

VETRUN



No. 508
APRIL 2019



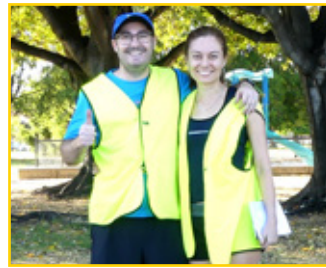
**Joondalup
2019**



NEXT EDITION: *Vetrun* No. 509 will be published in June 2019.

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Lyn and David – WMA Athletes of the Year

CONGRATULATIONS to Lyn Ventris and David Carr! Lyn Ventris from WA is the Best Masters Athlete in the World in the Walks Category.

Lyn (W60) won three gold medals at the World Championships at Malaga in the 5km track walk, 10km road walk and 20km road walk and set a world record in the 10km event. She already held the world record in the 5km event from National Championships in Perth. Her feats are remarkable given she has only returned this year to competing successfully after a very long layoff from injuries.

David is runner-up in the middle distance category. David Carr (M85) holds all M85 Australian records from 400m to 10,000m, and the M85 World records for 800m, 1,500m, steeplechase and one mile. At the World Championships in Malaga he won gold in the 800m, 1,500m and steeplechase and silver in the 400m.

Full list of winners is at <https://world-masters-athletics.com/news/2018-athletes-of-the-year/>



David Carr and Lyn Ventris at our 2018 AGM

Lyn Ventris was also crowned winner of the 2018 AJ Buswell South Western Times Sports Star of the Year in Bunbury.

Remarkably this is the 4th time Lyn has won this award and follows her W60 World Record breaking performances last year in the 5km and 10km walks.

Another Masters run swelled by many visitors – Joondalup

A cool, humid and overcast morning with nary a breeze greeted the competitors in the Lake Joondalup event – a beautiful course through the bush surrounding the lake, and next to the shore. A flock of black swans completed the scene, as runners reached the 2km mark. The heat was turned on as the morning unfolded, and the humidity increased. Hence, the team of helpers at the 2.5km water table were much appreciated. Thanks also to the directions-marshals out on the course, and the team at the finishing chute.

Mark Dawson, Race Director

Vale



Les Beckham

SADLY we report the death of one of MAWA's amazing life members who passed away on March 1, aged 84 years.

Joining MAWA in 2003 and awarded life membership in 2014, Les was the tireless and dedicated master of our long/triple jump pits for over a decade and worked as a jumps official for our MAWA and AMA Championships. As a non-competitor he selflessly volunteered and committed his time to the club and our athletes for which he will be long remembered.

Delia Baldock

Events changes

COMMITTEE NEWS

SOME changes are being made to the way we show state records. The state record is the best performance in the state regardless of whether the athlete is a member of MAWA.

From now on, if the state record holder was not a MAWA member at the time of setting the record, the MAWA records list will also show in italics the best performance by a MAWA member.

That will be a MAWA club record. The vast majority of state records were set by MAWA club members.

Nominees

The MAWA nominees for AMA Awards were approved and are on our website.

Uniforms

Confirmed that singlet or crop top is the state uniform, and not a T shirt. However, for athletes wanting to wear a T shirt for warmth or comfort, a plain T shirt can be worn beneath the singlet. The prototype one-piece uniform is due

MFA Champs Sri Lanka

The Sri Lanka Mercantile Athletic Association has invited MAWA athletes to compete in their annual championships in Colombo in August this year. Anyone interested should contact Delia or Richard.

Road Run events

The AWA Gallipoli Run is normally held the Sunday before ANZAC day, but this year they have changed it to the Sunday after. Therefore we have no choice but to move our GOT event at Bold Park from April 28 to April 21. A new GOT course has now been agreed with the Kings Park Board. The long run will be 8.4km.

Organisers of HBF Run for

to be delivered soon. The supplier has been asked to produce a sample compression top to the same design. The plan is that both of these will become approved uniform, but we will order them directly from the supply when needed.

a Reason have moved that event from its traditional weekend, and it now clashes with the RRC 15km event on May 19. For our course we can avoid the clash and our start/finish is outside the area affected by Run for Reason. However some roads may be closed so nearer the time we will let members know the best routes to get to our start.

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David Carr

Five are on track for 90!



They're inspirational. Five Masters stalwarts move into the M90 category this year beginning this month when Irwin Barrett-Lennard (left) leads the charge, closely followed by Cecil Walkley (next pic). Alongside them is Vic Beaumont, (Vetrun photographer extraordinaire); and in the track picture, taken in 2010 at our Championships, are Gordon Medcalf and Stan Lockwood, far right.

Advantages of a lay-off

GIOVANNI Puglisi was surprised to find himself ineligible for handicap events recently, due to an injury-laden lay-off. It made me contemplate.

When I make a return to the ranks, with my bionic man kit installed, I shall not have run for two years (at least) and will regain the virginal status I enjoyed in 1989. In almost my first run with the club I won the Women's Run handicap. In those days the received knowledge was that if you ever won a handicap event, you would never repeat the feat.

And so it has been ... oh, except for that year I coerced Mike Rhodes in setting up a series of short-course handicaps.

Mind you, winning a 'Women's' Run was always a bit of an embarrassment anyway. VW

You Write ... About those Spartans



Steve Dunn

GOOD article. One name which could have been added is Stephen Dunn who was a good athlete before his illness. He was first in for a couple of MAWA 50km RRCs.

Stephen was the first person to become a Perth Marathon Spartan in addition to being a Melbourne Marathon Spartan. In 1998 he qualified for this double the same year I did. But he beat me to it just - by the amount of time he was in front of me in the Perth Marathon, about 30 minutes. *Bob Schickert*

Hi Vic. I've just finished reading the latest Vetrun finaly. You do a great job; I so enjoy your turn of phrase. Sorry, I'm yet to read your book; I tried to download it on my iPad but it didn't work so will have to try again.

Poor Kevin (Johnson) is feeling a bit despondent, thinking no one cares about him. His name was missed from the list of Masters Perth Marathon Spartans. He's run 16 Perth marathons, with a PB of 3:24. That's ok; he's not fussed really. I'm the one who noticed!
Sandra Stockman

Medal for Lynne

THE May Campell Award, which recognises the contribution made by an individual to their sport or sporting organisation through long and outstanding service has been won this year by Lynne Schickert.

Criteria for the award include a proven record of achievement and/or performance in competing, officiating, administration and or coaching; and long-term involvement in and commitment to their sport at a variety of levels.

