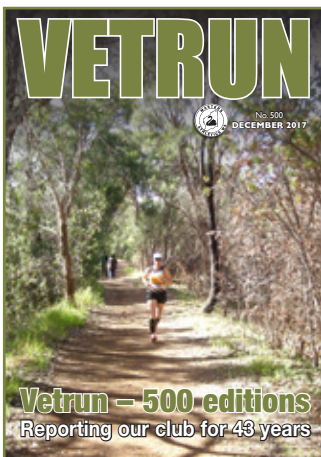


VETRUN



No. 500
DECEMBER 2017

Vetrun – 500 editions
Reporting our club for 43 years



Cover – Kalamunda's heritage railway trail – one of the club's few, favoured cross-countries

NEXT EDITION: Vetrin no. 501 will be published in February 2018

In this edition ...

News	P2 – P15 – P16
Vetrin is 500	P3
GOT at Yokine	P4
My View	P5
Mattagarup	P6
Flying Lady takes record	P7
Wireless Hill	P8



Passing of a gentle man	P9
Kalamunda Railway	P10
Cliff Bould Trophy	P11
Bibra Lake	P12
Perry Lakes; Safety Bay	P13
Home Runs retrospective	P14
Healthline; Committee news;	
New members	P15
Helpers; news;	
Where They're Running	P16

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Join/renew online only

SUBSTANTIAL changes have been made to the membership form. Please read the notes below carefully.

Membership form is now **ONLINE ONLY**.

There will be no paper membership form this year.

Anyone who is unable to fill in the online form, or unable to get someone to do it for them, should contact club Registrar, Barbara Blurton.

'Online only' greatly reduces errors.

There will no longer be a joint member category.

The reduced rate for joint members can no longer be justified – it arose when we posted Vetrin and the yearly AMA handbook to everyone and so joint members only incurred one printing and postage cost.

For 2018 everyone must register as an individual. However, there is provision for one card transaction to be used for more than one membership. Just before the payment stage you can click on a tab to add another registrant.

Individual fees reduced

All individual fees are being reduced by \$5. This means that those who were joint members in 2017 will only pay a total of \$5 more in 2018, than they did in 2017 for their joint membership.

Form(s) simplified

For 2017 we had three online and two paper forms.

With the above changes we can cut back to a single form.

When you open it you have a three-way choice – metro, country or life member. If you choose metro or country you will be asked if you are a current member. If you answer yes, you will be asked to input your membership number.

If you are not sure whether

you are a member, or do not know your number, look at the member list on the Our Club/Membership tab on the website.

Note – if you leave it until after 31st January to renew, then you will not be a current member.

For helper options you will normally select two helper dates, or tick Track and Field.

The box previously called 'non active member' now shows as 'exempt'.

(Some members who do other jobs are exempt, and country members who can only get to one or two runs in the year may also tick 'exempt'.)

Paper Vetrin

Further on in the form you will be asked if you want a posted Vetrin – if you tick yes, then add Vetrin to your cart. Later on in the form \$15 will be added.



Life members

Life members must fill in a form – we need to capture any changes to personal details and you will need to nominate Sunday run helper dates.

There is provision for you to make a donation of your choice, and you will have to indicate whether or not you want a posted Vetrin. Life members will be charged the \$15 for posted Vetrin.

NEW CONSTITUTION

The new constitution is on our website under 'Our Club' in 'About Us'; or just click the link MAWA Constitution 2017. Details and November Committee notes are on page 15.

Nationals next year in Perth

State Champs to be part of Nationals

THE Australian Masters Championships make a strict rotation around eight venues in the States and Territories. As it was last in Perth in 2010, next year is our turn.

We have selected April 26 to 28 for the Championships, to avoid clashing with the Commonwealth Games in early April.

Many athletes will be going to the Worlds in Malaga, Spain, in September, so the AMA Champs are a chance to test your form ahead of your final training build-up though our winter.

Those planning on going to Malaga may be interested to know that the British Masters Championships are August 25-26 and visitors are welcome. This could be an ideal opportunity for a pre-worlds competition.

Entries

We now have a great website up and running for the AMA Championships, visit <http://www.mastersathleticswa.org/perth2018/>.

Entries will open in mid January and close on March 16. We have a stunning dinner planned at the Forrest Centre, and are just finalising designs of our merchandise. Dinner tickets and merchandise should be pre-ordered with your registration.

Our emblem is the numbat – an endangered marsupial – and we do have an initiative to support Perth Zoo's conservation programme; details on the website.

State Champs

Note that there will be no separate MAWA State Championships in 2018. Our Championship will be within the Nationals, with certificates for 1st, 2nd and 3rd West Australians.

Your organising committee for the Championships is Barbara and Richard Blurton, Delia Baldock, Marion Buchanan, Mike Anderson and Keith Hill.

Thanks ... for Ray

To everyone at Masters Athletics WA

Thank you for your kind words and attendance at the funeral for Ray Gimi.

Our family, especially Freny Gimi greatly appreciate this.

Warm regards, Kamal Plank

VETRUN 43 years and 500 editions

INSIGHT into the early computer era of *Vetrun* comes from Jacqueline Billington, assistant editor to Richard Harris for three years. In my own first stint as editor (1990

TWELVE members have edited the magazine over its 43 years, as it developed with ever-changing technology.

-1995) Jacqueline typed the results every month on my word-processor.

"After that, as assistant editor (1995-98) I used to type all the copy after work in the evenings on the office golf ball typewriter!" she recalls.

"After a while the Club bought a second-hand computer and desk, so I was able to key all the Race Director write-ups, results, and

any copy that was sent to me at home.

"I used to set up the pages, plus photos, using columns (not Publisher) Then I took the copy to the printers in West Perth near where I worked, picked them up and gave them to Jackie Halberg for distribution."

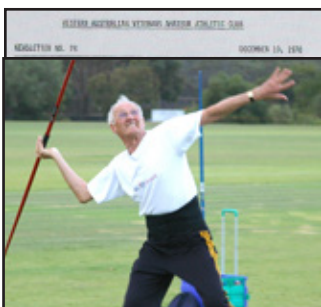
Sophisticated!

Compared to the era that ended with Jeff Whittam this was a really smooth operation. In 1990 I was handed a basic, single-sheet domestic photocopier and some back numbers, plus Jeff's collection of cartoons. After pasting columns of type into pages and affixing B&W pictures, a dozen or so of these sticky pages were photocopied a hundred times or more; stapled into something resembling a magazine; folded, addressed and posted.

Such inefficient tedium drove me to demand professional typesetting and printing – a simple stage of new technology that led to the full-colour, online *Vetrun* of today.



1974-76 David Carr



1976-80 Rob Shand



1980-82 Jill Midolo (Pearton)



1982-85 Jeff Whittam



1985-87 Basil Worner



1987-88 Brian Aldrich



1988-89 Jeff Whittam



1990-95 Vic Waters



1995-98 Richard Harris



1998-2000 Katrina Spilsbury



2000-01 Tom Leanne



2001-03 Rod Tinniswood



2003-05 Jeff Bowen



2005-?? Vic Waters

GOT Event

October 15, 2017
Director: Erica Blake



Yokine start: most of the large field tried to predict their time over six or nine kilometres. In the tables below, column 1 shows the clock time; column 2 is the estimated time; and column 3 shows the difference.



