

March 28 2020

Stay in touch!

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

Please do just that – stay in touch!

Let me know how you're coping, staying fit, occupying your time. Email contributions for me to include in Vetrun Extra – 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 No-Throw

In throes of despair?

Rob Shand has found some small consolation in the cancelation 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.
(Rob Shand 26/03/2020)



Rob

Ubiquitous Uber

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.

OK, 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.

VW – 28/03/20

Virtual Committee

IN case you wondered how the club is being run through the virus crisis, be assured. The committee is working effectively together by email contact. No in-person meetings are scheduled until May, by which time let's all hope face-to-face contact will be ok again.

Not having sat on the committee since my earliest days with the club I thought they still rotated around committee members' homes. In fact the committee uses a room at the Rivervale Community Centre that is large enough for people to sit two metres apart.

WAAS closed

LATEST news, just as we planned and set up *Vetrun Extra*, was that the WA Athletics Stadium has closed due to Covid 19.

Members are probably aware that the nearby HBF Stadium (previously called Challenge Stadium) with its gymnasium and swimming pools closed a week earlier.

Virtual Racing – and more?

MAJOR swimming championships, as well as local schools swim carnivals at the HBF pools were all sunk by the virus. News came recently though of an Eastern states 'virtual swim carnival'. Team managers simply had to submit their athletes' likely times, and winners were declared – and given virtual medals, no doubt.

In *My View*, our club could emulate this bold initiative. We might have to make it a handicap though.

I have also 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.

You Write...

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 writes here.

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

Village People shutdown

FRANK Smith – a past member - reports a shutdown 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.”



Frank

Alternative sports

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 turkey story made news up until the 1980s.

Once a year people flocked to Yellville, 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 100ft 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.

Home Deliveries

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.'

Ross Keane honoured

HELLO Vic, I am blowing my own trumpet here!

The other weekend Melville LAC 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' son*) from 10 years old up to around 18yo.

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.

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 3000m 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 1500m on the last race of the season.

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 1500m PB of 4.17

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

Ross Keane

Pictures: Ross with his son, Raynor, some years ago. Raynor is now often seen leading our Sunday morning field! Second picture shows Ross at Masters' Jorgensen cross-country event.



