

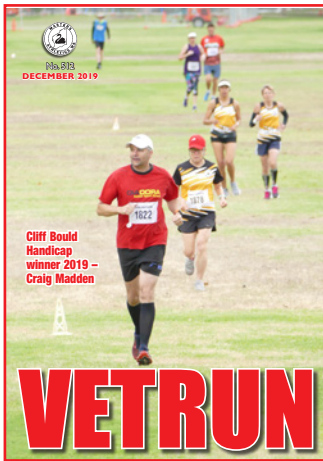


No. 512

DECEMBER 2019

**Cliff Bould
Handicap
winner 2019 –
Craig Madden**

VETRUN



Winner of the 2019 Cliff Bould Handicap by the riverside at McCallum, the venue where some of the club's earliest events were held.

NEXT EDITION: VetrUn No. 513 will be published in February 2020.

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HANDICAP TROPHY 2019

Canning Caper is the decider

WITH the imminent Canning Caper event as the final handicap race of the season, the top five places for the most sought-after trophy of them all are still up for grabs. It is, of course, the Handicap Trophy!

(So writes Tristan Bell; oh yes, he's the handicapper of course!)

We currently have 18 runners still in the field.

Andrew Grosas (No. 1707) leads by a single point and there are still another four runners who can overtake him.

This is rare. Last year the trophy was already won by the time of the Canning Caper. Betting on the outcome will be fascinating. Here are the potential winners.

Elizabeth Gomez (1716)

Milton Mavrick (193)

Rohan Thompson (1781)

John Fisher (1161)

The form

Each of these runners have already completed at least five events, so to improve their score, they need to finish higher up the field than their worst finishing place in

previous handicap races this year.

John Fisher (a past winner) is the bookies' long shot, even though he is currently a massive 22 points behind at the moment.

If he can stay injury-free and better his 43rd place in the Cliff Bould Handicap, a top 20 finish could be enough to pip everyone at the post!

Reminder

A reminder to all members; the Handicap Trophy isn't about coming first in every run. It's a reward for the consistent runners.

Not one of the members in the top 10 of this year's Handicap Trophy have placed in the top three of any race! So give it a go next year and you might find your name on the 2020 trophy.

(Would that be a 20:20 vision? Ed.)

New Committee elected at AGM

THANKS to everyone who attended the AGM, October 13, for your great support! Special thanks to Elaine and all the morning tea helpers. It was delicious!

Minutes and new Committee Contacts are on the website under "Our Club" – "About Us".

Your newly-elected Committee is:

President – Richard Blurton

Vice-President – Andrew Cuthbertson

Secretary – Delia Baldock

Treasurer – Gary Fisher

Committee Members:

Mark Howard

Silke Peglow

Pam Thonell

Janne Wells

Special thanks to retiring committee members Jim Langford and Giovanni

Puglisi for all their fantastic work!

It is also great to see more of our newer members coming on board the Committee.

Congratulations to the winners of the following awards which were presented at the AGM:

Achievement Award – Road: Ngaio Kerr

Achievement Award – Track & Field: Andrew Ward

John Gilmour Trophy: Melissa Foster

President Pins for outstanding volunteers:

Maurice Creagh

Carol Bowman

The contenders

Liz



Milton



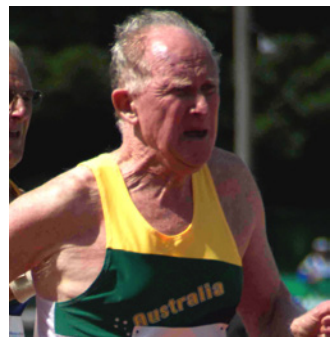
Rohan



John



Our AWA Life Members



Congratulations to Barrie Kernaghan, and Bob and Lynne Schickert, who for their many years dedication as athletes and officials were awarded Life Membership of Athletics WA at their recent AGM.

At the AGM ...



Patron David Carr presented 2019 Achievement Awards Ngaio Kerr, above, and Andrew Ward, below. Ngaio was the club's most improved road athlete, recording a 5 per cent overall improvement on the previous year, and a seven minute reduction in her 10km time.

Andrew took the Track and Field Achievement Trophy with a consistent 4 to 5 per cent improvement across all his throws.



A new award – the President's Pin – was instigated this year. It was created to provide a way of recognising the 'super' volunteers, those members who give outstanding service to the club. Maurice Creagh and Carol Bowman, pictured with David, were acknowledged as the first recipients of the awards.



This year's John Gilmour Trophy – for the Performance of the Year – was awarded to Melissa Foster for her Australian Record in the W40 triple jump at the World Championships in Malaga. Melissa also won the long jump gold medal at Malaga. At the World Indoor Championships in Torun Melissa again took the long jump gold and set Australian indoor records for both the long and triple jumps. Fiona Foster, Melissa's mother, is pictured with David accepting the award on behalf of her daughter who was in Melbourne on the day of our AGM.

Bruce Wilson wins Athletics Australia award

CONGRATULATIONS to Bruce Wilson on his recently awarded Life Membership of Athletics Australia. His nomination reads:

"Bruce began his involvement in athletics in Western Australia in 1980 and has been a devoted servant of the sport ever since both at state and national level. He continues his involvement in myriad ways – not the least as an enthusiastic Masters' athlete.

"The geographic isolation of his state from the rest of the national activity in athletics meant that the sport nationally relied heavily on committed individuals based in WA for several key reasons. Almost from the beginning of his involvement Bruce was prepared to take on such roles.

"Bruce quickly came to understand the requirements for valid recognition of all competitions and what was expected in the staging of national and international competitions. He also made sure this applied to state competitions.

"Bruce was key to the

Sleuth Steve Weller reveals our Perth Marathon runners

THE list of current club members who finished the Perth marathon this year was a little hard to come by.

The 'Perth Running Festival' is refusing to publish a full results list, no reason given –very bizarre! I really hope WAMC takes back control of the event next year, writes Masters' Steve Weller.

With assiduous research he has produced this list, including net times.

"I hope I didn't miss anyone – I apologise in advance for any omissions," he says. "I should reiterate that the results are net times, taken from the official results web page.

"Unfortunately, some of the net times look suspicious. More than ten per cent of finishers have identical net



Steve at Point Walter last year.

and gun times, because their timing chips didn't register when crossing the start line.

"This affects Ante and Zane from the MAWA list. So their 'real' net times could be anywhere up to a minute less. Oh well, we can only report what we have ..."

