VETRUN

No. 506
DECEMBER 2018

Cliff Bould Trophy

Cliff Bould Trophy on November 4, 2018.

NEXT EDITION: Vetrun No. 507 will be published in February 2019.

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Vetrun print copy charge increase

AT THE club committee meeting for September/ October it was decided that membership fees will not increase. However, the supplementary charge for members who receive a paper, posted copy of *Vetrun* will increase to $20.

- A special $20 membership was introduced for new members joining for the final three months of 2018.
- The 2019 State Champs programme has been agreed and is on the website.
- David Carr was asked, and he agreed, to become our new Patron.
- Membership at that time was 625 – a new record for the club.

'Virtual' marathon is a back-door into New York

IN a NY Road Runners virtual marathon 500 runners, aged 21 to 67, in 28 countries, each paid $140 to do 42km on their own to gain 2019 NYC marathon entry.

They were logged through the Strava app and earned a real medal, plus guaranteed entry into the 2019 race. Entrants had to make their run in a single effort between November 1-4. The virtual marathon sold out in a few hours and the virtual races underscores the rising global popularity of running. Participation in the US has risen 44 per cent since 2006, to 55.9 million people last year.

Major city races are capped for security and logistics so for most people getting a spot in any of the popular marathons is all about luck.

This year about 50,000 people ran New York, mostly through charity fundraising or running other races to qualify. Only 15,500 spots were designated for general entry, and roughly 105,000 people applied for the lottery for those places this year.

NEW COMMITTEE & AGM AWARDS

Delia Baldock reports

THANKS to everyone who came to the AGM; it was a great turn out.

The full minutes will be placed on the club website.

Special thanks to retiring committee members – Keith Hill, Margaret Bennett and Jenn Parker for their great contributions during their time on the committee.

Please also make our new committee members feel welcome!

The full committee for 2018-2019 is:

President: Richard Blurton
Vice-President: Jim Langford
Secretary: Delia Baldock
Treasurer: Gary Fisher
Committee Members: Giovanni Puglisi, Janne Wells, Andrew Cuthbertson and Mark Howard.

Achievement Award – Track & Field (Most improved at Track): Janne Wells.

Achievement Award – Road (Most improved on Sundays): Gary Fisher.

Congratulations to the winners of the following awards which were presented at the AGM by our esteemed new Club Patron, David Carr:

Anne Shaw Trophy (Best Performance at State Champs): Lyn Ventris.

John Gilmour Trophy (Best Performance of year): Lyn Ventris.

Life Membership: Delia Baldock.

Finally, special thanks go to Elaine Dance and all our wonderful morning tea helpers who organised a superb breakfast feast for the AGM!

Elaine (right, pictured with Erika Blake at the Cliff Bould Trophy) and her helpers surpassed themselves with a superb AGM breakfast.

Vetrun *reports only age-group best performances from our Sunday meetings. Jeff Whittam and Bob Fergie can be relied on to fill the M80 best slot any week they compete. So, confession time; we fix the races! As they usually walk together and finish side by side, the guys agreed to alternate who crosses the line first, so the* **Vetrun** *M80 walkers list doesn't become too boring!*

Skewered! Pic by Vic B at Bibra Lake.

That's why our cones disappear ... at Gwelup Lake.

Congratulations to Rochelle Rodgers, who finished this year's Melbourne Marathon as second woman overall. Rochelle's time was 2:47:05.

From the Committee

A PLAQUE honouring John Gilmour was unveiled at the Marathon Club on November 24.

- Our club Committee roles for 2018/19 are as follows:
- **Sunday Co-ordinator** – Giovanni Puglisi; **Trophies** – Janne Wells; **Sunday Helpers** – Jim Langford; **Track and Field Coordinator** – Mark Howard, with support from Jenn Parker **on throws**; **Sunday Visitors, Maps and Equipment** – Andrew Cuthbertson.
- Our coaching schedule has been updated on the website. Application has been made for a new coaching grant from AMA.
- MAWA is purchasing the two EDM's (Electronic Distance Measurement devices to measure throws, instead of tape measures) from Perth 2016 Ltd.
- Work continues to develop the idea of a MAWA storeroom/clubroom at ECAC, as discussed at the AGM. The effort is focusing on a modular building that could be readily moved if Canning Council moved the track location in the future.

What you kneed to know

(Part Two)

LAST June I wrote about knee problems and treatments and since then I have encountered more members with meniscus and cartilage damage.

Every story is different and their reaction to treatment varies too. I have heard of members who have had the same arthroscopic meniscectomy surgery as me, one successfully, another not.

Some members report reasonable success from Synvisc.

In my case neither the surgery nor Synvisc had any lasting value.

(Still, I did learn how to say 'arthroscopic meniscectomy'; makes you a hit at parties.)

Most recently I was given a cortisone injection and that eased the pain a little. However, the swelling soon returned and the knee remains painful after even moderate use.

Surgery

You will often hear the phrase 'bone on bone' bandied about the club (bandied, very apt that).

In relation to knees it suggests that the cartilage protecting the bones has worn away. My own plan is to have knee replacement surgery. So far I know of only one person for whom this didn't work, and she was a fairly unfit person before the operation.

In our club the shining example of knee replacement surgery is Jeff Whittam, and I know he would not mind my re-telling his story.

Jeff, in his eighties now, is a very impressive race walker. Fourteen years ago he had both knees replaced. Before that he walked with difficulty, after a long running career. His knees were always bandaged for the club walks and his gait was slightly bowed.

Following the surgery his legs looked straighter – and certainly worked a lot better! The last time I was able to walk any distance I struggled to stay with Jeff and Bob Fergie.

I'll let readers know how it works out.

But ... there's a 'but'. As I mentioned last June, if you are thinking you might need this kind of operation at some time, check that you have insurance to cover it. I didn't have the full cover needed, and now have to wait a year because it would be considered an 'existing condition'.

VIC Beaumont, who took the excellent picture of Rochelle Rogers (left) some time ago recently had an operation on his back. By the time you read this I trust Vic will be mobile again and back on the photographic beat.

He's been hobbling about for some months waiting for this operation.

His situation is yet another example of the added value of this club. Anne Turner made a great recovery from back surgery and ever since then Vic has been hoping to enjoy similar success so he might be able to walk competitively.

