

# WETRUN



No. 482  
**NOVEMBER-  
DECEMBER 2014**

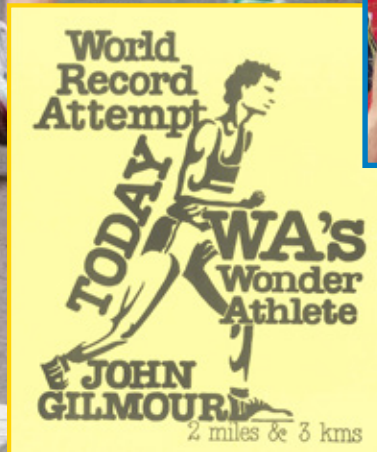


**Brian's  
Aloha  
to Kona**

**Peter's  
Canadian  
Caper**



**Christmas gift time**



**Record  
at the  
WACA**



### NEXT EDITION

Vetrun no. 483 will publish in February 2015.

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## October Meeting Summary

(Posted online October 15)

- Delia Baldock and Mike Anderson were welcomed to their first committee meeting.
- Membership has increased by 7 to 489.
- Treasurer will propose 2015 membership fees for approval next month.
- The 2015 Sunday Programme was approved and will be published in November.
- Thanks to Ante Perdija, becoming race director for Piney Lakes. This leaves only City Rail with no RD.
- New male and female trophies will be awarded for the age-graded handicaps. Thanks to Giovanni Puglisi for the suggestion at the AGM.
- Committee felt that marshalling by bike was a

## What the Committee has been talking about!

- good idea if there was a helper with a bike prepared to do it.
- New Sunday watch downloadable to laptop is on order. Other new Sunday equipment is being sourced.
- Welcome Run on 4th January will be an advertised 'open run' with no visitor fees – to promote membership.
- There will be a club dinner, probably next March. Thanks to Elaine Dance for taking on its organisation.
- Examples of the proposed new uniforms have been liked by members who saw them.

## INSURANCE for Members available through AWA

**THIS is to clarify the insurance position affecting all who are members of MAWA.**

The club has public liability cover through our affiliation, and the \$100 fee that we pay as a club to Athletics WA. This filters down to MAWA and includes members, coaches, voluntary workers, officials.

Personal Accident Insurance is NOT included – so you are not covered for any cost implications should you have an accident or incur an injury during a MAWA event.

### Personal cover

If you wish, you may register with AWA for an annual fee of \$20. This can be done online at the AWA website.

Members who do not have the online capability should see a committee member.

Your registration with AWA will give you personal injury insurance in MAWA events and includes competing, training and trialling, official social events and fundraising, travel to and from these activities.

The policy age limits are 2-100 with the following sub-activities:

### Capital Benefits

- **Death Benefit**  
Insured Persons 18-65 years of age \$100,000  
Insured Persons under 18's and over 65 years of age \$20,000

## Championships' entries and fees

**DETAILS are on our website for the AMA Half Marathon Championship in Tasmania – January 11, 2015. It's in conjunction with the Cadbury Marathon: entries via their website. Closing date January 6.**

Entry details for AMA Nationals 2015, Sydney, are also on our website. Dates – Friday April 3 to Monday April 6. The Nationals website opens for entries in early December and close March 7, 2015. Please note only online entries will be accepted – anyone unable to do this please contact a member of the committee for assistance.

### WAAS entry fees

Members attending the WA Athletics Stadium on Tuesday nights please note that from December 1, 2014 the entry fees for all Masters athletes rise – to \$6 for adults, and \$3 for concession.

You will need your seniors card to obtain the concession rate.

- Some clothing stock is being sold at bargain basement prices.

## November Meeting Summary

- After further discussion it was agreed that the RRC and RWC events will not be re-named.
- Details for our Welcome Run on January 4th are firming up. Visitors fees will be waived, families encouraged, catering provided. The run will be promoted in local newspapers.
- Membership fees for 2015 were approved. Details in this *Vetrun* and on the website.
- Mike Anderson will access new lightweight signs to replace our heavy metal ones.
- The 2015 Sunday Programme is now on the website. A hard copy will be sent to those members without internet access.
- New procedure for uniforms will be issued shortly. Information will be on the website, and orders will go through Colin Smith.

## Emailing the President

If you wish to contact President Paul Hughes please use [paul@wjhi.com.au](mailto:paul@wjhi.com.au)

Paraplegia or Quadriplegia  
2-100 years of age \$250,000

- **Non-Medicare medical expenses**  
Insured Persons 2-100 years old
- **Weekly Accident Benefits Insured Persons 2-100 years old**

MAWA believes that the benefits are good value for the cost, but a decision on this is entirely up to you. The information above is exactly as we received it from AWA, but if you require more detail on AWA's personal accident policy, you will need to contact them.

Committee

## New members – Welcome!

1306 BECK: Edward M35  
1307 JOHNSON: Simon M40  
1308 BECK: Bethan W30  
1309 BRYANT: Mike M40  
1310 VINCENT: Justin M30

# Christmas Gift Run looms



ONCE a year we dress up to run, rather than stripping-off. Yes, it is the Christmas Run.

Social butterfly Elaine Dance is again organising the Christmas Gift event, at McCallum on December 21, where you are required to wear something seasonal.

Past disguises have been enterprising. But I don't think anybody has topped the appearance of Vic Beaumont, who arrived one Christmas with full Santa set, a sleigh, and six reindeer!

## Bring a present

If you want to be in the great gift-swap – it's even more fun than cruising the streets to see what you can find on the verge – then fetch an inexpensive present.

If you bring something that's gender-specific – i.e. a bra and pantie set, or some after-shave – then mark the wrapper accordingly!

## Weekending with Masters

OUR most recent Masters weekend away was in September at Wellington Forest Cottages in the beautiful Ferguson Valley. An added attraction was that the dam was overflowing – which it had not done for some years.

We had a small group of 22, and welcomed two first-timers to the camps, Erika and Frank who, I think, enjoyed the company.

Although we had some rain during the weekend, it did not dampen our enthusiasm – for runs/walks in the forest each morning and drying off in front of a wood fire.

Although the grand final of the football was on Saturday there was not as much interest as in previous years, because

none of our local teams were participating. On Sunday we enjoyed a lunch at the Moody Cow Brewery, a very pleasant afternoon. Sunday evening was a BBQ and we celebrated my birthday and a birthday for Sophia Carson. Much cake was devoured! We all went home wishing we could stay longer; looking forward to another weekend to come in March 2015 – but at a different location.

