

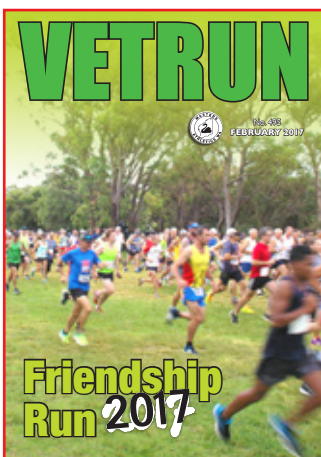
VETR UN



No. 495
FEBRUARY 2017



Friendship
Run 2017



Cover: a huge field of Masters, WAMC members and visitors head up the Kings Park broadwalk in the Friendship Run.

NEXT EDITION
Vetrum no. 496 will be published in April 2017

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Perth 2016 goods sale

MERCHANDISE remaining from the World Championships will be sold to members at approximately one quarter of the original price. The stock will be brought to MAWA events.

If you want to reserve a specific size, then please let Lynne Schickert know.

CHECK the website to note committee decisions and action each month. Here are some salient points from December and January.

In December it was agreed that Wheelsie Keillor can join the club and participate in MAWA road events, but our risk management plan will need to be updated.



Wheelsie

Insurance

New affiliation arrangement with AWA will give all MAWA members public liability and personal accident insurance at MAWA sanctioned events.

Championships

- Entry form on website last week in January; closing date March 2; all entries must be online. Non-MAWA athlete club members can enter and wear their own club uniform. Note of event dates will be produced before entries open.
- All 2017 State Championship events, except pole vault, will be at ECAC; entry fees unchanged from 2016; dates are on the website.
- Australian National Championships – Perth 2018 – April 26th and 29th. (Dates around Easter ruled out by clash with the Commonwealth Games on the Gold Coast.)
- ECAC booked for the Heavy Weight Pentathlon on Sunday 22nd January. (Venues West have banned the use of Heavy Weight implements at WAAS, except for State and National Championships.)

What's the Committee up to?

Membership

- In January the Committee Summary posted that 2017 membership started in early December and by January 14 we had 223 renewals and 36 new members.
- Our risk management plan will be updated especially for any new requirements related to our wheelchair athlete. Race directors will be informed.
- Morning tea roster for 2017 is complete.

Social Calendar

The Social page has been updated with our 2017 events. There are now limited places left for the Dwellingup Camp in March so if interested please contact Elaine ASAP.



Irene Ferris with Elaine, right

- A committee to run the 2018 Nationals is being formed and will hold its first meeting in February. Date is not quite finalised but will be late April or early May, which should suit athlete preparations for World Championships in Spain in September.
- New discusses to be purchased.
- New MAWA jacket will need to sell for around \$90; a few to be ordered initially to gauge popularity.

Thanks to the tea-volunteers

I WANT to thank all those people who put up their hands to help with the morning teas for this year.

Their help is very much appreciated and will help maintain the social side of our club activities.

Margaret Bennett

Ian Thomsett

WE were saddened to learn that the body of Ian Thomsett, son of Life Member Barrie Thomsett, has been found. Barrie wanted club members to know. Our thoughts and best wishes go to Barrie.



Barrie

MAWA Coaching

Coaches Marg Saunders and Jim Barnes have recommenced their sessions.

Margaret middle-distance, 4.15pm every Thursday, McGillivray Oval.

Jim Barnes distance training every Saturday, 6am McCallum Park.

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John Gilmour



Athlete of the Meet Trophy is dedicated to the memory of Antoinette Shaw, a brilliant performer on road and track, in events from middle-distance to marathon, and one-time age-group world-record holder in steeplechase.

NEW MEMBERS – Welcome!

NEWCOMERS to Masters are reminded that everyone is encouraged to enter trophy events.

- 1582 PARKER: Jennifer W45
- 1583 MURRAY: Kenneth W45
- 1584 SKEHAN: Kathy W50
- 1585 SPRATT: Andrew M45
- 1586 PRITCHARD: Steve M65
- 1587 JONES: Paddy M45
- 1588 REIFFER: Paul M65
- 1589 YOUNG: Gregory M65
- 1590 PAVIC: Yura M35
- 1591 ALLEN: Geoff M50
- 1592 KEILLOR: Christopher M35
- 1593 PERRY: Grant M30
- 1594 GREENWOOD: Phillipa W30
- 1595 MORGAN: Alison W45
- 1596 MEEK: Alexandra W30
- 1597 SLY: Daniel M30
- 1598 MOHAMAD-ISA: Abdul M30
- 1599 EDWARDS: Alicia W40
- 1600 EDWARDS: Paul M45
- 1601 MARTIN: Kat W30
- 1602 BELL: Gina W50
- 1603 ITALIANO: Angela W30
- 1604 HART: Roy M65
- 1605 HAYWARD: Eric M45
- 1606 ADAMS: Genevieve W40
- 1607 BANKS: Adelle W50
- 1608 STEYN: Ida W40
- 1609 CHINNERY: Katie W35
- 1610 JAMES-WALLACE: Bill M50
- 1611 WOOLEY: Cheryl W45
- 1612 JESSETT: Matthew M40
- 1613 WEBB: Charlotte W40
- 1614 LAWES: Roger M40
- 1615 WALKER: Grant M45
- 1616 BEER: Edward M40
- 1617 LARK: Chris M35
- 1618 HARDING: Tanya W35
- 1619 SNOOK: Jeffrey M55

Will this be your Trophy Year?

Special events for 2017 are:

TRACK AND FIELD

● Patron's Trophy

To qualify athletes must compete in at least 10 of the maximum 14 trophy events which are highlighted on the T&F programme. Points from their best 10 events must include three field events, including one jump and one throw.

● Antoinette Shaw – Athlete of the Meet

For the most outstanding athlete at MAWA State T&F Championships held in April.

SUNDAY ROAD RUNNING

● Handicap Trophy

This is based on handicap events throughout the year.

Total points from your five best times are calculated from a minimum of five and maximum of eight events. Handicap events are:

- Feb 5th Woodman Point 10k
- Feb 19th Woodbridge 10k
- April 20th Track UWA Mt Claremont 10k
- May 14th Aquinas 10k
- July 9th Sharks 10k
- Sept 24th City Rail 10.7k
- October 29th Cliff Bould 10.4k
- Dec 17th Canning Caper 10k
- March 19th Age Graded Handicap Male/Female – Taylor Street 8k



One of our newer members, Andrew Cuthbertson won the Canning Caper walk-handicap in 2016. (Picture by Vic Beaumont, at Railway Run, Kalamunda.)

THERE are copious opportunities for club members to take home a gleaming trophy. If your mantelpiece needs adornment, look no further than this list of potential MAWA pots, shields and medals.

Register of past Trophy winners is on the club website.