We all hope for the best, mate. *VW*

Vic with a club trophy he won a few years ago.

In My View ...

by the Editor

My suggestion that Committee members wear identifying badges on Sundays was rejected. I don't know what they have to hide, but I'll lead by example! The picture here is of your editor, just in case you want to find me and make compliments (preferably) or complaints about the magazine. **VW**

Wireless Hill

Wireless Hill

October 7, 2018

Director: Ian Carson

8km Run

Kim Thomas	M40	31:21
Kyle Eagar	M45	31:52
Alex Tinniswood	M35	36:23
John Allen	M60	37:45
Wayne Bertram	M55	39:29
Brian Bennett	M70	40:26
David Baird	M75	43:10
Gary Fisher	M65	47:58

Women

Elizabeth Gomez	W35	37:54
Karen March	W55	40:55
Julie Wilson	W65	46:04
Rochelle Airey	W45	47:19
Claire Walkley	W50	47:52

4km Run

Jim Klinge	**M70**	**19:06**
Paul Hughes	M65	19:13
Colin Smith	M55	19:22
Jason Kell	M40	21:20
David Carr	M85	24:59
Hamish McGlashan	M80	25:10
Alastair Wallace	M60	25:30
Bob Schickert	M75	29:06

Race leader Kim Thomas, above, was on great form ahead of rival Kyle Eager. Looking on is Frank Smith, the man who, like Kim, used to win everything!

Left, Vic Beaumont and Frank with Neil McRae; and right, it was good to see Wayne Pantall running again after many years' absence.

Women

Carol Bowman	W60	21:37
Silke Peglow	W50	23:09
Delia Baldock	W55	25:28
Michelle Skellern	W45	26:00
Toni Frank	W70	35:15

8km Walk

Karyn Tolardo	W50	55:59
Johan Hagedoorn	M70	56:20
Elaine Dance	W65	63:16
Janice Bertram	W45	67:50
Mike Hale	M70	76:38
Frank Price	M65	76:41

4km Walk

Victor Munoz	M60	25:00
Haydn Gawne	M70	27:43
Wayne Taylor	M55	30:48
John Brambley	M75	33:55
Jeff Whittam	M80	39:17
Brian Dalton	M65	52:19

Women

Priscilla Wilson	W35	38:36
Lorna Lauchlan	W85	39:15
Margaret Bennett	W75	40:59
Jo Richardson	W65	41:00
Julie Wood	W70	41:09

THIS was our second year over the Wireless Hill course revised by Bob Schickert in 2017. Few finishers showed the unbelieving, bog-eyed exhaustion that I always associate with this run, so – as a non-combatant hiding behind my press pass and camera – I assume it's easier than the original.

My favourite camera position is the cross-path only 100 metres or so from the start/finish. It's always entertaining there, as confused runners have to be directed in three different directions by desperate marshals. Our picture of Kim Thomas cornering (opposite page) was taken at that point on the race leader's first lap.

Kim had a great outing this day, finishing half a minute ahead of awesome Kiwi Kyle Eager.

Kim is generally the club's 'bloke who wins everything' and it's worth noting that watching him go by is Frank Smith, who was always the Sunday runner 'who wins everything'. An attached picture shows him again, with two other members of the 'used to be great club' – Vic Beaumont and Neil McRae. (That's Neil's description, by the way, not mine – so complain to him, not me.)

The top picture on this page is, to paraphrase Oscar Wilde, is a triumph of hope over experience. If Keith Atkinson really wants to hide behind the pocket rocket, Karen March, he should run on his knees.

(Oscar actually wrote: "Marriage is the triumph of imagination over intelligence. Second marriage is the triumph of hope over experience.")

Another quote might fit the Mike Anderson picture (right): 'Curses, foiled again' thinks Mike as Roy Hart catches him just before the chute.

Our club has always welcomed youngsters and it was gratifying to watch Raynor Keane, Ross's son (pic, far right) go for it up the finishing hill. Even younger and also good to see is Joe Patroni's grandson Rico who combined with mum Joanne to win the carrying-the-baby handicap event.

Bottom picture, what a good 4km walk by M60 Victor Munoz, only 10 seconds (and 25 years!) behind 4km runner David Carr.

NB: Thanks to all the helpers and their director Ian Carson for providing a great morning run at this scenic location. *VW*

Above, Keith skulking behind Karen; left, Mike cursing his luck; below left, the Patroni clan; below right, Raynor.

Mullaloo Magic

September 30, 2018

Directors: Mike Anderson & Johan Hagedoorn

Vivian Poll and Ralph Henderson pictured at the Cliff Bould Trophy. At Mullaloo they were first W35, and first M70, over 8km

SOME 90 MAWA members together with a contingent of visitors braved three challenging distances for the 14th running of our 'Magic' Race along the spectacular Mullaloo-Burns Beach coastal path, outward and return, from Tom Simpson Park, Mullaloo.

We were fortunate in having excellent weather this year, sunny and bright with almost no wind. Perhaps it was these favourable conditions which encouraged a greater proportion than usual to attempt the long run of 13km with rather fewer opting for the intermediate 8km course.

Fencing on either side of the path approaching the Ocean Reef Marina at around 2.5kms has meant that we have had to make the first turn with water station a couple of hundred metres further on, where a clearing facilitates an accurate 5.5kms for the short run. We may well have to make course changes for 2019 as the major development of the Ocean Reef Marina – threatened for very many years – is due to begin soon.

Our volunteer marshals arrived in good time and performed their given roles cheerfully and efficiently. Nor do we wish to omit our appreciation for those MAWA members who undertake weekly to bring the clock and other equipment and thereby lighten the loads (literally!) of the race organisers. This unstinting helpfulness is what makes our club so good to be part of.