Lynne told me: "I was nominated by Athletics WA and the ceremony was on February 7 in the Riverside Rooms at Optus Stadium - a beautiful setting with all the lights of the Matagarup Bridge and the casino in the background. It was a formal evening with 500 attendees, many notable persons from all the high-level sporting organisations. Members might not recognise the Schickerts out of running gear!"



In all, 26 nominations came from 22 sporting associations ranging from athletics to wheelchair rugby and Lynne was one of three finalists - all of whom then jointly received the award. Joint winners have been announced since 2014 and David Carr was a similar recipient in 2015. VW



Kevin

You Write ... J.O., another MAWA author!

ANOTHER excellent magazine, Vic. It goes from strength to strength. You seem to be able to have the endurance to be able to go on forever!

It was good to see your promo for your book featured. I've started reading it but have been busy promoting my own and not yet progressed beyond the first few chapters of yours. Will try to get 'round to finishing it this week.

I was a little disappointed that you'd not taken the opportunity to mention either of my books at the same time, particularly as they each feature a good bit of road running and an Olympic marathon race in Sydney!

Perhaps I was hoping for too much?

Keep up the good work. Christine and I will be back in Perth in November this year when hopefully I will have recovered from the Achilles problem that is preventing me from running currently.

Best wishes to all.

John Oldfield



Age-Graded Handicap

AN ODD-looking start (above) to the February 10 events; Kim Thomas and Chris Lark taking off with the 5km non-handicap runners? Okay, perhaps they'll run the five and return in plenty of time to go off handicap at the back of the 8km run. Nope. They didn't even take a 5km time, which was a pleasant surprise for Mark Kerr, who consequently won the short run.

Our other picture of the start/finish area (below) shows why the event will begin and end on the grass next year. Bike traffic, plus our hogging the path with our equipment, is unfair on other walkers and runners through McCallum Park.



Giovanni wins!

HEADING for the finish, all alone, Giovanni Puglisi was still looking over his shoulder to check if anyone was making a long sprint from the bridge. Well done, mate; good on 'im, I thought.

Then, just a week later, in the Woodbridge handicap results I spotted that Giovanni was ineligible! (He's missed quite a lot of runs through injury.) What a story, thought I! Will he have to return the Age-Graded trophy? Has it already been engraved? No, and no. Everyone is eligible to do the Age-Graded, which is not part of the Handicap Trophy series.





8km Run (Handicap)

Times	Giovanni			
Puglisi	M65	47:06	11.39	35.27
Bert Carse	M75	47:57	7.40	40.17
David Carr	M85	48:43	0.00	48.43
Kevin Johnson	M60	49:02	13.10	35.52
Sandra Stockman	W50	49:05	11.23	37.42
David Baird	M75	49:19	8.51	40.28
Karen March	W55	50:28	9.50	40.38

5km Walk (Handicap)

Victor Munoz	M60	44:42	13.52	30.50
Johan Hagedoorn	M75	46:17	10.31	35.46
Haydn Gawne	M70	46:36	11.53	34.43
Peggy Macliver	W70	47:12	7.14	39.58
Lynne Schickert	W75	47:47	5.38	42.09
Lorna Lauchlan	W85	48:51	0.00	48.51

Age Graded Handicap
10 February, 2019
Elizabeth Gomez & Jason Kell

5km Run

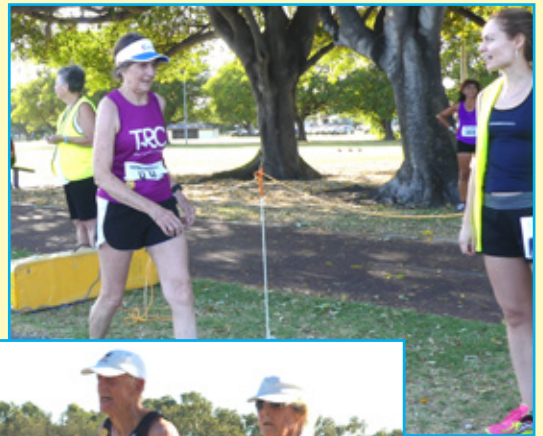
AGE GROUP WINNERS

Mark Kerr	M45	23:16
Paul Hughes	M65	24:48
Bruce Wilson	M70	27:40
Sean Keane	M50	30:38
Desmond Walsh	M60	34:27
Merv Jones	M75	40:50

Women

Margaret Saunders	W65	25:20
Marcela Isabel		
Ruiz Valdes	W55	30:54
Stephanie Manuel	W45	35:01
Sally-Anne Smith	W40	43:41
Jo Patroni	W30	45:50

Peggy Macliver – we're unused to seeing the track-sprinter walking but she won the 5km handicap off 7:14.



David Carr and Lorna Lauchlan

SANDRA Stockman (above) showed her true, fine form finishing the 8km handicap event as first woman in 49:05 off an 11:23 handicap. Victor Munoz (top pic) was out on his own in the 5km handicap walk.

There was a satisfying synchronicity to the handicap finishes of David Carr, M85 8km runner, and Lorna Lauchlan, W85 5km walker. Both went off 0:00 handicaps and didn't see each other again until the final 100 metres, when David passed Lorna just in front of our cameras. Eight seconds separated them in the results.

Piney Lakes



AGE-GROUP WINNERS

8km Run

Patrick Jones	M45	33:58
Gary Ife	M50	36:47
Mark Dawson	M55	37:11
Akos Gyarmathy	M60	37:38
Geoff Vine	M70	39:56
Zane Walsh	M35	39:58
David Baird	M75	40:36
Michael Lee	M65	41:32
Jason Kell	M40	43:05

Women

Clare Wardle	W40	34:41
Karen March	W55	39:33
Barbara Putland	W50	39:43
Elizabeth Gomez	W35	39:53
Carolyn Stephens	W60	44:23
Julie Wilson	W65	45:03
Liz Dewhurst	W30	47:48

Piney Lakes

February 24, 2019

Director: Ante Perdija

4km Run

Rod Hamilton	M55	16:38
John Ranger	M50	17:26
Jim Klinge	M70	18:57
Bernard Mangan	M60	19:03
Paul Hughes	M65	19:13
Adrian Mckenzie	M45	20:27
David Carr	M85	21:58
Rohan Thompson	M40	28:24
Merv Jones	M75	30:01
Jeff Whittam	M80	37:40

