

VETR UN



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2017
Joondalup



Perfect conditions prevailed at Joondalup for Denise and Pierre Viala's finale as Directors. Au revoir!

NEXT EDITION: Vetrune no. 497 will be published in June 2017

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New Members urged – “please get involved!”

MASTERS is incredibly fortunate to attract so many people who volunteer to help, in addition to the two runs-a-year helpers' duty.

Obviously, without those essential Sunday morning helpers there would be NO organised events – no club!

In a message to new members President Richard Blurton said:

“I want to encourage more members to get involved in running the club.

“Members frequently comment on how reasonable our fees are, and this is because we have no employees – all work is carried out by volunteer members.

“Many members who work hard to run the club have done so for many years, so it is time for a new younger

Photo-finish timing is on the way

generation to get more involved.”

Masters has attracted a large number of new members over the past year or so, and Richard has outlined some specific tasks that you might consider.

National Championships

“We are forming a committee to manage the 2018 AMA National Championships in Perth,” he says “and a wide range of tasks need to be covered.

“Secondly, we plan to have photo-finish timing equipment installed at ECAC and I would like to eventually

move to a position where we use it every Thursday night, as well as at our Championships.

“The technology is advanced and will be of great interest to anyone like-minded.

“A tech-guru from Queensland will be here in April to run a training course, so that's the ideal time to start to become involved.”

Other options to assist and support the club include taking on a Sunday event, as a Race Director. Also, everyone can consider standing for the Committee, for which we will be seeking nominations in July/August.

If any of these possibilities appeal, please see Richard any Sunday morning, or Thursday evening for more details. Alternatively, his email is r.blurton@inet.net.au

You write ... I protest!

I HAVE been misquoted and this is a formal complaint!

After I was asked to contribute to this rag of course I quickly took the opportunity to slag off Frank Smith for his inept marshalling at Alderbury, where he sent us one way on lap one and the other way the next time around. So, how do you feel when you find your well-chosen insults cut to ribbons – and your own fine running performance mocked? (See page 6.) What's more, there are too many mentions of Frank Smith (see, there's another one!) in this magazine. If it doesn't stop I'm cancelling my subscription. Well, I would if I had a subscription!!!!

Neil McRae



Late offering re p6 pic caption: “Too much information – clothes back on please!” Mark Hewitt

running conditions,” write the organisers – and who are we to doubt their local knowledge?

To enter, go to www.walban-yaths.myclub.org.au click on Half Marathon.

Late registrations will attract a fee.

So if you leave it as late as Saturday, June 3, there's an extra \$15 to pay.

Schedule

Saturday, June 3, bibs available for collection between 10am and 4pm from Albany Athletics Clubhouse corner of Sanford and North Roads. Late registrations accepted with a fee of \$15.

Race Day

■ 7am to 8am: late registrations and race number collection from Elleker Hall

■ 8:15am Race briefing

■ 8:30am Half Marathon start

■ 9am 10km Road Race start

■ 11:30am Lunch.

■ 12:15pm (or ASAP) Trophy presentations and spot prizes.

In My View ...



by the Editor

Nitro to save athletics?

"IT'S a home-grown revolution that now looks set to change the face of international track and field," wrote Simon King in *The Australian* (Monday, February 13 2017).

Let's hope he's right.

As mainstream sports news reports will always lead with vital reports of the latest AFL thug to catch a cold, suffer a paper-cut, or succumb to a bout of over-pay, we need something to drag athletics into the headlines.

Perhaps the general sports fan will recognise that athletes are AT IT (their sport, that is, not the other thing, that footballers do with their exorbitant-earnings) all the year, not just once every four years at the Olympics.

I watched some of the Nitro Athletics, and thought it great.

I could have done without the lunatic lady running around the infield, miked-up so we could hear her screaming encouragement (or was it coaching – that's against the rules isn't it?) at her Aussie team-mates.

Even the Channel 7 advertising was bearable.



"Listen mate – if you win, promise not to sing, OK?"

Sunday morning love-in?

MARK Hewitt was hanging about at the finish of Su and Joe's McCallum Lakes run.

"I met two new members out there and wanted to introduce them to people," he told me.

The pair (Maria and Michael LePage, also Marathon Club members) duly arrived having braved the Swan headwind twice.

Hand-shakes all round, running-talk, anecdotes flow.

"Masters is a very social club," says someone, "more so perhaps than WAMC – they're a bit more serious."

Rubbish!

We aren't sociable – we run a Sunday morning love-in every week!

Think about it. How often do you hear someone moaning?

How about all that smiling, and hugging, and laughing?

It's positively embarrassing – possibly illegal – for so many people to get together



New members Maria and Michael LePage at McCallum – welcome!

every Sunday morning to flaunt their friendship.

Yeah, I know; there are many serious runners afoot in Masters. But even they don't let it go to their heads.

Maybe it's just runners and walkers?

Perhaps because we don't compete head-to-head – but side-by-side – a more supportive attitude builds up?

Please don't smile!

This explains why Vic Beaumont wishes runners wouldn't smile at the camera when they spot him lurking in the bushes. Ray Hall was either grinning, or modelling a mediaeval gargoyle.



Put the blame on Berry

Even Insane Bolt's vocal destruction of Queen's *We Are the Champions* was acceptable.

The quirky format, with mixed-sex relays, varying distances, elimination miles and target javelin throwing (no, they didn't actually aim at the officials) and the team-competition approach kept the spectators involved.

It didn't really matter that Australia lost to the all-stars.

Let's hope everyone had a good pay-day, because this format can build crowds, coverage and financial support for athletes.

RESEARCHING rugged runs after the cancellation of this year's inaugural Woodbridge (see page 12) I stumbled over Jorgensen (again!).

The event is marked each year by John Pellier, but it was originally set by an early member, Mike Berry.

We're not sure of his whereabouts right now; and we weren't too sure way back in June 1991, when 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's in front, followed by wife Nora. Can anyone name the others?

Possible candidates are Bob Hayres, Dennis Batherham, Geoff Price, Jim McLean, Sid Bowler, Bob Johnstone and Ian Sutherland. If anyone knows, please let *Vetrun* know.

Meantime ... wonder if Mike Berry 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.

McCallum Lakes

February 12, 2017

Directors: Su Lloyd and Joseph Patroni

WITH this one billed as a 4.2 and 8.4km course around the lakes via the scenic route, many runners and walkers will have been delighted with their PB times.

However, this joy may be short-lived as the course is a bit shorter than advertised. It will be carefully measured with an approved and accredited device (aka The Wheel) in time for next year's run and will probably be rebadged as 4km and 8km events.

