

# VETRUN



No. 489  
FEBRUARY 2016



*New*  
**AUSTRALIA DAY EVENT**



## What's the Committee up to?

Posted on December 18, 2015

### Tea anyone?

In 2016 twelve of our Sunday events include Morning Teas. They will be managed on a roster basis and anyone prepared to do just one Sunday should let Joan Pellier know.

- Club has purchased a defibrillator, and Carol Bowman is arranging for members to be trained in its use.

- Melbourne Cup lunch was highly successful and will be repeated this year.

- A 'social events' listing has been added to the website.

- Herdsman Run this year will start from the Pony Club itself, giving us ample parking and shelter.

- MAWA planned a club promotion for the Pioneer Parkrun 2-year celebration on 9th January.

- Delia Baldock will gauge interest in participating in the AMA Postal Relays next year, and will manage them for MAWA if there is sufficient interest.

- State Championship budget was approved. The move to ECAC is allowing a reduction in entry fees. Registration opened in early January.

- The Ann Shaw 'Athlete of the Meet' award and the John Gilmour 'Athlete of the Year' award will in future be decided by a panel, and the committee, respectively, based on potential candidates identified by the club statistician. The previous criteria were simply the highest age-graded performance, but in some areas the age-graded tables give skewed results.

- For the Achievement award the additional criteria that the winner had to have made a significant contribution to the club will be dropped, so that the award is purely given for performance improvement.

- The qualifying period for the Achievement and John Gilmour awards will be the financial year, so that they can be awarded at the AGM in September.

- 25 new members joined in the first 2 weeks in December; very encouraging.

*Thanks Vets, Lorna Lauchlan*

Cover – Sandra Stockman put on a great new riverside event preceding Australia Day; full report in the next Vetrn.

### NEXT EDITION

Vetrn no. 490 will publish in April 2016.

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## New uniforms look great!

THE club has now ordered the new uniforms – as shown here by Lynne Schickert – from our supplier and these will be available in early March. Options will be singlets for men, singlets and crop top for women.

A range of samples were given to members during the selection process – but please note, NONE of these samples are the official club uniform so you can't wear them to compete in the State or National Championships!

Anyone possessing these samples will need to have an official uniform.

However, the current uniform remains valid.

Joan will try to have some samples available for members to try over the next few Sundays.

Uniforms can be ordered in advance from Colin Smith at colinsmith@netspace.net.au.

When the new stock of uniforms arrives, samples will be taken to club events so members can ascertain the size they want. We will have



men's s/m/l/xl/xxl/xxxl and women's sizes 8 to 18. Price for all items will be \$35.

We will eventually move to online ordering using the club's Paypal account.

Uniforms will be available for purchase at all State Championship events.

Our thanks to Colin for his initial work on the new uniform design, and to Joan Pellier and Delia Baldock for continuing the work after Colin left the committee.



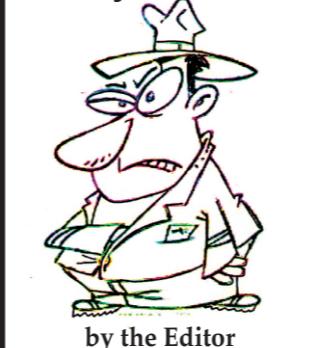
I WOULD like to thank the committee and members for voting me a Life Member. It was humbling for me to receive this honour because, whatever I have done for the club, it is so little compared to many others – those who are the backbone of our club, taking office and helping in other ways. I do appreciate the time they put in to run the club so successfully.

Joining our club in 1979, getting fit with the encouragement of the members and making like-minded friends changed my life in a wonderful, positive way.

I wish all the unfit people could see the light and join us!

*Thanks Vets, Lorna Lauchlan*

## In My View ...



by the Editor

### How old are we really?

## Younger than Jim?

HAMISH is the latest member to delve into the 'fitness age vs the chronological' tempted by my suggestion on this page (*Vetrn 448, December 2015*). This bit of fun leads you to [www.worldfitness-level.org](http://www.worldfitness-level.org)



logical). But ... alter one answer and I am 49 again!"

Well, 49 isn't too bad either, mate.

But I wondered – what single question could add thirteen years to a chap's score?

Turns out to be the 'do you go flat-out' query.

Seems that if you do so, pushing the old ticker up to maximum, then you must be effectively younger.

Hmmm; for how long, I wonder?

Sounds like a fast-route to heart surgery, or worse.

Not something to bother Hamish of course. He's a surgeon, and already has a pace-maker.

"However, I am pleased to say I came out even younger than Jim Langford at 36 years (vs almost 79 for chrono-

## Vic B on the transfer list

NO signing-on fee has been discussed, but Vic Beaumont has hung up his tea-cup and quit the refreshments division. He's now joined the club's photographic unit, which means we can all look forward to decent, sharp pictures of runners with heads.

Frank Smith is not completely redundant, by the way. But now he's most often in the club's mounted brigade, his photographic efforts are a bit sporadic.

Vic Beaumont has been a keen amateur, photo-club member and such, since the time when black and white film was the standard.

Ah, those were the days, when a bag of cameras, spare lenses and flash-guns was heavy enough to leave a young lad with a permanent list!