Lui Cecotti and Erika with the Timeless Trophy



Phil Smith was spot-on, guessing 38:10 for his 6km run to win the short-course trophy.

6km

Phil Smith	38:10	38:10	00:00
Marilyn Garbin	36:03	36:05	00:02
Brig Cheek	40:35	40:40	00:05
Geoff Vine	27:51	27:40	00:11
Janice Smith	38:12	38:00	00:12
Delia Baldock	36:12	36:00	00:12
Joseph Patroni	47:45	48:01	00:16
Ralph Henderson	26:14	26:30	00:16
Karen Hill	33:23	33:48	00:25
Ivan Brown	32:17	31:50	00:27
Arnold Jenkins	50:25	51:00	00:35
Theresa Howe	38:35	38:00	00:35
Ross Keane	29:15	30:00	00:45
Kyle Eagar	23:10	24:00	00:50
Rex Bruce	50:52	49:16	01:36
Jeff Whittam	54:53	56:57	02:04
Bob Fergie	54:51	57:00	02:09
Adrian Damiani	37:20	35:00	02:20
Jim Barnes	40:25	43:00	02:35
Su Lloyd	51:10	54:27	03:17
Lesley Dowling	50:12	54:38	04:26
Joan Pellier	54:52	50:20	04:32
Carmel Meyer	33:24	38:02	04:38
Ginny Mulvey	43:18	49:20	06:02
Brian Bennett	1:06:21	1:00:00	06:21
Prabuddha Nicol	32:13	41:00	08:47
Janne Wells	52:43	1:06:53	14:10
9km			
Lui Cecotti	52:43	52:45	00:02
Alan Gray	42:26	42:30	00:04

Rochelle Airey	48:50	48:45	00:05
Milton Mavrick	51:12	51:20	00:08
Patrick Jones	36:55	36:45	00:10
Sandra Rourke	50:29	50:15	00:14
Maree Brown	50:31	51:00	00:29
Mark Hewitt	47:06	46:30	00:36
Vanessa Carson	38:27	39:22	00:55
Keith Hill	38:38	39:46	01:08
John Allen	40:32	41:40	01:08
Giovanni Puglisi	38:52	37:42	01:10
Renia Niderla	46:48	48:00	01:12
Johan Hagedoorn	1:06:00	1:07:15	01:15
Robbie Pringle	38:23	40:00	01:37
Mike Hale	1:15:18	1:17:00	01:42
Mark Dawson	41:58	43:45	01:47
Nicola Hibbert	44:43	42:45	01:58
Mark Kerr	44:40	46:49	02:09
Eamonn McNulty	51:50	54:00	02:10
Frank Price	1:13:58	1:11:00	02:58
Irwin Barrett-Lennard	1:04:47	1:01:25	03:22
Grahak Cunningham	38:41	42:31	03:50
Keith Miller	49:50	53:47	03:57
Gillian Young	48:58	53:00	04:02
Mark Sivyver	49:50	54:00	04:10
Peter March	38:37	44:30	05:53
Karen March	43:19	50:00	06:41
David Carr	1:04:46	0:54:00	10:46

Guess Own Time at Yokine

By Vic Waters

THANKS and congratulations go to Erika and her helpers for taking on one of the most complicated club events.

It involved measuring a new 3km loop at Yokine and flagging the course on the day. Extra challenges emerged from a double-booking – so we shared the area with a very accommodating group of model-aeroplane fliers.

(Thanks to them too, should any read *Vetrun!*)

Mark Kerr, a newer member who is one of the results team, has made a brilliant job of presenting the relevant GOT results.

We haven't had the luxury of such a breakdown since the very early Kings Park days of the event, when, one year, Jim Langford produced such a table showing the results in order of people's accuracy in predicting their running times.

Best guess wins

This is the ethos of the event. All that matters is estimating your own pace on the day.

That's why breaking down the finishing list to show first, second, third etc over each distance is irrelevant.

People can get around the course any way they choose – walk, run, hop or crawl. Most run, of course, but they might well move slower than in a straight race, in order to time themselves better.

So this makes actual finishing times irrelevant, except in comparison with the pre-race guess.

Thanks are due to Mark, and to the other results gurus who helped sort out some recording glitches on the day.

Accurate recording of finishing position is essential in this event, because we have to double-check the potential winners' times. That's done by locating their finish position on the timer watch (wielded competently this year by Bert Carse).

Dead heat

At one point there seemed to be a dead heat for the 9km Timeless Trophy, between Alan Gray and Rochelle Airey, each finishing just four seconds off their guessed time. The timer watch separated them – by hundredths of a second – but then Lucio Cecotti ran in, just two seconds over his guessed time to take the trophy!

Close finishes are not unusual. When I created the Timeless Trophy 26 years ago it was won by Jim Greenfield over a cross-country course in Kings Park. Jim hit his estimate to the second, in exactly 42 minutes.

In comparison, this year's flat Yokine circuit made pace judging relatively easy. But next year the GOT moves yet again, to a tougher cross-country course at Perry Lakes. Good luck!

Wayne to Vic: "Any chance I could borrow that stick, Vic?"



Poor Wayne. Vic said: "No."

Since nobly riding his bike one-legged to mark the Mattagarup course, Wayne has renamed himself 'Mr Spigot'.

Readers versed in Brit humour might recall Mr Spigot, played by Dudley Moore, the one-legged man who wanted to audition as Tarzan. The film's agent, Peter Cook, memorably said: "Your right leg I like for the role. I've got nothing against your right leg. Problem is, neither have you."

In My View ...



by the Editor

Nice idea, Brian

Brian Bennett is champion at making visitors and new members welcome. At the Kalamunda Run he began simply writing visitors' names on their number bib. Great idea – everyone please repeat!

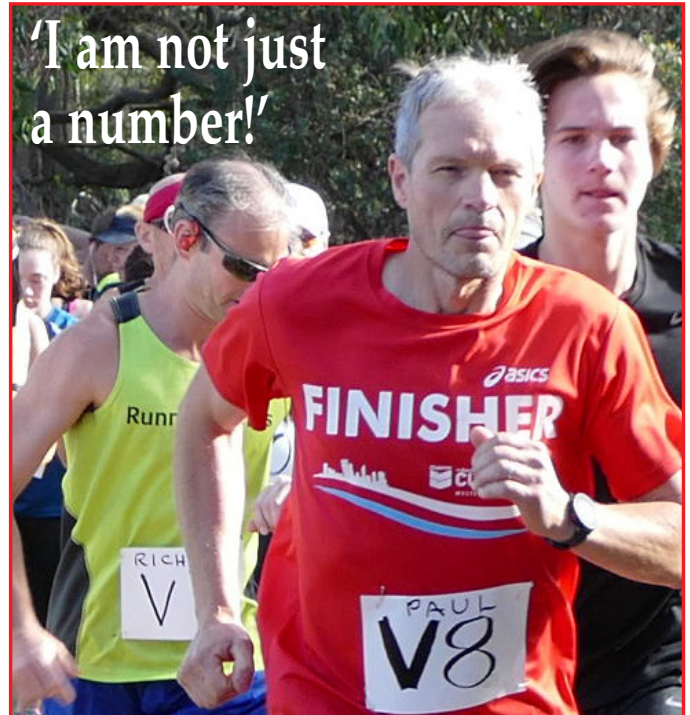
Walking and thinking on water ...