● Short Course Road Running and Road Walking Championships

- Sept 10th Claypit Circuit 3.7k/3.7kW
- September 24th City Rail 7.3k/7.3kW
- October 8th Mattagarup 5k/5kW

● 10km Track Handicap Trophy

UWA Track Mt Claremont April 20th at 7pm

● 10km Kent Street Weir Run Trophy (Male/Female)

May 7th
 ● 10km Run Handicap and 5km Walk Handicap Trophies (Male/Female)
 May 14th Aquinas

● 10km Age Graded Walk Trophy

July 30th Racecourse

● Jim Barnes Trophy

Best Age Graded Result in Perth Marathon
 June 18th

CLUB HALF MARATHON

● Age Group Medals

July 23rd

2016 Handicap Trophy – close finish!

● A very close run thing this year, and any of the first six could have taken the trophy with a convincing run at the final event, Canning Caper.

Though that would have been difficult for the ultimate winner, Keith Atkinson, as he was directing the Canning Caper!

Congratulations to Keith – who was followed in the final scores by Milton Mavrick, John Fisher (last year's winner), Don Pattinson, Tristan Bell and Bob Schickert.

CROSS COUNTRY CHAMPIONSHIP

● Age Group Medals

August 6th Jorgensen Park 8k

● 50km Road Running and 30km Road Walking Championships

(Every competitor completing all the run or walk courses wins an engraved medal.)

May 7th Kent Street Weir 10kmR/5kmW

May 21st J H Abrahams Reserve 15kmR/10kmW

June 4th Burswood 25kmR/15kmW

● Dick Horsley Trophy

Married Couples/partners (both residing at the same address). One to complete the short course and one to complete the long course.

Sept 3rd Darlington Dash

● Cliff Bould Handicap Trophy

October 29th Taylor Street 10.4k



● Guess Own Time Trophies

No timing device to be worn
 Oct 15th Yokine Reserve 9k/6k

ACHIEVEMENT AWARDS

Road Running most improved athlete

Track and Field most improved athlete

John Gilmour Trophy

Best athletic performance of the year



You write ... Check, Mate!

Shock result prompts a club member to warn us all.

A club member who wishes to remain anonymous recently received a shock after some routine medical checks.

We are fortunate to number several health professionals among our club membership, and Vetrin consulted one of them – Dr Karen Hill – for comment. VW

“ONE of our members has recently discovered that he has several aneurysms containing blood clots in his aorta and major vessels which had not given him any symptoms. He has been advised to have regular checks to monitor them as he will need further treatment or surgery in the future.

“He is at risk of a sudden catastrophic event if a blood clot breaks off, or an aneurysm ruptures.

“Aneurysms are linked to a family history of heart and vascular (blood vessel) disease, so if you have parents or brothers and sisters who have had these problems, or you are concerned about it, you are advised to discuss this with your GP.

“Aortic aneurysms can be detected with a simple ultrasound scan.”



What's up, Doc?

Karen Hill has been sitting out the runs, tended by husband Keith since breaking an ankle at the Alderbury event. We wish her a swift recovery.

Are your marathons online?

JOHN Oldfield's meticulous trawl through Vetrin history has produced a fascinating list of members' marathon performances.

It's on the club website, under the T&F tab.

Click that, then the T&F database; then Event Results (1974-2014).

Marathons that were NOT reported in Vetrin may not be listed. John originally asked members to inform him of such events so they could be added, but not everyone has complied.

Despite that, the task was prodigious and the outcome both interesting and useful.

Take a look; it's well worthwhile.

Allen Tyson

Personally, I went looking for the marathons of Allen Tyson, whose obituary appears in this Vetrin. They were considerable, by the way, especially when you learn that Allen suffered bronchial problems.

Frank Smith's marathon record will interest readers, especially newer members who have never been lucky enough to see him run.

Fifteen are shown, not one of them over three hours!

Between 1979 and 1989 he ran sub-three every time.

I happen to know he did it again in the London Marathon and elsewhere.

Jim Barnes says Frank is the club's best-ever distance runner.

The list here shows his best time at the top – 2:29:05; 'worst' at bottom – 2:46:15

Check the club site T&F, database



RECORD-breaking line-up; in 2007 (from left) Bert Carse, Bob Schickert, Frank Smith and Dave Roberts set a new Australian 4 x 1500m relay record at Coker Park. That wasn't really Frank's favourite distance, of course! His marathon record shown below was outstanding.

Though all their marathons aren't shown, our club list shows Bert's quickest as 2:47 at Herne Hill in 1986 (M45 then.) Bob's best shown is also 2:47, as an M45, in Albany 1988. Dave's quickest listed is 3:12 at Broadlands in 1985, when he was M40.

You could spend hours on this list – but check out Cecil Walkley.

As a young undergraduate he ran the mile at the pace of Bannister, Chataway and Brasher. But as a marathoner Cecil did his first in Perth, at M60, in 3:30; and his last (so far) as an M80 in 2009!

FRANK SMITH MARATHON RECORD

M40	Jun-82	Herne Hill	2:29:05
M40	25/09/1985	Herne Hill	2:30:05
M40	7/11/1982	Albany	2:30:36
M40	10/06/1984	Sydney	2:30:51
M40	5/08/1984	Herne Hill	2:31:57
M40	4/08/1985	Broadlands	2:31:58
M40	Apr-85	Bunbury	2:33:01
M45	Jul-89	Oregon WMA Ch	2:34:17
M40	4/11/1984	Albany	2:34:28
M35	Sep-81	Herne Hill	2:38:30
M35	15/06/1980	Herne Hill	2:39:27
M35	7/06/1981	Herne Hill	2:40:33
M35	14/09/1980	Herne Hill	2:40:40
M35	12/08/1979	AMA Ch Perth	2:40:57
M35	24/06/1979	Herne Hill	2:46:15

Looking back to 1974 – and the first 50

ROB Shand has been filling in the gaps.

Check the club's members list, and you'll see some numbers are missing.

Mostly this is because people come and go, letting membership lapse, and sometimes rejoining later.

When that happens we try to re-allocate numbers commensurate with their original date of joining. Some early numbers will never be reused though.

Rob points out that of the first 50 members listed, who



Rob – No. 9

would mostly have joined back in 1974, we have lost only nine, listed here. Not bad for a club of senior people, so we must be doing something right!

- 1 Cliff Bould: died aged 86 – February 2, 2003
- 5 Colin Junner: died aged 88 – January 2, 2008
- 8 Bill Hughes: died aged 81 – October 12, 2008
- 10 Merv Moyle: died aged 87 – April 30, 2014
- 15 Allen Tyson: died aged 91 – September 15, 2016
- 16 Frank Usher: died aged 90 – July 1, 2016
- 21 Jill Midolo: died aged 65 – May 6, 2010
- 28 Val Tyson: died aged 81 – February 16, 2003
- 32 Henk Stoffers

In My View ...



by the Editor

Who can 'defibrillate'?

WHEN the club added a defibrillator to the Sunday medical kit we advertised a free course for members to learn how to operate it. A prerequisite is to have a first aid resuscitation certificate.

