



Vetrun

The magazine of Masters Athletics WA

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Six Hour relay was Ladies Day

STRENGTH in depth among the club's female runners and walkers was the outstanding feature of this year's relay. If they care to take it on, these terrific women could be worthy successors to the teams that set 24-hour records way back in the club's history.

The Six-Hour event began last year as a taster to discover if there was enough spirit and support in Masters today to emulate the brilliant, world-record setting standards of our 1980s athletes.

This year, the ladies proved there is.

*Pictures and comments
by Vic Waters*

They made up the bulk of the field. Indeed, without them the event would have been a wash-out. What's up, blokes?

It was good to see Dorothy Whittam and Joan Pellier there, walking and assisting. They are two of the original record holders. Let's hope our women are inspired to push on with this relay concept.

Maybe a 12-hour attempt next time?

Perhaps they'll even shame a few more men to try it.

Amanda Walker hands to Jodie Osborne for the W40 team. More pictures, page 2.

TEAM RESULTS

Mixed 50+

Jennifer Williams, Chris Maher, Karl Stockman, Mark Hewitt, Graeme Dahl and Lui Cecotti.

Distance completed: 81.7km.

W40

Amanda Walker, Jodie Osborne, Sandra Stockman, Claire Walkley, Jane Elton and Kate Somerville.

Distance completed: 83.1km.

W45

Karen March, Robin King, Christine Pattinson, Liz Neville, Carmel Meyer and Karen Hagen.

Distance completed: 79.2km.

Walkers

Cheryl-Lee Dean, Regina Crouch, Bob Fergie, John Oldfield, Jeff Whittam and Lorna Lauchlan.

Distance completed: 47.7km.

Xmas Gift Run

Jackie Halberg wrote the rules of combat a couple of years ago to counter my cynical rant – so it's now traditional!

"Vic, please just tell members the start time is 7.30am – from McCallum Park. Run 6km/4km or chosen distance (no official times taken). Bring a gift of value of \$10 to put under the tree. (Mark male or female if applicable!)"

"Wear your best Chrissy gear, perhaps you'll win a prize. Then enjoy a Christmas morning tea. Could you also send Christmas wishes to everyone from the Committee?"



Our social organiser Elaine is now dubbed 'Queen of the Dance' for her service to the club. So what's that make snowman John – Master of the Revels?

Once again it is getting to that crazy time of year. Over the years we have had snowmen, elves, candy canes, presents and goodness knows what else. So it's time to get your festive thinking caps on and plan an outrageous outfit for the Christmas Gift run on the December 23. Elaine

6-HOUR RELAY

RELAYS bring out the best in us, and some of our best clubmen and women turned out to run, walk and support this year's event.

Runners Christine Pattinson and Liz Neville are in the frame (right) with walkers John Oldfield and Lorna Lauchlan. Below, Sandra Stockman and Jodie Osborne; and below right is a picture on the same course in the old Deadly Medley relay – Christine Oldfield, Barbara Blurton and Viv Lok in front.



Above, Claire Walkley to Jane Elton: only two of their W40 team are under 45. Four others are W45s, and 47-years old Sandra Stockman averaged sub-4min km over her seven, 2km, runs. Right, Regina Crouch and outstanding new walker Cheryl-Lee Dean, who averaged 12.14 in her five, 2km, walks. Below, Chris Maher to Karl Stockman.



You write... Wot, no records?

Dear Vic,
THE 2012-2013 Australian Masters Athletics Handbook arrived last week and congratulations on a good publication.

HOWEVER (there is always one!) while the list of Australian and overseas records for the past 12 months is interesting and important to those who created them, it is disappointing that all the current records are not published. These I feel are more important and as published in previous handbooks were a valuable reference. You obviously have your reasons but I feel that their omission is a mistake.

Regards, Rob Shand

The full list of world and other records is available on the AMA website.

VW

Anniversary book of the club

MANY of you already know that I am in the process of writing a book to celebrate the club's 40th anniversary in 2014.

I am aiming to cover every aspect of the club's development since its inception in 1974. So far, I have a first draft of about half of the planned sections and will be working on the rest throughout the coming year.

I have already had some help from a few members and this is just advance notice that I will be approaching more of you, mainly those who have been in the club the longest, to glean further information

and to clarify points I am not sure about.

