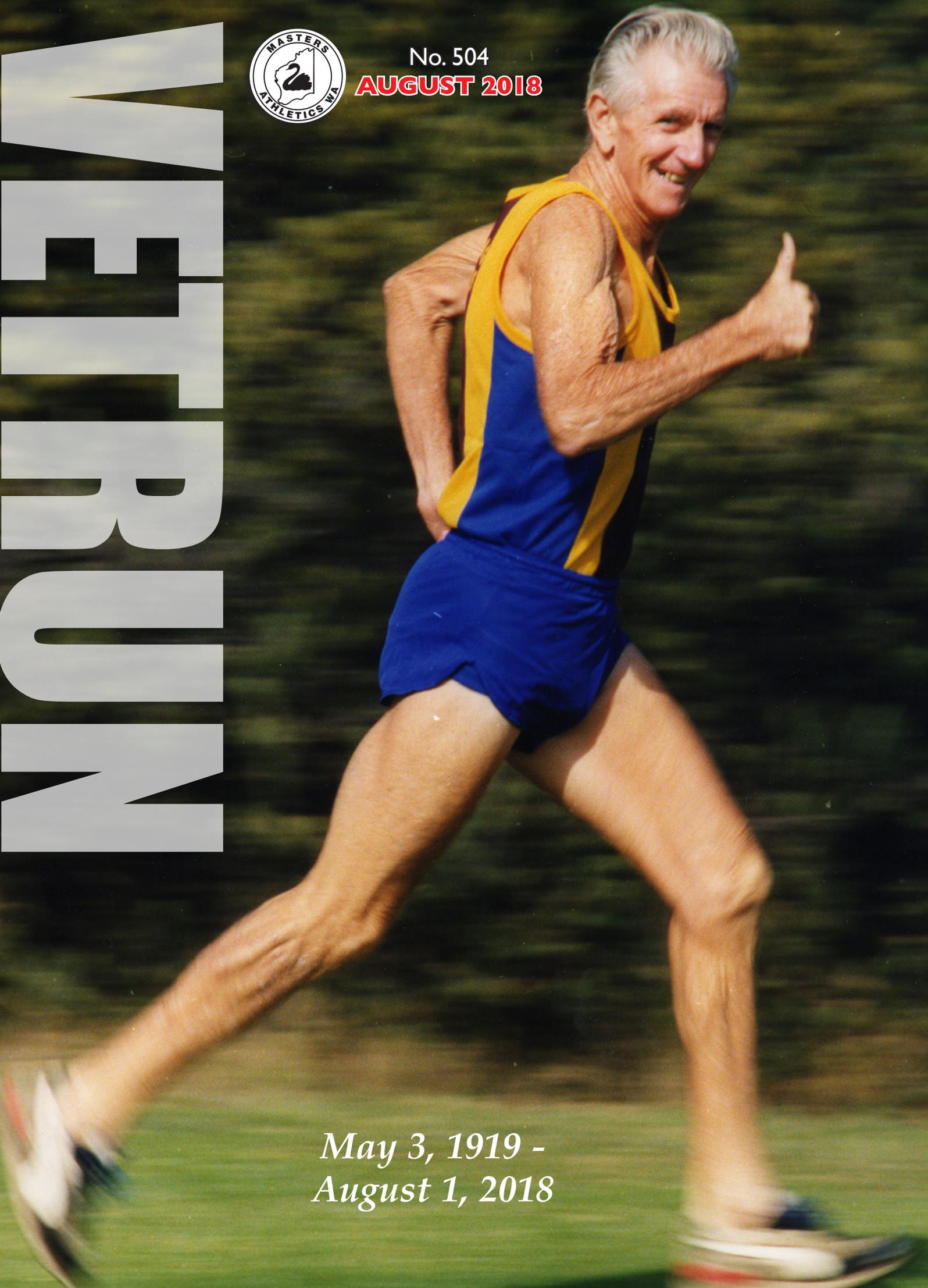


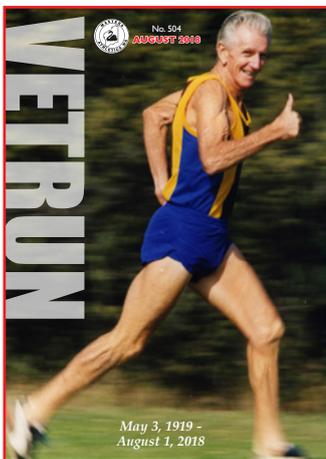
VETERAN



No. 504
AUGUST 2018



*May 3, 1919 -
August 1, 2018*



NEXT EDITION: Vetrum No. 505 will be published in October 2018.

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NOTICE OF ANNUAL GENERAL MEETING

SUNDAY,
OCTOBER 14, 2018
AT 9.45AM
HOCKEY CLUB ROOMS
– PERRY LAKES

AGENDA

WELCOME

ATTENDANCE / APOLOGIES

MINUTES OF 2017 AGM

MATTERS ARISING

REPORTS

President
Secretary
Treasurer

STATISTICIAN REPORT & PRESENTATION OF TROPHIES

Achievement Awards
John Gilmour Trophy

CLUB OFFICIALS

Patron
Auditor
Course Measurement
Editor Vetrun
Handicapper
Registrar
Social
Statistician
Website

ELECTION OF OFFICE BEARERS

President
Vice-President
Secretary
Treasurer
Committee Members (4)

LIFE MEMBERSHIP AWARDS

GENERAL BUSINESS

CLOSE



See Elaine to book – you can't miss her!

THE MAWA Annual General Meeting will be held at 9.45am on Sunday, 14 October, 2018, at the Hockey Club Rooms, Perry Lakes Drive, Floreat – following the Claypit Circuit run.

Morning tea will be held inside the club rooms.

All members are invited and encouraged to attend.

Committee Nominations

Nominations are called for the Committee for 2018-2019.

The positions are President, Vice-President, Secretary, Treasurer and four Committee Members.

Nomination forms are available from the secretary by email: mawasecretary@gmail.com. In accordance with our new constitution all nominations must be received

I WOULD like to thank all our members who help to make our club run so smoothly. As well as the committee, track co-ordinators and race directors there are many officials who work tirelessly behind the scenes.

Then there are all our volunteers each week without whom we could not run our events.

We are especially proud of everyone who helped at the

by the Secretary by Sunday, 30 September.

2017 AGM Minutes

A copy of the 2017 AGM minutes and reports can be accessed on the MAWA website: www.mastersathleticswa.org under "Our Club" – "About Us" or you can request a copy from the Secretary.

Reports

President/Secretary/Treasurer 2018 reports are in this edition of Vetrun and can also be accessed from the About Us tab on the club website.

Secretary's Report

Nationals which we hosted in Perth in April – it was all your efforts that made the event such a huge success.

It is good to see our club membership continue to grow and all the great attributes new members are bringing to the club.

Delia Baldock

Treasurer's Report Finance President's Report

– Pages 17, 18 & 19

Going to Myalup?

THE Myalup Pines camp is coming up next month. The dates are Friday, September 21 to Monday, September 24.

I will let everyone know the costs when I receive final numbers.

It is a great setting.

We actually have the use of a hall throughout our stay so we can do our pilates and yoga inside if the weather is bad.

Also we will use it for our casserole night and bbq night – plus our Rock and Roll dancing for anyone who feels so inclined!

The wildflowers last year were so spectacular; hopefully

we will be lucky again this year.

It is a fun weekend with your fellow runners/walkers and you can do as much or as little as you want. One thing is for sure a good time will be had by all!

If anyone requires any more information please see me at the run on a Sunday, or contact me at the following.

danaine@hotmail.com
Ph: 95934607 – or mobile
0421 397 821.

Elaine

Sharks

July 15, 2018

Director: Paul Martin

GREY skies greeted those who chose to compete in this year's event. Fortunately we were blessed with a dry run which I'm sure pleased all, particularly my very willing helpers.

Congratulations to our winners, Elizabeth Gomez and Mitch Cleasby in the 10km handicap and Giovanni Puglisi and Karen Hill in the 5km. The numbers were down this year, maybe because of the threat of bad weather but maybe also because there are some in the club who do not like handicaps. Maybe there is somebody out there who has got an idea on how to reverse this trend?

10km Run – Handicap

Elizabeth Gomez W35 1:06:20 21.45 44.35
 Mitch Cleasby M55 1:06:45 24.37 42.08

5km Run

Giovanni Puglisi M65 21:01
 John Ranger M50 22:10
 Bob Lane M70 22:49
 Alex Tinniswood M35 25:27
 Mark Kerr M45 25:31
 Randy Hobbs M55 26:44
 Jim Barnes M75 34:34

Women

Karen Hill W55 27:36
 Gillian Young W70 28:57
 Ngaio Kerr W45 29:44
 Bek Milne W35 31:39

10km Walk

Johan Hagedoorn M70 1:11:54
 Allen Whitley M65 1:13:59
 Elaine Dance W65 1:22:00

5km Walk



Christian D'argent M60 29:01
 Jeff Whittam M80 46:53

Women

Val Millard W70 41:45
 Jo Richardson W65 56:47



Sharks



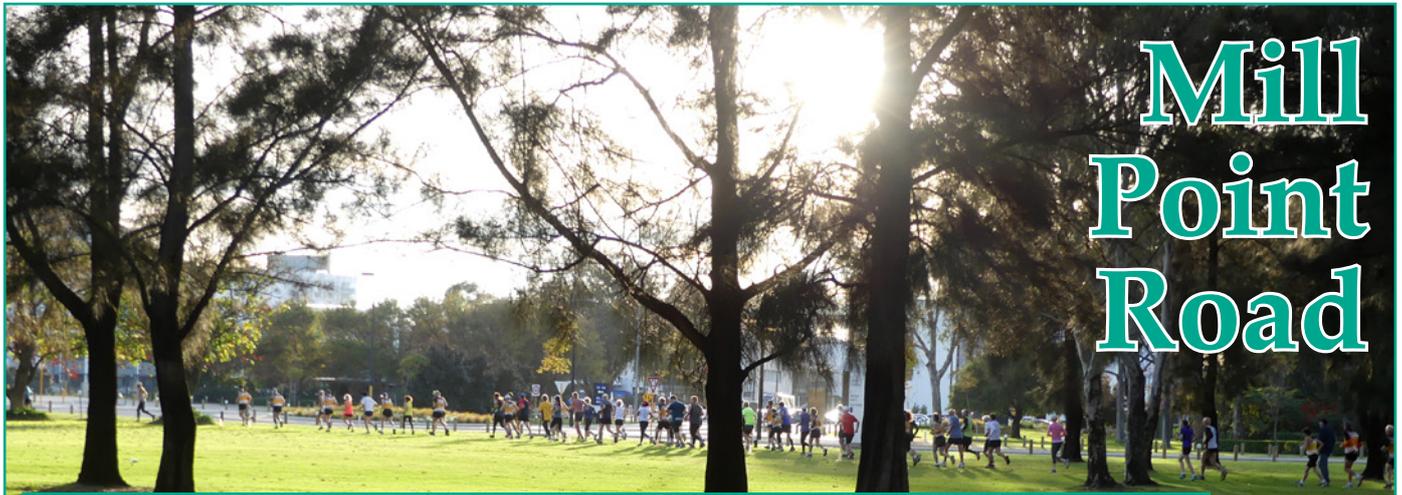
Starters in the non-handicap events out-numbered the 10km runners this year.