There was insufficient interest so it was decided only members who are nurses and doctors would use the defibrillator.

However, the committee is revising the club's risk management policy and *Vetrun* might be able to deliver more

information on this and other aspects of risk management in the April edition.

Risks at the run

My own interest was aroused by an ABC radio programme which made me realise I know nothing of the topic. Perhaps it's time to educate me and most other members on what we should do in an emergency.

Carry a phone

We have already advised members to carry a mobile phone to call for help in an emergency. Doesn't need to be an expensive one; they all connect to the emergency services.

At Sunday runs the course marshals ought to have phones so they can contact the director at base.

But ... what then?

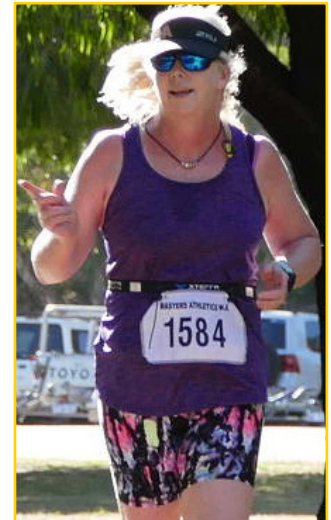
If an athlete is down (and it's not a simple problem) do we call an ambulance?

Should we bring the medical kit to the scene? How – what about a drone?!

If the injured person needs bringing back to the start/finish, how do we do that?

Check-list

Perhaps a checklist will be developed.



*Someone must have told new member Kathy Skehan the sure-fire way to appear in *Vetrun*. Those shorts – need I say more? Onya Kathy, welcome to the campaign for more colourful life!*

Something else to add to the ever-growing list of notes for race directors.

Watch this space – and the website of course – for more information.

In the meantime, in an absolute emergency, if no qualified person is there, the defibrillator does have voice prompts.

So anyone can follow the instructions that guide you during use, making it very safe. It works from a long life battery.

'Walk like a penguin' say German quacks

ANY member who's tried emulating our proper race-walkers knows how hard it can be. Doing it without disqualification isn't easy, even for them.

Taking pictures at Perry Lakes I encountered a dragon-lady 'I am the chief walk-judge – get off the road' during the recent World Championships in Perth.

(Fair enough, I thought. Then she wanted me not just on the verge, but on the other

side of the pole barriers. I declined.)

One of the more human walk judges told me that he generally makes allowance for senior walkers who lack the core-strength to keep a straight leg right through the movement.

In the Worlds, though, such liberal interpretation of the rules was completely disallowed. More than his job's worth; the dragon lady would have probably incinerated him.

Guardian Weekly

All this flooded my fevered imagination because of a *Guardian Weekly* report that in icy Europe German trauma surgeons are advising people to walk like penguins.

Now, although the Germans aren't noted for humour, they do have form in animal impersonation.

Goose-step used to be popular

The goose-step used to be very popular.

So what might induce these serious souls to become a nation of Charlie Chaplins?

According to the German Society of Orthopaedics and Trauma Surgery, the best way to avoid slipping on ice is by 'leaning the torso forward so the centre of gravity is on the front leg'.

Which sounds a lot like race-walking to me?

Frankly, boxed-in

PART-TIME photographer, one-time marathoner (see this edition) Frank Smith doesn't waste much. That includes petrol. So with the chance to use the village bike (aka new Audi) instead of his own car, Mr Smith transferred his walking gear from boot to boot.

This is contained in a large, cardboard grocery box, which like Mr Smith, is dated.

This is not a sell-by date; it precedes such new-fangled ideas.

This date is even in Latin – being MCMLXIV. For readers who never learned it, and doctors who can't remember, that means 1964!

Frank thinks he must have brought the box with him as a migrant from the old country. Don't blame him; they just don't make cardboard of that quality any more.



Iron-on Numbers

JUST a reminder – you can order your member number as an iron-on transfer from Russell Smith, who usually attends Sunday meetings.

Cost is only \$7 – or two for \$10 – you can also have your name added. Russell's contact number is 0421 827 160.

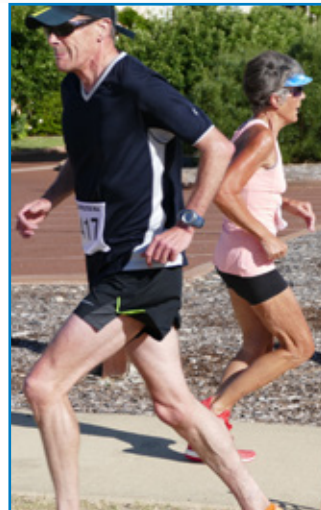
Mosman Park

December 4, 2016

Director: Paul Hughes



Despite a hard uphill chase after Mark Kerr (right) Brian Bennett graciously offers Graeme Thornton a lift back to his car (left).



In M35 Robbie Pringle (55:46 for 10.5km) the club has gained a prodigious new walking talent. Above – which way to the finish? Below, the panoramic start; all pictures by Vic Beaumont.

FIRST day of summer, 7am start and hot weather expected but for the second year in a row it was cool with conditions made ideal for running and walking. I have been race director for about 22 or 23 years and it has only been cool for three of the runs so the summer season has definitely changed.

A special thanks to my helpers – and particularly my regulars who assist every year. This year's helpers were: Paul Martin, Dick Blom, David Roberts, Charlie Chan, Shelia Maslen, Ante Perdija, Keith Atkinson, Rochelle Airey, Rod Hamilton, Akos Gyarmathy, Andrew Cuthbertson, Cassie Hughes, Denise Newport, Clare Wardle and Rhod Wright.

Appreciation to the Mosman Park Cricket Club and Mosman Park Town Council for allowing us to use the facilities.

See you all next year.

Paul



10.5k Run

Kim Thomas	M40	44:32
Peter March	M55	45:53
Bjorn Dybdahl	M60	46:11
Tristan Bell	M50	47:55
John Ranger	M45	49:13
Brian Bennett	M65	50:15
Bob Schickert	M75	1:09:33

Women

Karen March	W55	51:36
Claire Walkley	W50	1:00:10
Robyn Dunlop	W45	1:10:26

5.25k Run

Jim Klinge	M70	23:15
Graeme Dahl	M65	23:55
Mark Hewitt	M60	26:02
Raymond Gimi	M50	27:21
David Carr	M80	29:23
Randy Hobbs	M55	31:32

Irwin Barrett-Lennard	M85	33:46
Merv Jones	M75	33:59

Women

Chris Pattinson	W60	26:59
Sandra Keenan	W45	30:19
Judy Davis	W50	30:31
Karen Hill	W55	30:40
Lorraine Lopes	W75	31:44
Peggy Macliver	W70	33:04
Theresa Howe	W65	35:41





Christmas Gift
December 18, 2016
Directors: Elaine and John Dance

IN our traditional spot under the trees at McCallum, Elaine and her helpers produced a splendid breakfast on another perfect Perth morning.

