

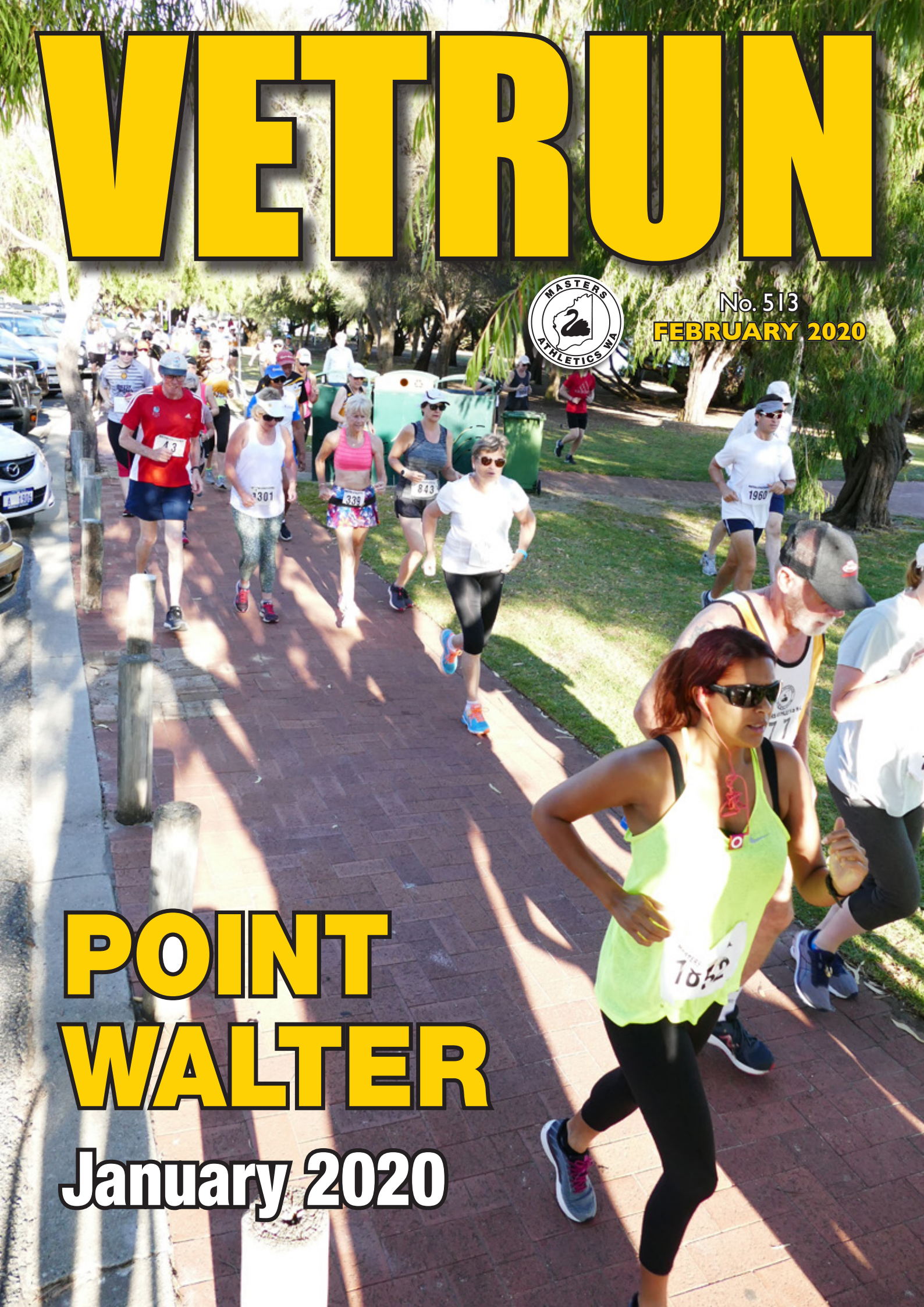
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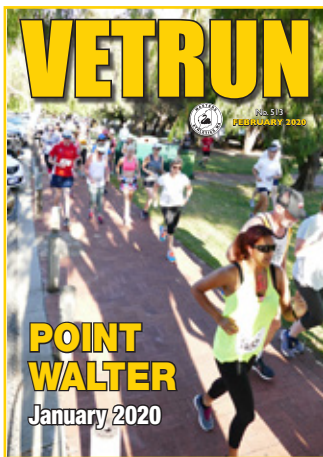


No. 513
FEBRUARY 2020

POINT WALTER

January 2020





Cover: we filled the path at the start of the annual Point Walter event.

NEXT EDITION: Vetrum No. 514 will be published in April 2020.

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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:

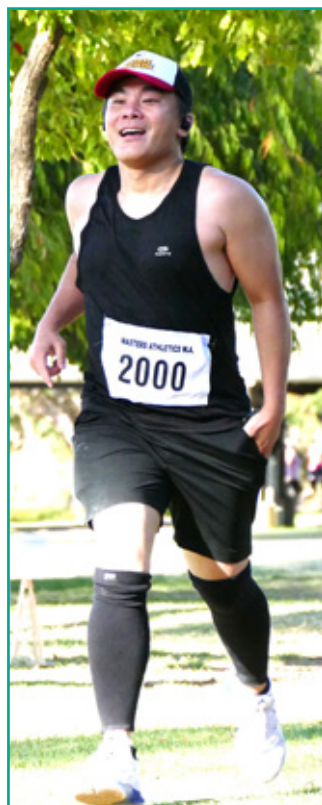
Colin Smith
colin.smith@netspace.net.au

Patron:

David Carr

HANDICAP TROPHY 2020

THE Handicap Trophy competition includes a series of Sunday Handicap Runs held throughout the year. Only Members are eligible for the trophy.



2000 up!

He was carrying a big number and new member Andy Wong did it well in his first outing, running first M40 over 5km at the Australia Day Run.

RULES

- Due to the shortened 2020 Sunday programme there will be only six handicap events this year. Only your best four results will count - so you need to complete at least four of the events listed below to be eligible for the trophy.
- You must have competed in at least three Sunday runs during the six months prior to the handicap events - so as to have an authenticated handicap.

SCORING

Your four best finishing positions from all the handicap races are totalled up at the end of the season and the member with the lowest accumulated four finishing positions is the winner of the Handicap Trophy.

2020 EVENTS

- February 16 - Woodbridge 10kH
- April 23 - UWA Track 10kH
- May 10 - Curtin 10kH
- July 19 - Sharks 10kH
- August 16 - Nedlands 10kH
- August 23 - City Rail 10.7kH

Online News

Check the club website regularly for breaking news.

World Record

Paul Jeffery set a brilliant M45 World Record in the Decathlon at WAAS (November 23-24) with 7,867 points.

Membership fees

Due to significant cost increases for cloth bibs and tags club fees for new members will increase to \$50 (metro) and \$42 (country). Fees for existing members rejoining are unchanged.

State Records

The full list of State Records correct as of January 2020 has now been placed on the website. Head to the Records\Records Home tab.