Togetherness: running couples caught by photographer Vic Beaumont are Keith and Karen Hill (above) and Karen and Peter March (right). Below, Bob Lane has given up shaving for winter. Right, for novelty, Director Paul Martin added the Hokey-Cokey to the Sharks program this year; Jason Kell put his right leg in.



Mill Point Road



Three views of the start from Vetrun photographer Vic Beaumont



Flying sub-four finish by Patrick Jones; and above, welcome back to John Brambley after some setbacks. Left, Allen and Kerrie Whitley dominated the 10km walk, finishing together first and second overall.

10km Run

Patrick Jones	M45	39:24
Adrian Fabiankovits	M30	40:01
Ian Carson	M60	43:12
Alex Tinniswood	M35	43:35
Giovanni Puglisi	M65	43:51
Wayne Bertram	M55	46:21
Geoff Vine	M70	46:58
Jackson Wong	M50	48:37
David Baird	M75	52:54
Jason Kell	M40	54:38

Women

Elizabeth Gomez	W35	44:50
Sandra Stockman	W50	46:42
Rochelle Airey	W45	54:15
Gillian Young	W70	54:50
Karen Hill	W55	56:23
Liz Dewhurst	W30	59:40
Theresa Howe	W65	1:06:54
Katy Ferreira	W40	1:07:07

5km Run

Matt Byles	M35	19:59
Mark Kerr	M45	21:15
John Ranger	M50	22:06
Alan Gray	M55	24:23
Graeme Dahl	M65	26:20
Maurice Creagh	M70	27:56
David Carr	M85	28:52
Roger Walsh	M75	33:22

Women

Margaret Saunders	W60	24:16
Julie Wilson	W65	26:48
Sandra Rourke	W50	28:07

Mill Point Road

July 1, 2018

Director: Milton Maverick

Delia Baldock	W55	30:17
Charlotte Webb	W40	33:39

10km Walk

Kerrie Whitley	W60	1:13:25
Elaine Dance	W65	1:19:52
Lynne Schickert	W75	1:23:03

Men

Allen Whitley	M65	1:13:26
Mike Hale	M70	1:19:34

5km Walk

Christian D'argent	M60	28:54
Haydn Gawne	M70	33:37
John Brambley	M75	41:02
Sean Keane	M50	42:03
Andrew Grosas	M55	46:16
Bob Fergie	M80	46:24
Neil McRae	M65	52:32

Women

Janne Wells	W50	34:30
Jodie Harris	W45	35:09
Rosa Wallis	W70	40:53
Lorna Lauchlan	W85	46:23
Priscilla Wilson	W35	46:46
Jo Richardson	W65	50:58
Gail Castensen	W60	50:58
Marg Forden	W75	51:09

Around Herdsman

June 24, 2018

Director: Rod Hamilton

Around Herdsman



Out on his own again, Kyle Eagar (above) won the 15km in 56:11 and was the only runner to go sub-four.

Right: Jackson Wong was the first M50 in the 15km in a time of 1:11:21. Following him here is Shareenah Virahsawmy, who was first W40 in the 7.5km in a time of 35:20.

Also in the 7.5km, first W45 was Rashanti Wanigasekera, seen here ahead of Hamish McGlashan, Bob Shickert and others.

*In my absence, all pictures at Herdsman and Bardon Park were taken by Graeme Dahl – thanks mate! VW



15km Run

Kyle Eagar	M45	56:11
Mitch Cleasby	M55	1:02:40
Jerry Peters	M40	1:03:57
Prabuddha Nicol	M60	1:08:03
Jackson Wong	M50	1:11:21
Paul Hughes	M65	1:11:54
David Baird	M75	1:14:39
Brian Bennett	M70	1:14:46

Women

Elizabeth Gomez	W35	1:09:03
Barbara Putland	W50	1:16:38
Rochelle Airey	W45	1:22:55
Lori Sexton	W55	1:25:40
Jo Shelley	W40	1:28:51

7.5km Run

Matt Byles	M35	29:09
Kevin Johnson	M60	31:26
Wayne Taylor	M55	33:17
Victor Popescu	M50	33:07
Geoff Vine	M70	33:28
Bert Carse	M75	33:41
Mark Kerr	M45	33:44
Jason Kell	M40	37:09
Gary Fisher	M65	38:08
Bob Shickert	M75	45:52
Hamish McGlashan	M80	45:52

Women

Vivian Poll	W35	32:35
Sandra Stockman	W50	33:22
Margaret Saunders	W60	35:13
Shareenah		
Virahsawmy	W40	35:20
Julie Wilson	W65	40:19
Delia Baldock	W55	44:30
Rashanthi		
Wanigasekera	W45	45:51

5km Run



Roger Walsh M75 34:40

15km Walk

Wendy Farrow	W50	1:40:00
Elaine Dance	W65	2:06:08
Lynne Schickert	W75	2:06:08
Mike Hale	M70	2:06:53

7.5km Walk

Johan Hagedoorn	M70	51:06
Allen Whitley	M65	54:44
Kerrie Whitley	W60	54:45
Margaret Bennett	W75	1:28:04

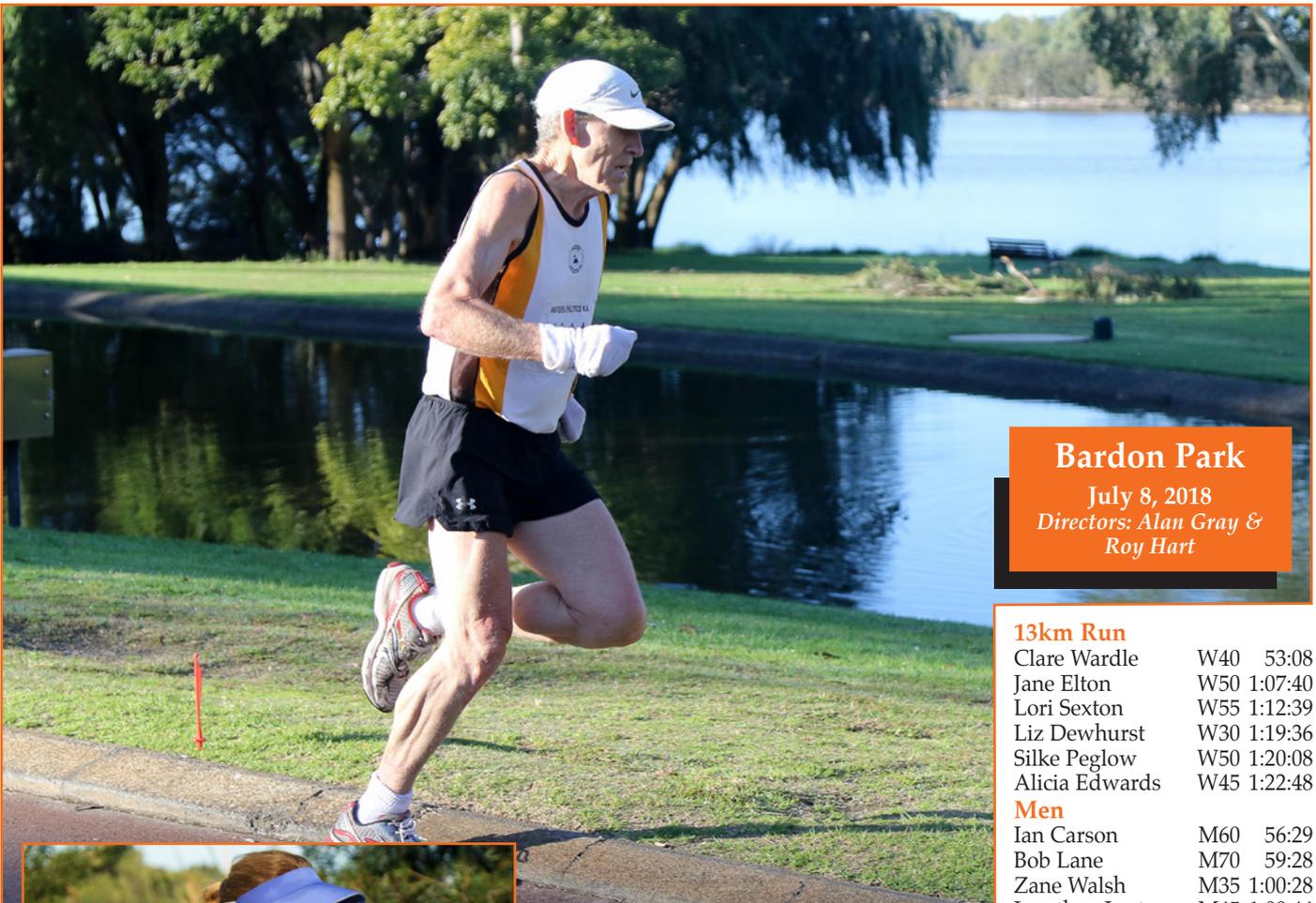
5km Walk

John McDonagh	M70	35:50
Rex Bruce	M75	45:47
Bob Fergie	M80	47:11
Brian Dalton	M65	1:04:38

Women

Jodie Harris	W45	36:05
Janne Wells	W50	37:55
Lorna Lauchlan	W85	47:09
Priscilla Wilson	W35	47:15
Roselyne Pillay	W70	49:46
Joan Pellier	W75	52:29
Dorothy Whittam	W80	58:37





Bardon Park

July 8, 2018
 Directors: Alan Gray &
 Roy Hart

13km Run

Clare Wardle	W40	53:08
Jane Elton	W50	1:07:40
Lori Sexton	W55	1:12:39
Liz Dewhurst	W30	1:19:36
Silke Peglow	W50	1:20:08
Alicia Edwards	W45	1:22:48

Men

Ian Carson	M60	56:29
Bob Lane	M70	59:28
Zane Walsh	M35	1:00:28
Jonathan Lester	M45	1:00:44
Keith Miller	M65	1:02:26
John McShane	M50	1:05:39
David Baird	M75	1:05:42
Ross Keane	M55	1:10:08

7km Run

Giovanni Puglisi	M65	30:47
Geoff Vine	M70	33:05
Jason Kell	M40	36:07
Randy Hobbs	M55	36:45
Mark Kerr	M45	36:56
Desmond Walsh	M60	40:58
Hamish McGlashan	M80	45:58
Merv Jones	M75	49:50

Women

Elizabeth Gomez	W35	32:51
Shareenah		
Virahsawmy	W40	35:26
Julie Wilson	W65	38:22
Carol Bowman	W60	39:03
Janne Wells	W50	40:57
Gillian Young	W70	41:24
Delia Baldock	W55	44:05
Sheila Pillay	W45	52:06

13km Walk

Allen Whitley	M65	1:35:39
Kerrie Whitley	W60	1:35:40
Elaine Dance	W65	1:44:56
Lynne Schickert	W75	1:48:23

7km Walk

Johan Hagedoorn	M70	48:02
Rex Bruce	M75	1:03:11
Jeff Whittam	M80	1:06:12

Women

Erika Blake	W60	58:15
Rosa Wallis	W70	59:54
Irene Ferris	W65	1:03:01
Marg Forden	W75	1:09:20
Sofia Carson	W55	1:10:18



Above, Ian Carson (M60) was first man in the 13km with 56:29.

