

VETR UN



No. 511
OCTOBER 2019

**High-
flyer**

**JORGENSEN
X-C, 2019**





When I say jump ... and he did! Tommy Glackin rejoined Masters on Saturday night and the next morning at Jorgensen leapt onto our cover.

NEXT EDITION: Vetrum No. 512 will be published in December 2019.

In this edition ...

Secretary's Report – 600 up!	P2
President's Report	
Treasurer's Report	P3
Finances	P4
In My View –	
City to Surf	P5
Jorgensen – Club CC Champs	P6-7
Nedlands Handicap	P8-9
Kings Park CC	P10-11
Darlington Dash	P11
City Rail	P12
Matagarup	P13
Healthline	P14-15
Long-lived Aussies; Saying 'No' to prostate action; Exercise and sleep; Cardiac arrest	
Helpers – New members – Where they're Running	P16

CLUB CONTACTS

Editor:
Victor Waters
vfdwaters@gmail.com

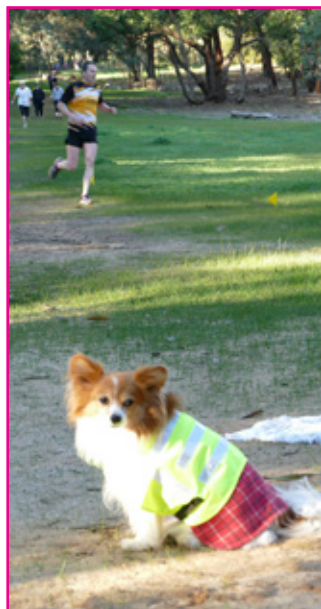
Website:
www.mastersathleticswa.org

Secretary:
mawasecretary@gmail.com

President:
Richard Blurton
r.blurton@iinet.net.au
ph: 9293 0190

Clothing:
Colin Smith
colin.smith@netspace.net.au

Patron:
David Carr



Best-behaved marshal ever; Mercurio Cicchini's little dog even brought his own high-vis coat to Jorgensen and helped the boss guide runners towards the water-jump.

PRESIDENT'S REPORT FINANCIALS Pages 3-4

You Write ...

Seasonal shivers

Hi Vic,
BEEN missing you at the gym but then my aim is not very good.



Rob Shand

I am indulging in a 'new' exercise for winter training. It's called "SHIVERING". This is a total body exercise

We reach 600+ and are growing

MAWA AGM 2019
Secretary's Report by
Delia Baldock

WE HAVE more than 600 members and continue to get new interest which is great for the club's future. Thanks to Mark Kerr for managing our Facebook profile which has increased our visitor attendance to record levels.

Apart from thanking the Committee for all their work I would like to acknowledge some of the key contributors to our club – Vic Waters for producing the Vetrum which is always packed to the brim with delightful highlights, with thanks to all our great photographers.

Graeme Dahl for his brilliant Track & Field Newsletter; Barbara Blurton our ever diligent Registrar and Statistician; Tristan Bell for keeping up with our handicaps; the Sunday results team – Mark Hewitt, Mark Kerr, John Ranger, Margaret Saunders and Alex Tinniswood, who do such an amazing job.

Also Ross Keane and Maurice Creagh who look after our special equipment so dependably; Steve Weller for meticulously updating our T & F database and Colin Smith for managing our uniforms.

Thanks to Elaine Dance for organising our weekends away and wonderful morning teas, ably assisted by Margaret Bennett. Carol Bowman and Campbell Till continue to tirelessly manage our Track and Field nights with special thanks to our jumps and throws officials. We are also lucky to have our dedicated



Track and Field coaches whose sessions continue to be of great benefit to our members. Then there are all the stalwart Sunday Race Directors who are the backbone of our club and do such a fantastic job so we can run and walk each week. Please show your appreciation to these people as you encounter them throughout the year.

Congratulations to everyone who has hit a milestone this year whether it be a new age group, PB, helping for the first time or coming back from injury.

We hope you will all have a rewarding year looking forward to 2020 with the AMA Half Marathon in Perth, the Nationals in Brisbane and the World Championships in Toronto.

Delia Baldock

and the colder it is the more you move, gaining maximum benefit from the environment. No equipment required, no gym needed, and it is better done outdoors, in the fresh air.

Shivering can be tiring and means you need, at the end of each day, to place yourself in front of a roaring wood or gas fire with a re-hydration elixir of your choice to hand.

Keep moving – or become a stiff.

Rob Shand

There's a peculiar piece of equipment at the gym, lurking near the rowing machines where civilised people rarely venture. I was assured by a friend, who owns one of these things (that look like the old weighing machines that used to stand on the platforms of the underground in London) that this machine is very good at the end of a workout. Basically, it's a giant vibrator. If you want to risk becoming aroused all over in public, it would be worth a try. Shivers your timbers? VW



President's report

Two views of the President – after his overseas tumble, and below, on his feet at Sharks.

Treasurer Gary recently (right, top) and below, on true form at McCallum Park a little while ago.

THIS has been the year when our long term goal of being able to hold our Championships at ECAC with our own resources was finally achieved.

During the track and field season we had regularly used our new photo-finish equipment, and thanks to the help of Vicki Oliver we integrated the photo-finish equipment with Meet Manager for our 2019 Championships, and it all worked flawlessly. We again utilised our electronic lap scoring, making such a difference to the distance races.

The only equipment we had to borrow was for high jump, but this year we are working on getting our own equipment for that in time for the 2019-20 track season.

Attendance at our weekly track and field meetings was similar to previous years, with the number of contestants at our signature Patron's Trophy competition a little higher than the previous year. With no WMA Championships in 2019, we did not continue the WAAS meetings into winter.

It was a busy year for Championships. The World Championships in Malaga attracted 9,000 entrants, while the indoor Worlds in Torun were superbly organised. The AMA Nationals in Melbourne broke all records, with an entry level only just short of 1,000.

In Malaga we had 33 MAWA athletes, who bought home 12 Gold, 6 Silver and 4 Bronze medals. Our World Record quartet of David/Lyn/Byrony/Gillian accounted for 10 of the Golds and it was great to see Morland Smith at the top of the podium. Our athletes broke 33 State Records. At the General Assembly Lynne



Schickert was appointed WMA Executive Vice President.

Eight MAWA athletes made the long trip to Torun, with Melissa Foster taking Gold in the Long Jump, and Sharon Davis winning minor medals.

Finally, to the Nationals in Melbourne, where a large MAWA contingent won 71 Gold, 50 Silver and 39 Bronze.