World Masters Rankings

For a trial year AMA will pay a lump sum to give all registered Australian Masters Athletes access to the Rankings database. All MAWA members should receive an email instructing them on how to set up an account and gain access. While this is of course mainly of benefit to our Track and Field members, everyone is encouraged to take a look as the site contains a wealth of information.

Committee Summary

Posted on December 12, 2019

- The AWA Heptathlon/Decathlon events in January will also be MAWA State Championship events.
- The 2020 Handicap Trophy will conclude with City Rail in August.
- Entries for the 2020 AMA Postal Half Marathon will open in early February.
- Agreed to purchase a new

big clock for ECAC - partly funded by the generous bequest from the estate of Ray Gimi.

- The Ray Gimi Trophy has been established to be awarded to the winner of the Woodbridge Handicap.
- From January all MAWA members will have full access to the World Rankings database, under an agreement reached by AMA.
- From 2020 the Jim Barnes Trophy will be awarded for the best age-graded score in the MAWA Club Half Marathon.
- Also from 2020 the John Gilmour Trophy will be awarded to the Athlete of the Year rather than the Performance of the Year.
- The 2021 Australian Masters Games will be held in Perth.



You Write ...

Dogs, runners and 'language'

AT THE Riverton Bridge run (Canning Caper) an older lady was walking her dog, which was not on a lead, and she was 'F'd' at by one of the newer members, which caused her distress. Our club has always prided itself on respect for other path users and should be able to expect that to continue.

So please remember to say nothing if something annoys you.

I would like to add that in forty years as a member of the club I've never heard a swear word at one of our meetings, and I think that's something to be proud of.

Joan Pellier (Club No. 47)

Years ago but fresh in memory, while running in a London park I encountered two small off-lead dogs. One went right; the other went left and under my feet. I tripped heavily onto gravel.

"Why don't you look where you're going?" snorted the animals' haughty female owner.

My retort, I fear, would make Joan blush. VW

No more egg and spoon

INTRIGUED by the Obsolete Records section of the club site I dived in, eager to read of speedy sack-race sprints of yesterday, three-legged marathons, eggs balanced in spoons over incredible distances.

Too much to expect? How about running backwards?

It was once a very popular pursuit (in the days when running was known as 'pedestrianism') and in 1922 the great dancer Bill 'Bojangles' Robinson set the 100 yards world record at 13.5secs. Perhaps WA's backward fraternity never went out to set records.

Sadly, the obsolete records we do list are mundane, involving weights and equipment no longer used, or runs and walks over distances that



Visitor consults check list on his phone; sunglasses – yes; raise right leg – yes; hop – and go! Rex Bruce is bemused; his only problem is keeping that hat on.

are no longer officially contested.

But there is some consolation for the record-holders whose achievements are consigned to obsolescence. Their performances shall never be eclipsed!

Not obsolete

From the archive – (or ark?) this very early WAVAC 'weekend away' pic (right) shows, from top left: Don Caplin, Jeff Whittam, John Spencer, Mrs Spencer, Fraser Deanus, Pat Barnes, Rob Farrell, Dave Hough and Dorothy Whittam. Front row: Barrie Slinger, John Pellier, Joan Pellier, Anne Deanus, Nora Berry and June Strachan.

Jo and her buggy 'Bob'

PLEASE – no more cracks about swapping the baby and groceries – or asking for a lift!

Jo Shelley is using her buggy (affectionately dubbed 'Bob') as a running prop in preparation for an April marathon in Brighton, England. She busted her sacrum a while ago and has back problems, but leaning on buggy Bob has helped her run again.

"He allows me to run with the necessary forward lean to relieve pressure from my nerves and allow my legs to work," Jo says. "I can't walk properly even just around the house, but with Bob to support me I have discovered I'm still quite whizzy!"

Jo has confirmed something I've always believed; Zimmer frames could be greatly improved by adding wheels.



Trophy hunters

WITH the most exciting finish in years coming to a grand finale, five members, all on the verge of superstardom battled it out to win the most coveted prize of them all, the Handicap Trophy.

The name of the game is finishing positions, and today it wasn't about finishing ahead of your rival, it was about finishing far enough up in the field of 60 runners ...



Tristan Bell; this year his handicapping made the Trophy lively to the very end.

At the start of the day, Andrew Grosas led the trophy charge, with Elizabeth Gomez, Rohan Thompson and Milton Mavrick all within three points and well within striking distance ... and don't forget John Fisher, a daunting 20 points in arrears, but still capable of a last minute surge.

Top five

A top five finish would have sealed the trophy for any of the top four, though if they couldn't manage that, it opened the door for John Fisher.

He could claim the trophy provided he finished in the top 20 on the day – and none of his rivals were in the top five.



John Fisher's Trophy win is a PB: having a chance to win made him push hard all the way.

The top five positions came and went, with Rohan Thompson the first contender home, who came in a credible eighth.

It was now down to John Fisher, with 17 runners already having crossed the line, turning final, crossing the bridge, John was in a full sprint with Milton Mavrick, who I'm sure tried to push him into the river (maybe a little editorial lenience here).

Milton using his well sharpened elbows kept John at bay, but it didn't stop John's doggedness, and with a personal best time of 46.46 finished in 20th place, thereby wrenching the trophy from Andrew Grosas' grasp by one point.

Congratulations to John on a fabulous run and becoming the 2019 Handicap Trophy Champion

Winner John Fisher (#1167)
2nd Andrew Grosas (#1707)
3rd Rohan Thompson (#1781)

Canning Caper (Handicap)

December 1, 2019
 Director: Keith Atkinson

10Km Run Handicap

Frank Gardiner	M65	1:01:24	11.32	49.52
Evelyn Gilbert	W55	1:03:58	0.00	63.58



Trophy apart, the Caper was a 10km handicap race in its own right. Frank Gardiner, above, was overall winner. However, he had the advantage of being chased by a small dog, on a lead. Left, Evelyn Gilbert was first woman in the 10km handicap.

WEATHER for the Canning Caper is about as good as it gets at this time of the year – sunny, not too hot, although we had a strong breeze.

Nonetheless it all seemed to go off well. Lo Quay Café as always seemed to be a hit. It all helps to make it an enjoyable event.

Congratulations to the winners.

Also a big thank you to Tristan, the handicapper. As usual many walkers and runners came in close together at the finish, which shows what a great job he does.

Thanks also to my dedicated regular helpers who did an excellent job.



You must be on your toes to be a successful race director!

I also want to say thank you to Sandra and Maurice for their help in transporting gear to the run on Sunday. There was a bit too much for our little car.

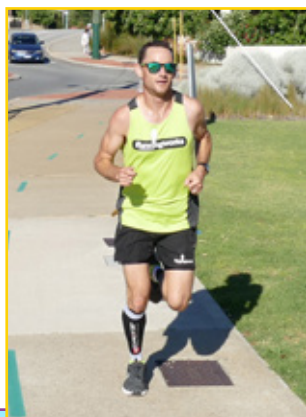
The Canning Caper is scheduled for November in 2020, so we hope we will see you all then.