Walkers and runners mostly cruised the course and kept their cool. I noticed a wealth of pot-plants among the gifts under the tree, which this year were arrayed on a table. A ta-

ble? Hmm, not traditional; these youngsters keep introducing innovations!

Great morning – many thanks to Elaine and her helpers, and the inimitable John with his bag of Fred-dos!
 VW

Canning Caper

December 11, 2016

Director: Keith Atkinson

10km Handicap winners

Lui Cecotti	M65	1:05:27	12.24	55.05
Lorraine Lopes	W75	1:06:03	6.43	59.20

6k Handicap Walk winners

Wendy Farrow	W45	45:42	16.40	29.02
Andrew Cuthbertson	M55	53:56	6.20	47.36

NOT quite as cool as predicted by the weather bureau, but better than this run has been. Whilst heading out to set up it was quite overcast at 5am, and looked like rain, but soon burnt off, and by 7.15am it was sunny.

A big thank you from the competitors, and myself for the help of our event volunteers: Ivan, Aldo, Caroline, Claire, Cecil, Helen, and Sarah. Also a mention for handicapper Tristan, who does a great job; and Maurice, and Ross with the extra club gear, which make it all happen.

As always the handicap trophy was a close run event, which came down to the last handicap of the year for the result. I hope the walkers enjoyed their handicap event over the 6k also which was reintroduced this year.

Which event am I in!?

I know it is a bit confusing when listening to who does what, and there were the inevitable couple of hiccups.

But, just so you know for next year – runners doing 10km are in a handicap; walkers doing 6km are in a handicap.



Fine runners who found form again after injury lay-offs; Lachlan Marr, M55, and Karen Peace, W45, were quickest overall in their respective 6km runs.

This year, all 6k runners, and 10k walkers went off scratch.

Thanks again for coming along, and hopefully we will see you next year.

Regards Keith

6km Run

Lachlan Marr	M55	25:12
Jim Klinge	M70	25:56
Mark Hewitt	M60	29:16
Graeme Dahl	M65	30:43
Mark Kerr	M45	31:00
Paul Martin	M75	44:59

Women

Karen Peace	W45	30:17
Margaret Saunders	W60	30:42
Gillian Young	W65	32:27
Karen Hill	W55	33:24
Peggy Macliver	W70	35:52
Delia Baldock	W50	37:10
Sheila Maslen	W75	55:54

Mind that boat, dog, bike!



Above, afterwards John Pellier said he hadn't even seen them! Right, great run from W35 Vanessa Carson, first overall. Below, Tristan Bell (centre) Ian Carson (right) and Bjorn Dybdahl (left) were the 1,2,3 men over 11.2km.

Lower pic, dead-heat - Sandra Stockman and Kevin Johnson in 52:27.



Welcome Run
January 2, 2017
Director: Sarah Ladwig

I AM not going to pretend that I was happy with the Welcome Run this year! Unfortunately both courses had to be altered due to the temporary path by the new stadium which added distance in comparison to the much pleasanter path by the river.

One of my regular helpers measured the course with a wheel but I suspect it was faulty. As a consequence of all this, we under-measured the 12km and it was agreed by the experienced runners that it was 11.2km.

I was honestly really embarrassed and upset. People were very nice though and a few said they were glad due to the heat!

However, I do greatly appreciate the willingness and support from all my helpers who did a wonderful job looking after all the walkers and runners. We had two well-run drinks stations and as it was

a hot day (38 degrees) both were in high demand.

Many thanks to Elaine Dance and her helpers who provided a lovely morning tea after the run. The usual social members all seemed to be in good spirits (New Year celebrations might have contributed to this) and we all enjoyed time together under the shade of the trees.

My next job is to go out early one morning with the new club measuring wheel and get the 12km distance right! I bet the Stadium organisers throw another spanner in the works though! We might even run over the new bridge! Sarah

12k (11.2k) Run

Vanessa Carson	W35	48:14
Sandra Stockman	W50	52:27
Nicki du Plessis	W45	53:04
Liz Neville	W65	56:09
Kim Chandler	W55	58:22
Sarah San	W40	1:24:25
Angelo Italiano	W30	1:34:03

Men

Tristan Bell	M50	50:25
Ian Carson	M60	50:51
Simon Johnson	M30	52:54
Ralph Henderson	M65	52:59
Hamish McLeod	M40	53:21
Mark Dawson	M55	53:37
David Pereira	M45	1:06:43
Bob Schickert	M75	1:12:15
Irwin Barrett-Lennard	M85	1:16:52

5k Run

Jim Klinge	M70	21:49
Brian Hewitt	M60	22:28
Graeme Dahl	M65	23:04
Randy Hobbs	M55	24:44
Raymond Gimi	M50	25:51
Merv Jones	M75	32:46
David Carr	M80	32:57

Women

Clare Wardle	W40	22:33
Margaret Saunders	W60	24:57
Denise Newport	W55	27:35
Peggy Macliver	W70	31:02
Theresa Howe	W65	32:30
Lorraine Lopes	W75	32:53
Dianne Marriott	W50	35:23
Ali Morgan	W45	41:39



Nippers welcome!

'YOUNG policemen' used to be a sign you were getting old. When did Masters open a nippers category? In fact, we really are supporting Surf Life Savers nippers, donating some of the extra-small Worlds' uniform kit to them, Lynne Schickert says.



Above, new member Ida Steyn, fastest 8km W40. Below, good to see Mickey Muroi M55 (right) in the running again. Mickey and Giovanni Puglisi M65 (left) were age-group leaders, and close behind men 20-35 years younger!

Alderbury Park Perry Lakes January 8, 2017 Director: Wayne Taylor

WAYNE was on duty at first light to mark this one, for which the club thanks him. His reward is to put on the Alderbury event twice in one year – lucky bloke.

(Check your programme – Alderbury is on again at the end of this year.)

It all went well, except for Karen Hill, who finished the day with a broken ankle that wasn't there when she left home!

It always seems anomalous when a medical person is hobbling about with something wrong. But doctors aren't immune to accidents, obviously.

Next year (or rather, later this year) Frank Smith and I have volunteered to mark the cross-country course for Wayne.

We will also sweep away all the honky nuts, for Karen.

VW

8k Run

Simon Johnson	M30	34:23
Giovanni Puglisi	M65	35:08
Ian Carson	M60	35:44
Tristan Bell	M50	35:53
Mickey Muroi	M55	36:52
Bob Schickert	M75	45:27

Women

Chiew Mei Law	W35	39:18
Ida Steyn	W40	44:23
Denise Newport	W55	45:10
Julie Wilson	W60	49:13
Robyn Dunlop	W45	53:13
Kathy Skehan	W50	1:04:28
Angela Italiano	W30	1:04:29

4k Run

Bjorn Dybdahl	M60	16:56
Jim Klinge	M70	17:10
Matthew Jessett	M40	18:12
Russell Smith	M55	19:51

Simon Johnson, our fast M30 runner (34:23 in the 8km) is centre of this group, no. 1414.

