

VETRUN



No. 515
JUNE 2020

In the time of COVID-19
– the loneliness of every distance runner



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VETRUN EXTRA

Vetrun Extra is the new service from Masters to keep our members in contact with each other and with their club during this difficult time.

Please do just that - stay in touch!

Let me know how you're coping,

I HOPE that you are all keeping well, and being such highly motivated athletes, I am sure you have been working hard to maintain or even improve your fitness.

We are indeed lucky that restrictions have not been placed on how often we can get out to train. I know some of you have formed small running groups that meet on a regular basis - always abiding by the rules, of course. Barbara and I have been regulars at Woodbridge Riverside Park and have seen quite a number of our members running there over past weeks.

Interaction

Our social interaction after our events is very important for many of you, and to avoid a total withdrawal in this area, we are very grateful to Vic for his great 'Vetrun Extra' initiative and to Silke for rejuvenating our closed Facebook page.

State of play

The committee held a Zoom

staying fit, occupying your time.

Email contributions for me to include in **Vetrun Extra** - send to vfdwaters@gmail.com.

I'll reply to all your emails and, if suitable, share your words on this page with all the members.

A few members will have seen this message on the club website, because they kindly followed the prompts and opened up the new

T&F RE-START IS IMMINENT



3Ps became our final Sunday meeting for the foreseeable future and the President delivered grim news of event cancellations.

meeting on 11th May and of course discussed the current status.

Some sports clubs have attempted virtual events, but we have

icon on the home page. So those members will have read already some of the content of this June edition of **Vetrun**, because it appeared in **Vetrun Extra**.

Thanks to those who have contributed. Provided your words and pictures keep on coming we will keep the service going through this time of close-down and restrictions. **VW**

not seen this as something of real benefit to our members. We are of course totally guided by government rules, and are keen to restart events as soon as they are permitted and can be carried out safely.

Formal cancellation of our Sunday runs is being done on a rolling monthly basis, and we have just cancelled all of June.

Trophy events

We have missed a number of trophy events, so the 2019 winners can keep the trophies to adorn their cabinets for a further year - although I did hear a rather rude comment from the spouse of a GOT trophy holder!

Track and field

We will get back to ECAC meetings sooner than Sunday runs.

We are looking at restarting our Monday morning track training in the next couple of weeks.

While it might be possible to arrange Thursday meets and limit numbers to less than 20, the committee feel that for the sake of waiting hopefully for only a few weeks, we can get back to full meet programmes. We do believe these can conform to the rules.

Rest assured that the committee will keep you appraised and will email all members when firm decisions are made on restarting events.

Richard Blurton

"Thanks for your donations"

"I WOULD like to personally thank the 63 members who donated their State Championship entry fees to the club rather than request a refund," said club President Richard Blurton, via our website in April.

"This raised around \$2,500 which roughly matched our unrecoverable costs, mainly in printing the programme."

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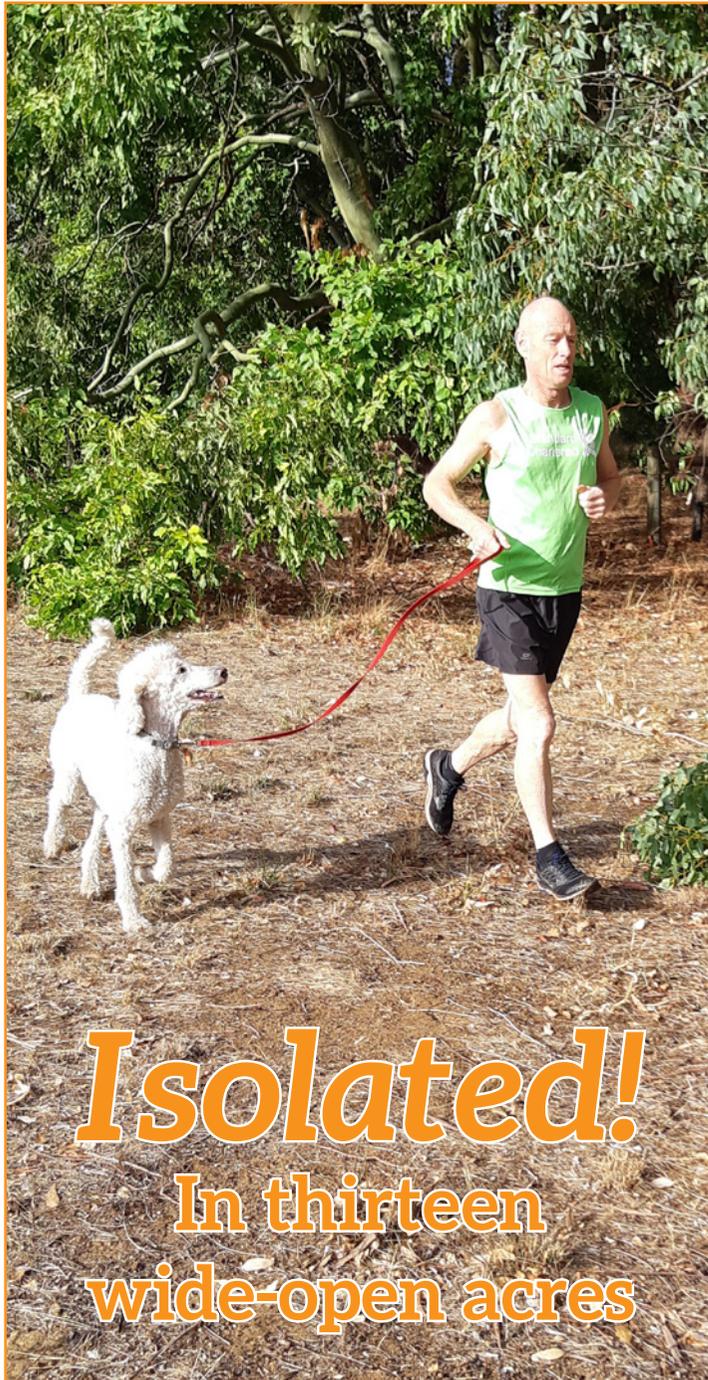
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Isolated!
In thirteen
wide-open acres

Members stay fit in 'lockdown'

Not everyone was reduced to laps around the kitchen table.

Vic, Congratulations on the initiative to keep the club members in touch and entertained. Here is my contribution:

My wife and I were travelling in the UK and Ireland when the COVID-19 crisis really developed; we returned earlier than planned. So, we are now in day 10 of our 14 days of compulsory self-isolation at home.

Fortunately, we have about 13 acres up here in Parkerville on which we can move around. I have developed a running track (of sorts) around the paddocks and recruited my regular 'Saturday Parkrun partner' as my 'personal trainer'. However, she is much faster than me, particularly when she spots a kangaroo to chase. Other than that, I can assure everyone that mandatory self-isolation is absolutely necessary but not very interesting!