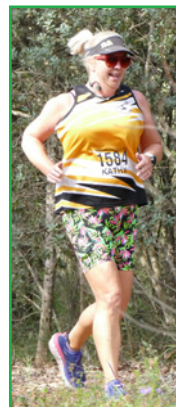
Club contestants

Kim Thomas	M45	2:42:04
Chris Lark	M40	2:42:11
Steve Weller	M40	3:00:07
Jackie Kellerman	W40	3:01:11
Zane Walsh	M35	3:23:59
Stuart Mackinnon	M35	3:24:07
John Ranger	M50	3:25:50
Ante Perdija	M45	3:27:00
Adrian		
Fabiankovits	M30	3:28:40
David Adams	M40	3:52:10
Tommy Glackin	M35	3:55:28
Bob Colligan	M60	3:56:54
Keith Miller	M70	4:10:39
Mercurio Cicchini	M70	4:15:56
Rodney Glossop	M40	4:19:05
Conny Brieden	W50	4:23:52
Alicia Edwards	W45	5:00:53
Rashanthi		
Wanigasekera	W45	5:09:00
Noelene Treen	W60	5:23:32
Kathy Skehan	W55	6:02:36



conduct of the National Grand Prix Circuit throughout the 1990s. Whether or not he was formally a member of the local organising committee for each grand prix meet or national championships, Bruce was always available to make a significant contribution.

More Page 4



Kathy at the recent Kalamunda Rail run



VALE Bjorn Dybdahl

CLUB stalwart and prolific medallist at every level, Bjorn Arne Dybdahl crossed life's finish line on Saturday, October 12, with the same dignity and integrity he brought to racing.

Bjorn was a long-time member of Masters, often completing the short run followed by the long run in handicapped days when time permitted, while partner Deb Wolfenden competed in the walk.

Proudly Norwegian born, Bjorn was competitive on the world stage for Australia across a range of events.

He was an extremely valuable team member in cross country teams on many occasions.

Bjorn's natural speed was combined with sheer hard work, building his endurance to a level where in 2001 he placed third in the open Sri Chinmoy 100km road event – in a time of 9:10.43.

A fine steeplechaser, a finalist at world level over 800m, Bjorn was also one of

the finishers in the Riccione marathon – where the stadium audience was witness to many distressed finishers in the severe heat. There was one certainty, Bjorn would finish, and he did.

Bjorn was a great pacemaker, and always David Carr's number one choice to help him achieve his World Records.

Bjorn was able to converse on a myriad of subjects with depth and knowledge, despite a hearing loss and English being his second language. Passionate, but never loud, intellectual, but never condescending he was a popular man, a fierce competitor and a much loved grandfather, father and partner. He will be sorely missed.

John Dennehy

Bruce Wilson award

Continued from Page 3

"It was not only in event management that Bruce made his mark – also being a highly qualified and committed technical official who was more often than not the go-to man to verify high level performances in Perth. The respect for Bruce was such that if he ticked it off, there was no further question to be asked.

"Despite the considerable personal cost, Bruce has been a regular attendee as a technical official at many competitions interstate for more than 25 years. He served as a field judge for the 2000 Paralympics and as a track umpire for the IAAF Grand Prix Final in Melbourne in 2001.

"Bruce's contribution to athletics has been acknowledged through the AA Gold Service Award (in 2010) recognising 30 years of quality commitment and with life membership of Athletics WA.

"Bruce Wilson's unassuming manner often understates his wide range of expertise and knowledge but is characterised well by his willingness to undertake any officiating role to which he is assigned."



VALE Mary Heppell

MARY joined 'The Vets' in 1992. Her family was heavily involved in the Canning Districts Athletic Club, with son Barry a competitive young runner.

Mary had macular degeneration and was classified as legally blind. However, she was not defined by that label, and as many of our longstanding members would remember, she was fiercely independent, determined and courageous.

Mary worked as a telephonist in Port Pirie before marrying. Husband John was in the army. She made lifelong friends in South Australia and visited often. They had three children and moved to Perth when John retired from the army.

Canning life member

The family joined Canning and Mary was made a life member of the club to recognise her longstanding involvement.

Their elder son, Barry, won an athletic scholarship to an American University. Mary worked on the switchboard at Curtin University for many years but was diagnosed with macular degeneration in 1992, the year she joined Masters and she was forced to stop driving.

Mary competed in the bi-annual Alice Springs Masters Games until 2016 when her failing sight made travel very difficult. She particularly enjoyed running the Masters Mile, the 10km and throwing the javelin. After the games she would usually travel down to Adelaide and catch up with family and friends.

Training for the javelin here in Perth bought some

challenges for Mary. Not so much the throwing technique, but carrying the javelin from home in Como to McGillivray Oval at Mt Claremont.

After she had been unable to drive for many years using public transport was the norm. There was often heated discussion between Transperth personnel and Mary about carrying a javelin on the bus or train! Mary generally won the argument. Fortunately, however, in later years she did her training on the local school oval.

Some Masters members will also remember Mary's love of genealogy, and will have added branches to their family trees as a result of the painstaking research done by her. Her attention to detail, patience and persistence came to the fore. Trips overseas usually involved visits to church records and the like. The Battye Library here in Perth was a regular haunt and a rich source of information.

In the earlier years Mary preferred the longer events on road and cross country. When asked if she walked or ran, the answer was a definite "ran". However, as the years passed and her sight deteriorated she sometimes found it difficult to follow the course. Her enthusiasm never left her though.

For many years she helped me mark out the course for the run which became known as the X-Pagoda run. 5.30am starts – in the dark – lots of fun. I will miss her friendship.

Jackie Halberg

Record rewind!

Sandra Stockman (pictured right, right of frame) updated us on the fallen M50 Australian marathon record (2:30:52) of her dad, Peter Kallio, which Vetrin reported in August. Shaun Creighton was thought to have

surpassed it, with 2:30:22, at Christchurch in June this year. It transpires that course was altered, making Shaun's time invalid; but he clinched the record in October's Melbourne Marathon, with a time of 2:29:23. Melbourne's 42nd iteration drew 37,185 runners, making it the largest ever in Australia.

ich bin ein berliner?*

BOB Lane seems capable of maintaining his outstanding form forever. Like Kevin Johnson, Bob ran well in this year's Berlin Marathon, and by the time you read this he will have run New York too.

Sandra Stockman battled an injurious build-up to Berlin, but said:

"I got my medal and ran all the way, which is all I wanted. I couldn't have expected any more after no training and an injury. My 'good' knee flared up during the run. I could feel it swelling but wasn't game to look down. I didn't enjoy the race – though I had its good moments – but I soldiered on. Even with my lousy time, I qualified for Chicago, so that will hopefully be our next major."

Kevin ran 3:32.

"He was hoping for a PB of 3:20 but said he just 'couldn't get going'. It's a shame as he's been running so well and did all the right training."

* Not a doughnut

I couldn't resist that headline, but despite wilful misunder-

standing of JFK's famous speech, 'Ich bin ein Berliner' is grammatically correct. It's extremely unlikely to have been misunderstood as meaning 'I am a donut'. Across Germany, 'Berliner' primarily means a 'person from, or citizen of, Berlin'.



Bob Lane, left, was first M70 in the Bibra 6km, in 24:33.