Luckily, after record rain-fall in previous days, the predicted thunderstorm did not eventuate. Despite the high humidity, it was a pleasant run around the lakes, with the course undulating inland from the river and over two short boardwalks. Apart from a few puddles and the odd damp area on one of the paths, the going was generally dry and flat. Hopefully no-one was trying out their new trainers!

Starting the run across the road from the bike path seems to have been a good move, and certainly safer for everyone not having to compete with speeding cyclists.

Thanks to our helpers: Sandi, Brig, Keith, Helen, Johan, Julie, David A, David P, Kevin, Kenneth, Lori, John, Clare and Scott for turning up at the crack of dawn and doing a great job.

Su and Joe



8k Run

Patrick Jones	M45	31:37
Kim Thomas	M40	32:55
Ian Carson	M60	33:31
Peter March	M55	33:35
Brian Bennett	M65	36:18
Alan Gray	M50	37:20
Tommy Glackin	M35	37:37
Bob Schickert	M75	44:22

Where shall we start?

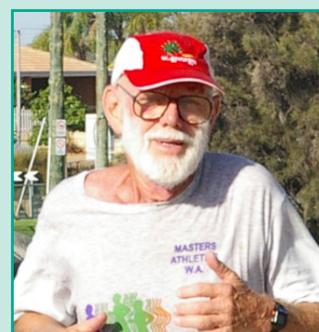
For everyone's safety Su and Joe started us by the riverside to avoid crossing the bike path. Previously we started on the field to thin out before the paths. Which is best? Let Su know please – or email Vetrui.



Above, Ray Gimi chasing Jackson Wong. Below, welcome return to Masters by Tom Tralua, following Ross Keane and Christine Pattinson.



Right, Melissa and Frank Gardiner, followed by Ray Attwell; below them, John Allen with Kim Thomas. "I thought he was having an easy training run," John said. "Then he told me he'd run a half the day before – in 76 minutes!"



Vic Beaumont is a very popular photographer. "They all smile when they spot me," he says. Please don't; he wants to see you working hard!



Women

Chiew Mei Law	W35	36:28
Chris Pattinson	W60	37:50
Rochelle Airey	W45	39:55
Gillian Young	W65	41:06
Maria LePage	W55	41:54
Claire Walkley	W50	42:20
Melissa Hynds	W40	45:51
Angela Italiano	W30	55:02

4k Run

Bjorn Dybdahl	M60	16:08
Giovanni Puglisi	M65	16:27
Jim Klinge	M70	17:09
John McShane	M50	17:19

Randy Hobbs	M55	18:43
David Carr	M80	19:44
Dante Giacomini	M45	19:55
Hamish McGlashan	M75	22:12

Women

Karen March	W55	18:16
Margaret Saunders	W60	18:32
Karen Peace	W45	19:21
Jackie Halberg	W70	23:32
Lorraine Lopes	W75	23:36
Delia Baldock	W50	23:40
Theresa Howe	W65	25:58



Cassie Hughes, above; and Tina Franklin below.



WE had a good turnout for Neyyerbup Circuit this year with a few recently joined members heading south of Fremantle. Conditions were lovely for this year's run, with a nice breeze blowing to cool the runners and walkers down and as usual a few runners took advantage of the location for an ocean dip.

A big thank you to all our volunteers without whom we could not hold any run – and a special thank you going to Nick Miletic for standing in for us.

**Neyyerbup Circuit
Woodman Point**
February 5, 2017
Directors: Karen and Peter March

Also, one is owed to Andrew Spratt; because I gave him misinformation about the location of the venue.

So sorry Andrew; and I do hope you volunteer for Neyyerbup Circuit next year!
Karen & Pete March



Alastair Wallace, one of our newer members, at Woodman

10k Handicap Run

Theresa					
Howe	W65	1:04:53	2.21	62.32	
Keith					
Atkinson	M60	1:05:26	12.00	53.26	

5k Handicap Walk

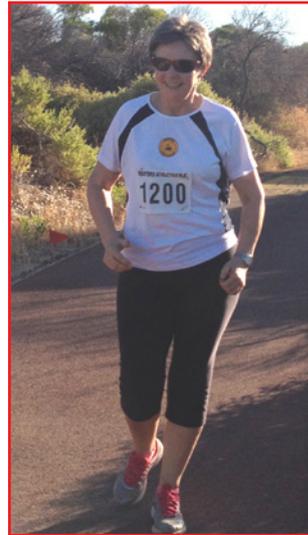
John					
McDonagh	M65	44:15	9.28	34.47	
Rosa Wallis	W70	44:29	3.15	41.14	

5km Run

Bjorn Dybdahl	M60	20:36		
John Pentecost	M55	20:47		
John McShane	M50	22:28		
Graeme Dahl	M65	23:33		
Dante Giacomini	M45	25:49		
David Carr	M80	26:01		
Ivan Brown	M70	26:04		
Hamish McGlashan	M75	29:48		

Women

Margaret Saunders	W60	24:01		
Sue Bourn	W50	25:32		
Karen Peace	W45	25:47		
Jackie Halberg	W70	29:13		
Grace Hollin	W55	33:38		
Joan Pellier	W75	44:26		



Only here for the Gear? No – McCallum director Su Lloyd enjoying the Oceanside run.



Paul

29th 10km TRACK HANDICAP
McGillivray Oval
Thursday, April, 7pm

Jeff and Dorothy Whittam's 29th staging of this trophy event is at the University Sports Ground and will start the first runners off at 7pm.

The weather is usually cool with light or no wind, the track is grass on a cinder base which makes for fast running. If you are looking for a fast 10km time why not give it a go? The entry fee is \$5 (with your entry).

The event is followed by a BYO barbecue.

Name.....

Age Group.....

Name.....

Age Group.....

Only pre-entries are eligible for the trophy. This is one of the club handicap trophy races. Send your entries – by April 16 to:

J. & D. Whittam,
49 Holland Street,
Wembley WA 6014.
Tel: 9387 6438; or see them at Sunday club events.
Email: djwhittam@digitalknightz.com

How the handicapper decides if you are eligible

I WAS surprised when checking the Woodman Point results to find Paul Martin was ineligible for the walk. Handicapper Tristan Bell explains.

THERE were many extra entrants in the McCallum 4km Walk Here are the age-group leaders.

4k Walk

John McDonagh	M65	29:46
Ray Hall	M80	34:21
Rex Bruce	M75	38:17
John Dance	M65	38:18
Gary Fisher	M60	47:55

Women

Rosa Wallis	W70	32:03
Sarah Ladwig	W65	32:05
Sofia Carson	W55	33:34
Debbie Wolfenden	W50	34:40
Marg Forden	W75	35:12
Lorna Lauchlan	W85	36:09
Priscilla Wilson	W35	36:10
Gail Castensen	W60	38:03
Dorothy Whittam	W80	42:15

"All my records from the past six months indicate Paul as a runner, never as a walker.