MY OP. recovery is slow and tedious, and I have been to the pool – running in the water – on many mornings. Who says it's boring? How many people would know there are exactly 984 seats in the stand alongside the 50m pool? I do; I have counted them.

I also contemplate the great mysteries of life. Such as, the way they keep the thinner water in the fast lanes.

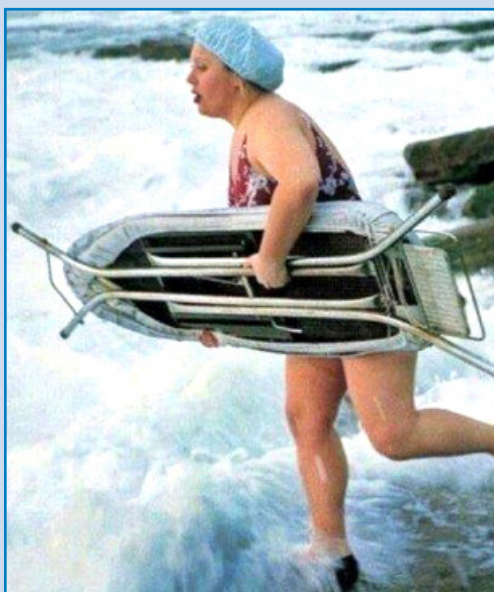
We've all heard of 'heavy water' of course; that must be the stuff in the slow lanes. Wonderful, the way they stop it mixing up.

'I am not just a number!'



Visitors' names were added to their chest numbers for the first time at the Kalamunda Railway Run.

Hey Russ, who really wields the iron?



PLEASE remember that iron-on numbers are available from Russel Smith at KPDPERTH@hotmail.com for \$10.

Make that \$15 if you want Russell to iron on for you!

Point is, you can also include your name. Wearing your name on your chest improves social interaction at our runs. It's much easier for someone to come and speak to you if they can read your name! Also – the iron-on means you don't have to keep pinning on your number!



Remember when it cost a penny?

AFTER receiving quotes for portable toilets for around \$180-\$190 per toilet the committee was not in favour of their hire. Next time you're hopping from foot-to-foot, or heading for the trees, try to think of a better way for the club to knock out our fat bank balance!

Who needs typesetting and design?

IF YOU do – well, it's your lucky day!

Our brilliant Cathy has given away her day-job and is now taking on more freelance work. Fortunately she'll continue doing the great job that has made *Vetrun* look so slick all these years. So if you, or yours, or your company, need such skills, contact me and I'll connect you. VW

Mattagarup

October 8, 2017

Director: Wayne Pantall

10km Run

Kim Thomas	M40	38:13
Keith Hill	M55	43:17
Patrick Jones	M45	43:33
Ian Carson	M60	44:06
Adrian Fabiankovits	M30	46:08
Keith Miller	M65	49:33
Lui Cecotti	M70	58:27
Bob Schickert	M75	1:08:28

Women

Vanessa Carson	W35	45:05
Sandra Stockman	W50	46:40
Rochelle Airey	W45	54:02
Barbara Blurton	W65	56:17
Julie Wilson	W60	59:11

5km Run RRC

Brett Roach	M45	18:09
Kevin Johnson	M60	19:32
Tommy Glackin	M35	19:34
Ralph Henderson	M65	21:01
Jim Klinge	M70	22:14
Tristan Bell	M50	24:12
David Carr	M85	26:05
Allan Billington	M55	27:25
Hamish McGlashan	M80	33:21
Paul Martin	M75	36:49

Women

Margaret Saunders	W60	22:50
Maxine Santich	W65	25:12
Karen Hill	W55	25:38
Heather Stanborough	W35	28:24
Janne Wells	W45	28:51
Peggy Macliver	W70	31:07
Sheila Maslen	W75	46:53



Brett's back! Here he is (above) leading a talented pack to his 18:09 finish in the 5km RRC. Right, Vanessa Carson held off Sandra Stockman in the 10km run. Talking of comebacks, it was good to see Gary Fisher (below) running again after a series of health setbacks. (His appreciative audience are John Ferris, John Gilmour and Ralph Henderson.) Below Gary, Ivan Brown contemplates a jump start. Bottom right, those determined walkers are lead by Paul Martin and Peter Ryan.



Mattagarup Run

THE weather and river levels behaved this year to allow cool and pleasant conditions for the club's 15th Mattagarup Run. The first year was in 2002 as part of the 50th birthday celebrations for the current Causeway.

Coincidentally, some of you may have read in *The West Australian Newspaper* on Wednesday, October 4, the OBITUARY and photo of the designer/engineer of the Causeway, Gilbert Marsh, who had recently passed away.

The picture was taken 15 years ago for an article about the bridge and shows John Gilmour and I. So now we have made our first appearances in an obit, alongside Gil!

Our running links were to McCallum Park, which was built on the dredged material from the Causeway construction, and which became the original home and track for Canning Districts Athletic Club.

We all know of John's long association with Canning Districts. I also ran for Canning and have another connection with the Causeway. I was born on the day it opened – September 19, 1952.

Stadium

Some members have been wondering if the \$90,000,000 footbridge over Mattagarup, to the new Perth Stadium, will be ready for us in time for next year's event. We believe we can simplify both the long and short courses, if we can utilise it.

How many times have the cycle paths moved? I, along with our merry, willing band of helpers will do all in our power not to lose anybody next year and apologies go to anyone still out on the course.

If you are still out there, please come home now via Claisebrook, and fish out that red flag that was pinched from the suspension bridge. (Sorry, but you won't beat the clock now.)

Helpers

To all the listed helpers who assisted, and especially the large group who volunteered to stand in for members who couldn't make it, thank you very much. We even ran out of vests.

Wayne



ONE of our youngest and most outstanding members, Rochelle Rodgers already has an enviable marathon record.

As third placed woman in this year's Melbourne Marathon, she reset her PB, and ran 14 minutes faster than in 2013.

Rochelle's marathons – so far

2:57 Melb 2013 8th woman
2:54 Perth 2014 1st woman
2:50 Melb 2015 6th woman
2:50 Perth 2016 1st woman
2:47 Melb 2016 5th woman
2:44 Tokyo 2017 3rd Sub elite;
23rd woman
2:43 Melb 2017 3rd woman

Rochelle is now the Saucony rep for WA and SA so she'll be racking up plenty of frequent flyer points. They'll prove useful because she will keep jetting east, with the next marathon target being Sydney or Melbourne in 2018.

Melbourne, the city where she has already tasted sweet success, has obvious appeal.

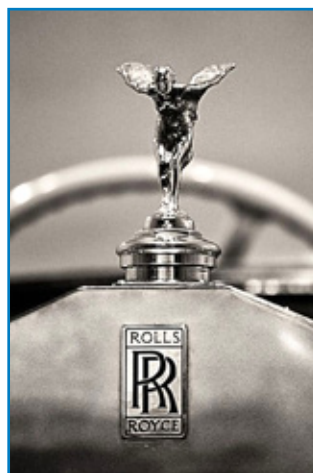
"Sydney, for the Australian Championships, is also tempting," she told *Vetrun*. "But it's a hilly route, and the competition will be intense. I would possibly have a better chance of a podium spot in Melbourne."

This year Rochelle's third position won her a \$5,000 prize, and she is the fastest WA woman ever in the 40-year history of the Melbourne event.

Whichever race she chooses Rochelle will (conservatively) aim to take three or four minutes off the PB she set this year.