Margaret Bennet

## HELPERS Please Note!

OUR new events programme start in January and runs through to December 2015.

Membership renewals can be made NOW – on the website – for the new year. So it is very important members who will be helpers for the January and February events renew and inform us – as soon as possible!

Are you available to help on any events in these months? If so, please advise any committee member, with your details, at any Sunday event.

Or you can email me – Margaret Bennett – on mbe37778@bigpond.net.au as soon as possible. Thank you.

## STATE Champs 2015 schedule

HERE are the dates for the 2015 State Championships. Further information on how to enter and details of the timetable will be available during the next couple of months.

Thursday 5 March 10,000m  
ECAC (evening)

Saturday 7 March  
Pentathlon day WAAS

Tuesday 10  
Steeplechase WAAS (evening)

Sat/Sun 14/15 March Main  
weekend WAAS

Barbara Blurton

## What shall we do next?

ELAINE Dance – social secretary for the club – wants your ideas.

"I am open to suggestions for social events throughout the year, and would really appreciate feed-back from all our members," she says.

## Ratifying RECORDS

PROCEDURE for ratifying State Records has been tightened up a little.

Details are online, at the Records tab of our website, along with the Australian/State record application form.

With the exception of State, Nationals and World Championships it is the athlete's responsibility to ensure all requirements for records are met, and anyone who might break a record should read this procedure carefully.

If you believe you have broken a State record you will need to complete the Australian/State record application form and forward it to the MAWA statistician at vetrunners@inet.net.au

Also, current records on the website have been converted to html format, which means they will be updated as soon as a new record is ratified.

Barbara Blurton

## Renewing membership

Renewals can now be made. You can access both the online membership, and a paper form download, from the right side-bar of the club website.

(Paper renewal forms have already been sent to our members who do not have internet access.) As always, the club prefers online membership.

New members joining now will enjoy the full privileges of membership for the remainder of 2014 as well as 2015.

## Helpers

All new members and renewals doing Sunday runs must select helper dates from the 2015 Sunday programme.

It's on the website now – also accessed from the right sidebar. As mentioned elsewhere in this *Vetrun* – renewing members who intend helping in January/February should please either rejoin early in December, or let Margaret Bennett know their intended helper dates.

## Fees

The committee have agreed the following fees for 2015.

Single membership fees have been held at 2014 levels. For joint members there is a \$5 increase.

■ Turn to page 12

AS I prepared to leave the house to go to the event, I looked out the window and saw bright sunshine. This cheered me up and I foolishly decided to not wear a jumper – just a light jacket.

Big mistake, especially as I was battling a bad dose of bronchitis! The wind was bitter cold as it blew across the lake. Helpers, who faithfully sat recording results, or stood at some exposed point, shivered as they bravely resisted the elements to ensure everything ran like clockwork.

Although the weather was bad news for the helpers, it was perfect for the runners who were to some extent sheltered from the wind and able to enjoy the tranquil environment and the wildlife.

A major challenge was how I was going to load all the gear.

This was relieved with the aid of several volunteers, including Irene and John Ferris. They helped collect from



## Gwelup Lake

October 12, 2014

Director: Richard Danks

the previous week's event at Hale, and just got on with the job making life easy for me. You were all wonderful!

Many thanks to the following helpers, some of whom were first timers, and others who have been helping out here since Adam was a boy:

Suzi Graves, Kim Cook, Steve Cook, John Fisher, Melinda Fisher, John Talbot, Roger Walsh, Patricia Hopkins, Jim Klinge, Elaine Sillery, Martin Watkins, David Adams, Ray Lawrence, Gail Castensen, and Les Beckham who just turned up and helped in a much-needed task.

### RESULTS – IN BRIEF

Bjorn Dybdahl (M60) won the 5km in 19:26, ahead of Paul Odam. First 5km walker, John McDonagh (M65) in 34:48; 10km walker Karen Tolardo (W45) in 66:36. 10km, Kim Thomas (M40) in 37:55.



## Claypit Circuit

October 19, 2014

Directors: Jeff and Dorothy Whittam

ON what was forecast to be a terrible day we had over 100 turn up for our event. THANK YOU!

As it happened there was only very light rain until after most had finished, then the heavy rain started. Our thanks go to our stoic helpers who braved the weather and kept everyone watered and on course.

They were Sheila, Patricia, Lorna, Michele, Janet, Robin, Merv, Dutch, Jackson Sandy, Bridget and Les.

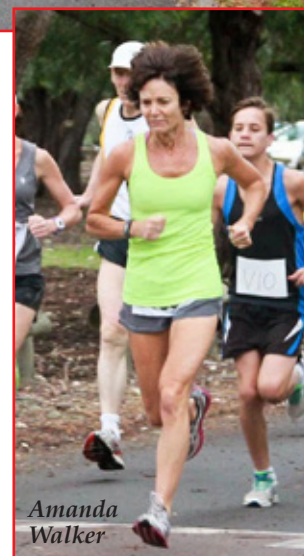
We are sorry that there are some times missing but the paper ran out on the printer watch and it refused to print on the new roll. Of course you

will all have seen your times on the clock as you finished, though if you are like me by the time you have got to the recorders table you have forgotten it.

Hope to see you all next year and with better weather.

### RESULTS – IN BRIEF

10km – Kim Thomas (M40) 38:20; 6.8km – Paul Hughes (M60) ; 3.7km Amanda Walker (W45) 15:19; 10km W – Julie Wilson (W60); 6.8km W – Wendy Farrow (W45) 47:25; 3.7km W – Sue Lloyd (W60).



Amanda Walker

## Bibra Lake

October 26, 2014

Directors: Tanya and Paul Burke

THANKS to everyone for coming! We had a record breaking turnout this year, with people coming from as far away as America (our Masters reputation must precede us!).

As per usual we organised the rain at the most inappropriate time for our unfortunate helpers, especially at the finishing line, messing up the paperwork. They were quick to hightail undercover though, great adapting to conditions. Les showed his experience and came prepared with a raincoat!

The runners however seemed to appreciate our well timed cool down at the end or at the second lap, as requested. I overheard some people say "at least we didn't have hail this time". We have learned to be more specific in our weather requests.

Special mention to V5 Brendan Thielsen from America, who has left an incredible one-lap record in his wake – a phenomenal time of 20.33!

Well done to Graham Thornton winning the encouragement award, two laps of great endeavour.