I am also keen that what I write is factually accurate. Since many of you know a lot more than I do, I'm planning to send out small sections for review to people (with their prior agreement) who are most likely to be able to verify the material.

So oil your brains and polish your memories!

Christine Oldfield

Book now for Masters' Dwellingup Weekend

OUR last trip at the end of September at Lewana Cottages, was most enjoyable.

The highlight of the weekend was the bus trip to Bridgetown for the grand final lunch.

The bus driver was showing signs of panic as the bus almost did not make it up the hills, however after two litres of oil in the gear box, it sailed back home afterwards.

We couldn't award a "best on ground" as everybody

remained perpendicular (for a change).

The next weekend away is to be held in Dwellingup from Friday 1st of March to Monday 4th March.

Please contact me on gumtree.p.d@optusnet.com.au if you would like to attend.

Everybody welcome.

Denise Viola

Rottnest Marathon

THANKS to Jim Barnes for the following Rottnest Marathon results for this year.

Kim Thomas	M35	3-07-18
(8th overall)		
Micki Mouroi	M50	3-21-12
Jodi Obourn	W40	3-23-38
(1st woman)		
Chris Patinson	W55	3-49-05
(9th woman)		
Joe Clark-Murphy	M65	3-54-05
Claire Walkley	W45	3-57-17
Liz Neville (2)	W60	4-01-01
Jane Elton	W45	4-03-41
Trish Farr	W40	4-09-58
Brian Danby	M60	4-14-36
John Davies	M65	5-11-12
Julie Keeley	W40	5-17-26
Kate Somerville	W40	5-18-16
Frances Cassella	W60	6-11-10



I believe Brian Danby, above, has run every Rottnest Marathon, and Julie Keely, below, is another regular entrant. VW



Do you receive Vetrun by email?

THIS month will be the last time that members will receive Vetrun by e-mail. From January, these members will need to read/download from the club website.

This is a decision endorsed by the club committee and any queries about it should be directed to them.

New members - Welcome!

1158 JAMES: Gail W45
1159 BLUM: Raphael M45
1160 HARVEY: Gregory M45
1161 KENNEDY: David M30
1162 BARRINGTON: Peter M70

1163 KESHWAR: Maureen W60
1164 FEUTRILL: Brian M45
1165 STAIGER: Jacqueline W35

I GOT Human error

Hi Vic

WHERE did you get the headings from for the GOT event in the November 2012 Vetrun?

Shouldn't they be: 'Actual' and 'Estimate' and not, 'H/Cap' and 'Actual'?

Probably not many will notice and should be able to figure it all out.

Richard Danks

Thanks Richard. You're right, of course. Those headings made a first appearance on the galleys received from the typesetter.

She obviously used her initiative, as the results went to her clean, and I didn't notice the error - obviously - until now.

Readers needed

I HAVE often told people that proof-reading is a meticulous skill.

We should read every word, but unfortunately we tend to scan instead. Although they're larger, headlines are a danger area. We assume they're right, somehow, because we don't read them word for word.

My worst experience was on the first local paper that rashly employed me - at age 17.

Milked it

One week our front page, two-inch high woodcut headline read;

THE MILK IS SPLIT

It applied to a story about local school-kids who had gone on a school trip to Paris (from Brixton, south London) during the OAS bombing outrages.

The local council ruled they should not go. But by the time that decision was made, the kids had gone, and returned to Brixton, safe and sound.



In my view

by the Editor

We ran the story as a dig at the tardy council.

The headline should have been:

THE MILK IS SPLILT

We intrepid learner journos all failed to see it (even on the big street posters) and not a single reader ever called to say they had noticed. VW

LAST month I misled you over the many records set by our members as shown in the new AMA Handbook (Vetrun p.1 'WA's in the records book').

Although Lynne Schickert set her W70 records at the World Indoor Championships (at Jyvaskala, Finland) they are Australian records, not world ones.

I also missed the name of the venerable Irwin Barrett-Lennard. He was one of the 4x400m relay team which set a new Australian record of 68.43s at Albert Park last April.

You can find all the details in your copy of the Handbook. The listings show records set over 12 months, up to September 25, 2012. Fuller listings of all world and Australian records are on the AMA website.