"Paul completed 14 runs in the past six months, this being the period of time over which we base handicaps. As his time was past the 67 minute standard, if Paul ran on Sunday his handicap time would have been 0.00 (as indicated on the handicap board).

"However, I have no record of Paul walking any of the events in the past six months, hence there wasn't a handicap time on the board as a walker.

"If Paul (and I think three others) had come to me beforehand, we could have

worked out a walk handicap for him (and the three others) and their finishing positions would be more realistic.

"But they would still be ineligible to win the race, because they hadn't completed three races before that day, that being our criteria to give a more realistic handicap time.

"Looking at the results, Peggy Macliver was in the same boat as Paul. Even though she finished first, she was ineligible because she hadn't completed the minimum three walks in the previous six months.

"Hope this helps everyone to understand the system!"

Tristan

Piney Lakes
February 26, 2017
Director: Ante Perdija



A 129-strong field enjoyed a fine morning at Piney Lakes: thanks, Ante and all the helpers.

8km Run

Chris Lark	M35	29:57
Kyle Eagar	M45	31:31
Bryant Burman	M40	32:26
Peter March	M55	34:28
Ian Carson	M60	34:29
Alan Gray	M50	39:18
Brian Danby	M65	44:14
Graham Thornton	M75	48:10
Irwin Barrett-Lennard	M85	52:46

Women



Anna Bamber W35 35:15



Sue Zlnay	W55	36:27
Barbara Putland	W50	40:34
Rochelle Airey	W45	42:25
Gillian Young	W65	43:48
Leslie Hill	W40	44:48
Carolyn Stephens	W60	44:55



I ASKED members and friends known to have a sense of humour to caption this shot, snatched by the intrepid, sneaky, Vic Beaumont near the Piney Lakes finish.

I have no idea what caused the expressions – but perhaps we saw Colin Barnett on the line kissing babies and shaking hands? That would be horrific. Or perhaps there was a sign ‘all runners must do two laps’?

Other suggestions:
Vetrun staffer: I reckon Alastair Wallace (in front) is saying: “Got this one in the bag.” Sandra (behind) is saying: “Far out, how can this guy be beating me? He doesn’t even have any Apple accessories strapped on his arm!”



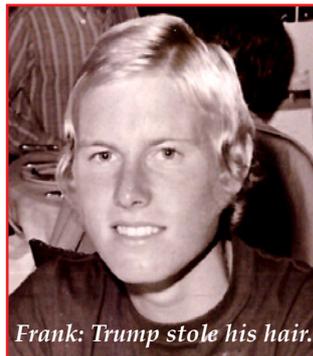
Sandi Hodge: “I’ll be buggered if this girl is going to beat me to the finishing line again!”

Neil McRae: Oh no, that’s Neil in front! If we go any slower we’ll miss the cut-off – and the coffee and biscuits!



Maxine Santich: Could it be the groper? Or maybe a prostate test in action? What the !!!!! are they up to?

Frank Gardiner: I forwarded the photo to higher authority and received the following tweet: “This is why we need a big new shiny fence around our country,” Donald J. Trump 45th US President.



Frank: Trump stole his hair.



Above, front-runners Kyle Eagar and Chris Lark (plus visitor) couldn’t catch another speedy visitor, Phil Gore, below.



4km Run

Bjorn Dybdahl	M60	16:09
Giovanni Puglisi	M65	16:30
John McShane	M50	18:02
David Baird	M70	18:49
Randy Hobbs	M55	18:53
David Carr	M80	21:35
Hamish McGlashan	M75	23:18
Cecil Walkley	M85	54:45

Women

Margaret Saunders	W60	19:16
Sue Bourn	W50	20:51
Elizabeth McFarland	W55	20:59
Sandra Rourke	W45	23:28
Jackie Halberg	W70	24:22
Joanne Burman	W35	24:35
Sheila Maslen	W75	40:32

Lake Monger

March 5, 2017

Director: Kim Thomas



They're off, and far left Marg Saunders takes a flyer. This time she was pipped over one-lap by young Amanda Walker! Below - two of the newer guys - walker Robyn Dunlop and 10.5km runner Wade Davis. Inset, W35 Vanessa Carson was quickest woman in the 10.5km.



10.5km Run

Kyle Eagar	M45	41:29
Hamish McLeod	M40	46:10
John Allen	M55	47:37
Tommy Glackin	M35	48:05
Herman du Plessis	M50	49:01
Ralph Henderson	M65	49:15
Charlie Chan	M60	57:50
Irwin Barrett-Lennard	M85	1:10:49

Women

Vanessa Carson	W35	43:43
Trisha Farr	W45	53:47
Kim Chandler	W55	54:27
Barbara Putland	W50	54:49

7km Run

Nicki du Plessis	W45	32:06
Sue Bourn	W50	38:21
Denise Newport	W55	39:32
Katrina Tyza	W35	42:16
Julie Wilson	W60	42:22
Jackie Halberg	W70	47:12

Men

Tristan Bell	M50	33:09
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Tom Tralau	M40	34:37
Russell Smith	M55	35:54
Jim Langford	M70	38:23
Roy Hart	M65	39:36
Keith Atkinson	M60	40:21
Scott Winn	M45	43:11

3.5km Run

Bjorn Dybdahl	M60	14:02
Giovanni Puglisi	M65	14:06
Patrick Jones	M45	14:37
Jim Klinge	M70	15:14
Randy Hobbs	M55	16:02
Raymond Gimi	M50	17:09
David Carr	M80	17:51
Bob Schickert	M75	19:45
Cecil Walkley	M85	45:11

Women

Amanda Walker	W50	14:18
Margaret Saunders	W60	15:48
Barbara Blurton	W65	17:49
Delia Baldock	W55	20:55
Peggy Macliver	W70	21:10
Sheila Maslen	W75	32:43

10.5km Wheelchair

Wheelsie Keillor	M35	1:00:36
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Above, left: Vic Beaumont loves shooting into the light, and will do anything for a good pic. But setting Sandra's hair on fire was a bit harsh! Above right, good to see Barbara Blurton running again. Left - 'Hey mum, get a move on, we can catch these two blokes!'

A GOOD turnout at the run, our last one for Masters Athletics, as we are moving to Victoria. We will miss the Sunday events. You have all become like family to us.

The weather was a bit cooler and cloudy which made for fast times. I want to thank all our wonderful cheerful helpers. Without you these events are not possible.