Frank Gardiner



Expert on all things oriental, Paul Martin found and forwarded to members an extraordinary video of Chinese swinging mighty weights and defying gravity.



Don't try this in the kitchen!

PAUL Martin sent a few members a fascinating short video of some extreme exercises undertaken by Chinese people. He commented that few of our members are likely to go to these extremes to keep fit.

Paul Hughes added a rider:

"Did you notice the Paul Martin lookalike - the guy with long silver hair on the parallel bars?"

Problem is, I cannot embed the video here, because ... well, it's a technical thing! But if you would like to see it - and it really is worthwhile - just email me and I will send it to you - vfdwaters@gmail.com. Meantime, left, that's the real Paul Martin!

Where does he find the time?

Hi Victor, It's Peter Ryan here from MAWA (Number 625, I think!).

Just saw the notice re what members are still doing to keep fit since our Sunday runs have finished for a while.

Can I respond to this question?

Hullo everybody!

Are you missing your Sunday morning runs? I know I am, even though I don't go every Sunday. I am still trying to keep myself fit by swimming.

I do a lot of long distance ocean swimming, five or six times a week, 1 to 3km every time, depending on ocean conditions - as well as running - or in my case 'shuffling/walking'!

I try to shuffle at least 30km per week. Also, I try to do two bike rides weekly, also usually 20-30km distance.

Can't play tennis any more as club is closed, but play a little bit of golf.

If we keep our distance from others it's okay to train by ourselves.

Apart from that I spend time mucking around on my piano also.

Despite this virus we can still stay active and fit!

All the best to you all - 'stay safe!'

Peter

When even ANZAC Day is 'off'

IN *Vetrun Extra* Mark Dawson suggested a safe and respectful way members could mark Anzac Day on Saturday April 25 - by making solo or duo runs after the 'driveway dawn service'.

Run Gallipoli - Solo!

Hi Vic, As you know the AWA ANZAC Day Commemoration Run has been cancelled. This has been a popular run for many members, and a way to pay our respects to our past and present military veterans and current serving personnel.

John Gilmour was the Honorary Starter for several years.

What to do instead?

With ANZAC Day itself falling on Saturday, April 25, here is my idea.

We 'attend' our own personal driveway dawn service at 6am, as has been widely advertised.

Then, don one of the previous years' 'Gallipoli Run' T-shirts (I have several, such as the bright orange Bankwest one, or the white AWA one) and then go on your usual run (solo or duo).

If you see any other runners out and about in a 'Gallipoli Run' T-shirt, acknowledge them with a



nod of the head or a wave of the hand, or greeting of 'Good Morning!'

In fact, this is what is already happening each morning, on my own solo runs from home. There are a lot more people out about doing their exercises, whilst maintaining the safe social distancing rules.



White on orange - Irwin Barrett-Lennard in the 2013 event.

MANY members will be hoping the virus crisis will be ended by the Australian spring and that long-term plans to take part in overseas events - and interstate ones - might still work out.

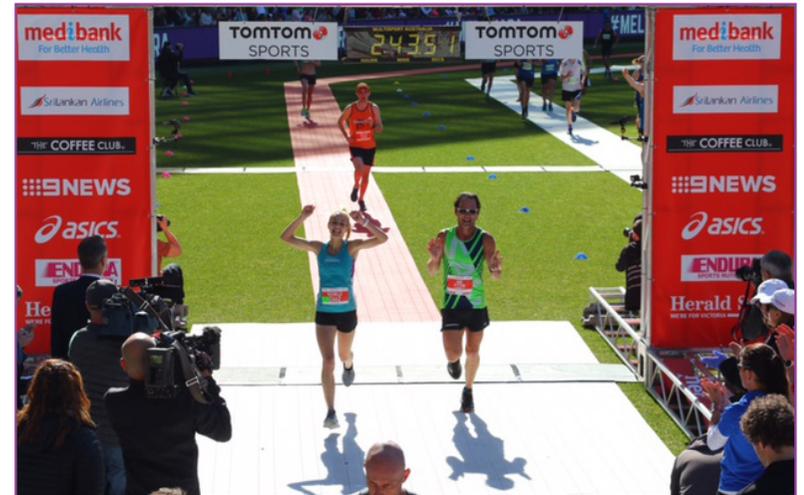
MELBOURNE MARATHON FESTIVAL EVENT UPDATE

So far, it's still being planned. Let's just hope ...

Organisers of this year's Melbourne Marathon are planning for the best, as this update shows. I don't think Masters need reminding of 'reasons to run' but let's give them credit for trying to keep spirits high!

MAKE THE 2020 MELBOURNE MARATHON FESTIVAL YOUR NEXT RUNNING GOAL

Following record-breaking numbers in 2019 and four sold-out events, the Melbourne Marathon Festival returns to the revered Melbourne Cricket Ground (MCG), Sunday, 4 October 2020.



Rochelle Rodgers and Kim Thomas finishing Melbourne in 2017. Her third position won her a \$5,000 prize, and she became the fastest WA woman ever in the 40-year history of the Melbourne event.

A No-Throw in throes of despair?

ROB Shand has found some small consolation in the cancellation of our championships!

*At 40 years I was a gun thrower and it was fun.
Now dropped from a 40 metre fling
to try to throw the bloody thing.*

*As the years go by, I fear distance drops a metre a year.
Now at 88, figures show I must protect every single toe.
So just as well CONNIE came
I can now retain my name and fame.
The games are cancelled,
a NO GO
And now I don't care what I throw.*



A veteran who has sounded *The Last Post* on his bugle throughout Western Australia and the world has been awarded the prestigious ANZAC of the Year Award.

He is retired Army Lance Corporal, David Scott, a long-standing Masters member and one of the club's premier distance runners.

Dave has become one of only five ANZAC of the Year recipients Australia-wide to receive the award that recognises outstanding contribution to the organisation, the wider veteran community and to the general public.

Lauding his achievement, former Governor of Western Australia, The Hon. Kerry Sanderson AC, formally acknowledged 'David's selfless contribution' during her time as Governor and in her current role as Warden of the State War Memorial.

Apart from his devotion to duty in the playing of the bugle at countless commemorative services and events, Dave has also been recognised for his tireless community work for the retired and elderly in his community.

He served in the Army Reserve for more than 39 years as a Bandsman/Lance Corporal in the Army Band Perth, retiring in September 2017. His playing prowess has seen him play on ANZAC Day at

ANZAC of the Year Dave Scott



Before the 2020 Welcome Run when he returned to running, newer Masters may never have encountered Dave Scott. They're lucky; I speak as one who has laboured in the wake of the brilliant Kiwi distance-specialist on training runs. Loyalty is his nature. Through a long lay-off, he never shirked the helper role; and Dave's rendition of the Last Post has oft-sounded when ex-servicemen members were laid to rest.