13km Run

Kyle Eagar	M45	51:24
Jerry Peters	M40	57:25
Ian Carson	M65	60:53
John Allen	M60	62:33
Brian Bennett	M70	66:34
Andrew Grosas	M55	68:59
Jackson Wong	M50	69:17
Rohan Thompson	M35	65:53

Women

Clare Wardle	W40	57:40
Noelene Treen	W55	67:07
Sarah Ballard	W35	67:29
Rashanthi Wanigasekera	W45	69:43

8km Run

Vivian Poll	W35	38:49
Karen Hill	W60	50:35
Betty Kooy	W65	63:25
Kathy Skehan	W50	65:01
Sandy Eastley	W55	65:02

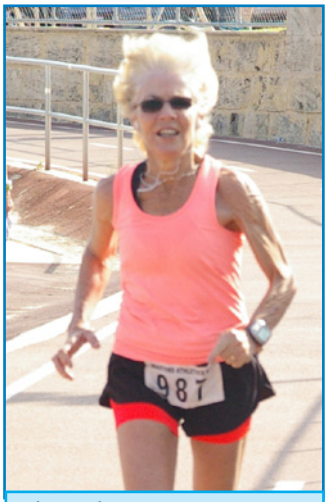
Men

Ralph Henderson	M70	39:30
Mark Kerr	M45	40:22
Alan Gray	M55	42:43
Mark Hewitt	M65	43:49
Merv Jones	M75	62:24

5.5km Run

Jim Klinge	M70	26:26
Hamish McGlashan	M80	36:33
Neil McRae	M65	51:00

Women



Julie Wilson	W65	30:37
Kirstin McGregor	W50	36:39
Delia Baldock	W55	36:48
Fiona Taylor	W50	45:22

8km Walk

Elaine Dance Irwin	W65	65:40
Barrett-Lennard	M85	68:21
Margaret Bennett	W75	62:55
Lesley Dowling	W60	62:56
Frank Price	M65	62:57
Mike Hale	M70	64:44

5.5km Walk

Haydn Gawne	M70	39:18

Kings Park Cross Country Run and Walk

September 9, 2018

Ralph Henderson reports

ALTHOUGH there were fewer members taking part, mainly due to those away in Malaga, it was good to see we had more than 30 visitors participating. Thankfully the weather was ideal and the conditions underfoot were good and firm.

I hope the runners did not have too much trouble with the drainage ditches and did not attempt to bypass them!

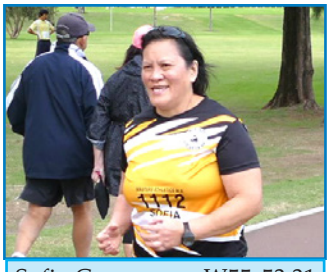
The most notable result was Kyle Eager winning the 10km run by a significant margin and being the only member to run under 40 minutes. In comparison, no one in the 5km ran under 20 minutes.

I would particularly like to thank members who contacted me to volunteer, as a result of the website appeal, following some helpers making themselves unavailable.

So a big thank you to marshals Mike and Jan, Mark, Ian, Frans and Ray; timekeeper Alan; recorders Anne, Peter and John; and drinks Elaine and John. My job was made much easier by having sufficient willing helpers and as a result we had a very successful event. Hope to see you all back next year.

Joseph Patroni	M60	49:42
Bob Fergie	M80	55:28
Brian Dalton	M65	65:48

Women



Sofia Carson	W55	53:31
Lorna Lauchlan	W85	55:29
Priscilla Wilson	W35	57:00
Dorothy Whittam	W80	64:57

Claypit Circuit Perry Lakes

October 14, 2018

Directors: Dorothy and Jeff Whittam

We really should stop playing in the traffic! I wonder how those drivers felt when they met a stampede of starters in the Claypit events? Below, another queue as our normally reliable recording system hit a snag. Geoff, in the high-vis, and Dorothy (far right) in their final outing as directors, wisely left it to the experts.

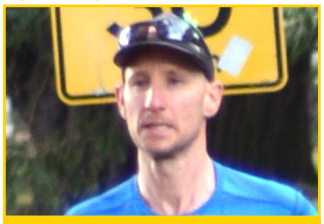
ON a day with rather fickle weather, the sun and the rain taking it in turns to appear throughout the event, we still had 99 stalwarts who defied the forecast.

To come to the event itself – congratulations to all our winners and our thanks to all our helpers, who were Sheila, Maggie, Carol, Janet, Patricia, Jacqueline, Gina, Tristan, Andrew, Bert and Syd.

Special thanks go to those who volunteered on the day. They were Jackie Halberg, Ngaio Kerr and Ivan Brown, who helped with the recording as we were short of helpers.

As this was the last event where we will be race directors, we would like to thank all those who have helped make the job so easy over the years. ***Dorothy and Jeff***

10km Run



Reid Barron	M40	40:36
Patrick Jones	M45	41:32
Alex Tinniswood	M35	43:58
Kevin Johnson	M60	45:06
Brian Bennett	M70	49:34
Jackson Wong	M50	50:12
Andrew Grosas	M55	50:52
Keith Miller	M65	52:55
David Baird	M75	54:39
Rohan Thompson	M35	60:30

Women

Vivian Poll	W35	46:52
Karen March	W55	50:23
Anne Jones	W65	55:22
Rochelle Airey	W45	56:31
Jo Shelley	W40	57:44
Claire Walkley	W50	58:27

6.8km Run

Darren Miller	M35	28:07
John Allen	M60	31:37
Ralph Henderson	M70	31:44
Paul Hughes	M65	32:49
Anthony Faulkner	M50	32:53
Alan Gray	M55	33:37
John Pellier	M75	47:38

Women

Sandra Stockman	W50	32:51
Gillian Young	W70	37:30
Julie Wilson	W65	37:58
Karen Hill	W60	40:55

3.7km Run

Mark Dawson	M55	16:30
Ivan Brown	M70	19:52
David Carr	M85	22:30
Nick Miletic	M65	23:09
Merv Jones	M75	25:44

Women

Delia Baldock	W55	22:04
Ngaio Kerr	W45	23:17
Hazel Stephen	W70	27:44

10km Walk

Allen Whitley	M65	1:20:31

6.8km Walk

Victor Munoz	M60	44:58
Ian Carson	M65	45:07
Johan Hagedoorn	M70	47:52
Wayne Taylor	M55	48:10
Mike Hale	M70	56:27

Women

Wendy Farrow	W50	47:11
Lynne Schickert	W75	1:05:18

3.7km Walk

Karyn Tolardo	W50	23:26
Jodie Harris	W45	25:29
Joan Pellier	W75	35:17
Priscilla Wilson	W35	35:21
Sofia Carson	W55	39:46

Men

Haydn Gawne	M70	25:05
John Dennehy	M55	26:24
Irwin Barrett-Lennard	M85	29:21
Bob Fergie	M80	33:53
Brian Dalton	M65	45:32

100K WORLD Championships

Report by Bob Schickert

SATURDAY, September 8, 2018 was a picture-perfect day for around 400 athletes including approximately 180 Masters competitors who entered the 30th IAU 100K; the WMA 100K World Championships; and the 6th Croatian National Championships.

