

VET RUN



No. 477

JANUARY-FEBRUARY 2014



Next stop
Hawaii

Club Ironmen for World Champs



40 years of Vets/Masters
– we thank the founders



10 BANANAS?

YOU must have all taken in the new year news of the 60 years-plus NZ pair who ran 365 marathon distances in as many days.

Finishing in Melbourne, they farted their way around Australia on a strict fruit and veg diet.

Brilliant, good on 'em.

Bearing in mind they took all day to run 42km the pace wasn't blistering.

However, their food intake/running schedule would be hard to emulate. After an early morning start, full of fruit, let's assume they took about six hours to reach the 30km mark.

Stuff that!

Then they each ate 10 bananas.

Granted you would be a bit peckish by then; but ten bananas, in one go?

I could go one, or maybe two, I think.

Carrying the rest stuffed down the shorts, to be slowly consumed over the next 12km, seems more acceptable. Apart from the unsightly bulge.

No, I'm not pleased to see you, that's my lunch/tea/dinner.

What did you get for Christmas?

WHAT did you pick up at the Christmas gift run?

Not I hope a used diary, as I did, a couple of years ago.

It was a snide trick by someone, an un-named ex-member, who I later castigat-ed in *Vetrun*.

I was especially peeved because I already had a diary for the coming year, and decided to pass it on to my runner son!

The early pages were pristine, but as he looked further he found the later pages, scribbled with someone else's dubious notes.

Sly or silly?

People do odd things at the Gift Run. Silly season I s'pose.

Rule 1: Don't pick anything that looks like a bottle. It will be shampoo.

Rule 2: Only pick up a gift if you put one down.

But this year, as one venerable member stooped to retrieve his gift he confided in me: "I'm taking this because I know what it is; I bought it."

Rule 3: Don't confide in a journo.

Short shift

I was given multi-coloured shorts, described by the giver (my son Max) as 'the best possible gift anyone could receive from anyone'. These shorts are perfect, light and comfortable. They also prove that someone read my rant about the dull and boring blue, black, stuff that shops stock!

So, if you want a bit more colour in your life, and can't fly to Thailand to have silky ones made-to-measure, go to www.boausa.com

*Paul Hughes has suggested – not totally seriously – that readers might contribute ideas and suggestions for curing common problems, such as colds or hangovers, etc. So your starter for one is the following extract from a recently published 'diet' book. In its honour, I shall christen this section of *Vetrun* ...*

"I HAVE interviewed many of Australia's and, indeed, the world's leading experts on weight-loss science.

"I have spoken to endocrinologists, nutritionists, obesity experts, biologists and exercise physiologists. They each have an interesting story to tell about how the body works – about the impact of hunger hormones, gut bacteria and genes. But on the basic science, they are unanimous: it is impossible to lose weight without eating fewer

The bleeding obvious ...

calories than you expend in a day.

"I'm not going to lie to you. To lose weight you will have to change your life, your habits. But that's okay; chances are your current lifestyle is making you not only fat, but unhappy. Am I right? Perhaps you suffer energy slumps after eating, or a racing heart after climbing the stairs. Perhaps you just can't find any-

In My View ...



by the Editor



This was very chic in 2009, and considered for official club tracksuit.

Internet radio

Another superb present, though I say it myself, was the internet radio I gave my wife, Chris.

Our house has now regressed back in time to the 70s, 80s and further, via BBC Radio 4-extra. Classic comedy, back as far as the 50s (think Hancock) is timelessly brilliant. Well, it's a welcome relief from local and national Aus politics!

From the vaults ...

TO embarrass and amuse, I'll delve into old *Vetruns* for the quirky pictures some would love to forget. This month's curios are from 2009, back before the world was in colour. Of course, you can search for your own treasure on the club website, because every *Vetrun* printed over the past 40 years is saved there.



His hidden weapon was revealed; Dave Carr made every race a three-legged event.

Slip of your tongue?

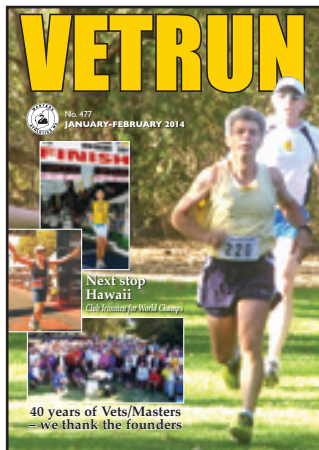
EVER have trouble with that pesky tongue of your trainer? Mine always seemed to slip to the side, despite passing laces through that central retainer. Tightening right up might work, but can become too close for comfort.

So, at risk of teaching granny to suck eggs (what does that mean, anyway?) here's my solution.



As the picture shows, I use the central retainer to hook the tongue back, which counters the tendency to slip to one side.

It can't be bad; only \$45 or so for membership, free run every Sunday – and now we teach you how to tie up your shoelaces!



Giovanni Puglisi has dominated the short runs in recent weeks and improved continuously since returning to Masters last year.

Read his progress report, in April VETRUN, No. 478.

Next time ...

Bare-foot running – marathon training, on sand and all-at-sea

Bare-top running – how Brian Danby braves the elements and conquers Rottneest

Club characters – who moves and shakes us?

Plus all the regular features of your new VETRUN

Remember – you can see it all in glorious technicolour at the club website!

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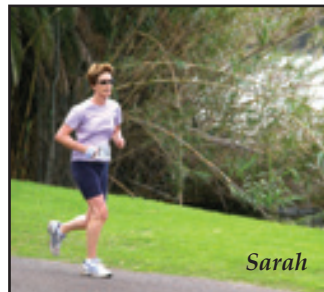
IN future, please contact Paul only at paul@wjhi.com.au and paulljahh@westnet.com.au (My old address running2@bigpond.com is no more.)

Paul Hughes
Mob 0412 513 348

Sarah's feeding fit

NEWS travels fast but I am happy to tell you my good news. I entered a recipe into Diabetes Australia for a Christmas pud recently.

I knew it was suitable for diabetics. Much to my surprise I won!



The prize is a \$1000 voucher to any of three top restaurants in Perth – Restaurant Amuse, Balthazar and a new-ish restaurant called Co-op Dining.

There is a humorous side to all this because most of my friends know that cooking is not my favourite occupation and my two children tell everyone that I used to burn food regularly! Maybe I am finding a new skill at last?

I do of course have knowledge of diabetes through my work as a clinical nurse in the community.