Gallipoli in 1990; at Fromelles in 2016; at Villiers Bretonneau in 2017 and at Last Post ceremonies at the Australian War Memorial.

A Sub-Warden of the State War Memorial for the past 13 years, Dave has attended an average of 35 services each year on a voluntary basis. Added to this was his playing of the bugle at veteran funerals, nursing homes, schools and at AFL ANZAC Day matches.

Last Post

"There is something incredibly poignant about Last Post, the bugle call that for many of us is indelibly associated with the remembrance ceremonies of ANZAC Day and Armistice Day," said government Minister Peter Tinley.

"The lone bugler silhouetted against a dawn sky is an evocative and enduring image and symbolises the proud sense of honour,

duty and self-sacrifice of our servicemen and women.

"So it's fitting that David Scott, as both a bugler and as a tireless worker on behalf of our veterans, has been formally recognised as ANZAC of the Year - one of only five across Australia," he said.

RSLWA State President, Peter Aspinall, said:

"David Scott's contribution is only matched by his humility and steadfast commitment to honour-

ing the proud history of Australian veterans and the Australian Defence Force.

"This award is so richly deserved and, on behalf of the entire RSL family, I congratulate David for his tireless support.

"This award recognises the efforts and achievements of those who have given their service to their fellow Australians and to the community in a positive, selfless and compassionate manner."



WHILE you wait for players of all the sexes to chase balls around fields once again, here's another alternative to check, mate.

Guardian Weekly

Magnus Carlsen, the world champion, has helped spark an impressive rapid growth in online chess with his announcement of a \$250,000 elite tournament on chess24.com

(Sounds a bit dry for you avid sports fans? Read on.)

There is the fascinating prospect of a dream final in chess24's Banter Blitz Cup, where players commentate on their moves verbally during the match.

(Surely it can't become any more exciting? Yes, it can, because ...)



"Players may also trash-talk their opponent!"

Fans of the square board game have already been driven to frenzy and distraction by a marathon contest between Carlsen and the brilliant 16-year-old exiled Iranian Alireza Firouzja on another chess site, Lichess. The rivals played 194 one-minute 'bullet' games. This means each move must be made within a minute. The winner, as first to 100 wins, was Firouzja.

The jigs are up when jogs are out

WHILE exercise exercised many minds other pursuits sprang to others.

Old-style home entertainment is re-emerging. Margaret Langford was loaned a 1,500-piece jigsaw puzzle by Richard Blurton.

"I do read *Vetrun Extra*," she claims, "and so does Jim so you have at least two disciples. But as for YODA (*the new game I invented - Vetrun Extra - April 3: VW*) I can't possibly spare the time from my total absorption in the jigsaw puzzle.

"Three hundred pieces down and only 1,200 to go which, at the current rate, will take about 16



TIME on your hands could be used for more reading. The libraries are closed and passing books from hand to hand might become risky if the virus continues spreading. So, if you need one, why not buy a book online?

Some of our members, including John Oldfield and Hamish McGlashan have published online. Perhaps you have done so? Let me know.



Hamish relishes sprinting to the chute; pictured at Nedlands ahead of David Carr.

Hamish writes:

Hi Vic, Now being in self quarantine having returned from Borneo to see our cousins the orang-utans (they seem well, by the way!) and running out of projects in the house and garden your email is most welcome. I have successfully downloaded the book onto my iPad and look forward to starting it this afternoon.

If you are in a similar predicament you might like to reciprocate by downloading *Tales of Tanzania*, also on Amazon as an ebook.

I wrote it about five years ago. All receipts go to Rafiki Tanzania, a Perth based medical charity.

I am currently well, but think that my running days are numbered. About 40 years with the club and never won anything!

Hamish



Played Yoda yet?

You don't know what boredom is until you've played this new game, invented for the exclusive use of Vetrun readers. Hurry to page 8 for details!

More things to do while you can't go out

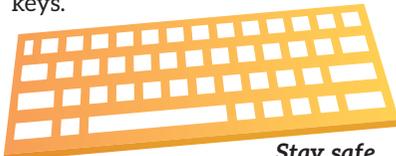
1. Wash your hands

2. Rack your brains for items to include in *Vetrun Extra* when nobody is sending in submissions.

3. Make a list of things to do while you can't go out.

4. Wash your hands.

5. Clean the keyboard using cotton buds to get in between the keys.



Stay safe

- use insulated needle-nose pliers for such a high-tech job!

6. Find the needle-nose pliers you know you saw somewhere - out in the shed,* perhaps? - and use them to extract pieces of cotton bud from between the keys. Tweezers can also be used for this purpose. If you have neither order some online.

(*After you've searched the shed, wash your hands.)

7. Wash the shed; then your hands.

8. Check the soles of your shoes and remove any small stones that

are stuck in the treads. Do this with all your shoes in the house. If you have a bike, or a car, do the same with the tyre-treads.

Use the needle-nose pliers, etc (see 6.).

9. Wash your hands after performing each extraction from each tyre, shoe, etc.

10. While online ordering pliers or tweezers, buy more soap.

11. Forward one of the countless funnies that are circulating on the internet to half the people in your address book. Count the days until it comes back to you. Then send it to the other half.

12. Beat yourself up for wasting precious band-width (or whatever it is) on trivia.

13. Vow to learn more about technology.

14. Yeah, you guessed it; wash your hands.

This kind of distraction didn't satisfy avid puzzlers, anxious to return to their little pieces. Margaret Langford responded with an alternative list. ▶

Milkmen are making a comeback

VETRUN'S talented typesetter and designer, Cathy Cunnane, lives in Busselton and reports that home delivery of milk is making a comeback.

'Brownes is doing milk deliveries. That sounds like such a good idea. It would really help people who don't drive to do their shopping as it is so heavy to carry home if you are walking or catching the bus.'

I asked if milk used to be delivered in bottles with foil tops here, as it was in the UK. There the



birds learned to puncture them for the cream.

"Yes, I loved the cream on top of the bottles. Plus when I was little I used to make foil bottle top necklaces, which was fun. But then they stopped deliveries, along with petrol stations who used to pump the petrol for you. I think there is only one place in Busselton that still does that."

Things NOT to do during isolation

TIME on your hands is not a problem. After all that washing you'd be lucky to have any hands left, declares Margaret Langford. She also advises against obvious time-fillers.

For instance:

Do not sort out all the recipes you've cut out of newspapers, surreptitiously ripped out of magazines at the hairdresser's or downloaded from the internet.

It's all too hard and takes up time far better spent trying to find that elusive jigsaw piece.

Do not clean out cupboards.

There will come a time when you really need all that stuff so best to hang on to it.