Lynne Schickert was inducted into the Hall of Fame, and our athletes pulled well above their weight in the AMA Awards, with Gillian Young, Lyn Ventris, David Carr and Barbara Blurton all being recognised for their achievements. Hard to pick out highlights, but was great to see Clare Wardle in such sparkling form to take out the 10,000m, while Barbara's tussles with Carol Davis over 200m and 400m were memorable.

The popularity of our Sunday runs has continued to increase, particularly on the visitor front where we exceeded 50 on a number of

THE 2019 result would be best described as sound and whilst I report a deficit of \$10,540 for the year it is supported by continued solid revenue and controlled and necessary expenditure.

Cash on hand sits at \$83,023 down from \$93,563 in 2018 but this remains still an extremely healthy state for a club of our size and membership.

Revenue

Continues to be strong with membership as at 30 June being 585. This is slightly down on the 2018 figure which benefited from the Nationals being held in Perth.

Visitor fees is the most noteworthy of the revenue items and was at record levels of \$6,504 compared with 2018 of \$4,187, an increase of more than 50%. Facebook and Park runs are primarily responsible for the surge in Sunday visitor numbers.

Clothing receipts were well down on last year but the 2018 numbers were inflated due to the Nationals.

Expenses

As the club follows standard accounting practices of cash basis accounting the timing of an expense can influence the overall annual result and this is the case in question with clothing.

Current year expense was \$6,625 compared to 2018 of \$2,621 with \$4,301 of the current year expense being clothing restock which occurred in June 2019.

Major current year expenses were \$4,672 for

occasions. Giovanni has continued to introduce some challenging new runs, notably returning to Bold Park after many years.

We say farewell to one committee member this year. Giovanni will be moving to the UK for an extended stay. He has done an outstanding job of developing relationships with local councils where we hold runs and in strengthening our pool of Race Directors. There is just one change to our club officers – Ernie Leseberg taking over from Hamish McLeod as webmaster

Richard Blurton

Treasurer's report



Electronic Timing equipment and \$3,000 for two Electronic Measuring devices.

Events

Any club events are expected to return a breakeven result or better and this is the case with our weekends away. We also conducted State Championships and they returned a small surplus.

Summary of Receipts & Payments

The summary is included in this *Vetrun* edition and will also be placed on the website. The accounts have been audited.

Conclusion

Any other variances between 2018 and 2019 figures are due to the change of Treasurers – from Keith Hill to myself – with both having different opinions as to where certain income or expense should be allocated and I apologise in advance if this causes any concerns for members.

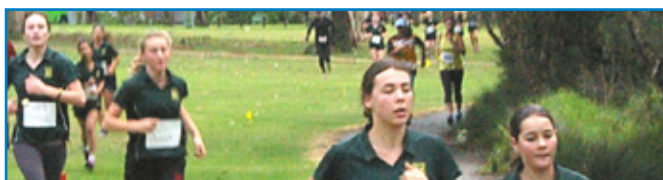
Gary Fisher

MASTERS ATHLETICS WA INC.

Summary of Receipts and Payments

For the Year ended 30 June 2019 (Audited)

Receipts	2019 \$	2018 \$
Membership income		
Membership fees - 2017	-	1,248
Membership fees - 2018	1,098	24,220
Membership fees - 2019	22,759	-
Visitors fees	6,504	4,187
Total fees	30,361	29,655
Surplus on membership	9,771	6,674



Events	2019	2018
Dwellingup Weekend	1,120	1,756
Lewana Weekend		
Myalup Weekend	1,740	2,875
State Champs - 2018		
State Champs 2019	10,798	-
Facilities Hire		
Track & Field	3,593	12,464
10K Handicap		102
Total receipts Events	17,251	17,197
Surplus/(Deficit) on Events	1,610	4,396

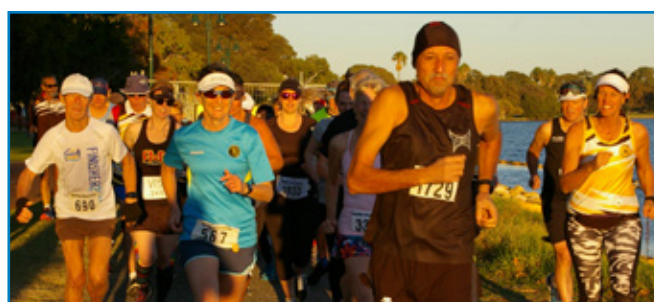
Other	2019	2018
Clothing Receipts	3,562	6,740
Sundries	275	1,461
Interest	1,340	1,156
Donation		
Numbers	200	40
Bond Refunds	860	1,360
Coaching Grant	1,000	1,000
Transfer From National a/c		16,649
Total receipts other	7,237	28,406
Surplus/(Deficit) on Other	(21,921)	6,561
Total Operating Receipts	54,849	75,258
Operating Surplus/(Deficit)	-10,540	17,631
Total Receipts	54,849	75,258
Overall Surplus/(Deficit)	(10,540)	17,631

Cash on Hand	2019 \$	2018 \$
Bankwest Cheque Account	18,963	32,756
ANZ Deposit Account	2,303	389
Term Deposit 035-6998506-7	23,985	23,391
Term Deposit 05558066-9	37,772	37,027
Total Cash on Hand	\$83,023	\$93,563

Payments	2019 \$	2018 \$
Running costs		
State/National Affiliation fees	6,009	6,389
Drinking cups	1,053	387
Bank fees	260	402
Travel	1,441	729
Venue Costs	2,548	1,525
Vetrun Postage	341	590
Vetrun Production	7,551	7,691
Postage/Stationery	210	494
Website costs	204	20
Medals/Trophies	973	4,754
Total running costs	20,590	22,981

Events	2019	2018
Dwellingup Weekend	1,120	2,040
Lewana Weekend 2016		
Myalup Weekend	1,715	2,860
Myalup Weekend Deposit.		200
State Champs - 2018		41
State Champs - 2019	7,731	-
Track & Field	5,075	7,660
10K Handicap		-
Total payments Events	15,641	12,801

Other	2019	2018
Bib numbers	113	65
Clothing purchases	6,625	2,621
Sundries	3,068	1,124
Equipment purchases	12,582	11,396
Sunday Run expenses	3,281	2,580
Coaching (T&F)	2,000	2,000
Expense re 2018 Nationals	1,489	2,059
Total payments other	29,158	21,845
Total Operating Payments	65,389	57,627
Total Payments	65,389	57,627





Kevin Johnson won the 60-69 group in 51:41



Yoshi Muroi was first familiar face to pass me but the results claim he had another number and didn't start!



John McDonagh walked the 12km in 83:52

Everyone's running!

