

VW