MAWA and

Vetrun

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Kalamunda Railway

November 11, 2012

Directors: Bert & Bridget Carse

8K RUN

Tony Smith	M35	31:46
Lachlan Marr	M50	31:56
Paul Odam	M50	33:10
Ian Carson	M55	33:14
V6		33:20
John Allen	M55	33:31
Tristan Bell	M45	34:52
Jim Klinge	M65	35:04
Ross Keane	M50	36:49
Don Pattinson	M55	37:06
Wayne Taylor	M50	37:07
V2		37:14
Karen Peace	W40	38:23
Brian Danby	M60	38:28
Charlie Chan	M60	39:55
Bob Schickert	M70	39:56
John Bell	M65	40:08
Chris Pattinson	W55	41:13
Jennifer Williams	W65	41:37
Mike Khan	M65	41:59
John Mack	M70	42:19
Julie Wilson	W55	42:31
Graham Thornton	M70	42:47
Richard Blurton	M60	43:23
Mike Hale	M65	43:28
Bruce Mathieson	M65	44:03
Robin King	W50	44:13
Milton Mavrick	M55	44:36
V3		44:42
Johan Hagedoorn	M65	45:19
Lorraine Lopes	W70	45:21
John Pellier	M70	45:49
John Byrne	M60	46:31
David Carr	M80	47:40
V8		47:49
V7		47:49
Vic Waters	M65	48:04
Sandra Rourke	W45	48:05
Robert Poulinet	M65	48:09
Shirley Bell	W60	48:41
Roger Walsh	M65	49:13
Greg Wilson	M65	51:18
Merv Jones	M70	51:26
Suzanne Poulinet	W60	51:35
Brian Bennett	M65	51:44
Frank Price	M60	51:51
Steve Clark	M70	52:43
Brian Smith	M70	53:14
Val Millard	W65	57:41

Some started in the road, some in the bush at Kalamunda. Below, never mind Bert – that's fete? Further down, that's Bert's doppelgänger Ian Carson, who ran fourth.

WE had excellent weather for the Kalamunda walk/run. It was sunny and there was a slight cool breeze. The bush track had been marked in such a way that participants could easily follow the trail, and our helpers ensured that the run was organised and held safely.

At the start tension could be seen in the body language of some athletes – while others were admiring a butterfly with blue wings. There was much laughing as the athletes assembled but soon it was down to business and they were off.

Unfortunately two or three athletes arrived late and missed the start (they were all male). It is a lonely feeling to be on your own at the start of a race.

When the athletes were finishing I noticed that the facial expressions varied from grimaces to beaming smiles. I did question the beaming smiles and felt for those who appeared to be at the point of exhaustion.

I also noticed that the first three competitors in the 4km run were all ladies; well done ladies. This was reversed in the 8km run where the men finished 1, 2 and 3. As I watched the others finish I listened to them at the finish and heard that one lady was still a long way from the finish – because she was enjoying looking at the wildflowers! Congratulations to all participants; I know they enjoyed the event and it made me happy as a race director to be

involved. Thank you, helpers, for your efforts which ensured the event was held successfully.

Bridget and Bert



4K RUN

Margaret Saunders	W55	19:15
Gillian Young	W65	20:18
Carol Bowman	W55	20:31
Dave Roberts	M70	20:41
Genevieve Schreyvogel	W40	22:01
Jochen Schreyvogel	M45	22:01
Maurice Creagh	M65	22:04
Delia Baldock	W50	22:18
Nick Miletic	M60	24:14
V4		26:08
V5		26:08
Gail Castensen	W55	30:48
Julie Wood	W60	32:27
Denise Viala	W60	34:15
Jan Jarvis	W65	34:27

8K WALK

Lynne Schickert	W70	65:10
Regina Crouch	W40	66:15
John Smith	M75	72:25
V1		77:49

4K WALK

Bryan Hardy	M65	31:07
Joan Pellier	W70	36:01
Bob Fergie	M75	36:55
Kirt Johnson	M80	36:56
Patricia Hopkins	W70	39:13
Ann Turner	W75	42:11
Lee Chan	W50	42:41
Pat Ainsworth	W75	47:23
Dorothy Whittam	W75	47:24