Kind regards,
Denise and Pierre

10km Run



Peter March	M55	43:11
Ian Carson	M60	43:35
Mark Kerr	M45	48:06
Tom Tralau	M40	48:11
Jackson Wong	M50	51:09
Brian Danby	M65	54:37
Graham Thornton	M75	57:25

Women

Karen March	W55	48:05
Chris Pattinson	W60	49:57
Ida Steyn	W40	51:25
Karen Peace	W45	52:59
Sandra Keenan	W50	56:00
Theresa Howe	W65	1:09:15
Phillippa Greenwood	W30	1:31:04

5km Run

Giovanni Puglisi	M65	20:17
Bjorn Dybdahl	M60	20:27
Raymond Gimi	M50	24:49



Maurice and Liz, off the ground. Lucky they're not walkers!

Maurice Creagh	M70	26:35
Patrick Jones	M45	27:21
Hamish McGlashan	M75	29:08
Irwin Barrett-Lennard	M85	32:43

Women

Margaret Saunders	W60	24:17
Elizabeth McFarland	W55	26:37
Ngaio Kerr	W45	32:30



Joondalup

March 12, 2017

Directors: Pierre & Denise Viala

Giovanni Puglisi and Bjorn Dybdahl proving in the 5km that 60-plus runners can come close to 4min/km. Giovanni, who is M65, was testing himself for the following week's age-graded handicap event.



More, younger visitors are finding a welcome at Masters and often lead the field. Above, Tom Hill won the 10km. Left, W40 Ida Steyn, a newer member, carves through at the start to become 10km's third woman home.



Denise was a Victorian before moving to Perth 22 years ago; and Pierre is French, of course, as you'll know from 'that outrageous accent'!

"My son moved back to Victoria and now my daughter is moving as well, so that was the catalyst for our decision," Denise told *Vetrun*.

"I also have four brothers and two sisters there. Pierre and I both wish to do some trekking and exploring of the east coast. As we have seen most of WA, new adventures are in store for us. We will certainly miss Masters; they have been our family away from home. However, we will be back to visit!

Pierre and Denise heading East

You write ... Barrie has gone to the dogs

SEEN training for the World Masters on Sundays at McGillivray were Barrie Kernaghan and his training partner POOCH (name to be checked!).

Pooch kept up with Barry at whatever distance and pace he ran, but did not beat him as he knew he would not be fed if he won. Pooch must get some credit for Barry's success and I believe that he has a photo of a be-medalled dog.

Rob Shand

Mountaineering in NZ

Hi Vic, Just back from holidaying in New Zealand and there, in my pile of mail was the *Vetrun*.

I really enjoyed the February edition – so many interesting facts, plus the Race Director reports. (Your comments are quite humorous too.)

Sad to hear of Allen's passing; but he had a good innings, as the saying goes.

Look forward to the April edition.

Kind regards, Jacqueline



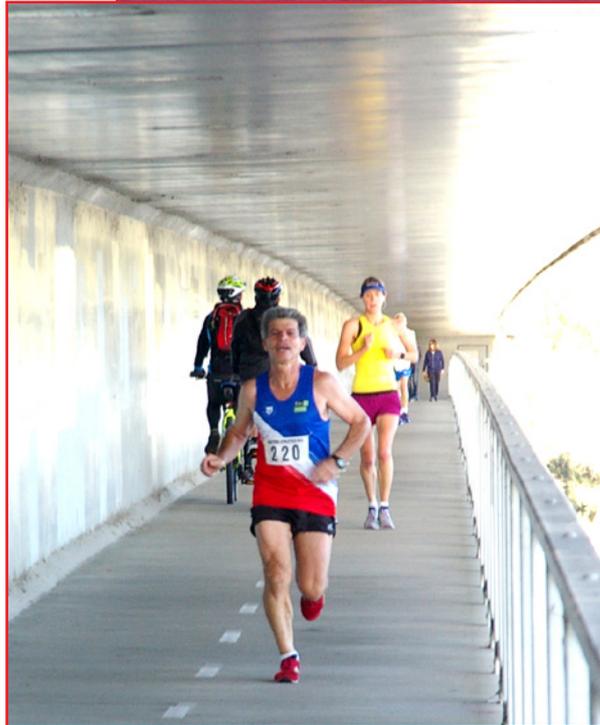
Ps: I attach a photo of me climbing the Tangariro Alpine Crossing, one of the highlights of my holiday.

Jacqueline was a Vetrun stalwart in the magazine's early days, spending many hours every month keying all the results and other copy. VW

Age-Graded Handicaps

March 19, 2017

Director: Gary Wilmot



Tunnel vision of winner Giovanni Puglisi? Come the winter rains, perhaps we should just run laps inside the Windan Bridge track.

Gillian Young ran really hard to take the women's race, with Giovanni only catching her in the final 200m.



Karen

Jim



New Members - Welcome!

- 1620 McSHANE: John M50
- 1621 DAVIES: Ivo M70
- 1622 GLACKIN: Tommy M35
- 1623 BROOKE: Peter M50
- 1624 GAWNE: Haydn M65
- 1625 HILL: Leslie W40
- 1626 BERLINGERI: Jacinta W40
- 1627 WISEMAN: Steven M60
- 1628 EAGAR: Kyle M45
- 1629 WONG: Sam M40
- 1630 LEPAGE: Maria W55
- 1631 LEPAGE: Michael M55
- 1632 BUSI: Roberto M40
- 1633 O'DONOVAN: Ann-Marie W40
- 1634 VAN BLOMESTEIN: Eulalia W45
- 1635 KELLERMAN: Jackie W40
- 1636 BRABANT: Liv W30
- 1637 KENNEDY: Greg M65
- 1638 DUNCAN: Andrew M50
- 1639 VINE: Geoff M65
- 1640 MOUTIA: JP M50



Kim Thomas and brilliant running partner W30 visitor Rochelle Rogers ran 5km off scratch and then handled the 8km, off Kim's 17:03 handicap, in 34:29. Left, Carolyn Fawcett had her money's worth! I saw her running over the Causeway around 7am, and after she finished a river circuit Carolyn was on the start line for a 56:43 8km off a 6:08 handicap.

Mickey the Marathoner



Above left, Mickey at McCallum Lakes with his son: a chip off the old block? Above, always single-mindedly determined, Mickey at Alderbury.

HOW else could you title a man who has run 184 marathons, plus ultras, and shows no sign of stopping?

Michihito (Mickey) Muroi is our most prolific 42km-plus runner. Even Jim Barnes has only run 111 – and Jim is first to praise Mickey.

“His record is something special,” he says. “Mickey’s first 100 were run at an average of two hours and thirty-six minutes!”