Kevin Johnson, below, was half a minute behind Bob and first M60 in the 6km.

Lisa Allen, below left, was first W30 over the 12km circuit, in 57:42.

Barbara Putland, bottom pic, first W55 in the 12km, ran 59:40.



Bibra Lake

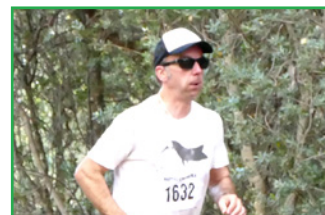
October 27, 2019

Directors: Nick Miletic & Gail Castensen

Age-group winners

12km Run

Times



Roberto Busi M40 45:24

Chris Maher	M65	51:10
Jason Woolley	M45	52:45
Andrew Grosas	M55	57:22
Akos Gyarmathy	M60	57:34
Tommy Glackin	M35	59:07
Brian Bennett	M70	60:07
David Baird	M75	65:36
Jackson Wong	M50	65:50

Women

Vanessa Carson	W40	54:51
Lisa Allen	W30	57:42
Barbara Putland	W55	59:40
Rochelle Airey	W50	64:47
Carolyn Stephens	W60	66:23
Louise Skipworth	W35	1:14:52
Theresa Howe	W65	1:21:07
Rashanthi Wanigasekera	W45	1:27:14

6km Run

Bob Lane	M70	24:33
Kevin Johnson	M60	25:03
Mark Dawson	M55	26:39
Tristan Bell	M50	26:43
Mark Kerr	M45	27:36
Charlie Chan	M65	32:05
Clifton Otte	M40	33:11
Richard Allen	M30	34:05
David Carr	M85	35:50
Andrew Roddy	M35	37:43
Bob Schickert	M75	38:03
John Pellier	M80	43:49

Women

Amanda Walker	W50	26:04
Nicole Cole	W40	28:01
Chris Pattinson	W60	30:14
Lori Sexton	W55	33:20
Gillian Young	W70	35:03
Ngaio Kerr	W45	35:49
Wendy Grace	W65	38:53

6km Walk

Karyn Tolardo	W50	37:13
Marcela Isabel Ruiz Valdes	W55	44:10
Peggy MacIver	W75	47:38
Phyllippa Greenwood-Jones	W35	59:29
Pamela English	W70	1:02:56
Priscilla Wilson	W40	1:03:07
Jo Richardson	W65	1:03:09

Men

Victor Munoz	M65	37:30
Johan Hagedoorn	M75	42:36
Mike Anderson	M70	44:31
Joseph Patroni	M60	48:31
Bob Fergie	M80	56:20
Neil McRae	M65	1:00:34



ANYONE contemplating knee replacement should seek as much informed medical information and opinion as possible. Anecdotal evidence and comments from other patients might be interesting and informative. However, as with financial investments, past performance is no guarantee of future returns!

To make it clear, I am qualified only to retell my own experience, so here is a summary of the build-up to, and the process of, my own knee replacement.

MY last long run was in Broome in August 2017. It began as an easy training run to, and on Cable Beach, but I missed a turn on the way back and became completely lost. After an hour or so running in the heat I was rescued and driven back to the resort by a lovely lady to whom I shall remain ever thankful.

It's unlikely that was the final straw that broke my left knee, but it didn't help.

Since then I have tried arthroscopic meniscectomy to tidy up the meniscus. This helped, briefly.

A further tear was then detected and the surgeon indicated that a repeat operation was pointless. Like so many other members, I was very short of cartilage in that joint.

Next I tried an injection of Synvisc, which has produced some favourable results for other members, but which for me was a waste of time and money.

Replacement surgery

Just over a year ago I decided that a new knee was the only option. Missing cartilage was unlikely to regrow, though I acknowledge this is feasible in some patients.

Our own John Bell believes firmly that diet can affect the preservation and even regeneration of cartilage and I personally have great respect for his view. It may be that younger athletes can benefit by paying close attention to what they eat.

However, John reports the success of one well-known Perth senior runner who turned his knee problem



The left knee is a goner – but have the shorts survived their lay-off?

around by following John's dietary advice.

My own knee problem was increasingly painful and finally I was unable to walk any meaningful distance. I accepted that it would only worsen and opted for surgery.

In preparation, I boosted our private health insurance to meet the likely cost of surgery and hospitalisation.

Equally important was remaining fit. Most active club members would, like me, be better equipped for an operation and recovery than the average person who takes less exercise. I used the HBF Stadium gym and pool and I believe that water running, in particular, helped maintain musculature.

Recovery

My operation at Hollywood hospital, by the same surgeon who performed the meniscectomy, took place on September 19.

Received knowledge is that patients will not be released until they can achieve a ninety-degree bend in the

In My View ...



by the Editor

new joint. To allow the leg to move and therefore exercise the joint after the operation, a regional anaesthetic is applied by continuous pump to the knee.

Whatever the reason, I was able to do this immediately, reaching a 110 degree bend the day after the procedure. According to the resident anaesthetist this was unusually good, better than another 40 or so knee patients in hospital at that time!

Walking

Ability to walk reasonably well is another requirement before you're allowed home. I rented arm-crutches and practised with them in advance. Physiotherapists in the hospital help with further walking practise, including dealing with stairs.

My operation took place late on a Thursday. I spent three nights in hospital and was able to walk without aid and went home on Sunday morning.

Pain management

An array of drugs is used to manage pain after release from hospital. I gradually stopped using these, tapering off from about week three. As I write it is approximately six weeks since the procedure. I can walk without limping and mount stairs normally. The knee joint hurts occasionally, particularly if it is held in a single position for extended periods (such as sitting at the desk and writing this piece!).

Prospects

Research will show you that most actions – walking, cycling, swimming and so on – are possible on an artificial knee. Modern ones are much improved and likely to last 25 years, as are hip replacements. My one is made of an amalgam of cobalt and

**If you can
... walk!
Small steps yield
big benefits**

**by Robert Britt
in Medium,
November 2019**

SOME people get a little fanatical about their exercise. Take I-Min Lee. She walks routinely instead of driving and she runs regularly. Lee wears a step counter and is "a little obsessed" with keeping track.

"This makes me understand how the little things we do during the day can add up to quite a large total number of steps," the 59-year-old says. Lee admits she has more motivation than the average person. "After all," she says, "would you listen to a researcher who does not practice what she studies?"

Lee is an epidemiologist at Brigham and Women's Hospital in Massachusetts who focuses on how physical activity can promote health and prevent chronic disease. Her latest study is actually about steps. Specifically: How many, or how few, an older person needs to take on a daily basis to reap significant health perks.

chrome, with polypropylene connecting the two lumps of polished metal to make the joint flexible!

Running?

Opinions vary. From the outset the surgeon thought it unlikely. Yet a Hollywood physiotherapist assured me that they have got runners going again.

My own ambitions are modest.

First – walk without pain; secondly, walk alongside the club members on Sunday mornings, perhaps by Christmas?