Safety Bay

November 18, 2012

Directors: Elaine & John Dance

10K RUN

V11		39:14
Kim Thomas	M35	40:49
Ian Carson	M55	43:05
V3		43:16
Graeme Dahl	M60	43:58
Bjorn Dybdahl	M55	44:40
Jim Klinge	M65	44:50
Brian Bennett	M65	45:30
V8		45:55
Ross Keane	M50	46:08
Hamish McLeod	M35	47:45
Karen Peace	W40	48:12
Jennifer Williams	W65	48:45
Brian Danby	M60	50:03
John Bell	M65	50:40
V4		50:51
Bob Schickert	M70	51:21
V1		53:10
Chris Koemam	M50	53:40
Gail James	W45	53:49
Julie Wilson	W55	55:52
Bruce Mathieson	M65	57:03
Theresa Howe	W60	60:03
Neil McRae	M60	61:24
John Talbot	M65	61:48
John Pellier	M70	62:06
Greg Wilson	M65	62:10
Rochelle Airey	W40	62:27
Frank Price	M60	62:51
John Byrne	M60	63:49
Janet Jiang	W45	64:55
V7		65:40
Sarah Ladwig	W60	65:48
Merv Jones	M70	66:05
Bronwyn Smith	W40	66:27
V9		69:13
Steve Clark	M70	69:36
Irene Ferris	W60	71:19
Brian Smith	M70	71:20
Rebecca MacKinnon	W30	73:38
V6		73:38
Pauline Gilchrist	W65	77:05
Bob Fawcett	M60	88:00

4.4K RUN

V5		18:54
Gillian Young	W65	23:17
Carol Bowman	W55	23:29
Johan Hagedoorn	M65	24:03
Maurice Creagh	M65	24:49
Graham Thornton	M70	25:33
V2		26:25
Peggy Macliver	W65	26:30
Monique Thomas	W35	27:35
Roger Walsh	M65	27:35
Debbie Wolfenden	W45	29:26
Margaret Bennett	W70	39:33
Pierre Viala	M65	39:33

10K WALK

Val Millard	W65	76:12
Lynne Schickert	W70	79:28

4.4K WALK

Irwin Barrett-Lennard	M80	37:47
Joan Pellier	W70	40:29
Jeff Whittam	M75	40:31
Lorna Lauchlan	W80	40:34
Bob Fergie	M75	40:49
Morris Warren	M75	40:34



How do they stay so youthful? Must have good blokes looking after them! Director Elaine, above, and Jacqueline Billington shared their birthday celebrations with a record field at Safety Bay.



WHERE did all the people come from for the Safety Bay run this year? Perhaps it had something to do with two special birthdays that we celebrated as well (Jacqueline's and Elaine's).

Or perhaps it was to see the wildlife that decided to run with us this year (a large snake and a couple of blue tongue lizards).

Whatever the reason it was great to see so many people enjoying the run, swim, bbq, fruit and of course, the champagne.

Please don't get used to it as it will be back to the basic sausage sizzle next year!

John and I would like to say a very big thankyou to everyone who came to the run and to all our helpers; without everyone's help we could not have had such a successful run.

I do apologise to all those people who thought they did an especially good time on the short run. It was even shorter than planned. I understand it was only about 4.4km and I will get it right next year.

Hope to see as many people next year.

John and Elaine

V10		41:10
Patricia Hopkins	W70	41:37
Ann Turner	W75	42:30
Sofia Carson	W50	43:52
Pat Ainsworth	W75	44:15
Margaret Warren	W75	44:20
Marg Forden	W70	47:51
Maggie Flanders	W75	49:32
Dorothy Whittam	W75	49:36
Leo Hassam	M80	49:40
Julie Wood	W60	50:36
Gail Castensen	W55	50:36

Perry Lakes

November 25, 2012

Director: John Bell

10.8K RUN

Tony Smith	M35	44:45
Kim Thomas	M35	44:46
Ian Carson	M55	44:55
Paul Odam	M50	45:00
John Allen	M55	45:41
Bjorn Dybdahl	M55	47:08
Jim Klinge	M65	47:17
Ross Keane	M50	49:43
Karen Peace	W40	50:18
Don Pattinson	M55	50:19
Brian Danby	M60	51:56
Chris Pattinson	W55	52:42
Gary Fisher	M60	52:47
Charlie Chan	M60	53:54
Mike Hale	M65	55:08
Sean Keane	M45	56:11
V1		56:38
V2		56:58
Paula Karra	W40	57:00
Julie Wilson	W55	57:38
Richard Blurton	M60	59:16
Milton Mavrick	M55	59:16
V4		59:40
John Oldfield	M65	59:58
Peter Bath	M70	61:27
Greg Wilson	M65	64:16
Mark Rosen	M60	64:59
Rochelle Airey	W40	65:24
John Byrne	M60	65:56
Theresa Howe	W60	66:22
Paul Martin	M70	66:49
John Talbot	M65	66:56
Frank Price	M60	67:02
Richard Danks	M70	68:10
Steve Clark	M70	71:20

