

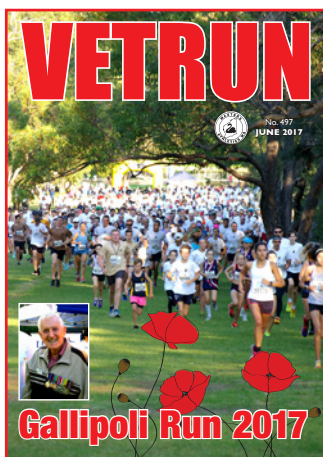
VETRUN



No. 497
JUNE 2017



Gallipoli Run 2017



Great turnout by young and old marked Anzac Day at the Kings Park Gallipoli Run.

NEXT EDITION: Vetrune no. 498 will be published in August 2017

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Steve Weller's been busy, measuring this new run

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World Championships surplus to benefit all Aussie Masters

IN A message to Masters clubs across Australia AMA President Wilma Perkins broke some very good news. We're in the money!

"I am delighted to announce that the Perth 2016 World Championships made a surplus of over \$220,000," she wrote, "and that under the terms of the agreement between Tourism Western Australia and AMA, we are allowed to retain and use it for the benefit of Masters Athletics within Australia."

The full statement can be read at our club website, but our own President, Richard Blurton, told Vetrune:

"As Wilma points out, this profit is due to the good financial management of the Championships by our own Local Organising Committee working with AMA, as well as the promotion of the Championships across the country by other State clubs.

"Now we have the chance



to use these funds in the best possible manner."

The funds are held in a trust fund account. The AMA Board and the Perth 2016 LOC have conferred on how best the money can be used by AMA and the State Masters Clubs.

Four chances to win Handicap Trophy

MEMBERS need only complete four handicap runs to have a tilt at this year's Handicap Trophy – and there are just four events left on the calendar.

Tristan Bell explains:

"As the Woodbridge run was cancelled this year, the Handicap Trophy will be based on contestants' best four finishing positions in any of the year's seven remaining handicap races.

"There are now four runs left, so all members, even if they have not taken part in any handicaps so far, still have a chance to win the overall competition and the trophy."

(The age-graded handicap race is NOT included in the trophy contest because the handicapping for that one is based on age, rather than performance.)

Races left in this year's series are:

- Sharks, on July 9;
- City Rail – September 24;



1988 trophy winner Dalton Moffett, who is a bit crook at the moment. We wish him well.

- Cliff Bould – October 29;
- Canning Caper – December 17.

Your score so far!

Turn to page 13: A list shows how many handicaps you have run, and points accrued. Coming first scores one point, second - two points, etc. Runner with least points, from their best four events, wins the Trophy.

Managers

The fund will be managed by a five-person Board chaired by Richard Blurton. Wilma Perkins, Geoff Brayshaw, Mike Walker and Judy Farrell are the other members.

Mike Walker, AMA Treasurer, is from Tasmania. Judy Farrell is AMA Board member from NSW and looks after the AMA website. She will act as secretary to the Trust Fund Board.

The Board's responsibility is to allocate money to clearly defined projects that can be demonstrated to significantly benefit our sport.

AMA and the States will be asked for project proposals. No specific allocation by State will be pre-determined, but part of the Board's task is to ensure even-handed use of the fund.

Projects

Overall, there is no intention to retain the capital and fund projects with the interest. Worthwhile projects will be financed until the fund is used up.

"An official proposal form must be used for any project submissions and club committees will submit these forms to the Board," Richard Blurton told Vetrune.

"We would like members to give this a lot of thought and then discuss their ideas with me or other committee members. We'll be glad to help them develop any suitable potential projects."

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Great finishes captured by Vic Beaumont, who shot all the pictures at 3Ps. Above, Tom Tralau takes on young Yoshi Muroi. Right, Carole Bowman and David Carr in lock-step. Below, our ultra-marathoner Grahak Cunningham was first in the men's 8km.

8km Run

Vanessa Carson	W35	35:01
Jenny Audsley	W55	38:17
Rochelle Airey	W45	42:12
Claire Walkley	W50	44:11
Gillian Young	W65	45:10
Wendy Grace	W60	48:51
Charlotte Webb	W40	49:49
Angela Italiano	W30	58:33

Men

Grahak Cunningham	M35	37:59
Tom Tralau	M40	38:42



Alan Gray	M50	39:39
Geoff Vine	M65	39:46
Mark Hewitt	M60	40:17
Mark Dawson	M55	41:56
Mark Kerr	M45	43:22
Maurice Creagh	M70	45:09

5km Run

Tristan Bell	M50	21:51
Giovanni Puglisi	M65	22:14



David Baird M70 23:31



Keith Hill	M55	26:06
David Carr	M80	28:44
Irwin Barrett-Lennard	M85	33:35
Paul Martin	M75	36:12
Jim Barnes	M70	36:42
Neil McRae	M60	42:14

3Ps Point Walter

March 26, 2017

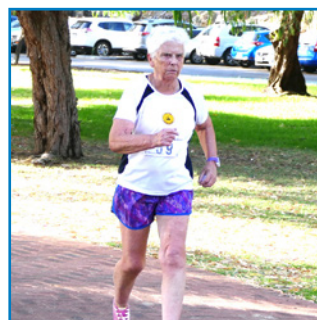
Directors: Gail Castensen and Nick Miletic

FIRSTLY we would like to say a **BIG** thank-you to our helpers and especially to those who stepped in to cover others.

The weather didn't start off too wonderfully, with a cou-

5km Run – Women

Margaret		
Saunders	W60	24:02
Delia Baldock	W55	29:28
Peggy Macliver	W70	31:41
Ngaio Kerr	W45	32:25



Sheila Maslen W75 50:21

16km Run

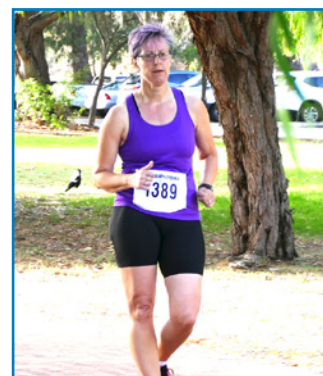
Bryant Burman	M40	1:05:15
Ante Perdija	M45	1:07:40
Mickey Muroi	M55	1:14:59
Paul Hughes	M60	1:19:28
Tommy Glackin	M35	1:22:25
Keith Miller	M65	1:27:43
Wayne Bertram	M50	1:29:50
John Pellier	M75	1:54:12
Clare Wardle	W40	1:16:36
Chiew Mei Law	W35	1:20:26
Chris Pattinson	W60	1:25:43
Barbara Putland	W50	1:26:24
Kim Chandler	W55	1:28:06
Olivia Brabant	W30	1:38:13
Silke Peglow	W45	1:50:46

ple of heavy showers of rain as we set the course, but thankfully it cleared and ended up being not too bad. Bit windy on the return journey to the finish line though!