Women

Margaret Saunders	W65	19:37
Monique Scourse	W45	19:55
Sue Hamilton	W55	21:03

Carol Bowman	W60	21:56
Jackie Halberg	W70	27:55
Sheila Maslen	W80	42:09
Steve Barrie	M55	42:32

8km Walk

Karyn Tolardo	W50	52:25
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Johan Hagedoorn	M75	57:56
Elaine Dance	W65	62:08
Janice Bertram	W50	67:14
Richard Blurton	M65	67:29
Erika Blake	W60	69:30
Mike Hale	M70	69:34
Lynne Schickert	W75	70:22

Phillippa Greenwood-Jones	W35	78:09
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4km Walk

Victor Munoz	M60	24:23
Haydn Gawne	M70	27:39
John Brambley	M75	32:48
Alun Lickfold	M50	33:28
Brian Dalton	M65	45:29

Women

Sally-Anne Smith	W40	27:20
Lesley Dowling	W60	32:55
Irene Ferris	W65	34:52
Rosa Wallis	W75	39:08
Dorothy Whittam	W80	46:16

Friendship Run

February 3, 2019

Director: Chris Lark

GREAT pictures from start to finish taken by Vic Beaumont at Piney Lakes belie his recently reduced mobility.

Facing page, Barbara Putland, best W50 in the 8km run, in a spirited rush to the line ahead of Wayne Taylor. Julie Wilson, first 8km W65, follows Carolyn Stephens, first W60, towards the end with Gary Fisher in pursuit.

This page, Gary Ife (right) was first M50 in 36:47. Below, perpetual top performer Clare Wardle won the women's 8km in 34:41. Bottom picture shows Rod Hamilton, first overall in the 4km, ahead of M45 Patrick Jones who won the men's 8km.



COMPARED to last year there were relatively few WAMC competitors in the Friendship events – only 12 in the 10km run, and 13 in the 5km; and none in the walks.

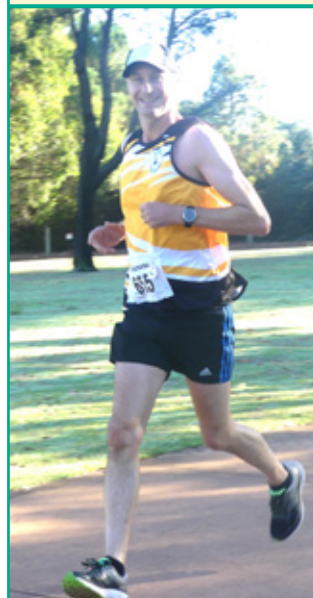
There were dozens of visitors however, and among the men one of our newer and impressive performers, Paul Beckers (M30) was third overall, behind two marathon club men and one visitor.

So it's not as relevant to compare performances club vs club, as I did last year.

However, it's good to see W50 Sandra Stockman as second woman overall in the 10km to WAMC's Laura Kyriakakis (age group N/A.)



Two newer members make their mark: Paul Beckers, our first M30 in the Friendship 10km; and Jon Lester, best M45 in the 5km. (Paul pictured in Welcome Run; Jon at Piney Lakes.)



AGE-GROUP WINNERS

10km Run

Paul Beckers	M30	39:55
Kim Thomas	M45	42:29
Jerry Peters	M40	43:49
Matt Skellern	M50	43:49
Bob Lane	M70	47:02
Mickey Muroi	M60	47:21
John Fisher	M55	49:18
David Baird	M75	52:42
Charlie Chan	M65	55:55

Women

Sandra Stockman	W50	48:45
Nicola Hibbert	W40	49:23
Elizabeth Gomez	W35	49:31
Karen March	W55	52:04
Carolyn Stephens	W60	1:00:00
Michelle Skellern	W45	1:05:29
Jessica Mance	W30	1:08:01



Wendy Grace W65 1:12:41

Betty Kooy	W70	1:21:30
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5km Run

Rob Cattrall	M60	21:55
John McShane	M50	23:14
Bert Carse	M75	24:24
Ross Keane	M55	24:39
Jonathan Lester	M45	24:45
Jim Klinge	M70	25:04
Paul Hughes	M65	25:45
David Adams	M40	26:18
Russell Smith	M55	27:07
David Carr	M85	29:35
Andrew Roddy	M35	31:17

Women

Anne Clear	W55	27:47
Carol Bowman	W60	28:27
Sandra Rourke	W50	28:36
Richelle Breen	W35	30:14
Isolde Tietz	W65	33:20
Julie Storey	W45	35:46
Jackie Halberg	W70	39:54
Sharlene May	W40	40:01
Jo Patroni	W30	47:38

10km Walk

Johan Hagedoorn	M75	1:17:22
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5km Walk

Justine Stewart	W30	38:13
Peggy Macliver	W70	41:24
Sheryl Woolley	W45	41:27
Lesley Dowling	W60	42:20
Irene Ferris	W65	42:34
Lynne Schickert	W75	46:26
Marcela Isabel		
Ruiz Valdes	W55	49:45

Men

Jeff Whittam	M80	39:12
Rex Bruce	M75	39:15
John Dennehy	M55	39:24
Alun Lickfold	M50	43:25
Arnold Jenkins	M70	47:16



Lake Monger

Lake Monger

March 3, 2019

Directors: Kim Thomas and Rochelle Rodgers

Happy snappers; thanks Kim, at last we had a Lake Monger start into the light!
(Pics by VB and VW)

AGE-GROUP WINNERS

10.5km Run

Reid Barron	M40	43:31
Ante Perdija	M45	43:50
Matt Skellern	M50	45:46
Alex Tinniswood	M35	46:19
Bob Lane	M70	47:08
Akos Gyarmathy	M60	49:37
Wayne Bertram	M55	51:18
Charlie Chan	M65	56:37
Bob Schickert	M75	1:10:21

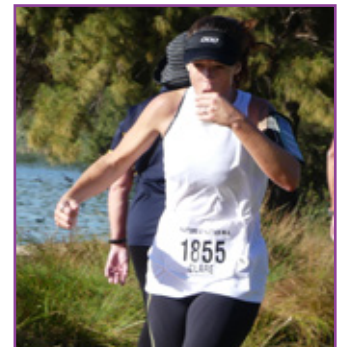
Women

Clare Wardle	W40	44:05
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Reid Barron (M40) is finishing fast to win the 10.5km run in 43:31, closely followed by Mitch Cleasby (coming up behind Mike Hales.)

Right, 'I'm always happy when I'm running'? Members sometimes complain that we only photograph them when they're looking stressed. So, to redress the balance here are cheery Justine Stewart and Lui Cecotti!