7.2K RUN

Paul Hughes	M60	30:47
Brian Bennett	M65	33:10
Michael Karra	M45	33:30
Wayne Taylor	M50	34:00
Mark Dawson	M50	34:03
Hamish McLeod	M35	34:28
Martin Watkins	M65	35:13
Maurice Creagh	M65	35:40
Gillian Young	W65	36:00
Bob Schickert	M70	36:20
Johan Hagedoorn	M65	36:26
Neil McRae	M60	39:00
Geoff Mullins	M65	40:57
Sarah Ladwig	W60	41:35
John Pellier	M70	43:48
Merv Jones	M70	45:35
Bronwyn Smith	W40	45:51
Kylie Mahony	W40	46:34
Bob Fawcett	M60	51:00
Brian Smith	M70	55:32

3.6K RUN

Graeme Dahl	M60	15:00
Margaret Saunders	W55	16:56
Dante Giacomini	M40	17:16
Ivan Brown	M65	17:40
Chris Koemam	M50	18:03
Carol Bowman	W55	18:16
Vic Waters	M65	19:45
Bruce Mathieson	M65	19:49
Mike Anderson	M60	19:56
Peggy Macliver	W65	20:12



'No pictures please' – John Bell.

"THE biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'."

Why did I neglect to have a stable table for the drinks?

Why did I neglect to have a marshal at skateboard park to send down the hill the five club stalwart short-cutters?

"Timing has a lot to do with the outcome of a rain dance."

At least the rain was the night before. Huge thanks to all helpers. Magic. Well done all.

Jennifer & John

Ray Attwell	M75	20:54
V3		21:00
John Dennehy	M50	21:33
Christine Oldfield	W65	24:16
Carolyn Fawcett	W60	25:17
Toni Frank	W65	27:16
Julie Wood	W60	29:10
Gail Castensen	W55	29:11
Margaret Bennett	W70	30:58
Sheila Maslen	W70	32:10
V6		35:24
Mary Heppell	W75	38:35
Pauline Gilchrist	W65	48:07

6K WALK

John McDonagh	M60	43:25
Irwin Barrett-Lennard	M80	43:56
Val Millard	W65	44:10
Lynn Schickert	W70	48:33
Jim Barnes	M65	50:34
Jeni Shillington	W55	50:35
John Smith	M75	50:39
Bob Fergie	M75	51:24
Joan Pellier	W70	51:25
Lorna Lauchlan	W80	51:27
Jeff Whittam	M75	51:30
Morris Warren	M75	55:30
Bob Lane	M60	59:50
Dorothy Whittam	W75	60:21
Leo Hassam	M80	66:31

4K WALK

Kirt Johnson	M80	36:11
Ray Lawrence	M80	36:25
Rosa Wallis	W65	38:33
Pat Carr	W80	41:02
Margaret Warren	W75	43:00
Pat Ainsworth	W75	44:15

2K WALK

Ray Hall	M75	16:37
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From the top: the start; Ray Gimi and Julie Wilson; Brian Bennett consulting the oracle; Mike Anderson and Charlie leading a bunch; and long-run leaders Kim Thomas and Tony Smith.



Mosman Park

December 2, 2012

Director: Paul Hughes

OUR first summer's day run? IT'S normally a hot windy run but Mother Nature decided to give us a cool windy day for the club's first summer run and it was appreciated by all runners and walkers.

Special thanks to all my helpers who assist and make my role as race director easier! They are, John Brambley, Rod Hamilton, Peter & Karen March, Paul Martin, Sheila Maslen, Barry Thomsett, David Roberts, Charlie Chan, Monique Fountain (whose husband and children assist on her behalf) Carmel Meyer and Ante Perdija.