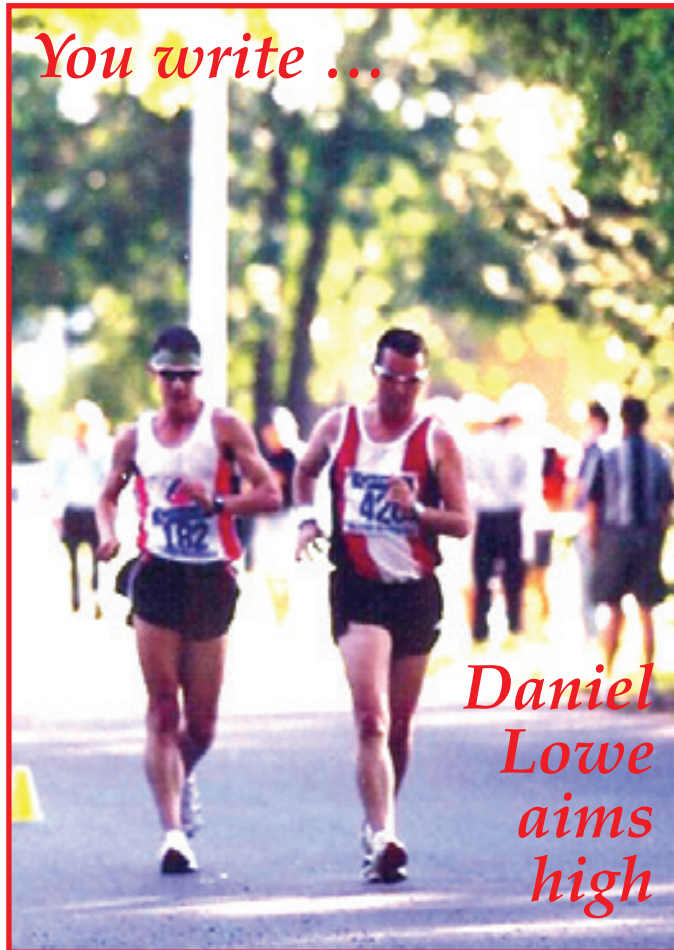
I am very aware of the risks and problems associated with the condition and with our obesity epidemic, there is a much higher incidence of diabetes type 2 in our community.

People all think diabetics need to avoid sugar but these days, it is the unhealthy fats (saturated and trans-fats) and the need to eat a healthy diet with low salt and good carbohydrates (low GI) that are emphasised for optimum health.

Cheers, Sarah Ladwig

Thanks to Ray Hall, a bit of a health-food fanatic himself, for tipping Vetrin off about Sarah's win. VW

You write ...



Hi Vic, I saw the suggestion for new members to talk about themselves (December 2013 Vetrin) so here I go!

I've long been aware of Masters athletics, having started in athletics as an 8-year old in 1984 at the Melville Little Athletics Centre.

Most of my junior success came in race walking. I finished my final year of LA's in 1991 and took up coaching for nine years until a few of my athletes encouraged me to start walking again in late 1999.

I committed to returning to competition in July 2000 with Jacquie and Rick Cattermole as my coaches. Between 2000 and 2003 I won multiple state championship titles over 5km, 10km and 20km and represented WA at the Australian 20km Walk Championships from 2001-2003.

In September 2003 I relocated to Melbourne in an effort to improve my walking further but things didn't go as planned. Injury and homesickness eventually saw me return home to Perth in December 2006.

Since then, I've continued walking on and off but found I'd lost a lot of my passion for walking and for athletics in general.

The photo is from the 2001 Australian 20km Walk Championships and World Champ selection trials in Brisbane. I'm on the right and Nathan Deakes is about to lap me!

Joining MAWA in 2012/2013 and taking up throwing (just for fun) helped me to rediscover my love of athletics again. It was about having fun and enjoying myself again.

In August 2013, I decided to return to race walking competitively again.

At the moment my main goal is to lose weight. I've lost 11kg so far. Another 16kg will see me back to my previous racing weight.

Hobart this year

I will be competing at my first Australian Masters Championships at Hobart in March 2014 in the M35 1500m, 5000m and 10km road walk events. In the meantime, I am enjoying doing my track racing at the AWA Strive competitions and doing my road races on Sunday mornings with the Race Walking Club of WA where I am now a life member.

Regards, Daniel

Try the Track Handicap – April 17

OUR annual 10km Track Handicap is a rarity that you shouldn't miss. In the cool, cool, cool of the evening on a firm grass track it's probably your best chance of finding a 10km PB.

There's always someone in front of you to chase – and someone coming up behind to head-off!

Numerous helpers are on hand to call your laps, so there's little chance of losing the plot.

Personally, I have always found this 10km less daunting than a regular track 10km; and I did my own best-ever 10km at the Whittam's annual effort.

This year it's on April 17 at the old regular UWA McGillivray Sports Ground, with its very good floodlit grass track.

First runner starts at 7pm. Pre-entry is necessary, with an entry fee of \$3 which helps pay for the lighting.

Only those who pre-enter are eligible for the trophy. You must also have made three Sunday runs in the previous six months, so an accurate handicap can be assigned.

Please cut or copy this form, send or hand to Jeff Whittam
49 Holland Street, Wembley WA 6014. Ph: 9387 6438.

ENTRY FORM: 26th CLUB 10km TRACK HANDICAP
ENTRIES CLOSE 13th APRIL 2014

NAME

AGE GROUP

NAME

AGE GROUP

MASTERS organises two weekend get-aways each year.

They're held during the March long weekend (Labour Day public holiday) and the long weekend at end of September, for the Queen's Birthday public holiday.

See organiser Marge Bennett for all info – or call her on 9275 0169.

The aim of these weekends is to enjoy group running/walking in a natural bushland setting – and get to know your fellow runners/walkers, on a social level, in a relaxed atmosphere.

We stay in heritage style timber cottages in a quiet location, at a price which is affordable.

Previous locations have been at Wellington Mill Cottages in the Ferguson Valley, Lewana timber cottages at Balingup, and the delightful Caravan Park Cabins in Dwellingup.

The weekend starts on the Friday afternoon/evening, when you make your own way to the destination. Saturday morning we start with a run/walk, of various distances to suit everyone's level of fitness.

Sunday can be a longer distance for those who are inter-

ested in extra training, and Monday is a shorter one.

Saturday night is casserole night. Everyone brings a dish to share. Sunday evening we have a BBQ.

Depending on the location, and time of year, a lunch can be organised. For instance, the September weekend might well interest some in watching the AFL Grand Final. During the March weekend, a lunch may be organised at a local winery.

This is up to you. Maybe you'll opt out for a stroll in the bush, or just sit back and relax with a good book.



Robin King won last year; the ghostly John Talbot manifested at McGillivray a few years ago.



Get-away with it all

If you're very lucky, Joan Pellier will read aloud from her club history.