Clare Rice	W35	50:46
Barbara Putland	W50	53:53
Denise Newport	W55	59:23
Ngaio Kerr	W45	1:02:34
Wendy Grace	W65	1:03:36
Phillippa Bennett	W60	1:15:19

7km Run

Mitch Cleasby	M55	28:54
Gary Nairn	M50	28:56
Paul Hughes	M65	33:34
David Carr	M85	43:18
Roy Hart	M70	43:19
Tim Inglis	M60	43:30
John Pellier	M75	52:30



Everyone at Lake Monger was proud and delighted for her when the President announced director Rochelle's Shizuoka victory.



Nicola Hibbert is always a fast runner but she excels herself here with a flying finish to the 10.5km. She's chasing Paul Hughes and is closely followed by Keith Miller. Below, Amanda Walker won the single-lap, 3.5km run outright in 14:11. Chris Maher (left of picture in blue singlet) was first man in, just nine seconds later.

Everyone loves a winner! RR to run for Australia?

ROCHELLE Rodgers was first woman in the Shizuoka Marathon, Japan where she set a female course record of 2:34:45 – nine-minutes better than her previous PB set in Melbourne two years ago. That time qualifies her the World Championships (Doha, Sept/Oct 2019.)

Here's part of the race report from Runners Tribe. Link for the full story is on our club website.

Joining forces with Raf Baugh's Front Runner Performance squad, she began to chip away at her time. A 2:50:19 for 6th in the 2015 Melbourne Marathon, followed by a 2:47:19 for 5th the following year signalled the first steps of progression. A 2:44:35 in Tokyo then preceded her first podium at Melbourne in 2017, where she placed 3rd in 2:43:50. In 2018,

there was no improvement, but a win in Perth assured her that she had lost no ground.

"When I crossed the line I didn't realise I'd run the world champs qualifying time. I didn't realise until later, once we got back to the hotel. I didn't even know what the (qualifying) time was. It wasn't even in the back of my mind," she said. "I wasn't expecting it at all. It was never the plan."

"Ever since I was a little girl my dream has been to represent Australia. For me that's always been my main focus," she said. "It's unbelievable. It's something I've always wanted to do, and it's an opportunity that I'm going to grab with both hands and take it. It's incredible that I've been able to put myself in a position where it's possible that I could be running for Australia."

Women

Sue Zlnay	W55	31:21
Sandra Stockman	W50	32:24
Lourens Jacobs	M45	33:26
Julie Wilson	W65	38:10
Richelle Breen	W35	41:01
Ann Andersen	W60	50:29
Justine Stewart	W30	52:44
Gemma Hildyard	W40	57:34

3.5km Run

Amanda Walker	W50	14:11
Margaret Saunders	W65	16:02
Anne Young	W40	17:53
Marcela Isabel		
Ruiz Valdes	W55	20:22
Carol Bowman	W60	21:53
Kirstin McGregor	W50	23:56
Hazel Stephen	W70	25:43
Jo Patroni	W30	27:27
Sheila Maslen	W80	35:30

Men

Chris Maher	M65	14:20
Mark Kerr	M45	15:44
Jim Klinge	M70	15:57
Campbell Till	M60	16:59
Michael Lee	M65	17:13
Randy Hobbs	M55	18:30
Mickey Muroi	M60	20:25

Hamish McGlashan	M80	23:54
Irwin		
Barrett-Lennard	M85	25:01
Merv Jones	M75	26:02

10.5km Walk

Wendy Farrow	W50	73:33
John McDonagh	M70	75:50
Lynne Schickert	W75	70:42

7km Walk

Victor Munoz	M60	43:18
Lui Cecotti	M70	52:50
Richard Blurton	M65	71:02
Rohan Thompson	M40	74:36
Rosa Wallis	W75	75:00
Sylvia Szabo	W35	74:08
Sylvia Szabo	W60	74:10

3.5km Walk

Christian D'argent	M60	20:36
Haydn Gawne	M70	24:13
Bob Fergie	M80	33:10
Rex Bruce	M75	37:33
Brian Dalton	M65	46:51

Women

Priscilla Wilson	W40	34:25
Lorna Lauchlan	W85	34:26
Roselyne Pillay	W70	37:05
Dorothy Whittam	W80	39:33



Joondalup



Joondalup
 March 10, 2019
 Director: Mark Dawson



Amazing M70 Bob Lane was the Joondalup 10km winner followed by Alex Tinniswood, who is half Bob's age! Bob's pictured top right; Alex is next down. Right, returning member M60 Roscoe McDonnell ran third. Left, W40 Clare Wardle won the women's 10km by nine minutes.

AGE-GROUP WINNERS

10km Run

Bob Lane	M70	43:46
Alex Tinniswood	M35	43:51
Roscoe McDonnell	M60	44:32



Giovanni Puglisi	M65	45:07
Victor Popescu	M50	45:19
John Fisher	M55	47:43
Mark Kerr	M45	50:09
Jason Kell	M40	59:36

Women

Clare Wardle	W40	45:09
Rochelle Airey	W50	54:08
Lori Sexton	W55	54:43
Janne Wells	W50	60:00
Ceri Morton	W35	61:43
Julie Storey	W45	73:31

5km Run

Kevin Johnson	M60	20:08
Ralph Henderson	M70	22:53
David Boyd	M50	25:39
Johann Prinsloo	M55	26:07
Nick Miletic	M65	32:49
Hamish McGlashan	M80	35:16

Women

Margaret Saunders	W65	24:46
Nasirah Hemy	W45	26:39
Richelle Breen	W35	28:19
Marcela Isabel		
Ruiz Valdes	W55	29:13
Gillian Young	W70	30:19
Shirley Bode	W60	33:44
Kirstin McGregor	W50	35:20

10km Walk

Karyn Tolardo	W50	1:12:58
Johan Hagedoorn	M75	1:13:51

5km Walk

Victor Munoz	M60	30:46
Haydn Gawne	M70	35:09
John Bradley	M65	37:47
Rohan Thompson	M40	45:25
Jeff Whittam	M80	47:52

Women

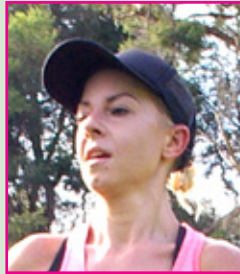
Peggy Macliver	W70	37:49
Marg Forden	W75	47:45
Irene Ferris	W65	47:51
Gina Bell	W50	48:33
Priscilla Wilson	W40	50:58
Lesley Dowling	W60	53:19
Dorothy Whittam	W80	57:30



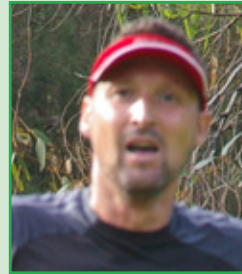
Private faces in public places are wiser and nicer. (WH Auden) No doubt he's right, but the range of emotions shown above makes us wonder what director Mark said? It must be the way he tells 'em! Below, for a change, here are some visitors' faces at the finish.