Left, Elizabeth Gomez (W35, pictured here at Herdsman, where she was first woman overall in the 15km) also won the 7km at Bardon Park.

Below, Clare Wardle, who was first member overall at Bardon Park with 53:08 for 13km was accompanied by young visitor Aiden Hassan, who finished just a second after her.





Racecourse



Gary is so laid-back he can direct with eyes shut, and he did. He also kindly located the walk handicap start for my picture, so an enthusiastic crowd of runners could give their colleagues a spontaneous and rousing send-off. As one said: "We're really glad to see them go." VW

10km Run

Kim Thomas	M40	37:19
Steve Preece	M45	37:53
Chris Maher	M65	42:25
John Ranger	M50	42:57
John Cronin	M55	43:46
Bob Lane	M70	43:53
Alex Tinniswood	M35	44:31
Akos Gyarmathy	M60	45:09
David Baird	M75	49:35

Women

Elizabeth Gomez	W35	45:34
Nicola Hibbert	W40	46:02
Barbara Putland	W50	47:59
Trisha Farr	W45	49:56
Carolyn Stephens	W60	55:08
Gillian Young	W70	56:32
Lori Sexton	W55	57:09
Liz Dewhurst	W30	1:00:25
Carolyn Fawcett	W65	1:15:17

5km Run

Matt Byles	M35	18:22
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Kevin Johnson	M60	20:14
Anthony Faulkner	M50	22:38
Ralph Henderson	M65	23:00
Jim Klinge	M70	23:02
Jason Kell	M40	24:17
Randy Hobbs	M55	25:16
Patrick Jones	M45	27:06
Ben Armstrong	M30	27:08
David Carr	M85	28:22
Hamish McGlashan	M80	30:27
Merv Jones	M75	34:01

Women

Sandra Stockman	W50	22:25
Shareenah		
Virahsawmy	W40	23:06
Margaret Saunders	W60	23:10
Julie Wilson	W65	26:31
Delia Baldock	W55	29:49
Ngaio Kerr	W45	30:30
Phillippa Greenwood	W35	38:08

5km Walk

Jodie Harris	W45	34:35
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Racecourse

July 29, 2018

Director: Gary Wilmott

Val Millard	W70	39:45
Irene Ferris	W65	44:02
Priscilla Wilson	W35	45:48
Lorna Lauchlan	W85	46:04
Gina Bell	W50	47:00
Sofia Carson	W55	47:57
Roselyne Pillay	W70	48:15
Patricia Hopkins	W75	51:34
Gail Castensen	W60	52:19

Men

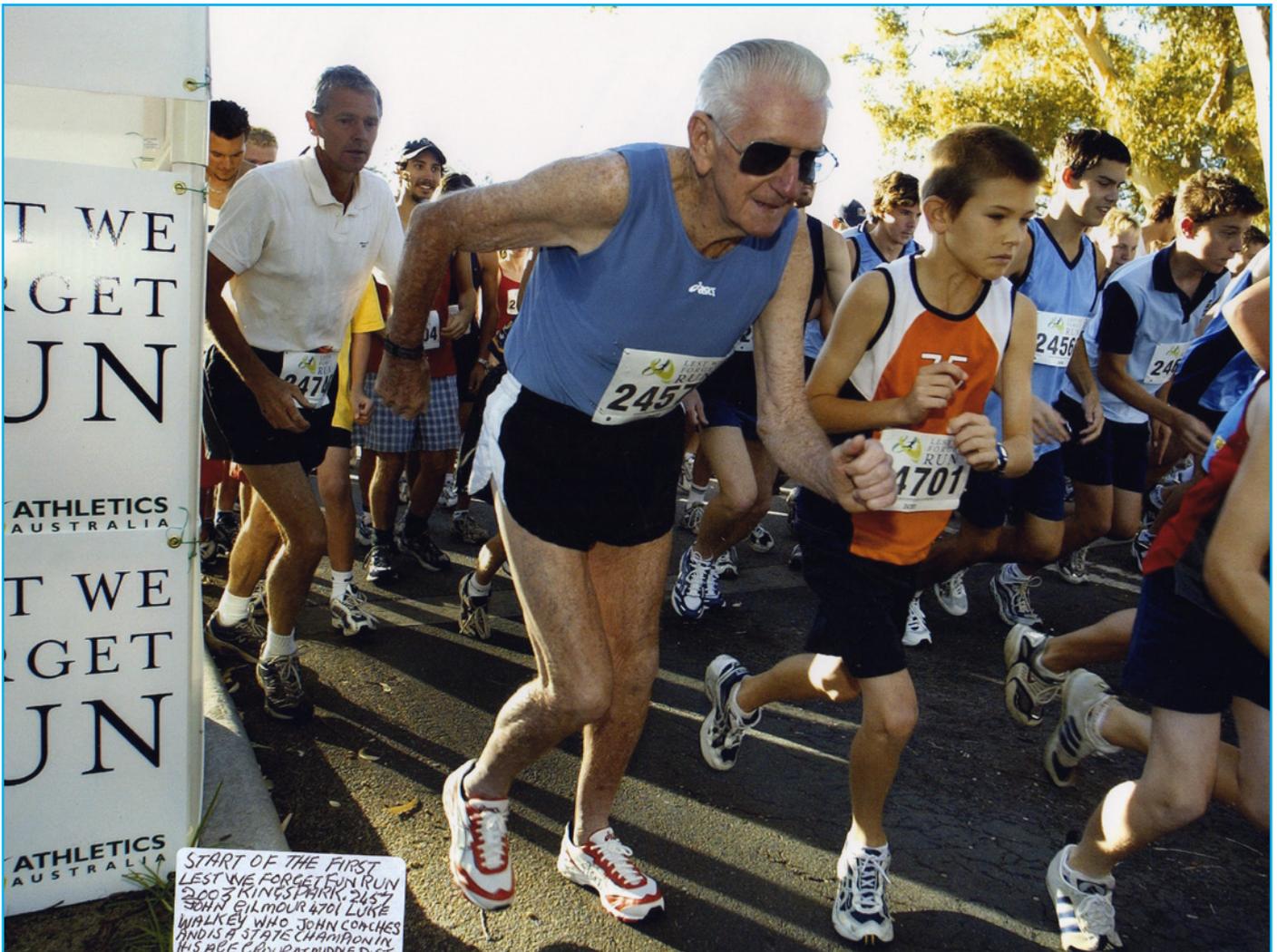
John Bell	M70	40:20
Sean Keane	M50	43:22
Rex Bruce	M75	44:03
Bob Fergie	M80	46:06
Ian Carson	M60	47:58
Neil McRae	M65	51:35

10km Age-Graded H/C Walk

Run Clock H/cap

Lui				
Cecotti	M70	90.49	67.03	23.46
John				
McDonagh	M70	91.33	67.09	24.24
Lynne				
Schickert	W75	92.51	80.27	12.24
Janne				
Wells	W50	97.38	67.46	29.52
Allen				
Whitley	M65	98.29	71.47	26.42
Elaine				
Dance	W65	100.58	80.28	20.30
Grace				
Hollin	W60	106.02	80.58	25.04
Janice				
Bertram	W45	115.11	84.55	30.16
Mike				
Hale	M70	121.54	98.08	23.46





Behind the champion lived a loving family man

LEGEND is a greatly over-used and generally inappropriate term. John Gilmour might just be a man worthy of such a title though.

Of course he is famous here, and around the world, wherever people know about athletics.

But his name is also known, spoken with awe, by people who have no true concept of his feats.

He is that 'amazing old man' who set all the world records.

Future generations might well doubt that such achievements were attained – through the seven ages of one man – long after most athletes give up the chase.

Then John Gilmour might become unbelievable, and be thought, like a creation from literary mythology, a legendary figure.

Touched by heroes

In this real world we know, regard and admire such famous people for their renowned deeds, their presence, and their public personality.

If we are touched by our heroes, so much the better.

John touched many lives,

helped and mentored young people, coached a multitude of athletes, established clubs to further the sport he loved, made lifelong friends.

Most of all he nurtured his family – and received their love in return.

When John served his country in the Australian



army he, like many service people, sent money home to the mum he adored.

When he came home, after terrible years of captivity, mum had saved it all and returned the money to John.

Much, much later with health restored and his own children, John and Judith, flourishing as athletes under dad's coaching, he devoted so much time to training and running, in Australia and overseas.

How did that affect his family?

"His running and travels didn't affect us at all; why should they?" asks Judith.

"Dad's running always came first; but when he'd done his run you got his time, and it was always very special."

Alma

Everyone who knew them testifies that John's wife Alma was his rock. He always had her total loyalty and support, and it was mutual.

Coach and mentor

John was rightly proud of the young athletes he coached and guided into their careers. Jim Langford, and his brother Fred, were among the earliest; Rochelle Rodgers is one the most recent.

It would have been enormously satisfying to him when John could combine his great passions – running, helping youngsters and supporting the Anzac tradition – as he did on the Gallipoli Run.

Our picture (opposite page) carries this caption:

“Start of the first Lest We Forget Run, 2003. 2457 John Gilmour, 4701 Luke Walkley, who John coaches and is a State Champion in his age-group at middle distance.”

Though he was not a wealthy man, he was adept at sourcing grants for himself, and others, to help them compete.

Said Judith: “John was so proud when one of his young athletes succeeded; He often would send them small gifts, 50 dollars or so, as an extra reward for doing well.”

Alma became ill and died six years ago but John cared for her at home until he had to admit, when he was 90 that she needed more help than he could give.