Training

Rochelle has spent half her young life running, training



with John Gilmour's group out of Canning Districts (at Beasley Park) from age 15 until she was 22.

She prepared for her first marathon, though, with Sarah Jamieson. Then at 24 she joined Raf Baugh's training group.

Fitting in long-distance training, year after year, has been exacting because until May this Rochelle had a full-time job at The Running Centre, in Hay Street. That was 9-5, Monday to Friday with a daily two and half hours given over to the joys of commuting.

"I would often get up for a 4am run; and do another after work at about 7.30pm," she says.

At least as a self-employed rep selling running shoes she now has a little more flexibility in a busy life.

With 'dad'

Training is still seven days a week, most often accompanied by her 'dad' Kim Thomas! The running mates are well-known for their extended runs, often begun an hour or so before the club's Sunday run.

"So many people ask if Kim's my dad that we just say yes now!"

Although Rochelle has run with us as a visitor for three years or so, she joined Masters this year, when Kim presented her with membership as a birthday present.

Rochelle and her husband Leigh are now well-established members, although Leigh is actually an Ironman athlete. Running is only one third of his athletic life!

Kim Thomas is a typical Masters' member, friendly, unassuming; a 'no tickets on himself' kind of runner. It's no surprise that he's given so much help and support to Rochelle.

He has been instrumental in pushing Rochelle along, as shown decisively in Melbourne when the pair crossed the line and caught the TV eye this year.

They gave each other mutual support, running the whole event together.

Towards the finish, Kim says, Rochelle was about sixth and they worked together to claw back three more places.

"At about 37km, on the Tan, I was 6th. Then with about 2km to go we spotted the girl running third up ahead," said Rochelle.

"So we went for it, sprinting about 700m to overtake her."

Track based

Of course, Rochelle is a track-trained athlete so it's no surprise that she can sprint. When we spoke she was contemplating some track 3,000m and 5,000m.

"I haven't run a 3,000m for some years, but I think the 5,000m target should be sub-17 minutes," she said.

Very handy pace that, at the end of a marathon, so who would bet against Rochelle Rodgers hitting that 2:39 – in Melbourne 2018?

Wireless Hill

October 1, 2017

Directors: Lynne and Bob Schickert

IT was a superb day weatherwise for the second running of the altered course which is now 8km or 4km along good quality paths with great views if you have the energy to look. As usual some 'complaints' were heard about the hills on the testing course. Thanks to all helpers. *Bob and Lynne*



8km Run

Patrick Jones	M45	32:50
Keith Hill	M55	35:03
Ian Carson	M60	35:29
David Baird	M70	40:19
Alan Gray	M50	42:27
Brian Danby	M65	44:32
David Adams	M40	48:25
John Pellier	M75	56:19

Women

Nicola Hibbert	W35	38:45
Barbara Putland	W50	39:19
Gillian Young	W70	43:14
Rochelle Airey	W45	44:52
Julie Wilson	W60	46:27
Melissa Hynds	W40	51:11

4km Run

Jim Klinge	M70	18:16
Ross Keane	M55	18:47
Paul Hughes	M65	18:50
John Ranger	M50	19:03
Bob Colligan	M60	19:35
David Carr	M85	21:06
Ray Gimi	M50	22:18
Hamish McGlashan	M80	25:24
Paul Martin	M75	33:16

Women

Margaret Saunders	W60	18:55
Karen Hill	W55	22:44
Amanda Gower	W35	22:48
Marilyn Garbin	W45	24:33
Jan Jarvis	W70	35:02
Sheila Maslen	W75	41:22

8km Walk

Johan Hagedoorn	M70	57:57
Peter Ryan	M65	1:05:29

Women

Elaine Dance	W65	1:02:38
Lesley Dowling	W55	1:08:41

4km Walk

Haydn Gawne	M70	31:14
Andrew Cuthbertson	M60	31:28
Jeff Whittam	M80	37:03
Russell Smith	M55	39:27
Rex Bruce	M75	42:31

Women

Joan Pellier	W75	41:32
Ann Turner	W80	50:05
Pat Ainsworth	W80	50:05



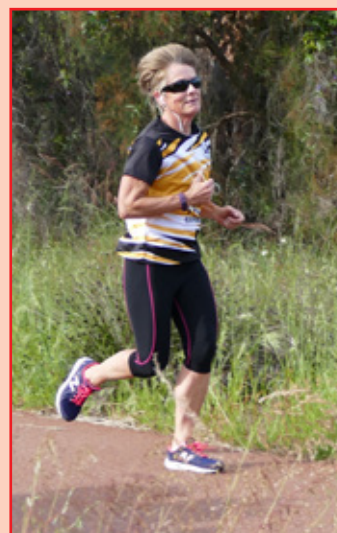
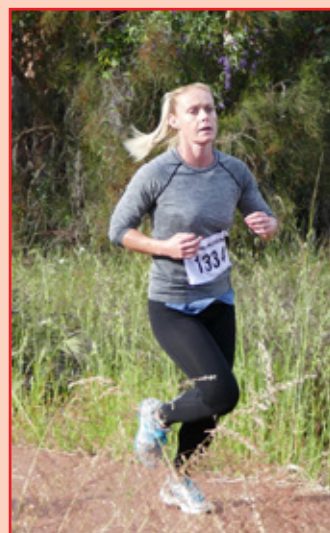
Ray's last run

Sad to say, Wireless Hill was the final club run for Ray Gimi, who died six days later after a training run. Ray, centre of picture in blue cap, is remembered in this Vetrun, page 9.



V15 is Kirstin McGregor and that's her dad, Hamish McGlashan (first M80 in the 4km) following up that long hill. Below, Nicola Hibbert, W35, was our fastest 8km woman with 38:45; but W50 Barbara Putland was less than a minute behind her.

It's a tough course for walkers, too. Haydn Gawne, M70 above, did the 4km in 31:14. M60 Andrew Cuthbertson was on his tail with 31:28.



A gentle man passing by

THE sudden and unexpected death of Ray Gimi – Rayo to his family and friends – was a profound shock.

A passionate runner, Ray was still wearing his kit, probably following a Saturday morning training run, when he was found at home. Cause of death is described in a coroner's report as "brain bleed" and let us hope it caused Ray minimal trauma.

You may not have known Ray well, but once seen he was never forgotten.

He was the quiet, unassuming (but intensely competitive racer) with the unique running style that only smoothed out when he picked up pace.

Ray it was who was invariably seen out on the course, making the longest of warm-ups on Sunday mornings. And you would see him out there again after the race, taking just as long on his warm-down!



Marathons

Ray's running career in WA began at the Marathon Club but he joined Masters in 2003.

Long-distance was his great love and he ran 35 marathons in all, mostly in WA, but including runs in Auckland and Honolulu.

In recent times Ray preferred the shorter Sunday events, partly, he told me,



Ray pictured this year; top, by Vic Beaumont at 3Ps and above, by Vic Waters at Mullaloo Magic. Right, at the Weir Run, circa 2005 by VW.

because it had become difficult to find enough training time.

Family

"Running and fitness was his passion," said sister Kamal.

Eight years older, Kamal often looked after Rayo when they were children in India. Family bonds were – are – of immense importance to the siblings.

For many years Ray cared for their elderly parents, dad Dosoo (1919-2008) and mum Freny. He continued looking after Freny until just a year ago when she moved into aged care.