The events were held at Sveti Martin na Muri, Croatia, 180km north east of Zagreb.

This is in the heart of the Međimurje region and close to Slovenia, Austria and Hungary – three ultra running strongholds.

The 100km distance is a formally recognised road running discipline under the patronage of the IAAF, therefore annual national, continental and world championships are staged under the tutelage of the International Association of Ultra runners (IAU).

Start was at 7am; cut-off time for Open athletes was 12 hours and for Masters 13 hours. The course consisted of 14 loops, a 2.5km initial loop, and thirteen 7.5km loops. It gently undulated with 60m of elevation per loop (0.8% gradient). The route was closed to traffic for the entire duration of the race. The Start/Finish of every loop and the entire race was located in front of the Hotel "Golfer" in Sveti Martin so spectators enjoyed a good, continuous view of the race.

WMA was represented at this event by Bob, who was an ultra runner in his younger days and who is currently a member of the WMA Competition Committee. The Friday morning jog around the course was a highlight for Bob as he was greeted by athletes of many ages from many countries.

On behalf of WMA Bob spoke briefly at the pre-event press conference, the opening and closing ceremonies and was appointed to the Jury of Appeal.

A total of 182 athletes entered for the Masters section, 114 men and 68 women. A total of 28 of these athletes did not reach the finish line with 22 DNF and 6 DNS.

Sub-4 for 100km!

The winning time for the Open men was 6 hours 28 minutes – an outstanding sub four minutes per kilometre rate. A four minute kilometre rate produces a time of 6 hours and 40 minutes.

Masters featured in the overall results.

German athlete W40 Nele Alder-Baerens was second in the Open race with a time of 7:22:41.

Fujiswa Mia, W35, from Japan finished third with a time of 7:39:07.

Mthembu Bongmusa, M35. from South Africa finished third in the Open race with a time of 6:33:47.

Jan-Albert Lantink, M60, from Netherlands ran 7:29:35 – some 24 minutes faster than the previous World best time of 7:53:43 set in 2012.

There are no team medals for Masters in the 100km but medals for placegetters in the Masters age groups (from 35) were presented at the closing ceremony. Then everyone enjoyed a traditional area display of lights, smoke and mythical creatures.

In 2019 the IAU World 24 hour Championship will be held in Irdning, Austria, May 11-12. The next IAU World 100km Championship will be in Winschoten, Netherlands, September 12, 2020.

New GOT director needed

Guess Own Time Bold Park

September 23, 2018

Report by Paul Hughes

THIS was the club's first run held at Bold Park for at least 10 years and judging by the feedback from members both the course and the Guess Own Time concept is popular.

Numbers were down due to school holidays; some of our members still being in Europe after the World Masters Championships; and the walkers holding their separate event across the road at the Hockey Club Rooms. There were 46 runners at Bold Park and the highlight of the morning in my opinion was Jim Barnes winning a trophy!

The reaction and smile on his face was magical.

The flipside is members who do not have the courtesy to respond to emails to advise they were not available to assist.

I would like to thank all my helpers for making the event run smoothly, and also the other people I asked to assist, due to members not being available.

The walk attracted 16 competitors – 14 members and two visitors. This was organised by Andrew Cuthbertson and there was positive feedback from members. Thank you, Andrew.

* The GOT event will require a new race director for 2019 so the club needs one or two members to volunteer.

The committee will evaluate the event and decide if we will amend the Bold Park course, and also have walkers and runners competing together, which is easier for the race director.

Vic Waters, who organised the GOT for 25 years, adds:

We have always had a combined runners and walkers event in the past, even though proper walkers do have difficulty on a cross-country course. In fact, the addition of a short-course trophy was done some years ago specifically to allow them to take part and enjoy the challenge. It is not essential to walk in strict race-walk fashion.

The point of the GOT is that you can go round the course in any style you wish. Estimating your time is the only essential, and it doesn't matter how you travel.

Something that will make life easier for any new director is the involvement of our results team.

In the past I always needed a couple of extra helpers, specifically to handle the pre-race guesses; and then to make sure each competitor was made aware of their finishing time. This is done so they are able to make a claim for the trophy if their actual time is close to their pre-race guess.

Mark Kerr assures me that the results team are quite capable of handling all this, which makes life much simpler for the director.

Bibra Lake

Bibra Lake

October 28, 2018

Directors: Nick Miletic & Gail Castensen

12km Run

Zane Walsh	M35	52:58
Patrick Jones	M45	53:30
Grahak Cunningham	M40	55:11
Mickey Muroi	M60	55:50
Andrew Grosas	M55	59:18
Jackson Wong	M50	59:30
David Baird	M75	61:45
Charlie Chan	M65	64:39
Brian Bennett	M70	1:13:44

Women

Karen March	W55	59:09
Barbara Putland	W50	59:38
Rochelle Airey	W45	64:37
Wendy Grace	W65	1:10:24
Lea Van Rensburg	W40	1:13:50

6km Run

Kevin Johnson	M60	24:09
Mitch Cleasby	M55	25:05
Geoff Vine	M70	28:17
Gary Fisher	M65	31:28
Piers Truter	M40	35:27
John Pellier	M75	39:44
Irwin Barrett-Lennard	M85	41:34
John Batta	M50	41:53

Women

Anna Bamber	W35	27:08
Sandra Stockman	W50	27:31
Shareenah Virahsawmy	W40	28:49
Gillian Young	W70	32:02
Julie Wilson	W65	32:12
Carol Bowman	W60	32:26
Liz Dewhurst	W30	34:34
Delia Baldock	W55	36:58
Conny Brieden	W45	38:37

12km Walk

Mike Hale	M70	1:37:22

6km Walk

Victor Munoz	M60	36:46
Haydn Gawne	M70	40:02
Rex Bruce	M75	52:21
Jeff Whittam	M80	55:29
Frank Price	M65	55:38

Women

Karyn Tolardo	W50	38:30
Lynne Schickert	W75	49:10
Rosa Wallis	W70	52:20
Margaret Bennett	W75	1:02:20
Jo Richardson	W65	1:02:21

Bright and sunny start at Bibra this year; (above) Shareenah, far left, was first W50 in the 6km. Carol Bowman, left, was first W60 in that event; and Conny Brieden, pictured below, right, with Sam Farman was the first W45.