Do not sort out photos - an impossible task.



See, no hands!

Do not investigate all the functions on your Garmin, mobile phone or any other device - too challenging and much easier to hand it over to a savvy 10 year old.

Liquid lunch launching

I HAVE floated the idea of virtual lunch or dinner parties (something I note the *Guardian* also reported on recently). However, this idea could be flawed, like my suggestion that idle cruise ships be turned into isolation hospitals.

I know this concept must be flawed, because I heard that Donald Trump made the same suggestion.

A Facetime test run, 'virtual cocktail hour' with our son and his partner in Melbourne last night (March 27) lasted about three hours, emptied two bottles of wine (at our end) and destroyed any appetite for dinner (which Chris had prepared in advance). This concept obviously needs some fine-tuning.

Do not remove cobwebs from the underside of the patio. Nah, it releases all the spiders which you then have to kill and that leads to an imbalance in the food chain.

Do not clean out the shed - leads to marital disharmony as you and your husband have widely disparate views about what is trash and what is treasure.

So, best to stick to the morning walk or run, the takeaway coffee, the afternoon siesta and, you guessed it, the JIGSAW which is now about one third complete.

Alternative sports

FRANK Smith (a past member, not a 'passed' member, I'm pleased to say) reports a shut-down at his over-55s village; no visitors and most of the communal services ceased.

"Yeah, things are pretty dull 'round 'ere at the moment, no more 'chicks' skinny dipping in the pool. Thank goodness!

"Though to be frank (geddit?), the chick equivalent up here would be more like emaciated turkeys."



'For the birds'

Frank's turkeys reminded me of an 'alternative sport' I discovered recently in a very funny, sometimes incredible, collection of weird and wonderful stories that have appeared in newspapers over the decades.

It's unlikely that even desperate, sport-deprived Australians would consider this one but the

Village People shutdown

turkey story made news up until the 1980s.

Once a year people flocked to Yellsville, a hick town in the Ozarks Mountains of Arkansas, for a notorious sporting event called the Turkey Drop. Crowds gathered to watch a small plane fly low over the town. On each pass the crew dropped a live turkey. These birds aren't very good at flying and falling from around 100 feet they didn't have much time to hone their skills.

Most hit the ground and expired. In the 1950s bird lovers started objecting and the town moderated the event. The plane dropped frozen turkeys instead. However, these caused considerable damage to roofs, parked cars and, presumably anyone foolish enough to try for a catch.

Be warned - the story gets worse. Returning to the live option, one year the local Chamber of Commerce inadvertently bought a batch of turkeys with clipped wings. Those unfortunate creatures had an even lesser sporting chance of survival.



ABC radio has a programme called *Sporty*, which is running a competition to invent a new game or sport; laudable idea at this particular time.

Indoor games would be most useful I thought, so, this is my entry.

(I am not terribly confident about my chances of winning the prize.)

Dear Sporty

My suggestion is designed for all those listeners and viewers who are revelling in the truncated sports reports that now follow ABC TV news.

For such non-sports fans, this new game is to be known as YODA.

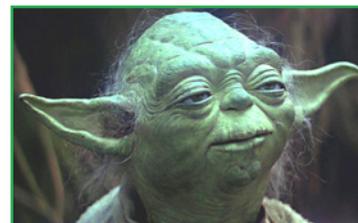
There are no rules

It can be played anywhere, at any time, and is intended to exercise the mind. I suggest players begin with simple plays. Stare at any inanimate object; concentrate; elevate it. Small objects might be easiest, depending upon the power of the player's intellect.

Having mastered the first play, using nothing larger than a refrigerator, move on to harder, more demanding plays. Currently, I am personally concentrating intently on ABC presenters and broadcast-

How to play Yoda

(Don't force it)



Our patron.

ers, and attempting to move them to say 'effect' every time 'impact' comes to mind.

Readers will be as amazed as I was to learn that the judging panel at *Sporty* acknowledged the appeal of Yoda, as a game for all the family that needs no equipment and can be played while locked up at home. I received an email informing me that my submission will be judged together with other entries. Incredible; they must be as short of copy as I am!

It works!

Rob Shand says: It took six weeks to achieve, but last night I managed to get a bottle of red to move across the table to next my glass.

My next concentration is to get it to pour.

I'll skip the loaves and fishes but I am still hopeful about the water-to-wine.



You say Oober and I'll say Yuber!

WITH time on your hands in not-so-splendid isolation people can become very picky. Alright, by 'people' I mean me.

I have nothing against Uber ride-sharing, great value and service, although I do sympathise with the old-time cabbies who have lost the value of their plates.

No, it's not the Uber service that irks me; it's the name, and how it's pronounced.

OO-ber? Ridiculous. We speak English, or what passes for English in Aus. The word should be pronounced Yoo-ber - as in unilateral, uniform, united, etc.

Okay, this is probably a lost cause. Our lovely ABC isn't helping either, because ubiquitous Uber is spreading its evil mispronunciation far and wide.

This week I heard one talented ABC announcer pronounce the name of a well-known south American country as - Ooruguay!

As I said at the top, you can get picky in isolation.

HELLO Vic, I am blowing my own trumpet here!

The other weekend Melville Little Athletics Club had their wind-up day and a couple of nice athletics things happened to me which might be newsworthy.

I received the WALA (WA Little Athletics) Coach of the Year award from Chairperson Teresa Blackman.

I have been coaching the Melville LAC Middle Distance group in summer at Len Shearer Oval - and then onto the winter cross-country at Piney Lakes over the past number of seasons.

The club also awarded me life membership on the day.

This was mainly for my dedication to coaching their kids (including Raynor - Ross's son) from 10 years old up to around 18 years old.

I go back a long way with the club.

I ran as a junior athlete for two seasons when I was 17 and 18 (in 1979) with Melville. This was in the days when a large Melville club trained in several groups at Tompkins Park.

The sprinters group never mixed with us middle distance people!

Raelene

I recall that a very interested Raelene Boyle was often looking on at the training.

Melville honours for Ross Keane

We competed at Perry Lakes stadium on a Saturday afternoon.

I used to regularly watch a few Vets runners who wore the white singlets.

Ted Maslen stood out - as he always ran the 3km steeplechase in bare feet.

John Gilmour often competed and did very well against younger runners in the distance races.

I once ran a good 3,000m myself, behind Wayde Clews in a time of about 9mins 36secs. That was my best distance and, in hindsight, I should have done more races at that distance.

God knows we did enough of those horrible 10 x 400 metre interval sessions to be fit enough!

But my most lasting memory was from a hot Perth afternoon running the 1,500m on the last race of the season.

Chasing Don

I remember it well because I had been chasing this Vet runner all season without success.

He was a very powerful looking chap, with glasses; a great competitor.