Vic and Jacqui Beaumont at East Perth for a thankyou presentation from president Richard Blurton

## Paul Martin's 21 years taming Sharks



WHEN John Smith made his race director's farewell speech, witty as ever, at the East Perth event he mentioned his 35 years in our fair city.

During that time in the club John has organised various events. (By the way, he doesn't intend quitting altogether and has agreed to be Race Director in our new 2017 run at Woodbridge, Midland!)

However, mention of long-term race direction years woke up Paul Martin.

Making some quick mental calculations (he's not just a creative artist) Paul realised that he has directed runs in Fremantle for 27 years.

## Fans in space

AN earth-orbiting astronaut on the space-station plans to run the London Marathon this year, tethered to a treadmill, with a virtual-route unfolding on a screen before him.

On the space station they run the fans continually to stir up the air. This is because in space, without gravity, hot air doesn't rise and cold air doesn't drop. Also, the CO<sub>2</sub> that spacemen breathe out can pool and choke them. Just thought you would like to know that. Never know when it will come in handy.

First was the Fremantle Harbour Run (1988-1993) and then Sharks Run, which Paul has organised ever since!

I'm sure this must be some kind of a record.

Sharks is now 21 years old. How many other runs have been on the calendar this long, in roughly their original location? And has any member directed an event for so long?

Ermhh; yes. Bit embarrassing, but now I check back, it's me. With a little help from my friends I have run the GOT since 1991.

No doubt our indefatigable secretary Delia will let us know of others?

Watch this space.

## East Perth Handicap

January 17, 2016

Director: John Smith



RACE Director sounds important but it is the marshals and other helpers who make the event a success. Once again there was a great team effort and I wish to thank them all for their cheerful cooperation.

I will only mention one by name and that is Jackie Halberg. Nothing has ever been said but over the years she has gradually taken over full responsibility for the finishing process.

Handicap events always place stress on that department and she keeps it cool and in perfect order.

Also, it's time to congratulate the handicapper, who definitely got it right. There might be some grumbles about the grass finishing straight but it was a great sight to see 50 or so competitors in a bunch battling it out to the line.

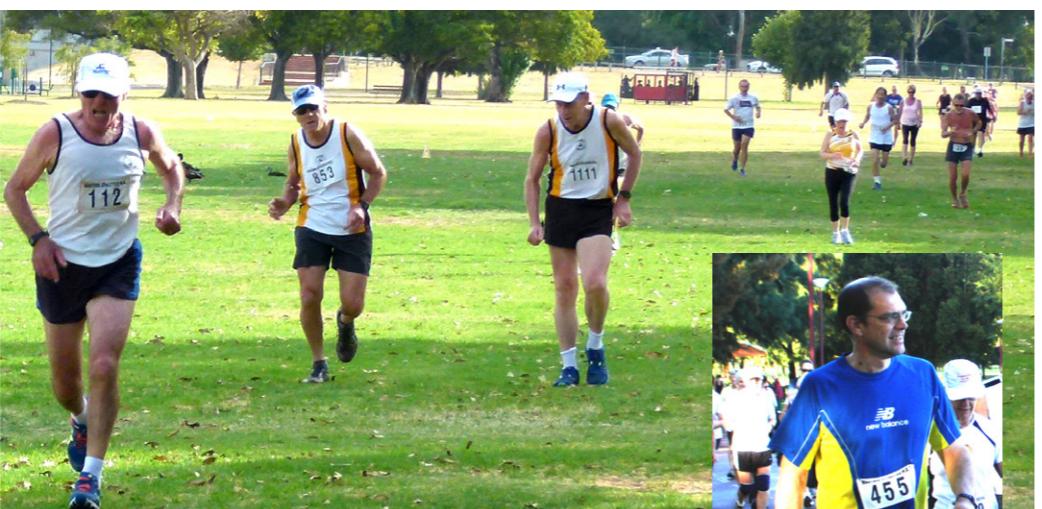
As you may have heard this was my last East Perth as a director. Believe me it has been a lot of fun but my nature is to always move on to something new. I hope I am leaving it as good as I found it but with a few twists to accommodate the hordes of cyclists and other beasties that now infest our neck of the woods. I will miss the team, the vast majority of whom take up the same positions year after year. It makes organising a great deal easier.

I am certainly not giving up being a race director and hope that an event will come my way in 2017. (It has! See page 3).

For those who are hesitant about becoming a race director I can only advise you to give it a go.

There can be problems and some hard work is involved but nothing beats the buzz of starting the race and watching the competitors set off on YOUR course.

John



Another mass finish – see the approaching mob, top right – testifies to handicapper Tristan Bell's skill. Inset, handicap winner Sean Keane; brief results are below.

### 6.5km Run Handicap

Sean Keane	M50	39:17	9:30	29:47
Keith Atkinson	M55	40:20	1:14	39:06
Don Pattinson	M60	40:30	11:15	29:15

### 6.5km Walk

Ian Carson	M60	41:20
John McDonagh	M65	43:29
Julie Wilson	W60	45:14

### 5km Run

Bernard Mangan	M60	20:36
Mark Hewitt	M60	21:45
Alan James	M60	21:55

### 5km Walk

Joseph Patroni	M60	36:00
Su Lloyd	W60	36:09
Andrew Cuthbertson	M55	36:42



Don't despair, Tristan; the queue in the chute proves you did it right!