But has the boom brought standards down?

WATCHING thousands of competitors stream through Perry Lakes in this year's City to Surf events made me consider how many of them are NOT members of our club (or any other, probably).

I concentrated on the 12km and struggled to isolate familiar faces in the throng. I didn't spot a single Masters singlet and managed to photograph only three of our members!

No complaints though. It's tremendously satisfying to see so many people out there doing it, staying fit and (mostly) enjoying themselves.

Slower

But later, I wondered if this groundswell of 'keep-fit running' (and walking) is clue to the diminishing standards noted by senior club members?

When the Vets club was formed in 1974 I believe that most members came from a running background. Many would have enjoyed athletics in schooldays and continued in senior clubs. Their performance standards were high.

Of course there are always exceptions to the rule. Some superb runners, like Frank Smith, were late starters who started running as seniors.

But many who have joined, like me, since the late '80s or

'90s, were encouraged into the club scene because of the general running boom and a healthy interest in getting fit.

This is only my opinion – and I would omit from such a generalisation members who have joined specifically for T&F.

"The wider the base, the higher the pyramid."

If I'm thinking straight, perhaps that analogy first given me by Basil Worner reinforces the theory. We have a lot of members but our total hasn't increased as greatly as the public awareness of running.

So the base hasn't changed markedly but it seems the make-up of the membership has. Many of our past, top runners testify to the value of training with like-minded, competitive clubmates. Few current members have that drive or opportunity.

Today, very few members run sub-4 minutes for 10km; hardly any can do a sub-3 hour marathon.

Does it matter? Probably not.

If, by example, our club has contributed to the overall growth of interest in running,

In My View ...



by the Editor

health and fitness I contend that's a far greater and more important achievement than small, incremental speed increases by an elite few.

Many years ago the Vets club was an essential supporter of the City to Surf. The organisers borrowed our clocks because they had no equipment of their own! Our members swelled the field and it's fair to say that without the Vets and Marathon Club the City to Surf would have been a thin affair.

As it expanded in recent years there were organisational gaffes which I have mentioned in *Vetrun* before. Lack of trained marshals and, famously, lead cyclists getting lost spring to mind! But today's City to Surf is a popular carnival, good for charity, the community and runners and walkers of all standards.

I might give up trying to take pictures of our members in the masses but as long I'm able I will be out there cheering them all on!

VW

40th CtoS by Paul



Paul Martin completed his 40th City to Surf despite a recent fall and cracked ribs. Has anyone done more?

How many are you up against?

THANKS to Barbara Blurton we have a breakdown of club members by age-group. Here you can see how many people you're competing against to make the Age-Group Winners lists in *Vetrun*.

Age	Age	Age	Age
If you can't beat them, lie about your age and move to a smaller section!	30s	15	65s 74
Here are all the current club members listed by age group. The second column shows how many men and women are in the category.	35s	22	70s 58
Total membership, at August 26, 2019, is 598.	40s	53	75s 42
	45s	63	80s 20
	50s	90	85s 11
	55s	86	90s 4
	60s	60	



Chris Lark M40 34:36



Clare Wardle W40 41:40



Peter Tietz M65 53:12



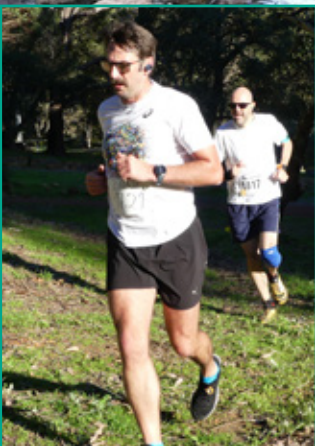
Peter Clark M50 43:45



Andrew Grosas M55 42:43



Trevor Scott, M60 X-C Champion. His 8km time of 36:10 was bettered only by two M40s, Chris Lark and Jameson Hick.



Zane Walsh M35 40:37



Mark Kerr M45 41:03



Karen March W55 46:51

Club CC Championship Jorgensen Park, Kalamunda

August 11, 2019
Director: Jim Langford

Age-group winners

8km Cross Country

Chris Lark	M40	34:36
Trevor Scott	M60	36:10
Zane Walsh	M35	40:37
Mark Kerr	M45	41:03
Andrew Grosas	M55	42:43
Peter Clark	M50	43:45
Peter Tietz	M65	53:12

Women

Clare Wardle	W40	41:40
Karen March	W55	46:51
Pamela Thonell	W45	47:47
Robin King	W60	49:56
Conny Brieden	W50	53:26
Janne Wells	W50	55:29
Liz Dewhurst	W30	58:23
Richelle Breen	W35	63:27
Theresa Howe	W65	68:04

5.4km Cross Country

Colin Smith	M55	29:58
Brian Bennett	M70	31:28
Bert Carse	M75	32:01
Jeff Whittam	M85	59:28

Women

Gillian Young	W70	37:18
Isolde Tietz	W65	42:32
Sue Glyde	W50	43:20
Evelyn Gilbert	W55	57:01
Sylvia Szabo	W60	62:04
Charlotte Webb	W40	63:44

2.7km Cross Country

Neil McRae	M65	24:03
------------	-----	-------

Women

Stephanie Manuel	W45	23:43
Toni Frank	W70	27:44
Gemma Hildyard	W40	34:04



Robin King W60 49:56



Theresa Howe W65 68:04



Conny Brieden W50 53:26



Liz Dewhurst W30 58:23



Janne Wells W50 55:29



Pamela Thonell W45 47:47



It's a hard slog at Jorgensen but young visitor and overall 8km race leader V8 Bernadette Williams took it all with a grin!



Nedlands



Whiteman Park

August 4, 2019

Director: Ross Langford

Age-group winners

10km Run

Jameson Hick	M40	39:05
Gary Ife	M50	46:36
Akos Gyarmathy	M60	47:04
Craig Lines	M45	47:45
Keith Miller	M70	48:25
Andrew Grosas	M55	49:19
David Baird	M75	53:01
Don Pattinson	M65	53:28

Women

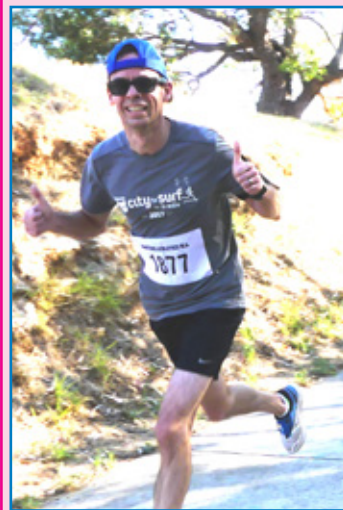
Chris Pattinson	W60	51:25
Ceri Morton	W35	54:21
Sandra Rourke	W50	59:06
Rebekah Blake	W40	1:07:06
Kathy Skehan	W55	1:14:45