If that works out for a few months I will then try walking and jogging on soft going or sand.

I wonder if my floral shorts have rotted away in the drawer? Must check; otherwise you know what I want for Christmas! VW

Along with several other studies out this year, the results reveal the incredible power of simply doing what humans have done since we stopped swinging from trees. And Lee's results seem to debunk a myth so common it's programmed into our lives.

For decades, experts have advised us to take 10,000 steps a day for better health. The number is even coded into fitness trackers as a goal. It's not entirely clear where it came from, though it seems to have originated in the 1960s with Japanese pedometers called manpo-kei, which translates to "10,000 steps meter," Lee and others say.

Lee wondered if 10,000 was some magic number.

Figuring things like this out is not easy. Most studies on the long-term value of physical activity, if they occur outside a controlled, laboratory setting, rely on self-reporting, which is often inaccurate. Lee and her colleagues solved that by examining data on 16,741 women, ages 62 to 101, who wore accelerometers to measure their movement for a seven-day period during a multi-year study on other aspects of their health.

Read the full story

Articles appearing in our Healthline pages are generally drawn from mainstream and medical media. They are often lengthy and Vetrin uses truncated versions. In each case we acknowledge the original source. Readers requiring further details of these stories are encouraged to go to the original source to read them in full. VW

During four years of follow-up, 504 of the women in the study died. More than half of that group – 275 – had walked only 2,700 steps a day during their test periods. Those who walked more but still a modest amount – 4,400 steps a day – were at 41 per cent lower risk of death. The risk of dying prematurely continued to drop up to 7,500 steps a day, then levelled off.

And here's a kicker: Among people who took the same number of steps during the day, how slow or fast they walked did not matter.

"If you are inactive, just adding a very modest number of steps a day – say, an additional 2,000 steps extra – can be very beneficial for your health ..."

For more – go to source.

Playing the long game

Endurance training trumps yoga, weights and high-interval workouts

by Peta Bee
The Australian, October 4, 2019

HAVE you been working out in the wrong way? Pumping iron and performing exhausting short, sharp gym sessions may help with fat loss and gaining strength. But focusing too heavily on these workouts at the expense of lengthier endurance exercise – such as walking and running – could mean missing out on the disease prevention and anti-ageing benefits.

Similarly, if you have neglected longer, slower exercise in favour of too-gentle yoga or pilates, ultra-brief high-intensity interval workouts lasting only a few minutes or weight training, then your stamina probably has slumped.

Stamina describes our levels of endurance or our aerobic fitness – it is our ability to keep going without flagging. When the heart and lungs are primed to work efficiently through endurance activity, stamina levels are good.

Poor stamina means we get less done – at the gym, at work and at home – and according to a new study, it has a marked effect on our long-term health.

Prostate deaths can be reduced

Press release by doctors for nutrition for attention of health, medical, lifestyle editors
September 2, 2019

Source www.doctorsfornutrition.org/post/prostate-deaths-can-be-reduced

THE high numbers of Australian men dying from prostate cancer could be significantly reduced with a plant-based diet, according to a leading group of doctors.

About 3,500 Australian men die of prostate cancer each year.

It is the most common cancer among men.

The incidence of prostate cancer in Australia is one of the highest in the world. Nearly one-in-two men have a risk of getting some form of cancer in their lifetime. More men die of prostate cancer than women die of breast cancer.

Plant-based diet

There's strong evidence to suggest diet plays a key role in the prevention of prostate cancer. Doctors For Nutrition recommend a whole food plant-based diet to have the best chance of avoiding prostate cancer.

For more – go to source.

Metabolomics

On a molecular level there is an emerging field of research called metabolomics in which scientists attempt to determine if an accumulation of certain metabolites – diverse molecules involved in any chemical reaction – is implicated in a range of diseases and conditions. For example, studies have shown high levels of some metabolites in the bloodstream are associated with raised cholesterol levels and the risk of heart disease, and that one's metabolome can be influenced by diet and exercise.

For more – go to source.

Living well in the final 10 years

by Stephen Lunn
The Australian, October 12 2019

YES, we are going to live longer than our parents, but our last decade will not necessarily be any easier than theirs.

It's tempting to cruise along, eyeing a life horizon into our 80s and beyond. There's plenty of time yet for that overseas holiday of a lifetime, or to cut down on our days at work and return to that long-neglected sport or hobby. We can waste that gym membership for a bit longer. We've got years, most of us, given the average Australian male lives to 80, and women 84, numbers that only keep rising.

We're happy to buy in to the idea that 60 is the new 50, 70 the new 60 and so on.

A survey of older people by the Council on the Ageing last year showed 80 per cent of people over 50 felt younger than their actual age, with more than half of over-50s saying they felt more than 10

years younger than they were. And the older we get the greater the gap between our real age and the age we feel. "On average, the over-80s feel 13 years younger than they are, while 50 to 59-year-olds feel nine years younger on average," the survey finds.

While this is positive, it is looking backwards. It tells us that we feel younger than we are. But what about going forward? Can we be so sanguine? Does that life expectancy in the 80s mean that we continue feeling as we do right now, until we suddenly drop off the twig holing out on the 18th, or looking at the sunset from the roof of our motor home at Cable Beach?

For more – go to source.

A TOTAL of 142 participants started and finished the Kalamunda Railway event on Sunday, October 20. Two members fell but it did not stop them from finishing like runaway trains. I'll spare their blushes but did note that the club vest of one was no longer showing our colours, because he apparently tripped and landed on his chest, arms and legs.

At the end of the finishing chute he was directed to our first aid kit. Another older member also fell but quickly and unaided picked himself up to continue without injury.

As race director I did warn members to be careful and watch for cap rock and anything else that could bring them down.

Overall we could see that most members and visitors were doing their very best to perform well on the trail. Conditions were ideal and it was good to hear the favourable comments of members.

Helpers

Thank you to all our helpers and other members who assisted us. Unfortunately, while 14 people were listed as helpers we finished up with only seven. Fortunately we were able to recruit help from two other members who were not on the original list and Bridget helped out at the water station.

Bert and Bridget

If you're listed ...

ALL members are required to volunteer their help at two runs a year. That means turning up – and letting the directors know well in advance if you can't be there.

It's not good enough to simply fail to show. You will be letting down the club and all your fellow runners and walkers. Without sufficient helpers the club cannot put on safe, efficient events.

Editor



Kalamunda Railway

October 20, 2019

Directors: Bert & Bridget Carse



Playing at trains?

Coupled-up on the old Kalamunda rail route this trio held their formation to the end of the line. The engine is Craig Lines, who was first 8km M45; W50 Deborah Gardner is in first-class, as overall 8km winning woman; and Peter March is in the guard's van.