Start of another great run along the heritage trail – but this group didn't look too happy about it! Who told them there was no morning tea? Below, Bert and the team were waiting at the finish; and below right, new member W70 Hazel Stephen came flying home in the 4km run.

MEMBERS and visitors came to Kalamunda and took part in events which involved either running or walking over a course which at one time was a railway track.

The line was used to transport timber and visitors via the Zig Zag. Now it is a trail that has been used annually for ten years by our club. Although relatively young when compared to some others it is an established popular club event, and Bridget and I are pleased that so many people have enjoyed past events.

This year, we had a good turnout of members and visitors, who made up nearly 33% of the participants. We had fine weather. There was an abundance of wild flowers. We had good performances by many and some close finishes. Unfortunately one of our ladies took a tumble but still finished. Our thanks to Colin Smith for providing first aid.

Thanks to the team of helpers, it was a pleasure working with you.

Bert and Bridget Carse

Kalamunda Railway

October 21, 2018

Directors: Bert & Bridget Carse

8km Run

Reid Barron	M40	31:35
Patrick Jones	M45	33:37
Alex Tinniswood	M35	35:03
Prabuddha Nicol	M60	36:29
Rob Colton	M55	38:17
Brian Bennett	M70	39:32
Peter Clark	M50	40:43
Mark Hewitt	M65	41:39
David Baird	M75	42:00
Irwin Barrett-Lennard	M85	58:30

Women

Nicola Hibbert	W40	38:21
Rochelle Airey	W45	45:17
Janne Wells	W50	45:31
Julie Wilson	W65	45:35
Sam Farman	W50	52:40

4km Run

Mark Dawson	M55	18:21
Graeme Dahl	M65	20:33
Ivan Brown	M70	26:36
Merv Jones	M75	29:39
Joseph Patroni	M60	34:49

Women

Carol Bowman	W60	21:58
Hazel Stephen	W70	31:53

8km Walk

Victor Munoz	M60	52:34
Elaine Dance	W65	1:03:43
Lynne Schickert	W75	1:09:49
Mike Hale	M70	1:14:54
Frank Price	M65	1:20:40

4km Walk

Haydn Gawne	M70	29:13
Bob Fergie	M80	39:45
Brian Dalton	M65	51:09

Women

Peggy Macliver	W70	38:53
Priscilla Wilson	W35	39:35
Patricia Hopkins	W75	44:56
Jo Richardson	W65	46:45
Dorothy Whittam	W80	47:38

Cliff Bould Trophy

WE were fortunate to have beautiful weather for the 41st Cliff Bould trophy, with milder conditions than we usually seem to get for this event, which remembers one of the club's all-time greats.

The Heirisson Island course is a polarising one – you either love it or hate it – and the helper numbers were bolstered by a few members who didn't fancy doing a lap or two of the hard and bumpy island trail.

With the sounds of the Colour Run drifting across the river, runners and walkers crossed the Causeway and took to the island. Once again, blood was spilt on the challenging trail from scraped elbows and knees, and not everyone who started on their handicap time decided to turn and go back out for a second lap. Congratulations to Keith Hill, who ran well clear of the rest of the field to claim the handicap trophy. Well done to all finishers and a big thanks to the volunteers who helped this event run smoothly.

Director Stewart

Cliff Bould Trophy

November 4, 2018

Directors: Stuart & Rebecca MacKinnon

10.4km Handicap Run

Keith Hill	M55	1:01:20	11.42	49.38
Tristan Bell	M50	1:06:54	16.44	50.10
Mark Hewitt	M65	1:08:16	15.51	52.25

Women

Karen March	W55	1:09:17	17.15	52.02
Barbara Putland	W50	1:09:52	17.40	52.12
Gillian Young	W70	1:09:53	12.46	57.07

Quickest

*Patrick Jones	M45	1:09:03	27.07	41.56
*Reid Barron	M40	1:10:02	28.04	41.58

Karen March made a welcome return to form after a lot of setbacks.

Top, Patrick was flying this day, running the quickest 10.4km. Above, another welcome return to form for Keith Hill, winner of the Cliff Bould Trophy 2018.

5.2km Run

Trevor Scott	**M55**	**19.25**
Kim Thomas	M40	22.52
Ralph Henderson	M70	23.13
Anthony Faulkner	M50	23.51
Bernard Mangan	M60	23.56
Graeme Dahl	M65	26.14
Roger Walsh	M75	36.01
Irwin Barrett-Lennard	M85	36.50
Clare Wardle	W40	21.22
Vivian Poll	W35	23.12
Margaret Saunders	W60	26.21
Julie Wilson	W65	28.26
Sandra Rourke	W50	29.35
Lori Sexton	W55	30.22
Liz Dewhurst	W30	31.24
Ngaio Kerr	W45	31.42
Hazel Stephen	W70	41.58

10.4km Walk

Elaine Dance	W65	83.30

5.2km Walk

Victor Munoz	M60	31.57
John McDonagh	M70	42.47
John Brambley	M75	44.11
Sean Keane	M50	45.09
Jeff Whittam	M80	50.49
Brian Dalton	M65	67.34

Women

Erika Blake	W60	43.21
Peggy Macliver	W70	46.23
Lorna Lauchlan	W85	50.47
Priscilla Wilson	W35	53.23
Margaret Bennett	W75	54.07
Jo Richardson	W65	54.35
Irene Ferris	W65	56.08
Dorothy Whittam	W80	59.18

Perry Lakes

November 18, 2018

Director: Jane Elton

AFTER a couple of hot days it was a relief to have a cool, perfect morning for the multi-lap event of beautiful shady Perry Lakes.

There was a great turnout – 121 members and visitors – with competitors in each of the three walking (2km, 4km, 6km) and three running distances (3.6km, 7.2km, 10.8km) on offer. The members dominated the walk events with some impressive times, from Victor Munoz and Wendy Farrow, winning the 6km walk. Visitors again dominated the run events; however Rob Collins and Elizabeth Gomez made strong runs to be first placed in the 10.8km run.