PERFECT conditions for running/walking prevailed for the 37th Cliff Bould Trophy event and it was a pleasure to see Julie Wilson receive the trophy. Numbers were down due to the attraction of another event which produced multi coloured people wandering about our city streets. I was grateful to all my helpers, especially Raymond Gimi who has helped me out every time for the past 20 years.

Thanks also to John Oldfield who volunteered to help when I was one helper short.

Stuart and Rebecca Mac Kinnon have kindly agreed to take over as race directors – our club is enhanced by the willingness of younger members to step up and take a role in our organisation.

Winners and place-getters are obvious from the results published on the website, prepared by Lorraine Lopes – her contribution each week saves the race director spending hours sorting out results after the event.

After the racing, it was great to see the Beaumonts receive some recognition for their efforts in organising the morning teas over the years.



*Very happy runner; Julie Wilson wins the Cliff Bould Trophy.*

**Cliff Bould Trophy**  
**November 2, 2014**  
*Director: Ivan Brown*

**Past Masters**

I pulled out the results from this event held on 10 October 1994 – after which I agreed to take over the role of race director from Brian Foley.

Older members will be tickled to see the trophy was won by Stan Lockwood (M65) from Bert Carse (M50). The exact times were lost due to a hail storm arriving as we packed up and the results strip disintegrating!

I took over in 1995 when 114 entrants competed. Trophy was won by Peter Davies (M65) closely followed by John Pressley (M50) and Jim



*Thanks for all the tea! President Paul Hughes with Vic and Jacqui Beaumont*

Barnes (M50). The 5.2 km scratch race was won by a youthful Paul Hughes (M40). Fastest time for 10.4 km was Jim Klinge (M45) in 40.26.

Will anyone get close to 40 minutes in 2015?

**RESULTS – IN BRIEF**

Julie Wilson was off a 2:16 handicap, winning in 66:45, closely followed by M60 Alan Thornley (9:54) and M55 Keith Atkinson (8:51). John Allen won the 5.2km in 22:34.



*Paul Burke*

Thanks to all the helpers – Aldo and Dante Giacomini, Paul Odam, Rochelle Airey, John Brambley, Maree Brown, Les, Paul Hughes and Mark Hewitt.

Many competitors enjoyed the overzealous encouragements on the path. We only hope many PBs came from them, so we can claim the credit!

All results below. Well done to winners and place-getters.

Till next year, have fun moving and grooving!

**RESULTS – IN BRIEF**

Ante Perdija (M40) won the two-lap 12km in 46:43; Jim-Klinge (M60) was first member in the 6km, with 25:47. Karen Tolard (W45) 6km walk, 39:55.



*Bibra Lake start*

## Kalamunda Railway

Nov 9, 2014

Race Directors: Bert and Brigitte Carse

**KALAMUNDA Railway Heritage** is a trail used by locals including club members such as the Blurtons, Langfords and Carse who all live in the area.

The Kalamunda railway line was opened to Canning Mills in 1891, extended to Karragullen in 1912, and closed in 1949.

It is now used as a trail by walkers, runners, cyclists, as well as running mothers with babies in prams. Beautifully lined with trees that provide shade in the morning, it's an ideal location for a walk or run event. I hope all members who took part in the 4km and 8km event discovered why the trail is so popular.

The start of our event is close to the northern terminus of the Bibbulmun Track where a large group of our members enjoy a chat and breakfast after the event.

The course itself is not hilly and fast trail times can be achieved on a surface that is as loose as some cinder tracks that I ran on, in ancient times!

Post-race comments received included "Good course but not as fast as roads"; "Well marked and easy to follow."

All participants finished without mishap apart from one who unfortunately fell and suffered abrasions. Ivan Brown rendered assistance and subsequently the unfortunate member who fell assured us that he was alright.

### New watch

John Allen has sourced a new timer-recorder-watch that connects to the computer was used for the first time. It appears to have been a successful trial, with early results appearing on our web page.

Thanks go to Margaret Bennet, our Sunday events co-ordinator, who found volunteers to take the place of rostered members who were unavailable to help.

We did not have to resort to plan B!

# Parkrunners swell our southerly run

AN influx of 57 visitors gave this year's Safety Bay Run a welcome boost.

The event was well-publicised by Claudia, who is involved with parkrun.

"I do feel that if more race directors contacted the parkrun organisers we would have a lot more people participating in our events, and hopefully we would recruit new members," said Elaine Dance, who directed Safety Bay with husband John.

"Well, one record was broken. I'm told that is the first run in the club's history with more visitors than members. There were approximately 40 members and almost 60 visitors.

"A really big thank-you to Claudia for publicising our

run; I hope next year will be as successful.

"After a great run a sausage sizzle was enjoyed by all, and it was good to see so many parkrunners staying on to enjoy the atmosphere.

"Thanks go to all my helpers, and another special thank you is owed to Joan Pellier. She took on the committee duty of handling visitors!

"She arrived to be inundated with a line of happy visitors waiting to register. At one stage, looking very red in the face, she was wondering if the run was ever going to get underway. Thanks, Lynne Schickert, who stepped in to help and make sure the race was on time!"

## Safety Bay

Nov 16, 2014

Race Directors: Elaine and John Dance



### RESULTS – IN BRIEF

Visitors dominated the 5km, as might be expected of young park runners!

Lynne Schickert had the 10km walk all to herself – 85:23; Kim Thomas occupied his usual position at the head of the 10km run – 40:32; Sue Lloyd walked the 5km in 39:55.



Su Lloyd, pictured at Kalamunda, but appearing in the results at several runs, winning the shorter walks.

Thank you to all our helpers who looked after the safety of all and ensured that no one was lost.

### RESULTS – IN BRIEF

Amanda Walker (W45) headed Jim Klinge (M65) over 4km, with 17:37 to 19:59. Kim Thomas, Tony Smith (M35), Chris Maher and Ian Carson led the 8km runners. Newer member Karen Tolaro won the 8km walk with 54:18.

## New timer-watch links with club's computer

JOHN Allen explains: "The replacement stopwatch will, I think, be easier to operate. It includes a USB interface so we don't have to run a printer. Instead we can download the results direct onto a computer after the race.

"Bonus: the watch includes full operator training (by myself!).

"So we should reduce the chances of losing results – which was a mounting possibility with the old printer/stop watch misbehaving."