5km Run

Anthony Mugavin	M35	19:40
Lee Halliday	M45	22:31
Ralph Henderson	M70	23:29
Randy Hobbs	M55	25:09
Jim Barnes	M75	40:41

Women

Margaret Saunders	W65	24:34
Shareenah Virahsawmy	W40	25:20
Gillian Young	W70	30:01
Delia Baldock	W55	30:12



10km Walk

Christian D'argent	M60	64:48
--------------------	-----	-------

5km Walk

Mike Anderson	M70	37:24
Arnold Jenkins	M75	44:38
Bob Fergie	M80	47:07
Andrew Roddy	M35	47:08

Women

Erika Blake	W60	41:22
Sofia Carson	W55	46:24
Roselyne Pillay	W70	50:47
Margaret Bennett	W75	50:59
Jo Richardson	W65	52:10
Priscilla Wilson	W40	52:11



Clockwise from top left: Jameson Hick was overall winner of the 10km X-C. Gary Ife, first M50, is next. W40 Shareenah Virasawmy won her age-group in the 5km run. Don Pattinson, first 10km M65, is shown in his Comrades run two years ago. Don's wife Christine, W60, first woman in the 10km, is pictured at Nedlands.



Nedlands (Handicap)

August 18, 2019
Director: Frank Gardiner

10km Run (Handicap)

Paul
Callery M45 1:01:30 9.30 52.00
Robin
King W60 1:02:49 9.42 53.07

Age-Group winners 5km Run

Joanna Lloyd W45 21:40
Margaret
Saunders W65 24:46
Lisa Limonas W50 26:48
Delia Baldock W55 31:03
Jackie Halberg W70 35:20
Marg Forden W75 43:52
Rebekah Blake W40 45:19

Men

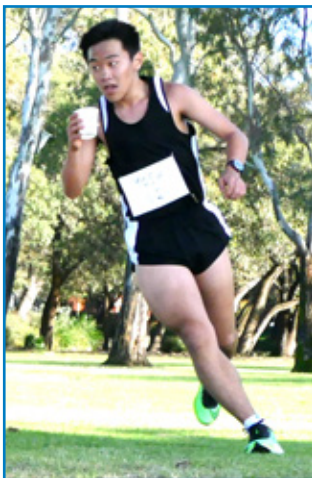
Chris Maher M65 21:54
Kevin Johnson M60 21:55
Jim Klinge M70 25:20
Randy Hobbs M55 26:12
Mark Kerr M45 28:21
David Carr M85 30.00
Hamish
McGlashan M80 34.50

5km Walk

Christian
D'argent M60 31:40
John McDonagh M70 35:38
Rex Bruce M75 46:03
Neil McRae M65 55:20
John Smith M80 57:42

Women

Peggy Macliver W75 42:49
Lesley Dowling W60 45:07
Pamela English W70 46:43
Dorothy Whittam W80 47:15
Sofia Carson W55 50:58
Jo Richardson W65 51:50
Priscilla Wilson W40 56:20



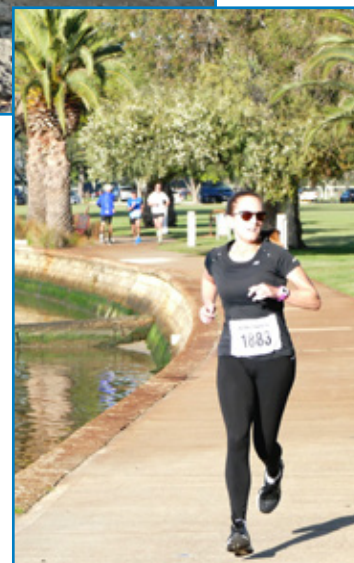
Not a drop was spilled! I can't do that with two hands, let alone cornering. Just 16, Yoshi Muroi (best recent 400m time, 55 seconds) has marathon ambitions. His dad, Michi, is the ultimate example.



Winning walkers: Peggy finishing, and Christian (below) starting.



GIVEN all the problems emerging in the world around us today, I stood on the Nedlands foreshore on a beautiful crisp sunny winter's morning and congratulated myself for choosing to live in Perth. The conditions were absolutely perfect. I think all the competitors enjoyed themselves and the 10km handicap run produced quite a close finish. The sole complaint was that "the hill was too steep"; clearly tongue-in-cheek. I liked seeing young Yoshi blitzing the 5km run, then waiting a few minutes to start the 10km as one of the handicap backmarkers; and the esteemed editor of this magazine virtually wading into the Swan River to obtain perfect photographs of finishing sprints. Determination and dedication personified. Pity the poor souls who stayed in bed.
Frank



Joanna Lloyd W45, 5km winner; and below, M45 Paul Callery, handicap winner.



Our young water-table volunteer looks amazed as Stephen Grannells, Bob Schickert and handicap winner Robin King make the turn! That's Robin too, coming out of the early-morning glare on facing page 7.



They're wired up – Sha Watson, Tess Smith and Michael Pascoe (above). Right: Chris Maher and Kevin Johnson finishing their 5km, a second apart.



95 visitors swell Kings X-C



ANOTHER beautiful Sunday morning, with conditions perfect for our run and walk.

This year we had a record number of competitors, with the 95 visitors almost outnumbering the 98 members. Many of the young visitors were very fast, resulting in them occupying the first six places in both the 5 and 10km runs. The winning time of 18:05 for the 5km run was outstanding, given the change I made to the course this year meant there was twice the distance down the sand-track than before. I hope everyone enjoyed the 'simpler' course. A true cross country now!

My job was made much easier by having sufficient willing helpers and as a result we coped well with the large numbers of competitors. Hope to see you all back next year.

Ralph

Kings Park CC
September 8, 2019
Director: *Ralph Henderson*

Huge turnout might have been hard to handle; but runners are so civilised that everyone used the narrow path courteously. Above, the start of the caravan, and below, they just kept on coming!



OK, who asked for more sand? Ralph and his tea arose early to shovel more onto our favourite track.

Colourful Colin Smith: is he colour-blind or just a fashion victim? And this is the man in charge of the club uniform store! Black and white Vetrun readers – check the website version for this pic!