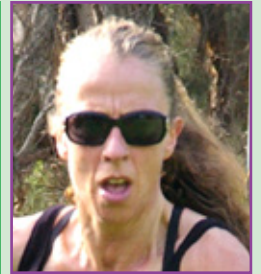
I won it!



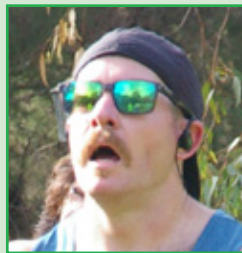
I finished!



Is it all over?



No pictures, please.



Bit humid today I'd say.



Can I stop now?



Well, I liked it!



Please tell me she's joking!



John Fisher (left) storms home leaving the competition in his wake. Of course, they were walking! Peggy (above, with John Bradley) is making the most of her walking, winning the 5km by ten minutes.



Perry Lakes
 March 17, 2019
 Director: Jane Elton

Women are brilliant! Proving they can do two things at once are jumping new M35 member Melinda Evans and kissing pals Silke Peglow and Lori Sexton. Top pic, another brilliant woman, director Jane Elton took some unkind and unfair remarks from a few people. (Shame on you!) Below – Masters caters for all ages.

IN THE 10.8km and 7.2km runs, through no fault of their own, or of the director, some runners did not complete the first lap correctly.

Full results are on the club website but Vetrun has not shown age-group best performances for these events.

AGE-GROUP WINNERS

3.6km Run

Giovanni Puglisi	M65	14:41
Jim Klinge	M70	16:29
Campbell Till	M60	17:27
David Carr	M85	18:41
Hamish		

McGlashan	M80	23:42
Merv Jones	M75	25:40

Women

Carmel Meyer	W55	19:01
Carol Bowman	W60	19:07
Stephanie Manuel	W45	22:27
Conny Brieden	W50	23:07
Jackie Halberg	W70	24:38
Jo Patroni	W30	28:22

6km Walk

Victor Munoz	M60	36:32
Lui Cecotti	M70	42:28

Johan Hagedoorn	M75	47:28
Richard Blurton	M65	53:45
Russell Saunders	M50	76:04

Women

Janne Wells	W50	43:01
Peggy Macliver	W70	45:32
Justine Stewart	W30	45:36
Irene Ferris	W65	49:12

4km Walk

Karyn Tolardo	W50	23:39
Sally-Anne Smith	W40	28:11
Lorna Lauchlan	W85	37:42
Jan Jarvis	W70	38:13
Gail Castensen	W65	38:27
Sofia Carson	W55	49:05

Men

John McDonagh	M70	27:13
John Dennehy	M55	29:48
Jeff Whittam	M80	37:07

2km Walk

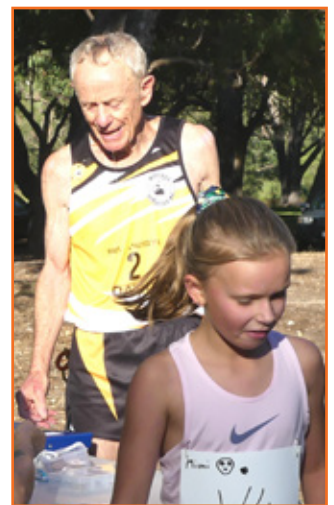
Christian D'argent	M60	12:18
Peter Hopper	M70	13:06
Brian Dalton	M65	28:15

Women

Margaret Bennett	W75	21:29
Priscilla Wilson	W40	21:30
Dorothy Whittam	W80	23:11

THANK YOU to all who attended the Perry Lakes run on Sunday, and all the fabulous volunteers. It was a beautiful sunny morning, albeit a bit warm, but fortunately much of the course is leafy and well shaded.

The course was planned to be altered so that the runners and walkers could follow the same route. However, we had the WARWC join us for the walk, bringing with them judges who were using the walk as an education session. The runners on course suffered some confusion on the first lap causing many to miss completing a lap around the cone, and effectively reducing the distance they covered. But many decided to make up the missed section before entering the finishing chute. All this confusion – combined with increasing traffic – will result in the



course being altered to make it clearer and safer for future events.

Again there were a really high number of visitors (49) which is great to see. Thanks to participants and volunteers for making it such a fantastic morning. *Jane*



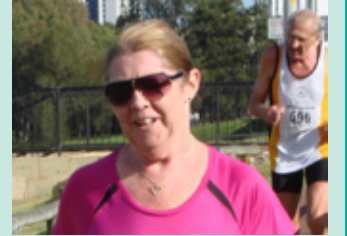


Visitor numbers are booming and two committee members – Janne Wells and

Andrew Cuthbertson, pictured left, are needed each Sunday to sign them in. And the visitors aren't shy about leading the race, as our start picture proves!

WE couldn't have wished for better weather than we had this year, perfect conditions for a run/walk. We had a record number with 190 participants, so thank-you to our members and visitors. Hope to see you all again next year!

A big thank-you to our many helpers; you are so important for the running of a smooth event and we directors couldn't possibly do it without you. *Gail*



Woodbridge

17 February 2019

Director: Delia Baldock

10km Run Handicap

Ceri Morton	W35	1:02:39	6.04	56.35
Michelle Skellern	W45	1:03:01	3.24	59.37
Wayne Taylor	M55	1:03:51	13.52	49.59
Ngaio Kerr	W45	1:03:57	5.45	58.12
Denise Newport	W55	1:04:28	7.00	57.28
Geoff Davidson	M55	1:05:03	16.42	48.21
Wayne Bertram	M55	1:05:12	18.38	46.34
John Fisher	M55	1:05:19	18.36	46.43
Andrew Grosas	M55	1:05:22	19.21	46.01

5km Walk (Handicap)

Peggy Macliver	W70	43:27	5.19	38.08
Lesley Dowling	W60	44:01	3.38	40.23
Rex Bruce	M75	45:43	5.18	40.25
Johan Hagedoorn	M75	45:54	11.21	34.33