There's little doubt that our running mate was selfless in his support of Freny.

"He tended me like a precious flower," she has said.

The family moved from India to Western Australia in 1972. After school Ray went to work for what is now the state Housing Authority, in 1986.

His colleagues there have paid full tribute to their friend – "helpful, reliable, loved by all" they said.

Many attended the funeral last month joining close

friends, family and several running mates at a restrained and secular funeral.

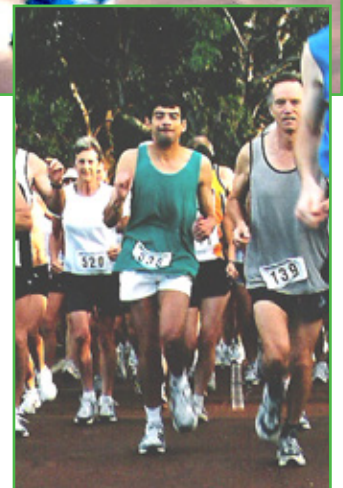
It was gratifying that so many club members attended to support Rayo's family, and although still, understandably, very upset, Freny, who is 94, expressed her thanks to all of them.

After an older family member, Ray's second cousin Homee Wadia spoke of this "kindest, gentlest soul" several of our members, emboldened by Kamal's invitation, recalled their own memories and experiences with Ray.

Many remember Ray's initial reluctance to make conversation – followed by insatiable volubility once he started! His grasp of facts and figures and records was outstanding.

Ray was indeed passionate about running and he gave his all in every race, no matter the distance. For me he was always one of the men to chase (unsuccessfully).

Now we will all miss the runner with the oh-so distinctive style. We will wish we had known him better – but say thanks for the many years we shared with Rayo – a gentle, gentleman.





Kalamunda Railway Heritage Trail

October 22, 2017
Directors: Bridget and
Bert Carse

Nicola Hibbert leads Marg Saunders in the 4km along the old railway track, above. Below, Prabuddha Nicol was first M60 in the 4km; Sandra Keenan was first W50 over 8km; and Bert clocks in Brian and Priscilla at the end of their walk.

THE text, "Fortunately, storms that lit up the sky in the Perth Metropolitan area, with bolts of lightning the previous night, did not affect the Kalamunda event" came from our report in 2015 to Vic Waters, editor of the *Vetrun*.

Predictions were similar for this year – as was the resulting calm. Sunday morning was perfect, fine and sunny.

In 2015 we bogged our car, while marking the course. Despite similar weather overnight this year we did not bog the car.

Assisted by our helpers Richard Blurton, Kerriann Bresser, Alex Tinniswood, Blakeney Tindall, Sue Bourn, Bob Lane, Chris Coates, Howie Ward, Eamonn McNulty, Graham Thornton and Paul Scott-Taylor we met the requirements of the club and ensured the safety of all persons who participated.

We thank our team of helpers. We hope everyone who visited Kalamunda (Home in the Forrest) now have happy memories of this year's run. We do.

Bridget and Bert



8km Run

Kim Thomas	M40	31:47
Matt Skellern	M45	36:24
Keith Hill	M55	36:50
John Allen	M60	37:35
Stuart MacKinnon	M35	38:25
Geoff Vine	M70	39:42
Mark Hewitt	M65	41:51
Jackson Wong	M50	41:58
Bob Schickert	M75	49:26
Irwin Barrett-Lennard	M85	59:12
Women		
Rochelle Airey	W45	45:23

Sandra Keenan	W50	45:27
Olivia Brabant	W30	48:47
Julie Wilson	W60	49:19
Katrina Tyza	W35	52:23
Janice Smith	W55	53:41
Theresa Howe	W65	54:27

4km Run

Giovanni Puglisi	M65	17:11
Prabuddha Nicol	M60	19:27
Ross Keane	M55	19:54
Colin Smith	M50	20:42
Dante Giacomini	M45	21:38
Merv Jones	M75	30:11
Arnold Jenkins	M70	33:26

Women

Nicola Hibbert	W35	18:36
Margaret Saunders	W60	19:01
Janne Wells	W45	24:23
Delia Baldock	W55	24:25
Peggy Macliver	W70	27:04

8km Walk

Johan Hagedoorn	M70	1:01:29
Lynne Schickert	W75	1:10:15

4km Walk

Haydn Gawne	M70	31:39
Rex Bruce	M75	35:29
Jeff Whittam	M80	38:20
Bob Fergie	M80	38:21
Russell Smith	M55	42:12
Neil McRae	M65	43:28

Women

Ngaio Kerr	W45	35:11
Jo Richardson	W65	43:36
Pamela English	W70	43:36
Sylvia Szabo	W35	44:48
Sylvia Szabo	W60	44:49
Ann Turner	W80	51:26



Cliff Bould Trophy

October 29, 2017

Directors: Stuart and Rebecca MacKinnon

10.4km Handicap Run

Kim Thomas M40 1:10:17 30.05 40.12
 Olivia Brabant W30 1:10:43 10.11 60.32

5.2km Run

Kevin Johnson M60 22:59
 Alex Tinniswood M35 23:19
 Jim Klinge M70 23:55
 Mark Kerr M45 25:00
 Ross Keane M55 26:29
 Tristan Bell M50 26:46
 Graeme Dahl M65 28:36
 Hamish McGlashan M80 35:07
 Irwin Barrett-Lennard M85 37:40
 Merv Jones M75 38:43

Women

Karen March W55 26:19
 Maxine Santich W65 28:11
 Julie Wilson W60 29:47
 Peggy Macliver W70 34:21
 Michelle Skellern W45 36:52
 Angela Italiano W35 37:19
 Kathy Skehan W50 40:31

10.4km Walk

Mike Hale M70 1:31:35

5.2km Walk

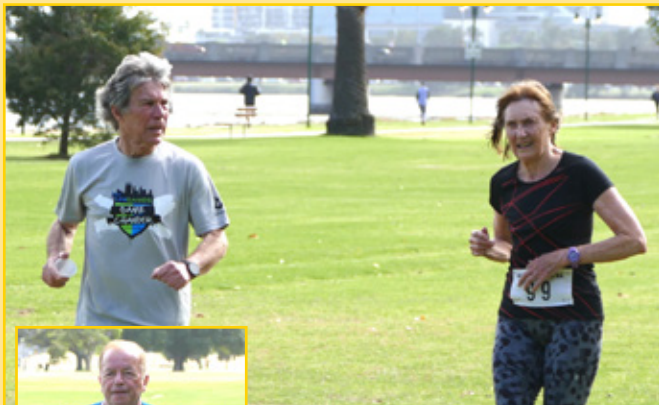
Johan Hagedoorn M70 38:16
 Andrew Cuthbertson M60 43:10
 John McDonagh M65 43:11
 John Brambley M75 46:49
 Ray Hall M80 48:51
 Russell Smith M55 50:57

Women

Ngaio Kerr W45 43:44
 Maggie Flanders W80 46:54
 Rosa Wallis W70 51:12
 Lorna Lauchlan W85 52:51
 Joan Pellier W75 52:53
 Sofia Carson W55 53:39
 Gail Castensen W60 54:33
 Julie Wood W65 54:33
 Sylvia Szabo W35 59:44
 Brian Dalton M65 1:01:50



Patrick Jones had trouble finding his mouth (left). Hairy battle to the line but Rochelle gave Mercurio the brush (below). Top, director Stuart: thanks go to him and all the helpers.