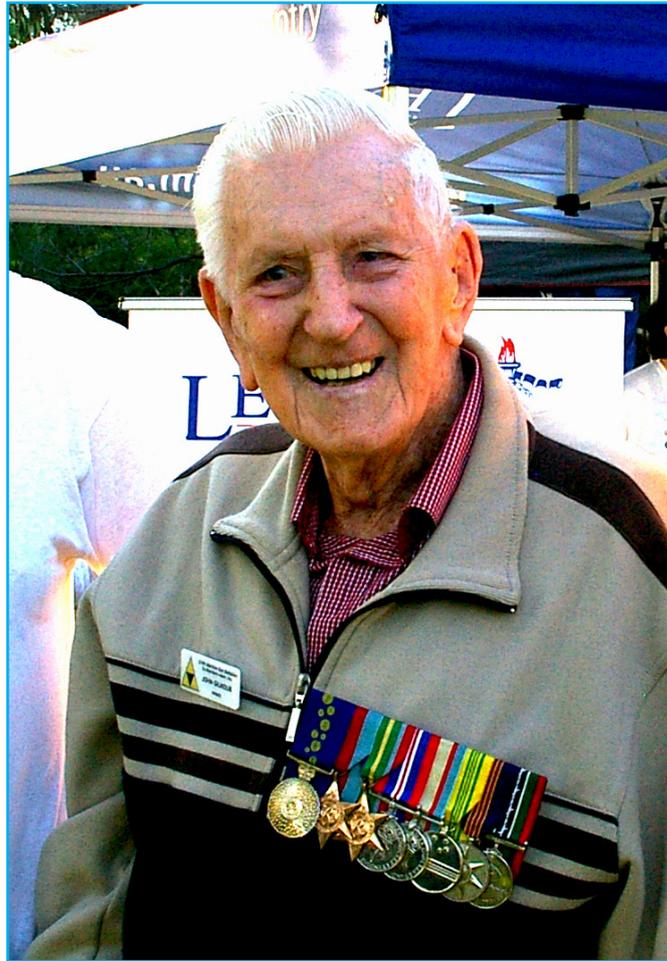
For the last three years of Alma’s she was in care and John visited her every day.

The couple had 19 grand and great-grandchildren.

“John had a phenomenal memory,” says daughter Judith. “He knew every one of their birthdays, and kept in touch by using Skype. Judith and Doug farm in Bendoc, Victoria and wanted John to move there.

“Too cold,” he always said. “Dad was very capable and self-sufficient of course, looked after himself, loved baking cakes and such.”

As well as his own family in WA John had many close, supportive friends and neighbours here.



John Gilmour OAM

May 3, 1919-August 1, 2018

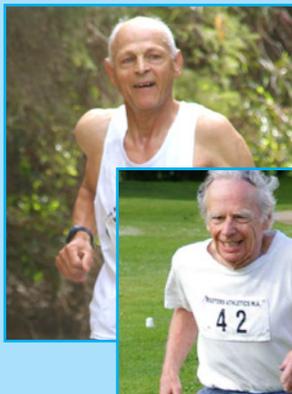
“Dad’s running always came first, but when he’d done his run you got his time and it was always very special.”

Club members know that in the past few years John made numerous visits to club events, often to make presentations.

These appearances were only possible through the kindness of Jim Barnes, over many years, and the late Dalton Moffett. Masters owes them our thanks.

Doug Cameron is a rugged Aussie, the rural fire captain in Bendoc, not the kind of man given to over-sentimentality. “I’ll always be so grateful to all of the people who helped and supported John. Because if it wasn’t for them I know Judith would have been over here with her dad.”

GOOD MATES



Above, Jim Barnes and Dalton Moffett; right, John; on his left Cecil Walkley, ahead, Frank McIinden (dec).

How the story ended

JOHN Gilmour made his last run on the morning of Friday, July 27.

Later that day he was to have surgery to fix a faulty heart valve, so he cut back his usual jog around the garden from 3km to just two.

Surgeons were confident.

John’s body was that of a 70-year old, rather than a 99-year old man. At the hospital John was nervous.

“I could see it in his eyes,” said daughter Judith. “I should never have let him go; I would still have my dad.”

Stoical until now, she wept.

Before her was a mountain of photographs which she was struggling to reduce to 40 to show at John’s funeral

“But I know he would have gone ahead with the operation, whatever we said.”

Her husband, Doug Cameron agreed.

“John made up his mind, and that was that.”

Because his heart had become inefficient John was suffering from lung congestion. Medical opinion was that without surgery he might live another year, perhaps a little more.

The initial surgery was successful; but complications and bleeding made a second, more invasive procedure necessary.

This time that mighty heart failed.

“He was really hoping to be at that Gallipoli event next year, aged 100,” said Doug.

“And he came so close, so close.”



A much-honoured man

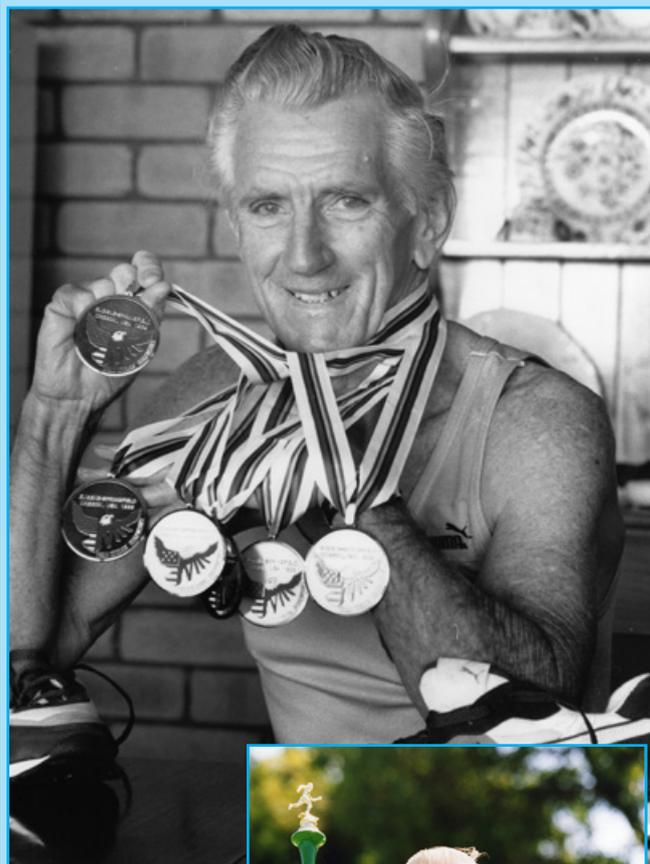
IN John Gilmour's Leeming home there's a circular coffee-table studded with the dozens of major medals John won. Standing among them is the superb baton he carried as part of the Sydney Olympic torch relay.

The family call the room that houses these things (plus dozens more cups, trophies and mementoes) the museum. Somewhere here will be acknowledgment of John's Order of Australia Medal; and his induction into the AMA Hall of Fame.

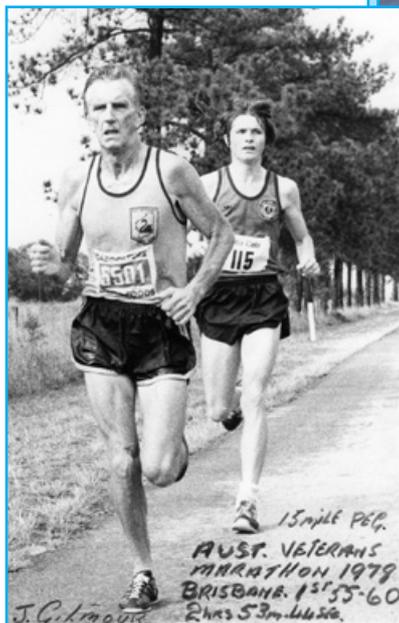
But one honour might be overlooked.

Most recently the John Gilmour Medal was struck, and it will be awarded every year to WA's Sportsperson of the Year. In naming this medal for him the sponsors and organisers acknowledge the inspirational career of a man who himself won the medal's predecessor in 1975.

That was the year when, as a 56-year old, John took five gold medals at World and Veteran Championships in Canada (3,000m and 5,000m) and the USA (1,500m, 5,000m and 10,000m).



Above, John at home with some American medals. Right, his t-shirt illustrates international Championships from 1975 to 1993. The picture was taken when he was 81 and selected to bear the 2000 Olympic torch in Willetton.



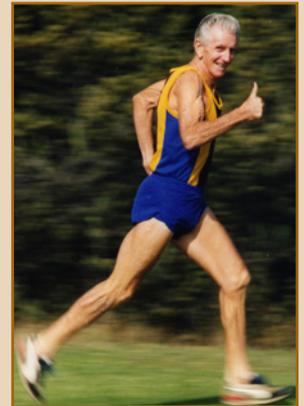
John's written: "15 mile peg. Aust Veterans Marathon 1978 Brisbane. 1st 55-60 2hrs 53mins 44 secs."



Another day, another honour. This time John is pictured taking part in the 2006 Queen's Baton Relay.

All In My Stride

JOHN GILMOUR'S STORY: CHANGI TO WORLD CHAMPION



RICHARD Harris wrote John Gilmour's story, he says, as a message of hope to people of all ages everywhere – to have a vision, to keep going, and to take setbacks in one's stride.

It is more than a book about running. It is about the strength of the human spirit when adversity is shared, the support provided by friends, how a little bit of hope will take you a long way, and of how small acts of kindness from strangers can be of value beyond measure.

He writes of John's early days living in a group settlement in the south west of Western Australia, the struggle for survival during the Great Depression, enlistment in the Army as a fit young man, and his coming to terms with major damage to his eyesight through malnutrition in Changi gaol.

After nightmare years as a slave labourer in Japan John returned to Perth post-war, just skin and bones, but went on to rehabilitate himself and later set world records in every event from 800 metres to the Marathon.

I DON'T believe anyone knows for sure how many records – State, Australian, World – John Gilmour set, and re-set over some 60 years of top-level competition.

Perhaps it will become a research project for some of our younger members?

But we do have John's own list of appearances at International Veterans Championships. The final page sums it up.

Veterans WORLD Records

Age	Track	Road
M50	10	2
M55	38	10
M60	24	6
M65	8	6
M70	7	10
Total	114	

John ran everything from the middle-distances, 800m and 1,500m, up to and including the marathon. He appeared at 48 different championship between 1971 (San Diego) and 1993 (Perth, WA).

Let's look at the period when he set 38 track records, as an M55.

He travelled to the USA, Canada, UK, Belgium, Sweden and Denmark. He ran in 35 events and won 25. In most other individual runs he came a rare second.

Times? In his first appearances at the San Diego, USA Championships, aged 52 John won all his events; 5,000m in 17:19; 10,000m in 32:42; Marathon in 3hrs 11mins.

Of course he would improve that marathon time, many times!