5km Run

AGE-GROUP WINNERS

Matt Byles	M35	18:08
Ante Perdija	M45	20:05
Bert Carse	M75	23:19
Jim Klinge	M70	23:31
Colin Smith	M55	24:46
Gary Fisher	M65	27:01
John Batta	M50	32:44
Alastair Wallace	M60	33:24
Rohan Thompson	M40	42:25
Neil McRae	M65	44:12

Women

Margaret Saunders	W65	24:47
Richelle Breen	W35	28:48
Jenny Audsley	W55	30:08
Stephanie Manuel	W45	33:11
Sharlene May	W40	35:04
Toni Frank	W70	43:37

10km Walk

Karyn Tolardo	W50	1:11:32
John McDonagh	M70	1:11:38

Age-Group Winners

8km Run

Bob Lane	M70	35:17
Paul Hughes	M65	38:36
stan Bell	M50	38:46
Bob Britton	M55	42:30
Alastair Wallace	M60	50:00
Roy Hart	M70	52:38
James Normoyle	M40	53:59

Women



Sally-Anne Smith W40 42:35

3Ps

March 24, 2019

Director: Nick Miletic & Gail Castensen

Claire Walkley	W50	43:12
Sheryl Woolley	W45	52:50
Shirley Bode	W60	54:01
Hazel Stephen	W70	1:01:15

16km Run

Kim Thomas	M45	1:03:21
Mitch Cleasby	M55	1:09:17
Kevin Johnson	M60	1:09:17
Matt Skellern	M50	1:11:45
Jerry Peters	M40	1:11:49
Craig Lines	M45	1:18:27
Zane Walsh	M35	1:18:41
Brian Bennett	M70	1:26:14
David Baird	M75	1:28:14
Ian Carson	M65	1:31:39

Women

Clare Wardle	W40	1:12:40
Elizabeth Gomez	W35	1:18:10
Julie Bishop	W45	1:19:05
Karen March	W55	1:24:44
Liz Dewhurst	W30	1:40:43
Silke Peglow	W50	1:41:59
Trudy Young	W60	1:46:20

5km Run

Amanda Walker	W50	21:14
Monique Scourse	W45	24:23
Carol Bowman	W60	27:50

Delia Baldock	W55	29:33
Jackie Halberg	W70	34:35
Sheila Maslen	W80	51:09

Men

Giovanni Puglisi	M65	21:43
Bernard Mangan	M60	23:30
Jim Klinge	M70	25:18
Alan Gray	M55	25:36
David Carr	M85	26:52
Randy Hobbs	M55	26:55
Christian D'argent	M60	29:20
Irwin Barrett-Lennard	M85	35:00
Merv Jones	M75	38:07

16km Walk

Andrew Duncan	M50	89:03
Karyn Tolardo	W50	91:50
8 km Walk		
John McDonagh	M70	60:26
Justine Stewart	W30	61:18
Mike Hale	M70	69:10

5km Walk

Victor Munoz	M60	30:33
John Brambley	M75	41:44
Arnold Jenkins	M70	44:41
Bob Fergie	M80	46:37
Peter Brooke	M55	60:46

Women

Peggy Macliver	W70	42:39
Rosa Wallis	W75	43:21
Lesley Dowling	W60	45:16
Gina Bell	W50	50:06
Priscilla Wilson	W40	51:44
Jo Richardson	W65	56:51

Antibiotic resistance = 23,000+ yearly deaths in USA

FOUR out of five patients are given antibiotics every year, making them the most widely prescribed drug in doctors' offices today. In most cases, this is due to patients expecting them, even though many illnesses are caused by viruses which do not respond to these drugs.

The Centre for Disease Control and Prevention (CDC) states that, "Antibiotic resistance is a worldwide problem. New forms of antibiotic resistance can cross international boundaries and spread between continents with ease.

"Many forms of resistance spread with remarkable speed. World health leaders have described antibiotic resistant micro-organisms as 'nightmare bacteria' that 'pose a catastrophic threat' to people in every country in the world."

The CDC estimates that in the United States, more than two million people are sickened every year with antibiotic-resistant infections, with at least 23,000 dying as a result. The estimates are based on conservative assumptions and are likely minimum estimates.

What causes antibiotic resistance?

The CDC reports that use of antibiotics is the single most important factor leading to antibiotic resistance around the world. However, up to 50 per cent of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed.

Antibiotics are also commonly used in food animals to prevent, control and treat disease, and to promote the growth of food-producing animals. The use of antibiotics for promoting growth is not necessary, and the practice should be phased out.

In addition, almost 250,000 people each year require hospital care for Clostridium difficile (C. difficile) infections.

In most of these infections, the use of antibiotics was a major contributing factor leading to the illness. At least

by
Linda Carney, MD
in September 2013

Dr Carney helps patients prevent and reverse disease through balanced lifestyle changes, including implementing an anti-inflammatory, high fibre, nutrient dense plant-based, Starch-Smart diet.

14,000 people die each year in the United States from C. difficile infections. Many of these infections could have been prevented.

Eighty per cent of all antibiotics are used in factory farming practices.

By adding antibiotics to their food, animals grow faster which keeps up with demand and increases revenue. Overcrowding and filthy living conditions also creates widespread disease and infections, requiring the use of antibiotics.

"Prevent antibiotic resistance with whole-food nutrient-dense starch smart diet."

The best way to prevent becoming antibiotic resistant is to eat a whole-food, nutrient-dense, Starch-Smart® diet.

This supports an optimally functioning immune system and avoids the antibiotics in animal agriculture. Taking antibiotics only when absolutely necessary is also recommended.

Read the article, "Report Links Antibiotics at Farms to Human Deaths."

Additional Information:

- (1) *How to Reduce Dietary Antibiotic Intake*
- (2) *Antibiotics May Stop Working*
- (3) *Antibiotic Resistance Threats in the United States, 2013*
- (4) *Antibiotic Overuse Danger to Pregnant Women*
- (5) *Chicken Linked to Bladder Infections*
- (6) *Drug Residues in Meat*
- (7) *A River of Waste*



Thanks to John Bell for these health-related reports. Full versions are available at the club website, under the Magazines tab.

FIBRE We're not getting enough

ACCORDING to James Bullen, writing for the ABC's Health Report, many popular low carb diets – including the paleo diet and the keto diet – advocate a reduction in the amount of carbohydrates you eat (which includes fibre) and eschewing whole grains.