# Goodlife Fitness MARATHON

Victoria BC, Canada

WHEN you say you are doing a marathon in Victoria, it sounds like an easy three-hour flight east of Perth and away you go. But when the marathon is in the City of Victoria and in the Canadian state of British Columbia it gets a bit more involved; 21 hours of flying and a 15-hour time difference for starters.

Then there's a car ferry from the city of Vancouver to Vancouver Island, where the beautiful city of Victoria is situated.

One of the reasons I chose the city of Victoria to do a marathon was because I still remember Steve Moneghetti winning the 1994 Commonwealth Games marathon in Victoria. I remember thinking at the time what a beautiful city it looked.

And so to October 12, when I lined up for the Goodlife Fitness Victoria Marathon with about 2000 others.

The weather was ideal – a cool morning (6°C), no wind and forecast max of 13°C. However, I was told to expect just about anything because autumn in Victoria has such changeable weather.

The course is very scenic with a few undulations – starting with a loop through the city and Beacon Hill Park, where you run past a statue of Terry Fox.

(If you haven't heard of Terry Fox then do a search on the internet and be prepared to be inspired!)

The run continues along the east coast and returns to the city for a finish in front of the stunning Parliament Building on Belleville Street.

The event is really well organised and supported by a half marathon and 8km event. Canadians come out in force to support the event and virtually the whole route has great crowd support.

It is the biggest event for the year on Vancouver Island so everyone turns out.

It was a most enjoyable run and a great way to start our Canadian holiday.

The time and effort to get to the start line was well worth it and I would highly recommend this run.



*Peter Sullivan stays in touch with Masters through his regular reports of overseas marathons. But this talented runner is now only seen on a Perth Sunday when he helps out – for which, thanks!*

*But I queried Peter: Why don't we see you running with the club?*

*He explained that the motivation to run overseas is very simple, nothing more than combining a holiday with his wife in a country they we hadn't seen before. At the same time, he tries to find a unique marathon experience.*

**"MY wife was diagnosed a few years ago with a serious medical condition," he writes.**

"While not restricting our ability to travel at the moment, it may well do in the future, so we are enjoying the travelling while we can."

### Smaller runs

Events Peter enters don't need to be big, well known marathons.

"I actually prefer low key, smaller runs otherwise the event can be a bit too overwhelming, like London or New York.

"Each to their own though – some people enjoy the social aspect of running while others, like me, prefer the solitude."

### Injuries

Avoiding injury is another consideration for Peter.

"I found that when I was running week after week with the WAMC or WAMA, I used to thrash myself and get injured. And I would try to keep running, which prolonged the injuries.

### Focus

"I focussed too much on my finish time and not enough on enjoying my running.

"You might say 'why don't you come to the club runs and just have a slow run and enjoy it?'"

"But that is not my nature – I know that my competitive instincts would take over and soon enough I would be injured again. So I made the decision to enjoy my running again – enter an overseas event, train up for it and enjoy a holiday at the same time.

"I don't worry about my times or placing – I just run and that's it. As a result, I find it is so much more enjoyable.

### Best and worst

"And my best and worst marathon experience? They were both in the same run – the D-Day Marathon in northern France.

"I had a fall the week before while sightseeing and strained my hamstring quite badly – it was really painful but I vowed at the start of the run not to stop. It took around four and a half hours to finish but the sense of achievement was equal to any I have experienced. It was probably more stressful for my wife because she was waiting at the finish and had no idea where I was!"

# Where they're running

OUR members take part in many non-Masters events.

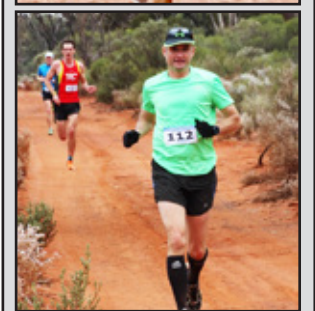
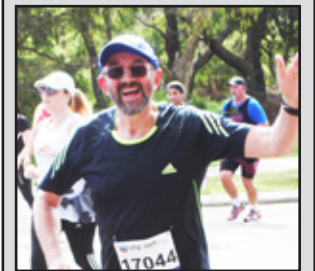
Let us know about them!

Tony Smith emailed pictures of himself and Mickey Muroi in the inaugural Kalgoorlie Goldfields marathon, August, which Tony won. Mickey was seventh.

The pair also ran in Geraldton this year, Tony finishing second, and Mickey, third.

I also heard that Jo Clarkson had a very good half-marathon in Melbourne.

Pictured, from the top, John Byrne and Peter Bath in this year's City to Surf; Tony Smith (the elder, M40!) and Mickey Muroi.



THE heat and humidity was worse than I had expected in spite of the fact that I had previously heard a lot about it. The Ironman Rules provide that wetsuits are not permitted if the ocean is warmer than 24°C. As Kona, Hawaii, is just north of the Equator, it is always warmer than that, so – no wetsuits! This makes the swim harder because a wetsuit provides buoyancy and hence, speed.

There was a swell and the water was a bit choppy. Add to that the complication of 2,100 competitors sharing the ocean!

There is quite a lot of bumping between swimmers, sometimes so much that you fear your goggles or your timing chip could be knocked off.

So, looking at my swim time in the Mandurah half ironman in which I competed after returning from Hawaii (November 9) gives a good comparison.

Kona 3.8 km – in 1hr 29 minutes.

Mandurah – 1.9 km – in 31 minutes.

### On the bike

The wind in the bike stage was horrendous.

At places we were leaning into the crosswind to avoid falling over. A female competitor, riding 20 metres ahead of me was blown off her bike!

According to people who go there every year it was the worst for wind since 1995. That made me feel better because the 180km at Kona took me 6 hrs 43 mins; while the 90km at Mandurah took 2 hrs 46 mins.

### Off the bike

When I finished the ride at Kona, the balls of my feet were so sore I could hardly walk.

I had to jog the first couple of kilometres, changing my normal mid-to-front foot-strike and land flat-footed, until I was able to start using the front of my feet.

Again, comparing it with the Mandurah 21km, where my time was 1 hr 46 mins, in Hawaii it took me 4 hrs 22 mins to complete the marathon.

By the time we started running, the wind had dropped,

*Few people have the strength, stamina and willpower to tackle an Ironman event. Our club has two, currently. Shirley Bell and Brian Bennett each won selection for the 2014 Ironman at Kona, Hawaii.*

*Here's Brian's own account of his race.*

# Kona is cruel – but beautiful

leaving only the heat and humidity to contend with.