Below, M65s: new member Roy Hart (1604) with 1138 Lui Cecotti, who won the Canning Caper handicap (see page 7.)



John Mack	M75	21:25
Ray Attwell	M80	24:00
Richard Blurton	M65	25:23

Women

Margaret Saunders	W60	19:25
Kim Chandler	W55	19:47
Sandra Keenan	W50	20:52
Gillian Young	W65	23:16
Jackie Halberg	W70	24:51
Genevieve Adams	W40	28:08
Joan Pellier	W75	35:52
Phillippa Greenwood	W30	36:10



Point Walter
 January 16, 2017
 Director: Dave Roberts



TRUE to form, Dave hasn't yet filed his 2017 report (or the one for 2016, 2015 etc) so I'm not sure why this year's event eliminated the usual second part, with that horrible climb over the hill. Just be grateful for small mercies, eh?

Instead, the out-and-back along the river became a 5.9km event which was repeated for the longer-distance.

VW



She's petite, but standing out and catching the sunshine in Vic Beaumont's start picture. Chiew Mei Law is a consistent, fast runner and at Point Walter was first woman in the 11.8km run, with 54:33.

11.8k Run

Steve Weller	M40	46:14
Chris Lark	M35	48:04
Kim Thomas	M40	48:04
Patrick Jones	M45	50:43
John Pentecost	M55	51:50
Ian Carson	M60	52:55
Tristan Bell	M50	53:02
Brian Bennett	M65	55:52
David Baird	M70	1:00:49

5.9k Run

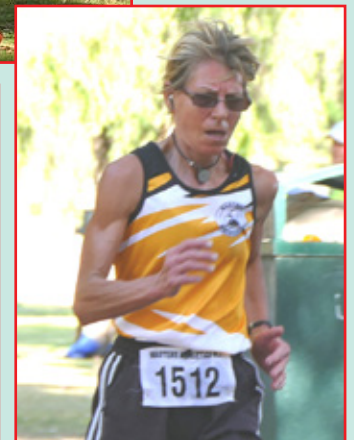
Bjorn Dybdahl	M60	24:07
Giovanni Puglisi	M65	25:12
Mark Dawson	M55	25:20
Jim Klinge	M70	25:51
Tom Tralau	M40	29:08
Raymond Gimi	M50	29:13
Dante Giacomini	M45	31:34
David Carr	M80	32:37
Graham Thornton	M75	34:28

Women

Chiew Mei Law	W35	54:33
Chris Pattinson	W60	58:49
Rochelle Airey	W45	1:04:43
Gillian Young	W65	1:05:33
Tina Franklin	W50	1:06:44
Noelene Treen	W55	1:09:20
Alicia Edwards	W40	1:14:58
Phillippa Greenwood	W30	1:44:18

Women

Barbara Putland	W50	28:00
Monique Scourse	W45	29:19
Margaret Saunders	W60	29:35
Elizabeth McFarland	W55	31:39
Lorraine Lopes	W75	35:14
Charlottte Webb	W40	36:26
Theresa Howe	W65	37:15
Joan Pellier	W75	51:44



Clockwise from left: Kim Thomas in company with dead-heat mate Chris Lark (48:04). Next, Steve Weller who was first in 46:14; then first W55, Noelene Treen (69:20) and quickest W40 in the 5km, Charlotte Webb.

Australia Day Run Maylands

January 22, 2017

Director: Sandra Stockman



THE Australia Day event attracted 131 starters, which included 22 visitors. In comparison, last year's event saw 132 people compete.

Numbers were expected to be down with the Marathon Club holding an event on the same day, so it was pleasing to see a good turnout.

Everyone was keen to get started as it was too cool to stand around, with a temperature of just 16 degrees, which makes for ideal running conditions, except competitors had to withstand strong winds of 30km/h.

Kim Thomas must have had the wind behind him all the way as he stormed home to win the 10km event in a commendable 37:48 minutes. Not far behind was one of our visitors, youngster Abi Roach, who crossed the line in a great time of 40:51, just a few minutes in front of his proud dad.

As always, a big thank you goes out to all the volunteers who gave up a Sunday run to help out. They all did a great job, with a smile.

Each year the job of organising this event gets easier, thanks to the dedication of all the helpers. I'm grateful too to the members who offered to help at the start.

BBQ

The park near Garratt Road Bridge is a great spot to picnic and watch the boats go by. A number of members took advantage of the beautiful surroundings of the Swan River to enjoy brekkie and a chat with friends, some of whom fired up the barbecues to cook up a few bangers.

Perhaps next year one of the volunteers could be appointed head chef and have the sausages sizzling ready to celebrate Australia Day.

Any takers? See you all next year,
Sandra

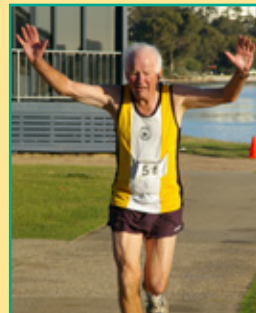


Running talent runs in Roach family

ABI Roach has accompanied his dad, Brett, on club runs since he was just six years old. Now a ripe old 15 he's awash in athletic talent – swimming, soccer and running, of course. As Sandra Stockman reports, Abi finished the Australia Day 10km run 'just a few minutes ahead of a proud dad!'

He followed up at the Friendship Run (where he's pictured with Brett in Race Director kit) and was second overall in the 5km in 18:48. We're going to be hearing more from this young man!

Australia Day Run			10k Run		
5k Run			Kim Thomas	M40	37:48
Jim Klinge	M70	22:03	Brett Roach	M45	42:46
Bernard Mangan	M60	22:39	Bjorn Dybdahl	M60	43:40
Raymond Gimi	M50	26:06	Bob Lane	M65	43:55
Russell Smith	M55	26:10	Keith Hill	M55	44:21
David Carr	M80	26:39	Tristan Bell	M50	44:48
Dante Giacomini	M45	26:49	Simon Johnson	M30	44:58
Graeme Dahl	M65	26:53			



Hamish McGlashan M75 29:17

Women



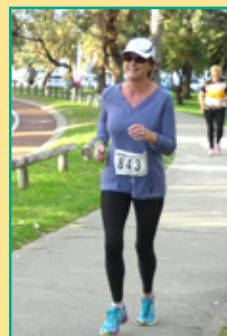
Margaret Saunders	W60	24:28
Elizabeth McFarland	W55	26:40
Sandra Rourke	W45	28:15
Judy Davis	W50	29:49
Jackie Halberg	W70	31:31
Theresa Howe	W65	32:10



Bruce Wilson	M70	50:44
Andrew Shugg	M35	56:43
Bob Schickert	M75	59:42

Women

Chiew Mei Law	W35	46:53
Chris Pattinson	W60	50:00



Rochelle Airey	W45	53:10
Tina Franklin	W50	53:47
Gillian Young	W65	55:43
Renia Niderla	W55	59:56



Abi in a Masters run – aged nine



Brett (left) on the cover on the AMA Handbook for 2008



187 finishers in Friendship – count them if you like

FRIENDLY it certainly was, with even the record, three-day spell of constant rain holding off until the finish. A great field enjoyed the day, though some confusion was caused by allocation of V-numbers to WAMC members. But crucially, everyone was accurately recorded (and visitors were NOT charged.) That's friendly!