I can reveal that our handicapper was a bit twitchy towards the end of the season, when only three competitors were left in the running for the handicap trophy. Tristan was one of them. It all worked out though, and John Fisher (fourth in the chute, above) was the eventual 2015 trophy-winner.



Tristan Bell finishing at Canning.

### 10km Handicap

Alan Thorniley	53.34	10.53	64.27
Peter Bath	54.51	10.27	65.18
John Talbot	58.53	6.59	65.52

### 6km Run

Ross Keane	M50	25:08
Bernard Mangan	M60	26:17
Jim Klinge	M65	26:21
Karen Peace	W40	27:49

## Canning Caper Riverton December 13, 2015

Director: Keith Atkinson



THANKS to all those who attended the Canning Caper. We had many visitors who were happy to participate in the handicap. Which is great for them, and us. I think we all had a fun day.

The conditions were about as good as it gets in Perth, in December. Pretty good considering the Mosman run the week before was the coolest I can remember. I think special mention should go to Tristan (our handicapper). Great job, not only dealing with all the usual members' times, which can be pre-prescribed, but the many visitors. Also, for handling the many calculations with humour and a smile on your face! Next year I believe the club is bringing back a handicap for the 6km event, which will be one of two extra handicap events for our walkers.

Thanks obviously to all the helpers who make the event happen for the members, it is much appreciated.

I hope you all enjoyed it, and I hope to see you next year at this event.

Keith

## WELCOME RUN

Burswood Park

January 3, 2016

Director: Sarah Ladwig



## A man can have too many trophies ...

YOU don't often see a picture of a trophy NOT being presented. But this negative event was recorded at East Perth when the Pres didn't hand over the Handicap Trophy to its worthy recipient, John Fisher.

What they're clutching is the Patron's Trophy, and the man to blame is David Carr. Richard asked Dave (the previous holder) to fetch the trophy to the East Perth run, but he brought the wrong one.



"If I can win this, anyone can," he told us, and went on to thank everyone who does so much to keep the club going.

The breakfast table was groaning, but nobody was complaining! And nearby sausages were sizzling in the sun. Is this the shape of Morning Tea to come? That would be nice.



A really big turn-out filled our usual car-park early, which made it a long walk to the start for latecomers (left.) Our normal crowd was swelled with visitors, and baby-buggies added a bit of colour too.



Sarah



*Top: Why are runners so keen to show off their legs?*

## Why can't blokes wrap?

### Upmarket

The club has upped the ante since those heady days. No spending limit is actually stated. We just rely on members' inherent meanness!

How to choose? I applied well-learned reverse psychology when diving in.

If it looks like a bottle, it is certainly NOT booze. It will be shampoo.

Mind you, in years gone by you always avoided anything wine-bottle-shaped.

There was a \$5 limit on spending (to keep the whole game low-cost and fun). So if you were willing to drink a bottle of wine that cost less than a fiver, you're welcome! Come to think of it, it must be 20 years since you could find something palatable for \$3.99.

### Consumables

Using x-ray vision, I normally attempt to pick up a consumable present. Not

booze, but something that can be unwrapped and eaten right away, with mates. Some suitable addition to the remarkably fine morning tea that Elaine, the Beaumonts and the catering gang put together.

No, I take that back. I have picked up some amazing gifts in recent years.

Those water bottles with freezer inserts that I copped last year were great – still in use! Thanks, whoever. More thanks to this year's donor, of a set of gourmet mustards.

Look for the really badly-wrapped gift.

Blokes can't wrap. By the end of a long Christmas season they might get the hang

of it; but their first efforts always look like they have been done by a six-year old, all triangular fold-overs held down with too much sticky tape.

I wonder how many of us even go out and buy the present we fetch to the Gift Run?

"Right," hollers the spouse. "I've done all the bloody shopping, as usual, including all your mates and relatives and even the bloody cheap present for your running mob."

"It's your club, so the least you can do is wrap it!"

That's why you can always pick a bloke-wrapped present.



*Right: final touches to Jeff's beard by Brian.*

## Read about Decima Norman

IN case you missed this online, our website carries an invitation to 'all sports lovers' to the launch on February 26 of a new book – *Decima Norman – The First Golden Girl*.

Decima was Australia's first female track and field star.

From relative obscurity in Western Australia she won an incredible five gold medals at the 1938 Empire Games in Sydney (now the Commonwealth Games).

This feat is still unmatched in either Olympic or Commonwealth Games track and field competition, men or women.

Through no fault of her own, Decima was denied the opportunity to represent her country at the Olympics. In 1936 she could not be considered for selection as she was not a member of a state amateur athletic association. Western Australia did not have one.

She and her coach, Frank Preston, formed such an association and set their sights on the 1940 Olympics, only to be thwarted again.

### RSVP

The book launch will be followed by a light lunch and author James Brear asks you contact him so catering arrangements can be bet-

**Do you get it regularly – Vetrin, of course?**

AROUND 100 members still read the magazine, delivered in paper form. They pay a little extra on their annual membership to help defray the postage and print costs.

They, and everyone else, can also see *Vetrin* in full colour on the website.