Keith



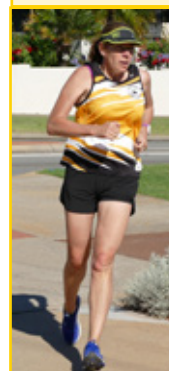
The Start – wrong way of course, for the snapper, out of the light!

Below, you have to be up with the Lark to beat Chris – 6km 1st; Nicole Cole's husband, Simon, had the pram so, unencumbered she was first 6km W40.



6km Walk Handicap

Andrew				
Cuthbertson	M60	51:31	0.52	50.39
Karyn				
Tolardo	W50	54:38	17.43	36.55



6km Run

Age-group leaders

Chris Lark	M40	24:24
Kevin Johnson	M60	25:04
Mark Dawson	M55	27:19
Mark Kerr	M45	27:24
Paul Hughes	M65	29:39
Simon Cole	M50	31:01
David Carr	M85	36:58
Paul Martin	M75	51:00
Bob Fawcett	M70	53:02

Women

Clare Wardle	W45	28:36
Margaret Saunders	W65	28:55
Nicole Cole	W40	29:11
Gillian Young	W70	31:54
Gayle Craft	W60	32:31
Delia Baldock	W55	36:59
Sue Glyde	W50	37:39

10km Walk

Justine Stewart	W30	1:13:51
Peter Ryan	M65	1:25:06
Barbara Putland	W55	1:25:10



Mark Kerr, exuberant first M45 in the 6km

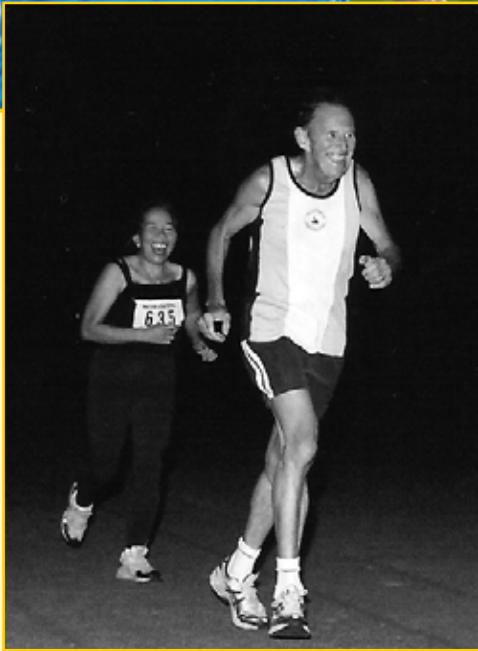
Slow Down?

They must be joking! Heading for the finish in her sights Delia Baldock ignored the written word – but lost by one second to David Carr.

VALE – John Smith



Always cheerful, John is pictured above on the Sharks Run; and below, with wife Jenny, finishing the 10km Track Handicap at McGillivray Oval many years before.



Always witty, John is probably praying that if any rain falls during the riverside run he directed, it washes away the new earthworks he detested! Ironically John later planned to direct the Woodbridge Run – the only one in the club's history abandoned due to flooding!

CLUB member John Smith passed away on Thursday, December 5.

John was a member of the club for more than 25 years, his club number being 156. As well as being a regular competitor for many years he contributed through being a committee member and a Sunday race director.

John competed both on the road and on the track, first as a runner where he completed several 50km road running championships and then as he got older he moved to

Posted on December 11, 2019

walking and the road walking championships.

For several years John arrived at ECAC at Cannington on a Thursday evening on his bike just in time for the track walk. When the walk was early he missed the start. At the end of the programme he would set off for his home in Victoria Park in the dark on his bike.

Always bright and cheerful he has been missed at recent competitions being unable to attend due to ill health.

John's witty and erudite comments were always a welcome feature of Vetrun.

In 2014 he wrote:

The June magazine was a beauty and I would like to add my comments.

The list of marathon runners is a good idea. Unfortunately I cannot add to it because I have treated marathons like fun runs and have not kept medals, dates or times.

Comrades

I believe enough members have run the 90km South African 'Comrades' to justify a separate list. That is one event for which I have kept the bronze medal. (2007: aged 72, and sub 11 hours.)

It was quite an eventful day which included running for a while with Oscar Pistorius before he literally bounded away.

Two people died and made headlines, but the newspapers were also concerned that the Russians had again finished first. This was felt to be a reflection on the quality of South African athletes.

Climb every mountain ...

I have also retained one other trophy, this time from Japan. Thirty years ago the Kobe Steel Sports Club organised a 56km run from the outskirts of Kobe to a bar outside Osaka. A small group of expatriates were invited to take part.

Just to make life interesting the course entailed climbing seven steep miniature mountains most of which were about 900m high. A couple of

them required fixed chains to allow vehicles to drive to the summit.

It started at dawn and finished in the dark but some comforts were provided. Piping hot red bean soup was served at the halfway point and near the top of the last mountain Suntory whiskey laced with hot water was very welcome. By then the sun had set. We were tired and hungry and determined to complete the last sector just as fast as we could go.

That final alcohol fuelled downhill run was something to be remembered but not repeated.

Finishers/survivors were rewarded with a very handsome engraved plaque.

The London Olympics also prompted John to recall his Comrades experience.

All-rounder Pistorius

During the London Olympics we saw quite a lot of Oscar Pistorius, the double-amputee South African blade runner.

Quite correctly, he is being hailed as a sprinter but in fact he is also no mean marathon man.

In the 2007 Comrades he came bounding by me at the 50km mark, and I believe he came in to the 90km finish at under 10.5 hours.

This must make him one of the best all round athletes of our time.

I also had the good fortune to meet with him the following evening and he gave the impression of being a pleasant and unassuming young man.

John Smith



Mosman Park

December 8, 2019

Director: Paul Hughes

THE run start finish area was changed this year due to a junior cricket match being held on the reserve and it was a blessing in disguise as there are trees and more shade for helpers and members to relax after the run. An added bonus was a break in the hot spell of exceptional hot days. The run is now a 5km and 10km run and the opportunity to watch junior cricket.

A special thanks to the club members who assisted me in the event run which makes my role as Race Director a lot easier.

Appreciation to the Mosman Park Cricket Club particularly their president, Armando from Armando Sports and Mosman Park Town Council for allowing us to use the facilities at Tom Perrott Reserve.

See you all next year.

Paul Hughes

5.1km Run

Michel Bermudes M45 22:27



Mark Dawson	M55	25:03
Nick Franey	M60	26:53
David Adams	M40	26:58
Jim Klinge	M70	27:18
David Carr	M85	30:36
Mark Hewitt	M65	30:41

Women

Deborah Gardner	W50	23:57
Margaret Saunders	W65	26:00
Sally-Anne Smith	W40	27:08
Gillian Young	W70	28:30
Lori Sexton	W55	29:43
Trisha Griffiths	W45	36:05
Phillippa Bennett	W60	39:04
Phillippa Greenwood-Jones	W35	42:28

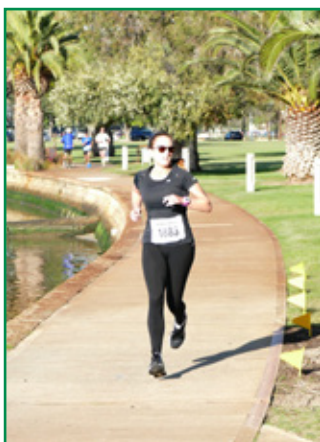
Loneliness of the Long-Distance walker?