We had an excellent turnout with 146 people in all. Hope our visitors enjoyed themselves and continue to join in with the Masters runs. Stay healthy and keep running/walking; see everyone next year.

Gail and Nick

5km Walk



Janne Wells	W45	37:25
Su Lloyd	W60	41:33
Lesley Dowling	W55	43:04
Priscilla Wilson	W35	48:32
Lorna Lauchlan	W85	51:33
Patricia Hopkins	W70	51:56
Margaret Bennett	W75	52:05
Fiona Cousins	W45	59:33

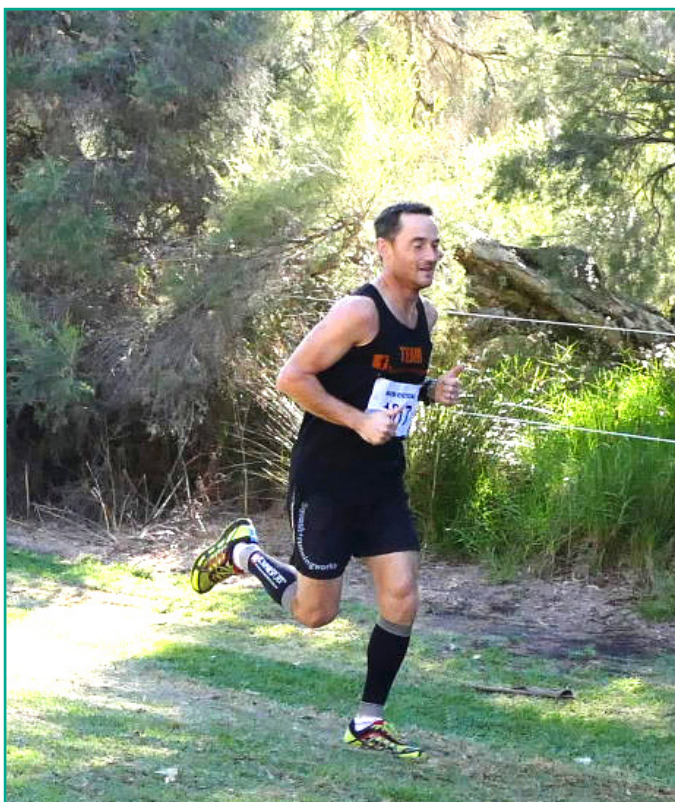
Men

John McDonagh	M65	37:32
John Brambley	M75	39:58
Joseph Patroni	M60	40:35
Andrew Cuthbertson	M55	41:20
Bob Fergie	M80	46:19
Jeff Whittam	M80	46:20

Manning Park CC

April 2, 2017

Directors: Maree Brown and
Sally Floyd



OUR run was a month later this year and I have to say we had the best weather yet and got to enjoy Manning Park at its best. Plus the freshly cut grass meant fantastic cross country running and walking conditions all round.

While we have a relatively small following for this run, it's great to see its growing popularity, and always good to welcome our visitors.

Thanks to those who gave us some feedback on the run, mostly about course marking and set up. It's always appreciated, and we want to make this a run that everyone enjoys.

Well done to everyone and congratulations to those who led the field.



Thanks very much to all our helpers – some regulars and some new, and all willing to try new things. It's great to have you all involved.

See you there next year.

Maree and Sally

10km runners: left, overall first Chris Lark, spot-on 4 min/km; below, Melissa Hynds, first W40; and right, Scott Winn, first M45.



8km Run

Chris Lark	M35	32:00
Peter March	M55	35:33
Ian Carson	M60	37:10
Rod Hamilton	M50	38:08
David Baird	M70	38:41
Bob Schickert	M75	46:50
Lui Cecotti	M65	46:55
Scott Winn	M45	50:23

Women

Claire Walkley	W50	44:41
Gillian Young	W65	45:43
Melissa Hynds	W40	50:29

4km Run

John McShane	M50	18:04
Jim Klinge	M70	18:25
Tom Tralau	M40	18:45
Russell Smith	M55	20:27
Steven Wiseman	M60	22:03
Nick Miletic	M65	23:10
David Carr	M80	24:09
Jim Barnes	M70	28:37
Paul Martin	M75	29:56

Women

Chris Pattinson	W60	20:41
Maxine Santich	W65	21:13
Sue Hamilton	W55	22:33
Karen Hill	W55	25:04
Jackie Halberg	W70	25:04

10km Track Handicap

April 20, 2017

Directors: Jeff & Dorothy Whitten

A FAIRLY warm day developed into a cool, windless evening and after what we thought would be a very small field we finished up with 20 starters.

Clare Wardle repeated last year's performance, claiming the trophy and also the fastest time of 41:25. She was followed by Frank Gardiner and Alan Gray.

First runner over the line was Kelly Underwood but as she did not have a club handicap she was ineligible for the trophy.

Confession!

For all those who thought they had run a terrible time when I read out the results – it was my mistake!

As I had missed the start by three seconds I then mistakenly added three MINUTES to the times!

The times shown here in the Vetrin are the correct times – although everyone got a three second bonus!

Our thanks go to all who helped on the night – Lynne,

Clare wins again!



Lorna, Shane, Kessie, Gayle, Mercurio, Chris, Sue, Silke, Jeremy, Katrina, Maurice for the timing equipment, and those who helped set up the track and then ran and Janet who has helped in ALL 29 events to date!

A large group stayed on for the BYO barbecue. So – see you all again next year?

Dorothy & Jeff

		Run Time	Finish Order	H'cap Time	Clock Time
1255	Clare Wardle	41.25	1	20.46	62.11
238	Frank Gardiner	47.44	2	16.34	64.18
1382	Alan Gray	44.14	3	20.24	64.38
1639	Geoff Vine	46.25		18.30	64.55
				Not Eligible	
1167	John Fisher	47.58	4	18.11	66.09
112	Bob Schickert	55.53	5	10.23	66.16
1120	Mickey Muroi	44.24	6	21.57	66.21
288	Gillian Young	52.53	7	14.05	66.58
1202	Akos Gyarmathy	44.34	8	22.40	67.14
858	Tristan Bell	43.44	9	23.51	67.35
407	Don Pattinson	48.00	10	20.04	68.04
1439	Bob Colligan	47.43	11	20.22	68.05
406	Chris Pattinson	50.03	12	18.53	68.56
218	Maurice Creagh	55.03	13	14.03	69.06
2	David Carr	57.14	14	13.16	70.30
175	Brian Bennett	49.01	15	21.50	70.51
Visitor	Tsygosh Muroi	49.32		21.57	71.29
				Not Eligible	
392	Nic Miletic	63.42	16	8.35	72.17
1134	Frank Price	76.00	17	0.00	76.00
Visitor	Kelly Underwood	61.02			61.02
				Not Eligible	

Who said you'll never win the same handicap twice? Nobody told Clare Wardle (above left, pictured at Weir Run 2016). Right: Jan Jarvis has helped the Whittams at this event for 29 years! Below: Trusty Tristan in 2010 Perth Marathon relay; and Honest Akos at Bardon Park in 2015.