"I'm sure you said you'd bring the breakfast!" (Domestic bliss for Graeme and Peggy, above.) Right, Frank saves cups by snatching one back from Gillian; and below them, Rex says "None shall pass!" Finally, left, Adrian Damiani is a long-time member making his Vetrun debut. All pics by candid photographer Vic Beaumont.





Bibra Lake
November 5, 2017
Directors: Nick Miletic and Gail Castensen

Geoff Vine finished the 6km on the heels of Jim Klinge, who's never been known to take an easy run! Jim won by two seconds. Below right, Director Gail with Masters' mounted section; Wheelsie took 61mins for the 12km.

WE had a great number of runners and walkers attend the run. Thank-you for your participation and the warm welcome given to our visitors.

The weather was sunny, a little windy at the start, heating up a bit by the end for those doing 12 km. The course is quite shady in parts, though. A run cannot operate smoothly without helpers, so a HUGE thank-you to our rostered helpers, and to those that put their hand up. We really appreciated your time.

Next year, the City of Cockburn has promised, our run will not clash with their fun run!

Look forward to seeing you next year, same time same place. Enjoy your running/walking in the meantime.

Nick 'n' Gail



Gary Fisher's recent comeback is ruded by Maxine Santich (1st W65 in 31:41)who lost this 6km finish by just four seconds! Above left- Chris Lark, first in the 12km; and two of our newer members, Matt Skellern, top, and ironman Leigh Rodgers.

12km

Chris Lark	M35	46:32
Patrick Jones	M45	47:50
Kim Thomas	M40	51:53
Peter March	M55	51:54
Leigh Rodgers	M30	54:02
John Allen	M60	54:38
Jackson Wong	M50	1:02:36
Brian Danby	M65	1:04:50
Bob Schickert	M75	1:12:52

Women

Rochelle Rodgers	W30	50:45
Karen March	W55	56:55
Gillian Young	W70	1:04:02
Rochelle Airey	W45	1:04:49
Maree Brown	W50	1:07:43

6km

Keith Hill	M55	23:23
Alex Tinniswood	M35	26:24
Paul Hughes	M65	26:53
Bernard Mangan	M60	27:04
Jim Klinge	M70	27:11
Tristan Bell	M50	28:36
Mark Kerr	M45	29:16
David Adams	M40	32:10
David Carr	M85	33:55
Ray Attwell	M80	37:57
Merv Jones	M75	41:37

Women

Vanessa Carson	W35	25:05
Sandra Keenan	W50	31:13
Maxine Santich	W65	31:41
Julie Wilson	W60	32:01
Olivia Brabant	W30	33:08
Denise Newport	W55	33:22
Michelle Skellern	W45	35:07
Peggy Macliver	W70	36:20
Lorraine Lopes	W75	40:32

6km walk

Robbie Pringle	M35	29:01
Johan Hagedoorn	M70	40:42
Andrew Cuthbertson	M60	43:19
John Brambley	M75	50:08
Bob Fergie	M80	54:25

Women

Ngaio Kerr	W45	49:15
Rosa Wallis	W70	50:27
Lorna Lauchlan	W85	54:51
Julie Wood	W65	1:04:30
Lesley Dowling	W55	1:04:31



*Pictures
 - by Vic
 Beaumont*

AFTER thirty years as Race Director John Bell was due for a break! I was approached to take on the role, and I was happy to step in for such a lovely event in beautiful Perry Lakes.

Because I was overseas just before the event, Jim Langford saved the day by gathering all the equipment required, and helping set up. Thank you so much Jim!

Claire Walkley mentored me through the race director's role; again, a big thank you! The helpers organised a beautiful friendly race, which everyone seemed to really enjoy; hard not to in such a beautiful location walking and running with 120 lovely Master's athletes!

The course used the path this year, as Perry Lakes Drive was getting quite busy. This seemed to work well and the route offered a little more shade on what turned out to be a warm morning.

With the drink station being relocated to Perry Lakes Drive



Oh no, another Dave Carr M85 SR; inaugural high jump this time! The great and good gathered for the presentation – Founder, Pres., past Pres; and Director Jane took a posterior pic for posterity.



Do they have to make it look so easy? Leslie Dowling, Julie Wood and Pam English stroll home. Worse though, Lorraine Lopes and Theresa Howe; running arm-in-arm?



Perry Lakes
November 19, 2017
Director: Jane Elton

7.5km Run

Nicola Hibbert	W35	32:26
Julie Wilson	W60	38:12
Sandra Rourke	W50	39:54
Denise Newport	W55	39:54
Charlotte Webb	W40	45:22
Theresa Howe	W65	47:41

Men

Paul Hughes	M65	32:27
Bernard Mangan	M60	32:41
Tristan Bell	M50	33:14
Mark Dawson	M55	34:19

Irwin Barrett-Lennard M85 1:15:35

Women

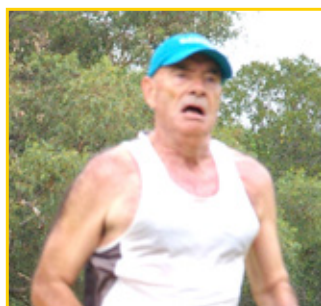
Vanessa Carson	W35	46:42
Karen March	W55	50:08
Sandra Keenan	W50	56:13
Rochelle Airey	W45	58:19

3.6km Run

Peter March	M55	14:56
Giovanni Puglisi	M65	15:32
Bert Carse	M75	17:07
David Adams	M40	17:28
Ivan Brown	M70	17:40
David Carr	M85	18:35
Bob Colligan	M60	18:57
Ray Attwell	M80	22:51

Women

Tess Smith	W50	16:07
Margaret Saunders	W60	16:23
Maxine Santich	W65	18:02
Janne Wells	W45	19:10
Delia Baldock	W55	19:45
Peggy Macliver	W70	21:35
Lorraine Lopes	W75	24:46



Martin Watkins M70 36:51

Bob Schickert M75 44:35

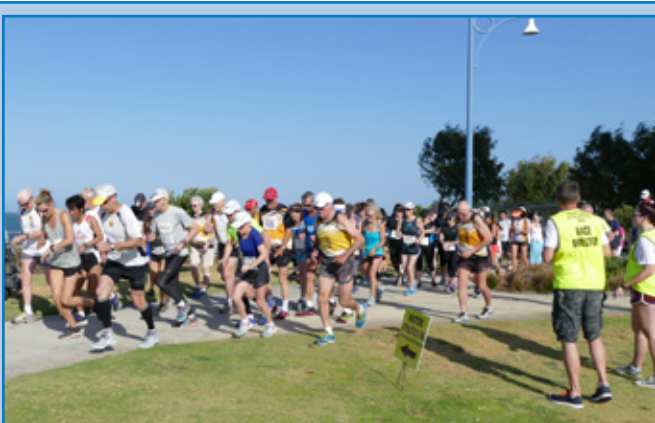
10.8km Run

Steve Preece	M45	41:02
Keith Hill	M55	47:04
Ian Carson	M60	47:21
Kees Maatman	M35	48:28
Grahak Cunningham	M40	50:11
Keith Miller	M65	52:36
Jackson Wong	M50	53:23
Lui Cecotti	M70	1:01:41
John Pellier	M75	1:12:37

Safety Bay

November 21, 2017
Director: Tristan Bell

ANOTHER perfect Perth day pictured by Vic Beaumont, as far down south as we go, at the start of the Safety Bay event, where Tristan Bell directed this year on behalf Elaine and John Dance. Thanks go to Tristan and all his helpers.