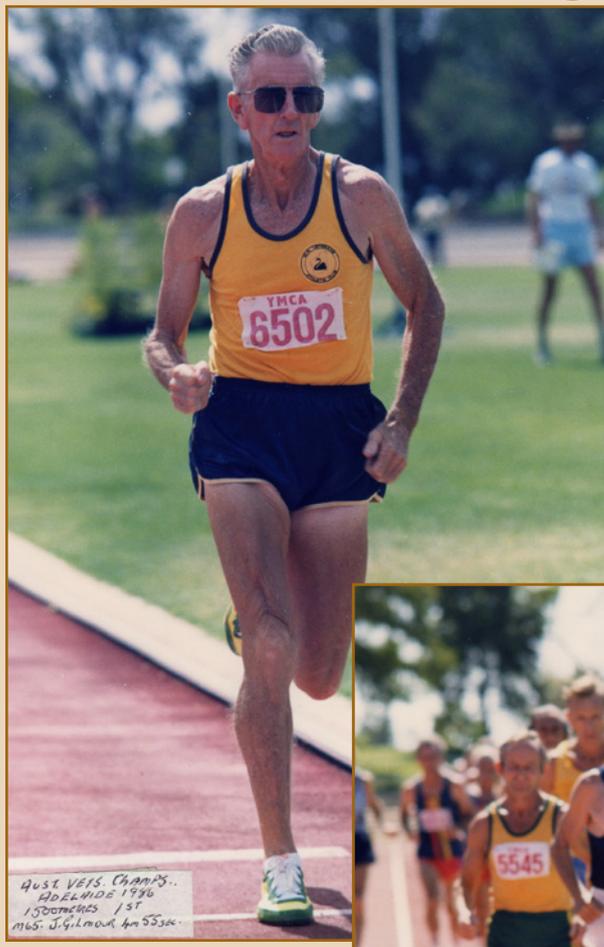
In 1977 in Gothenburg, Sweden John did 2hrs 50m 14 secs. (His record-keeping is nothing if not detailed!)

Olympic qualifying

Famously of course, as a 60-year old John Gilmour ran a 2 hours 38 minute marathon, the qualifying standard for the Australian Olympic team. Unfortunately he was not selected. As he said many years later: "Perhaps they couldn't face the idea of a 60-year old representing Australia at the Olympics!"

We are fortunate that all of John's momentous runs are covered in an excellent book, *Lasting The Distance*, by another club member, Paul Collier. It's available from Hesperian Press, as is an earlier book, *All in my Stride*, by yet another member, Richard Harris.

A record career of record-making



For insight into the record-breaking career of the club's founder readers need go no further than Masters' own website.

From M55 to M70 John reigned supreme – and he still does!

Among those age groups John Gilmour holds State records for the 1-hour run; 1,500m; 1 mile; 3,000m; 5,000m; 10,000m; half-marathon and marathon.

The older of these unbroken State records were set more than 50 years ago!

Many were, and still are, Australian and/or World records. Details can be found on the club website.

800m

M95 John Gilmour 9:19.93

1,500m

M55 John Gilmour 4:22.0
M60 John Gilmour 4:29.0
M65 John Gilmour 4:49.16
M95 John Gilmour 19:35.95

Mile

M55 John Gilmour 4:40.0
M60 John Gilmour 4:57.1
M65 John Gilmour 5:20.6



Above: leading in the Box Hill 5km; Cliff Bould is on John's left.

Left and below: Australian Championships, Adelaide 1986. John, 65, winning the 1500m in 4:55.

3,000m

M55 John Gilmour 9:20.0
M60 John Gilmour 9:41.2
M65 John Gilmour 10:10.2
M70 John Gilmour 11:25.6

5,000m

M55 John Gilmour 16:09.7
M60 John Gilmour 16:33.3
M65 John Gilmour 17:25.3
M70 John Gilmour 18:46.62

10,000m

M55 John Gilmour 33:40.0
M60 John Gilmour 34:23.0
M65 John Gilmour 36:11.0
M70 John Gilmour 38:26.0

Half marathon

M55 John Gilmour 1:13:16
M60 John Gilmour 1:17:03
M65 John Gilmour 1:17:17
M70 John Gilmour 1:21:41

Marathon

M55 John Gilmour 2:38:19
M60 John Gilmour 2:41:07
M65 John Gilmour 2:57:59
M70 John Gilmour 3:03:04

One hour run

M55 John Gilmour 17,186
M60 John Gilmour 16,854
M65 John Gilmour 15,982
M70 John Gilmour 15,474

Dr John Bell continues seeking relevant reports on health issues pertinent to Masters members and seniors in general. The articles summarised in this edition of *Vetrun* will all be published in full on the club website, in *Vetrun Healthline* under the Magazines tab.

There's more to life than meat

The Australian
March 27, 2018

ARE we on the cusp of a vegan revolution? Open a glossy magazine or scroll your online feed and a barrage of "five ways to make tempeh delicious" may make you think we are.

And while recent research suggests that more than two million Australians are vegetarian or vegan, it's premature to say we're calling time on meat while we are still vying for the spot as the world's largest consumer (per capita) of meat. It's less a case of we'll all be vegan (or for that matter vegetarian) in a year but, perhaps, have we reached peak meat?

Prostate cancer patients told to consider radiation as well as surgery

by *Jill Margo*
Australian Financial Review

24 July 2018

PROSTATE cancer patients are at the centre of a dispute between two groups of medical specialists.

The tension between urologists and radiation oncologists is not edifying for patients.

These men have potentially curable cancer and the dispute is about how they can best get information about the two curative

Aspirin shows promise in fight against Alzheimer's

TRADITIONAL old aspirin just keeps on giving. Researchers have shown common over-the-counter aspirin could help slow the progression of Alzheimer's – in mice.

It does this by clearing away the toxic, insoluble protein that causes the build-up of senile plaques in the brain.

These amyloid plaques are thought to be hallmarks of Alzheimer's and occur in clumps.

The research from Rush University Medical Centre in Chicago, shows aspirin stimulates an area of the mouse's brain cells that helps clear cellular debris.

As current therapies directed to remove debris from the brain have failed, there is great interest in alternative approaches.

Published in *The Journal of Neuroscience*, it is yet to be shown if it works in humans too.

The study did not show if debris removal improved cognition in the mice.

In pill form, aspirin has been around for more than 125 years. It's a cheap little miracle that not only kills pain and prevents heart attacks but has also been shown – with long-term use – to be protective against cancer too.

Although it can thin the blood and cause stomach ulcers, new applications for it keep arising.

While this new finding looks plausible and

treatment options, surgery and radiation.

Both the urological surgeons and the radiation oncologists want patients to be fully informed so when they make a choice, they can feel confident about it.

Men want this too, but the irony is that the dispute is putting them under more pressure and is likely to erode confidence.

Patients don't want to be fought over, particularly if the fight is about treating a sensitive area of the body, deeply tied to their masculinity.

Traditionally, if a man is suspected of having prostate cancer, his GP will refer him

Jill Margo in AFR
3 July 2018

encouraging, don't rush out to start taking low-dose aspirin yet, warns Dr Ian Musgrave, from the Discipline of Pharmacology at the University of Adelaide.

He told The Australian Science Media Centre it was increasingly recognised that a defect in the body's "garbage collection" mechanisms plays a role in the accumulation of the toxic protein.

But while aspirin appears to stimulate the "garbage collection" mechanisms, many other drugs that appeared to do the same failed in human clinical trials.

The study does show a novel mechanism but amyloid plaque, as a cause of Alzheimer's, remains unproven, says Professor Bryce Vissel, director of the Centre for Neuroscience and Regenerative Medicine, University of Technology, Sydney.

But, as current therapies directed to remove this plaque have failed, there is great interest in alternative approaches.

Aspirin has an anti-inflammatory effect and while population studies in the past have suggested it may reduce the risk of Alzheimer's, he told the ASMC this paper was different because it suggested it might in fact assist in treating it.

to an urologist who then investigates his case and discusses his options.

Urologists control the gateway to treatment and say they tell their patients about surgery and radiation. They may or may not then refer the patient onto a radiation oncologist.

The radiation oncologists say urologists are not in a position to give optimum information about radiation as it is not their speciality.

They say patients can be influenced by what surgeons say and should rather be referred onto a radiation oncologist for comprehensive information about the treatment.

Science on how you can avoid dementia

Sydney Morning Herald
April 11, 2018

TO ward off dementia, do something you're bad at.

If you can play guitar, pick up the trumpet. If you can beat the cryptic crossword, tackle Sudoku.

Oh, and if you're a woman, get married.

That's the advice from a new Australian paper summarising the best available research on preventing cognitive decline and dementia.

More than a third of Australians aged between 70 and 90 will develop mild brain decline – slightly impaired memory, decision making and problem solving. About 30 per cent of that group will go on to develop dementia within 10 years.

It often strikes at retirement age – when we are about to make some of the biggest financial decisions of our lives. Studies show people with cognitive impairments get those decisions wrong much more often.

The report, published by the Centre of Excellence in Population highlights the top lifestyle risk factors for brain decline. Here's what you can do about them.

Find somebody to love; Do something you're bad at; Stay fit.

Healthy body, healthy mind.

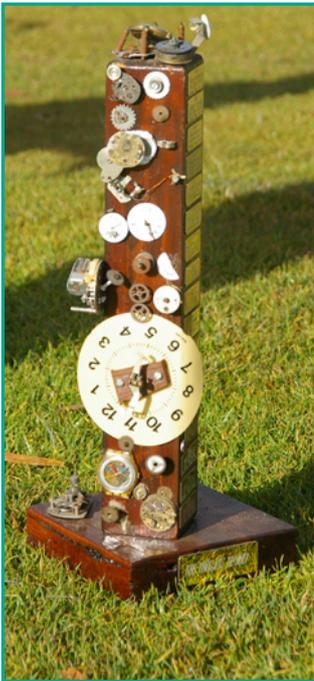
As a decision is rarely urgent, men can take time to consult, become informed, think and make a considered decision.

They want dual consultation to become routine.

According to the medical literature, surgery and radiation for localised prostate cancer produce equivalent cancer control with differences in logistics and side effects.

To make an informed choice, men need to know the pros and cons of both and which differences are personally preferable.

The full article can be read in *Vetrun Healthline* on the club website.



The priceless GOT Trophy is unique, the only hand-made one you're ever likely to win!

What's the GOT?

For the benefit of new members, GOT means Guess Own Time.

That doesn't mean the club won't have a clock running for this run (September 23, in Bold Park) but you won't see much of it!

Also, you'll have to run without a watch.

The whole game is about estimating your own time over this hilly, cross-country course.

Winners are not necessarily those who finish first, but those whose actual run-time is closest to their estimate. So anyone can win, regardless of speed.

Volunteers always needed

RACE directors report a growing trend of Sunday volunteers backing out of the events they have volunteered for. This makes it tough on the directors and could even jeopardise the whole event.

So – please nominate a date you can stick to; put it in your diary. If a real problem arises contact Jim Langford asap so

Charitable thinking

OUR club has been financially healthy for some years, and has more than \$90,000 in hand according to the balance sheet printed in this *Vetrun* (page 15).

Surplus held in trust from the Perth World Championships gave us another boost, paying for recent major projects (see President's report, pages 17 and 18).

Time to give?

Rather than have so much cash sitting in the bank, should Masters begin making charitable donations?

There are many worthy institutions and causes, local, national and international that could do with our help.

I suggest that we could

give ten per cent of our balance to charity without endangering the club's future needs.

What do members think?

Should this idea be discussed with others at the coming AGM?

This is a personal opinion and could be impossible under our constitution. VW

If you're heading for sunbaked Britain?

PACKING for a UK trip was always a pain. You needed four-seasons clothes, but could usually forget the bathers. But this year, as you might have heard, there's a once in 50-years heatwave.