### Double effort-plus

Obviously it is more than twice as hard to do an Ironman as a Half Ironman.

At Mandurah I won the 65 to 69 age group in a record time of 5 hrs 6 mins.

I was 25 mins ahead of second placed competitor.

In Hawaii, I could only manage 12 hrs 52 mins which gave me 8th place, but first of the Aussies.

For further comparison (who says they're odious?) William Wren, the American who won the age group in 2013 did 10:44:31. This year he won in a time of 11:28:25.

### Memories

To wind up this account, I want to mention just one of my strongest memories of the Kona Ironman - because there are far too many to all be included!

Shortly after the start of the swim, the sun rose slowly as a magnificent big red ball

above the mountain on our left.

Soon it became so bright that I had to breathe only on the right side, because it was blinding me.

About 12 hours later, when I was still about an hour from the finish of the marathon and running in a westerly direction, it put on another magical show, this time as a huge red ball, setting in the west.

Kona, you are beautiful, but you are also cruel!

*How on earth do you prepare for the most grueling Ironman event on the planet? Brian explains.*

**HERE'S a summary of my training for Kona 2014:**

### Gym and yoga

I usually do yoga and gym each three times a week, but when the training becomes very time consuming I manage each of these only twice a week.



*On an uphill stretch of the ride.*

**But even all this training couldn't prepare me adequately for the ironman of Kona.**

The ocean was warm but a bit choppy and teeming with thrashing swimmers. We were like sardines trying to escape a net.

The crosswinds on the ride were the strongest I have ever experienced and the heat and humidity on the marathon were worse than I had imagined – even though I had been warned.

Over the five months prior to the October 11 race, I:

- Increased my weekly swimming from about 4km to about 10km.
- Increased cycling from about 200 to about 350km.
- Increased my running from about 50km per week to about 80km (I run three times a week).

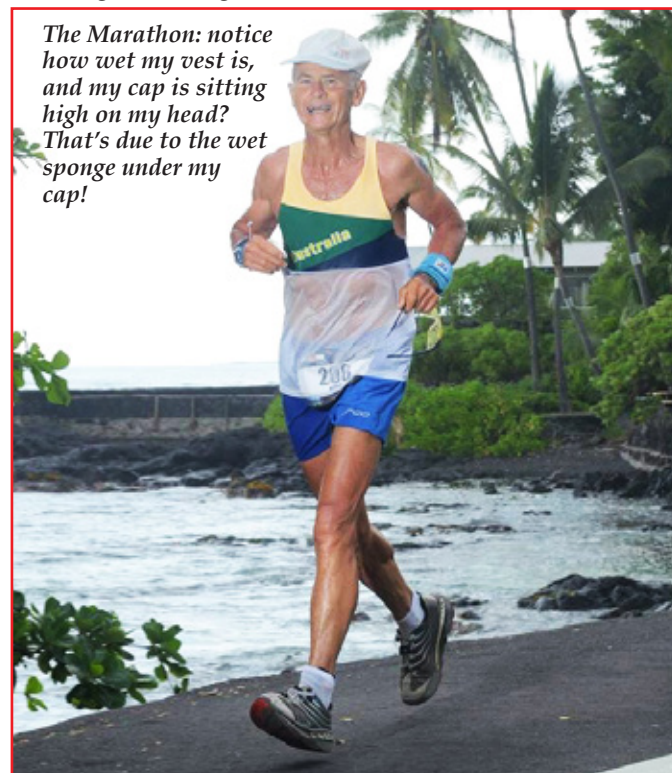
I don't follow a programme. Often, after a Sunday run I'll do a long ride or swim. Here are some examples:

### Jorgensen – plus

After the Jorgensen cross-country, Marg drove me and my bike over the Darling Range and set me down (in the rain) to ride a hilly 87km to Brookton; and then the 61km to our farm at Cuballing. Total – 147 km.

### Kings Park – plus

On Sunday, August 10 I raced Ralph Henderson's 10km Kings Park cross country. This was after I had jogged 20km from home.



*The Marathon: notice how wet my vest is, and my cap is sitting high on my head? That's due to the wet sponge under my cap!*



Then, in the afternoon, I swam 4km. (My swimming training was almost always in the 25m indoor heated pool at Bayswater Waves Aquatic Centre. I'm a bit of a sook when it comes to cold water!)

These are examples of the excellent running training I find with Masters on Sunday, when added to some extra running on my own. The aim is clocking up the miles at a fairly easy pace before being 'pulled along' by running mates in friendly, but often fierce, competition!

### **Not so Magical ...**

So, three weeks before Kona, while the sane were still tucked up in warm beds on the wet and windy Sunday of September 21, my Mullaloo Magic started at 5.50am. I jogged the 27.5km from home in Noranda to Mullaloo, timing it to get there just before the start of the race.

Were it not for the camaraderie and competition of the Masters I would not then have been able to run that hilly 13km race in 69 mins 37 seconds in such weather. Finally, so that, mentally, I could clock up a full-marathon training run on the day, Brian Danby and I jogged slowly for another 2km.

### **Wellington Mills**

On the following Sunday I was again able to combine my training with the joy of Masters friends' company when some of us were on the long-weekend camp at Wellington Mills.

I jogged towards Boyup Brook and had to turn back 2km short of the town, out of time! On the way back to camp I was constantly checking my watch; Marg had booked the group to leave at 12.30pm for lunch at a nearby brewery. I knew I'd be in big trouble if I was late – and this kept me going at a good pace.

Luckily for me, about 5km from camp Jacqueline Billington and Alan Thurlow pulled up next to me to ask if I wanted a lift. It was tempting but I was able to decline and ask them to tell Marg that I was less than half an hour away and that I'd shower and dress in five minutes to meet her deadline.

So that made me put on the pace, rather than risk her not talking to me for the rest of the weekend; or even worse ...missing lunch at the brewery! ■

**WHEN Brian Bennett was living in Kalgoorlie – “a pair of white running shorts that he was always chasing but could never catch” – is how he describes this lady!**

So meet this month's profile, Maxine Santich, one of the funniest ladies I've ever interviewed – and I really enjoyed doing it.

Maxine used to be a smoker who played tennis competitively. At the start of her running career she was counting how many steps she could run before walking. Being able to run around a footy oval without stopping was a big challenge.

Her first race was the Mandurah 10km fun run in 1982. In 1984 she went to live in Kalgoorlie where her running took off after joining the Harriers. She ran in all the big races, including the Mile in the main street of Kalgoorlie, where she was pipped at the post one year.