When each edition is published – that's every two months – an email alert is sent to all members who opt for the electronic version only.

You do this when completing the membership form.

If you have a family membership you can include an email address for each family member. Then you will each receive an email reminding you that *Vetrin* is up on the site.

ter planned. Please RSVP by February 12 to: jsbrear@optusnet.com.au, or phone: 0430 194 126.

The book will be launched by the well-known and respected Perth sports broadcaster and writer Glenn Mitchell.

**Where:** President's Lounge, Perth Football Club, cnr Goddard and Bishoppesgate Sts, Lathlain, 6100.

**When:** 11.00am Friday 26th February.

We need to combine both kinds of physical activity – aerobic, like running; and anaerobic, ‘resistance’ or specifically, weight training – for healthy weight loss.

FITNESS experts at Harvard School of Public Health ran a 12-year study to confirm this belief, which is generally accepted in Australia and the USA.

On Monday, January 4 (*Radio National Health Report*) Norman Swann spoke to the lead researcher, who is also a physical exercise teacher.

She said:

When you run the major energy source comes from fat – because fat can ONLY BE BURNED aerobically, that is, in the presence of oxygen.

So you lose fat when you run (or walk vigorously, jog, cycle, swim, etc.). You also lose a little glycogen.

Glycogen is a storage carbohydrate, largely present in the liver, and it is pulled down to provide quick energy when you need it for vigorous exercise.

### Weights

When you perform anaerobic activity, as with resistance work like weight-lifting, glycogen is the main source of energy used.

The Harvard study focused on ways of reducing weight

ABC's Health Report (January 18) carried some cheerful news for people with Type 2 diabetes who carefully manage their condition.

This kind of diabetes is nowhere near as serious as Type 1, but it is very common. It's associated with high blood pressure, obesity or overweight, and many other factors may indicate a pre-disposition to the problem.

### What is it?

With Type 2, the beta cells in the pancreas still make insulin, but may not make enough; or the insulin that is produced doesn't do its job properly.

As a result, the gates of the

## Waist away for health

I suppose everyone would like to be in the same shape as Amanda or David? Resistance training might be the way; and you'll be healthier too.



Over the 12-year study researchers compared people who did moderate, or heavy, aerobic training with those who did weights.

They found that 20 minutes daily of weight training did more for reducing waist measurement than 20 minutes of running, etc.

Increasing waist size is inevitable for most of us with age; but people who did weights counteracted the increase more efficiently.

### Best bet?

Researchers say they aren't knocking aerobic activity, but on its own it is not enough.

People who combine both kinds of activity achieve best results.

If you do NO aerobic work – i.e. running – you need 25 minutes or more weights daily.

If you already do both kinds, up to 20 minutes weights per day is enough. More doesn't make much difference.

### Why does weight training reduce visceral fat?

Over six months or so of increased exercise, muscles will adapt.

You will have more mitochondria in the muscles. These 'little energy factories in the cells' make the muscles better able to burn off lipids, or fats.

Which makes your aerobic work more effective.

Also, some weights work can get you puffing, so then you are combining both kinds of exercise, aerobic and anaerobic.

### Losing weight

Bear in mind that pure weight loss is likely to be greater if you just go aerobic.

But in general a quarter of every kilo lost will be muscle, the researchers say.

They suggest it is far more important to reduce the waist, and therefore the visceral fat, than to reduce overall weight.

You might shed fewer kilos, but waist reduction is more vital for health.

## Type 2 diabetes? There is good news

cells cannot open to let the glucose in.

This is called insulin resistance.

If glucose cannot enter the cells, it builds up in the blood stream and causes blood glucose levels to rise.

Type 2 is most common in over 45s, but younger people are increasingly affected.

### So what's the good news?

It seems older people (over 55s) with Type 2, who eat appropriate foods; who measure and control their blood glucose; and control cholesterol with statins live 30 per cent longer than people who do NOT have Type 2!

As a result, the gates of the

small, not overweight; is very active and exercises regularly; eats a well-balanced diet; is a non-smoker and has no hereditary links to diabetes.

Through regular, routine medical check-ups she was diagnosed as pre-diabetic; then diagnosed with Type 2 about a year ago.

No radical lifestyle changes have followed, though she aims towards a low GI (glucose index) diet. Never a 'sweets' eater, she hasn't made much change in that area. But some bread, such as sourdough is lower GI. Alcohol intake has been reduced very slightly. Management has been simple and regular blood-checks show glucose levels comfortably within necessary parameters.

Also, some people with NONE of the contributing factors can develop Type 2. My wife is an example. She is

## What gave Carol Bowman the edge?

I asked David Carr to summarise how Carol won this year. I also asked what it would take to beat DC, but I can't recall receiving a reply!

"EVERY Sunday, every Thursday, you will see Carol battling on the road or track," he said. "She's first to arrive and last to leave on Thursdays – she has the keys to Coker."

"She regularly runs along the riverside from East Fremantle to Appletcross or South Perth, at six minutes per km for 10-16km.