IN THE early days we were known as 'Vets'.

The club was first called WAVAAC – Western Australian Veterans Amateur Athletic Club. In 1984 we lost the 'A' for 'Amateur' and became WAVAC.

Home welcome

In the 1970s home runs became a popular feature of the club's calendar. With far fewer members than today, it was feasible to host dozens of sweaty or muddy runners in your backyard.

The first home run, a 10km romp using the hills of Bold Park, was staged by Bob Hayres and his wife Maureen in 1975.

According to Christine Oldfield's club history, the report read "the scenery, food, drinks and company were such that we soon forgot those big hills".



Bob Hayres

Home-baker Linda

By 1989 when I joined the Vets club membership had swelled and home runs were few. One was at Mike and Linda Rhodes' Mount Lawley house. Their garden was large, including a tennis half-court (remember those?) and Linda's selection of home-baked breads was a highlight of the after-party.

Joan Pellier is a veteran of many home runs, so I asked her to augment my limited home-runs experience.



Linda Rhodes

The Days of Wine at Rose's



Jim Barnes

Jim's run

"Jim Barnes (Joan's brother) had a 5km/10km run from their place in Tremlett Street, Thornlie," she said. "The course changed many times in the new suburb and once we ran through Cleswood Estate and nearly everybody got lost."

"There was morning tea and a bbq afterwards, and half-court tennis if you had the energy."

The Wallop

I've often heard of the popular Walliston Wallop, at Maurice and Rose Johnson's home in the hills. 'Wallop' in this case refers to alcohol, rather than a hefty thump, because after the run members bottled 45 gallons of red wine, acquired by Bob Hayres.

"It was a hard run in the hills," said Joan, "including four kilometres up Mundaring Weir Road. Traffic wasn't so bad in the '80s but it would be suicide today!"

"The promise of Rose's home-made apple pie, and scones, and jam kept you going."

Not to mention 45 gallons of wine. With a member-designed label each bottle sold for \$2.

"It tasted pretty awful," claims Joan.

The Wallop was an all-day affair.

"Maurice loved to sing and his favourite song was the Liverpool Matchstick Men. I can still see the tears in his eyes when we performed it."

Batterham Bush Bash

Joan's first-ever club run, from Dennis Batterham's house included Bicton Baths, Point Walter reserve and golf course, and Dog Pound Hill.

"That's where I just sat on the kerb and waited for John to come and get me!"

This hilly course boasted no drink station, or marshals.

After 43 years and 500 Vetruns, nostalgia rules!

But there was morning tea (50 cents a head!) and showers, a bbq and swimming in the Batterham's pool.

Memorable Danby run

One of least likely locations for a Vets run has to be Brian and Sue Danby's home in the Pinnaroo Valley Memorial Park; yes, the cemetery on the freeway. (I was in trouble early on as Vetrun editor, when I described their home as the dead centre.)

The Danbys managed the park and lived-in for years. We ran out onto surrounding roads at first and Joan recalls running along the unfinished Mitchell Freeway one year – "crushed limestone, great to run on!"

Later road developments eventually confined us to the park.

"Although no dogs were allowed in the park, our



Brian Danby

Chloe was very well-behaved and Brian let us fetch her," Joan remembers.

"John used to take her for a walk before the start. One year they went off into the bush while Brian was explaining the course to members."

"Then out of the bush jumped half a dozen kangaroos, followed by Chloe and John shouting for her to stop!"

Capering to a finale

AS THE Handicap Trophy series approaches its Grand Finale – Canning Caper on December 17 – the race is still on.

The ultimate winner will be the member who has performed best in any five of the seven eligible events.

"Because the Woodbridge run was cancelled, I originally changed the Trophy criteria from five runs to just four," said handicapper Tristan Bell.

"But we have decided that the integrity of the trophy should be maintained, and that calls for a five-race contest."

Many members have run in some of the handicap events this season.

Only five – Keith Atkinson, John Pellier, Bob Schickert, Alastair Wallace and Gillian Young – have already run in five. They could all improve their final standings with the Canning Caper 10km.

Two more members – Brian Bennett and Alan Gray – can attain the necessary five runs with an attempt at Canning.

Table shows events completed. Woodbridge was cancelled; Canning to come.

	Woodman Point	Track	Aquinas	Sharks	City Rail	Cliff Bould	# of Runs	Excess Total	Revised Total
Keith Atkinson	2		7	6	5	30	5	50	50
Gillian Young	18	7	8		2	18	5	53	53
Bob Schickert	23	5	4	28	13	9	6	82	-28 54
Alastair Wallace	22		29	10	15	26	5	102	102
John Pellier	21		6	26	17	38	5	108	108
Alan Gray			3	25	25	4	4	57	57
Brian Bennett	11		15	19	32		4	77	77

Understanding the impact of lifestyle on recovery from musculoskeletal injuries



John Bell

EVIDENCE-based medicine and double-blind controlled trials give variable and confusing information, as so many lifestyle factors are involved.

What are the lifestyle factors that affect recovery?

■ General factors are as important as localised factors i.e. the particular tendon or joint involved.

■ How to regenerate good quality scar tissue at the site of an injury:

■ Who are those that heal well?

■ What causes chronic pain?

Good recovery anticipated: When I walk up to an injured worker's hospital bed and find him reading sporting or optimistic books, flowers, water and a fruit bowl beside the bed, with exercise springs ropes and pulleys. TV switched off. No sign of cigarettes, chocolates, sweets.

Poor Recovery anticipated: Might it be related to generalised factors including:

■ Venous congestion in the injured region;

■ Poor nutrition, weight gain and/or abdominal girth increase;

■ Deconditioning; and

■ Analgesic intake causing digestive system problems.

Progress of recovery will be slowed by any move toward Metabolic Syndrome:

■ Hypertension;

■ Diabetes – as in abnormal glucose tolerance test;

■ Uric Acid raised above 0.3;

■ Serum Cholesterol above 4 and Triglycerides raised;

■ Obesity – over 80cm for women and 90cm for men.

More activity

Mild grade hypertension will often settle if we start up a conditioning programme with improved nutrition and more activity – minimum of 30 minutes a day.

Mild grade diabetes will often settle if we start up a conditioning program with improved nutrition and more activity – minimum of 30

minutes a day. It's the basic problem issue – the doubling of diabetes in OZ every 15 years.

Many medical bodies and myself advise having uric acid under 0.3, well under the usual recommended levels of under 0.45

Many medical bodies – and I – advise having cholesterol below 4 without medication, a lot lower than the usual recommended levels of under 5.

Waistline

Have a waistline under 80cm for women and 90cm for men measured with tape horizontal, tummy relaxed, at the level of the umbilicus. And when you reach under that level, try for a few cm under.

Our bodies have evolved a fantastically complex web of feedback loops.

Why are we being told to eat more meat and more animal protein when the longest living, healthiest people on the planet who recover from injury best do the exact opposite?

John D.H. Bell
jdhb75@gmail.com



Melissa in 2016 Perth Worlds' heptathlon.

Pic: Graeme Dahl

Healthline

JOHN Bell is Masters' eye on health, gleaned information from general and medical media which we attempt to pass on to members in Vetrun.