### **Marathon**

In 1986 Maxine ran her only marathon, the NZI People's Marathon in Perth. She hit the wall just after half way and was overtaken by Marg Forden at Leeuwin Barracks in East Fremantle.

Worse was to come when Sandi Hodge caught her in the last kilometre, and beat her by 36 seconds with a time of 4.01.36.

Next, Maxine tried a triathlon and started a club in Mandurah (which is still going) but first she had to be able to swim!

Training took place in a small pool, and her first race was a corporate event in a 50 metres pool! She thought she'd drown and had to finish the lap by doing dog paddle!

### **Vets**

In 1987 Maxine joined the Vets and went to the World Veterans Athletics Championships in Melbourne in good form.

She ran the 10km track race in 37:46 and finished eighth. She considers this her best performance even though a 90-year old guy at the meet told her “My dear, you're a middle distance runner”.

In 1989, at the Australian Veterans Athletics championships in Perth disaster struck when she was disqualified in the 400m. Being totally unversed in track etiquette, she didn't know that 'set' means 'don't move'!

**Maxine used to 'count the steps until I had to walk'; she became an Australian Nationals middle-distance gold medallist; and now she's counting the strides towards Perth's 2016 World Championships.**



## **Maxine Santich**

### **Profile**

by  
*Joan Pellier*

### **Overseas**

In 1990 Maxine spent two years in Bogor, Indonesia and had a great time running with a group of crazy Norwegians. They would take a bus out of Bogor each Tuesday and run 20km back through rice fields, up mountains, over bamboo bridges, in searing heat or pouring rain, thunder and lightning – it was great fun.

Maxine also won a few fun runs in Jakarta during that time.

Back in Perth Maxine joined Basil Worner's training group, which reaped great rewards.

She ran 3.04 for 1000m in a time trial at ECAC; set PBs in 400/800/1500m at the State Championships in Perth in 1992 and went to Hobart for the Australian Championships.

There she won gold in 400m, with 64.4; gold in 800m, in 2:23.32 and silver in the 1500m with a time of 4:56.21.

In Hobart she met up with Barrie Thomsett who was going to Cradle Mountain. As she was going too, she joined him. On arrival it was a beautiful day but luckily both wore wet weather gear as after two hours walking

the weather changed and it snowed!

Maxine says it was a magical day. Barrie went to Cradle Mountain to honour his late wife as this was her favourite place, leaving a tee-shirt there in her memory.

### **Training**

Maxine only trains on grass or cross country areas but also loves beach running. Every Tuesday evening in Kings Park, along with Vic Waters and Simon Mort, the group used to run the tracks (while we ran on the paths).

She rarely has any injuries and doesn't wear a watch when running.

### **Committee**

In the nineties we worked together on the club committee. Maxine then dropped out of the running scene for many years and went back to school, doing her 'Leaving' and then going to University, aged 47.

At 48 she did her Masters and at 55 landed a job as a counsellor in Narrogin, working four days a week. She now travels the southern districts and enjoys her job.

As for future plans, Maxine wants to get back on track and get fit for the 2016 World Masters Athletics Championships in Perth. ■

THE WA Cricket Association ground was an unlikely stage for a Masters athlete to mount an attack on a world track record. It was even more unlikely because that attack took place during the lunch-break of a fiercely fought Ashes test featuring star attractions like the remarkable Ian Botham and Western Australian speedsters Chris Matthews and Bruce ('beanstalk') Reid.

But distance runner John Gilmour was a star attraction in his own right as an extraordinary Masters athlete and holder of so many age-group world records. I suspect John himself would have lost track, and only the official statistician would be able to list them.

### *We were WAVAC*

Our club, now Masters but then called WAVAC (WA Veterans Athletics Club) wanted to give John the opportunity to strut his stuff and. At the same time, we would put the Vets in the spotlight.

Sights were set on the world two-mile record, held by US runner Monty Montgomery. At the same time, John would aim to better his own world three-kilometre time.

The opportunity came on Saturday, November 29, 1986 during the 40-minute lunch break at the WACA Test.

The club committee liked the idea and publicity officer at the time, Kate Penton, started to push the wagon.

### *WACA on-board*

WACA officials eventually liked the idea too. It certainly helped that we had connections with the WACA President and two of his committee. It also helped that marketing manager Don Marsden was a delightful person who warmed to the idea of this novel form of lunch-time entertainment. This was long before the days of total razzle-dazzle at a cricket match.

### *Main man*

What about the main actor? John did not need much convincing to tackle both world records. He was at his peak in his M65 age group and ready to assault what he described as a "fairly soft record in the 2-miler", especially in front of a crowd which would be far bigger than the draughty stands he might usually expect in Perth.

# Record assault at a WACA Test Match

Some stories stand the test of time. In 1986 our club was still young, when some members led the Vets into the spotlight. Led by Basil Worner (pictured below) and Kate Penton (now Worner) they arranged a middle-distance world record attempt by John Gilmour - in Perth's premier sporting stadium, the famous WACA - during the Australia/England Test Match.



*John Gilour, pictured at the inaugural Gallipoli Run in Kings Park (above); and (right) in his black-and-white hey-day, racing 5000m at Box Hill in 1973.*



notes show that we needed flaggers, pamphleteers and carriers for the clocks and microphones.

The Vets club banner also required carriers, to literally 'show the flag' on the arena. We also rounded up a starter, six timekeepers, and an official referee (Dick Horsley), an MC (Barrie Slinger) and a race caller.

In all they made up a thirty-strong team.

What on earth were the 'pamphleteers' I hear you ask?

This was a short-hand euphemism for eight Vets stationed at the entrances with the unenviable job of handing flyers to the crowd, advertising the attempt on a 'world record'.

Logistics was a challenge. Masters sets rigorous standards for endorsing a world record claim. This meant contracting a surveyor to measure the track and sign off on its validity.

Vets member Selby Munsie made the initial track design to fit the WACA ground, and arranged for one of his colleagues to do the actual survey.

### *Measure and mark*

He even contacted the WA Football League to learn their 'secret formula' for approved paint, which we used to mark the temporary track.

Actual measuring was tricky, because WACA staff were making final preparations of the grass surface and the Test wicket while our man was poking around with his theodolite. No - no GPS in those days!

The surveyor also had to allow for the one-metre drop, from the wicket area to the

boundary, using a traditional plumb-line.