People following paleo or keto would have great difficulty getting the protective effects of fibre while sticking to their diet, said Professor Jim Mann, from the University of Otago.

"Even if you were having good low carbs, you are not going to achieve those (25-29 grams of fibre) intakes," he said.

"So I think it should make people want to think about whether there really is benefits to these low carb diets."

Dr Alan Barclay, an accredited practising dietitian and spokesperson for the Dietitians Association of Australia, said he expected the next national Australian survey to show a drop in our fibre intake, in part because of the popularity of low carb diets.

"By cutting out so many carbohydrates, they are inevitably lowering their fibre intakes," he said.

"That's not to say all low carb diets are low in fibre – the CSIRO did a wonderful job in developing a lower carb diet that is reasonably high in fibre, so it can be done."

"But the participants in that research saw a dietitian for a month every year, which is difficult for the average person to do."

For the full report, go online to ABC news site, Health and Wellbeing.

BOOT CAMP OVER 60?



10 steps to turn around unhealthy habits

by Bruce Horowitz,
January 30, 2019

IT TAKES moxie to flip an unhealthy lifestyle to a healthy one – particularly for folks over 60.

Most baby boomers approach retirement age unwilling to follow basic healthy lifestyle goals established by the American Heart Association, said Dr Dana King, professor and chairman of the department of family medicine at West Virginia University, referencing his university's 2017 study comparing the healthy lifestyle rates of retired late-middle-aged adults with rates among those still working.

Kaiser Health News interviewed three other prominent experts on aging and health about how seniors can find the will to adopt healthier habits.

"People do financial planning for retirement, but what about retirement health planning?" King asked.

Motivated seniors can begin by following Kaiser Health News' 10-step programme:

1. Buy great sneakers.

Purchase a pair of top-quality sneakers specifically designed for walking, said Carolyn Rosenblatt, founder of AgingParents.com, who started participating in triathlons at age 63 and continues to do them at age 70. Start by walking around the block. Expand that to 30-minute

The inside story

Introspection gone too far? Maybe! This view of your editor is revealed by DEXA scanning, said to be the 'gold standard' for measuring body composition. For instance, my wife and I discovered that we're normal, with no skeletal problems and average muscle to fat proportions. Evaluating body composition is useful in setting your sports, health and dietary goals. Our scans were done at the Shenton Park gym of Peter Trench Health and Fitness. Cost is \$99.



walks at least three times weekly – or set a goal to increase your walking distance by 10 per cent each week. And leave your sneakers by the front door.

2. Practice your balance.

The best way to avoid falls is to retain a good sense of balance, said Rosenblatt.

3. Improve your breakfast.

Stop eating the sweet roll with coffee. Consider substituting a home-blended smoothie with a banana, seasonal fruits, almond milk and protein powder or a protein patty without sugar. And cut out excess sugar in all your meals, said Rosenblatt. Replace soda with seltzer water.

4. De-stress wisely.

Find ways to manage your stress that don't involve food, alcohol or smoking. There are lots of meditation programmes you can download on your phone and listen to for even 10 minutes, said Rosenblatt.

5. Practice resistance training.

To keep your muscle mass from disappearing, do resistance training by lifting dumbbells or barbells or using weight machines, said Kay Van Norman, owner of Brilliant Aging, a consulting firm for healthier aging. "Your muscles are amazing, but if you don't use them, you lose them," she said.

6. Hit the floor.

Aging adults need to regularly practice getting down on the floor and standing back up again. "If you don't get down on the floor and back up, you won't be able to do it after a while," said Van Norman.

7. Challenge your speed.

While it might not seem as if folks over 60 need to worry about exercise that involves

speed and intensity, they do, said Van Norman. "Most people don't even think about speed in order to stay healthy. But tennis players are doing that all the time. You need to do something to challenge your speed, not just your power." That's why sports like tennis can be terrific as you age, she said.

8. Believe in yourself.

Faced with self-doubt and depression after several tragic, challenging events, Sharon Sultan Cutler, 71, turned to therapy to help her feel better about herself. "The first person you have to believe in is yourself," said Sultan Cutler, an author. "People like to be around other people who believe in themselves."

9. Tackle a project.

Pick a project that has meaning to you. Sultan Cutler opted to co-author (with two other writers) her first book, *Bandstand Diaries: The Philadelphia Years, 1956-1963*, an inside look at her once favourite TV show, Dick Clark's American Bandstand. Never mind that she'd never written a book before. Now she's on her third book, *Your New You After 65: Valuable Advice to Inspire Your Awesome Aging*. "It's like having a day-dream that you can actually make happen," she said.

10. Embrace self-improvement.

Some call this lifelong learning. Living a healthier lifestyle requires constant learning and self-improvement, said Sultan Cutler. Seek out local learning resources like community colleges, where classes are often steeply discounted for seniors, she said. "Self-improvement isn't just physical. It's mental, too." ■

In praise of check-ups – and Marg!

by
Ivan Brown

IN the January 2019 TFNL Margaret Saunders wrote a very interesting article on the subject of why our running performance declines as the years pass by. Like many others I keep a diary which charts my running history and provides graphic evidence that my times (and yours!) will deteriorate after reaching a peak, thanks to the ageing process.

Before I expand further on this subject I wish to pay tribute to Marg for her guidance and encouragement over the past 25 years. It was back in 1991 when my 14-year old son, Marcus, joined her squad at the Stirling/Swans Athletic Club and was able to train with Ray Boyd, David Suiter and other top guns of the 1990s.

Having to drive Marcus to training at the Noranda grass track each Tuesday and Yokine oval each Thursday meant that it was not long before I jumped the fence and joined the training group.

It was very much thanks to Marg and that group that at age 51-54 my 10km time dropped from 46 mins to a PB of 39.48.

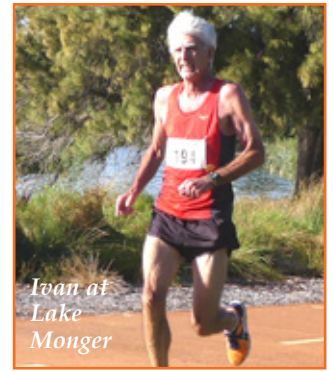
I will never forget the John Gilmour 10,000 at Coker on November 26, in 1998, when Robyn King and I splashed our way around 25 laps in heavy rain to both go under 40 mins.

That month was my peak, at age 54, and I achieved PBs for 3,000m (10:58) and 5,000m (18.57). I built up to a PB in the club 25km event in June 1999 (1:46:30) at an average of 4:12 per km.