September – Wellington Mill Camp Cottages

These Cottages are set in the beautiful Ferguson Valley, and have been fully refurbished with modern facilities plus combustion wood fires, for those cooler nights. You need to bring your own linen.

Tame kangaroos regularly visit, and the surrounding bush is picture-perfect. It's a great place to unwind, and at night to sit around an old fashioned bonfire, sharing stories or if the mood is right – a sing-a-long.

Whatever your choice, these weekends away are a lot of fun and enjoyed by everyone who comes along.

March – Dwellingup Caravan Park

In a bush setting, with the Bibbulmun Track on the boundary of the park, there are lovely bush running tracks. The small town of Dwellingup is a short walk away with some interesting coffee shops and wineries nearby. You can drive to a nearby popular swimming spot too. The cabins are air-conditioned with linen and towels supplied.

New research – dementia and Alzheimer's linked to poor diets

WORRIED about losing your mind? Me too! So here is some good news. It seems that a plant-based diet may be one of your best hopes for remembering who you are, and having a clear, active mind in old age.

So this week we look at the growing rates of dementia and the top eight food related things we can do about it. Recent research shows that dementia may well be another of the lifestyle based, chronic degenerative diseases – just like heart disease, type 2 diabetes, MS and cancer; and as such, can be prevented by eating well and having a healthy lifestyle.

Most of us these days know someone whose mind is not what it used to be. Those of us into our 50s, 60s and on, may well be noticing the memory slips, the “senior moments” and find ourselves wondering what the future holds. Those of us who are younger may well be noticing the same issues in their parents or other elders we value and find ourselves wondering, “is this the beginning of something really scary”. The fact is that dementia and Alzheimer's are tough conditions. They can seemingly rob people of their maturity whilst creating large care loads for families, friends and the community.

Use it or lose it

Many of us will know that recent developments in neuroplasticity have established that the ‘use it or lose it principle’ is real. Yet many of us will know people who had active minds that still descended into demen-

This is good stuff. It not only prevents dementia, but also cancer, heart problems, MS, arthritis ... John Bell

tia in one form or another. So here is the next link. There is a rapidly growing body of evidence linking lifestyle and dementia; specifically that what we eat can accelerate cognitive and memory loss, while the right food choices can protect us and maybe they can even foster ongoing mental development through old age.

Mediterranean diet

Here is the scale of the problem. According to a recent report, the number of people living with dementia is expected to triple worldwide to 135 million by 2050. At the same time, a group of leading doctors is calling on the global health community to refocus the battle against dementia away from ‘dubious’ drugs and to the benefits of a Mediterranean diet instead. Addressing the UK's Health Secretary, some of that country's leading doctors – including the former chair of the Royal College of General Practitioners Professor Clare Gerada – have said that persuading people to eat a diet based mostly on fresh fruits and vegetables, nuts, fish and olive oil is “possibly the best strategy currently available”. They expressed concern that this information was largely being ignored because of the “low awareness and prestige given to diet by many in the medical profession”. They said that a healthier diet could have a “far greater impact in the fight to reduce the

dramatic increasing rates of the disease than pharmaceutical and medical interventions”, citing the “dubious benefit of most drugs” for this condition.

“The evidence base for the Mediterranean diet, in preventing all of the chronic diseases that are plaguing the western world is overwhelming,” added Dr Aseem Malhotra, a London cardiologist.

“This includes cardiovascular disease, type 2 diabetes, Alzheimer's and cancer”.

By contrast, increased animal fat consumption is associated with more Alzheimer's disease. Dietary data analysed from people 65 years and older in Japan and in eight developing countries including India, China, and Brazil have shown that as animal fat and calorie consumption increased, so did obesity (not surprising) and the prevalence of Alzheimer's disease (not so well known).

According to this research author, mechanisms for dementia risk include being overweight and an increased intake of saturated fat, cholesterol and iron.

27 January 2014

Reference: Grant WB.

Trends in diet and Alzheimer's disease during the nutrition transition in Japan and developing countries.

J Alzheimer's

Dis. 2014;38(3):611-20. doi: 10.3233/JAD-130719.

What can you do?

Seven revolutionary tips to improve your brain health – plus a bonus 8th!

These seven dietary principles promote brain health and can reduce the risk of Alzheimer's disease.

1. Minimise your intake of saturated fats and trans fats. Saturated fat is found primarily in dairy products, meats, and certain oils (coconut and palm oils). Trans fats are found in many snack pastries and fried foods and are listed on labels as ‘partially hydrogenated oils’.

2. Vegetables, legumes (beans, peas and lentils), fruits and whole grains should be the primary staples of the diet.

3. One ounce of nuts or seeds (one small handful) daily provides a healthful source of vitamin E. Make sure they are fresh, not rancid.

4. A reliable source of vitamin B12, such as fortified foods or a supplement providing at least the recommended daily allowance (2.4 mcg per day for adults) should be part of your daily diet.

5. When selecting multiple vitamins, choose those without iron and copper, and consume iron supplements only when directed by your physician.

6. While aluminium's role in Alzheimer's disease remains a matter of investigation, it is prudent to avoid the use of cookware, antacids, baking powder, or other products that contribute dietary aluminium.

7. Include aerobic exercise in your routine, equivalent to 40 minutes of brisk walking three times per week.

And for a bonus ...

Number 8 – Reduce, or better still eliminate white sugar from your diet. Why? Because high blood sugar levels are linked to the risk of developing dementia. In a study last year, and after nearly seven years of follow-up, those with 15% higher blood sugar levels (an average blood glucose value of 100mg/dl, compared with 115mg/dl) recorded a 15% increase risk in dementia. Prior studies show that diabetes is associated with an increased risk of Alzheimer's disease, but this one showed an increased risk of dementia even in people without diabetes. ■

Vale

RUTH Beckham, wife of Les Beckham, died on December 17.

Stalwart Les, well-known to anyone who has done T&F with Masters, still came along to ECAC the same night to organise the triple jump that night saying he ‘couldn't just sit at home’!



← Les Beckham

Vale

**Past MAWA member
ERIC HOPE
passed away on
December 26,
2013.**

I BEGAN running at primary school, wasn't particularly good at it, but enjoyed it.

In 1976 before I began running again, aged 28, married with children, so found this a great way of sorting out any problems, and releasing some of my stress!

For the next 21 years, I ran, cycled and played several other sporting activities. I joined a gym and took up body building, for four years, and absolutely loved it. But it wasn't something I wanted to continue with.

Travel

I had also travelled around Australia, and en route met a 60-year old lady doing triathlons – and I was inspired.