New Start Allowance? – for junior cricketers!



10.2km Walk

Peter Ryan M65 91:01



10.2km Run Women

Joanna Lloyd	W45	48:38
Karen March	W55	52:17
Elizabeth Gomez	W40	58:27
Louise Skipworth	W351:00:23	
Janne Wells	W501:04:29	
Susan Sanders	W651:05:01	
Silke Peglow	W501:07:54	
Betty Kooy	W701:28:08	



Three of those age-group leaders: Bob Lane (M70) possibly having an easy wind-down run after his big marathon season in Berlin and New York; Peter March (M60) and Steve Hossack (M55).

Age-group leaders

10.2km Run Times

Alex Tinniswood	M35	45:41
Steve Hossack	M55	48:32
Rodney Glossop	M40	49:45
Peter March	M60	50:41
Bob Lane	M70	50:43
Tristan Bell	M50	52:18
James Hadfield	M30	52:59
Ian Carson	M65	55:22
David Baird	M75	55:44
Julian McGrath	M45	57:34



Akos is making laid-back marshalling a Mosman tradition; he even brought headphones!

3,100 Run and Become

A film of gigantic proportions!

MAWA member Prabuddha Nicol writes about a must-see movie for distance runners.

IMAGINE running 100km every day for 50 consecutive days. Imagine the kind of determination and perseverance one would need for such a task.

Well, one Finnish runner, Ashprihanal Aalto, has done just this – 14 times!

He is one of the world's best ultra-distance runners – having raced more kilometres than almost anyone on earth. In fact, in one year he competed in a six-day race, the 3,100-mile race (4,988km) and a 700-mile race (1,126km).

See it in Perth

3100 Run and Become is a newly released documentary focussing on Aalto's yearly pursuit of competing in the world's longest footrace, the Self Transcendence 3,100-mile race – held every year in New York City in the height of summer. This race attracts participants from all corners of the globe to embark on a journey beyond most people's daring dreams.

Members may recall that our own Grahak Cunningham, a follower of Sri Chinmoy, has run the

3,100-miler and held the best time for the event.

Marathoner director

Film director Sanjay Rawal an accomplished marathoner himself, not only captures the hardships and triumphs of running such a race but also visits, in the film, other parts of the world where ancient cultures have held running as 'a celebration of life' for millennia.

Locations include the Kalahari Desert, Arizona's Navajo Reservation, and to the sacred mountain temples of Japan.

Olympic Gold Medallist, 10,000m Legend Billy Mills says of the film: "Whether

you're a runner or someone looking to transform your life, a film like 3,100: Run and Become is the perfect starting point."

Paradiso

You have just one chance to catch *3,100 Run and Become* in Perth, when it screens for one night only at the Palace Cinema Paradiso, 164 James Street, Northbridge, 7pm Thursday, March 26, 2020.

But it will also be screened in Bunbury at the Grand Cinemas, corner Clifton and Victoria Streets, 7pm Wednesday, March 25, 2020.

Tickets cost \$10 – or \$5/ concession and are available online at www.eventbrite.com.au/e/3100-run-and-become-tickets-85940974769 (for Perth) www.eventbrite.com.au/e/3100-run-and-become-bunbury-tickets-86781244037 (for Bunbury).

Concession holders – please phone 61614156 for a promotion code. If tickets are not sold out they will be available at the cinemas half an hour before each screening.

Q&A

A Question and Answer session will be held by the Director and a guest 3,100 mile competitor immediately after each screening.

Film running time 78mins and you can see the trailer at vimeo.com/266754781



Ashprihanal Aalto

ADRIENNE Beames would be a household name, if her world record claims could be believed. On the last day of winter in 1971, the phone rang on the sports desk of *The Age* newspaper.

A virtually unknown Australian had just smashed the marathon world record, becoming the first woman to run the distance in under three hours. It was almost certainly the first time a woman had even run a marathon in Australia, let alone demolished a time barrier many in the male-dominated sport thought impossible for a woman.

On a cold and windy day in Werribee Adrienne Beames carved 15 minutes off the women's marathon world record with a time of 2:46:30. Werribee's flat topography and lack of traffic made it a regular fixture for Victoria's

The Adrienne Beames Marathon Mystery

by ABC national sport reporter, David Mark

This is a very small extract from fascinating story of an Australia woman who might well have been the first to run a sub-three hour marathon, meticulously researched by David Mark. *Vetrun* encourages readers to go to this link and read it in full.

www.abc.net.au/news/2019-12-21/adrienne-beames-the-enigma-of-australian-running/11762724?fbclid=IwAR2DvuJrOvLPX8j3DpgOTMQS4wi-CXteDoqRaSooMCPwImq3yrU6RUHugiU

Amateur Athletics Association races in the 1970s. The Victorian Marathon Championships had been held there exactly one month earlier, but no one knows whether Adrienne ran the same route. In fact, much remains unknown about that day in Werribee. No reporter or photographer was there to witness the run. If Adrienne ever had a photo of that day, it's lost to history — she later

burned the family's photo albums.

News of the run sent shockwaves through the nascent women's running world, felt as far away as the USA. But before long, doubts would creep in.

Over the next six months, Adrienne would claim a string of world records in every distance from the mile to 10,000 metres. Such a tally of achievements should have

secured her a place among the greats of Australian sport. And yet Adrienne Beames died last year forgotten to history, literally consigned to a footnote in the record books. Instead she remains one of Australian sport's greatest enigmas, plagued by one question: did she make it all up?

By the late '60s, Adrienne was a regular competitor at Melbourne club cross-country races, performing well in a competitive scene without setting the world on fire. Her best result in a national event came in 1969 when she finished second in the Australian Cross-Country Championships. There were flashes of brilliance and there were setbacks.

Adrienne adopted an astonishing regime for a female athlete at the time: running twice a day and up to 120 miles (193km) a week.



Woodman Point

December 15, 2019

Directors: Karen &
Peter March

Age-group Leaders

10km Run	Times
Alex Tinniswood M35	43:30
Reid Barron M40	45:53
John Pentecost M60	46:59
Brian Bennett M70	52:09
James Hadfield M30	52:43
Jackson Wong M50	52:48
Paul Every M55	53:58
David Baird M75	54:00

Women



Melinda Evans W35 50:05



James Hadfield - 1st
M30/10km.