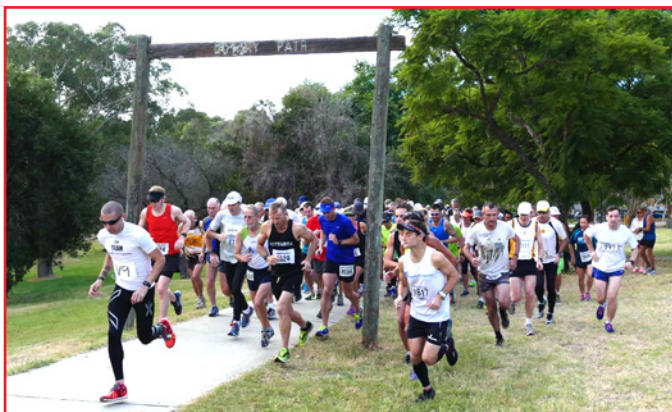
Honest Akos and Trusty Tristan!

Tristan Bell helped Jeff correct the final results and adds this comment.

Both Akos and I believe we ran a lap short (we had the same scorer) and I know for sure I was lapped by Clare Wardle so I must be at least two minutes behind her run time, and Akos was on track to do just under 45 minutes at the 8km mark.

So I have added an additional 1/24th of our times to our run time and moved us both down the finishing order. I have spoken with Akos and he agrees with me!





← They went that way ... but some went this way! →

NEW RUN

So meet some newer members



Kyle Eager, first in the 15km



Abdul-Raouf Mohamed-Isa, first 15km M30

Thornlie Two Rivers

30 April 2017
Director: Jim Langford

15km Run	Age	Times
Kyle Eager	M45	57:35
Chris Lark	M35	1:00:41
Kim Thomas	M40	1:00:43
John Allen	M55	1:07:29
Ian Carson	M60	1:09:02
Abdul		
Mohamed-Isa	M30	1:11:39
Brian Bennett	M65	1:12:51
Don Pattinson	M60	1:16:09
Jackson Wong	M50	1:20:35
Bob Schickert	M75	1:29:20

Women		
Clare Wardle	W40	1:06:30
Karen March	W55	1:10:39
Anna Bamber	W35	1:11:40
Chris Pattinson	W60	1:16:42
Tina Franklin	W50	1:22:31
Wendy Grace	W60	1:31:51
Silke Peglow	W45	1:36:47
Carolyn Fawcett	W65	1:48:34

10km Run		
Rochelle Rodgers	W30	40:33
Rochelle Airey	W45	52:04
Gillian Young	W65	52:24
Melissa Hynds	W40	54:45
Sandra Levis	W55	1:03:35



Lori Sexton

Irene Ferris	W65	1:08:44
Ann Andersen	W60	1:13:55

Men

Bjorn Dybdahl	M60	41:56
John Ranger	M50	42:15
Patrick Jones	M45	43:27
Keith Hill	M55	44:53
Tom Tralau	M40	49:56
Bruce Wilson	M70	52:56
Mark Sivyer	M65	58:22
John Pellier	M75	1:03:32
Irwin Barrett-Lennard	M85	1:06:34

5km Run

Giovanni Puglisi	M65	20:45
David Baird	M70	23:53
Hamish		
McGlashan	M80	29:43
Merv Jones	M75	34:14

Women

Margaret Saunders	W60	24:27
Maxine Santich	W65	26:48
Delia Baldock	W55	29:02
Jackie Halberg	W70	30:28
Sheila Maslen	W75	47:22

15km Walk

Robbie Pringle	M35	1:16:26
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Jessy Audsley



Tina Franklin

Measured course

MEMBERS at the Thornlie and Weir events heard those courses announced as being officially and accurately measured - by Steve Weller, who has been appointed as the club's course measurement officer.

Qualified course measurement officers are graded - A, B and C - and there are only three A-graders in the country. One of these is the Marathon Club's Bob Braid, and Steve trained under Bob, achieving grade C standard.

Bob helped Steve measure the Thornlie course.

Method

The method used is very precise, the same one used for Olympic marathons, involving a Jones counter attached to a bike. MAWA bought a Jones counter for Steve to use. The plan is to gradually increase our number of measured courses. Only those unchanged from year to year can be usefully measured, so with all the building work and alterations around Burswood, measuring our many courses based there is on hold.



John McShane



10km Run
Kim Thomas M40 37:00



Brett Roach M45 40:21



Stuart MacKinnon M35 40:30
Bjorn Dybdahl M60 42:34
Peter March M55 42:37
John Ranger M50 43:28
Ralph Henderson M65 46:12
Bert Carse M75 51:53
Martin Watkins M70 53:48

Women

Rochelle Rodgers W30 38:58
Clare Wardle W40 40:51
Anna Bamber W35 45:50
Sandra Stockman W50 46:52
Karen March W55 47:32
Gillian Young W65 53:57
Wendy Grace W60 59:14
Silke Peglow W45 1:01:59

Good start to the Road Champs

WE had a successful start to the club's RRC and RWC championships with a good turnout of 149 members and visitors.

This means that 71 runners have completed the first stage of the 50km Road Run Championships; and 31 walkers have begun the 30km Road Walk Championships.

The weather was perfect and although it got hot later the event was over by then, and it appears that runners were happy with the conditions and the course.

Kim Thomas continued his form from previous years winning the John Tarrant Trophy in the men's 10km, and new member Rochelle Rodgers won the women's 10km Dot Brown trophy.

Many thanks to all our helpers.

Sean and Neil

5km Run

Patrick Jones M45 24:48
Raymond Gimi M50 24:54
Graeme Dahl M65 25:24
Hamish McGlashan M80 29:39
Vic Waters M70 31:40
Irwin Barrett-Lennard M85 31:41
Alastair Wallace M60 32:42
Merv Jones M75 33:58

Women

Elisabeth Gerber W50 26:19
Melissa Hynds W40 27:08
Julie Wilson W60 27:41
Carmel Meyer W55 28:30
Lorraine Lopes W75 32:52
Peggy MacIver W70 33:08
Ngaio Kerr W45 33:12
Joanne Burman W35 33:12

Weir Run

May 7, 2017

Directors: Sean Keane and Neil McRae



Sean



Above, Wendy Grace; right top, Elisabeth Gerber; and right Merv Jones.



Alison Aldrich sent Vetrin this picture of her husband Brian, with Vic Beaumont, to note Brian's 86th birthday. Looking good! Alison (club number 78) is one of the club's earliest members. Also, who knew she is also the mother of Sean Keane, co-director of the Weir Run?





Reminiscences – of the ‘Used to be Good’

YUP, it comes to us all, trying to figure out “how come our times are going backwards?”

Ageing? Nah, must be something else – that we cannot just put our fingers on – and only happens only to other people!