Age-group winners

10km Run



Alex Tinniswood M35 48:21

John Ranger	M50	49:54
Andrew Grosas	M55	51:55
Brian Bennett	M70	57:04
Wayne Taylor	M60	59:17
David Baird	M75	60:44
Paul Callery	M45	60:44
Jason Kell	M40	64:04
Milton Mavrick	M65	72:20

Women

Elizabeth Gomez	W40	51:28
Janne Wells	W50	67:05
Noelene Treen	W60	73:03
Ruth Metcalf	W55	79:33

5km Run

Lachlan Marr	M55	23:43
Giovanni Puglisi	M65	25:53
Kevin Johnson	M60	26:03
Grahak		
Cunningham	M40	26:19
Mark Kerr	M45	26:25
Bert Carse	M75	27:28
David Boyd	M50	29:39
Adrian		
Fabiankovits	M30	30:15
Bruce Wilson	M70	31:34
Hamish McGlashan	M80	41:19

Women

Shareenah		
Virahsawmy	W40	29:45
Sandra Keenan	W50	31:43
Ngaio Kerr	W45	32:53
Delia Baldock	W55	34:39
Theresa Howe	W65	37:28
Jackie Halberg	W70	44:06
Marg Forden	W75	50:37

10km Walk

Lui Cecotti	M70	49:46
Johan Hagedoorn	M75	52:00
Allan Billington	M55	72:02

Women



Justine Stewart W30 56:40

Elaine Dance	W65	57:14
Bridget Carse	W75	59:24
Pamela English	W70	71:35
Charlotte Webb	W40	72:01
Sylvia Szabo	W35	75:28
Sylvia Szabo	W60	75:28

5km Walk

Mike Anderson	M70	28:18
Joseph Patroni	M60	33:15
Rex Bruce	M75	34:42

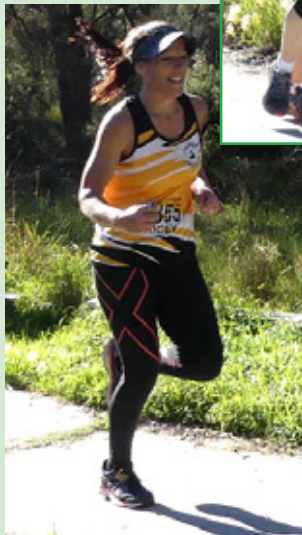
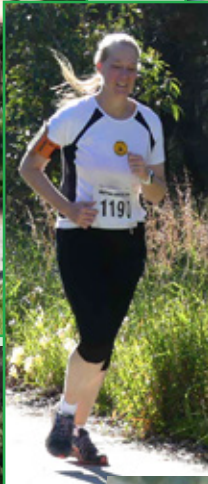
Women

Roselyne Pillay	W70	42:13
Lorna Lauchlan	W85	43:46

By request ...



Suggestions for Vetrun are always welcomed and this month a member – who wishes to remain anonymous – asks for fewer pictures of sweaty blokes and many more pictures of the glowing women who swell our ranks. Happy to oblige, Neil (oops!) with these shots from the Kings Park by the two Vics.

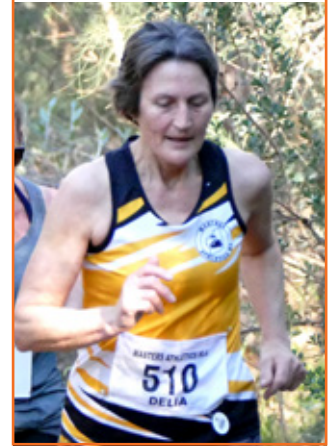


DESPITE changing the start location, we had a good turnout and nine teams competing for the Dick Horsley Trophy for couples. Congratulations to Kim and Monique Thomas as first time winners of this event. We certainly have some great running couples in our club and well done to all. Everyone seemed to enjoy the new course even though it is now downhill with an uphill finish. Because we have cut out two busy road crossings at the Darlington end we have a shortened course which makes it a little easier.

Despite previous rain and puddles we had a lovely sunny start to the run with drizzle settling in only after everyone had finished. There are two big gazebos to shelter under for our morning tea and a coffee shop just along

Darlington Dash

September 1, 2019
Director: Delia Baldock



the road. As well as Father's Day we celebrated a few notable birthdays with cake! It has become too hard to book the Darlington oval so we are keeping the Glen Forrest start for next year. Thanks to all my wonderful helpers and those that stepped in to assist on the day!
Delia Baldock

Age-group winners

11km Run	Times
Kim Thomas M45	43:00
Kevin Johnson M60	49:49
Rod Hamilton M55	52:15
Zane Walsh M35	52:49
Peter Clark M50	56:34
Brian Bennett M70	59:25
Ian Carson M65	63:13

Women

Elizabeth Gomez W40	53:13
Karen March W55	58:22
Chris Pattinson W60	62:33
Silke Peglow W50	71:26
Richelle Breen W35	75:01
Rashanthi Wanigasekera W45	79:57

5.5m Run

Trent Harris M30	21:31
Alex Tinniswood M35	25:23
Peter March M55	27:04

Jason Kell M40	30:50
Martin Watkins M70	31:53
Alastair Wallace M60	37:11

Women

Sandra Stockman W50	28:35
Ngaio Kerr W45	32:51
Monique Thomas W40	33:30
Isolde Tietz W65	37:35
Liz Dewhurst W30	38:33
Jackie Halberg W70	52:00

11km Walk

Lui Cecotti M70	84:47
-----------------	-------

5.5km Walk

Elaine Dance W65	47:25
Sue Hamilton W60	48:32
Gina Bell W55	55:29
Priscilla Wilson W40	61:11

Men

Mike Hale M70	53:28
Akos Gyarmathy M60	54:21
Tristan Bell M50	55:30



Dick Horsley Trophy

Jason and Liz

1. 1:16.30	Monique Thomas	33:30	Kim Thomas	43:00
2. 1:18.24	Sandra Stockman	28:35	Kevin Johnson	49:49
3. 1:24.03	Jason Kell	30:50	Elizabeth Gomez	53:13
4. 1:25.12	Ngaio Kerr	32:51	Mark Kerr	52:21
5. 1:25.26	Peter March	27:04	Karen March	58:22
6. 1:31.22	Liz Dewhurst	38:33	Zane Walsh	52:49
7. 1:41.01	Sue Glyde	38:37	Mark Glyde	1:02.24
8. 1:44.41	Isolde Tietz	37:35	Peter Tietz	1:07.06
9. 1:59.19	Sofia Carson	56:06	Ian Carson	1:03.13



HANDICAP TROPHY

26 in the running!

by *Tristan Bell*

WITH only two handicap races left this year, the handicap trophy specialists are coming out in force. All members are eligible to win the handicap trophy, the only criteria is that you have to compete in at least five of the eight handicap runs.