5km Walk

Karyn Tolardo W50	31:17
Peggy Macliver W75	39:41
Elaine Dance W65	40:37
Liz Dewhurst W35	44:52
Hazel Stephen W70	46:50
Priscilla Wilson W40	49:22
Gina Bell W55	50:57

Men

Victor Munoz M65	31:40
Johan Hagedoorn M75	35:08
Haydn Gawne M70	37:27
Steve Travell M60	44:13
Sean Keane M55	44:59
Bob Fergie M80	47:22

5km Run

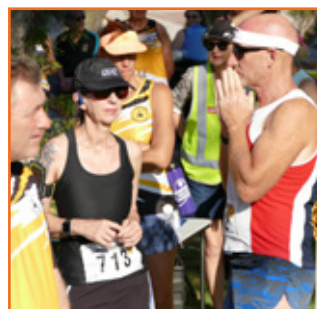
Jerry Peters M40	21:29
Craig Goldfinch M45	22:11
Mark Dawson M55	24:00
Geoff Vine M70	24:50
Tristan Bell M50	24:58
Don Pattinson M65	27:50
Keith Atkinson M60	29:27
Bob Schickert M75	34:44
David Carr M85	37:47

Women

Margaret Saunders W65	24:48
Chris Pattinson W60	26:17
Gillian Young W70	26:36
Lori Sexton W55	27:39
Sue Hamilton W60	28:34
Janne Wells W50	30:02
Trisha Griffiths W45	33:38



Reid Barron - 1st
M40/10km.



It Pays to Pray! John
Pentecost, 1st M60/10km.

Below: Theresa Howe,
Queen of the W65/10kms!



MOSMAN 5.1km Walk

Victor Munoz M65	32:26
Johan Hagedoorn M75	36:35
Haydn Gawne M70	37:30
Andrew Cuthbertson M60	47:18
Bob Fergie M80	49:25

Women

Peggy Macliver W75	40:42
Karyn Tolardo W50	41:50
Elaine Dance W65	41:55
Liz Dewhurst W35	46:07
Priscilla Wilson W40	53:42
Roselyne Pillay W70	54:48

ALDERBURY



Alderbury Park CC

December 29, 2019

Director: Wayne Taylor

Age-group leaders

8km Run



Tommy Glackin M35 34:51

John Pentecost	M60	37:03
Mark Dawson	M55	38:33
James Hadfield	M30	38:53
Rodney Glossop	M40	39:05
Simon Cole	M50	40:07
Jim Langford	M75	40:27
Ian Carson	M65	40:51
Brian Bennett	M70	42:14

Women

Elizabeth Gomez	W40	41:49
Chris Pattinson	W60	42:37
Lori Sexton	W55	45:00
Rochelle Airey	W50	45:42
Theresa Howe	W65	58:48

4km Run

Steven O'Halloran	M50	15:32
Craig Goldfinch	M45	18:42
Ralph Henderson	M70	18:49
Ross Keane	M55	19:49
Mark Hewitt	M65	21:18
Ian Brown	M60	22:14
David Carr	M85	23:11
Merv Jones	M80	31:45
Jim Barnes	M75	33:14



Peggy Macliver

Wendy Farrow

Hazel and Philippa



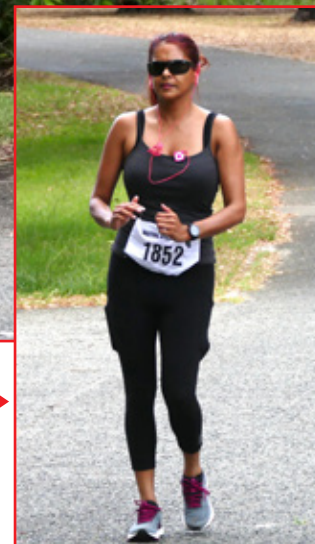
Stephanie Manuel

Women

Wendy Farrow	W50	42:03
Peggy Macliver	W75	47:52
Stephanie Manuel	W45	57:19
Hazel Stephen	W70	58:14
Phillippa Bennett	W60	58:14

6km Walk

Victor Munoz	M65	39:18
Johan Hagedoorn	M75	43:42
Bob Fergie	M80	57:48
Irwin		
Barrett-Lennard	M90	53:04



4km Walk

Haydn Gawne	M70	30:40
John Brambley	M75	34:34
Andrew		
Cuthbertson	M60	35:13
Brian Dalton	M65	56:07

Women

Elaine Dance	W65	35:14
Sofia Carson	W55	40:16
Margaret Bennett	W75	42:07
Priscilla Wilson	W40	42:44
Lorna Lauchlan	W85	48:11

Lifelong exercise fights ageing

REGULAR exercise throughout adulthood may protect our muscles against age-related loss and damage later. Also, starting exercise later in life may present problems for ageing muscles at first. But eventually, benefits should appear.

According to an interesting new study of lifelong athletes (and their thighs!) the muscles of active older men resemble, at a cellular level, those of 25-year-olds. And they handle inflammatory damage much better than the muscles of sedentary older people.

Also studied was whether waiting until middle age, or later, to start exercising might prove challenging for the lifelong health of muscles.

Physical ageing is a complicated and enigmatic process.

Precipitated by little-understood changes in the workings of our cells and physiological systems, it proceeds in stuttering fits and starts, affecting some people and body parts earlier or more noticeably than others.

Vulnerable

Muscles are among the body parts most vulnerable to time. Almost all of us begin losing some muscle mass and strength by early middle age, with the process accelerating as the decades pass. While the full causes for this decline remain unknown, most researchers agree that a subtle, age-related rise in inflam-



mation throughout our bodies plays a role.

Inflammation

"A lot of studies show that higher circulating inflammatory factors in people are associated with greater loss of muscle mass," says Todd Trappe, a professor of exercise science at Ball State University in Muncie, Indiana.

Trappe and his collaborators, who have long been studying the physiology of older athletes, also knew that physically fit people tend to have lower levels of inflammation in their bodies than inactive people.

So, the researchers wondered, would active, older people also have more and healthier muscle mass than other older people? To find out, the Ball State scientists turned to volunteers, local men and women in their 70s or 80s who had been training continuously since the running boom of the 1970s, and who already were part of several interrelated studies at Ball State.

A new study suggests the muscles of old people who have always exercised stay younger longer, writes Gretchen Reynolds in *New York Times*.

This story also appeared in *Australian Financial Review* – January 6, 2020.

Blood and muscles

Now the researchers wanted to look deep inside the older athletes' blood and muscles. They assembled 21 of the elderly athletic men (results from a separate study of women will be published soon, Trappe says), along with 10 runners and cyclists in their 20s, and another 10 healthy, but sedentary, elderly men. They measured all of the men's thighs, as a marker of muscle mass, and took blood and muscle-tissue samples.

They noted immediately that the men's thigh circumference reflected their ages and lifestyles, with the young athletes sporting the burliest legs, the elderly athletes slightly smaller ones, and the inactive elderly men the spindliest.

The researchers next had the men complete a single session of brief, but strenuous, lower-body weight training, using a knee-extension machine. Since none of the men lifted weights, this exercise was expected to stress their muscles in an unfamiliar way. A few hours later, the researchers again drew blood and biopsied the

men's muscles. Then they checked the tissues for a broad slate of inflammatory cells and gene markers.

Bogglingly complex, inflammation involves multiple genes and cells that talk to other genes and cells and dynamically ramp up, or tamp down, the process. Immediately after any bodily injury or strain, which includes strenuous exercise, inflammation helps tissues to heal and strengthen. But if inflammation lingers, it can become harmful and, in muscles, block them from growing larger and stronger after exercise.