Now, after more years of club running than I can recall, here are some noticeable signs of getting slower (and older?)

1. You prefer to run up-hill rather than down; less pounding on already worn joints.

2. Rather run into the wind than have it behind you – for the cooling effect.

3. Flies catch up and land on you ... don’t remember that happening before!

4. By the time we finish the run, we’re sunburnt.

5. We wish water-stops had more variety; coffee, red bull, coke, muffins? Pushing it, a lounge chair to have a short break?

6. First stop on the drive home is either Hungry Jacks or Muzz Buzz; not necessarily in that order, but maybe that’s just me.

7. We buy lighter running socks and clothing in a bid for more speed.

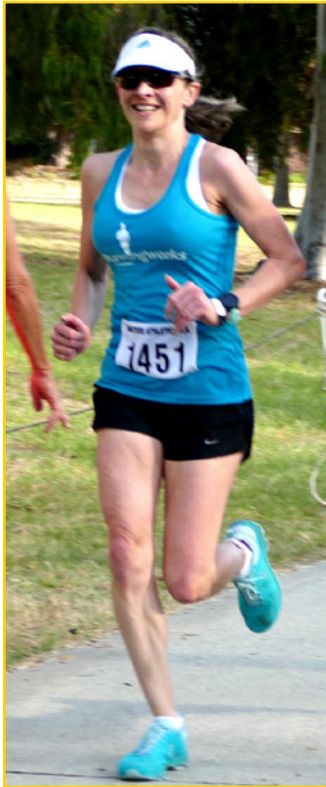
8. On two or three-lap events, we think seriously after one lap – should I?

9. Social side of running becomes much more important. Debrief means finding anybody who’ll listen to your whingeing.

10. You start looking for shortcuts.

11. The gap between you and the leaders becomes so great you wonder if THEY found the shortcuts.

12. Those historic 4 minute km are ... history.



Portrait of a Runner



Frame artwork created by Mrsiraphol - Freepik.com

34.47 – 10km Round the Bridges – 1989

28.03 – 8km Monday night Point Walter – 1989

77 minutes – Wissey, Norfolk half-marathon – 1990

Good old days

I guess we think back to the good old days when we used to train (anybody remember that word?) in rain, muddy fields, icy paths etc and still come home with a smile on our dial!

Maybe that’s what helps keep us used-to-be-gooder’s going – the good ol’ days.

When you lined-up for events such as the Round the

Bridges in 1989 and did 34.47 for the 10km.

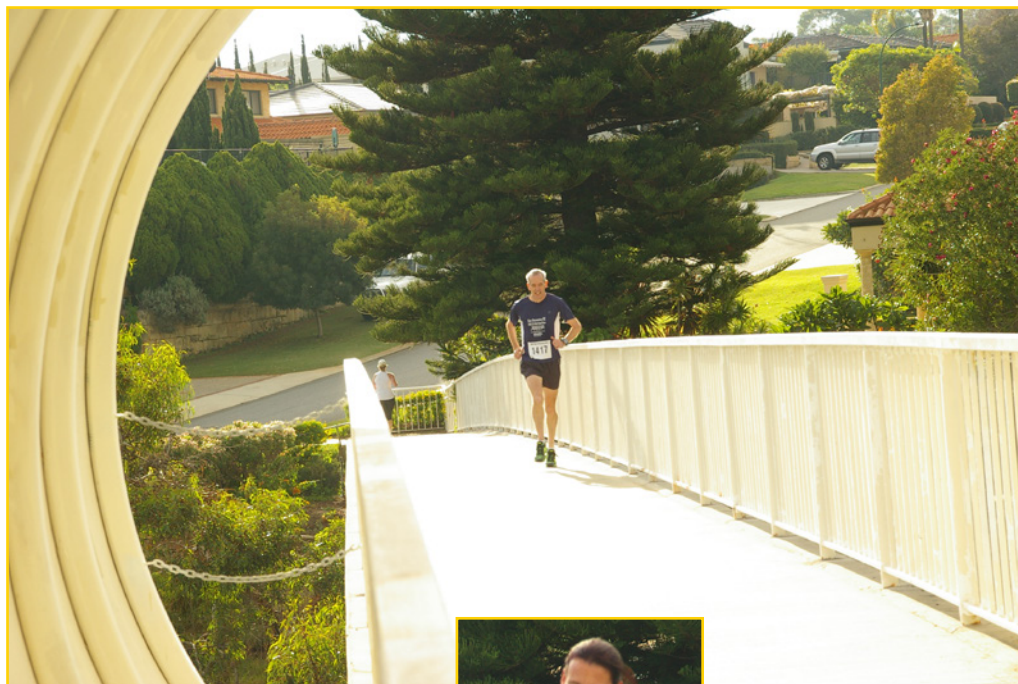
Or the Monday night Point Walter in May 1989; 28.03 for the 8km. Or the Wissey half marathon in Norfolk 1990; when I was back in 1 hour 17 minutes.

To use the words of the singer/songwriter Tony Joe White, that was another place in another time!

Neil McRae (One of the used-to-be-gooders)

Top pic – Patrick Jones continues his winning way, first in the 5km. Below Patrick, next pic shows Anna Bamber, first W35 in the 10km run. Lower pic in this column, a happy Ngato Kerr, first W45 in the 5km. Right, the Pres makes presentations – to Rochelle Rogers and Kim Thomas.





10km Handicap Run

	Age	Times	H'cap	Actual
Russell Smith	M55	1:04:35	17.00	47.35
Silke Peglow	W45	1:06:26	6.00	60.26

5 km Run

Bjorn Dybdahl	M60	21:05		21.05
Peter March	M55	21:06		21.06
Grahak Cunningham	M35	21:31		21.31
David Baird	M70	23:31		23.31
Richard Blurton	M65	30:08		30.08
Hamish McGlashan	M80	31:38		31.38
Irwin Barrett-Lennard	M85	32:48		32.48
Merv Jones	M75	33:25		33.25

Women

Melissa Hynds	W40	27:00		27.00
Julie Wilson	W60	27:34		27.34
Delia Baldock	W55	28:42		28.42
Peggy MacIver	W70	30:35		30.35
Janice Bertram	W45	39:52		39.52
Sheila Maslen	W75	48:05		48.05

Bjorn Dybdahl and Peter March made fast 5km runs and then did the handicap 10km; Chiew Mei Law also did a pre-handicap 5km, but didn't take a time.



Beautiful architectural lines of the footbridge – who noticed? Below, handicap winners: Silky Peglow's bib carries her name; how come Russell's is missing? He's the bib-king!



Aquinas

May 14, 2017

Directors: Jackie Halberg

IN recent years Mothers Day has been celebrated at Aquinas College with a lavish morning tea and of course, a run or walk. Again, our men-folk provided a delicious variety of food, and Jacqui Beaumont and her helpers served us efficiently as always.

A big thank you!