Age-group winners

8km Run Times
Roberto Busi M40 29:52



Trent Harris M30 31:19
Chris Maher M65 35:06
Alex Tinniswood M35 35:34
Mark Dawson M55 37:30
John Pentecost M60 37:47
Craig Lines M45 38:36
Geoff Vine M70 40:42
David Baird M75 42:19
David Boyd M50 42:50

Women

Deborah Gardner W50 38:38
Elizabeth Gomez W40 40:00
Melinda Evans W35 40:09
Karen March W55 40:19
Chris Pattinson W60 42:38
Liz Bryson W70 44:53
Janne Wells W50 54:11
Isolde Tietz W65 54:35
Nicole Anderson W45 60:21

4km Run

Margaret Saunders W65 19:36



Sue Glyde W50 27:31

Grace Hollin W60 29:02
Kathy Skehan W55 31:07
Lisa Allen W30 31:24
Toni Frank W70 36:47

Men

Graeme Dahl M70 20:00
David Adams M40 20:33
Frank Gardiner M65 20:51
Tristan Bell M50 22:21
Christopher Stones M45 25:25
Andrew Roddy M35 26:40
Jim Barnes M75 31:01
Merv Jones M80 32:11

8km Walk

Johan Hagedoorn M75 59:55
Justine Stewart W30 63:07
Elaine Dance W65 67:51
Sam Farman W55 67:52
Irwin
Barrett-Lennard M90 68:05

4km Walk

Peggy MacIver W75 33:18
Delia Baldock W55 34:11
Liz Dewhurst W30 36:24
Arnold Jenkins M75 38:50
Bob Fergie M80 39:43
Roselyne Pillay W70 42:54
Priscilla Wilson W40 44:52



'Wot'd he say – about any more visitors?'

'Dunno, I've gone deaf.'

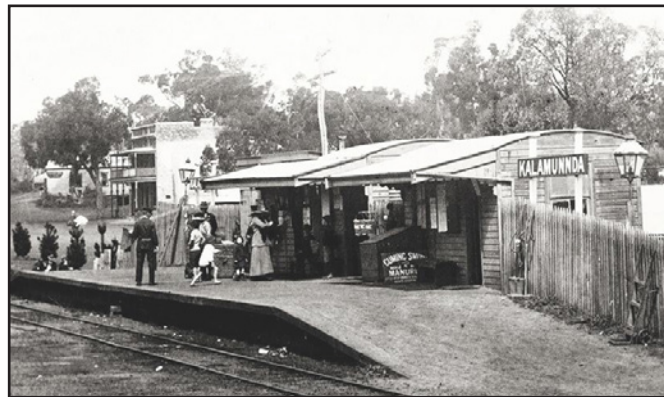
Kalamunda Kid caught in the act!

Now we know where all the missing cones go. This cone-napping nipper decided to rearrange the finish chute before making his get-away. Better luck next year, Kid; Lisa Allen strapped him in for the 4km run.



Ross Keane (top pic) wasn't struggling; he just had the sun in his eyes!

But on a day that turned warm, after the start, Mercurio Cicchini and the following runner might have wished they'd shaved that morning?



Those were the days ... the original Kalamunda rail station stood near the start of our annual event.



Brian Bennett, above, chasing visitors. Below, from left, Andrew Grosas, Clifton Otte and Peter Tietz.



Deborah allowed me to use this picture on condition it was small, but I still say it proves she photographs well from any angle. Making a rare walk, she left her surge just a little too late to catch the visitor ahead.

At Kalamunda the finish is visible from far out, through a tunnel of greenery, and the view encourages a final dash to the line. There were many vigorous duels in the last stretch and I thank all those whose desperate faces provided such interesting pictures!



THIS year, after several good years led so well by Geoff and Dorothy Whittam, the Claypit events were under the direction of a new team, Geoff Vine and Tristan Bell.

We tried a new approach this year, marking the course out late on Saturday. We were lucky and on the day all the flags and even the flour 'barriers' remained in place for the race.

Something about the locals being an honest lot, plus none of them keen on baking!

Sunday brought low temperature, a bit of cloud and no rain to assist the runners go for PBs. A good level of visitors swelled the ranks.

The Circuit is a nice, safe course being within the

Claypit Circuit

October 13, 2019

Directors: Geoff Vine & Tristan Bell

reserve, and this year the lake had a good level of water to allow the bird watching runners and especially the 'slower' walkers to look for rarities!

Actually, as I watched the race I saw a few rarities crossing the finish line.

We were also lucky not to have magpies attacking us after I had to console a young park visitor who was swooped 20 minutes before our start.

Unlike last year, we had just a solitary runner return to the start line, after only two laps, despite this being a three-lap 10km. So next year



Geoff

they will have a good chance to improve ... ?!

Many thanks to all helpers and the usual crew who each week repeat their roles so admirably.

Age-group best

10km Run Times

Alex Tinniswood	M35	42:26
Bob Lane	M70	45:26
Grahak		
Cunningham	M40	46:30
Mark Dawson	M55	47:04
Akos Gyarmathy	M60	47:18
Alan Thorniley	M65	53:20
David Baird	M75	53:35
Simon Cole	M50	55:32

Women

Elizabeth Gomez	W40	48:19
Karen March	W55	48:42
Kathryn Hampson	W30	50:13
Chris Pattinson	W60	51:29
Pamela Thonell	W45	51:37
Rochelle Airey	W50	54:54
Ceri Morton	W35	55:01

6.8km Run

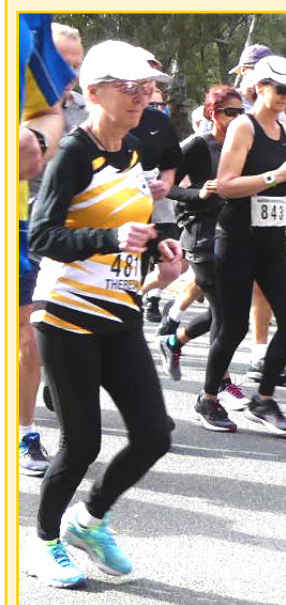
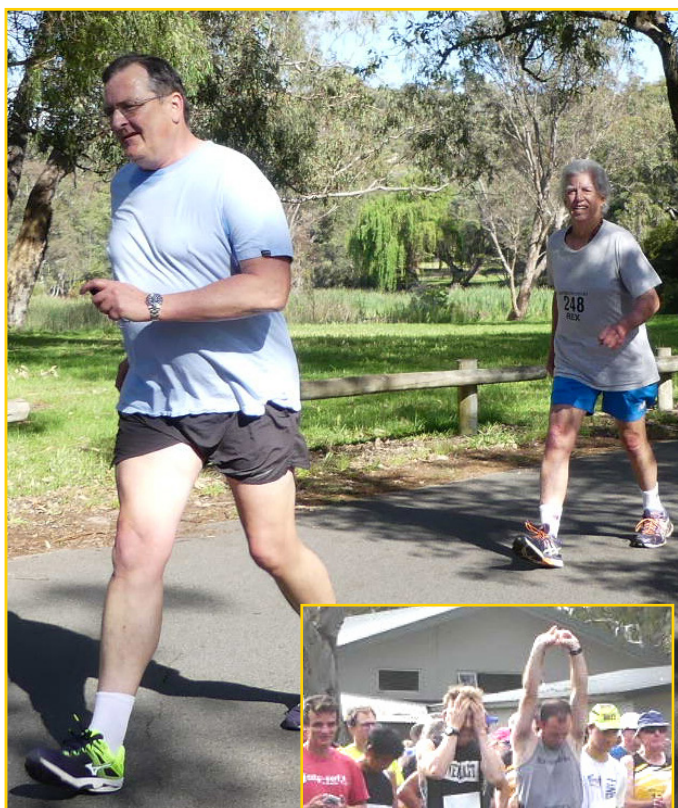
Chris Maher	M65	28:47
Kim Thomas	M45	29:53
Gavin Bain	M50	34:07
Keith Atkinson	M60	38:57
Sean Keane	M55	44:55
Rohan Thompson	M40	46:48
John Pellier	M75	50:04