Thank you again, Marg ... it's all downhill since then!

Stress test

In her recent article Marg explained how a test (now known as an exercise stress echocardiogram) is a reliable measure of fitness for endurance athletes at any age.



Ivan at Lake Monger

As part of her training group I undertook an annual stress test between 1996-1999. The test involves treadmill running while wired to a machine, with the speed and incline increasing every three minutes. My performance on the treadmill in those years proved I was in the top ten per cent of the community, fitness-wise. For instance, 1996 (15 mins); 1997 (15:24); 1998 (15.40) and 1999 (15 mins).

The test results also indicated no sign of heart disease.

By 2002, at age 58, my times were dropping off – 3,000m in 11.30 and 10km in 42.50. My stress test that year showed that I managed 15.28 on the treadmill – hence despite equal effort and fitness my times had dropped off.

When I turned 70 in November 2014 I volunteered to have another stress test to check if there were any heart problems before I set my programme for the world masters in Perth. I was given the all clear and was able to perform respectably with a two-year pb of 6.07 in the M70 1,500m.

When I read Margaret's recent article it prompted me to again request a referral to undertake a stress test at Hollywood Hospital. The cost was \$750 but Medicare paid \$350 so I regard that as a good investment in longevity. The result ... no sign of heart disease and although I only lasted 12:50 mins on that bloody treadmill I feel reassured that I can push myself to the limit of my ability over the next few months.

Read it!

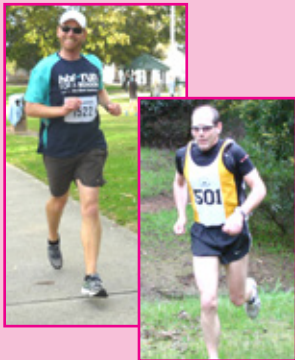
I recommend Margaret's articles to all our members – and the advice to take adequate rest days after a hard race. My thanks also to Dave Carr for his advice over the years: both of you are inspirational to us mere mortals.

April 7
Thornlie Two Rivers



Race Director: Jim Langford (0401 916 925)
Jim Langford, Bruce Wilson, Margaret Langford, Christopher Coates, Prabuddha Nicol, Ross Langford, Carmel Meyer, Sarah Ballard, Hugh Lloyd, Belinda Mckay, Sue Glyde, Mark Glyde

April 21
Bold Park GOT



Race Director: Mark Kerr (0406 830 745) & Neil Morfitt (0417 410 328)
John Bell, Giovanni Puglisi, Lachlan Marr, Elaine Dance, John Dance, Theresa Howe, Peter Hopper, Alan Thorniley, Johanna Leahy Marstrand, Christian D'argent, Angela Italiano, Rashanthi Wanigasekera, Carrie Francis, Gary Ife, Paul Beckers, Ruth Metcalf, Iain Parnum, Paul Callery, Rebekah Blake

May 5 – Weir Run

Race Director: Sean Keane (0412 180 823) & Neil McRae (0423 077 283)



Maggie Flanders, Trevor Scott, Neil Mcrae, Bernard Mangan, Jeffrey Bremner, Silke Peglow, Bruce Grant, Robert Hull, Barbara Putland, Jenny Audsley, Ann Andersen, Chris Lark, Lourens Jacobs, Barbara Hasenoehrl, Steve Barrie, Phillippa Bennett

HELPERS

May 12
Curtin Handicap



Race Director: Giovanni Puglisi (0424 245 141)
John Pellier, Joan Pellier, Irwin Barrett-Lennard, Sean Keane, Margaret Saunders, Mark Dawson, Wendy Grace, Mark Kerr, Ngaio Kerr, Zane Walsh, Liz Dewhurst, Evelyn Gilbert, Sarah Wickham, Anthony Mugavin

May 19 – RRC 15k/RRC 5k & RWC 10k/RWC5k



Race Director: Gary Fisher (0400 855 978)
Roger Walsh, Jackie Halberg, Graeme Dahl, Joseph Patroni, Judy Davis, Sandra Eastley, Geoffrey Vine, Alun Lickfold, Jo Patroni, Paul Every, Russell Saunders

May 26
Deepwater Point



Race Director: Ian Carson (0419 040 861)
Bob Fergie, Margery Forden, Alan James, Mark Hewitt, Priscilla Wilson, Brian Dalton, Ann Andersen, Alastair Wallace, Paul Edwards, Karen Alford, Victor Popescu, Mitch Cleasby, Denise Cleasby

June 2
RRC 25k/RRC 5k & RWC 15k/RWC 5k



Race Director: Mark Hewitt (0447 914 971)
Bruce Wilson, Jackie Halberg, Maggie Flanders, Sandra Rourke, Bruce McGeorge, Mandy Mason, Nicola Hibbert, Barbara Hasenoehrl, Shirley Bode, Ruth Metcalf, Paul Every, Andrew Robertson, Justine Stewart, Nasirah Hemy

NEW MEMBERS – WELCOME!

1859 INGLIS: Tim M60
1860 STANLAKE: Troy M35
1861 MAY: Sharlene W40
1862 MORTON: Ceri W35
1863 MERCHANT: Sherree W45
1864 OCONNELL: Martin M50
1865 GRANNELS: Stephen M55
1866 NAIRN: Gary M50
1867 EVANS: Melinda W35
1868 PETERS: Jo M65
1869 NORMOYLE: James M40
1870 ABDELMESEH: Rose W40
1871 KARAJAS: Tim M40
1872 MCGOLDRICK: Myree W55
1873 HEMY: Nasi W45
1874 PASCOE: Mike M60
1875 WATSON: Sha W50
1876 SAUNDERS: Russell M50
1877 HICK: Jameson M40
1878 YOUNG: Trudy W60
1879 SKIPWORTH: Lou W35
1880 LINDEN: Luke M40

Where they're running

EVERYONE is welcome to join in Masters' regular Sunday and T&F meetings and also the extra events listed here. All are organised by members, volunteers and supporters.

MONDAY

Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail



Dick Blom, long-time club member and now supporter; pictured at the end of his 2008 full Bibbulmun Track walk.

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

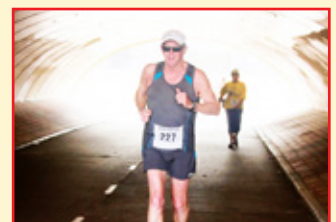
FRIDAY

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@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.



What a star! Most Improved road runner Gary Fisher; no wonder he needs shades, he gives off such a glow!