I came back to Perth and continued with my all-round fitness, but finding I especially enjoyed running decided to join a club. In June 1997 I joined the Vets (now Masters).

Now, Vets to me meant old people with grey hair. I didn't have grey hair and I certainly didn't feel old.

These so-called oldies weren't a group of slow runners, they were very competitive and over the next few months I found out two things about myself ... I enjoyed a challenge and I too have a competitive streak.

First marathon

I'd been in the club nearly 12 months when asked if I was going to do the Perth Marathon in July, so with the encouragement from others and only seven weeks before the big day I entered and started training for my first challenge.

The next couple of weeks was a turning point for me.

The long runs were hard and I had to deal with injuries and a cold that didn't want to clear up. But I persevered and 10 days before I turned 50, I ran across the finish line in my first marathon in a time of 4hrs 5min.

Delighted with my effort, I decided there was room for improvement and would be back in '99 to challenge my time.

First triathlon

While training in the gym one day, I told the owner I was interested in doing a triathlon, and he took it upon himself to enter me in a women-only tri which was to be held at Matilda Bay in March 1999. I was a little surprised

Shirley, you're off to Hawaii!



The moment Shirley heard that she had won her age group, and entry to this year's Kona Ironman.

and happy at the same time as I now had another challenge ahead of me.

I swam at school but it wasn't one of my favourite sports. If I wanted to do a triathlon I had to learn all over again.

“I found a coach and dragged myself to the pool three times a week, again persevering at something I wasn't good at.”

I finished the Matilda Bay event and several others that season, with a sense of accomplishment at something new.

With the triathlon season finished, it was now time to focus on running and the next Perth Marathon. Better experienced and with support from others I ran this one in 3hrs 50min, and was ecstatic at beating my previous time.

Over the next four years I continued with my cycling, doing anything from time trials to long distance. I ran



with the club on Sundays, did track events and kept going to the gym doing strength training, stretching and yoga. But I did no swimming.

Half Ironman

I was again looking for a challenge and after some encouraging words from a friend who had competed in several Half and Full Ironman, I plucked up the courage and entered my first big race.

With a programme and some guidance, I got back in the water for some important swimming lessons.

In May 2003 I finished my first Half. It was an awesome experience and the exhilaration I felt after completing it was overwhelming.

For more than 35 years the IRONMAN World Championship has brought the world's best triathletes together in competition.

It began in 1977 to challenge athletes who had enjoyed success at endurance swimming, running and biathlon events. Honolulu-based Navy couple Judy and John Collins proposed combining the three toughest endurance races in Hawaii – the 2.4-mile Waikiki Roughwater Swim, 112-miles of the Around-Oahu Bike Race and the 26.2-mile Honolulu Marathon – into one event.

On February 18, 1978, 15 people took the IRONMAN challenge Waikiki. Before the start they were given a few rules and a course description. The last page read: "Swim 2.4 miles! Bike 112 miles! Run 26.2 miles! Brag for the rest of your life!"

Why it's the toughest

IN 1981, the race moved from the tranquil shores of Waikiki to the barren lava fields of Kona on the Big Island of Hawaii.

Along the Kona Coast, black lava rock dominates the panorama, and athletes battle the 'ho'omumuku' crosswinds of 45 mph, 95 degree (F) temperatures and a scorching sun.

This year on October 11 more than 2000 athletes will start the 140.6-mile journey. For more, go to: <http://www.ironman.com/triathlon/events/americas/ironman/world-championship.aspx#ixzz2rr3LO4Wa>

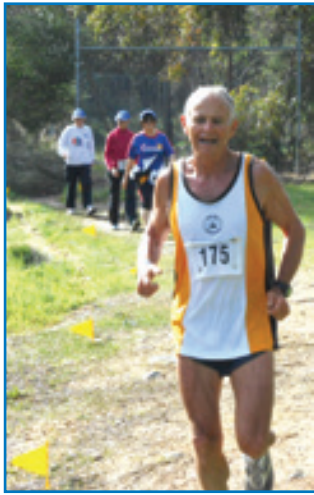
Busselton

During the following few months I pondered the possibility of being able to compete a Full Ironman. Then came the announcement; Ironman was coming to Busselton WA in November 2004.

It was close to home, I had friends who would support me and I knew I was capable of the training. Places were filling fast, so I decided to take on the biggest challenge of my life and entered, 12 months in advance.

Life takeover!

To compete in my first Ironman, the training took over my life. ▶



“I DON’T know if I have always been an ‘athlete’ but I’ve been running, riding and swimming since before my teenage years.

Although as a young boy I was a sprinter, long jumper and hurdler, I started running longer distances (3 miles cross country) at 13.

Friends and I rode our bikes to high school. That was in my native South Africa, which I left to come to Oz with my first wife and our two small children when I was 29.

Swimming and diving started at primary school and I continued with these and represented my high school in both.

In South Africa there was also a lot of other sport for

All-rounder made for triathlon

MASTERS come to the club from a wide range of backgrounds. We have late-starters, reformed layabouts and some spurred into action by a health scare. Some want to become fit, lean and dangerous. Others just want to see below their belly again.

In time we will be joined by the army of kids that Magistrate Ivan Brown sentenced to run the City to Surf, instead of community service. But many Masters are committed athletes, sporty sorts who caught the bug as kids and never recovered. They become our role models.

Of them we can say: “Of course, if I had started sooner, like old so-and-so, I could have been a champion now.”

Brian Bennett’s that kind of runner.

Here’s how he became the bloke who runs 20km before our Sunday event; and will compete nobly in Hawaii, over the hardest triathlon course in the world.

me, including rugby, cricket and athletics. My father had encouraged me to take part in every activity offered at school and I represented my uni (Witwatersrand) in boxing in the middleweight division. However, he strongly disapproved of my boxing, and only in later years did I realise how right he was!

First marathon – at 60

I never ran a marathon until, after my 60th birthday, when Jimmy Barnes talked me into it. And apart from having done the Ironman three times at Taupo (NZ) and Busselton (also three times) I think I’ve only run five marathons.

I’ve also done the Mandurah half ironman twice.

This is a distance which I enjoy and I think anyone who can do a bit of swimming, riding and running is capable of it, with some training of course.

My marathon times are not much better than mediocre. My PB was set last year in Perth Marathon, at 3.33.24.

Retirement

While I was practising law I didn’t have a lot of spare time to exercise. I retired at 62 and discovered that I enjoy exercise more than reading, so I am able to spend the amount of time needed to swim, ride and run the distances required for Ironman.

I dabbled in gym work (and wrestling!) at primary school and have kept up the



gym work whenever I’ve had the time.

I must also mention yoga.