Women

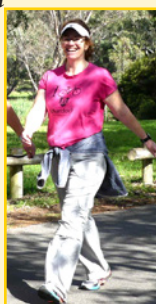
Tracy Gallagher	W45	37:05
Sue Glyde	W50	45:09
Theresa Howe	W65	45:12
Rashanthi		
Wanigasekera	W45	45:18
Jackie Halberg	W70	46:02
Phillippa		
Greenwood-Jones	W35	56:26

Simon Cole combined baby-sitting with his 10km run and still finished as first M50 – in 55:32!





Andrew Cuthbertson and Rex Bruce (top) battled to the end of the 3.7km walk, and Alex Tinniswood's underarm display appalled nearby runners. Theresa Howe (left) was queen of the 6.8km W65s; and Ngaio Kerr's great day continued with a Most Improved AGM award!



Mullaloo Magic

September 29, 2019

Directors: Mike Anderson
& Johan Hagedoorn

SOME 75 MAWA members together with an equal contingent of visitors completed the 15th running of our 'Magic' Race along the spectacular Mullaloo-Burns Beach coastal path, outward and return from Tom Simpson Park, at Mullaloo. We were fortunate in having excellent weather this year, sunny and bright with a light breeze.

Fencing on either side of the path approaching the Ocean Reef Marina at around 2.5km has meant that we have had to make the first turn with water station a couple of hundred metres further on, where there is a clearing, thereby making the short run an accurate 5.5km.

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 register the visitors, and to bring the clock and other equipment and thereby to lighten the load (literally!) of the race directors. This unstinting helpfulness is what makes our club so good to be part of.

We warmly thank all competitors, runners and race walkers for competing in our event and we look forward to seeing you and our volunteer helpers again at next year's 16th Magic meeting.

Mike & Johan

Age-group best 13km Run



Jerry Peters M40 56:53

Alex Tinniswood	M35	58:46
Paul Edwards	M45	59:45
Martin O'Connell	M50	1:01:34
Bob Lane	M70	1:02:45
Rod Hamilton	M55	1:04:13
Bob Colligan	M60	1:06:23
Alan Thorniley	M65	1:11:44
David Baird	M75	1:14:44

Women

Karen March	W55	1:07:20
Louise Skipworth	W35	1:17:55
Conny Brieden	W50	1:22:07
Noelene Treen	W60	1:28:19

8km Run

Clare Wardle	W45	39:27
Sandra Keenan	W50	47:02
Liz Dewhurst	W30	55:02
Rhonda Newburn	W60	57:49
Betty Kooy	W70	1:08:57

Men

Geoff Vine	M70	42:36
Bruce McGeorge	M65	50:22
Bob Schickert	M75	57:23

5.5km Run

Ralph Henderson	M70	25:24
David Adams	M40	26:07
Campbell Till	M60	27:56
Ross Keane	M55	28:19
Nick Miletic	M65	35:44
Merv Jones	M80	42:41

Women

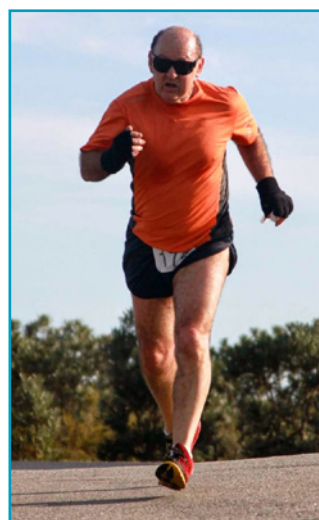
Margaret Saunders	W65	26:44
Shareenah		
Virahsawmy	W40	28:07
Sue Hamilton	W60	29:37
Carmel Meyer	W55	33:51
Stephanie Manuel	W45	38:47

8km Walk

Karyn Tolardo	W50	53:16
Justine Stewart	W30	1:06:05
Karen Alford	W50	1:07:03
Mike Hale	M70	1:11:16

5.5km Walk

Peggy Macliver	W75	43:02
Peter Hopper	M70	46:51
Alicia Edwards	W45	47:17
Bob Fergie	M80	52:59
Jeff Whittam	M85	53:00
Gail Castensen	W65	55:22
Priscilla Wilson	W40	58:27
Brian Dalton	M65	1:18:17



3.7km Run

Mark Kerr	M45	15:26
David Adams	M40	16:45
Graeme Dahl	M70	17:11
Alan Gray	M55	18:29
Paul Hughes	M65	18:32
David Carr	M85	21:02
Jim Langford	M75	21:27
Andrew Roddy	M35	22:58
Merv Jones	M80	26:53
Andrew Cuthbertson	M60	31:19

Women

Margaret Saunders	W65	17:19
Delia Baldock	W55	22:09
Stephanie Manuel	W45	23:26
Phillippa Bennett	W60	27:17
Gemma Hildyard	W40	28:19
Toni Frank	W70	30:30

6.8km Walk

Christian D'argent	M60	41:35
Johan Hagedoorn	M75	48:37

Irwin

Barrett-Lennard	M90	57:49
Mike Hale	M70	59:20

Women

Jo Shelley	W40	1:09:00
Wendy Farrow	W50	(1:09:41
*3 Laps)		

3.7km Walk

Mike Anderson	M70	26:29
Andrew Cuthbertson	M60	31:19
Rex Bruce	M75	31:23
Bob Fergie	M80	34:59
Jeff Whittam	M85	35:00
Brian Dalton	M65	51:24

Women

Peggy Macliver	W75	29:07
Val Millard	W70	30:25
Glenys Duncan	W75	34:24
Sofia Carson	W55	35:24
Ngaio Kerr	W45	36:49
Priscilla Wilson	W40	37:32



Above: Non-handicap runners and walkers set off ahead of the Cliff Bould Trophy contestants. Surprised to see Kim Thomas with them? Well, as his handicap was a whopping 30:19, he had plenty of time to run 5km before starting the 10.4km.