Grass is dying; rail-lines are buckling; Lords is allowing shirtsleeves in the Members Pavilion!

Apart from 'don't pack thermals' here are a few tips gleaned from my own recent visit. Might help if you're heading for Spain via UK.

- DON'T use BP 'non-service' stations. Returning from France with a bug-encrusted windscreen we searched in vain for a bucket and squeegee. "We don't do that in England," said the helpless attendant. He must have been fooled by my outra-

geous accent, thought I was a new migrant. Other BP stations were also unhelpful, as well as most expensive. Give them a miss.

- DO use the trains. When they're running (depends on buckled rails, and lousy unworkable new schedules) many are air-conditioned. Amazing!

- DO use the Channel Tunnel; brilliant and fast. No sea-view though.

- SAVE up. What costs a dollar here will cost a pound – that's about double.

Me and the Mayor?

I GATECRASHED a Mayfair resident's garden party, just seeking directions to a piano bar I used to know. On leaving, I met a small Asian man arriving. He wore a dark city suit adorned by an enormous, three-tier gold chain of office.

"Nice necklace," I remarked as we crossed.

"Thank you," he replied.

Very polite, this Mayor of London, I thought, assuming it was Sadiq Khan.

Googled him. London Mayor doesn't have a chain of office.

In Mayfair, where Bentleys and Ferraris are parked nose-to-tail, perhaps that was just casual, garden-party attire?



Volunteers – win this trophy and you'll never miss another start. This clock works!

he can find a replacement. Then set a date you can make.

Forgotten your dates? Check the Helper list under the Road tab.

In My View ...



by the Editor

Me and JG

I SUPPOSE it's only human to crave, be proud of, any association we're lucky enough to have with famous and notable people.

Me? I just happened to be born on the same date as the great John Gilmour, and it's always given me a kick. Couldn't run anywhere near him of course (few did) but whenever May 3 rolled around it resonated.

On that day in 1944 I was born in bomb-damaged south London. John wasn't so lucky. He spent his 25th birthday in Changi, sharing the privations and slave labour that would leave him afflicted for the rest of what would be an illustrious life.

That generation was tough alright, and John Gilmour was one of the greatest survivors of those terrible years.

I also take an inordinate pride in John's always recognising me. How did he do it, with that damaged eyesight that was another legacy of his WW2 captivity?

Almost the last thing I wrote about John recalled the WA Sportsman of the Year medal he won in 1975 (*Vetrun* 499, October 2017).

He was very pleased: "Even *the West* has never picked that up," he said.

I felt great too. I had given a little back.



Club Half Marathon

July 22, 2018
Director: Jim Klinge

Gillian Young W70 1:04:29
 Janice Bertram W45 1:16:18

21.1km Run

Patrick Jones M45 1:30:06
 Kim Thomas M40 1:33:51
 Kevin Johnson M60 1:38:45
 Bob Lane M70 1:41:22
 Alex Tinniswood M35 1:45:08
 Wayne Bertram M55 1:47:34
 Peter Clark M50 1:49:47
 Paul Hughes M65 1:51:10

6km Run

Mark Kerr M45 27:53
 Anthony Faulkner M50 28:16
 Randy Hobbs M55 30:02
 Rod Jurich M65 33:33
 Hamish McGlashan M80 38:17
 David Carr M85 38:52
 Richard Blurton M65 39:56

Women

Rochelle Rodgers W30 1:33:51
 Elizabeth Gomez W35 1:39:26
 Trisha Farr W45 1:57:49
 Jane Elton W50 1:58:46
 Katy Ferreira W40 2:14:20
 Carolyn Stephens W60 2:15:14
 Noelene Treen W55 2:21:46
 Carolyn Fawcett W65 2:45:29

Women

Margaret Saunders W60 30:09
 Julie Wilson W65 34:25
 Sandra Rourke W50 35:20
 Sheryl Woolley W45 36:28

10.5km Run

Matt Byles M35 46:00
 Giovanni Puglisi M65 48:15
 John Pentecost M55 50:45
 John Allen M60 51:18
 Jim Langford M70 57:50
 Bob Schickert M75 1:10:10
 Jason Kell M40 1:27:59

21.1km Walk

Wayne Byram M45 2:31:27
 Wendy Farrow W50 2:32:34
 David Adams M40 3:01:52

Women

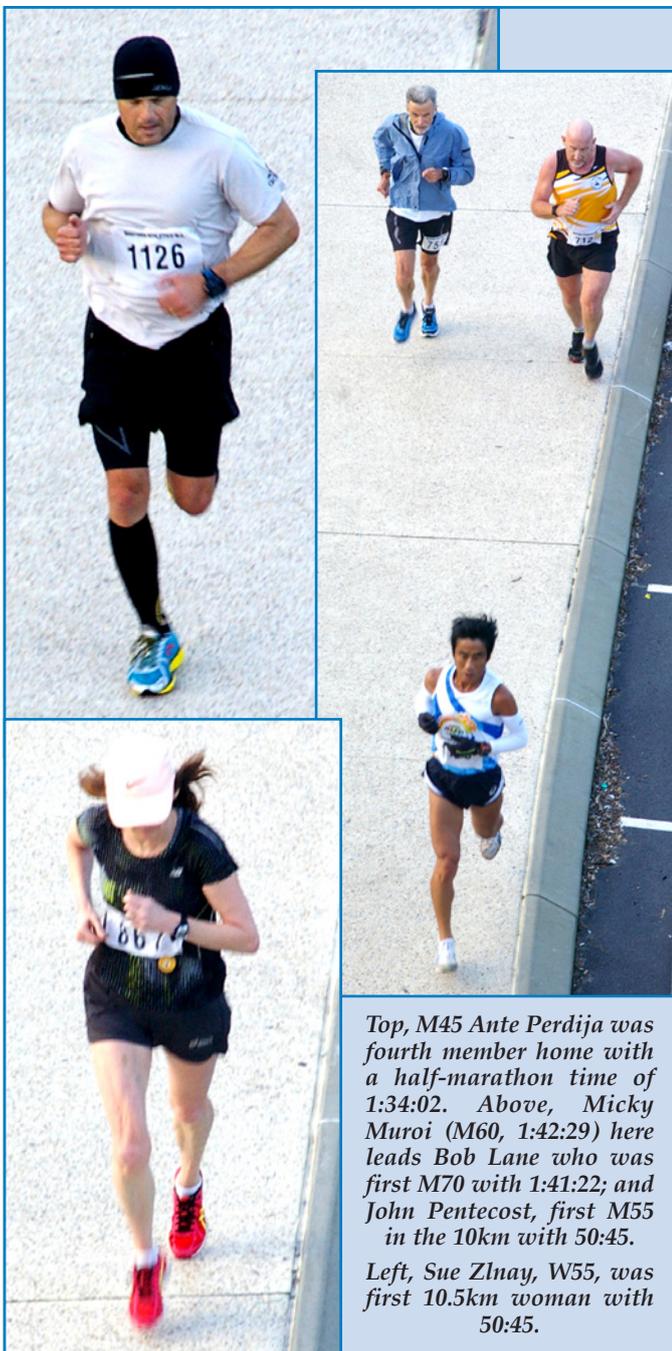
Sue Zlnay W55 49:33
 Sandra Stockman W50 52:10
 Jo Shelley W40 58:32

10.5km Walk

Grace Hollin W60 1:30:51
 Lynne Schickert W75 1:35:46
 Mike Hale M70 1:42:00

6km Walk

Jodie Harris W45 44:05
 Peter Hopper M70 51:51
 Sean Keane M50 52:50
 Bob Fergie M80 55:55
 Priscilla Wilson W35 57:05
 Sylvia Szabo W60 1:07:07
 Brian Dalton M65 1:14:29



Top, M45 Ante Perdija was fourth member home with a half-marathon time of 1:34:02. Above, Micky Muroi (M60, 1:42:29) here leads Bob Lane who was first M70 with 1:41:22; and John Pentecost, first M55 in the 10km with 50:45.

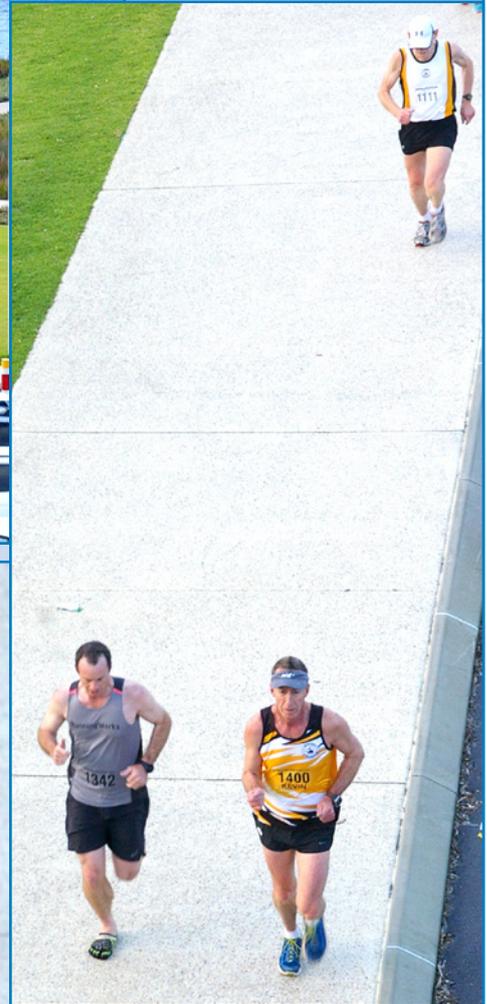
Left, Sue Zlnay, W55, was first 10.5km woman with 50:45.



Rod Jurich, first M65, 6km



Views from the Narrows Bridge, near the 5km turn: below, Kevin Johnson, M60, was first M60 in the Half in 1:38:45. He's in the fore here with Alex Tinniswood, who was first M35 in 1:45:08.



Patrick wins

Patrick Jones had a great day, winning the half-marathon ahead of club rivals – Kim Thomas and Rochelle Rogers – pictured with him on the first lap, below the Narrows Bridge.

But as they passed below I saw Rochelle sucking on a gel-pack.

Why would she need it after just 5km?

Your ace reporter checked and sure enough, she and Kim had made an hour run from home prior to the start.

Rochelle says:

“It was a very tough day out there with the rain and the wind but we got it done, in about 2 hours 30 mins in total for 34km.”

IT may seem obvious – as you push on through a long run, veering wildly between sensations of agony and elation – that running can have a huge effect on your state of mind.

It is an intuitive idea that a growing number of neuroscientists have begun to take seriously, and in recent years they have started to show us what actually plays out on the hills and valleys of your grey matter as you run.

Their findings confirm what many runners know from their own experience: we can use running as a tool to improve the way we think and feel. And we are now learning precisely why running can return focus, vanquish stress and improve mood. Plus we know why – if you're lucky – you might get a brief glimpse of nirvana.

It would be crazy to believe that running is a universal solution to all of our psychological challenges.