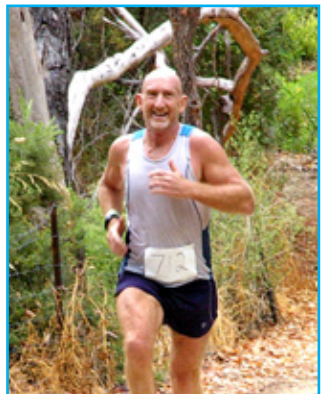
Pictured, right, by Vic Beaumont: Jim Klinge, Keith Hill and Peter March demonstrate their various styles.

10k Run

Kim Thomas M40 39:17
Tony Smith M45 40:11



Friendship Run
29 January 2017
Director: Brett Roach



Welcome return to Masters for John Pentecost; other M55s might be less enthusiastic!

John Pentecost M55 44:15
Rob Colton M50 44:28
Ian Carson M60 45:00



Ralph Henderson M65 46:43
Jim Langford M70 48:25

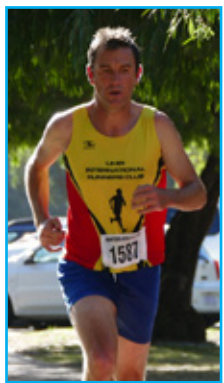
Women
Vanessa Carson W35 41:15
Anne Jones W60 54:33



Tina

Tina Franklin W50 56:36
Noelene Treen W55 58:06
Silke Peglow W45:03:59
Charlottle Webb W40:06:49

5km
Kevin Johnson M60 20:39



New member Patrick Jones

Patrick Jones M45 20:49
Rod Hamilton M50 20:50
Jim Klinge M70 22:10

Bob Lane M65 23:09



Ross Keane pursued by Marg Saunders and John Ranger.

Ross Keane M55 25:09
Bob Schickert M75 27:41
David Carr M80 28:00

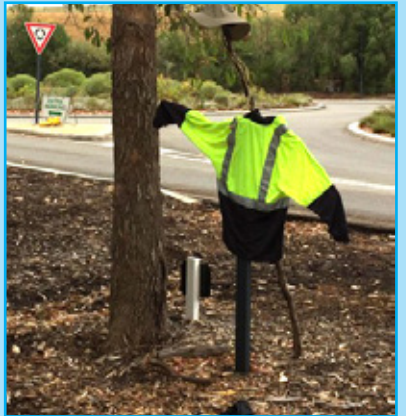
Women
Margaret Saunders W60 25:12



Newer member Sandra Keenan

Sandra Keenan W50 26:14
Elizabeth McFarland W55 26:45
Ida Steyn W40 27:00
Gillian Young W65 27:20
Ngaio Kerr W45 31:31
Angela Italiano W30 38:45
Marg Forden W75 42:07

Ever topical, marshal John Bell sent a 'Fake News' report back to director Brett Roach: 'I'm afraid there's going to be trouble. There were TWO fake marshals at the NW corner of the MAWA Friendship 10km event today. And there's a rumour about the actual marshal doing stalling and diving ...'



Hair today – going, going, gone!

In My View ...



by the Editor

DO you start the day feeling foolishly for your follicles? Fed up with friends and family moaning about the glare from that once-hirsute head?

Well, you're not alone gents!

One young bloke I know said he'd rather lose his teeth than his hair.

There's currently a TV ad running that purports to help blokes 'regrow their own hair'. It made me realise that most men I know would love it – if the system really works.

Think of the saving on hats!

To be serious – just for a moment – I would advise every male member of the club to wear a hat, or cover up in some way.

Unless you have a dense mat on your bonce, that ole devil sun will find a way through.

I used to believe I had sufficient cover and didn't need

a cap when running. Now I have permanent scalp damage and slap on the sun block and wear a bandana. (It blocks the noise of the horse bolting away from that locked stable door.)

Heads-up

A brief Sunday morning head-count confirmed my suspicions. There's not enough hair to go round.

Luckily we have some very good sports in Masters, and when I asked them for proof of their younger, hairier days they kindly obliged.

Thanks chaps.

If anyone else is brave enough to reveal their hairier youthful selves, all contributions are welcome for future Vetrans.

MONDAY

POINT Walter 8km time trial at Point Walter run by Dick Blom for 32 years now, 6.00pm every Monday night. Contact 1959blom@ozemail.com.au

TUESDAY

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club Rooms 5.45pm/6.30pm.

An informal Tuesday night group meets at Kent Street, Cannington; and Kings Park, Saw Avenue entrance; both at 6pm.

Perth Urban Runners run in various locations on Tuesday and Thursday evenings, also at 6pm.

www.Perthurbanrunners.com

WEDNESDAY

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 16.30pm there's usually a group running from 15km to 21km.

Call John Bell for more info: 9386 6975.

FRIDAY

ROAD: 6am start most of the year, for an hour-long run or walk at various

Where they're running

points along Swan River from UWA to Bassendean.

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

SATURDAY

parkrun

Go online to parkrun.com for full details of the many parkrun locations in and around Perth.

David Carr's 'Saturday Group' meets weekly.

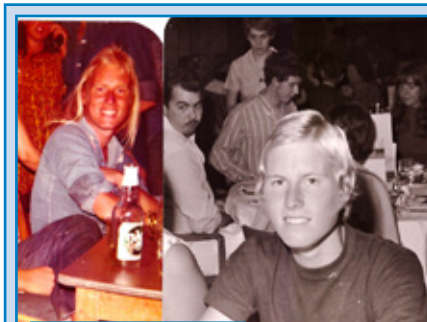
8am start – 9.45am finish at WAAS (the new track.)

Cost: \$3.80 seniors – \$6.70 others; pay at the door.

All are welcome. Contact: davidcarr6@bigpond.com

ROAD runs early every Saturday morning. Contact Dick to go on his list, at 1959blom@ozemail.com.au

or contact Paul Hughes on 0412 513 348 or email paul.ljahh@westnet.com.au

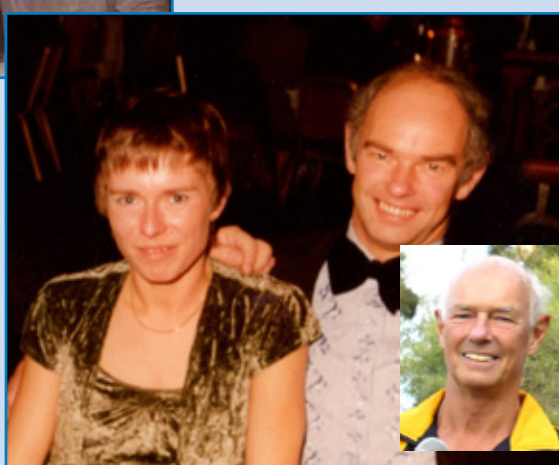


David Carr, pictured right with Pat, provided this startling image of a time when he wore extra camouflage on his face.