Cliff Bould Trophy (Handicap)

November 3 2019
Director: Chris Maher

10.4km Handicap Run

Craig
Madden M50 1:06:45 5.14 61.31
Vanessa
Carson W40 1:08:38 22.35 46.03

Age-group winners

5.2km Run

Lachlan Marr M55 21:51
Mark Kerr M45 23:53
David Adams M40 25:31
Graeme Dahl M70 25:44
Paul Hughes M65 26:24
Jim Langford M75 27:06
Randy Hobbs M55 27:42
David Carr M85 33:23

Women

Margaret Saunders W65 25:44
Ange Trees W35 27:04
Sally-Anne Smith W40 27:31
Liz Bryson W70 28:14
Delia Baldock W55 33:38
Stephanie Manuel W45 35:22
Grace Hollin W60 37:48
Karen Alford W50 38:38

5.2km Walk

Victor Munoz M65 34:18
Johan Hagedoorn M75 37:50
Mike Anderson M70 39:02
Joseph Patroni M60 42:17
Jeff Whittam M85 51:08

Women

Marcela Isabel Ruiz Valdes W55 37:50
Peggy Macliver W75 42:36
Sylvia Szabo W60 52:29
Roselyne Pillay W70 55:53
Priscilla Wilson W40 55:59
Gail Castensen W65 56:14



From the top, clockwise: W40 Vanessa Carson. Although there is only one handicap trophy winner, Vetrin shows first male and female home in our short list. Full handicap results are always on the website. Lachlan Marr was in awesome form after his return from the tropical north, winning the 5km in 21:51. Below him – dead heat (or should that be ‘dead beat’?). Marg Saunders and Graeme Dahl really pushed each other and the timekeepers couldn’t split them on 25:44 over 5km. Above, Marcella giving it everything to win the women’s 5km walk.



Yo-Ho-Ho!



The new Mattagarup footbridge had its maiden Masters outing in September and Frank Smith was there to take our picture – thanks, Frank!

*Christmas is a-coming – you can't duck that.
Stuff the diet and accept it – you'll get fat.
Go the whole roast pig – and wear a silly hat.
Dress daft – win a prize – look like a pr*t!*

So much for poetry.

The club's Gift Run on December 22 brings out the best and worst of times in us.

So, to maintain the Dickensian theme, Vetrun summoned these spirits from Christmas Gift Past to scare and inspire you all to start creative sewing, patching or even hiring.

Presents will be swapped

under Ye Olde Gift Tree. Fetch one, collect one – \$10 limit applies (so, don't fetch any of that fabulous solid-gold jewellery he/or she gave you last year and you have never worn because he/she never takes you anywhere posh enough).

Finally – there will be a sumptuous club breakfast, courtesy of Elaine Dance and her ever-helpful elves.



Presentations
At the Garvey Gusto President Richard Blurton caught up on some presentations. Craig Madden, left, received the Cliff Bould Handicap Trophy.

Kim Thomas collected his award for best age-graded performance in the recent Perth Marathon. Also, Maurice Creagh received the President's Pin for outstanding volunteerism – but eluded the camera!



Age-group leaders 10km Run



Jason Woolley	M45	43:57
Zane Walsh	M35	46:01
Mark Dawson	M55	47:51
Peter March	M60	48:25
Brian Bennett	M70	52:03
Ian Carson	M65	54:52
Rohan Thompson	M40	59:12
Bob Schickert	M75	69:56

Safety Bay

November 10, 2019
Director: Trevor Scott

Women

Karen March	W55	49:46
Chris Pattinson	W60	53:22
Rochelle Airey	W50	54:57
Wendy Grace	W65	65:13

5km Run

Mark Kerr	M45	21:13
Clive Choate	M65	26:22
Bob Fawcett	M70	42:07

Women

Sarah Ballard	W35	22:42
Sally-Anne Smith	W40	24:01
Janne Wells	W50	25:31
Gillian Young	W70	26:12
Theresa Howe	W65	31:04
Sheryl Woolley	W45	32:44

5km Walk

Haydn Gawne	M70	32:47
Lynne Choate	W65	37:53
Irwin		
Barrett-Lennard	M90	38:08
Johan Hagedoorn	M75	39:35
Bob Fergie	M80	43:16
Lesley Dowling	W60	44:51
Margaret Bennett	W75	49:26
Sofia Carson	W55	49:27



Garvey Gusto

November 17, 2019

Directors: Gillian Young
& Mark Sivyer

Age-group leaders

10km Run

		Times
Chris Maher	M65	43:45
Kim Thomas	M45	44:19
Chris Lark	M40	44:21
Kevin Johnson	M60	46:50
Zane Walsh	M35	48:32
Peter Sanders	M70	49:13
Andrew Grosas	M55	49:57
Rodney Glossop	M40	52:01
David Baird	M75	56:14

Women

Clare Wardle	W45	49:27
Clare Rice	W40	49:46
Karen March	W55	50:55
Rochelle Airey	W50	56:51
Susan Sanders	W65	59:39
Justine Stewart	W30	1:16:19

5km Run

Rod Hamilton	M55	20:59
Alex Tinniswood	M35	21:20
John Pentecost	M60	23:36
Mark Kerr	M45	23:50
Geoff Vine	M70	24:56
Jim Langford	M75	26:14
David Boyd	M50	26:42
Don Pattinson	M65	27:46
David Carr	M85	31:15
John Pellier	M80	37:05

Women

Melinda Evans	W35	23:32
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Sally-Anne Smith	W40	25:48
Chris Pattinson	W60	26:20
Nicole Anderson	W45	28:27
Janne Wells	W50	29:05
Delia Baldock	W55	32:01
Glenys Kerr	W65	34:07
Jackie Halberg	W70	35:57

10km Walk

Mike Hale	M70	1:28:25
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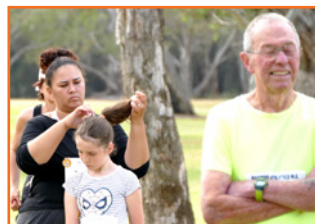
5km Walk

Victor Munoz	M65	34:21
John McDonagh	M70	35:50
Johan Hagedoorn	M75	36:44
Richard Blurton	M65	42:33
Andrew Cuthbertson	M60	45:23
Jeff Whittam	M85	49:41
Bob Fergie	M80	49:43

Women

Sue Hamilton	W60	35:50
Marcela Isabel		
Ruiz Valdes	W55	36:43
Peggy MacIver	W75	39:59
Liz Dewhurst	W35	45:29
Erika Blake	W65	46:28
Sofia Carson	W55	53:02
Roselyne Pillay	W70	53:10
Joan Pellier	W80	54:44

While you waited ... patiently



Merv was next for hair plaiting.