Inflammatory responses differed in the men.

The young athletes displayed the least amount of inflammation in their blood and muscles at the start of the study and continued to do so after the workout. While their muscles flared briefly after exercise with inflammatory cells and related gene activity, the microscopic examination found that countervailing anti-inflammatory signals were also increasing and should soon cool the inflammation.

A similar response occurred inside the muscles of the elderly athletes, although their inflammatory markers were slightly higher and their anti-inflammatory reactions a bit lower.

But in the untrained elderly men, inflammation was much more of a bushfire, spiking higher than among the other men and showing fewer signs of resolving soon.

NEW MEMBERS

1925 TAYLOR: Carey W55
1926 CRAFT: Gayle W60
1927 MCCLEMENT: Emma W40
1928 WEBB: Matthew M50
1929 HESLOP: Carl M30
1930 HESLOP: Jasmine W40
1931 HAYES: Bill M50
1932 DORRAIN: Sharon W40
1933 MCCOOEY: Coral W50
1934 WOODLAND: Peta W45
1935 BIRKBY: Neil M35
1926 CARLES: Laurent M45
1937 MCGRATH: Julian M45
1938 HURLEY: Tim M55
1939 GRIFFITHS: Trisha W45
1940 NICHOLAS: Kathy W50
1941 SMITH: Lesley W60
1942 HADFIELD: James M30
1943 GILES: Sophie W45

1944 TRAVELL: Steve M60
1945 MOORE: Ashley M40
1946 HOTIMSKY: Yury M40
1947 BROWN: Ian M60
1948 LOH: Tim M30
1949 MARTENS: Lukas M50
1950 TABORSKY: Daniel M35
1951 JENSEN: Mel W50
1952 HELM: Jill W50
1953 SUBRAMANIAN: Chico M60
1954 MCLEISH: Andrew M35
1955 SHIU: Chrystal W30
1956 VAN DER MEY: Caroline W60
1957 DAVIDSON: Christy W40
1958 VAUGHAN: Annabel W30
1959 PHILP: Karen W55
1960 MITCHELL: Leon M35
1961 DUMLAO: Karen W40
1962 LANGFORD-SMITH: Liz W40
1963 GEE: Loren W35
1964 TARACENA: Jimena W45

1965 THOMAS: Peter M45
1966 HERZFELD: John M55
1967 DUDARZ: Tash W40
1968 DE ABREU: Tania W55
1969 MUNRO: Jess W35
1970 LUCAS: Radika W40
1971 HENRY: Mark M55
1972 SMITH: Amanda W45
1973 LYNCH: Donna W40
1974 O'BRIEN: Jen W35
1975 WILLIAMS: Rowena W50
1976 MAZZONE: Kelly W35
1977 RICO: Coko W30
1978 HAEDERLE: Mike M55
1979 REILLY: Hugh M45
1980 DAY: Alan M75
1981 DORAN-BRYCE: Samantha W45
1982 VINCIGUERRA: Sandra W45
1983 FAITHFULL: Christina W70
1984 STOWERS: Chris M55
1985 CYRAN: Mike M45

1986 BARHAM: Milo M30
1987 BREHENY: Catherine W30
1988 OWEN: Jen W65
1989 BASON: Richard M45
1990 ATKINSON: Tom M55
1991 LANE: Dean M50
1992 GUIDA: Donna W40
1993 SZE: Vicky W55
1994 MCGAVOCK: Lorna W40
1995 FRANCIS: Chris W60
1996 ROE: Ruth W80
1997 JIA: JINGMEI W45
1998 CALLAGHAN: Brian M55
1999 FUDA: Dani W35
2000 WONG: Andy M40
2001 YUSUF: Hairey M50
2002 PITTER: Theresa W50
2003 WATSON: Paul M50
2004 WILLIAMS: Mark M80
2005 UTAMURATOV: Ravshan M35
2006 MOORE: Nick M45

Welcome Run

January 5, 2020

Director: John Fisher

Age-group leaders

12km Run

Yury Hotimsky	M40	43:20
Pragalathan		
Subramanian	M60	49:56
Stephen Helm	M55	52:21
Zane Walsh	M35	53:06
Bob Lane	M70	53:07
Paul Edwards	M45	54:29
Giovanni Puglisi	M65	54:37
Tristan Bell	M50	55:20
Adrian		
Fabiankovits	M30	55:39
Peter March	M60	56:35
David Baird	M75	61:49

Women

Annabel Vaughan	W30	56:54
Melinda Evans	W35	58:09
Karen March	W55	58:38
Jimena Taracena	W45	59:20
Chris Pattinson	W60	63:30
Rochelle Airey	W50	65:25
Jo Shelley	W40	69:11
Susan Sanders	W65	70:37
Silke Peglow	W50	75:36

5km Run

Rod Hamilton	M55	21:23
Jim Klinge	M70	22:43
Chris Maher	M65	25:00
Jim Langford	M75	27:54
Keith Atkinson	M60	28:46
Neil Birkby	M35	30:40
Allan Billington	M55	34:47
John Pellier	M80	34:54

Women

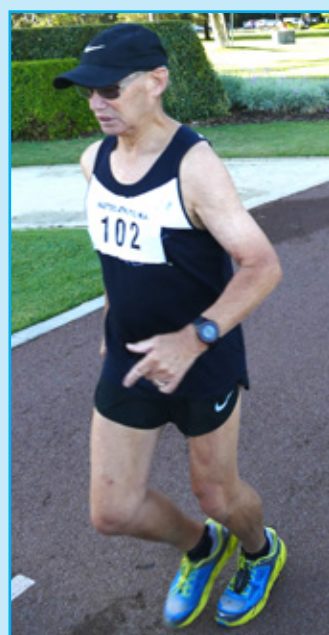
Margaret Saunders	W65	23:39
Peta Woodland	W45	24:51
Sally-Anne Smith	W40	24:54
Amanda Walker	W50	25:00
Gillian Young	W70	26:00
Gayle Craft	W60	26:23
Delia Baldock	W55	29:53
Isolde Tietz	W65	31:16
Liz Dewhurst	W35	36:45

5km Walk

Karyn Tolardo	W50	30:25
Erika Blake	W65	40:05
Roma Barnett	W70	40:59
Marg Forden	W75	43:32
Sylvia Szabo	W60	49:22
Priscilla Wilson	W40	51:11
Joan Pellier	W80	54:24

Men

Victor Munoz	M65	30:57
John McDonagh	M70	33:19
Johan Hagedoorn	M75	34:17
Irwin		
Barrett-Lennard	M90	43:16
Sean Keane	M55	43:33
Bob Fergie	M80	46:29
Jeff Whittam	M85	47:19



Welcome indeed – to all: members old and new and the record 108 visitors at the first event of 2020. Special mention to Pragalathan Subramanian, above, who's going to shake up the club's M60s! Likewise, overall 12km winner M40 Yury Hotimsky. Even more welcome is Dave Scott, left, returning after a long absence.