Great feedback was received about some ways to improve the course which included having walkers and runners on the same course, and a clearer turnaround away from the finish line. So look out for a new and improved version of the run next year! Also, thanks so much to the fabulous volunteers.

Jane

Was this when Jane had all those constructive comments? She's with Claire Walkley, Brian Bennett and the Pres.

I'd love to claim credit for Alex Tinniswood's exuberant leap, after I told him he was running second. But I reckon he was inspired by this young visitor, who defies gravity with every stride.

Onya Mimi, they're my kind of shorts! Above, the Doc is back, and giving consultations on the run!

Great performers, Jason Kell and Elizabeth Gomez (above) in the 10.8km.

Right, best-dressed on the day, Betty Kooy!

Gwelup start: full results and pictures are on the website. Report and more pictures will appear in the next **Vetrun,** *February 2019.*

Perry Lakes results

10.8km Run

Rob Collins	M45	47:33
Alex Tinniswood	M35	48:08
Peter March	M55	50:13
Akos Gyarmathy	M60	50:25
Keith Miller	M65	50:38
John McShane	M50	52:56
David Baird	M75	53:41
Mark Sivyer	M70	60:49
Jason Kell	M40	62:18

Women

Elizabeth Gomez	W35	50:45
Karen March	W55	52:05
Melissa Lewis	W30	53:54
Rochelle Airey	W45	57:07
Sandra Keenan	W50	57:40
Gillian Young	W70	58:07

7.2km Run

Ralph Henderson	M70	31:31
Zane Walsh	M35	31:37
Jonathan Lester	M45	34:50
Tristan Bell	M50	35:02
Ross Keane	M55	35:43
David Adams	M40	36:33
Gary Fisher	M65	37:53
Mal Vernon	M60	40:39
John Pellier	M75	49:08
Irwin Barrett-Lennard	M85	51:50

Women

Lori Sexton	W55	38:37
Julie Wilson	W65	38:38
Anne Young	W40	39:56
Sandra Rourke	W50	40:15
Ngaio Kerr	W45	43:40
Theresa Howe	W65	46:44

3.6km Run

Graeme Dahl	M65	15:52
Bernard Mangan	M60	16:11
Geoff Vine	M70	16:47
Alan Gray	M55	16:58
Paul Martin	M75	31:19

Women

Margaret Saunders	W60	17:11
Liz Dewhurst	W30	20:42
Jenny Audsley	W55	21:08
Sheila Maslen	W80	36:37

6km Walk

Victor Munoz	M60	38:28
Allen Whitley	M65	46:50
John Brambley	M75	48:50
Sean Keane	M50	51:05
Bob Fergie	M80	57:22
Mike Hale	M70	62:12

Women

Wendy Farrow	W50	42:20
Erika Blake	W60	48:51
Lynne Schickert	W75	49:38
Janice Bertram	W45	51:04
Lesley Dowling	W60	58:27

4km Walk

Haydn Gawne	M70	28:40
Joseph Patroni	M60	33:28
Rex Bruce	M75	33:36

Women

Jodie Harris	W45	29:01
Joan Pellier	W75	37:48
Jo Richardson	W65	41:11
Julie Wood	W70	41:12
Sofia Carson	W55	43:02
Lorna Lauchlan	W85	57:21

2km Walk

Peter Hopper	M70	15:13
Priscilla Wilson	W35	19:10
Arnold Jenkins	M70	35:08

Safety Bay

November 11, 2018

Director: Trevor Scott

10km Run

Reid Barron	M40	43:34
Patrick Jones	M45	43:59
Andrew Grosas	M55	49:09
John McShane	M50	50:23
Rohan Thompson	M35	1:07:25
Bob Schickert	M75	1:09:23
John Dance	M65	1:19:13

Women

Karen March	W55	50:01
Rochelle Airey	W45	57:29
Julie Wilson	W65	1:00:26
Kelle Elizabeth	W35	1:18:48

5km Run

Mark Hewitt	M65	23:28
Mark Kerr	M45	34:45
Annie Smith	W55	25:52
Theresa Howe	W65	27:28
Erika Blake	W60	35:12

10km Walk

Allen Whitley	M65	1:21:47

5km Walk

Victor Munoz	M60	26:38
Haydn Gawne	M70	30:05
Jeff Whittam	M80	41:46
Brian Bennett	M70	44:03

Women

Lynne Schickert	W75	37:56
Priscilla Wilson	W35	42:56
Lesley Dowling	W60	43:40
Irene Ferris	W65	44:31
Pamela English	W70	44:33
Dorothy Whittam	W80	48:57

What improves men's experience of surviving prostate cancer?

When it comes to improving survival from prostate cancer, exercise is a standout.

by Jill Margo in AFR October 3, 2018

IT may come as a surprise, but the high rate of survival from prostate cancer in Australia is a mixed blessing.

While 95 per cent of diagnosed men will still be alive five years later, a great number will not be surviving well.

"The problem is that advances in early detection and treatment have been so rapid, they have outrun our ability to deal with the side effects," says Professor Jeff Dunn, an expert in how men adapt to prostate cancer.

Even if survivors are okay medically, many are struggling with the impact of the cancer on their emotional state, their personal relationship and their social interactions.

Often, they have high levels of distress, can't manage the consequences of their condition and don't know how or where to get support.

"With more men being diagnosed and more surviving the disease for longer, there is an ever-increasing number of blokes out there with challenging side effects. And there is not enough going on about how to look after them," he says.

"A lot has happened in prostate cancer, relatively quickly, and while the fast pace is a challenge for health professionals it is much harder for men themselves."

5 key areas

The US guidelines are built around five key areas.

The first is health promotion. For this they recommend survivors maintain a healthy weight, exercise regularly, have a good diet, limit alcohol and avoid smoking.

The second is monitoring the cancer with regular blood tests and an annual digital rectal test. Men should be vigilant not only about the increased risk of recurrence but of occurrence of bladder and colorectal cancer. Symptoms should be evaluated to detect a second cancer early.

Next is tailoring the management of long-term side-effects such as anaemia, bowel dysfunction, sexual dysfunction and cardio-metabolic risks, to the type of treatment the man received.