The weather looked kindly on us, and 98 runners and walkers set out from the picturesque grounds of the college.

Handicap winners

This year's winners of the Andy Wright Trophies for the 10km run handicap were Russell Smith and Silke Peglow.

In the and for the 5km walk handicap Ray Hall and Debbie Wolfenden were triumphant.

Special congratulations are due to our backmarkers Vanessa Carson (run) and John McDonagh (walk) who finished 4th and 5th respectively, with the day's fastest actual times.

Andy Wright

This run was originally known as the Andy Wright Memorial run and was first held in 1985 at Carine. The trophies are the second oldest of our running trophies still to be awarded.

First winners were Leo Hassam and June Strachan.

Leo then became race director, a responsibility he held for 19 years. Leo, a Christian Brother of high esteem, was headmaster of Aquinas and through his influence the College has hosted this event since 1994.

It is thanks to Leo and the staff and administration at Aquinas that we continue to feel so welcome there.

Leo has been 'a bit crook' recently, so I was really pleased that he was able to join us on Sunday, and catch up with many friends.

A big thank you to my many helpers, both before and during the event. They are Sandi, Janice, Phil, Maurice, Carmel, David, Mike, Neil, Wendy, Peter, Sean, Margaret, Karen, Giovanni and Paul.

Jackie Halberg



How many ran Gallipoli?

GO on, have a guess. If you were there you must have been impressed by the large turnout. I was, but my estimate of the attendance was woeful.

Delia Baldock kindly checked the numbers as shown on AWA's website.

There were 312 participants in the 8km, and 425 completed the 4km; total 737.

It's interesting. Whenever demo organisers claim X numbers attended, and the police then make a much lower estimate – who do we believe?

I suggest experience tells the truth. My guess that there

could have been one or two thousand on the run (judged by how long they took to run, walk or shuffle past my camera-point) was wildly inaccurate – obviously. Point is, I suppose, that the average person isn't very good at guessing numbers. Fortunately, most of our club members are better at estimating distances. That's because we do it all the time!

MANY Masters supported the Gallipoli Run, as always. Below, clockwise, are Maurice Creagh, Jackie Halberg, Lui Cecotti and Noeleen Treen. More pictures – see page 12.



In My View ...



by the Editor



Peter Kennedy (M95, and a WW2 veteran) delivered the Ode at the Kings Park sunset service on April 21.

You Write ...

**Hello Vic,
I WANT to show my appreciation of the people who volunteered and helped out at the canteen during the club's championships weekend.**

They are Joanne Richardson, Theresa Howe, Sarah Ladwig, and Julie Wilson – plus also the others who offered to help. It made my job of organising the canteen Saturday and Sunday during the championships – while Elaine Dance was away on holidays – much easier, and fun.

It's yet nother example of the willingness of club members to step up and help in any situation, when required.

Margaret Bennett

Old news – not Fake news

DID you have an email like this from the club?

*From: Masters Athletics
matwasecretary@gmail.com*

Date: 4 April 2017

12:05:02 am AWST

To: vfdwaters@gmail.com

Subject: Age-graded run venue change

*Reply-To: Masters Athletics
matwasecretary@gmail.com*

Dear member, Due to path works under the Causeway the venue of this run on March 19 has been changed from McCallum Park to Burswood.

Kindly note the date – April 4. It wasn't a delayed April Fool prank. It wasn't a cock-up either. Nope, according to the computer wizards it was really good news.

In this year of Trump we're getting used to 'reinterpretation' of events; 'alternative facts' if you like. But this is not one of those.

OK, the notice had long been overtaken by events. We all knew about the venue change, and nobody died in the rush, but what happened?

It's all part of the improvement of our club website and introduction of some new technology – such as the welcome return of the Sunday runs picture gallery – Yay!

Load-spreading

That email was sent via a system that spreads messages to members over several hours, to reduce the load on the system.

Recently we discovered this wasn't set up, so that one just sat in a queue.

Once the system was activated all emails in the queue were transmitted.

So it's good news – because now we know it works – and the club can send 95 messages an hour, contacting all members with email in six hours at most.

More club members
at the Gallipoli Run.



Chris Frampton



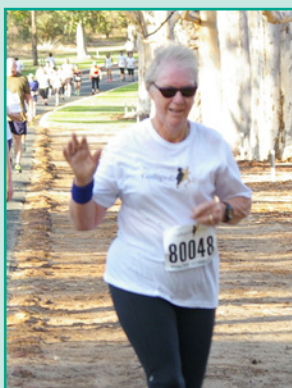
Delia Baldock



Jackson Wong



John Fisher



Ann Andersen

Fighting cancer treatment side-effects with exercise

FOUR years ago, following a routine scan, I was diagnosed with breast cancer. Sadly, it's very common these days.

I had heard that exercise was a good thing, but like many people I had a sedentary, high pressure job with long hours, that required a lot of sitting down in front of a computer.

Not healthy; I knew it wasn't, but I couldn't get off the treadmill.

Well cancer is a cosmic kick up the backside, and may have been the one I needed.

Everyone a winner

I believe that everyone at Masters has a story.

It's a club full of inspiring individuals. It's also a place where you are totally accepted for who you are. We turn up every Sunday morning at a different location, rain or shine – with dodgy knees, sore back, wobbly tum – doesn't matter. When the race director calls 'get set, go!' and we're off, everyone's a winner at that moment.

Change

Following surgery, I made some changes.

Changed jobs, started exercising, changed my diet; eliminated processed food, sugar and alcohol; increased my intake of vegetables, lean protein and complex carbs.

Importantly I joined Masters.

Not being that confident about my running ability, I started enjoying the 5km walks on Sundays with a great bunch of people.

Recurrence

Fast forward to June 2016, when I was just about to go on holiday and visited the doctor again for a routine check. That's when I learned of a recurrence that would lead to six months of almost-weekly chemotherapy, from July to December 2016.

Six weeks of daily radiation treatment followed later on, finishing on May 3 this year.

I was determined to keep exercising as much as I could, so I kept up my walking at Masters throughout, along

Su Lloyd kept moving and competing, even at the State T&F Championships, through courses of chemotherapy and radiation-therapy. We thank her for sharing her story through Vetrun.



with the help of a personal trainer and local fitness classes.

I also challenged myself to walk at least 11,000 steps a day!

Research

Fortunately, my two specialists were engaged in research about the benefits of exercise for cancer patients, and supported my aim of keeping fit throughout treatment. There were side effects to the treatment of course; the usual nausea and general fatigue, painful neuropathy in my hands and feet.

Most confronting and distressing was losing my hair and having to don a wig for nine months. Thankfully it never fell off in a stiff breeze while I was race walking!

I've personally felt the benefits of keeping moving. Even in the darkest moments it always felt better to move than blob out on the couch.

Not easy!

It would be nice to say it was easy, but it wasn't.

There were many days when lying on the couch in my PJs eating a packet of chocolate biscuits seemed like a better option! However, I decided not to wait to be motivated, or wait till I felt like exercising.