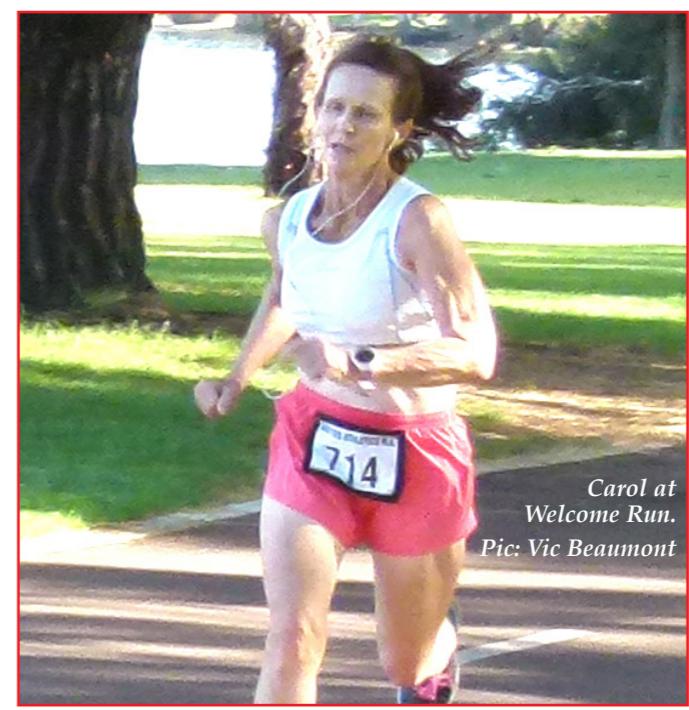
"On Saturdays she runs intervals and repetitions (at the track); about 4km at 3 min 40 sec per km pace. Add to this a session of pilates, a massage, and a daily run with the dog!

"As this pattern is followed for years you can see an ideal background for track running.

"The field events presented a problem. With no especial aptitude or experience, Carol was challenged.

"Step one was to buy a discus and a javelin. Sounds obvious, but many of our members do not have even the most basic equipment.

"In a competition like this,



Carol at Welcome Run.  
Pic: Vic Beaumont

## What next for Patron's Trophy?

David is a man of firm views on athletics. He notes that participation in this trophy event has been low in recent years.

There is a case for modifying score system in the field events, he believes, where "our club membership is such that we will always be weak by international standards".

Also, "older runners score higher because, comparatively, they run faster".

On a slightly more optimistic note, he points out that of the past winners (see list) "only three are dead; nearly all the others are active in club. Most of those competed last Sunday".

Across the years "goal posts moved, rules changed". "We now score in age groups (e.g. M45) but originally actual age (e.g. 44) was used. Any score over 100 was fixed at 100; and the whole competition was run twice per season; your best score won.

"Age-grade tables have been used in recent years. "The number of events has varied through the years; as have the number of throws and jumps required. Walks used to be included but were dropped because they were too hard to judge!"

else has had a look in. If you check the list (here and on the website) only a few other clubmen have broken his run of victories.

Also, twice he and wife Pat did the double.

## Patron's Trophy results – 2015

CONGRATULATIONS to David and Carol for winning this year's Patron's Trophy awards and well done to all those who managed the complete 10 events.

### Men

David Carr	786.70
Todd Ingraham	653.24
Kep Knudson	626.45
Bob Schickert	604.64
John Dennehy	575.83
David Adams	543.37

### Women

Carol Bowman	679.50
Sue Bourn	661.12
Lynne Schickert	601.00
Janne Wells	583.49
Karyn Tolardo	

## The CARR-y on years!

1978-79	Ross Holland	2002-03	Bob Schickert
1979-80	David Carr	2003-04	Lynne Schickert
1988-89	David Carr	2004-05	David Carr
1989-90	David Carr	2005-06	Liz Neville
1990-91	David Carr	2006-07	Henri Cortis
1991-92	David Carr	2007-08	Liz Neville
1992-93	David Carr	2008-09	Peggy MacLiver
1993-94	Pat Carr	2009-10	David Carr
1994-95	Keith Martin	2010-11	Peggy MacLiver
1995-96	Jill Chambers	2011-12	David Carr
1996-97	Keith Martin	2012-13	Peggy MacLiver
1997-98	Anne Shaw	2013-14	David Carr
1998-99	David Carr	2014-15	Cathy McCloskey
1999-00	Peggy MacLiver	2015-16	David Carr
2000-01	Dorothy Whittam		Carol Bowman
2001-02	Bob Schickert		
	Peggy MacLiver		
	Pat Carr		
	Jill Chambers		
	Keith Martin		
	Anne Shaw		
	David Carr		
	Peggy MacLiver		
	Dorothy Whittam		
	Bob Schickert		
	Peggy MacLiver		
	Pat Carr		
	Jill Chambers		
	Keith Martin		
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	Jill Chambers		
	Keith Martin		
	Anne Shaw		
	David Carr		
	Peggy MacLiver		
	Dorothy Whittam		
	Bob Schickert		
	Peggy MacLiver		
	Pat Carr		

SO there we are: 68,000km of flying and 600km of running, and lots of other numbers/statistics that resulted in a fantastic holiday. I am a slowish runner but thoroughly enjoyed the training runs, competitions and locations to the full.