We started with more than 600 eligible members at the start of the year, and with only two runs left, to still be in with a chance of winning the trophy you need to have already run three handicap events this calendar year.

The crowded start has now whittled down to just 26 members, of whom six have already completed five races. They are: Brian Bennett, Elizabeth Gomez, Andrew Grosas, Jason Kell, and Milton Mavrick.

Twenty more members need one or two more races to meet the criteria.

Reminder: It is not how fast you run, it is about how many runners you pass! And ... you do not have to win the race to win the trophy. Currently the top five runners in the trophy standings haven't featured in the top four of any of the races. Personally, now the football season has finished, I will be making my late surge on the trophy! However, I do need to win both the remaining handicap races and probably do a little more training ... then again there's always next year.

A PERFECT day for running and walking. This was a handicap run of 10.7km, a handicap walk of 7.3km or a run of 7.3km. The course took competitors along the river, alongside and then under Graham Farmer Freeway; along the Perth-Armadale railway line and over the footbridge of McIver Station to the 7.3km turnaround point.

On the way back, the long course runners were directed along East Parade/Whatley Crescent alongside the Perth-Midland Railway line to the 10.7km turnaround point. Copious amounts of chalk was used to mark out directions on the ground as well as marks indicating each kilometre. Many thanks to David Fardig for marking out the course on the afternoon before the race. As one of the more complicated

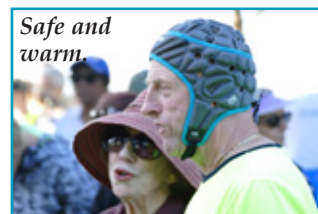
courses it also required more marshals than usual. Many thanks to marshals Wayne Pantall, Rhonda Newburn, Chris and Don Pattinson, Chris Maher, Malcolm Vernon, Geoff Davidson and Maurice Creagh for a job very well done. Many thanks also to Peter March and Jo Richardson for setting up and manning the water station; and to Joe Aquilina, Carol Bowman and Tim Inglis at the finish line. *Erika*



Welcome back!



Talking of backs ...



Safe and warm.

10.7km Handicap Run

Alex Tinniswood M35 45.46

Elizabeth Gomez W40 47.24

7.3km Handicap Walk

Christian D'argent M60 44.29

Karyn Tolardo W50 45.12

Delia Baldock W55 44.40

Sue Glyde W50 47.32

Liz Dewhurst W30 50.01

Jackie Halberg W70 54.25

City Rail

September 15, 2019

Director: *Erika Blake*

Age-Group winners

7.3km Run

Kevin Johnson M60 29.44

Bob Lane M70 31.11

Grahak

Cunningham M40 32.56

Bert Carse M75 35.32

Ross Keane M55 35.37

Charlie Chan M65 40.30

David Carr M85 43.37

Women

Margaret

Saunders W65 36.12

Shareenah

Virahsawmy W40 40.18

Anne Young W45 41.36

Good handicapping, Tristan!





RUNNERS and walkers in our 18th Matagarup Run had their first opportunity to compete on the new 12km and 6km course, designed to incorporate our magnificent new Matagarup Bridge. What a delightful crossing point from the narrow path of wonky old paving slabs and congestion of the Causeway Bridges. We had a good spirited contingent of 85 visitors, with a noted interest in MAWA membership.

Had it not been for the thousands of participants in The Bloody Long Walk (35km for a cure for mito) surging through our ranks and start time, the tranquillity of Derbal Yerrigan would have been our oyster.

And to think that our *Vetrun* (Mr Spigot) sacrificed all of this joy for knife and kneecap!

Our masterly marshals directing traffic out on the course certainly rose to the unexpected challenge. After that effort they could now simply walk into the role of directing traffic on any US aircraft carrier in wartime. I believe all our flyers returned safely, thanks to you going beyond the call of duty. It was also "One Crowded Hour" for photographers Frank Smith on the bridge, and Vic Beaumont at the start/finish.

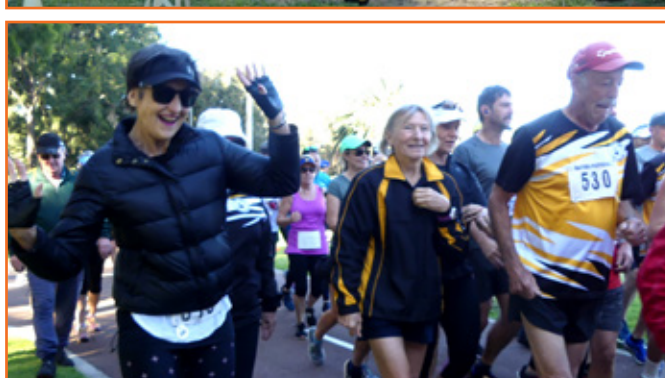
But wait, there's more! 200 metres towards the Causeway another fun run – *The Run To Give* – was also taking place. Whew!

A St John's Ambulance station beside a water and fruit station 20 metres from our start/turn/finish point added to the fun. After the last of the 'Bloody Long Walkers' passed our location their crew of helpers, packing up, donated three large boxes of apples, bananas and sliced orange quarters for our incoming competitors. Bloody good gesture, gratefully digested. We thank you so much and wish your cause well.

Wayne



Busy day by the river



Matagarup 22 September 2019 Director: Wayne Pantall

Age Group winners 12km Run

Chris Maher M65 51:01



Chris Lark	M40	51:24
Kim Thomas	M45	51:25
Alex Tinniswood	M35	51:35
Lachlan Marr	M55	51:55
Bob Lane	M70	55:39
Wade Davis	M50	55:49
Akos Gyarmathy	M60	59:29
David Baird	M75	66:49

Women

Vanessa Carson	W40	54:32
Eulalia		
Van Blomestein	W45	58:21
Barbara Putland	W55	63:59
Carolyn Stephens	W60	67:04
Sandra Rourke	W50	1:13:26

6km Run

Giovanni Puglisi	M65	27:40
Bert Carse	M75	28:28
Ross Keane	M55	29:04
Graeme Dahl	M70	29:31
Tristan Bell	M50	30:31
David Adams	M40	30:34
Jonathan Lester	M45	30:46
Chris Kowalski	M60	33:24
David Carr	M85	34:44
Nick Miletic	M65	43:08
Merv Jones	M80	46:57

Women

Karen March	W55	29:23
Margaret Saunders	W65	29:48
Clare Wardle	W45	30:06
Shareenah		
Virahsawmy	W40	31:42
Chris Pattinson	W60	32:05
Melinda Evans	W35	33:47
Janne Wells	W50	33:55
Liz Bryson	W70	34:04
Liz Dewhurst	W30	41:00

12km Walk

Peter Ryan	M65	108:36
------------	-----	--------

6km Walk

Christian D'argent	M60	37:20
Johan Hagedoorn	M75	43:17
Haydn Gawne	M70	44:11
Jeff Whittam	M85	58:10
Brian Dalton	M65	2:03

Women

Justine Stewart	W30	47:07
Elaine Dance	W65	47:41
Peggy Macliver	W75	49:32
Sofia Carson	W55	56:27
Roselyne Pillay	W70	61:12
Priscilla Wilson	W40	62:17

What happens to men who say 'no' to prostate cancer treatment?

by

Jill Margo, Australian Financial Review

May 24, 2019

Choosing not to have treatment for prostate cancer has complex consequences. Professor Kirsten McCaffery's study explores the hidden experiences of men who have been recommended, but decline, surgery.