Seeing some old Masters photos I believe it was Don Caplin.

That day I had been tracking him, getting closer than usual and actually passing him for the first

time in the home straight of the last lap.

I thought 'finally I have got him, today is going to be the day'.

But it wasn't!

Don fought on and passed me back before the line and to this day I have never finished in front of him.

He ran 4.16 and after the initial disappointment of being beaten yet again I did perk up, because he had pushed me to run my all-time 1,500m PB of 4.17.

It would be nice but I am not likely to go near that time again!

Ross has now achieved Level 2 Advanced Athletics Coach - Middle and Long Distance



Ross with his son, a very young Raynor, some years ago at the Gallipoli Run. Above, Ross off the ground in a World Masters cross-country.

I asked Ross about Raynor, who has enjoyed his outings to our Sunday morning events for years. He has become a regular front-runner over the shorter distances.

"Yes, Raynor is going pretty well and ran a decent 2.44 in the recent 800m State Championships for a silver medal in the Open Para. He left school last year and now works at Workpower, Belmont."

FOR those who don't know, the "Field of Dreams" is a film written and directed by Phil Alden Robinson and starring Kevin Costner about a farmer who hears and sees mysterious messages. Despite everyone telling him he is mad the farmer interprets these messages as a request to build a baseball diamond on his land which leads to mystical, magical and spiritual experiences that transcends human understanding.

My background

I am 67 years old, I started running when I was ten and I am still competing on a regular basis. I have been coaching athletics for over 50 years and am still developing my skills. I lived in Scotland for 65 years before retiring and emigrating with my wife, Tricia, to Byford, Western Australia, two years ago to be with the rest of our family.

My Field

I was inspired by the *Field of Dreams* film when a voice whispers to the Kevin Costner character "If you build it, they will come."

So I went about building a 300 metre running track at the local Kalimna Oval in Byford with 60 metre straights and 90 metre bends.

Well, I did build it and they did come. I now have over 90 members of my Run and Become Athletic Club. My club is a non-profit,

My Field of Dreams



Keith Redpath, right with some of his younger Run and Become athletes; and above, finishing fast with more young runners. Keith is an athletics coach and a Masters member. Some of his tips were posted on Vetrun Extra - May 16.

volunteer organisation seeking to inspire, educate and promote running throughout the local community.

I have created a vibrant, safe and progressive group which caters for athletes of all abilities and from all backgrounds. There are no coaching fees, and anyone can join. Ages range from four to 67.

Our current membership ranges from State Champions to people who just want to become fit and healthy. Over 50 per cent of my athletes come from the same local church. The club provides the local community with a valuable service of promoting health and wellbeing.

My Field of Dreams offers a base where I can carry out my duty of care to my athletes by controlling and supervising all their training

activities in a professional manner.

In the film *Field of Dreams*, baseball stars from the distant past (ghosts) start to appear and ask the farmer if they can practice on his field. This is also a dream of mine if I could train and compete again with the numerous friends I have made over the years (too many to mention, but you know who you are).

There is a profound joy in running that cannot be expressed in words and cannot be understood by non-athletes.

One of the baseball players in the film believed that the baseball diamond created by Kevin Costner was in fact heaven. I would like to think I have created a little piece of heaven here in Western Australia.



Go further, go faster!

Hi Vic, Here is some useless information for the members!

This short table shows the average times, in minutes per kilometre, achieved for all our 2019 Sunday events.

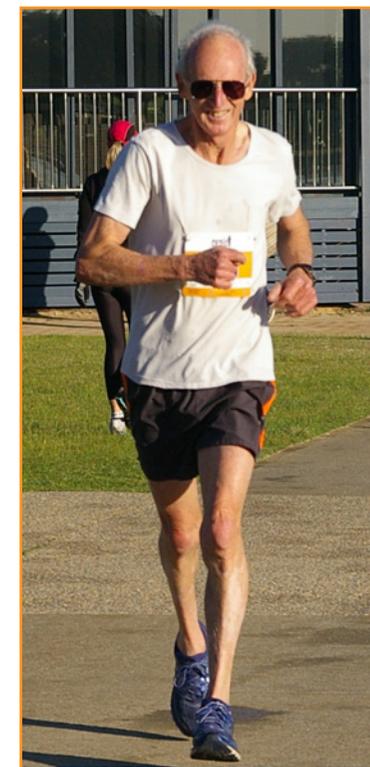
- Long Runs - 5:25.4
- Medium Runs - 6:3.4
- Short Runs - 6:12.8
- Long Walks - 7:54.4
- Medium Walks - 7:31.3
- Short Walks - 9:12.2

Jim has taken into account all entrants' performances in all events!

At first it seems counter-intuitive. For instance, on any Sunday morning front-running short-distance specialists - such as Marg Saunders - probably cover their 5km faster than many of the front-runners in that day's 10km. But when the average times of all those in the 5km are calculated that average is slower than that of the longer distance runners.

Jim says this makes sense.

The stronger performers tend to do the longer distances.



He's well-qualified to comment, because for many years Jim Langford was WA's leading distance runner and one of Australia's premier distance runners.

VALE MIKE BERRY

WE were sorry to hear this Easter weekend of the death of Mike Berry, an early member of the club (No. 18).

Although I never met him, I believe we shared a similarly, slightly irreverent attitude, as shown in the photograph (below) which Mike staged in Kings Park many years ago.

We were in email contact in recent years, while, according to friends and colleagues, Mike was not in the best of health. He was a keen photographer and sent me pictures taken in the early days of the club.

One rare image showed an early AGM, held on the grass at McCallum Park.

This picture staged in Kings Park appeared in Vetrun No. 224.

It was part of a feature that sought club members who ran in the first, 1979, Perth Peoples Marathon. Mike was one of them. The unfortunate bucket-carrier following him in the photo is wife Nora. After the picture appeared Mike contacted me and named the other two walking wounded.

He wrote: "Although I am no longer a member I like to read the Vetrun online and was amazed to see a photo of a few of our Saturday group obviously taken with my camera."

"In 1991 Ian Sutherland was transferring to Canberra and we wanted to give him a farewell photo album of ourselves - included Bob Hayres; Bob and Allison Johnstone; Dennis Batterham (with the priests habit on, he was a Lay preacher); Nora (the water carrier); Sid Bowler (wearing the tin hat - he died age 90); Tim Fry (he died a few years ago in cycle accident).



"I was having eye troubles, hence the stick!"

After that I speculated that Mike Berry might have used that stick to feel his way around Jorgensen? It could explain why the original course was so terrifying. We used to start in the opposite direction, which meant a blind descent through bushes into the stream. The event is marked each year by John Pellier, but it was originally set by Mike.



Mike Berry joined the Vets (WAVAC - now Masters) in 1977. We are unsure when he left the club but was a member in 2004 when club numbers were first assigned. By virtue of his early involvement he was given No. 18.