### London

I arrived in London on the morning of Thursday, August 27, a few days prior to my first event, and made my way to Kew in rush hour. Friday morning I had a gentle walk/run around Chiswick and Kew bridges to get my bearings and slot in to the time zone. On Saturday morning I took the 65 bus to Old Richmond Deer Park for a 5km parkrun at 9am. After coffee and chat it was back on the 65 bus to Kingston to do the Thames Meander Trail Half Marathon at 11am, a great off-road run along the Thames riverbank, giving me just over 26km for the morning.

### York

Next morning I crossed London to Kings Cross and caught the train to visit my sister in York, which meant all runs in the area would involve hills. The following Saturday I went to Fountains Abbey parkrun, which is one of the most beautiful parkruns anywhere. It takes place in National Trust grounds with lakes, statues, the Abbey ruins, peacocks and swans.

I had all manner of training runs in Yorkshire and the next Saturday was York parkrun which is a lap and a half on the service road inside the York horserace track: flat and fast they tell me, and I agree with the flat bit. I added on a run around the streets and walls of York and along the Ouse River for 22km.

### Great North Run

To maintain the pattern, September 12 was Newcastle parkrun in appalling weather on the Town Moor, and the Great North Run on Sunday 13, which turned out to be a lovely day for the 58,000 entrants. The "biggest Half Marathon in Europe – no short course options" was a great day out with bands, food and cheering crowds. Fellow parkrun and MAWA

For a 'slowish' runner John Talbot certainly sped across the continents, running in Europe and the USA last Spring. He's pictured below, ready to rock in San Jose (with Sam Farman).



## Talbot's Tour

members Dutch and Lexi Holland also did the run and it was good to catch up at the finish.

### San Francisco

A week later I was on the road – or rather, in the air again – flying to San Francisco for more fantastic touristy runs. I arrived on the Tuesday evening and met up with fellow MAWA runner Sam Farman who had me out training the next morning despite jetlag whinges. We had a dream run along the bay and up and over the Golden Gate Bridge and around to Sausalito then the ferry back past Alcatraz to Fisherman's wharf. What a buzz! Then we went shoe shopping, giving about 25km for the day. I went back to run down Market Street to the Embarcadero and Fisherman's Wharf again on Thursday evening, just cos it's there.

On Friday morning Sam and I set off in a rental car from the centre of San Francisco to Big Sur, about 90 miles away. The drive down the coast via Carmel and Monterey was beautiful – stopping along the way for roadside fruit/coffee/views, and a look at the famous Bixby Bridge. We checked into timber cabins in Ripplewood Resort, situated in a forest of huge pine trees on the bank of the Big Sur River which was a trickle after such a long drought.

### Big Sur

The start area for The Big Sur Trail Half Marathon which was Sam's 'must do' race was in Andrew Molera State Park only about 5km away yet in that short drive a huge deer ran out from the forest in front of me, luckily I was awake and not driving fast.

It was quite a warm, still day and you could sense some low key nervousness in the start area before all runners walked up and out to the start line on the other side of Hwy 1. "Go!" and they disappeared in a cloud of dust. I had looked at the run's hilly profile and decided NO! The first placed man and woman got a bottle of wine and a RUBBER CHICKEN (not medals or cups) which they will no doubt treasure. Sam was second in her age group and got a ribbon.

Fresno training run at night through the streets and well lit shopping areas. Yosemite National Park, again evidence of drought with the famous waterfall totally dry but still a beautiful park.

- Fresno training run at night through the streets and well lit shopping areas.
- Yosemite National Park, again evidence of drought with the famous waterfall totally dry but still a beautiful park.

Las Vegas

Tuesday morning we set off from San Jose on a long distance coach trip to do some sightseeing:

- Las Vegas – all one imagines and then some.

- Then off to the Grand Canyon, a truly awesome natural beauty. Our plan had been to run there along the west rim from one major lookout to another (glass floor Skywalk) where the coaches stopped (about 8km) but the local Indian operators and security would not allow it despite our pleas. So after lunch and more viewing we were off to Hoover Dam and then back to Las Vegas on a very hot day. It was 100 degrees F at 6pm and we still had not got our runs in. So just like hot days at home in Perth – eat early, sleep early and up early before the sun, we did one of the funniest runs of

### San Jose

A quick feed and cleanup and we were back on 'The Way to San Jose' to register for the Rock and Roll Half Marathon on Sunday morning, then to find our Airbnb host only 3km away. Kevin was a great character but couldn't understand why we did not want a big box of pastries/cake for breakfast just before a half marathon.

We walked the 3km to the start in plenty of time and were corralled roughly according to expected times, then released in one minute breaks. This seemed to work well with no crowd issues.

The course took us through city streets and sights with bands/music/cheers all around the course, finishing in a large city park with goodies and a free beer, if you could prove you were over 21 – huh?

The following day we had a visit to Palo Alto and Stanford University, all very up-market and new looking, the general area known as Silicon Valley, before going to the beach at Half Moon Bay, as recommended by Kevin, before returning our rental car at the airport with a ride back from Kevin.

### Golden Gate

Saturday morning is park-run day so it was run/walk down to Crissy Field for the 9am start on the riverside path/trail near Golden Gate Bridge, where we met up with fellow parkrunner/MAWA member Stuart McLeod, who had a good run and came second overall. After coffees and chat we had a run back up and under GGB and round to Golden Gate Park where there was a free concert for the holiday weekend. There were lots of food stall outlets, so we had an easy picnic lunch and music. Fuelled up, the run/walk back gave 28km for the day.