(Anyone who has sat near the boundary will know that the WACA ground is an 'inverted saucer' designed to drain water from the wicket area.)

### *Ian Botham*

I was at the ground during this lengthy survey as what Selby called 'unskilled labour' and was surprised to see the famous Ian Botham stroll across the ground, vault the fence and make off into the distance - after favouring me with a genuine warm smile. I started to like him despite what he did to our bowlers - and batsmen!

One of my jobs as assistant (totally unqualified) was to paint small dots on the measured track - which a team of Vets volunteers would flag just before the run.

### *Volunteers*

Raising enough volunteers was another challenge. My



*Basil Worner and Joan Pellier; a few years ago!*

It's not an easy job and to ensure they were not mistaken for religious fanatics, they all wore Vets shirts!

Copies of the flyer still exist. Hammered out on an electric typewriter and photocopied on standard print paper (cheapest), they were not exactly classy but gave the simple (and we fervently hoped, effective) message: World Record Attempt – WA's Wonder Athlete – John Gilmour – 2 miles and 3kms – Today. Admittedly, we did feature a stylised sketch of a runner, probably stolen from a standard template.

### Rehearsal

It was essential that on the day our show would not hold up the Test. We would have to clear the ground eight minutes before cricket was due to re-start.

So most of our volunteers assembled at the WACA on November 22 for a rehearsal.

My running sheet for the event had the flaggers come onto the ground at 1:02, the announcer on air at 1:03, the runners onto the ground for their final loosener at 1:05.

At 1:09 the ground had to be race-ready for a 1:14 start. The post-race presentation was listed as 1:28 and the ground cleared of athletics gear by 1:32. It did go like clockwork - and Test cricket resumed at 1:40.

### World record attempt

'World record' were the magic words we kept on emphasising, in our press releases and flyers.

Although the crowd would be cricket experts (of varying degrees), we believed that everyone would have that special feel for a contest with a world mark.

WA's famous Herb Elliott had set an Australian junior record for the mile on the WACA in 1953 during the Public Schools sports. But that doesn't have anything like the aura of a 'world record'.

Brian Paddick of the *Daily News* helped when he wrote, on November 25: "Veteran athlete John Gilmore (sic) could be excused for having a few nerves at the WACA ground on Saturday. Unlike the players in the second test .... They won't come from flying bouncers. Gilmore will be attempting to break two world records during the lunchtime break."

*(Yes, Paddick spelled the name wrongly, but we'll forgive him. He's only a journalist. Ed.)*

### Trevor Jenkins

To help create our bit of theatre, we successfully recruited the enduring and familiar Trevor Jenkins as race caller. He was in the press box on radio duty for the Test and did an exceptionally skilful job by involving the crowd and stirring them on to cheer John on his final lap.

### Racing mates

To make this artificially-contrived event look more authentic for a strictly cricketing crowd, we had enlisted three very well-known Vets to participate in the race. They were Don Caplin, the late Frank McLinden and David Carr.

My briefing notes for Trevor Jenkins described the everlasting David as a 'semi-finalist in the Masters Olympics in Rome in 1985 and the holder of three Western Australian records'.

What an understatement in the light of David's later achievements!

### Burglar drama

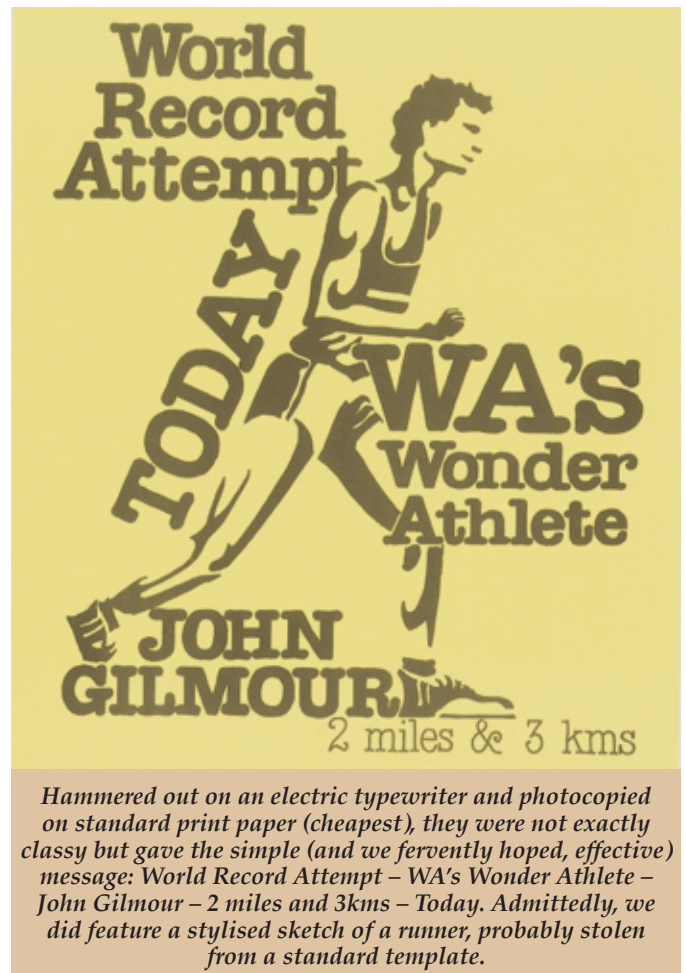
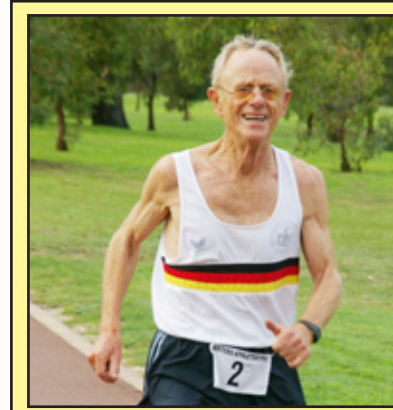
Pre-race drama wasn't lacking either. Kate and I didn't reveal it at the time but a few days before the race John suffered a serious setback that put the whole event in jeopardy.

He chased some burglars from his home in the middle of the night and injured himself.

It was touch and go whether he would be fit for the run, but John's determination and a canny physio meant he was at least able to run convincingly.

### Records broken

So, John Gilmour did break the M65 two-mile record – but only by a nerve-racking 0.4 seconds, recording 11:29.6.



He also broke a world's best time for a 67-year-old when he went through the 3km mark in 10:43.4.