Because many articles are too long and complex it's often impossible to do them justice in these pages. So, we place them on the website – see *Vetrun Healthline*, under the Magazines heading on the home page.

In Healthline this month you can read:

■ 104-Year Old Japanese Doctor Recommends 14 Healthy Pieces of Advice

104-year old Japanese Doctor – Shigeaki Hinohara – gives advice on how to live to a hundred years and enjoy every single year of life.

■ Secrets of the world's longest-living women

The islands at the southern end of Japan have historically been known for longevity, once called the land of immortals. Okinawans have less cancer, heart disease and dementia than Americans, and women there live longer than any women on the planet.

■ Lifestyle Medicine: A Brief Review of Its Dramatic Impact on Health and Survival

Advanced nations, influenced by a Western lifestyle, are in the midst of a health crisis.

Melissa's rare achievement

IN MALAGA next year Melissa Foster should pull off a rare quadruple. Provided all goes well she will have competed at four WMA Stadia Championships while in the W35 age group.

Melissa, one of our top Masters athletes, competed at Porto Alegre in October 2013, just after becoming 35. She then performed at Lyon in 2015 and Perth in 2016.

In Malaga, in September 2018, her birthday falls just after the first day of competition.

Bob Schickert, who is also OMA Secretary, unearthed this statistical anomaly.

Is there anyone else in this rare category, he asks?

New Members – Welcome!

1665 PETKOVSKI: Mary W45
1666 ROGERS: Darren M35
1667 MOYSES: David M45
1668 SMITH: Dan M30
1669 SMITH: Tess W50
1670 PARKER: Garry
1671 HOUGH: Kathryn W45
1672 GODFREY: Matt M40
1673 PREECE: Steve M45
1674 HILDYARD: Gem W40
1675 JACOBS: Lourens M45
1676 KAREL: Frans M55
1677 BROWN: Michael M45
1678 O'BRIEN: Geoff M70
1679 PILLAY: Ros W65
1680 BRITTON: Bob M55

November Committee Meeting

■ Programme and 2018 membership form are on the website.

■ Short course RRC/RWC will take place May/June in parallel with the full RRC/RWC.

■ Perth 2018 website is up and running.

Seven issues raised at the AGM were discussed by the committee.

1. Children of members will not be charged visitor fees.

2. Recommendation for our Auditor will be made each year by the Treasurer for approval by the AGM.

3. Appropriate levels of cash are kept in our current account and term deposits.

4. Committee supports encouraging members to get iron-on numbers with their names.

5. The clear lines of responsibility for safety have been better defined in our documentation and are clearly understood.

6. Confirmation – club competition insurance has no upper age limit.

7. Suggestion that we grade athletes into, say, a, b and c grade, allowing more lower ranked athletes to win awards was debated. The committee believes that within our handicaps and achievement awards, there is adequate opportunity for these athletes to win trophies.

NEW CONSTITUTION

Changes take effect from 20 October 2017. The new constitution is on our website under "Our Club" in "About Us".



HELPERS

LISTS of helpers for January runs are incomplete as we go to press. Please check the website – and if you are rostered to help in the next few weeks, contact the race director to confirm you will be available.

3 DECEMBER

Garvey Gusto
Race Directors: Gillian Young & Mark Sioyer – 9295 1754

Melissa Hynds, Jane Elton, Patricia Ainsworth, Gerry Dennison, Janice Bertram, Wayne Bertram, Bryant Burman, Joanne Burman, Hamish McLeod, Jacinta Berlinger. Spare: Kyle Eagar, Paul Scott-Taylor, Steve O'Halloran.

10 DECEMBER

Mosman Park
Race Director: Paul Hughes – 0412 513 348

Sheila Maslen, Rochelle Airey, Keith Atkinson, Carolyn Stephens, Akos Gyarmathy, Elizabeth McFarland, Charlie Chan, Erika Blake, David Roberts, Cassie Hughes, Gary Fisher, Bob Lane. Spare: Ante

Perdija, Rod and Susan Hamilton.

17 DECEMBER

Canning Caper
Race Director: Keith Atkinson – 9313 1669

Ivan Brown, Helen Lysaght, Lesley Romeo, Genevieve Adams, Adelle Banks, Carol O'Connell, Gary Fisher, Brian Danby, Jackson Wong, Dante Giacomini, Aldo Giacomini, Lachy Marr. Spare: Paula Kennedy, Peter Hopper.

31 DECEMBER

Alderbury Reserve
Race Director: Wayne Taylor – 9272 3705

Heather Stanborough, Frank Smith, Gerry Dennison, Brian Danby, Jeff Snook, Mei Law, Arnold Jenkins, Eamonn McNulty, Roberto Busi, Sandi Keenan, Jackie Hearne, Andrew Duncan.

You Write ...

Jody is Goldfields Sports Star



Hello Jim & Richard
Apologies, it's been a while since you last heard from me, however, last Friday night the Goldfields Sports Awards were held at the Town Hall in Kalgoorlie and I was fortunate to receive the 'Masters Sports Star' category for Athletes, Running and Hockey.

I'd like to thank you both for supporting my nomination,

I thoroughly enjoyed my first MAWA experience in Darwin and met some lovely people within the club, including yourselves.

I received my membership renewal email from Barbara yesterday, certainly will try to make an appearance when I can in 2018!

All the best, Jody Brownle

Viva la – Bamber!

Sorry Anna! We try to be accurate, but mistakes happen. Anna Bamber is owed a double apology, because we missed her age-group best runs in the club Half-Marathon, and the Racecourse 10km Run – where she was second woman finisher in 46:41mins. In the Half she did even better, first woman in 1:38:33.

Next target for RR?

ONLY Karen Gobby, W35 record-holder, is left for Rochelle to overhaul among WA marathoners now she has taken Tessa Brockwell's W30 record.

Here's the list prior to RR's 2:43 in Melbourne 2017.

W30	Tessa Brockwell	2:54:29
W35	Karen Gobby	2:36:40
W40	Tina Major	2:50:46
W45	Anne Shaw	3:01:19
W50	Anne Shaw	2:57:06
W55	Liz Neville	3:28:54
W60	Christine Pattinson	3:47:51
W65	Liz Neville	3:47:11

Where they're running

MONDAY

Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@digital-knightz.com; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Club rooms; 5.45/6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett –

0412990945; brianbennett47@gmail.com

FRIDAY

6am start, various central Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY

DC's group at WAAS; 8-945am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door. Contact davidcarr@bigpond.com parkrun – go online to parkrun.com for details of many locations around Perth.

ROCHELLE Rodger's memorable run in this year's 40th Melbourne Marathon stirred memories, of the first one, in 1978.

Bob Schickert, a 37-years old Victorian, was there together with WA's Jim Langford (then 34) and Frank Smith (37), a UK migrant living in Melbourne.

"I looked up the 1978 results and found Jim third overall in 2:25; me 80th in 2:56; Frank no. 232, in 3:15," said Bob.

None of them knew each other on that day. It was Frank's first marathon. Many of us would be delighted at 3 hours 15 minutes as a PB, but

it was no indication of his superb times to come.

NATIONALS SPONSOR NEEDED

MAWA is seeking a sponsor for the 2018 Nationals. If any member works for a company that might be interested – especially if an employee is taking part – please contact President Richard Blurton.