Of course Mickey wasn’t a veteran runner when he began. He is now 59, but ran his first on Christmas Day 1977, aged 19, in Yamaguchi, Japan.

That was the Hofu Marathon and Mickey ran 55th in 2:42:17 – some standard!

It took him 16 years to amass the first 100, a milestone reached in February

1993 at the Betsudai Marathon in Japan. Time was 2:44:57.

But along the way he took first place in three marathons, and ran a PB of 2:24:04 in December 1980 at the Fukuoka International Marathon, placing 65th.

Over his full career Mickey has won several other marathons and achieved top ten placings many times.

Have no doubt, this quiet man is a notable runner.

Older members talk of the time when ‘everybody ran under three hours’. Alright, bit of hyperbole is acceptable with hazy memories! However, Mickey Muroi has

hardly ever missed out on a sub-3 hour time.

Up until race number 135 (Geraldton, 2001, 3rd in 2:47:14) in this amazing career he ran 3 hours-plus only four times!

■ Mickey’s record is available at the Australian 100 Marathon Club: www.fickelab.southsidemasters.org/100_Marathon/club

Frank on track in 2005; as a senior his average surpasses even Mickey’s.



Rob snatches M85 record



“THIS is a blatant and unabashed skite,” emailed Rob Shand to *Vetrun*, with apologies!

None needed. On March 20 Rob became 85. Next day went to the track and broke the State javelin record by 3.5 metres, setting a new mark of 18.57m. On this first day of his 86th year he made six throws, all beating the previous record.

AWA – you’re covered already!

SOME members are receiving emails from AWA confirming their registration and this is causing some confusion. Our members are now automatically registered with AWA for insurance – even if they don’t compete on the track – so these emails can be safely ignored.

Committee News

■ Robin King has left the committee due to her new job in WA’s north and Campbell Till has joined with overall responsibility for T&F.

■ Club website has a new host and a refreshed look. We thank long-term MAWA friend Ernie Leseberg for all his work.

■ Membership is 534, very strong for so early in the year.

■ T&F had a slow start in 2017 with athletes still recovering from their efforts at World Champs. However State Champs entry at 183 is very healthy.

■ The committee approved MAWA nominees for AMA awards and these are listed on the website.

You write ...

Oh no! Not more Frank Smith times!

JIM Barnes wrote to remind me that *Vetrun* omitted some Frank Smith marathon times. (My excuse – they aren’t on the club website list.)

These are the dates, times etc. of the missing ones – all excellent of course:

October 2, 1983

Toronto Marathon 2:33:22

September 27, 1987

De Mar Marathon 2:38:48

January 14, 1990

Hobart Marathon 2:38:21

Vale Derry Foley



IT IS with sadness we report the passing of Derry Foley. Derry was a fine sprinter, a true fast-twitch man. He would always lament his lack of "wind".

Derry joined Masters on March 15, 2000.

He competed in the Perth 2016 Worlds in the M85 100m and jumps, gaining an Australian record in the 4 x 100m.

His jump records have lasted a few years and he set a State record at the Worlds with 4.89m in the triple jump.

As an M80 Derry was playing 18 holes of golf and then turning up at the track to jump. He was a humble and cheerful Irishman. His daughter Marie-Claire joined the club in 1997. Derry is survived by his wife Geraldine.

Richard Blurton



Allen Tyson and Ernie Moyle

Back in triumph, WA's British Games medallists are Alan Stone, Margaret Stone, Cliff Bould (all silver) and Golden girl Val Tyson, who gets younger every time she's in Vetrin!



Front-page picture of Alan and friends in Vetrin 227, September 1991

ALAN was born on July 20, 1932 and joined our club in January 1985. His wife Margaret joined in May 1985.

Alan and I shared a south London background and I'm proud to say we also shared a similar, humour and generally cheery outlook. We agreed that his dad, who was a police sergeant, almost certainly had contact with some of the more nefarious members of my own Bermondsey family!

Alan had a deep interest in history, as illustrated with his collection of old maps. So I have a treasured possession which he gave me, a circa 1600 map of my part of south London showing the very few streets in existence at that time.

Sandi Hodge let us know of Alan's death, writing:

"I heard from Margaret Stone this morning down in Albany and unfortunately Alan passed away last night (February 11, 2017). At the Christmas Gift

Vale Alan Stone

Run they called in to see some people, and Alan did not look well then. Apparently he had achalasia, deteriorated, stopped medical treatment, went into a coma ..."

Bob Schickert adds:

After they moved to Albany in about 1990 Alan and Margaret used to stay with us overnight on their way each time to

and from Argyle Diamond Mine. They did two weeks on, two weeks off, sharing jobs and accommodation with another couple.

One Easter about six MAWA members stayed at their house out near Kalgan River and we all had a great time. Basil and Kate Worner were there (although still living in Perth then) as well as several others.

Wrote Peggy MacLiver:

Margaret was a very good walker and Alan used to throw the javelin and when they retired they shifted to Albany.

Jill Midolo, Sandi Hodge, Val Tyson, Margaret and Alan Stone on Rottneest



You Write ...

'Stubborn and generous'

Hello Vic, I have just read Allen Tyson's Vale in Vetrin and recall acting as his second when he completed the 24-hour run at McGillivray Oval, probably some time in the late 1980s.

I can't remember whether he managed to get the 100-mile goal but I was in awe at his extraordinary stamina, given his fragile breathing apparatus during the long, long night. I actually tried to persuade him several times to call it a day, when he began to look like a ghost walking because I did not really want to be presiding over a full-scale collapse.

Each time he said: "I'll try a bit more."

In 1987 Allen was in a small WA party that stayed together for the Australian championships in Sydney. We were quite chuffed that Allen took us out to dinner on the proceeds of a marathon he had scored at earlier in the year.

Stubbornly brave and generous.
Basil Worner

IT was unprecedented. None of the club elders can recall such a happening.

“Unfortunately the run at Woodbridge this Sunday, February 19 has had to be cancelled,” read the shock announcement made online and by email to as many members as possible.

The venue for John Smith’s new run and walk had been checked earlier and there were hopes that it might be dry in time for us to gather by the river on the Sunday.

But ...“The park is still closed”, we were informed. “Around 1km of the path is still under water; to get to the start you need to wade through ankle deep water; and – the smell is disgusting!”

So, well done committee for acting so promptly and keeping us in touch.

In the old days ...

I asked a few of the first members, and other veterans if they could recall any run being cancelled due to weather conditions. None could, but the question evoked some tales of memorable previous “stinkers”.

How would we fancy this one for instance, as described by Rob Shand?