On Sunday, we had a walk/run back down to Pier 39 and along to Golden Gate Bridge run across to Vista point and back for a further 24km in beautiful weather and surroundings. You could not tire of this area, and there were lots of runners cyclists enjoying the riverside paths.

### Chicago

Monday was a rest day, then 11km on Tuesday before flying to Chicago on Wednesday. What a contrast – Chi-

ago is HUGE but it wasn't cold or windy as expected, so the T-shirt and shorts lifestyle continued in the daytime for looking around. I had a 5km local run on Friday morning.



The day dawned for Chicago Marathon (October 11) with a walk-train-walk to the start area, leaving clothes and snack at the drop zone finish area and walking to the start corrals amid music, announcements, crowds, security, etc. There were 37,500 starters in various corrals; then at 8.23am it was "Go!" for me. The run was busy, noisy, with crowds cheering and encouraging from start to finish, crisscrossing the city. Lots of food, gels, drinks, music, great fun and conversations during the day.

Kenyan runners were first, second and third in 2hrs9mins to 2hrs 10mins. M AWA / parkrunners Hamish McLeod, Stuart McLeod, Ian Nichol, John Ranger, Simon Johnson, Sam Farman, Wayne Taylor and I all finished without injury and with a few PBs. So the medals, food and free Goose Island beer went down well standing around in the midday sun. It was so good to be with a group of friends from Perth to celebrate the Marathon after weeks of training.

### Europe

I spent the next few days being a walking tourist with a short recovery run on Wednesday morning then flying to England. I got the train to York for parkrun on October 24 back at Fountains Abbey, then it was off to Southern Spain for a couple of weeks where I ran in and around Malaga streets, harbour and beaches. This was followed by trips to Gibraltar, Cordoba, Seville and beach-front runs in Torremolinos and Fuengirola, two of the most touristy places in Spain – great fun in the off-season.

I was so fortunate to have had such a great trip with friends and family, then back to normal again with friends at the Kalamunda Rail run. ■

## Congratulations Wendy!

Posted on December 18, 2015

YOU have probably read this online, but such a momentous re-setting of a long-standing record deserves noting in the club magazine.

Wendy Seegers set a stunning (pending) State and Australian W35 record of

55.72

in the 400m at a Strive meeting, beating Kath Holland's long-standing mark of 56.0.

## Presentation Day Breakfast in July

JOAN PELLIER has organised a presentation day breakfast at the Marathon Club rooms to follow the Racecourse Run on 24th July. It will start around 9:15am, with medals and trophies presented for:

• Road Running and Walking Championships

• Club Half Marathon

• Racewalk trophy

So runners won't wait too long for breakfast, the walk will begin at 7.30am.

Start and finish for all the events will be at the Marathon Club, with turn points adjusted accordingly.

## Where have all the tea-bags gone?

Committee's Joan and Marg say their places are now groaning with morning-tea paraphernalia. Please – if you would like to help with the club's catering, get in touch!

## Sunday Run Photos

Posted on December 20, 2015

Normally we post photos from our Sunday runs in the "Photo Gallery" under the tab "Road/Cross Country" but we currently have a problem with the photo viewer on our website. Until it is fixed the photos from our Sunday runs are being posted on our Facebook page – just click on the "Find us on Facebook" icon on the home page to view.

## New members ... welcome!

1399 WHITE: Steve	M30
1400 JOHNSON: Kevin	M55
1401 HANNIG: Kathleen	W75
1402 GIBBONS: Chris	M50
1403 GIBBONS: Sue	W50
1404 MATTHEWS: Liz	W55
1405 MATTHEWS: Pete	M65
1406 BIFFIN: Bill	M55
1407 KIDMAN: Josie	W60
1408 ALLEY: Peter	M50
1409 BEST: Nick	M35
1410 KEENAN: Mark	M45
1411 BOSWELL: Sarah	W40
1412 NIDERLA: Rena	W55
1413 WILLIAMSON: Seranica	W35
1414 JOHNSON: Simon	M30
1415 LEAHY-MASTRAND: Johanna	W40
1416 CHANDLER: Kim	W55
1417 HILL: Keith	M55
1418 SMITH: Janice	W50
1419 SMITH: Phil	M55
1420 ABBEY: Andy	M45
1421 ABBEY: Donna	W40
1422 STEPHENS: Carolyn	W55
1423 HANNIG: Linda	W40
1424 FETTUS: Robert	M40
1425 WHITTINGTON: Nicolette	W55
1426 FROST: Karyn	W45
1427 MARR: Maryanne	W50
1428 BOULTON: Graeme	M45
1429 VOS: Caro	W35
1430 GRANT: Bruce	M55
1431 FRANCIS: Mick	M55
1432 HULL: Robert	M70
1433 FERGUSON: Janet	W50
1434 ALLMARK: Dave	M40
1435 SHUGG: Andrew	M35
1436 CARRINGTON: Keith	M45
1437 BYRAM: Wayne	M40
1438 COLE: Jean	W65
1439 COLLIGAN: Bob	M55
1440 KAVENAGH: Marion	W55
1441 WILMOT: Gary	M45
1442 DAINES: Julie	W40
1443 BALDOCK: Gavin	M35
1444 SCOTT: Megan	W40
1445 CARSON: Vanessa	W35
1446 BRITZ: Jacques	M45
1447 PEREIRA: David	M45
1448 ROBERTS-SMITH: Julie	W45
1449 TANTRUM: Mel	W45
1450 RANGER: John	M45
1451 BAMBER: Anna	W35
1452 BAMBER: Brad	M35
1453 BAUER: Tracy	W30
1454 CUTHBERTSON: Andrew	M55
1455 PUTLAND: Barbara	W50
1456 HILL: Karen	W55
1457 BYRNE: Michael	M60
1458 RICHARDS: Zoe	W40
1459 BLACKIE: Kim	W50