A keen photographer, Mike revelled in proving the camera can lie!

This picture - featuring a towering Frank Smith in several guises - is typical. The group gathered to celebrate Jim Barnes' 100th marathon. According to Frank they stopped Jim to set up the shot when he reached Tompkins Park heading back to Perth.

Mike stirs Jorgensen memories

MIKE Berry's connection with the Jorgensen course stirred memories.

Bob Schickert wrote:

With people recalling the club/state CC course at Jorgensen and the difficulty/safety I am adding my thoughts.

My first year in the club was 1988, having returned to WA from Victoria in December 1987.

I think the original CC course at Jorgensen used at that time - run in the opposite direction to the current course - is probably the most dangerous CC race I have ever been in.

On the 'new' course, which has been used (I think) since around 1989, there have been one or two falls each year, even though it is not as dangerous.

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Bob Schickert sorted out this excellent view of the original Jorgensen course in 1988 - which must have been a very wet season. The descending zigzag path through the obscuring bushes meant arrival at the stream was always an unwelcome surprise.



Bob on the 20-years old 'new' course this year.

The worst fall I recall was that of Michele Mison who injured her hip, which then required surgery.

'Old' course

As referred to above, runners on the 'old' course went down the creek bed over slippery rocks. The result of the 1988 event is on page 8 of the Sept '88 *Vetrun*. The times recorded for the MAWA athletes who have been around for many years were quite fast considering the course difficulty. There is a photo taken earlier than 1988 - on page 4 of Joan Pellier's book - and I have seen (but not tried to locate) another photo taken in 1988 showing just how rough it was.

The second most dangerous CC was that at Malaga (Spain) World Masters Association Championships in 2018, where the rocks and tree roots brought about a bad fall for Jim Langford.

Bob

It always rained ...

I REMEMBER enjoying that original route around Jorgensen; but we were all younger and more foolish then.

The most dangerous CC I can remember around Perth was one we used to run in the Helena Valley area. I think it was part of the WA Athletics Association series staged on Saturday afternoons, and one section took us downhill, striding from rock to rock.

At least we rarely encounter mud in WA.

In his book *Running for Fitness*, Sebastian Coe writes that UK cross-country runners learned a special way to tie their shoes, using extra long laces. After tying the knot on the shoe, the laces were then tied again, around the ankle. That way, you didn't lose the shoes when they were sucked off in the bog! VW



Vic Waters descending the 'old' course around 1989.

After a cold and rainy morning, the rain held off long enough to complete the race and get in again in the late afternoon. After 11 days of almost continuous rain, wind and cold, David Carr managed to organise a bright sunny day with no sign of rain at all. The organisation continued to the course marking and time keeping and recording the performances of the 27 participants (almost double the 1977 total) in the 5607m open handicap race on roads, sand tracks, grass and hills. The result of Dave Carr's Run at Dianella on Sunday 23rd July were:

		Time in	go at	actual time & position	1977	
1	Noel Thomas	M40	30:56	8:05	22:51	11
2	Brad Watson	M40	30:59	9:10	21:49	8
3	David Hough	M45	31:00	10:00	21:00	4
4	Bob Haynes	M45	31:11	8:45	22:26	10
5	David Carr	M45	31:13	10:20	20:53	3
6	Don Caplin	M35	31:15	11:20	19:55	2
7	David Sheppard	M35	31:19	10:10	21:09	5
8	Terry Carr	(INV)	31:20	6:05	25:15	19
9	Phil Wall	M35	31:27	12:30	18:57	1
10	Bob Johnstone	M35	31:40	7:40	24:00	17
11	Jim Martin	M50	31:46	8:05	23:41	14
12	Bob Samuels	M40	31:40	10:10	21:39	6
13	Terry Manford	M40	31:51	8:10	23:41	14
14	Mike Berry	M45	31:52	9:45	22:07	9
15	Dick Horsley	M65	31:57	7:50	24:07	18
16	Alan Tyson	M50	32:07	9:10	22:57	12
17	Gloria Sutherland	M35	32:20	2:00	30:20	25
18	Frank Usher	M50	32:27	6:05	26:22	21
19	Jim Coventry	M45	32:28	8:45	23:43	16
20	Malcolm Shand	(INV)	32:29	6:05	26:24	22
21	Rob Shand	M45	32:30	10:50	21:40	7

		Time in	go at	actual time & position	1977	
22	Dev Wall	W35	32:49	3:30	29:19	24
23	David Jones	M50	32:58	7:50	25:08	20
24	Eric Pearton	M45	33:01	9:45	23:16	13
25	Allison Johnstone	W35	33:42	3:00	30:42	26
26	Billy Watson	(INV)	35:23	7:40	27:43	23
27	Val Anderson	M55	Not timed	8:20	-	-

Jill Pearton, still on the injured list assisted Peta Carr and Maureen Haynes in taking times and calculated the results. Bob Haynes presented Noel Thomas with a bottle of wine as winner of the handicap, his second in two races having taken off the CLIFF BOULD TROPHY. Gloria Sutherland also received a bottle of wine for being the first woman home. Pat Carr provided hot soup at the end of the run and afterwards the runners joined Jan Caplin, Nora Berry, Marion Shand, Valerie Tysar, Betty Usher and Lisa Jones and families for refreshments and barbeque.

Our thanks to Pat and David Carr for their hospitality and for organising a most

Sepia Daze

For many years the world was just black and white; then it turned sepia.



Rob Shand on the Jorgensen CC course, before he was old.

"The distance was 8.4km with the mass start rush to a narrow bridge (old railway sleeper) across the top part of the stream. I came third in 33m46sec."

The Way We Were

It was 1978 - four years after WAVAC was formed by John Gilmour, Cliff Bould and others, and David Carr hosted a mixed terrain run around Dianella.

I know, I know - the old-timers never stop going on about how much better everyone ran in the 'old days'!

Problem is, the figures seem to validate their claims.

Bob Haynes and Rob Shand sent me this set of results from that July 23, 1978 Dianella run. Take into account a cold, wet morning that followed eleven days of 'almost continuous rain'; a mixed route of hills, sand tracks, grass and road; and then consider those times over 5.2km.

Great running



Young and curly David Carr, at a sophisticated Rottnest après-run soiree.

their home by David and Pat Carr although the report doesn't mention that.

There's some satisfaction in finding this early report lacking in some respects - though we must forgive that, and the occasional typo, remembering that the whole magazine was produced with a typewriter!

The World-class of 1979 24-hour Record-setters



Mike Berry's demise prompted a slather of stories, pictures and comments for our online Vetrun Extra feature. So, thanks Mike, wherever you are now!