See you all next year,

Paul Hughes

Above, cold and windy start for a change at Mosman. Below, Sandra Stockman in fine form, third overall in the long run.



10.5K RUN

Ian Carson	M55	44:39
Paul Odam	M50	45:24
Sandra Stockman	W45	46:21
John Allen	M55	46:57
Jim Klinge	M65	47:20
Ross Keane	M50	48:21
Karen Peace	W40	49:15
Michael Karra	M45	49:56
V5		50:18
Mark Dawson	M50	51:49
V6		54:42
Brian Bennett	M65	55:56
Maree Brown	W45	56:18
Julie Wilson	W55	57:06
Karl Stockman	M50	57:48
Monique Fountain	W40	58:16

10.5km winner Ian Carson, with Jeni Shillington and John Smith in pursuit



Keith Atkinson	M55	58:17	Merv Jones	M70	33:19
Paula Karra	W40	59:21	Damien Hanson	M55	33:57
Mike Hale	M65	60:06	Christine Oldfield	W65	34:49
John Oldfield	M65	60:49	Brian Smith	M70	34:54
Peter Bath	M70	62:10	V2		35:27
John Pellier	M70	62:29	Steve Clark	M70	36:42
Greg Wilson	M65	63:06	Vic Waters	M65	36:51
V3		64:06	Pierre Viala	M65	40:22
John Byrne	M65	68:12	Mary Heppell	W75	48:37
Janet Jiang	W45	70:13			
Bronwyn Smith	W40	70:25			
Frank Price	M60	75:30			

5.25K RUN

Graeme Dahl	M60	22:09
Margaret Saunders	W55	26:34
Gillian Young	W65	26:46
Mark Hewitt	M60	26:54
Carol Bowman	W55	27:07
Gary Fisher	M60	27:15
David Carr	M80	27:19
Bob Schickert	M70	27:27
Bruce Mathieson	M65	27:43
Maurice Creagh	M65	27:48
John Mack	M70	28:13
Johan Hagedoorn	M65	29:20
Neil McRae	M60	29:47
Delia Baldock	W50	29:49
Mike Anderson	M60	29:54
Sally Floyd	W45	30:23
Peggy Macliver	W65	30:52
Nick Miletic	M60	31:04
Hamish McGlashan	M75	31:18
Graham Thornton	M70	31:27
V1		32:15
Rochelle Airey	W40	32:57

10.5K WALK

Val Millard	W65	78:53
Regina Crouch	W40	85:07

5.25K WALK

John McDonagh	M60	38:51
Irwin Barrett-Lennard	M80	39:18
V4		40:45
Lynne Schickert	W70	42:07
Ray Hall	M75	44:10
Jeff Whittam	M75	45:15
Bob Fergie	M75	45:16
Jeni Shillington	W55	45:38
John Smith	M75	45:40
Rosa Wallis	W65	45:51
Lorna Lauchlan	W80	46:37
Kirt Johnson	M80	46:38
Denise Viala	W60	47:21
Patricia Hopkins	W70	48:40
Joan Pellier	W70	49:16
John Bell	M65	52:25
Jan Jarvis	W65	56:03
Pat Ainsworth	W75	56:04
Maggie Flanders	W75	60:40
Leo Hassam	M80	60:41
John Dance	M60	62:35

Great Wall Race a knees-up for Steve!

by
Christine Oldfield

THE Great Wall Marathon® is a tough, beautiful and definitely extraordinary experience. The 5164 steps of the Great Wall will put your physique to the test, and the breathtaking surroundings of Tianjin Province will compete with your tired muscles for attention.

That's the tempting intro on this marathon's website.

Steve Weller 'only' did the half marathon, one loop instead of two, but it was clearly an experience which made a huge impression on him. This is how he described his experience.

Torn knee

"I tore a knee ligament the week prior to the race, playing soccer. It was only a minor tear, but medical advice was not to run.

Of course I decided to try the race anyway – who wouldn't, after coming all that way?

One of the ladies travelling in my group was a physio and she strapped it heavily for me, but I remember standing at the start line, having no idea if I could actually run at all.

I was mentally resigned to walk the whole thing if need be. Fortunately, after a very painful first 500m it gradually warmed up and the adrenalin kicked in, and it was bearable for the rest of the race. Very grateful to be able to run!