I put all my fitness appointments in my diary as if they were work appointments and resolved to do as many as I could, regardless of how I felt about them. I also made sure I scheduled breaks, to get up from my desk, leave the office and take short walks outside

to get my steps up.

Champs

Radiation treatments continued through the March State Championships which I had been determined to enter. I was delighted to finish two races – the 1,500m and 5,000m race walks, without getting disqualified for bent knees – the cardinal sin!

The support and encouragement I have been given by members of the club has been very special, and something I have not experienced with other clubs.

It's unique. I don't think I could have got through the treatment without it. The race walkers, everyone from (at the risk of leaving important people out) Joan and Lyn to Elaine, Bob, Jim, Brig, Sandi, Jeff, Ray, Vic, Brian, Ivan, Giovanni, Delia, Margaret, Jackie – always had a cheery smile and good morning, and kept tabs on my progress.

It's the only place I know where people will actually encourage and help you, in the knowledge that you might one day compete against them!

I also need to pay tribute to JP, who has literally walked every step of the way with me too. He's become a keen Masters walker too, who often slowed down to keep me company.

Lessons?

So what has cancer taught me? It's never too late to make positive changes in your life, and you will be better for it, whatever your age or state of health. I only wish I had found Masters years ago, but I'm so grateful to the club for what it's done for me.

As I said at the beginning, everyone at Masters has a story. I don't think mine is anything special but I would encourage people to exercise for their own wellbeing and good health.

It's never too late to start. Like that well-known ad says – 'because you're worth it!'

Interview on ABC Radio National's Health Report (April 24 2017) by Dr Norman Swan with Daniel Belavy, Associate Professor of The Institute of Physical Activity and Nutrition, at Deacon University in Melbourne.

"YOU can find experts who say that jogging is poison for the back," said Dr Swan, before then establishing in this programme that "any physical activity is good for your spine".

Running and jogging

Well, if ever my back-pain starts up (due to disc pressure on a nerve, I am told) I find that running eases it and brings faster recovery.

So I was delighted to hear Dr Norman Swan interview lead author Daniel Belavy about a world-first study from Deacon University on the effects of jogging and running on inter-vertebral discs.

Back pain is a massive problem for Australian society and a leading cause of disability.

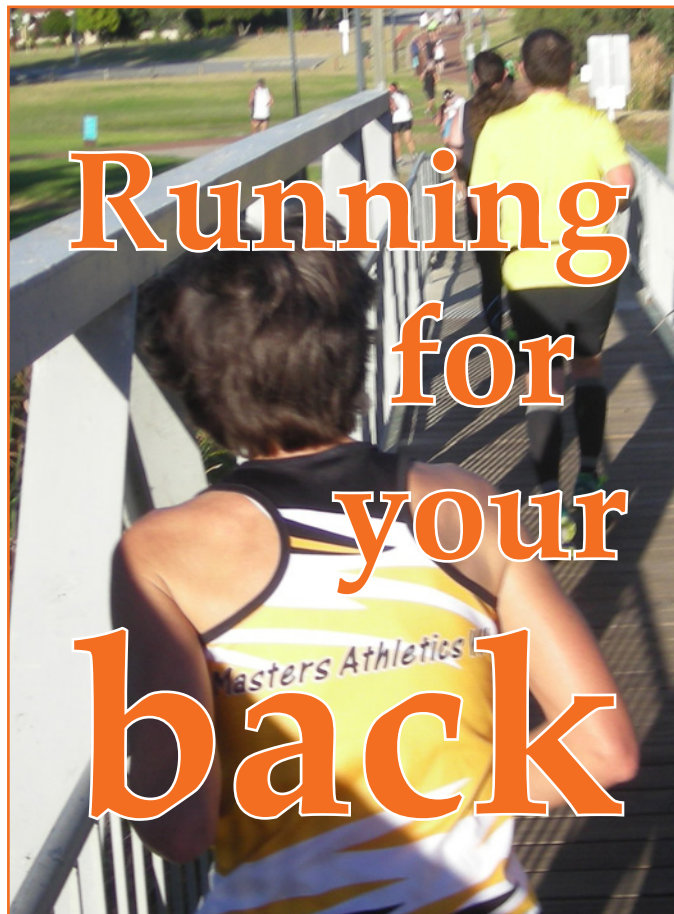
The study was on looking for ways to strengthen discs, the "shock absorbers" between the vertebrae of the spine. Though there's no evidence that exercise does this in humans – it has been shown to work in animals.

Three groups

Seeking things that might be beneficial to spinal health, the researchers focused on walking or running, in three groups of men and women, all aged 25-35 years.

Group one did nothing sporting – but were healthy, with no back problems.

Group two were regular marathoners – doing at least



50km per week – for at least five years.

The third group comprised regular joggers, covering 20-40km per week, for at least five years.

None of the people studied took part in any other sporting activity.

Effect

It was found that all the runners had better discs – containing more water and with better hydration, which is an indicator of healthier discs.

Professor Belavy admits he was surprised to find that among the marathon runners the discs had become larger in response to the extra loading; and there was little difference between their discs and those

of the joggers.

In all three groups, the muscles around the spine were similar, so the response to running and jogging seems to mainly affect the discs.

He says he can't be absolutely certain (because it's a cross-sectional study, rather than a randomised trial), but rather than the distance covered – or the actual running – or the surface – it's the "starting and stopping" that has the effect!

In other words, just doing it works.

So although the cause isn't certain, the point seems to be that running/walking certainly does no harm, and might well be doing some good for the spine, no matter the distances covered.

2017 Handicap Trophy Standings (at May 15, 2017)

	No. of Runs	Points Total
Schickert Bob	3	32
Young Gillian	3	33
Pattinson Don	3	37
Bennett Brian	3	45
Pattinson Chris	3	50
Bell Tristan	3	50
Smith Russell	2	5
Carson Vanessa	2	6
Atkinson Keith	2	9
Gyarmathy Akos	2	18
Pellier John	2	27
Gray Alan	2	28
Dybdahl Bjorn	2	30
Chan Charlie	2	31
Price Frank	2	44
Wallace Alastair	2	51
Fawcett Carolyn	2	60
Fawcett Bob	2	65
Howe Theresa	1	1
Wardle Clare	1	1
Gardiner Frank	1	2
Peglow Silke	1	2
Fisher John	1	4
Baird David	1	5
Hill Keith	1	5
Carson Ian	1	6
Muroi Mickey	1	6
Airey Rochelle	1	7
Franklin Tina	1	8
Allen John	1	9
Dawson Mark	1	9
Barrett-Lennard		
Irwin	1	10
Attwell Ray	1	11
Colligan Bob	1	11
Sivyer Mark	1	12
Creagh Maurice	1	13
Thomas Kim	1	13
Carr David	1	14
Bertram Wayne	1	15
Miletic Nick	1	16
Tralau Tom	1	16
McNulty Eamonn	1	17
March Karen	1	18
Wong Jackson	1	20
Berlingeri Jacinta	1	20
March Peter	1	22
McShane John	1	23
Danby Brian	1	24
Davis Judy	1	25
Fisher Gary	1	26
McFarland Elizabeth	1	27
Law Chiew Mei	1	28
Wilmot Gary	1	30
Kerr Ngaio	1	31
Keane Ross	1	32
Ferris Irene	1	33
Dance John	1	34
Smith Brian	1	35



Where do old trophies go when they retire?