I’ve been doing it for about 25 years and it’s something which I believe everyone should be doing, preferably three times a week, but at least once.

I usually fit in two 90-minute sessions a week. But it’s important to know that not all yoga classes are the same. One needs to try a few different classes, to see which suits you best.

Why Ironman?

Apart from the obvious response that I have a screw loose, I think I first consid-

I became focused and dedicated, knowing full well that without the training I wouldn’t cross the finish line.

I had to make the long rides on my own, as there is no drafting in Ironman. Day in and day out it was a slog, but with determination and passion I pressed on.

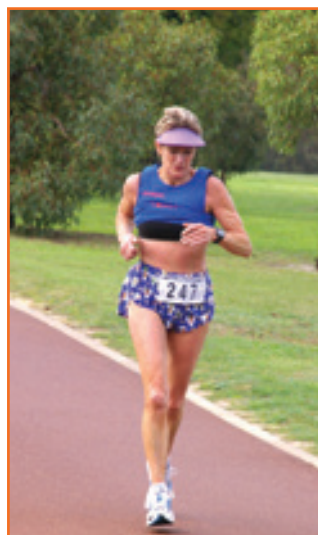
On November 27, 2004 I crossed the line and fulfilled my dream, I was now an IRONMAN!

Over the next few years I competed in a number of different events, always keeping my level of fitness to a standard where I was able to race. The London Marathon was one of these events as was Comrades (90km) in South Africa.

Hawaii

The other race that really interested me was Kona Ironman in Hawaii, the World Championships.

The only problem is that you had to qualify to race in this one.



I was getting older, time was running out. It was now or never, so I entered Busselton Ironman (to be held on December 8, 2013) again hoping to win a spot in Hawaii.

With Mandurah Half Ironman being held on the 10th November, I decided to use it as a training run. Then I heard from the officials that

“In my first Ironman the training took over my life ...”

they were going to give away spots to Hawaii for age group winners!

I couldn’t believe it and figured all I had to do was cross the finish line.

Qualification!

The day started out warm. By midday the temperatures soared to 37 degrees and there were strong head winds, but I was determined to secure my spot to Kona.

I didn’t enjoy the swim, the bike leg was tough, but when I came across the finish line, I can’t tell you how I felt, to hear my name being called out:

“Shirley Bell, you are off to Hawaii!”

I did contest the Busselton

Ironman in December, and then it was time to recuperate. I wanted to give my body a well deserved rest and deal with any problems that occurred.

Training again

My training for Hawaii (on October 11 this year) began this month (February 2014).

Back into the gym for some strength work; run, cycle and swim a couple of times a week; but nothing too structured or strenuous at this stage.

Having competed in four Half Ironman and three Ironman events, I still like the idea of having a programme. I don’t have to think about what I have to do; just get out and do it.

Hawaii Ironman to me is the pinnacle of my triathlon career.

To have the chance to compete in the World Championships is an honour.

I’m looking forward to the journey. ■



This one-time boxer has gone the distance six times— this was his finish at the 2010 Taupo race in NZ.

IF you have ever dreamed of taking on the Ironman challenge, it might help to read this insider's account. Brian Bennett qualified to compete in the Kona World Championships this year, by winning his age group at Busselton last December.



Starring on the Road again – Bob Hope and Bing Crosby, and stand-in for Dorothy Lamour, our very own Brian Bennett!



THIRTEEN old farts, including myself, in December 2013 contested the Busselton Ironman. In my 65 to 69 male age group were six Japanese, one American, a Frenchman from New Caledonia, and five of us Aussies.

end one's race, laying waste to all the hard training gone before in swimming, riding and running. So, I am always very happy to be able to make it to the beach.

Busso's bike course is very flat and fast. Wind is always a factor, but as it's more or less an out-and-back course (three times for the 60km) you get the benefit of a tailwind to counter the ride into headwinds.

I assume it's the same for all riders, but for me there is a psychological factor involved. When you see your bike computer reading in the low 20km per hour – and your legs are aching – you get demoralised and your head struggles to command the legs/glutes to keep pushing.

You almost feel like giving up. But when, with the same effort you're doing 30 to 40km per hour, it provides a great boost and you can push even harder!

The marathon start

Hardest part of the Ironman, for me, is the first couple of kilometres of the marathon.

You are pretty knackered after the swim and ride; but then the legs (especially the hamstrings) say "No, no, we're on strike!"

It's not easy, talking them back to work when they know there are still 40 or so

Preceding Iron-clad Shirley and Brian, Simon Beaumont completed Hawaii 1987 in an amazing 9hrs 57mins! Best-known now as a local radio presenter, Simon was WA's triathlon champ. You know his parents – morning-tea wallahs Jackie and Vic Beaumont. Read more about Simon, in April VETRIN.

k's to go; especially when it's about 2pm and sweltering.

But in each of the six Ironman races I've done, this pain has passed. The following 20 to 30km goes by with less discomfort.

Finale

As one runs into the last quarter or so, legs and hips are becoming exhausted. One has to try to control a very strong urge to walk. At that point, for me anyway, walking feels so very comfortable in comparison; and you don't travel that much slower. But, it IS slower, and if you keep walking, the guy who can keep jogging is going to overtake you!

I'll finish with one more observation of the psychological effects of walking in the Ironman marathon. When a competitor in front of me goes into a walk, it helps me to keep jogging.

Next, the World Championships in Kona, Hawaii!

from page 7

ALL-ROUNDER MADE FOR TRIATHLON

ered Ironman because I knew Shirley Bell had done one (at that time). Also, jogging friend Cyril Tolson had done about 18 of them.

Well, I knew that I could run a marathon faster than both of them; and Cyril says that he could barely swim when, aged 50, he decided he wanted to do an ironman. He promptly took swimming lessons!

In contrast I had been a fairly good swimmer since primary school days. I had ridden a bike from six-years old until the end of high school, so I thought I could do that again.

Running with the Vets, and then Masters, meant it was just a matter of putting in the extra training for longer distances.

Targets

Do I set targets? Yes: my first marathon – to finish. My first Ironman: openly, to finish. But secretly (and told only to David Baird, who has been a mentor to me, after he promised he'd tell no-one) under 14 hours.

That one, Taupo 2010, I did in 12h 34 min.

Incidentally, my best time (11h 29min) was at Busso in 2010. It's a very flat and fast course."

I WON the event in a time of 11hr 34m 25 sec and was pleased to see that second placegetter came in 38 and a half minutes later.

Freaky!

Simon Beaumont was calling the race, and apparently announced that I had set a new record. But I didn't hear that and I don't know what the previous record was. I was too buggered to hear what was being said, except that I remember running into the finishing chute and hearing Simon calling me a freak!