Bob and the boys were incredulous.



Frank was in no rush.



John is always jovial.



Some were peepers, above, and others, left, saved their energy.



*Chris Maher:
'I'll go this way, right?'*

RECORD ROLL-UP



WE'RE first-time directors for this event, having previously been associated with the Australia Day event. We swapped that with Akos Gyarmathy as the date of the Lake Gwelup event coincided with Akos' golfing holidays. We were delighted to take over, having moved a handy one kilometre up the road from Lake Gwelup just last year.

The gorgeous spring weather enticed a total of 186 competitors to the northern suburbs – exactly double the number who turned up last year – including 68 enthusiastic visitors compared with 23 last year. We're hoping to hit the magic 200 next year.

The course was basically the same as last year, with a slight alteration to the start due to the reticulation work being carried out, requiring

Lake Gwelup

November 24, 2019

Directors: Sandra Stockman and Kevin Johnson

competitors to run/walk on the footpath at the southern end of the park instead of the grass. Although generally flat, it's not a super-fast course due to a variety of surfaces, starting with the grass, concrete paths, bike paths, limestone trails, sandy sections and a rickety wooden bridge thrown in for good measure. With a bit of alteration, we could almost make it a cross country course.

The temperature soon climbed after 7.30am, so the drink station on the course did a roaring trade, resulting in an SOS from Allan partway through the morning requesting more water. No one lost their way, thanks to the sterling efforts of our

excellent marshals and – hopefully – a well-flagged course.

Mike Hale kindly gave everyone a head start, turning up just before 8am.

Some of the many dogs around the lake also gave us a laugh, with one deciding the flour we used on the paths, indicating the no-go zones, was quite tasty; and a couple more cocking their legs to relieve themselves on the cones in the finishing chute.

Sorry, Maurice; I think you picked those up later?

A big thank you to our wonderful volunteers, who all turned up promptly and eager to help, with everybody pitching in and picking up all the flags, signs and cones on their way back.

We're looking forward to hosting an even better event next year, golf calendar permitting!

Sandra and Kevin

Take 186 competitors, squeeze them into a large field – and you'd never believe this event rivalled our Kings Park Friendship run for total turnout!



Kevin and Sandra



In line with the record turnout, the two Vics placed almost 180 of your pictures on the website – but we missed this little flier (left) who left mum behind with a spectacular sprint into the chute.



Can't Complain!

How complaining rewires your brain for negativity

by Travis Bradberry
November 17, 2019
in Apple News

RESEARCH shows that most people complain once a minute during a typical conversation. Complaining is tempting because it feels good, but like many other things that are enjoyable – such as smoking or eating a pound of bacon for breakfast – complaining isn't good for you.

Your brain loves efficiency and doesn't like to work any harder than it has to. When you repeat behaviour, such as complaining, your neurons branch out to each other to ease the flow of information.

This makes it much easier to repeat that behaviour in the future – so easy, in fact, that you might not even realise you're doing it.

You can't blame your brain. Who'd want to build a temporary bridge every time you need to cross a river? It makes a lot more sense to construct a permanent bridge.

So, your neurons grow closer together, and the connections between them become more permanent. Scientists like to describe this process as, "Neurons that fire together, wire together."

Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you. Complaining becomes your default behaviour, which changes how people perceive you.

While it's not an exaggeration to say that complaining leads to brain damage, it doesn't stop there.

When you complain, your body releases the stress hormone cortisol, which shifts you into fight-or-flight mode, directing oxygen, blood, and energy away from everything but the systems that are essential to immediate survival.

For more – go to source.

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 Sundays in January 2020. So – please rejoin Masters early, preferably in December, so we can allocate helpers to January runs ASAP.

December 1 – Canning Caper



Race Director: Keith Atkinson (0403 865 351)

Aldo Giacomini, Helen Lysaght, Gary Fisher, Dirk Klicker, Dante Giacomini, Paul Odum, Sue Bourn, Mandy Mason, Jackson Wong, Carolyn Stephens, Vanessa Carson, Sandra Keenan, Andrew Duncan, Gemma Hildyard, Sarah Wickham, Simon French-Bluhm

December 8 – Mosman Park



Race Director: Paul Hughes (0412 513 348)

Sheila Maslen, David Roberts, Paul Martin, Keith Atkinson, Helen Lysaght, Gary Fisher, John Brambley, Charlie Chan, Rod Hamilton, Akos Gyarmathy, Rob Collins, John Ranger, Susan Hamilton, Kathy Skehan, Peter Brooke

Where they're running

EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the extra events listed here. All are organised by members, volunteers and supporters.

Do you have a regular training group? Like some extra company? Email the details – location, time, day of the week, distance and type of run/walk – to [vetrun](mailto:vetrun@gmail.com) and we'll add it to this feature. Send to vfdwaters@gmail.com

MONDAY

Point Walter 8km; 6pm. Richard Simmons, tel. 0408 986 631 has taken over organisation of this run from Dick Blom.

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; 8-9.45am; 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 fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.

New Members – welcome!

1900 DUNCAN: Glenys W75
1901 GLOSSOP: Rodney M40
1902 GLOSSOP: Crystal W40
1903 ANDERSON: Kevin M45
1904 ANDERSON: Nicole W45
1905 LENNIE: Mike M60
1906 BATES: Paul M30
1907 OTTE: Clifton M40
1908 WALL: Andrew M45
1909 NEILL: Les M55
1910 COLE: Nicole W40
1911 COLE: Simon M50
1912 FARCICH: Suzanne W60
1913 HAMPSON: Kathryn W30
1914 KERR: Glenys W65
1915 BOWKER: Brett M60
1916 GALLAGHER: Vince M50
1917 ALLEN: Richard M30
1918 ALLEN: Lisa W30
1919 LE ROUX: Sulette W40
1920 SZOSTAK: Renae W40
1921 GEUER: Neil M65
1922 MERCORELLA: Grant M45
1923 TREES: Ange W35
1924 BERRY: Oliver M30

December 15 – Woodman Point



Race Directors: Karen & Peter March (0401 064 826 or 0428 573 862)

Mitch Loly, Wayne Taylor, Dirk Klicker, Bob Lane, Rod Hamilton, Rochelle Airey, Roscoe McDonnell, Ante Perdija, Tina Franklin, Carolyn Stephens, Zora Harvie, Eulalia Van Blomestein, Michelle Skellern, Caroline Clark, Peter Clark, Sharlene May

December 29 – Alderbury Park



Race Director: Wayne Taylor (0415 863 871)

Jeffrey Whittam, Dorothy Whittam, Brian Danby, Maurice Creagh, Lachlan Marr, Anne Jones, John Fisher, David Adams, Bob Colligan, Noelene Treen, Noelene Treen, Philippa Greenwood-Jones, Alison Greenwood-Jones, Andrew Duncan, Gemma Hildyard, Joanna Lloyd