# HELPERS

*Be there – or contact your director to make other arrangements!*

## 7 FEBRUARY

Woodman Point  
Race Directors: Karen & Peter March; Ph. 9418 8770

John Brambley, Clive Chcate, Lynne Choate, Adrian Fabiankovits, Rod Hamilton, Karen Hill, Lorraine Lopes, John McDonagh, Eamonn McNulty, Danny Sheehan, Carolyn Stephens

## 14 FEBRUARY

McCallum Lakes  
Race Directors: Su Lloyd & Joe Patroni; Ph. 0439 037 727

Keith Atkinson, Bronwyn Bell, Brig Cheek, Fiona Cousins, Sandi Hodge, Su Lloyd, Stan Lockwood, Helen Lysaght, Liz Matthews, Pete Matthews, Dalton Moffett, Joseph Patroni, Christine Pattinson, Don Pattinson, Blakeney Tindall, Deranica Williamson,

## Vale Stan Jones

Posted on January  
14, 2016

STAN Jones, Australian Masters medallist in race-walking events has died, at age 90.

He was the 10th Australian centurion (100 miles in less than 24 hours) in 1975, and still had 20km walk times under 2 hours while in his 60s. He was a WW2 SAS veteran and was selected for the 1948 Olympic Marathon, only to be denied competing due to a car accident..

Stan was competing at ECAC until quite recently.

Club president Richard Blurton represented MAWA at Stan's funeral.

Please note that some of these races do not have a full list of helpers at this time. Hopefully more will come in as we get closer to race dates.

*Jim Langford*

Scott Winn

## 21 FEBRUARY

Piney Lakes  
Race Director: Ante Perdija;  
Ph. 9384 8941

Elisabeth Gerber, Cassie Hughes, John McDonagh, Renia Niderla, Jim Speirs, Andrew Thorpe, Rosa Wallis, Clare Wardle, Gillian Young

## 28 FEBRUARY

Lake Monger  
Race Director: Kim Thomas;  
Ph. 0414 362 473

Tamara Al-Hashimi, Geoff Bailey, David Baird, Sarah Boswell, Johanna Leahy, Marstrand, Karen Peace, Jo Rich-

ardson, Sandra Rourke, Russell Smith, Monique Thomas, Blakeney Tindall, Ed Wall, Deranica Williamson

## 6 MARCH

Manning Park

Race Director: Maree Brown & Sally Floyd; Ph. 9319 2005

Rochelle Airey, John Brambley, Fiona Cousins, Lorraine Lopes, Renia Niderla, Christine Pattinson, Don Pattinson, Andrew Thorpe, Scott Winn

## 13 MARCH

Age Graded Handicaps

Race Director: John Oldfield;  
Ph. 0434 191 611

Irwin Barrett-Lennard,  
Chris Gibbons, Michael Lee,  
Ginny Mulvey, John Talbot

## 27 MARCH

Safety Bay  
Race Director: Elaine & John Dance; Ph. 9593 4607

Ray Attwell, Tristan Bell, Erika Blake, Mick Francis

## 3 APRIL

Joondalup

Race Director: Denise & Pierre Viala; Ph. 9307 1249

Pat Ainsworth, Helen Alexander, Mike Anderson, Brian Bennett, Margaret Bennett, Johan Hagedoorn, Mark Keenan, Dalton Moffett, Brian Smith, Bronwyn Smith, Tony Smith, Ann Turner, Ced Turner, Julie Wood



## 10KM TRACK HANDICAP MCGILLIVRAY SPORTS GROUND APRIL 21, 2016, 7PM

This event is held under lights with the first runner off at 7pm. Weather is usually cool with very little wind. The track is grass on a cinder base which makes for fast times. After the run there is a BYO BBQ.

Entry forms will be available at the State T&F Champs – or you can use the one printed here. Only pre-entry makes you eligible for the trophy, and you must have completed three Sunday runs in the preceding six months to establish a handicap.

But, if you have not got the three runs in you can still enter; but cannot win the trophy.

*Dorothy & Jeff*

## 10KM TRACK HANDICAP ENTRY FORM

Name .....

Age Group ..... Entry Fee \$5.00 (with entry)

Name .....

Age Group ..... Entry Fee \$5.00 (with entry)

*Closing date for entries is the Club run of 10th April; or by post, 18th April to 49 Holland Street, Wembley WA 6014*