In that context, naturally, I was chuffed to hear that.

The weather was hot, but not as hot as in some previous years. I think we had a maximum of about 35 degrees.

We were also lucky with the swim.

On the two mornings before the event the water was choppy and the swell was high, filling us with fear. As you can imagine, 3.8km in the ocean is long enough without having to battle high swells and chop!

Cramp

I have a well-founded fear of cramping in the swim, because every time I have to swim more than 2km I suffer calf cramps. It is frightening and has the potential to

Monday

POINT Walter evening road run has been established for many years. Contact Dick Blom – who is a very well-respected ex-member of Vets/Masters for details, at 1959blom@ozemail.com.au



Dick

MARG Saunders is planning a Monday session – details tba.

"I am going to start a group possibly on Mondays – time of session will depend on whether I am working or not," she says. "I am currently working with athletes at 5 or 6pm at McGillivray Oval."



Marg, left, with Niamh Keane

Tuesday

T&F – see website

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club rooms; a circuit is set-up by Marathon club man Jon Kappler.

Shirley Bell said: "Starting time on Tuesday night is 5.45pm, with a warm up, then the main session which ends about 6.30pm. It amounts to about four or five kms of speed work or intervals. It's been a while since I've run with the group, but the arrangement was a donation of \$2 thrown into a container placed on the grass. The session is different each week; all ages are welcome and I always thoroughly enjoyed it."

Wednesday

ROAD: Starting at the Marathon Club (Watersports Centre, Burswood) late afternoon. At around 4.30pm there's usually a group running from 15 to 21km.

"It's mostly slow, people in the 60s age groups," says John Bell.

Where they're running

MOST of us can benefit from running in company. The loneliness of the long-distance runner can pall. Fortunately for Masters there are lots of opportunities to train with other members and here's a current list.

If you can add to this list, please email me vfdwaters@gmail.com with details, including dates, times, locations and distances involved.

* The club's regular Tuesday and Thursday T&F sessions are NOT shown here. For full details of these please check the club website.

"Starting around 5.30pm at the same place there's usually a group running 5 to 14km; and here are some regular walkers too."

It's rather disorganised according to the good doctor, with no specific start or finish. There are good showers though and a pleasantly well run pub to finish!

Oh, another extra; third Wednesday of the month is BBQ night.

Call John Bell for more info: 9386 6975.



John

Friday

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



Marg

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

These out-and-back courses can be run or walked, and

finish at 7am. Winter calendar varies slightly depending on the light and security.

The group usually go for breakfast afterwards. Here's the March/April programme

March

7 Bardon Park
14 Kings Park
21 South Perth
28 Garret Road

April

4. UWA
11 McCallum
18 Kings Park (Easter Friday)
25 Bardon Park

Saturday

You have several options available.

DISTANCE training with Jim Barnes; distances are set-up and marked with a drinks table; there's training help and tips, plus stretches, all advised by Jim – who is the club's premier, 100-plus marathon-man.

These sessions were used by several members to good effect last year and the group is swelling.

6am start: Meet at McCallum Park. Routes include Claisebrook, Narrows and on to Uni and back for a 20km-plus run.



Jim

Saturday

ROAD runs early every Saturday morning, mainly around the western suburbs and Fremantle, are co-ordinated by Dick Blom, who emails time and location details weekly. Contact Dick to go on his list, at 1959blom@ozemail.com.au

Saturday

TRACK-based: David Carr's 'Saturday Group' meets weekly.



8am start – 9.45am finish at WAA5 (the new track).

Cost: \$3, pay at the door. If the track is closed, David notifies you by email and everyone meets at a nearby ground.

"The sessions cater for runners of any age, over any distance," he says.

"Programme consists of intervals or repetitions over distances from 40 metres to 400 metres."

All are welcome. Contact: davidcarr6@bigpond.com

Here's a typical session:

Warm, stretch;
10x100m – Walk back between;
3x300m – Walk 200 between;
5x200m – Rest 40 seconds between;
10x 30m – Uphill;
400m handicap;
Steeple or extra sprints.



Or contact Paul Hughes for more information, on 0412 513 348 or email paul@wjhi.com.au

* Dick also still organises a Monday night road run at Point Walter – see Monday, above.

East Perth January 5, 2014

SOMETHING different this year, and that was the weather. Cold and blustery describes it but it did not spoil the first hit out of the year. Also different was changing McCallum park start and finish, for safety reasons.

Kidney punch anyone?

Cyclists have become faster and more numerous so that criss-crossing the cycle paths six times in a race became like playing chicken on the Kwinana Freeway. As the saying goes "Not if, but when".

The downside was running and walking on a long stretch of turf but most agreed that was better than having a handle bar thrust into the kidneys.

Shorter

I admit to not getting around to remeasuring the course which is now somewhat shorter. So for those who suddenly beat the hell out of their PB I suggest you hold off the celebration until the revised distances are measured. (It's all online, folks.)

No report is complete without a thank-you to the help-

McCallum Lakes February 9, 2014



A GREAT morning for a run, and a birthday party, with the temperature well below 20C. Thanks to John and Joan Pellier for marking the course even though they were not down as helpers for the run.

Thanks also to other helpers David and Jo, Dalton, Hamish McGlashen, Kirsten, Helen and Keith, John and Andrea, Blakeney, Scott and Fiona and Neil Morfitt.

The cycle path allowed over 130 athletes to be on a different path to the cyclists but a lot of care was needed at the four cycle path crossings in each 4.2km lap.

Next year for safety reasons it is intended to cut out the first/last crossing of the bike path on each lap by starting on the river side of the pedestrian path.

Bob and Lynn

Race Reports

ers, and not just for turning up.

It is a great feeling for a race director who has spent a chilly hour trying to push flags into earth that's pretending to be concrete, to find that not only has everybody arrived, but they are willing and cheerful. They turn an event into a great event.

John Smith



Other directors – please copy! Tell us something other than the bleeding obvious. If you can't manage that, at least tell us SOMETHING! You know who you are. Ed.

Point Walter January 12, 2014

NINETY runners and walkers put up with very hot conditions; well done everyone. Next year I hope to have a long run again, weather permitting. Thanks to you all,



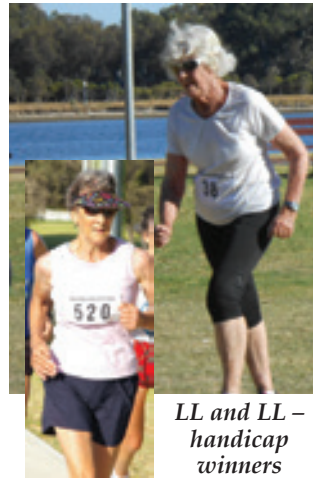
my helpers, for a job well done.