Below, several of our newest members lined up for their first club outing.



Let's hear it for the recorders!
Every week they are video recording, scanning, noting and then producing timely results; and this time they coped admirably with another record field.



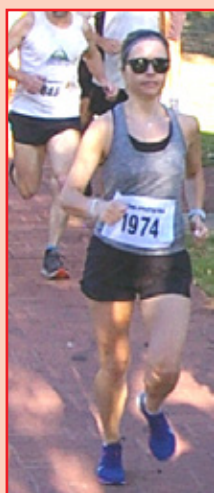
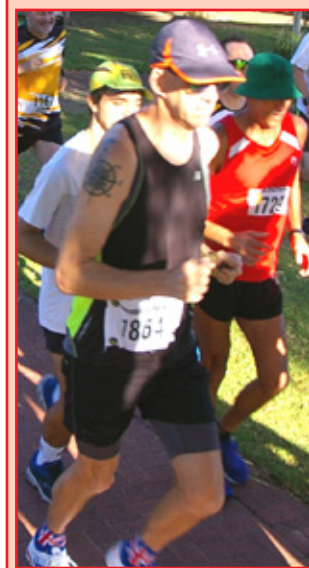
We welcomed 260 entrants!

OUR Welcome Run became a challenge this year with 261 runners, including 111 visitors – up from 203 last year.

The visitor surge stretches us all and summer temperatures put pressure on the water stations. Our club goes from strength to

strength due to members like Bob Britton and Anthony Mugavin who ran Maylands station 'double hand-edly' while Windan Bridge had six marshals! With so many new entrants, marshal experience of our route and marker system is of

extra importance for safety. Split start for the 10km and 5km solves the congestion issue at the start but there's more work to do for safety at the 5km turn. Thanks, sincerely, to everyone for their help in making a great start to MAWA's 2020. *John Fisher*



New stars at Pt Walter



Big numbers, new names, great running!

Above – Andrew McLeish, M35, and Jen O'Brien, W35, led their 10km rivals home.

Left: you can run, but you can't hide, Pam English!

We have your number.

Point Walter

January 12, 2020

Director: Dave Roberts

Age-group leaders

10km Run

Andrew Mcleish	M35	37:25
Martin O'Connell	M50	43:17
Jerry Peters	M40	43:53
Michel Bermudes	M45	44:57
Andrew Grosas	M55	48:44
Bob Colligan	M60	50:00
Ian Carson	M65	50:20
Brian Bennett	M70	54:16

Women

Jen O'Brien	W35	45:38
Vanessa Carson	W40	45:51
Joanna Lloyd	W45	46:52
Carolyn Stephens	W60	58:33
Wendy Grace	W65	1:04:32

5km Run

Yury Hotimsky	M40	18:06
Alex Tinniswood	M35	21:52
David Baird	M75	25:03
James Hadfield	M30	25:53
Russell Smith	M55	25:55
Jim Klinge	M70	26:00
Don Pattinson	M65	26:20
Grant Mercorella	M45	26:32
Jim Langford	M75	27:20
Alastair Wallace	M60	31:37
David Carr	M85	31:46

Women

Margaret Saunders	W65	26:13
Chris Pattinson	W60	26:20
Rochelle Airey	W50	26:42
Gillian Young	W70	26:50
Nicole Anderson	W45	27:54
Kelly Mazzone	W35	28:48
Sofia Dumlao	W40	32:45
Sam Farman	W55	34:17
Justine Stewart	W30	35:03

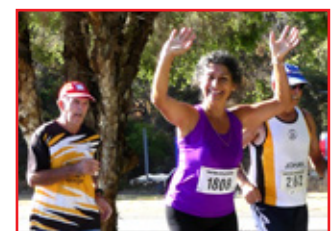
10km Walk

Andrew Duncan	M50	55:50
Johan Hagedoorn	M75	1:15:29
Peter Ryan	M70	1:36:14

5km Walk

Victor Munoz	M65	32:06
Lui Cecotti	M70	35:46
Joseph Patroni	M60	40:21
John Brambley	M75	42:35
Ross Keane	M55	45:15
Bob Fergie	M80	47:45

Women



Marcela Isabel

Ruiz Valdes	W55	36:51
Phillippa Bennett	W60	41:13
Elaine Dance	W65	42:47
Glenys Duncan	W75	48:46
Liz Dewhurst	W35	50:21
Priscilla Wilson	W40	51:25
Pamela English	W70	53:01

McCallum Lakes

January 19, 2020
Director: Joe Patroni

Age-group leaders

8km Run

Chris Lark	M40	33:14
Andrew Mcleish	M35	33:14
Michel Bermudes	M45	36:43
Peter March	M60	39:25
Tristan Bell	M50	39:26
Giovanni Puglisi	M65	39:36
Mark Dawson	M55	40:38
Brian Bennett	M70	41:11
David Baird	M75	42:47

Women

Jen O'Brien	W35	37:12
Annabel Vaughan	W30	39:37
Karen March	W55	41:25
Ange Trees	W40	43:43
Cassie Hughes	W45	44:33
Rochelle Airey	W50	45:19
Gillian Young	W70	46:08
Carolyn Stephens	W60	48:27
Susan Sanders	W65	49:02

4km Run

Ralph Henderson	M70	19:32
Campbell Till	M60	20:34
Jim Langford	M75	20:47
Paul Hughes	M65	21:18
Colin Smith	M55	21:44
Simon Cole	M50	22:13
David Carr	M85	23:27
Hamish McGlashan	M80	29:47

Women

Nicole Cole	W40	20:26
Margaret Saunders	W65	20:41
Carmel Meyer	W55	22:40
Margaret Langford	W70	23:54
Nicole Anderson	W45	24:10
Justine Stewart	W30	26:07
Richelle Breen	W35	28:59
Phillippa Bennett	W60	33:29

8km Walk

Victor Munoz	M65	53:58
Johan Hagedoorn	M75	62:45
Lui Cecotti	M70	66:26
Vicky Sze	W55	80:00
Jingmei Jia	W45	82:39

4km Walk

John McDonagh	M70	30:26
John Brambley	M75	34:55
Irwin Barrett-Lennard	M90	35:30
Andrew Cuthbertson	M60	37:52
Jeff Whittam	M85	41:05
Bob Fergie	M80	41:05
Neil McRae	M65	48:43

Women

Peggy Macliver	W75	33:48
Erika Blake	W65	35:30
Lesley Dowling	W60	41:26
Pamela English	W70	41:29
Joan Pellier	W80	43:16
Priscilla Wilson	W40	43:29



Perfect start point for large field – time to thin out before hitting the public path (see lower pic).



Chris and Andrew, left and right, were locked all the way to a dead heat.



At the path the field was filtered down – safer for all park users.



A FINE morning and a tranquil Swan River saw the McCallum Lakes 2020 run off to a flying start – by who appeared as the youngest in the pack. Members navigated past the temporary Skyworks platform without incident, thanks to the vigilant attention of our marshals.