Ups and downs

The race started in a valley and the first 4km was a long steady, winding climb by road up to the Wall – so exhilarating to see the scenery unfold below. Then the Wall itself was spectacular and grueling. It rides the crest of a ridge, so you get views on both sides. And such a variety of surfaces to negotiate – shallow steps, steep steps, deep



• Steve Weller – "What have I put my hand up for?" Maybe he's contemplating 2500 steps on a dodgy knee?

steps, uneven steps, cobbled paths, narrow dirt tracks, both up and down. I guess there were 2582 steps altogether.

After coming back down from the Wall, the rest of the half marathon course was through local villages and farmland, which had its own charms – all the locals sitting out by the roadside to watch the crazy people running by.

Clearly I enjoyed the whole experience!"

Toi's Challenge – only the brave need apply!

By Neil McRae



Neil and Janet

WHILE Janet and I were in Whakatane (where's that you ask!) the Bay of Plenty's premier running event was held. This was the 20th anniversary on a course so tough that even the SAS declined to use it as part of their training.

It's an 18km hill/cliff-top grind up, more up, and then even more up before heading down for a 1km 'breather' along the beach before back into the bush for more up and down on the cliffs and above the beach.

This year there were 250 entrants plus another 100, two-person teams that completed the course.

I believe the local SES are still searching for some lost souls that failed to go the distance. As one of the sponsors was a berry growing fruit company, all finishers received a punnet of strawberries.

Sort of made it all worthwhile (yeah, right!).

And us...

Fortunately, for us wimps there was a 6km run, involving a 4km run uphill and a 2km run down a gorge road to the finish.

I was the sole representative for Australia and Janet represented China, but we were both totally ignored by the crowd that only wanted to see the 'big guns' run.

Our 6km run had the usual start, you know, all the youngsters did their sprint take-off but us wily old codgers knew we'd pull them back after the first or second kilometre into the hills. Wrong! Never saw them again! Kids have no respect for us experienced battlers these days.

Still, the strawberries and ice cream later made up for it so maybe we'll try to get there again next year and this time do the 18km. Show those Kiwis how it's done.

Had intended this time to show them a clean pair of heels but I'm afraid just scrubbing the running shoes in detergent beforehand just didn't do it! Ah well, maybe next year!

COMING EVENTS – HELPERS

ALL HELPERS – Please contact your race director to confirm that you are available for your allocated event. If you are not available, please find a replacement and advise your race director.

**DECEMBER 16
CANNING CAPER**
Race Directors: Keith Atkinson - 9313 1669
Ivan Brown, Chris Coates, Frank Gardiner, Aldo & Dante Giacomini, Richard Harris, Helen Lysaght, Cecil & Claire Walkley, Gary & Miriam Fisher, John Frost

**DECEMBER 23
CHRISTMAS GIFT**
Race Directors: Elaine & John Dance - 9593 4607

**DECEMBER 26
BOXING DAY**
Race Director: Barrie Thomsett - 9440 3820
Bryan Hardy, Jane Elton

**DECEMBER 30
ALDERBURY PARK**
Race Director: Wayne Taylor - 0415 863 871
Arnold Jenkins, Anne Jones, Stan Lockwood, Mark Rosen, Frank Smith, Vic Waters, Ian Davies, Paul Ankers, Theresa Howe

**JANUARY 6
EAST PERTH**
Race Director: John Smith - 0421 216 569
David Brown, Dee Conibeer, Julie Keeley, Stan Lockwood, Dalton Moffett, Mark Rosen, Jackie Halberg, Jennie Smith, Ralph Henderson, Chris Reid, Shirley Bell, Lucio Cecotti

**JANUARY 13
POINT WALTER**
Race Director: Dave Roberts - 9472 0039
David Brown, Chris Coates, Bob & Liz Neville, Lesley Romeo, Gary & Miriam Fisher, Paul Martin, John Bell, Jennifer Williams, Maree Creighton, Steve Hossack

**JANUARY 20
AGE-GRADED**
Race Directors: Mark Sivyer - 9572 1895 & Gillian Young - 9295 1754
Rod Hamilton, Mike & Linda Rhodes, Jeni Shillington, Sue Bullen, Mike & Paula Karra, Duncan & Fiona McAuley, Neil Milligan