David Roberts

See, even Dave managed to write something this year. Pretty good going, considering I had his arm up his back.

I will add compliments for his exercising the wisdom of experience, and dumping the 11km option this year. Battling that gradient and 40-degree temperatures is a hill too far. Many of us remember the tragic loss of Ted Maslen at this event some years ago, in similar conditions. Afterwards, too late of course, Sheila was told that Ted's heart could have failed at any time. Nevertheless, it happened at Point Walter. On that terrible morning the starting temperature would have been 30 degrees-plus.

So, well done, Dave.



Ashfield January 26, 2014



A TOTAL of 133 runners and walkers, including 18 visitors, gathered at Cloughton Reserve, Ashfield, on Australia Day to participate in either the 5km or 10km events. Slightly more people opted for the shorter distance, with over 60 people venturing out further to Tranby House in the longer event.

It was warm and humid, as usual, so Norm and Pat Miller and Tony Smith and Ange Hayward were kept busy on the water stations, which were also the turnaround points.

They did a great job, multi-tasking as marshalls. My regular helpers Ann and Ced Turner, Brian and Bronwyn Smith, Dalton Moffet and Kirt Johnson made sure everyone was timed and recorded accurately and headed in the right direction.

They make my job so much easier and I'm grateful for their expert assistance. Ginny Mulvey and Lee Gray, two of our newer members, did a fantastic job of marshalling on the course.

Running marshal

My six-inch trail training buddy, the lovely Lisa Searle, was so keen to get to her marshalling point at Tranby House that she ran there. She also did a great job. Thanks to her for pick-

Age Graded Handicap 19 January 2014

PERFECT conditions for this event but we all knew it wouldn't last and that it would heat up very quickly.

All the cyclists were out early too so extra care was needed when crossing their path and making u-turns. Fortunately we didn't injure any cyclists and all our members returned safely.

We had a couple of new names on the winners list this year when Giovanni Puglisi came in ahead of Jim Langford in the Men's 8km handicap run and Ray Hall was first home in the Men's 5km handicap walk.

As in 2013, Lorraine Lopes was the first lady in the 8km handicap run and Lorna Lauchlan was the first lady in the 5km handicap walk.

Congratulations.

Well done to everyone who took part especially the few younger members who had the courage and patience to wait until last. Oh, the joy of youth!!

Look forward to seeing you all next year when everyone can expect a slightly smaller handicap!

A big thank you to our wonderful helpers Steve, Neil, Rod, Melissa, Mike, Linda, Jeni, Peter, Kim, Carolyn and Monique.



ing up some of the flags on the return leg.

Special thanks to my dear friend Frank Smith for turning up early to offer his assistance, missing out on his usual bike ride.

To Jim Barnes, a big thank-you for your encouragement and help at the start/finish line. And a big thank you to my new friend Kevin Johnson for helping me run and ride over the course prior to the event and to set it up in the early hours of the morning. His calming influence ensured my stress levels stayed down! I appreciated all the favourable comments I received at the end of the event; it's great to have that feedback. See you all next year. Sandra Stockman

News in brief ...



Lynne Schickert returned from the OMA championships in Bendigo with a very big medal; she was elected President of Masters' Oceanic region. It's latest in a string of high-profile and highly responsible admin roles in athletics, all of which she has handled superbly.



Congratulations to Christine Oldfield, who not only published her club history at the 40th bash, but also passed her Athletics Australia A-grade T&F exam. She joins only two others in WA - Geoff Garnett and her husband, John.

How to be REALLY HELPFUL!

IF YOU ARE a Sunday competitor and about to renew your membership you will be asked to help at two events, as usual.

There is a slight difference this year however. You must select your two events from the remainder of the 2014. By the time you renew there may only be nine months left.

In 2015 we will be back to normal with a full 12 months of events to choose.

Remember - we do not need any helpers for group jogs or the Christmas Gift.

Online: don't forget you

Club Courses MARCH-APRIL

Lake Monger March 2

Path run/walk around the lake.

Joondalup March 9

Cross-country on firm trails lakeside.

Manning Park March 16

Mostly flat 'cross-country' through grassy park. 8/4km Run; 2.8/5.6km Walk.

Champion Lakes March 23

This new event began just last year at Lakes Road venue, Kelmscott where cycling, running, walking, triathlons and canoeing and kayaking events take place. We use the inner of two tracks around the lake. It's 5km, almost flat and well-maintained with clean toilets and a nice, shady area for morning tea. I appreciate it's a bit of a drive for the north of river runners, but do encourage you to come along. Last year, several runners told me they did PBs; perfect conditions apparently.

We have a 5km and a 10km. One advantage is checking out other runners' progress as you can see them across the lake.

Sarah

Membership April 6

Burswood start, progress up-river. Turn at Windan Bridge for 5km; cross it for longer distances. Make for and cross Claisebrook Inlet, head inland to the ABC building. Return, and go down-river to cross the Causeway and return to Burswood.

can check the Helpers List on our website. Click the 'Road' tab and then 'Helper List'.

The first page only shows the next few events but click on the 'Helper List 2014' link for all the 2014 helpers.

When you renew, look at where helpers are most needed; avoid events that already have enough people. Later, you can check that your selection has been processed correctly. Please advise any errors or omissions to young.gillian@hotmail.com

I am looking forward to the rest of 2014 when we should have an abundance of helpers! Thank you.

Gillian Young

The 3Ps April 13



A 16km walk starts at 7.30am; all other distances at 8am. The 3Ps consists of three river bays. Starting at Pt Walter we go up-river to Point Waylen and Point Dundas. This is a flat and scenic riverside run, crossing the boardwalk at Point Dundas in the 16km run/walk. Keep river on your left going out and on the right on the return!

Nick & Gail

XPAGODA April 27



This event began more than 20 years, following the freeway south to the Pagoda ballroom (now a restaurant) - hence the enigmatic name XPAGODA.

15km walk starts 7.30am; other distances - 8am.

Beginning at Resort Drive, Burswood, everyone takes the dual-use path up-river towards the Marathon Club rooms, UNDER the Windan Bridge and turns left towards Belmont race course. Turn at 2.5km, return to Burswood. 5km eventers finish; all others continue downriver and UNDER the Causeway.

Then use the Pedestrian Only path (nearest the river), pass McCallum Park, cross Ellam Street and follow the river to the 7.5km mark. Return to Burswood, if you are running 10km.

Those running/walking 15km, continue along the Pedestrian Only path, which takes you river side of the Boatshed restaurant and past Mends Street jetty.