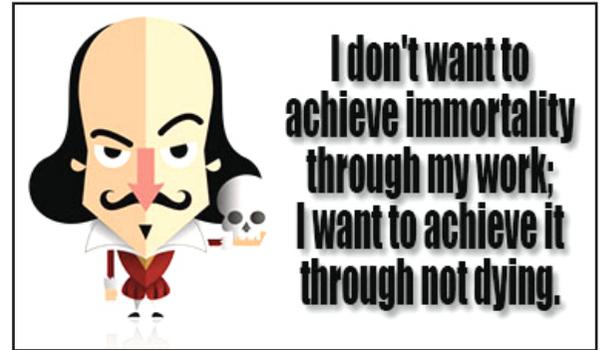
Bob Hayres and Rob Shand led the charge after Bob unearthed this photograph of the (then WAVAC) teams in the club's record-setting 24-hour relay event of 1979.

Mike is forefront of this picture. Filling the front row are the M40 team, from left: Mike Berry, John Rowland, Bob Sammells, David Carr, Don Caplin, Cliff Bould, Derek Walker, Terry Manford, Bob Johnstone, Hugh Kirkman and Derek Crowther.

Back row, the M35 team, are: Barry Robinson, Maurice Smith, Dennis Butler, Derek Hoye, John Marsh, Frank Usher, Winston Hough, Gerry Nordyk, Tony O'Hair and Bernie Oliver.

'It's not that I'm afraid to die, I just don't want to be there when it happens.'

Woody Allen



Sci-fi aside, how long will I live?

The 100-year life: how to prolong a healthy mind.

As concerns about dementia grow, more research is investigating how we can keep our brains fit and sharp.

LIVING to 100 will soon become a routine fact of (long) life. Life expectancies have been rising by up to three months a year since 1840 and although gains in the UK began to slow in 2011, it is still estimated that more than half the babies born in wealthier countries since 2000 may reach their 100th birthdays.

It is an impressive increase: in the early 1900s, the probability of a baby reaching 100 was 1%. A newborn in the UK today has a 50% chance of living to 105. There

were 3,600 centenarians in 1986. Today there are some 15,000.

You do not have to be a newborn to benefit from this trend of increased longevity, though. A 60-year-old in the west today has an even chance of living to 90 and a 40-year-old can expect to live to 95.

But the longevity boost is not done yet: it is generally agreed that the natural ceiling to human life is somewhere around 115. Others say that even without cutting-edge AI or other technological wizardry, we could live far longer.

More; you want more? The full story is on Vetrun Extra.

VETRUN EXTRA

Lynne's doing fine - and also working at home

NICE to have you touch base again, Vic. I haven't got to reading your magnum opus yet, but will do so when the very hard jigsaw puzzle has been finished.

If you want a bit of humour for the *Vetrun Extra* page, Bob and I were looking at where we would be at the club run this morning, and as he browsed through the calendar seeing the runs we could now not attend, he got very 'excited'.

If we don't start back before the end of May (very unlikely) he noticed that he will retain the title



Ugly? Or a hand-crafted work of art beyond price?

of winner of the 2019 Guess Your Own Time event and keep for another year that magnificent, most sought-after (ugly) trophy which is keeping us company. Will leave it to you to put this into suitable words ...

Recovery

As for me, I am recovering well, walking about 2km most days along the river, doing some gardening, reading and, of course, WMA work.

Lots of decisions to make now that Toronto has been cancelled and cannot commit to holding the event in 2021, so the future competition calendar has to be reorganised.

I must say that having WMA admin work to keep up with has been a great help to my recovery - even when in hospital I could access the emails on my phone and reply.

On the up side ...

And of course all the support from our wonderful club members, my amazing husband and our family has helped me though all this. In many ways the slow-down due to the virus restrictions is a blessing in disguise.

I will now have more time to recover before we step up the pace in 2021 and hopefully I will even



After major surgery and continuing follow-up treatment Lynne Schickert made regular Sunday-morning appearances and handles her WMA role while in home isolation.

get back to competing - at a much slower, lower level of course.

Well, that's just a ramble from me on life in general!

If you want to put anything in the *Extra* page, just say I am recovering well and thanks for all the messages of support from club members.

I do miss not seeing everyone on Sundays.

This social isolation will really impact on the well-being of many "elderly" folk - not us of course!

Fond regards to you all, hope you are keeping well too.

Lynne

Knees News

SIX months ago I had my left knee replaced and by and large the outcome is good, as I have already reported in *Vetrun* (December 2019, No. 512).

Two weeks ago I suffered a setback when swelling increased in the lower leg. That has been treated with a prescribed anti-inflammatory and currently I am walking better than at any time since surgery.

I have been cautious and kept distance down to around two kilometres. On all surfaces, including cross-country and the beach, I am presently walking with no pain or adverse effects.

Swelling has been the principal problem, in my case. Although I achieved acceptable bending of the new knee joint from the outset, retained synovial fluid around the knee caused tightness and made this more difficult.



I believe that once all swelling has vanished there is nothing to prevent me from walking vigorously, and then running.

I know a few members are weighing up pros and cons of knee replacement.

One consideration might be 'how long do replacement joints last?'

Go to *Vetrun Extra* for the transcript of an ABC interview by Dr Norman Swan, suggesting new joints are good for 25 years.

Exercise or diet?

FAD diets are famous for 'miracle' claims that help us eat better and lose weight. Here's why they aren't the answer to achieving a healthy body weight - or even good health, for that matter!

It's unlikely that Masters' members need to choose between diet and exercise. Moderation in all things seems to be the consensus. But if you have ever considered diets, this article forwarded by John Bell might be of interest.

DON'T panic – this is not an attempt to subvert all the health warnings that I hope you are all taking absolutely seriously?

It appears that restrictions on social interaction will be with us for quite a while. Fortunately, instead of in-person contact many – most? – of us are lucky enough to have access to online communication. Right now it's galloping ahead, in good time to alleviate isolation and boredom.

This article, found by John Bell, appeared in *The Weekend Australian* on March 28 and explores some alternative methods for us all to keep in touch.

PASS THE ... Zoom Free

by Chris Griffith

WITH the killjoy corona virus ruling our lives, video get-togethers online are taking off as major therapy.

Getting human contact can be hard if you're in self-isolation or enforced quarantine.

Video chat is more intimate and personally fulfilling than just a voice on the line when talking with a relative, friend or work colleague.

Skype used to be the gold standard, but these days there are many options:



In 2014 this jolly crowd met at McCallum Park to celebrate the 40th anniversary of the club formed by John Gilmour and his colleagues. Let's hope we can meet like this again soon. But will this year's AGM need to be a virtual gathering?

Skype, Apple Face Time, Google Duo and Hangouts, Facebook Messenger, and WhatsApp Messenger are some of them.

The government is against you holding house parties in supposed isolation, but the Houseparty app lets you virtually meet up with a tribe of friends.