Kings Meadow

“There was a run called Kings Meadow in Guildford which started at the end of Meadow Street (off Helena Street) and went half-way across the paddock, in ankle deep water to a fence covered by a hessian sack.

“This had to be climbed over and then you were in ankle deep water across the rest of the paddock to the Helena River, where it went under the road.

“We had to go under the bridge – usually in deeper water – and then on a path alongside the river to Kings Meadow Oval, which was run round in mud; and then all the way back.

Namby-pamby!

“This was genuine cross country not the namby-pamby park runs of today! I think that it might have been



Unique: run cancelled!

an Association run, probably about 8km, definitely in winter and not cancelled!”

He tells of another Association CC (somewhere around Byford, possibly) that sounds more like a sequence from *The Great Escape*.

“It involved running across a ploughed paddock to a barbed wire fence covered with hessian sacks to help us climb over. Then there was a ditch to get in and out of, followed by a road to cross before diving into another ditch, climbing another fence into another ploughed paddock to cross.”

Jeff Whittam supports Rob’s recollections.

“I don’t remember the Byford one, but I do remember that run in Guildford. Dorothy also ran it and it was just as Rob described it.

“Also, at one of the first cross country champs at Jorgensen the women and older age group men ran in an absolutely horrendous downpour.

“When the younger men ran it was fine, just wet underfoot!”

Segregation?

I questioned why the early Jorgensen runs were “segregated”! Was it perhaps to ease congestion on the downhill run into the stream?

Joan and John Pellier commented:

“John doesn’t think there was any particular reason – but it was the over 50 men and women first.

“I well remember it was pissing down when we ran! We were much more competitive those days.

“I also remember there was a hose outside the kitchen door where we hosed ourselves down; it was very muddy!”

Clontarf

Personally I remember Basil Worner’s run at Clontarf, which went through a water-filled ditch. And his original Mussel Pool Muster at Whiteman was fairly rugged, through trees, real cross-country.

Basil says: “I can’t recall any runs having to be cancelled because of unrunna-

ble terrain but the original Bold Park run did have a section designated as ‘walking only’ – patrolled purely on an honour system as I recall!

Mussel Pool

“The inaugural Whiteman Park run started with the runners eerily wrapped in mist. The briefing was weird and wonderful – almost like addressing an assembly of apparitions.

“Marking the course was difficult in a sub-zero temperature when several metal gates were ice-encrusted and all flags for the 10km course were uncongenially chilly.

“Believe me, a memorable morning.

“And, yes, the Clontarf run did have an authentic ditch – not very wide, but deep enough for one competitor to carry his young daughter across.

“Also, I clearly remember that Brian Danby’s home run (when he lived and worked at the Pinnaroo Cemetery) included a long, black sand-hill that gave a premonition of eternity – but nothing that one could call hazardous.”

Albany-bound – or stuck-in-the-mud?

Basil also reminds us that the Albany Running Club has a cross country in August/July that features four, thirty-metre long, wheel-track ponds that are up to thigh deep; a genuine creek (three metres wide); five log hurdles and assorted cow pats in its two kilometre loop.

“After heavy rain, most of the wheel-tracks are soggy and one on a slope has mini-streams. Not for the faint-hearted – but great fun.”

Damp underfoot? Try flying.



Advancements in Alzheimer's Disease Detection and Risk Assessment

July 2015
By Dr. Mercola

This is part of a much longer article which has been posted on the club's website, in the Vetrin Healthline section. It has been written by Dr Mercola for the US market.

Opinions expressed here are those of the writer and are not necessarily endorsed by the club or the editor of Vetrin.

RECENT Alzheimer's research suggests pre-clinical signs of Alzheimer's disease may be evident as early as 20 years before the disease actually sets in, allowing for much earlier intervention.

By the time your memory begins to noticeably deteriorate, about 40-50 per cent of your brain cells have already been damaged or destroyed.

Early detection is all the more crucial considering estimates suggest Alzheimer's diagnoses may triple by 2050, reaching nearly 14 million in the US, and 115 million worldwide.

My Alzheimer's prevention strategies

Because there are so few treatments for Alzheimer's, and no available cure, you're really left with just one solid solution, and that is to prevent it from happening to you in the first place.

Diet is part and parcel of a successful prevention plan, and my optimised nutrition plan can set you on the right path in this regard. Remember that swapping out processed fare for whole foods is an important if not KEY part of the equation, as GE sugar, corn, and grains are now pervasive in most processed foods sold in the US.



Challenged?

In terms of your diet and other lifestyle factors, the following suggestions may be among the most important for Alzheimer's prevention:

Real food

Eat real food. Avoid as many processed foods in box-

Mercola often advises supplements – which I don't swallow. Eat fresh unprocessed fruit and veg with a vengeance! However, his advice on nutrition is generally good in his many dementia articles.

John Bell

es and cans as you can. You, your spouse, or someone you employ needs to spend time in the kitchen to prepare your own food. Avoid eating foods from industrial kitchens that can put any one of tens of thousands of chemicals into your food.

Avoid sugar and refined fructose. Ideally, you'll want to keep your sugar levels to a minimum and your total fructose below 25 grams per day, or as low as 15 grams per day if you have insulin/leptin resistance or any related disorders.

Gluten

Avoid gluten and casein (primarily wheat and pasteurised dairy, but not dairy fat, such as butter).



Challenged?

Research shows that your blood-brain barrier is negatively affected by gluten. Gluten also makes your gut more permeable, which allows proteins to get into your bloodstream, where they don't belong. That then sensitises your immune system and promotes inflammation and autoimmunity, both of which play a role in the development of Alzheimer's.

Optimise your gut flora by regularly eating fermented foods or taking a high poten-

Challenge your mind!



Some might think that calculating the distances we actually ran at McCallum Lakes or in the Welcome event is enough mental exercise. But according to Mercola you have to challenge your mind daily. Mental stimulation, especially learning something new, such as learning to play an instrument or a new language, is associated with a decreased risk of Alzheimer's. Researchers suspect that mental challenge helps to build up your brain, making it less susceptible to the lesions associated with Alzheimer's disease.

cy and high-quality pro-biotic supplement.

Increase consumption of all healthy fats, including animal-based omega.

Healthy fats

Healthy fats your brain needs for optimal function include organically-raised grass-fed meats, coconut oil, olives and olive oil, avocado, nuts, organic pastured egg yolks, and butter made from raw grass-fed milk.

High intake of the omega-3 fats EPA and DHA are also helpful for preventing cell damage caused by Alzheimer's disease, thereby slowing down its progression, and lowering your risk of developing the disorder.

Reduce your overall calorie consumption, and/or intermittently fast.