Despite the tight programme, WA Cricket Association vice-president and one of WA's inaugural Sheffield Shield players, Laurie Sawle, presented John with a commemorative medal.

John was able to speak briefly and said something like:

"You were a great crowd – the best I've ever run in front of. Thanks for your great support."

And for Masters Club members with long cricket memories, you may recall that England's massive first innings of 7-592 in that test

was followed by a time-consuming 401 from Australia. An inevitable draw – but England won the series 2-1.

### Club spirit

Kate and I have often thought how big an event this really was for our club. At the time it was probably little-known beyond its own band of loyal members. But a group of some thirty enthusiastic Vets made an ambitious idea come to life by generously contributing their time, and enthusiasm.

The Vets were marvellously generous when it came to helping one of their own do something to spotlight the club.

*Basil Worner*

*Racing mates, and two of the Vets finest: Don Caplin, right, and David Carr, ran with John at the WACA.*



## HELPERS

### Be there – or phone your director!

#### 7 DECEMBER MOSMAN PARK

**Race Director:** Paul Hughes 0412 513 348  
Sheila Maslen, Rhod Wright, Keith Atkinson, Ante Perdija, David MacAtinney, Rochelle Airey, Charlie Chan, Lee Chan, Rod Hamilton, Karen Peace, Paul Martin, Dave Roberts, Sarah San, Chris Neilon

#### 14 DECEMBER CANNING CAPER

**Race Director:** Keith Atkinson 9313 1669  
Gary Fisher, Aldo Giacomini, Dante Giacomini, Helen Lysaght, Rhod Wright, Ivan Brown, Chris Coates, Alson Aldrich, Cecil Walkley, Kim Thomas, Claire Walkley, Monique Thomas

#### 28 DECEMBER ALDERBURY PARK CC

**Race Director:** Wayne Taylor 0415 863 871  
Mercurio Cicchini, Steve Clark, Peter Hopper, Theresa Howe, Arnold Jenkins, Anne Jones, Jan Jarvis, Stan Lockwood, Milton Mavrick, Frank Smith, Sue Zlnay, Wayne Taylor, Stuart MacKinnon

# Helping is a Membership requirement for all

MEMBERS are required to help on two Sunday run dates during the year.

We understand that sometimes during the year, the dates you have selected may clash with something else important in your life.

However, it is important that if you cannot honour your commitment, you try to find someone to replace you.

**'TENDINOPATHY' (or tendinosis/tendinitis) is the medical description of a painful or problematic tendon, and is common in Masters athletes, due to a change in the collagen (the 'make up' of tendon tissue) as we age.**

Tendon knowledge is one of the most rapidly-growing areas of research in sports medicine currently.

Much of what we now know is very new!

### **Excess load**

Tendon failure usually occurs where the load put onto the tendon exceeds the ability of that tendon to take load. This usually means one of two things.

- A normal tendon is loaded excessively (e.g. an increase in training, a change in training regime, introduction of a new component such as hill running or sprints).
- An under-loaded tendon is loaded normally (e.g. sedentary office worker

When members decline to help on their chosen date, this puts more pressure on the race directors to find a replacement.

If no replacement can be found, it may become necessary to change and shorten the course.

We all enjoy our Sunday

run/walk, and for this we rely on members helping on just two events each year.

It's not much to ask – and without this system we would not be able to continue to offer the variety of Sunday events on the programme.

*Margaret Bennett*

## Tendinopathy by Chris Perrey

*Chris is a Musculoskeletal and Sports Physiotherapist, and past MAWA member (past Australian M35 champion over 400m and 400m hurdles).*

starts training for City-to-Surf).

Tendons generally like to stay at a steady amount of load, but they will adapt to increases in load, provided it is done sensibly.

Too rapid an increase, excessive plyometric training, or consecutive trainings can become problematic.

The type of loading needs to be considered in addition to the overall balance of load vs capacity.

### **Other factors**

Other factors can lead to a tendinopathy, including training surface, running style, muscle strength/control, footwear and co-morbidities (e.g. diabetes), amongst other things.

There are also a number of

factors that predispose to poor tendon health, including age, genetics, smoking, fatty diet.

Your therapist will be able to work out these factors.

Unfortunately the point at which you get pain in a tendon is generally the tip of the iceberg – the changes have usually occurred long ago. Also, tendon changes can be slow to respond, and so recovery can be slow.

### **Control**

Rehabilitation must be carefully controlled, and should be guided by a therapist who is experienced in tendon recovery. There are many therapies currently being used, which are still poorly understood, and which have mixed results. These include injections (e.g. cortisone, blood injections, PRP and prolotherapy).

Your therapist can talk you through these options as well as get you 'on track' with a carefully controlled, graduated loading program.

### **Hope**

Hope is out there, as there is a 'magic pill' for tendinopathy – it is EXERCISE, mixed with good load management and treatment of the contributing factors. See an experienced physiotherapist to guide you through this challenging disorder.

For further information or for a detailed assessment, you can contact Chris at [chris@ascendphysio.com.au](mailto:chris@ascendphysio.com.au), or call \*Ascend Physio\* on 9387 2699.

## Is Water Running a cure-all?

IT worked for me. After my long marathon training period I first suffered an adductor strain. Rest fixed that, but it was followed by a more persistent

### **From Page 3**

New members and lapsed members re-joining will pay an additional \$10 joining fee.

Fees shown here are for those receiving *Vetrun* in electronic form. If you prefer a hard, printed copy – add \$15 to the fee.

Single metro electronic	\$45
Joint metro electronic	\$75
Single country electronic	\$35
Joint country electronic	\$55

'Peripatellar pain syndrome'. Look it up; commonly called runners' knee.

GP diagnosis suggested orthotics, which I do now use.

During the adductor problem period I began using the gym at HBF (nee Challenge) Stadium. It's possible I strained the knee there, but that was probably the final straw, loaded onto overuse.

So I began water running, and continued for several weeks. Tried occasional runs but swelling and pain followed. Slowly those symptoms disappeared and I returned to running, short

stints only, on the beach.

Combining impact-free water-running, with reduced impact sand running (bare-foot) seems to have sorted the problem - though twisting movements can hurt.

Water running kept up some fitness level, and became a new challenge. My 50m lap reduced from 8 minutes to 3:45!

This is NOT a plug for HBF Stadium. But membership is very good value for seniors, including use of the gym, the pools and various classes, whenever it suits you. If you're in HBF it's even cheaper.  
*Vic Waters*