WHEN men say "no" to treatment for prostate cancer, they don't walk away feeling unburdened and free of concern. They've made a difficult decision and, as the diagnosis stays with them, they live with complex consequences.

These can be profound and can affect their psychological wellbeing, family, employment, identity and life choices, according to the first study in the world to analyse the hidden experience of men who resisted recommended treatment.

'Well-educated Australian men'

These men were Australian, well educated, economically successful with high health literacy and the means and capacity to challenge medical advice. They hoped they were doing the right thing, but not all were correct. Some still have doubts and others say the sense that they were playing with fire persisted for many years.

For the study, published in the journal *BMJ Open*, researchers spent hours interviewing the 11 men to try to understand if and how they came to terms with their disease.

Aussie men live longest!

Men's health – a more complex measure of life expectancy saw the Nordic countries fall behind.

AUSTRALIAN men can take a bow. On a new measure of life expectancy, they are living longer than any other group of males in the world.

This is partly because, for a very long time, Australia has enjoyed stability and a high standard of living. That the country is relatively egalitarian has helped too, according to researchers from the Australian National University.

We are accustomed to conventional measures of life expectancy, which are simply based on death rates at a given time. In 2016, that gave Australian men a life expectancy of 80.9, behind Switzerland at 81.3 and Iceland at 81.2.

However, researchers have now applied a different measure of life expectancy, which is more complex and accounts for historical mortality conditions, such as war and economic depression, that today's older generations have lived through.

**Men: 74.1
Women: 78.8**

By this measure, Australian men live 74.1 years on average, ahead of Sweden at 74 and Switzerland at 73.7. Australian women did well, too, with an LCLE of 78.8. They ranked second to Swiss women. Among the reasons for this are that Australia's prosperity has grown and the gap between rich and poor is not that big. "Simple things like having enough to eat and not seeing a lot of major con-

All had biopsy-confirmed prostate cancer and all initially declined surgery or radiation, devising their own strategies instead. Most felt pressured by their urologist to have surgery and suspected there was a financial motive in the mix.

In a vulnerable state, having just received a diagnosis, several were told they would soon die without treatment –

flict play a part," co-leader of the study, Dr Collin Payne, said. "Popular belief has it that Japan and the Nordic countries are doing really well in terms of health, well-being and longevity. But Australia is right there." The research, published in the journal *Population Studies*, used a measure called the Lagged Cohort Life Expectancy, or LCLE. It was introduced into demographic literature about 15 years ago then abandoned. The team, from ANU's school of demography, found new uses for it. In this context, it compares a group of people who were born in the same year and experienced similar conditions throughout life. But apart from the glow of coming first, what does this finding actually mean for men?

Payne said by grouping men by year of birth and separating 'early' deaths from 'late' deaths, it came up with the age at which a man could be considered an 'above average' survivor compared to his peers.

"It means, with 100 per cent certainty, that any Australian man above 74 today has outlived half of men his age and is now in 'above average' territory."

It also allows researchers to see whether someone is reaching their age group's life expectancy. Australia used to

a prognosis that did not eventuate.

At the time of the interviews, the men were aged between 59 and 78. They had been diagnosed at various points during the past 20 years.

Several felt they had to do something and pursued expensive alternative therapies that had little evidence to support them.



Our women are long-lived too – and give the blokes something to live for. You can get one like this (sequined dress) at mydeal.com.au

lag, but now figures for men are higher than anywhere else, the study measured.

It used data from 15 countries with high life expectancies across Europe, North America and Asia.

"In the 1930s, '40s and '50s, mortality was really high in Japan and really low in Australia," he said. "In France, males dropped in the rankings because a giant war was fought on their soil and a lot died from direct conflict or childhood conditions."

He expected, on this measure, that the life expectancy of Australian men would continue to rise.

**Jill Margo in AFR
August 24, 2019**

Feeling frightened

While strong enough to make independent decisions and challenge the medical advice they were given, many felt threatened and frightened by their impending death and began to finalise their affairs. Two got divorced.

■ Full story online – [Vetrum Healthline](http://VetrumHealthline)

MORE than 30 per cent of people suffer from sleep disturbances, and it is estimated that 25 to 35 per cent of Americans are inactive. The more that is learned about sleep and exercise, the more it seems that the high rates of these two problems is no mere coincidence.

Both exercise and sleep are known to be important contributors to a person's overall health, but research has increasingly come to demonstrate that they are intricately connected as well. Getting frequent exercise can deliver sleep benefits including for people with insomnia or for older adults who frequently struggle with sleep problems.

In this guide, we'll review what the research shows about how exercise can promote healthy sleep. We'll address whether it's advisable to exercise before bed and answer other common questions about how to optimise sleep and exercise to promote health and wellness.

Does exercise affect sleep?

Getting regular exercise can have a significant positive impact on sleep.

Because both sleep and exercise involve multiple bodily systems, the mechanisms by which exercise affects sleep are complex. Nevertheless, exercise has tremendous general health benefits, and many of these can contribute to improved sleep.

For example, regular physical activity can reduce depression and anxiety, both of which can hinder sleep. Studies indicate that exercise can make it easier to fall asleep while also boosting sleep quantity and quality. These positive effects of exercise on sleep may be even greater for people with insomnia or other sleep disturbances.

How exercise can help you sleep

Exercise can contribute to good sleep in several ways. The exact benefits and precisely how exercise has this



Exercise and sleep

Our good friend, official starter Kevan Hooke (r.i.p.) knew how to combine sleep and athletics! I caught him napping at the 2010 Perth Nationals.

effect are still not fully understood, but studies have consistently found that regular physical activity promotes healthy sleep and overall wellness. In this section, we'll review some of the specific ways that exercise can improve sleep.