Ketones are mobilized when you replace carbs with coconut oil and other sources

of healthy fats. Intermittent fasting is a powerful tool to jumpstart your body into remembering how to burn fat and repair the insulin/leptin resistance that is a primary contributing factor for Alzheimer's.

Magnesium

Improve your magnesium levels. Preliminary research strongly suggests a decrease in Alzheimer symptoms with



Challenged?



Exercise regularly

IT'S been suggested that exercise can trigger a change in the way the amyloid precursor protein is metabolised, thus, slowing down the onset and progression of Alzheimer's. Exercise also increases levels of the protein PGC-1alpha. Research has shown that people with Alzheimer's have less PGC-1alpha in their brains and cells that contain more of the protein produce less of the toxic amyloid protein associated with Alzheimer's. I would strongly recommend reviewing the Peak Fitness Technique for my specific recommendations.

increased levels of magnesium in the brain. Unfortunately most magnesium supplements do not pass the blood brain levels, but a new one, magnesium threonate, appears to and holds some promise for the future for treating this condition and may be superior to other forms.

Eat a nutritious diet, rich in folate.

Vegetables

Vegetables, without question, are your best form of folate, and we should all eat plenty of fresh raw veggies every day.

Optimise your vitamin D levels with safe sun exposure. Sufficient vitamin D is imperative for proper functioning of your immune system to combat inflammation that is also associated with Alzheimer's.

Avoid and eliminate mercury from your body.

Dental amalgam fillings, which are 50 per cent mercury by weight, are one of the major sources of heavy metal toxicity. However, you should be healthy prior to having them removed. Once you have adjusted to following the diet described in my optimised nutrition plan, you can follow the mercury detox protocol and then find a biological dentist to have your amalgams removed.

Avoid and eliminate aluminium from your body. Sources

of aluminium include anti-perspirants, non-stick cookware, vaccine adjuvants, etc. For tips on how to de-tox aluminium, please see my article, "First Case Study to Show Direct Link between Alzheimer's and Aluminium Toxicity."

Flu vaccinations

Avoid flu vaccinations as most contain both mercury and aluminium, well-known neurotoxic and immunotoxic agents.

Avoid anti-cholinergics and statin drugs. Drugs that block acetylcholine, a nervous system neurotransmitter, have been shown to increase your risk of dementia. These drugs include certain night-time pain relievers, antihistamines, sleep aids, certain antidepressants, medications to control incontinence, and certain narcotic pain relievers.

Statin drugs are particularly problematic because they suppress the synthesis of cholesterol, deplete your brain of coenzyme Q10, vitamin K2, and neurotransmitter precursors, and prevent adequate delivery of essential fatty acids and fat-soluble antioxidants to your brain by inhibiting the production of the indispensable carrier bio-molecule known as low-density lipoprotein.

* Some dentists say amalgam is stable once in place; removal could be more hazardous than leaving well alone. ■

Molecular biologist Elizabeth Blackburn reveals telomere effect

ELIZABETH Blackburn is the Hobart-born, Nobel Prize-winning molecular biologist who discovered one of the greatest secrets about life: how to slow down ageing. We're meeting at a London hotel to discuss her book, *The Telomere Effect*, already a New York Times bestseller.

Part of our chromosomes, telomeres are the DNA — comparable to the protective plastic tips at the end of shoelaces — that keep our genetic material from unravelling, which is what leads to disease and premature ageing. Good cell renewal in our stem cells promotes health and feeling young: fluid joints, excellent lung capacity, a strong immune system, a sharp brain and a healthy heart. If cells don't have telomere maintenance, the telomeres shorten and die.

"Birds do it, bees do it," but pond scum?

Blackburn's discovery was made in a 1975 study of pond scum at Yale University, for which she jointly won the 2009 Nobel Prize in Physiology or Medicine. It has grown into a field of global science, with studies evincing that lifestyle, twists of fate and even

By Anna Maxted
The Times
Feb 6, 2017

Reprinted in *The Australian*, Monday,
February 6, 2017

attitude can lengthen, maintain or wage a war of attrition on telomeres. This means it is in our power to slow the cellular rate at which our bodies age, thereby extending our youthfulness and reducing our risk of cancers, diabetes, cardiovascular disease and Alzheimer's.

"The common run of us, that's what we die of," says Blackburn, 68, apple-cheeked with greyish-blonde wavy hair and a deceptively unassuming manner.

"And so the question is, can you push them back and minimise the chances of their probability of happening and their severity and progression? We could really think of how to forestall some of these if we knew the kinds of factors — and we do — that will have quantifiable effects on these rates."

Chronic stress has been well documented as nibbling away at our telomeres, but it is also proven that negative thinking compounds the damage. "In some ways, it was: surprise, surprise," Blackburn says. ▶

Laugh — and live longer



Exercise is good – no surprise!

It's no surprise that 45 minutes of cardiovascular exercise three times a week is good for telomeres.

However, Blackburn conducted a study with her colleague, co-author of *The Telomere Effect* and health psychologist Elissa Epel, to investigate telomere maintenance in relation to mindset and lifestyle.

It emerged that if people were under severe stress, even 15 minutes of exercise



– enough to break out in a sweat; you could run up and down the stairs a few times if your lunchtime's short and you don't have time to go to

the gym or go swimming — was enough to substantially buffer the shortening or the effect on the telomeres.

"In another, it was: of course! You're frightened, you're angry, your heart beats, your gut churns. We know our mind is having clear physiological effects in those short-term ways.

"There are stress hormones that course throughout your body and bathe your cells, and your cells respond. Among those was the maintenance of telomeres."

Studies on white blood cells ("the window of the immune system") showed a link with "things we thought were very hard to get a grasp on. What is a negative frame of mind? But it correlated. The more people scored on this pessimism scale" – which was tested with "hidden questions, like in the John le Carre spy stories" so participants couldn't game the system – "the shorter their telomeres".

So if you are always moaning about your awful luck, or assess yourself unkindly when looking in the mirror, you are biologically hastening your ageing.

This, we agree, is a serious argument for getting your highlights done, which she does "every several months; not too much exposure to anything".

Broadly defined, a telomere-shortening attitude is when you react to pressure with the "threat-stress" response, causing your blood vessels to constrict, whereas the healthier, bring-it-on attitude of the "challenge-stress" response allows more blood to flow to heart and brain and a brief, energising spike of cortisol.

If you deploy the threat-stress response every time someone shuts a door, your cortisol creeps up and stays high but blunted.

Likewise, if you're quick to suspect people's motives (as in "Mum?" "Oh, what is it now?" "Er, could I have a hug?") your telomeres suffer.

As defined in a British study of civil servants, the attitude of "high cynical hostility ... goes with a bad telomere-maintenance profile". The most hostile men were 30 per cent more likely to have short telomeres.