Indeed, from your brain's perspective, you may not want to push it too hard.

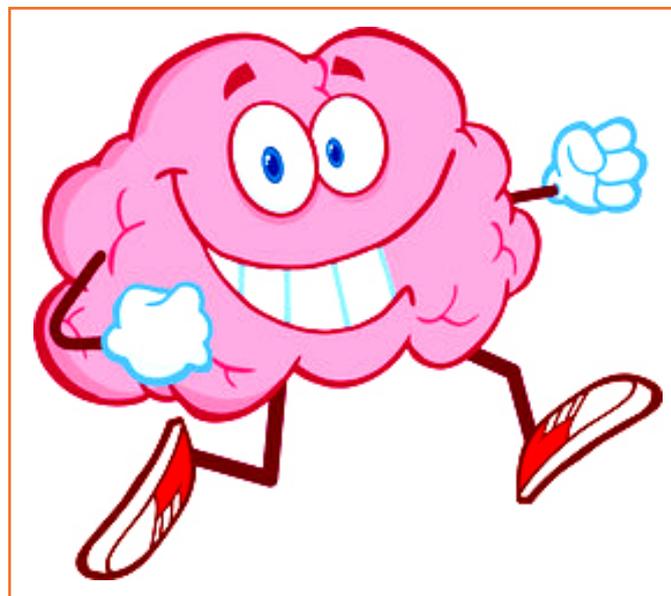
3,000 mile race

German neuroscientists scanned the brains of some of the competitors before, during, and after the TransEurope Foot Race, in which competitors slog through 3,000 miles, over 64 consecutive days. In the middle of this absurdly extreme ultramarathon, the runners' grey matter had shrunk in volume by six per cent. Normal shrinkage associated with old age is just 0.2% each year.

Luckily, the story doesn't end too badly: eight months later the runners' brains were back to normal.

But if covering immense distances can be counter-productive, it is clear now that more moderate runs can result in very real benefits. First, in a world where smartphones bombard us with stimulation and blur the boundaries between work and life, a clutch of recent studies shows why going for a run can help regain a sense of control.

A 2018 experiment from West Michigan University, for example, showed that running quickly for half an hour improves 'cortical



What does running do to your brain?

Guardian's Running Blog, 21 June 2018

flicker frequency' threshold. This is associated with the ability to better process information.

Two others, from the Lithuanian Sports University and Nottingham Trent University, showed that interval running improves aspects of 'executive function'. This is a suite of mental high-level faculties that include the ability to marshal attention, tune out distractions, switch between tasks and solve problems. Among the young people studied, measurable gains were clear immediately after 10 minutes of interval sprints. They also accumulated after seven weeks of training.

Research from Sweden shows how running can defuse at least one important biological stress pathway

A brain imaging study led by David Raichlen at the University of Arizona ties in neatly with these results. They saw clear differences in brain activity in serious runners, compared to well-matched non-runners.

For obvious reasons, you cannot run while you are inside a brain scanner, so the neuroscientists studied the brain at rest. First, they saw increased co-ordinated activity in regions, mainly at the front of the brain, known to be involved in executive functions and working memory. This makes sense.

Second, they saw relative damping down of activity in the 'default mode network', a series of linked brain regions that spring into action whenever we are idle or distracted. Your default mode network is the source of your inner monologue, the instigator of mind-wandering and the voice that ruminates on your past. Its effects are not always welcome or helpful, and have been associated with clinical depression.

Raichlen's was a preliminary study, but if corroborated in the future, it will lend fresh weight to the idea that running can be a form of moving mindfulness meditation. Brain scans show that meditation and running can have a somewhat similar effect on the brain; simultaneously engaging executive functions and turning down the chatter of the default mode network.

Again, this seems intuitively right: in the midst of a run, you are likely to be immersed in the present moment, tuned into your bodily state, and conscious of your breath. These are all key aims of mindfulness-based practices. Lacing up your trainers and going for a run could, therefore, be a way to reap some of the psychological benefits of mindfulness. Companies, too, are cottoning on to the

therapeutic effects of running: I recently worked with running-shoe company Saucony to create a podcast about the effects of running on the mind.

All of this might start to explain why some people find that running, like mindfulness, can be a useful way to overcome stress and depression. Recent research from the Karolinska Institute in Sweden shows, at a chemical level, how running can defuse at least one important biological stress pathway.

When you are under stress, metabolic processes in your liver convert the amino acid tryptophan into a molecule with the mumble-inducing name of kynurenine. Some of that kynurenine finds its way into your brain, where its accumulation has been strongly associated with stress-induced depression, anxiety disorders and schizophrenia. When you exercise, the levels of an enzyme called kynurenine aminotransferase build up in your muscles. This enzyme breaks down kynurenine into the related molecule kynurenic acid, which, importantly, cannot enter the brain. In this way, exercising your skeletal muscles by running clears from your bloodstream a substance that can cause mental health problems. It is important to note that, for technical and ethical reasons, some of the details of this mechanism have been proven only in laboratory animals.

'Runners' high'

Running can do more for your mood than smooth out stress. Some lucky souls gloat about their experiences of the "runner's high", which, they claim, is a powerful feeling of ecstasy and invincibility. Running has never quite done that for me, but we do now know more about the potent chemical rewards that running triggers in the brain.

The popular idea of the "endorphin rush" was born in the 1980s and '90s, when a series of studies showed that the levels of beta-endorphin increase in your bloodstream during the course of a run. Beta-endorphin targets the same receptors as opiates, and has some similar biological effects. The endorphin rush hypothesis

always had a flaw, however, since beta-endorphin does not cross readily the blood-brain barrier. And if it didn't make it into your brain, how could it give you a high?

In 2008, German neuroscientists put that right. They used functional brain imaging to show that, in trained runners, beta-endorphin levels do indeed spike in the brain after a two-hour run. Increased levels of endorphin activity in the brain also correlated with the runners' self-reported feelings of euphoria.

Home-brew?

It is not just home-brew opiates that can dull the pain and raise your spirits while you are on the run. Endocannabinoids are a diverse family of bodily chemicals which, like cannabis, bind the brain's cannabinoid receptors. The levels of endocannabinoids circulating in the blood rises after 30 minutes of moderately intense treadmill running.

Rigorous experiments, conducted on lab mice, show that running-induced endocannabinoids are responsible for reductions in anxiety and perception of pain. It is a good bet that the same mechanism works in our minds. For many of us, running may never deliver a drug-like high. But we now see why a run that feels like murder at the start can leave you feeling satisfied and at ease by the home straight.

Some of these studies are preliminary and need fleshing out. And it is definitely the case that your gender, genetic profile, fitness, expectations and many other factors besides will influence the way your brain responds to running. Even so, I read all these neuroscientific studies as good news stories.

While the physical benefits of running and aerobic exercise are well established, we are starting to see why running can have profound benefits for mental health, too. Hopefully, knowing this will redouble your determination to get out there and run more often.

Ben tweets at @mountainogre

Walks Championships



***State Record**

Age Gp	Name	Time
M50	Andrew Duncan	49:06*
M60	Victor Munoz	1:04:02
M45	Wayne Byram	1:06:00
W50	Wendy Farrow	1:06:05
W50	Cheryl-Lee Dean	1:09:50
W75	Lynne Schickert	1:20:49

From left, W75 Lynne Schickert, W50 Cheryl-Lee Dean, W50 Wendy Farrow, M45 Wayne Byram, M50 Andrew Duncan (state record), M69 Victor Munoz.

8km Run

Peter March	M55	35:13
Ian Carson	M60	37:06
John McShane	M50	39:56



Zane Walsh	M35	40:12
Geoff Vine	M70	40:26
Mark Sivyver	M65	45:27
Jason Kell	M40	54:20
Bob Schickert	M75	55:23

Women

Sue Zlnay	W55	37:09
Vivian Poll	W35	37:41
Carol Bowman	W60	44:38
Sandra Cronin	W50	46:57
Liz Dewhurst	W30	49:08

Manning Park CC

June 10, 2018

Director: Maree Brown

4km Run

Patrick Jones	M45	16:04
Giovanni Puglisi	M65	17:15
Jim Klinge	M70	19:30
David Carr	M85	24:36
Hamish McGlashan	M80	25:07
Roger Walsh	M75	28:11

Women

Nicola Hibbert	W40	18:57
Margaret Saunders	W60	20:22
Julie Wilson	W65	21:49
Beth King	W50	23:17
Delia Baldock	W55	25:21
Carolyn Fawcett	W65	31:15

5.6km Walk

Haydn Gawne	M70	37:09
Jeff Whittam	M80	51:27

Women

Elaine Dance	W65	42:39
Lynne Schickert	W75	44:45
Rosa Wallis	W70	49:41

2.8km Walk

Janne Wells	W50	17:43
Val Millard	W70	21:48
Ann Turner	W80	30:09
Julie Wood	W65	30:09
Margaret Bennett	W75	30:10
Sofia Carson	W55	41:28

President's Report

I REPORTED last year that AMA made a surplus of over \$220,000 from the World Championships in Perth, and that we had set up a Trust Fund, under my Chairmanship, to allocate this surplus to worthwhile capital projects submitted by the State Masters Clubs. I also reported that MAWA had several ideas on worthwhile projects.

A year on and MAWA has taken huge benefits from this trust fund, receiving approval for four important projects totalling some \$48,000. This will be by far MAWA's largest capital outlay. A key focus for us has been to fulfil our strategy of achieving self-sufficiency in being able to hold our Championships at ECAC.

Our four projects have been:

Electronic Lap Scoring

This has already proved its worth, and it is so good to have the burden of providing numerous lap-scorers and the inevitable mistakes, behind us.

Purchase of hurdles

We now have 30 top quality hurdles at ECAC which we regularly use, and which are sufficient for our Championships.

Photofinish System

A key enabler for holding Championships at ECAC, and we will regularly use it for weekly meets. MAWA athletes will now be able to achieve records at ECAC where electronic times are required.

Electronic recording system for Sunday runs

This is now giving major benefits through reduced workload on the Finish Team, and improved accuracy.

In addition, MAWA has purchased a set of starting blocks, and so the only equipment we do not own for running Championships at ECAC is high jump. We cannot solve this without having additional storage space, which is an issue we will continue to raise with Canning Council, although I



Richard

do not expect an early resolution.

Our club has grown in strength over the past year, with a large influx of new members in the first 2 months of the 2018 membership year. We now sit comfortably above 600 members.

Members' passing

On a sad note was the premature passing of Su Lloyd and Ray Gimi. It was a privilege to have had two such talented and thoroughly nice people in our club. They will be missed for a very long time.

Your committee have worked hard to develop the club during 2017/18. Giovanni has introduced new runs and brought in a number of new race directors. Jenn is looking to introduce some new Track and Field pentathlon initiatives, while Janne has taken firm control of medals and trophies, and is introducing some new ideas.

Committee farewells

We say farewell to two committee members this year. Margaret Bennett worked with Joan Pellier to improve our communications and managed our road programme, while Keith Hill continued the solid work of Geoff Brayshaw in keeping our finances in order.