Below: Richard Blurton said he had to search deep into his past to find this picture, with Barbara of course.



Frank Gardiner's daughter tipped me off that dad once had 'flowing golden locks'; Frank says these pics are 'hippy' and 'pre-hippy'.



Science Says Many are Unnecessarily BALD



Simple Vacuum Helmet Creating a Sensation

Your falling hair or baldness may be unnecessary. Many cases of baldness are said to be caused by deficient blood supply to the hair roots. If your case is like that, there is hope for a full head of hair. Science's newest invention—the vacuum helmet—draws rich, nourishing blood to dormant hair roots with very first treatment. New development—the Hydro-Vac Machine, runs on your water faucet. Embodies same principle as machines costing \$150.00. Yet so inexpensive anyone can now afford to use it at home. Money back, cheerfully if it doesn't grow hair on your head. Send name, quick, for complete confidential information, prices, terms, guarantee and FREE Trial Offer. Address Hydro-Vac, Dept. 135, Walnut Bldg., Des Moines, Iowa.



Through sand or snow, he's now Clive of the Antarctic



Above, during the first of the seven, near Uluru; and below with the Antarctic medal



MASTERS member Clive Choate is the first WA man to join the exclusive '7 Continents Marathon Club'. He began at Uluru and finished in the Antarctic. His time? Three years!

Okay, let's put that into context.

In 2013 Clive ran his first-ever marathon, choosing to do it in the sand of outback Australia. As a first run it might be enough to put some off for life. Not so for Clive, who has a respectable endurance background gained in the Blackwood Marathon and Busselton Ironman.

Completion of the seven-continent challenge in Antarctica last month earned a fanfare in our local *West Australian* (and we thank the many *Vetrun* readers who alerted us to the feature article – *Agenda*, December 31, 2016).



Clive told writer Steve Butler that each step 'provid-

ed amazing memories' from the red dirt of Uluru to the cold of Paris, although packed in with 35,000 people. In Tanzania it was hot and humid, smoke in the air from cooking, and staying in a hotel protected by barbed wire with guards on the gate.

Chicago? 'Cool'

"Chicago was very cool and the city had a very god vibe; I actually put my earphones on at about the 30km mark because it was too noisy."

Tokyo was interesting, said Clive, because everything was so regimented. Runners were corralled into the starting area in freezing cold weather, not allowed to move. (John Talbot recalled the same point in his account of the Tokyo event.) But ... the way they cheered and clapped was very polite!

"The scenery in Patagonia was some of the best I've seen anywhere in the world, but it was a tough race and not many people did it. The second half was very hilly and cold, but every corner you around you see just fantastic scenery."

Antarctica

The greatest satisfaction of

all came in the freezing Antarctic. Clive admitted that he had tried that one and failed in 2014, together with his son, Steve. Frostbite struck him that year and Clive had to settle for running just the final 6km with Steve.

Better-equipped, with toe-warmers and boot-liners the 2016 attempt was successful despite temperatures ranging from -10 to -20°C.

"Your goggles freeze up; I fell up to my knees in snowdrifts and the katabatic winds go absolutely through you," he told the *West*.

There were just 50 runners.

"A number of us overheated and dehydrated, but you still had to cover up because of snow-blindness of frostbite concerns."

Incredibly, the worst moment in Clive's seven marathons across seven continents was not Antarctica, but on Mount Kilimanjaro.

Africa

At the 21km mark, the mountain race transformed into a severe 10km climb in the hot and humid conditions.

"I didn't realise at the time but 100 people entered the full marathon and 300 were in the half-marathon. I know why now. It was the first race I've ever walked in."

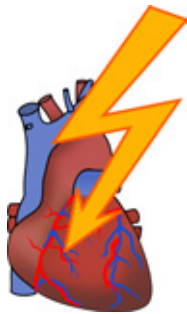
IN recent months, several high-profile celebrities are believed to have succumbed to heart disease, the swift and seemingly unexpected nature alarming many of us. For many people the first symptom of heart disease is death.

Cardiovascular disease, which includes heart attack, heart failure and stroke, is the most expensive group of diseases in our hospital system and the leading cause of death and disability in Australia. Worryingly, our grip on tackling this disease appears to be slipping.

A new report into the state of cardiovascular disease in Australia reveals that the gains made in controlling cardiovascular disease across the past 50 years cannot be assumed to continue.

For a half-century there has been a steady decline in the number of Australians dying from cardiovascular disease. However, recent data shows death rates are rising.

And Australia is not alone. Just last month, US mortality rates sent shockwaves around the world, with *The Wall Street Journal* revealing that Americans are dying from heart disease at a faster rate, driving up the mortality rates.



For many health experts, it was a disturbing revelation. The decline in heart-related deaths in the US had been so precipitous that until 2011 heart disease was poised to drop below cancer as the leading cause of death in the US. But then the downward trajectory suddenly slowed at that point and remained slow until the heart disease death rate rose in 2015.

And researchers believe one of the main reasons behind these startling trends, here and in the US, are the growing levels of obesity and type-2 diabetes.

Currently, cardiovascular disease affects more than 3.7 million Australians — a



So says cardiologist Tom Marwick

The Australian 10 Jan 2017

number almost equivalent to the entire population of Melbourne — and accounts for more than 45,000 deaths each year. What's more, the manifestations of the disease are changing.



Fifty years ago, large numbers died from blocked arteries and heart attacks, something we typically think of when we hear of heart disease.

Now, cardiologists are seeing more cases of heart failure, atrial fibrillation (irregular heartbeat) and valve disease. These are all chronic and recurrent diseases and lead to multiple hospital admissions.

The prevalence of atrial fibrillation — which increases the risk of stroke fivefold — is projected to increase by 60 per cent across the next 15 years. Heart failure, which is already a leading cause of



hospital admission in Australia, will also become more frequent as the population ages.

As a cardiologist, I anticipate that within the next 10 to 15 years Australia's already strained health system will struggle to deal with these consequences of an out-of-control obesity and diabetes epidemic. We will need to identify and support more effective strategies to keep those who do have cardio-

vascular disease at home, without the disruption of repeated admissions to the hospital system.

Heart failure is a chronic disease that occurs when the heart is unable to keep up with pumping sufficient blood to sustain the demands of the body. Because of the repeated admission of these patients to hospital, it ranks among the most costly diagnoses in the health system.

The best solution isn't more hospital beds, it is approaches that support people who have cardiovascular disease so they are able to manage their disease at home.