AS MASTERS has no place to call home we are unable to put our glittering silverware on display.

So the club's numerous trophies are all gypsies. They move on year after year, travel briefly in cardboard boxes and car boots; are rudely handled, drilled and operated upon; go through more sweaty hands before being allowed to rest up again for another year.

That's the current, young and adored ones.

But what happens to the poor old codgers, who run out of space, and whose very existence is brought into doubt when the very events for which they were created – die?

Poignant, ain't it?

Well, not always. Sometimes the last man or woman snaffles a 'retired' trophy.

Paul Hughes admits to hanging on grimly to the Maslen Trophy.

"I have it in my office as a memento, because I am listed as a winner in the illustrious company of Jim Langford and Bert Carse!"

(The trophy was in memory of Ted Maslen, a truly illustrious man, and intrepid athlete who died in 1996 at the Point Walter Run. It was presented annually to the M60 winner of the club's cross-country championships until 2012, and withdrawn then at Sheila Maslen's request.)



"All that glitters ..." Oh well, it looks like gold.

Floreat Beach

Some trophies do suffer ignominious finales.

Remember the West Coast Challenge?

Originally devised by Bob Hayres, the Challenge started



"Holy Grail?"

"Ah, no thanks. Just wondered, did a runner leave the West Coast Challenge trophy here?"

at Floreat Beach and used Challenger Parade and the West Coast Highway.

In early days that was fine. By the time Maxine Santich and I took the event on many more people were using Floreat and City Beaches. Sunday morning traffic around the oceanside car parks made it too risky. So we took to the sand and raised the ire of almost all club runners, who obviously preferred solid ground underfoot.

Lost trophy

The Challenge Trophy was rumoured last seen among piles of boots and unwashed clothing in the back of a certain runner's caravan. No way to treat a treasured item, even if you did win it!

In its absence, the following year Maxine and I presented the Challenge winner with one sand-filled sock. Well, it was half a beach run, and that seemed fitting. Unfortunately, like the sock that didn't fit, the run itself fell out of favour and was given up.

Retired trophies

At the start of Paul Hughes' presidency the committee reviewed our trophies and decided to 'retire' Stone and Haggard. At around the same time Maslen was retired.

The trophies page on our website mentions some retired trophies but it's by no means a comprehensive list.

For that, see *Right from the Start*, Christine Oldfield's excellent history of the club, compiled in 2014 to mark 40 years of WAVAAC/Masters.

Carr-Shand

Another with a colourful history is the Carr-Shand Trophy, commissioned by a member, Derek Walker, and his wife Jo in 1982.

It was an 'unofficial trophy' (like many others, according to the elders) for a handicap run in John Forrest National Park. Joan Pellier says it was the first trophy she ever won, at the Walkers' 1982 home run.

The trophy went the rounds, appearing at three other events, before being withdrawn in 2002.

One thing of which Joan is sure, however, is the location of the defunct trophy. She has it, though how she got her mitts on it after 2002 is unrecorded.



A stack of discoi – the Patrons' Trophy.

Patrons Trophy

The Patrons Trophy was first presented by Bill Hughes to Ross Holland in 1979 and it continues today, although the format of this T&F event has changed often.

The trophy itself was commissioned by Rob Shand.

"I had the first section made as a replica discus, from 100-year old Jarrah," he

says. Later sections were added – "from what is obviously not old-growth Jarrah but a cheaper stained timber" (typical!).

"The fellow who made the original was Mervyn Currie, a wizard wood turner. He was a WW1 veteran who enlisted in June 1917, at the age of 21, as a private in 35th Field Company, Army Engineers.

Naming rights

Some years ago the club decided against naming runs after deceased members. Otherwise, as an organisation of 'seniors' the dead would soon outnumber the available events! (*The only exception is the Andy Wright, at Aquinas.*)

David Carr comments, in his characteristic, wry manner:

"Some years ago, the names on trophies were haphazard. Some were for athletic feats; some for dying; some to perpetuate the donor's name, and at least one was not connected to the club at all.

"So Rob and I agreed and accepted that our names could be removed from the Carr-Shand." VW



2017 Weir Run winners of John Tarrant and Dot Brown trophies.

ALMOST every race director has heard the complaint, often times dozens of them, immediately after a running race is finished – wrote WAMC's editor.

"My GPS watch," the complaint goes, "says that your course was too long."

Why would they make the course longer than the advertised distance?

The Marathon club story went on to explain the difference in accuracy between the runners' own GPS watches, and the process WAMC uses to measure courses.

IAAF/AIMS process

A half-marathon often comes out to 21.4km on the GPS. A 10km race comes out at 10.1km. A marathon shows 42.6km, making the last stretch agonising because, well, wasn't I already supposed to cross the finish line?

The truth is that the race organisers didn't make it longer. The GPS watch did. While GPS is a great tool for runners, it's not going to be more accurate than the measurement standards in place on an IAAF/AIMS-certified course.

(Not all races are IAAF/AIMS certified.)

The certification process is precise, with numerous safeguards in place, to prevent an error.



Still using one of these? OK, it's just a wind-up.

Complaints

The complaints roll in, though, to the point that directors of major races have generic emails with a thorough explanation ready to send back.

There's a lengthy presentation floating around the Internet called "In GPS We Trust" that spells out the exact reason why your GPS watch might be a little off.

IAAF/AIMS, the governing bodies that certify a course distance, have a 66-

How accurate is your GPS watch?



We thank the WA Marathon Club for information in this article which appeared in a recent edition of the WAMC magazine; and also John Bell for drawing it to the attention of Vetrun.

If you have ever queried the distance actually covered on a Masters run – read on!

page manual that details the proper way to measure and certify a road race course.

Jones Counter

In short, the go-to tool is a Jones Counter, which attaches to a bike and determines distance proportionate to the revolutions of a bike wheel. Race measurers attach the Jones Counter to their bike, and then test it no fewer than four times on a "calibration course" measured using a steel tape and a flat, straight section of road. A thermometer is also required, because the outside temperature can have a minor impact on the length of the steel tape. (Alternatively, a laser-surveyed distance can be used).

Once it's calibrated, the running course is travelled and measured at least twice on the bike. Then, the bike needs to be recalibrated, four more times, to determine the average calibration constant for the day.

Shortest route

A race course is defined by the shortest possible route. So the bike takes this route cutting corners and turns as close as possible.