Zoom has emerged as the darling of video-calling for now.

It's used by countless businesses and also has traction for video-conferencing in schools and telemedicine. Zoom offers a variety of plans for business, but the free plan, which anyone can use, is generous.

So you'd like to get 100 people together at home but can't because of coronavirus?

Zoom lets you host a meeting of 100 participants for free. The only catch is that group meetings are limited to 40 minutes. You can get around that by holding another get-together 40 minutes later.

You can schedule get-togethers and send participants a link for joining in at the designated time.

The free video-conferencing option includes HD video and audio, users can share screens during business meetings, and there's an active speaker view. Zoom works out who in a group is speaking and shifts the video feed focus to them.

**Since this story appeared, spoilers have arisen with 'Zoom-bombers' invading some meetings with vile, racist or sexist interventions – so beware.*

VW

Diets debunked

OUR bodies don't like to be starved. Human physiology and our evolutionary development are set up for us to maintain weight. This was once vitally important to ensure survival when food was scarce, but flash forward to today and, at least in wealthy countries, the food landscape is vastly different.

We have thousands of calorie-dense options at our fingertips. It's no surprise that many Australians struggle to maintain a healthy body weight.

Despite new fad diets regularly being touted as the answer to our health woes, they simply don't work. And it's important to understand why.

The greatest downfall of most is over-restriction, which can lead to hunger, cravings and then binges and subsequent feelings of failure. It's a nasty cycle.

Weight loss is also not as simple as eating less and moving more. There are a lot of complexities at play here, including appetite-influencing hormones, the interplay of genetics, stress levels, our emotional state, eating environments, support networks – even how much we sleep can influence our appetite and body weight.

For a comparison of many popular diets, go to *Vetrun Extra* on the club website.

IF your old runners have crumbled to dust during isolation, perhaps it's time to put new technology to the test?

The Nike Vaporfly is revolutionising the choice of footwear among marathon runners and has been on the feet of elite athletes during several record-setting marathons in the four years since its debut.

Now, data suggests its lure is trickling down fast to everyday marathoners, who may actually stand to gain more from wearing the shoes.

The Vaporfly is a testament to technological innovation or a form of mechanical doping, depending on whom you ask.

The superlight shoe, with an innovative midsole designed to generate extra spring, has quickly become the darling of elite marathoners intent on smashing records.

Half-marathon WR

When Geoffrey Kamworor set a new men's half marathon world record of 58 minutes and one second in Copenhagen in September, he did it in Vaporflys. Ditto for Brigid Kosgei, the Kenyan runner who smashed the 16-year-old women's marathon world record last month in Chicago with a time of two hours, 14 minutes and four seconds.

And, of course, Eliud Kipchoge just wore Vaporflys to become the first human to run a sub-two-hour

Events cancelled, athletes locked-down; so this edition of *Vetrun* is mostly retrospective! But this page looks forward with insight of new technology that might change how everyone will compete in future.

GOING THE DISTANCE FINDS NEW MEANING

by Laine Higgins *The Australian*, November 8, 2019

marathon, albeit not in an official race.

Now the shoes are being adopted by recreational marathoners.

According to a sample analysis of about 15,000 Strava athletes who participated in the five Abbott World Marathon Majors this year – Tokyo, Boston, London, Berlin and Chicago – more than 1,000 athletes laced up in Nike's Zoom Vaporfly or most recent Next% models. At the TCS New York City Marathon last Sunday, the largest such race in the world, hundreds donned those shoes with hopes of running a personal record.

Springy

Similar to other elite racing shoes, the Vaporfly is impossibly lightweight. But unlike the shoes made by competing brands such as Adidas or Saucony, the Vaporfly's midsole contains a thick layer of super squishy foam, which Nike calls ZoomX, and a carbon fibre plate. Biomechanics experts say the idea behind the carbon fibre plate is to mimic the spring

amputee runners get from the blades of their prosthetics.

The spring allows athletes to exert less energy to run the same speed. The concept has been around for a little more than a decade, but Nike is the first manufacturer to successfully employ a carbon fibre plate in a shoe.

Nine-minutes off your marathon time?

This marginal boost in efficiency may be hard to notice in a 100m dash, but Nike says it can improve a runner's time by up to 4.2 per cent. In distances as long as the marathon, that's significant – it would shave almost nine minutes off a 3 hour 30 minute marathoner's personal best. Several studies, by Nike scientists and independent teams at the University of Colorado and Grand Valley State University in Michigan, have found data that supports Nike's 4.2 per cent claim.

According to South African sports physiology expert Ross Tucker, not all runners receive the same boost in running economy

from wearing the Vaporfly. "The interesting thing is for the elite runners it translates to less than one per cent of economy, but for the back of the pack person they actually get more out of it."

Per the Strava data, the runners who wore the latest Next% Vaporfly model posted the fastest median finishing time, 3hr 5min 35sec. Those Next%-clad runners ran at an average pace of seven minutes and five seconds per mile. Just behind that cohort of runners were athletes wearing Nike Zoom Vaporfly shoes, whose average pace per 1.6km was just four seconds slower.

There was a significant gap between runners wearing Nike's two Vaporfly shoe models and those wearing the third best performing shoe, the Adidas Boston Boost. Runners in the top Adidas model ran at an average pace of seven minutes and 42 seconds per 1.6km and crossed the finish line more than 16 minutes behind runners in Nike Vaporfly shoes on average.

Runners wearing Saucony's top performing shoe, the Kinvara, finished even further behind. At an average pace of 8min 1sec per 1.6km, Saucony-clad athletes finished about 24 minutes after their Vaporfly-wearing peers.

Within the Strava data there is some degree of selection bias, as it is likely that runners who logged their choice of footwear also happen to be some of Strava's fastest daily users. Additionally,

correlation between shoe model and median marathon pace does not explicitly prove that wearing Nike Vaporfly shoes will result in a faster marathon time.

But the advancing adoption of Vaporfly at the recreational level of running means debate over the shoe's controversial construction is reaching new strata of runner.

"Running is the sport where PBs (personal bests) and times and records and age groups and things, these things have meaning," says Tucker. "I think that these shoes distort the meaning."

The International Association of Athletics Federations, the governing body of running pursuits, has been aware of the controversy surrounding the Vaporfly since 2017.

In April the IAAF technical committee formed a working group of "two former athletes alongside experts in science, ethics, footwear, biomechanics and law" to determine whether a technical rule change was necessary to ensure that races be fair.

"The challenge for the IAAF is to find the right balance in the technical rules between encouraging the development and use of new technologies in athletics and the preservation of the fundamental characteristics of the sport: accessibility, universality and fairness," an IAAF spokesman wrote in an email. The working group's findings are expected this year, after each of the six major marathons this year is completed.