Fourth, at various stages along the way, a distress thermometer should be used to detect men's psychological and quality of life concerns.

Finally, to improve care coordination, all men should be provided with "a survivorship care plan".

Dunn's team scoured the literature for evidence to back these recommendations and found exercise was a standout.

It was effective at improving cardio-respiratory fitness, muscular strength, fatigue levels, incontinence, physical activity levels and quality of life in survivors. There was some evidence on the value of preserving and improving lean mass.

For men on active surveillance programmes (regular monitoring) the evidence suggested exercise may delay their transition to active therapy, but further details are needed. ■

VETRUN HEALTH LINE.

Full versions of the original stories printed on these pages can be found on the club website, some with illustrations. Under the Magazines tab, open Vetrun Healthline.

How a blood test may help cancer patients avoid chemotherapy

Hugh McDermott says the test has given him peace of mind and speeded his recovery.

by Jill Margo AFR – Oct 16, 2018

TO keep safe from a recurrence of his cancer, Australian scientist Professor Hugh McDermott took an educated risk. He took a simple blood test.

McDermott had surgery last year for early stage colon cancer, and his oncologist could not say definitively afterwards whether chemotherapy would offer him further protection.

The oncologist had no way of telling if stray cells had been left behind and needed to be mopped up with chemotherapy, or whether the cancer was gone and no further treatment was necessary.

This made McDermott – an inventor, chief technology officer at The Bionics Institute and professorial fellow at Melbourne University – uncomfortable.

The test, known as a liquid biopsy, checks for DNA from tumour cells floating in the blood.

Should he commit to months of chemotherapy – with its side effects and significant impact on his fam- ▶

Take some weight off for prostate's sake!

Obesity is a state of low grade inflammation and fat accumulated around the prostate alters the immune status of the gland.

by Jill Margo AFR – 11 Sept 2018

THERE IS a compelling new reason for men to lose weight, particularly if they are carrying a gut. A biggish gut usually means they also have a layer of white fat around their prostate and new research has shown it can affect what goes on inside the gland.

The Asia Pacific Prostate Cancer Conference, held in Brisbane in August, was told there is proof of principle that this layer has an affect on prostate cancer.

About 60 Australian men die of prostate cancer each week, the Cancer Council says. It is the second most common cancer diagnosed in men in the country.

The affect has been demonstrated in mice and in a small sample of men. Larger human trials are now underway.

The conference was told fat is just one piece in the complex process involved in the growth and progression of prostate cancer.

Brantley Thrasher, a professor of urology at the University of Kansas and immediate past president of the American Urological Association, told the conference this fat affects the prostate's micro-environment by altering the immune status of its epithelial tissue.

Although further research is required, he said the fat appears to suppress the prostate's immunity and is important in the invasion, progression and potential recurrence of the cancer.

"While we have not found the Holy Grail, we think this ▶

ily, friends and work – on the off-chance he needed it?

He had spent his career in medical research, so when his oncologist said there was a trial that could help him decide, he took a good look.

Led from Melbourne, the trial was using a blood test to determine if chemotherapy was necessary after bowel surgery and, if it was, what size dose a patient should have.

This test, known as a liquid biopsy, checked for DNA from tumour cells floating in the blood.

Having done his homework, McDermott, then 58, signed up.

"I had the test immediately after surgery and it was negative. I had no DNA from tumour cells in my blood. To check this, I had the test again, with the same result," he says.

"I went from being very uncertain about whether to choose chemotherapy to having a high level of confidence that it was not necessary in my case."

Routine follow-up

He still receives routine follow-ups with CT scans, colonoscopies and standard blood tests. This takes place within the trial setting and will continue for several years.

Side effects from chemotherapy include pain, fatigue, nausea and other digestive issues, bleeding problems and an increased susceptibility to infection.

"This test has given me peace of mind. It also got me back to work and travel quickly."

There is also an important tax aspect to the test, he says.

"Today, after such surgery, a proportion of people have chemotherapy because of the uncertainty. With it, they have all the inconveniences and side effects.

"These come at significant cost over many months, not only in the cost of treatment, but in time away from work and the effect on those close to them.

"Then add to this the anxiety, concern and general unhappiness of having ongoing treatment – which for many is probably unnecessary. If this test turns out to be successful, there could be huge savings."

McDermott was one of 400 patients who joined the trial of the liquid biopsy, known as the ctDNA test.

It was developed in collaboration between Melbourne's Walter and Eliza Hall Institute (WEHI) and Johns Hopkins Kimmel Cancer Centre in the US.

may play a very significant role," he said.

"We know obese men will have a poorer prognosis from prostate cancer. If they keep the weight on after treatment, we know they will have an increased risk of recurrence.

"Our team is looking at the cross talk between the periprostatic fat (around the gland) and the prostate epithelium (glandular tissue), which is where the cancer occurs."

Thrasher, the urologic oncologist on the team, says exercise plays a critical part too.

"Not only does it help to keep the fat off, we think it helps to change and maintain that immuno-modulation, boosting immunity rather than inhibiting it."

So far, the research has been on men who have had surgery for prostate cancer.

When asked if men who were overweight and on active surveillance (routine monitoring) for their prostate cancer would gain an advantage by losing weight and exercising, Thrasher said it seemed likely.

Both regular exercise and fat loss appear to boost the immune system and decrease suppressor cells.

Health and wellness in the digital age

SMARTPHONES, Fitbits and health and wellness apps have all changed the way we train and even meditate. What's next on the digital horizon for health and wellness? The truth is that many of us are using digital tools to get the most out of our exercise and relaxation regimes.

by Fi Bendall
Switzer Report
Nov 2018

The relationship between technology and health and wellness is not entirely new. Exercise, in particular, is a measurable activity. We can time how far we run in a set amount of time; our heart rate; how many steps we take; what we eat; and much more. Think about how the humble stopwatch would've changed the way runners approached their sport.

According to the TimingSense website, the first race events to be timed were horse races in the UK in the 1750s, while human athletics events first began to be timed in 1850 at Oxford University.

Even if we're not competing with others, many of us like to compete with ourselves. We like to get the most out of our exertions and physical endeavours.

The 'quantified self' movement has arisen over the past decade or so, which seeks to monitor, measure and improve all aspects of our lives, but especially our physical beings.