Also, if it's a winding road, measurers don't follow the side of the road. They go as straight as they can. One more thing: it's better that a course be a metre too long than a metre too short.

So, acknowledging that following the shortest possible route is difficult, a short course prevention factor of 0.1% is built in.

So a 10km course is actually measured to be 10.010km to ensure that the course isn't too short. In this example, that's an additional 10 metres built in. All major events will have at least two experienced measurers to determine the course length.

The calibration and measuring effort takes at least half a day, and another day or two is required to complete the calculations and documentation and send it to IAAF/AIMS for certification. Once certified, a race doesn't need to be re-certified for several years, or until the course is changed. However, if an open record is set on the course, IAAF/AIMS will re-measure the course to validate its accuracy.

Why GPS differs

Instead of the straight line IAAF/AIMS use to measure courses, the satellites in the sky above you track your route through a series of plotted dots that are typically within three metres of your GPS watch.

But that three metre margin of error can add up over the course of 42.2km.

Two dots could weave three metres inside and out-

NEEDLESS to say, most Masters runs are not plotted out as diligently as are championship and other events certified by IAAF/AIMS.

However, at some events (like the Weir Run) measured by Steve Weller distances are now extremely accurate. Generally though, for that kind of accuracy, run on the track - inside lane! Race organisers do a pretty good job - mostly. Occasionally errors creep in, and we all have fun at the director's expense. A consensus of members' GPS watches is acceptable to most of us if they show the course to be notably long or short.



side of that "straightest path possible" that the IAAF/AIMS certification ensured, which will add to the total distance on your watch.

Other factors can mess with your GPS, too.

- Tree cover could disrupt the GPS readings and make it slightly less accurate.

- Veering off for a water stop, bathroom break or to run over and high-five your kid will add distance to your total.

- Starting the GPS in the corral rather than at the start line adds pre-start line distance to your total.

The bottom line

Most coaches and race organisers praise the usefulness of GPS watches in training. Few runners would disagree.

The number of participants at big races often make going the "shortest path possible" impossible for most runners; and taking wide turns can add distance to your total.

But when comparing the accuracy of GPS watches versus the IAAF/AIMS course certification process, the GPS doesn't stand a chance.

HELPERS

JUNE 4
RRC 25k & RWC 15k



Race Director: Mark Hewitt
(0447 914 971)

Delia Baldock, Lucio Cecotti, Adam Dance, John Dance, Gary Grant, Akos Gyarmathy, Jacquelin Halberg, Roy Hart, Bernadette Height, Keith Hill, Leslie Hill, Prabuddha Nicol, Sandra Rourke, Maxine Santich, June Streeter

JUNE 11
Mill Point Road



Race Director: Milton Marvrick
(0434 846 797)

Patricia Ainsworth, Raymond Attwell, Katie Chinnery, Regina Crouch, Paul Edwards, Samantha Farman, Tina Franklin, Gary Grant, Lyle James, Lorraine Lopes, Stuart MacKinnon, Keith Miller, Barbara Putland, Lori Sexton, Martin Watkins

JUNE 18
Perth Marathon
Race Director: WAMC
Ann Andersen

JUNE 25
Around Herdsman



Race Director: Rod Hamilton
(0428 940 089)

Ian Carson, Sofia Carson, Irene Ferris, Tommy Glackin, Nicola Hibbert, John Hillen, Keith Miller, Kenneth Murray, David Scott, Charlotte Webb, Gary Wilmot, Gregory Young

JULY 2
Bardon Bash



Race Director: Sue Bourn
(0406 924 203)

John Batta, Jeffrey Bremner, Adrian Fabiankovits, Tommy Glackin, Mike Hale, Arnold Jenkins, Chris Maher, Ann Turner, Janet Walter, Michael Walter,

JULY 9
Sharks



Race Director: Paul Martin
(0438 900 839)

Ann Andersen, John Batta, Jacinta Berlingeri, Maree Brown, Charlie Chan, Paul Hughes, Matthew Jessett, Elizabeth McFarland, John Mcshane, David Roberts, Leigh Rodgers, Rochelle Rodgers

JULY 16
Whiteman Park
Race Director: Robin King
(0417 183 281)

Anna Bamber, Margaret Bennett, Herman du Plessis, Nicki du Plessis, Kevin Hagan, John Mack, Hamish McLeod, Anthony Smith, Jonathon Storey,

MONDAY

POINT Walter 8km time trial at Point Walter run by Dick Blom for 32 years now, 6.00pm every Monday night. Contact 1959blom@ozemail.com.au

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.

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club Rooms 5.45pm/6.30pm.

An informal Tuesday night group meets at Kent Street, Cannington; and Kings Park, Saw Avenue entrance; both at 6pm.

Perth Urban Runners run in various locations on Tuesday and Thursday evenings, also at 6pm. www.Perthurbanrunners.com



Robin King

Julie Storey, Alan Thorniley, Howard Ward

JULY 23
Club Half Marathon



Race Director: Jim Klinge
(0408 501 814)

Raymond Attwell, David Baird, Delia Baldock, Raymond Barnett, Roma Barnett, Olivia Brabant, Regina Crouch, Dianne Marriott, Joanne Richardson, Maxine Santich, Kelly Underwood, Eulalia VanBlomestein, Geofrey Vine

Where they're running

WEDNESDAY

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 16.30pm there's usually a group running from 15km to 21km.

Call John Bell for more info: 9386 6975.

FRIDAY

ROAD: 6am start most of the year, for an hour-long run or walk at various points along Swan River from UWA to Bassendean.

Marg Bennett organises a programme every four months; her phone number is 9275 0169; email mbe37778@bigpond.net.au

SATURDAY

parkrun

Go online to parkrun.com for full details of the many parkrun locations in and around Perth.

David Carr's 'Saturday Group' meets weekly.

8am start – 9.45am finish at WAAS (the new track.)

Cost: \$3.80 seniors – \$6.70 others; pay at the door.

All are welcome. Contact: davidcarr6@bigpond.com

ROAD runs early every Saturday morning. Contact Dick to go on his list, at 1959blom@ozemail.com.au or contact Paul Hughes on 0412 513 348 or email paul-ljahh@westnet.com.au

NEW MEMBERS

1641 JOHNSON: Tony M35

1642 STANBOROUGH:

Heather W35

1643 BROWNLEY: Jody W40

1644 VENTER: Hans M50

1645 SADLER: Kellie W40

1646 WALAWSKI: Justin M55

1647 RODGERS: Leigh M30

1648 RODGERS: Rochelle W30

1649 RYDER: Wayne M55

JULY 30

Racecourse

Race Director: TBA

Kim Chandler, Ivo Davies, Kyle Eagar, James Farr, Trisha Farr, Angela Italiano, Abdul-Raouf Mohammed-Isa, Silke Peglow, Paul Reiffer, Ida Steyn, Max Sulejmani, Tracy Sulejmani, Edmund Wall