Turn at the 10km mark - located before the Narrows Bridge, and return to Burswood to complete the 15km.

If you ever find yourself on a bridge - you are lost!

Jackie

HELPERS

Be there - or phone your director!

2 MARCH - LAKE MONGER

Race Director: Kim Thomas - 0414 362 473

Bob and Carolyn Fawcett, Kylie Mahony, Geoff Mullins, Sandra Rourke, Jeni Shillington, Jane Stanbrook, Monique Thomas, Blakeney Tindall, Sanja Kolonic, Tony Smith (1204), Tina Major

9 MARCH - JOONDALUP

Race Directors: Pierre & Denise Viala - 9307 1249

Dalton Moffett, Pat Ainsworth, Brian & Margaret Bennett, Jan Jarvis, Brian & Bronwyn Smith, Ann & Ced Turner, Martin Watkins, Johan Hagedoorn, Julie Wood

16 MARCH - MANNING PARK CC

Race Directors: Maree Brown - 0419 914 006 & Sally Floyd - 0421 933 212

Lorraine Lopes, Trish Lopes, Ante Perdija, Giovanni Puglisi, Rosa Wallis, Graham Thornton

MORE HELPERS NEEDED PLEASE

23 MARCH - CHAMPION LAKES

Race Director: Sarah Ladwig - 9390 2056

Maurice Creagh, Maggie Flanders, Hongi Laing, Sam Farman

MORE HELPERS NEEDED PLEASE

6 APRIL - MEMBERSHIP

Race Director: Brian Danby - 9247 2326

Mike Khan, Dennis & Sandra Hughes, Alan James, Lachlan Marr, Greg & Julie Wilson, Simon Mort, Frank Price

13 APRIL - 3Ps

Race Directors: Nick Miletic & Gail Castensen - 9419 7890 Ross Keane

DEFINITELY MORE HELPERS NEEDED PLEASE!

27 APRIL - X PAGODA

Race Director: Jackie Halberg - 9364 4474

David & Pat Carr, Mary Heppell, Janet Jiang, Neil McRae, Michael Lee, Norm & Pat Miller, Elaine Sillery, Kylie Mahony, Geoff Mullins, Sandi Hodge, Brig Cheek, Jon Storey, Tina Runnion

Vets Masters club turns 40!



Great to see so long-time members and newcomers at McCallum, enjoying our 40th birthday. Tattered, old, original singlets sporting the old WA badge were profuse; most of their wearers had aged better than the vests.

Past-President Bob Sammells spoke briefly of the club's comradely ethos. Joan Pellier, another past-Pres, followed Bob with her witty reminiscences (also, mercifully brief!)

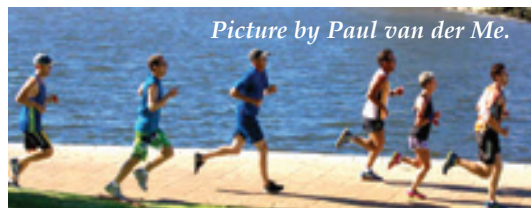
Then it was cake-cutting time, performed by three of our finest; founders John Gilmour and David Carr propped up by young lad Kim Thomas, who was born the year the old blokes started WA Veterans AC!

Are you in the picture? You can download a copy from the website.

Lifers – full of birthday cake, chests groaning under the weight of their medals, some of the club's life-members lined up with founder John Gilmour. Said Giovanni Puglisi: "Highlight for me was having the opportunity to meet and talk with the legend, John Gilmour. What a marvellous fellow. That experience was inspirational in itself." John, now 94, and virtually blind, still runs 5km a day around his garden!

Pacing the parkrunners

MASTERS and parkrun have much in common. Each has its fast runners; each has its slower runners. But our main similarity is that we enjoy our outings and we stay around after each run, have breakfast and chat.



Picture by Paul van der Me.

Kim Thomas pacing some of the quicker, sub-20mins, parkrunners.

So it was perhaps natural that Claisebrook Cove parkrun invited MAWA to a 'joint' promotional event, on Saturday February 8. MAWA provided six pacemakers to help some rookie runners achieve new PBs.

The parkrun organisers gave us a promotional table at the finish, giving us the opportunity to show how much we had in common and to encourage new members.

It was successful on all counts.

Firstly, 66 parkrunners

achieved PBs on the day; many were gushing in their thanks to the six pacers.

The après-run was even more enjoyable than usual as 244 runners mingled, chatted and shared experiences in the relaxed environment. Finally, the MAWA information desk was very busy, with a number of potential new members taking away forms - and ideas for their future running.

Visit www.parkrun.com.au or talk to John Oldfield for more information.

Club secretary Val resigns



VAL Millard, our club secretary, has resigned. A past president of Masters, Val is a life member who has worked tirelessly for the club over many years. Her drive and ability will be sorely missed by the committee and the club.

On behalf of the committee and the members I thank her most sincerely for her past work and support.

Paul Hughes
Masters President

Book Review SEB COE – RUNNING MY LIFE: THE AUTOBIOGRAPHY

PUBLISHED in 2013, this is hot off the press. The now Lord Coe was possibly the greatest middle-distance runner of his generation. But should middle-distance runners read this book? It would be the smart thing to do. But there is plenty for the general reader also.



Who's that with Lyn Ventris? Oh yes, Seb Coe.

The first half of the book covers Coe's family, his early life and his athletics career, including the significant role played by his father.

The second half covers a broad spectrum of subjects. For those interested in families, sport, politics, Olympics, World Cup Soccer, and the British media, then look no further. He covers them all.

N.B. The author acknowledged that Sydney 2000 was the template for London 2012. Thank you, your Lordship!
Bob Sammells

New Members – Welcome!

- 1229 GRAVES: Suzi W45
- 1230 FARMAN: Sam W45
- 1231 FARROW: Wendy W45
- 1232 STOREY: Jon M40
- 1233 FAIRWEATHER: Nick M60
- 1234 BOTTOMLEY: Darren M45
- 1235 COOK: Aura W40
- 1236 HOLLAND: Dutch M40
- 1237 SULEJMANI: Max M40

- 1238 SULEJMANI: Tracy W40
- 1239 SAVAGE: Jeremy M35
- 1240 UNDERWOOD: Kelly W35
- 1241 JOPP: Todd M30
- 1242 PATRONI: Joseph M55
- 1243 BALDWIN: Dan M40
- 1244 BALDWIN: Tania W40
- 1245 DUNLOP: Robyn W40
- 1246 TYZA: Katrina W30
- 1247 BISHOP: Clinton M40
- 1248 BISHOP: Tracy W40
- 1249 TINGAY: Sonia W40
- 1250 COBBY: Darren M45