Reduce stress, anxiety and depression

Exercise can decrease stress and the symptoms and severity of both anxiety and depression. Frequent physical activity helps your body produce endorphins and proteins that encourage the growth of new nerve cells. These biological changes can

improve emotional regulation and counteract anxiety and mood disorders. Exercise can also provide a sense of routine and confidence that may be empowering in the face of depression and anxiety.

Stress, depression and anxiety can have significant negative consequences for sleep, so reducing their severity can make it easier to both feel better and to get better rest.

Stephanie Linder
Community Outreach
Sleep Help Institute
1601 5Th Ave, Suite 1100
Seattle, Wa 98101
Stephanie@Sleehelp.org

THE Australian swimmer facing a possible drug ban posted a photo of herself with a sports supplement powder on Instagram last December.

The post shows Shayna Jack posing with a product from the company Extremo Sports Nutrition.

Jack, 20, recently tested positive for the banned drug Ligandrol and was forced to miss the recent World Swimming Championships.

Ligandrol is a selective androgen receptor modulator (SARM), which was developed to help with the treatment of medical conditions like osteoporosis. It aids the growth of muscle mass and has been detected in drug tests used in sport.

In a 2018 blog post, ASADA warned athletes that not only was LGD-4033 (Ligandrol)

prohibited in sport, but it was not yet cleared through clinical trials.

The ABC is not suggesting Extremo Post Sports Recovery was the source of the Ligandrol found in Jack's A and B samples.

Her case has given rise to fresh warnings over the use of sports supplements by athletes which may contain banned products not listed on the label.

By ABC sport reporter David Mark August, 2019

All the articles used on the Vetrum Healthline pages are available in full at the club website under the Magazines tab.

CARDIAC arrest is responsible for around a fifth of all deaths in developed countries. Each year it kills 100,000 people in the UK (in Australia the figure is 30,000). Around half of those who experience cardiac arrest have no prior warning that there is anything wrong with their heart. Of those cases that occur outside hospital, almost 90 per cent are fatal.

Young, fit and dropping dead

IN THE 2014 City2Surf fun run in Sydney, 27-year-old Chris Head collapsed just metres from the finish line and died in hospital. He was a fitness enthusiast.

A drug overdose or huge blood loss can trigger cardiac arrest, as can a number of electrical heart diseases and genetic conditions such as Brugada syndrome or Long QT syndrome. But, according to Dr Arthur Wilde, a professor of cardiology at the University of Amsterdam, around 30 to 40 per cent of cardiac arrests in the young are unexplained. In the UK, 12 people under 35 die of a sudden cardiac arrest every week (in Australia five people in this age group die each week). The social impact can be devastating and not just for friends and family members. When so few medical conditions are completely unexplained, we retain a special horror for these stories of teenagers who go to sleep and never wake up, or of promising athletes who die mid-race. They raise the disturbing, unanswered question: why do the young and healthy sometimes drop dead?

This information is extracted from a much longer article which has been placed on the club's website under the Healthline tab.

**October 13 –
Claypit Circuit**



Race Directors: Geoff Vine (0437 641 092) & Tristan Bell (0427 934 062)

Lorna Lauchlan, Hamish Mcglashan, Jim Klinge, Albert Carse, Bridget Carse, Patricia Hopkins, Carol Bowman, Tristan Bell, Sue Zlnay, Kirstin Mcgregor, Andrew Thorpe, Gina Bell, Angela Italiano, Sheryl Woolley, Jason Woolley

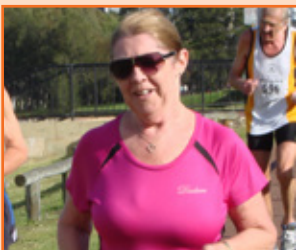
**October 20 –
Kalamunda Railway**



Race Directors: Bert & Bridget Carse (0490 667 350)

Graham Thornton, John Smith, Albert Carse, Bridget Carse, Ray Hall, Christopher Coates, Wayne Taylor, Richard Blurton, Roscoe McDonnell, Renia Niderla, Narelle Gaynor, Melissa Lewis, Lea Van Rensburg, Clare Rice, Tim Karajas, Mara Kroyer

**October 27 –
Bibra Lake**



Race Directors: Nick Miletic (0439 092 590) & Gail Castensen

Ray Hall, John Brambley, Elaine Dance, Nick Miletic, Alan James, Sue Bourn, Gail Castensen, Alastair Wallace, John Mcshane, Michelle Skellern, Liz Bryson, Raoul Temme, Nick Franey, Deborah Franey

HELPERS

**November 3 –
Cliff Bould Trophy**



Race Director: Chris Maher (0408 944 879)

Sheila Maslen, Rosa Wallis, Lynne Schickert, Lesley Romeo, Margaret Bennett, Christopher Maher, Christopher Maher, Claire Walkley, Carolyn Fawcett, Robert Fawcett, Wendy Grace, Haydn Gawne, Matt Skellern, Jerry Peters, Evelyn Gilbert

**November 10 –
Safety Bay**



Race Director: Trevor Scott (0421 314 399)

Mitch Loly, John Smith, Trevor Scott, David Baird, Joanne Richardson, Tristan Bell, Scott Winn, Fiona Cousins, Gina Bell, Karen Alford, Victor Popescu, Victor Munoz, Marcela Ruiz, Sharlene May

**November 17 –
Garvey Gusto**



Race Directors: Gillian Young (0428 405 668) & Mark Sivyver (0487 358 400)

Lesley Romeo, Ralph Henderson, Ivan Brown, Blakeney Tindall, Gillian Young, Mark Sivyver, Jane Elton, John Talbot, Matt Byles, Tietz Isolde, Peter Tietz, John Bradley, Anne Clear

**November 24 –
Gwelup Lake**



Race Directors: Sandra Stockman (0439 946 856) & Kevin Johnson (0447 969 241)

Roger Walsh, David Scott, Irene Ferris, Victor Waters, Keith Atkinson, Patricia Hopkins, Malcolm Vernon, Sandra Stockman, Sue Zlnay, Allan Billington, Rob Collins, Kevin Johnson, Lesley Dowling, Andrew Roddy, Geoffrey Vine, Geoff O'Brien, Chris Kowalski, Reid Barron, Julius Waters

NEW MEMBERS – WELCOME!

1895 MITCHELL: Marian W65
1896 BUTTON: Warren M30
1897 MURPHY: Kevin M50
1898 STONES: Chris M45
1899 MOURITZ: Sari W35

**December 1 –
Canning Caper**



Race Director: Keith Atkinson (0403 865 351)

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

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 Vetrum 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 gary.fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.