Blackburn sighs.

"I love that. I have this image of all these Whitehall civil servants, the cynically hostile ones."

Yet telomeres hate cynical hostility, which is essentially

another way of magnifying threat.

"Immune cells have to have a bottom-line level of telomere maintenance – cortisol actually damps down that maintenance."

We may not be able to escape a chronic stress source such as a gruelling job or caring for an ill relative, but Blackburn says we can train ourselves to develop "stress resilience".

Studies show our perception of how stressed we are, rather than the situation, "is the big determinant. Being under chronic stress does not inevitably lead to telomere damage".

Behaviours to promote good mental health include focusing on what's in front of you. "Mind-wandering – 'Oh, I wish I was somewhere

Forget the pills and creams

She's wary of expensive "anti-ageing" telomerase pills or creams, whose safety has been questioned and which have little scientific data proving that they are effective.

"Everything in the book you can do," she says. "And that's what's so reassuring. People can take control themselves."

The Times – *The Telomere Effect* by Elizabeth Blackburn and Elissa Epel (Orion, \$32.99).

else' – correlated with negative telomere maintenance."

Blackburn stresses that making any tweak to improve telomere maintenance helps. But the list of telomere enemies is overwhelming: bacon, anxiety, excess belly fat, irregular sleep patterns and permethrin (which treats lice)!

Yet it's not just what you do, it's who you know. Your relationships also affect telomere maintenance.

So sex in marriage, which is presumably indicative of not hating each other, boosts your telomeres?

"That was the observation," she says. "There it was, there was a relationship, it tied in – a relationship with another human being, in a meaningful, good way." ■

• Full article is at [Vetrin Healthline on the the club website.](#)



You can always find a reason to smile

Blackburn walks the walk, trotting to work, 30 minutes through neighbouring streets.

"And people greet each other. I arrive at work and I'm really up. And you realise, 'Yes, these things are important.' I resolve now to smile at people."

The lack of cynical hostility bodes well. In San Francisco

people on the bus detailed their stresses to her. Talking of which, I mention my concern about a note in *The Telomere Effect* that 'looking haggard' may indicate that your telomeres need more protection.

Blackburn reassures me:

"It's a rough correlate. It's not a huge sign, but it is a sign. Statistically speaking, there is an effect.

"But the really more significant things are happening inside us."

HELPERS



They all looked so sedate on arrival, but in no time at all there were bodies laid out everywhere!

Dwellingup: fitness, fun and fine food

THE March Weekend Away was held at the Dwellingup Caravan Park. A good number attended, and it was agreed by all that we thoroughly enjoyed ourselves in great company, combined with plenty of healthy exercise, followed by good food!

Each morning we set off for a run/walk of varying distances, followed by a session of pilates instructed by Yvette Dawson, and Erika Blake and a yoga session by Brian Bennett. This took place on the grassy park in Dwellingup, and was well attended.

Saturday afternoon some went kayaking or swimming at Lane Poole Reserve.

Afternoons and evenings were enjoyed outdoors in the lovely Dwellingup Caravan Park. On Sunday night we held an impromptu quiz – narrowly won by the men against the women by one point.

Those of us who did not have work commitments stayed on an extra day, to enjoy the lovely relaxing atmosphere.

Unfortunately we did not have Vic Beaumont with us to take a group photo so attached is my own effort showing most of us before Sunday lunch, at our favourite New Bliss Winery.

We are all looking forward to the next weekend in September which will be at Myalup; see Elaine Dance for bookings.

Margaret Bennett

Where They're Running

A new entry this month is suggested by Rob Shand. For other locations – see *Vetrun* February.

TUESDAY: McGillivray Oval and Perry lakes – with a social coffee afterwards, at about 10am. Birthdays are

celebrated with BYO cake and champers in an extension of fun and fellowship! Sometimes there is a BBQ but at all times you have to watch out for the hungry maggies who are adept at nicking the biscuit out of your hand.



The dancing Smiths at Joondalup drinks table: said Brian – "We offer Champagne in one hand, Vodka in the other: but the taste is always very weak, just like water."

April 2 Manning Park



Race Directors: Maree Brown (0419 914 006) and Sally Floyd (08 9438 1173)
Rochelle Airey, Jenny Audsley, John Brambley, Bryant Burman, Joanne Burman, Bob Cavin, Sandra Eastley, Christopher Keillor, Natalie Langford, Maria Le Page, Michael Le Page, Grant Walker, Rosa Wallis

April 20 Track Handicap



Race Directors: Jeff & Dorothy Whittam Ph: 08 9387 6438
Mercurio Cicchini, John Collier, Chris Gibbons, Sue Gibbons, Janet Jarvis, Matthew Jessett, Lorna Lauchlan, Silke Peglow, Jeremy Savage, Katrina Tyza, Charlotte Webb, Jackson Wong

April 30 Thornlie Two Rivers



Race Director: Jim Langford Ph: 0401 916 925
Raymond Barnett, Roma Barnett, Peter Bath, Jeffrey Bremner, Les Bruyns, Roberto Busi, Bruce Grant, Bill James-Wallace, Margaret Langford, Natalie Langford, Michele Mison, Graham Thornton

May 7 Weir Run



Race Directors: Sean Keane (0412 180 823) and Neil McRae (0423 077 283)
Peter Bath, Maurice Creagh, Andrew Cuthbertson, Margaret Flanders, Phillippa Greenwood, Roger Lawes, Bernard Mangan, Alison Morgan, Giovanni Puglisi, Barbara Putland, Peter Ryan, Margaret Saunders, Kathy Skehan, Sylvia Szabo

May 14, Aquinas



Race Director: Jackie Halberg Ph: 0413 880 674
Peter Brooke, Wendy Grace, Mike Hale, Ralph Henderson, Mary Heppell, Karen Hill, Sean Keane, Sandra Levis, Neil McRae, Carmel Meyer, Margaret Saunders, Janice Smith, Phillip Smith

May 21 RRC 15k & RWC 10k



Race Director: Gary Fisher Ph: 0400 855 978
Ann Andersen, Margaret Bennett, Graeme Dahl, Jacqueline Halberg, Bernadette Height, Peggy Macliver, Dianne Marriott, Hamish McGlashan, Syd Parke, Russell Smith

May 28 Deepwater Point



Race Director: Ian Carson Ph: 0419 040 861
Alison Aldrich, Janice Bertram, Wayne Bertram, Jeffrey Bremner, Safia Carson, Ivo Davies, Kevin Hagan, Nicola Hibbert, Lyle James, Maureen Keshwar, Mitch Loly, Robert Schickert, Johann-Christian Tittel