We had two changes to our club officers. Barbara took over Registrar from Peggy in addition to her role as Statistician – needless to say she has done a great job on both counts. Steve Weller took over maintaining the superb performance databases set up by John Oldfield. Tristan Bell continues to bring improvements to our handicap system, as does Vic Waters to our magazine. Elaine Dance, Hamish McLeod and Graeme Dahl continued to look after social, website and TFNL respectively.

2018 was our turn to hold the AMA Nationals. We had a

small but highly competent committee, with Barbara, Delia, Keith, Mike Anderson and Marion Buchanan reporting to myself. Once again we delivered a superb event, which ran smoothly and to time. Also key to success was the great work by Sally Sims on the website. **And on discovering that the committee was made up entirely of Social Media illiterates (no one even knowing what a hashtag was), we also got Sally to manage all Social Media initiatives.** My thanks to Paul Martin for his inspirational artwork, and to Graeme Dahl for his design of the printed programme and management of the photography team. Last but not least, Margaret Langford recruited and managed our wonderful team of helpers. Our sponsorship from VenuesWest and an unexpectedly high entry put the finances in a strong position. We spent extra on things we know athletes like, but still passed an \$11,000 surplus to MAWA funds.

Oceania

During the past year our athletes competed in the Oceania Championships in Dunedin and of course the AMA Nationals in Perth. As always their achievements were well ahead of what might be expected from a state our size. For those interested in numbers, our medal achievements and records are documented in past editions of TFNL which can be accessed from the website, or from the T&F Results page. But a performance worthy of note is Gillian Young, who set a new steeplechase world record in Dunedin.

Without a World Championships this year, our road runners were a bit short of national and international competition.

Rochelle's 4 wins

The most noteworthy performance was probably that of Rochelle Rodgers who won no less than four awards at the Perth Marathon – female overall winner, State champion, age-group winner and Jim Barnes trophy winner.

With your continued help and support I am confident that 2018/19 will be another successful year for our club.

Richard Blurton

Treasurer's Report



Keith

THIS year's financial performance has been steady. Excluding the surplus generated by the National Championships, the club has made a small operating surplus of \$982, marginally ahead of last year's \$864.

Overall, including the transfer from the Nationals, we completed the year to June 30, 2018 with funds on hand of \$93,563 compared to \$75,930 at June 30, 2017.

In this report I comment on the figures and make comparisons where I feel it is helpful.

Revenue

At June 30, 2018 our membership stood at 613. This is only slightly down on 2016's record 624, and well ahead of last year's 565.

The National Championships returned an unexpectedly large surplus.

We had budgeted for a low entry assuming the 2016 World Championships would reduce numbers wanting to travel across to Perth again so soon.

The effect was the opposite. The rest of Australia seems to have enjoyed Perth so much that athletes returned in numbers.

Still, we would have been looking at break-even/slight loss were it not for a very generous sponsorship from VenuesWest.

The Nationals accounts will be subject to separate audit.

Overhead expenditure

Our main equipment purchases for this year are detailed in the president's report but we also replaced some of the throws equipment and acquired a 56lb throw weight.

Events

As in previous years, the aim was to run club events at a break-even cost or better. This year's state championships were incorporated in the National Championships thus incurring no additional cost to the club, other than a contribution to medals.

Summary of receipts and payments

The summary is included in this *Vetrun* and will also be put on the website. These figures are still subject to audit.

Keith Hill, MAWA Treasurer



Rochelle finishing last year's Melbourne Marathon

MASTERS ATHLETICS WA INC.

Summary of Receipts and Payments

For the Year ended 30 June 2018 (unaudited)

Receipts	2018	2017
	\$	\$
Membership income		
Membership fees - 2016	-	9,946
Membership fees - 2017	1,248	23,944
Membership fees - 2018	24,220	-
Visitors fees	4,187	3,751



Total fees	<u>29,655</u>	<u>37,641</u>
Surplus/(Deficit) on membership	<u>6,674</u>	<u>10,550</u>

Events	2018	2017
Dwellingup Weekend	1,756	3,372
Lewana Weekend	-	2,262
Myalup Weekend	2,875	-
State Champs - 2017	-	9,950
State Champs 2018	-	-
Facilities Hire	-	50
Track & Field	12,464	4,205
10K Handicap	102	110
Total receipts Events	<u>17,197</u>	<u>19,949</u>
Surplus/(Deficit) on Events	<u>4,396</u>	<u>3,243</u>

Other	2018	2017
Clothing Receipts	6,740	5,447
Sundries	1,461	2,743
Interest	1,156	1,738
Donation	-	460
Numbers	40	-
Bond Refunds	1,360	546
Coaching Grant	1,000	1,000
Transfer From National a/c	16,649	-

Total receipts other	<u>28,406</u>	<u>11,934</u>
Surplus/Deficit on Other	<u>6,561</u>	<u>(12,929)</u>
Total Operating Receipts	<u>75,258</u>	<u>69,524</u>
Operating Surplus/(Deficit)	<u>17,631</u>	<u>864</u>
Total Receipts	<u>75,258</u>	<u>69,524</u>
Overall Surplus/(Deficit)	<u>17,631</u>	<u>864</u>

Cash on Hand	2018	2017
	\$	\$
Bankwest Cheque Account	32,756	16,061
ANZ Deposit Account	389	609
Term Deposit 035-6998506-7	23,391	22,832
Term Deposit 05558066-9	37,027	36,428
Total Cash on Hand	<u>\$93,563</u>	<u>\$75,930</u>

Payments	2018	2017
	\$	\$
Running costs		
State/National Affiliation fees	6,389	7,378
Drinking cups	387	193
Bank fees	402	1,124
Travel	729	873
Venue Costs	1,525	3,816
Vetrun Postage	590	566
Vetrun Production	7,691	8,082
Postage/Stationery	494	286
Website costs	20	712
Medals/Trophies	4,754	4,061
Total running costs	<u>22,981</u>	<u>27,091</u>

Events	2018	2017
Dwellingup Weekend	2,040	3,365
Lewana Weekend 2016	0	2,070
Myalup Weekend	2,860	-
Myalup Weekend Deposit.	200	200
State Champs - 2017	41	6,468
State Champs - 2018	0	-
Track & Field	7,660	4,603
10K Handicap	0	0
Total payments Events	<u>12,801</u>	<u>16,706</u>

Other	2018	2017
Bib numbers	65	436
Clothing purchases	2,621	8,776
Sundries	1,124	4,892
Equipment purchases	11,396	4,419
Sunday Run expenses	2,580	740
Coaching (T&F)	2,000	2,400
Loan to 2018 Nationals	2,059	3,200

Total payments other	<u>21,845</u>	<u>24,863</u>
Total Operating Payments	<u>57,627</u>	<u>68,660</u>
Total Payments	<u>57,627</u>	<u>68,660</u>



August 5
Whiteman Park



Race Director: Ross Langford - 0403 197 422
Prabuddha Nicol, Sue Bourn, Hamish Mcleod, Tony Smith, Nicola Hibbert, Robert Hull, Anna Bamber, Lesley Dowling, Phillippa Greenwood, Alison Jones, Joe Aquilina

August 12
Club CC Championships



Race Director: Jim Langford - 0401 916 925
John Pellier, Joan Pellier, Keith Martin, Frank Gardiner, John Dance, Jeffrey Bremner, Samantha Farman, Mercurio Cicchini, Chris Gibbons, Sue Gibbons, Sandra Eastley, Melissa Gardiner, Goesta Kumlehn

August 19
Nedlands



Race Director: Frank Gardiner - 9295 4246
Theresa Howe, Greg Wilson, Julie Wilson, John Fisher, Alan Gray, Johanna Leahy Marstrand, Bob Colligan, John Ranger, Yvette Ballard, Melissa Gardiner, Goesta Kumlehn, Reid Barron

HELPERS

September 2
Darlington Dash



Race Director: Delia Baldock - 0418 935 040
Ralph Henderson, Kerriann Bresser, Jane Elton, Joseph Patroni, Judy Davis, Zora Harvie, Sheryl Woolley, Narelle Gaynor, Jason Woolley, Alun Lickfold, Reid Barron, Lawrence Zhang, Herman Lambrechts

September 9
Kings Park CC



Race Director: Ralph Henderson - 9401 3115
Mark Rosen, Elaine Dance, John Dance, Peter Hopper, Anne Jones, Janet Walter, Michael Walter, Alan Thorniley, Allan Billington, Adrian Fabiankovits, John Ranger, Frans Karel, Stephen Helm, Rshanathi Wanigasekera

September 16
City Rail



Race Director: Rod Hamilton - 0428 940 089
Christopher Coates, Karen March, Peter March, John Pentecost, Grace Hollin, Rodney Hamilton, Pamela English, Russell Smith, Andrew Thorpe, Janice Bertram, Wayne Bertram, Joe Aquilina, Bev Proudfoot

September 23
Bold Park GOT



Race Director: Paul Hughes
Victor Waters, Milton Mavrick, Giovanni Puglisi, John Collier, Alan Thorniley, Eamonn McNulty, Maria Le Page, Michael Le Page, Bek Milne, Rod Jurich, Vivian Poll, Victor Munoz, Rachael Thompson, Neil Armstrong, Gerard Kalle

September 30
Mullaloo Magic

Race Directors: Mike Anderson (0407 940 520) & Johan Hagedoorn (0499 190 423)
Margery Forden, Julie Wood, Patricia Hopkins, Bob Cavin, Barb Humphrey, Terry Humphrey, Martin Watkins, John Collier, Sandra Rourke, Tony Smith, Edmund Wall, Erika Blake, Clarke Hendry, Ngaio Kerr, Peter Brooke, Melissa Lewis

NEW MEMBERS - WELCOME!

1776 BEVERIDGE: Di W60
1777 HOSENOEHL: Barbara W50
1778 OGENCHE: Josie W30
1779 HAMILTON: Janis W60
1780 HENDRICKS: Edwin M40
1781 THOMPSON: Rohan M35
1782 KOZAK: Kon M55
1783 HOGAN: Greg M50
1784 CLARK: Caroline W45
1785 CLARK: Peter M50

October 7 Wireless Hill



Race Director: Ian Carson - 0419 040 861
Bob Fergie, Rosa Wallis, Peggy Macliver, Aldo Giacomini, Rex Bruce, Peter Ryan, Alan James, Mark Dawson, Graeme Dahl, Dante Giacomini, Sylvia B Szabo, Kees Maatman, Cassie Hughes, Vanessa Carson, Chris Lark, Andrew Grosas

Where they're running

MONDAY

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au
Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

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

TUESDAY (pm)

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

WEDNESDAY

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

FRIDAY

6am start, various central

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY

DC's group at WAAS; 8-9.45am; track training - all welcome. Cost \$3.80 seniors - \$6.70 others; pay at the door. Contact davidcarr@bigpond.com parkrun - go online to parkrun.com for details of many locations around Perth.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.