Journalist Gary Wolf has chronicled the Quantified Self movement and he says it's not only about changing your physical self, but also about changing how you think about yourself, your self-perception.

The Quantified Self movement is barely ten years old. As biometrics collides with artificial intelligence and machine learning, we're going to see even more innovations and advances in how we think about health and wellness.

The Fitbit of today will seem as old-fashioned as a stopwatch. Once we factor in developments in areas like nanotechnology and the health sciences, we will be at a new frontier for how we approach health and wellness.

As Baby Boomers continue to search for the fountain of youth, or at the very least, a more satisfying path to getting older, expect to see more venture capital pour into technology that will help us better measure our activities and improve both our physical and mental health.

Fruit and veg cut chronic disease

THE US National Centre for Health Statistics defined chronic disease (also known as non-communicable disease) as any disease that lasts for three months or longer.

by Dr Linda Carney MD
in USA – Aug 2018

They comprise a cluster of diseases that include diabetes, cancer, stroke, respiratory diseases and cardiovascular disorders. Chronic diseases kill nearly 40 million people every year, with cancer, diabetes, respiratory disorders and cardiovascular diseases accounting for about 80%.

The good news is that you can protect yourself from many of these killer diseases by consuming a diet rich in fruits and vegetables.

A 2013 study showed that daily servings of fruits and vegetables can help improve an individual's chances of avoiding cardiovascular diseases.

UK researchers demonstrated in their 2010 study that type 2 diabetes is less likely to occur among habitual consumers of fruits and vegetables.

More than five servings is associated with a significant decrease in stroke risk. Data from a 2007 report from the American Institute of Cancer Research indicate that fruits and vegetables can be beneficial in the prevention of certain types of cancer, including colorectal, stomach, and liver cancers.

An estimated 6.7 million deaths worldwide were attributed to low intake of fruits and vegetables in 2010. The simple act of filling your plates with fruits and vegetables may make the difference between avoiding a number of chronic diseases or dying from one.

You can help solve the great tendon pain mystery

MASTERS athletes have been asked to help sports physiotherapist tackle the problem of tendon pain and the best way to treat it.

The topic has baffled clinicians for years. Now, researchers led by The University of Notre Dame, are asking for our help.

Sport Physiotherapist Myles Murphy is conducting a study to pinpoint what leads people to recover from Achilles tendon pain.

Recruitment for the study has already begun and will continue into 2019. Myles and researchers from the La Trobe Sport and Exercise Medicine Research Centre in Victoria searching for active athletes over the age of 18 who are afflicted with the painful condition.

Myles said current treatment programmes show varied results. The key factor in recovery is still a mystery.

"The long term aim is to use the study to guide the design of better programmes for targeted treatment in rehabilitation. It could lead to a universal change in the treatment of the condition," he said.

Although chronic and prolonged tendon pain is a common complaint, very little research has been made into the underpinning science.

"There's been some work but pain science and the exploration into the way the brain modulates the pain experience for people with tendon pain is a relatively new concept."

How you can help

To become part of the study, email media@nd.edu.au and mention this article in *Vetrun*.

Athletes who apply will receive a baseline test followed by 12 weeks of monitoring. Your results would be compiled and compared to the rest of the group.

HELPERS

AT THIS time of the year we appeal to all members to rapidly select the Sunday events at which they will help. This applies especially to Sunday in January 2019. So – please rejoin Masters early, preferably in December, so we can allocate helpers to January runs ASAP.

2 December – Garvey Gusto

Race Directors: Gillian Young & Mark Sivyer – 0428 405 668

John Smith, Ralph Henderson, Ivan Brown, Blakeney Tindall, Wayne Taylor, Syd Parke, Hamish Mcleod, Jonathan Storey, Erika Blake, Julie Storey, David Pereira, Kyle Eagar, Lawrence Zhang

9 December – Mosman Park

Race Director: Paul Hughes – 0412 513 348

Sheila Maslen, David Roberts, Paul Martin, Keith Atkinson, Gary Fisher, Charlie Chan, Rodney Hamilton, Rochelle Airey, Paul Scott-Taylor, Ante Perdija, Akos Gyarmathy, Elizabeth McFarland, Cassie Hughes, Randy Hobbs, Keith Hill, Karen Hill, Susan Hamilton, Kathy Skehan, Paul Edwards, Geoffrey Vine

16 December – Canning Caper

Race Director: Keith Atkinson – 0403 865 351

Aldo Giacomin, Helen Lysaght, Gary Fisher, Bob Lane, Dante Giacomin, Paul Odam, Jackson Wong, Randy Hobbs, Carolyn Stephens, Kevin Goodman, Heather Stanborough, Elizabeth Gomez, Anne Young

30 December – Alderbury Reserve

Race Director: Wayne Taylor – 0415 863 871

Frank Smith, Brian Danby, Victor Waters, Lachlan Marr, Anne Jones, Johanna Leahy Marstrand, Noelene Treen, Sandra Keenan, Phillippa Greenwood, Alison Jones, Andrew Duncan, Gemma Hildyard, Elizabeth Gomez, Zane Walsh, Liz Dewhurst

Where they're running

MONDAY

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

Dick Blom, long-time club member and now supporter; pictured at the end of his 2008 full Bibbulmun Track walk.

TUESDAY (am)

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

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 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.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.

What a star! Most Improved road runner Gary Fisher; no wonder he needs shades, he gives off such a glow!

NEW MEMBERS – WELCOME!

1792 MANNING: Stuart M40
1793 KROKOSZ: Michelle W30
1794 WATERS: Julius M40
1795 OLIVIER: Otto M45
1796 SCHLECHTER: Franz M65
1797 WOOD: Pip W55
1798 SAYERS: Shaun M55
1799 GRAIEG: David M30
1800 DODIA: Rohit M35
1801 ABDURACHMAN: Amber W30
1802 TRUTER: Piers M40
1803 VAN DEN HURK Jasper M30
1804 GILBERT: Evelyn W50
1805 STOREY: Gavin M35
1806 TRIGANCE: Cat W35
1807 ELIZABETH: Kel W35
1808 RUIZ VALDES: Marcela W55
1809 SYKES: Alan M65
1810 SUTTON: Aleisha W40