Strategies for dealing with this problem have been introduced elsewhere. With the Affordable Care Act, the US established the Hospital Readmission Reduction Program in 2012. Under this program, hospitals are financially penalised if they have higher than expected 30-day readmission rates for conditions including heart failure and heart attack.

In response, many US hospitals have invested time and money to implement interventions that are applied after a patient with heart failure is first discharged, such as arranging early discharge follow-up, reconciling medications, partnering with other local hospitals or care facilities, and making follow-up phone calls.

The interventions are simple but have proved effective.

Other interventions also have proved effective. For decades governments, health professionals and researchers have worked to reduce smoking rates (smoking is a major risk factor for cardiovascular disease), introduced

interventions such as heart surgery and stents, and made available medications such as statins for lowering cholesterol levels. All of these have led to a decline in deaths due to cardiovascular disease. But in the face of the epidemics of obesity and diabetes, and the ageing of our population, it's no longer enough.



New approaches, such as financial penalties for higher hospital readmission rates for heart conditions, should form part of a national strategy that also addresses the underlying causes of cardiovascular disease: smoking, lack of exercise, obesity and type-2 diabetes.

We can't expect the problem to get better by doing more of the same, and history shows us that strategic intervention does work. I urge the Australian government to show leadership through the introduction of measures that discourage people's consumption of sugar and salt



while encouraging physical exercise. This, as part of a strategy to overcome Australia's deadliest disease, is what is needed if we are to be a healthy community with a well-functioning health system.

Tom Marwick is a cardiologist, cardiovascular disease researcher and director of Baker Heart and Diabetes Institute, 75 Commercial Road, Melbourne VIC 3004.

He is also the co-author of the report Change of Heart — Time to End Cardiovascular Complacency.

PDFs available

John Bell forwarded this article to *Vetrun*. He points out that six informative PDFs on the Baker Heart and Diabetes Institute website are 'generally good stuff, though they are advising too much dairy and processed food, not enough leaves, fresh food, and not enough salt. If you live in a hot place and exercise heaps, then you need salt.'





VALE Allen Tyson

February 6, 1925- September 15, 2016

ALLEN Tyson is remembered by his peers as a relentless traveller, a marathon runner who could sprint, and a man who served his country in wartime RAAF.

He was born in Broken Hill, where his breathing problems probably started from working in mines, suggests club colleague Rob Shand.

"Like most servicemen Allen did not say much about his wartime, but we could tell he was proud of his service and he spent a good deal of time as a volunteer at the RAAF museum.

"He was a member of the RAAF association and Highgate RSL and often marched in the Anzac Day Parade."

Allen enlisted as an air-gunner, at Claremont, WA on February 27, 1943 and was discharged as a Warrant Officer on November 2, 1945.

Based in Britain he served with 463 Squadron, Waddington, on Lincoln bombers, completing two tour operations in 1945 on dams and V1 and V2 sites, according to Rob Shand.

He joined WAVAC (now Masters) in June 1977, the same day as friend and neighbour Frank Usher.

Val Tyson

Allen's wife Val was also a club member, from 1979 until her death in 2003 aged 81.

David Carr recalls:

"Allen was diagnosed asthmatic at 44, joined the Vets at 52 and became a handy mara-

thon man. He also ran 12 hour events.

"He was a relentless traveller, taking part in championships in Australia and overseas."

At one time Allen was also Club librarian.

"Books were mostly donated, and carted to Sunday runs in a suitcase," says David.

"We read and talked about authors, coaches and methods. Then one AGM the position was not on the agenda.

"The thing I best remember about Allen is that he suffered quite badly from bronchitis, and at times had great difficulty breathing, but he had a terrific sprint finish!" said Jeff Whittam.

"He would be up on his toes like a pure sprinter – although he was mainly a distance runner. He really did not enjoy early morning starts as they badly affected his breathing, especially in the cooler months."

Allen and Val's children were Bronwyn, Warren, and Murray (dcd) and the club tenders its sympathy to them.

** Allen's marathon record with the club is available at the club website. He ran 19 races, going sub-three hours in Perth and Adelaide, as an M50 and M55.*

HELPERS

12 February – McCallum Lakes



Race Directors: Su Lloyd & Joseph Patroni 0439 037 727

David Adams, Keith Atkinson, Brigitte Cheek, Fiona Cousins, Kevin Goodman, Johannes Hagedoorn, Sandra Hodge, Helen Lysaght, Kenneth Murray, David Pereira, Lori Sexton, John Talbot, Clare Wardle, Scott Winn, Julie Wood

5 March – Lake Monger



Race Director: Kim Thomas 0414 362 473

David Adams, Carolyn Fawcett, Robert Fawcett, Theresa Howe, Ngaio Kerr, Karen Peace, Andrew Roddy, Monique Scourse, Andrew Spratt, Monique Thomas, Thomas Tralau, Alastair Wallace, Clare Wardle, Martin Watkins

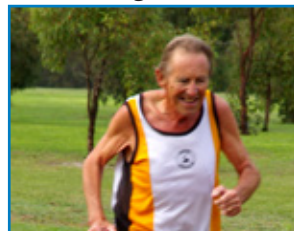
12 March – Joondalup



Race Directors: Denise & Pierre Viala 08 9307 1249

Michael Anderson, David Baird, Lucio Cecotti, Roy Hart, Randy Hobbs, Lachlan Marr, Dalton Moffett, Joanne Richardson, Anthony Smith, Brian Smith, Bronwyn Smith,

19 February – Woodbridge



Race Director: John Smith 0421 216 569

Irwin Barrett-Lennard, David Brown, Sandra Eastley, Alan Gray, Jacquelin Halberg, Eric Hayward, Sean Keane, Michael Khan, Stanley Lockwood, Ida Steyn, Gillian Young

26 February – Piney Lakes



Race Director: Ante Perdija 0405 406 583

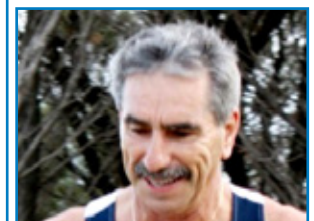
Erika Blake, Paul Edwards, Phillippa Greenwood, Ray Hall, Eric Hayward, Cassie Hughes, Sandra Keenan, Bernard Mangan, John McDonagh, Alison Morgan, Carol O'Connell, Peter Ryan, Kathy Skehan, Kim Thomas, Monique Thomas

19 March – Age Graded

Race Director: Gary Wilmot 0424 332 489

Katie Chinnery, Randy Hobbs, Melissa Hynds, Sandra Keenan, Mark Kerr, Chris Lark, Patricia Miller, Denise Newport, Mark Sivyver, Sylvia Szabo, John Talbot, Alex Tinniswood, Thomas Tralau

26 March – 3Ps



Race Directors: Nick Miletic & Gail Castensen 08 9419 7890

Alison Aldrich, Pamela English, Mike Hale, Ray Hall, Alan James, David Pereira, Andrew Thorpe, Gregory Young