The run paid tribute and acknowledgement to those suffering ill health, injury or disability. The spirit and determination of these members and past Race Director, the late Su Lloyd OAM, serve as ongoing inspiration for us all to spring out of bed early on any Sunday morning and join in the run, or walk, for a better life. **Joe Patroni**



Age-group leaders 10km Run

Paul Watson	M50	39:47
Kim Thomas	M45	43:04
Kevin Johnson	M60	43:10
Alex Tinniswood	M35	43:49



Stephen Helm M55 44:46

Giovanni Puglisi	M65	46:22
Peter Clark	M50	47:20
James Hadfield	M30	48:10
Rodney Glossop	M40	48:24
Bob Lane	M70	51:57
David Baird	M75	1:06:44
John Pellier	M80	1:22:22

Women

Jen O'Brien	W35	45:09
Karen March	W55	50:15
Sally-Anne Smith	W40	52:51
Cassie Hughes	W45	52:55
Chris Pattinson	W60	53:38
Rochelle Airey	W50	54:45
Catherine Breheny	W30	55:18
Gillian Young	W70	57:32
Wendy Grace	W65	1:05:06

5km Run

Milo Barham	M30	20:04
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Australia Day Run

January 26, 2020
Director: Akos Gyarmathy

Ralph Henderson	M70	23:32
Ross Keane	M55	24:54
Jim Langford	M75	27:06
David Carr	M85	29:33
Matthew Webb	M50	30:47
Alastair Wallace	M60	32:20
Gary Fisher	M65	34:30
Andy Wong	M40	34:35

Women

Margaret Saunders	W65	25:25
Narelle Gaynor	W50	26:54
Margaret Langford	W70	29:29
Sofia Dumlaio	W40	31:51
Marcela Isabel		
Ruiz Valdes	W55	32:30
Richelle Breen	W35	33:12
Grace Hollin	W60	33:28
Lorna McGavock	W40	33:32
Stephanie Manuel	W45	35:16
Jackie Halberg	W70	35:30

10km Walk

Victor Munoz	M65	66:18
Johan Hagedoorn	M75	74:38
Justine Stewart	W30	78:39
Mike Hale	M70	90:41

5km Walk

Haydn Gawne	M70	37:15
Peter Hopper	M75	42:20
Andrew Cuthbertson	M60	46:15
Neil McRae	M65	55:20

Women

Peggy MacIver	W75	39:54
Elaine Dance	W65	42:41
Lesley Dowling	W60	46:15
Pamela English	W70	47:08
Liz Dewhurst	W35	49:19
Charlotte Webb	W40	49:48
Joan Pellier	W80	50:08
Alicia Edwards	W45	55:19



Akos points the field home

THERE was an auspicious start to what turned out to be a very well patronised run and walk event.

I was up early in order to mark out the course and drop off all the marshalling/drink station items and when I finally arrived at Garratt Road Bridge, 40 minutes ahead of the start, I found that the car park was already almost full. Part of the reason was that the neighbouring rowing club was hosting Hale School crews, but MAWA participants were doing their share, having turned up in droves. There were many members as well as lots of visitors – great!

All our volunteer helpers did a fine job, marshals and drink station attendants as well as those at the start/finish line. Thanks to you all!

I was privileged to observe how efficiently those at the start coped with the flurry of activity from the large number of visitors, members needing tokens for the 2020

year and numerous other tasks. It was all timely and unflappable.

A hot day forecast to reach 35 degrees brought a very warm 7am start. Runners and walkers all seemed to cope with the heat very well and there was certainly high demand at the drink stations.

Afterwards quite a few people did their usual socialising before peeling off for family Australia Day festivities. However, many came prepared to stay on. Out came thermos flasks, breakfasts and items for the BBQ.

They found places in the shade for their folding chairs overlooking the river. Aren't we spoiled here in Perth? Some, including me, really settled in when a few bottles of bubbly were opened and shared to celebrate 'the Day'!

Akos



23 February – Piney Lakes



Race Director: Ante Perdija (0406 405 583)

Irwin Barrett-Lennard, Neil McRae, Chris Pattinson, Don Pattinson, Peter Ryan, Rochelle Airey, John McDonagh, Carmel Meyer, Lori Sexton, Dave Allmark, Charlotte Webb, Sue Glyde, Mark Glyde, Matthew Webb, Trisha Griffiths

1 March – Lake Monger



Race Director: Kim Thomas (0414 362 473)

Irene Ferris, Keith Miller, Carolyn Fawcett, Robert Fawcett, Clare Wardle, Russell Smith, Mark Kerr, Ngaio Kerr, Steve Preece, Stephen Helm, Mitch Cleasby, Denise Cleasby, Stephanie Manuel, Brett Bowker

Race Directors: Jason Kell (0439 902 817) & Elizabeth Gomez (0422 438 869)

Rosa Wallis, Merv Jones, Gary Fisher, Mark Dawson, Michihito Muroi, Wendy Farrow, Jason Kell, Noelene Treen, Peter Brooke, Liz Bryson, Elizabeth Gomez, Elizabeth Dewhurst, Jerry Peters, Justine Stewart

8 March – Joondalup

Race Director: Mark Dawson (0438 408 563)

Michael Anderson, Brian Smith, David Baird, Jo Richardson, Martin Watkins, Karen March, Peter March, Mark Dawson, Pam English, Robert Hull, William Hart, Elizabeth Dewhurst, Craig Lines, Rebekah Blake, Louise Skipworth, Laurent Carles

15 March – 3Ps

Race Director: Jim Langford (0401 916 925)

Lorna Lauchlan, Margery Forden, Bruce Wilson, Bernadette Height, Christopher Maher, Nick Miletic, Amanda Walker, Gail Castensen, Virginia Mulvey, Cassie Hughes, Patrick Jones, John Mcshane, Betty Kooy, Leslie Neill, Nicole Cole, Yury Hotimsky, Andrew Mcleish, Crystal Shiu

22 March – Yokine

Race Director: Haydn Gawne (0455 202 448)

Brian Bennett, Priscilla Wilson, Brian Dalton, Andrew Roddy, Ivo Davies, Haydn Gawne, Mitch Cleasby, Denise Cleasby, Victor Munoz, Betty Kooy, Hazel Stephen, Marcela Ruiz, Joe Patroni, Stephen Grannells, Jameson Hick, Sulette Le Roux

Race Director: Delia Baldock (0418 935 040)

Michael Khan, Toni Frank, Margaret Bennett, Keith Atkinson, Helen Lysaght, Rodney Hamilton, Anne Andersen, Isolde Tietz, Peter Tietz, Clare Rice, Angela Trees, Sophie Giles

A NEW Thursday entry for our list means you can find an extra run somewhere in Perth every day of the week. New members – do you have favourite locations, or running groups you would like to share? If so, contact Vetrun.

Where they're running

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

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

MONDAY

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

TUESDAY (am)

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

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412990945; brianbennett47@gmail.com

THURSDAY

Perth Trail Series, Kings Park Kiosk, Fraser Ave.

Start 6pm, finish 7pm. 8km

to 10km mob run, on the trails. Contact Melina Mellino 0423 729 949 melina@perth-trailseries.com.au

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.