

WETRUN



No. 478
MARCH-APRIL 2014



VETRUN

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Cover: ever-improving athlete Sandra Stockman flying home at Lake Monger (and she can be seen again, right, in our fisheye start pic).

Inset, 5000m winner Rosemary Giles at the State Champs.

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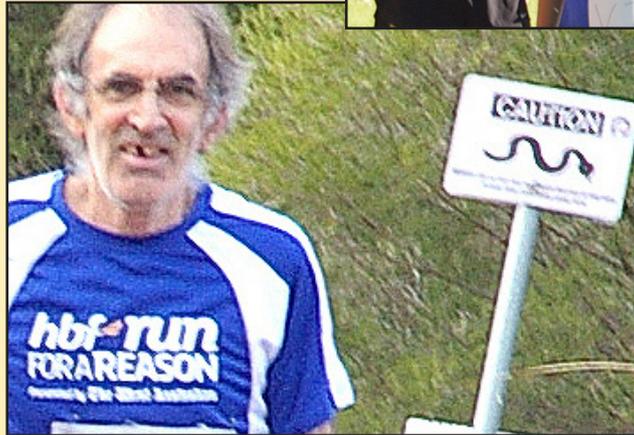
John Gilmour

From the vaults ...

Which way should a young lad go? Dad points one way; the Pres another; and the cheerleader behind is hedging his bets.

And do you really need a reason to run, with an encouraging sign like that?

Lots more pictorial insights and memories of Masters are online, in the Vetrun files.



Club AGM can it be a moveable feast?

Hi Vic, It has come to my attention that the AGM used to be held on a Sunday morning after the run.

I think this would be very good to return to this idea. I feel that we would attract a larger number of people – and therefore a wider selection of people to maybe take over the positions available.

Also, we might hear a wider range of ideas, which could benefit the club. Our membership now includes a lot of younger members who I feel may be more likely to attend meetings after a Sunday run, rather than in the evening. Also, a lot of older members do not like driving in the dark, so they will not attend the AGM, or want to attend monthly, evening committee meetings.

McCallum

I think an AGM after one of the runs at McCallum Park, under the shade of the trees, would be more enjoyable –



You Write ...

Elaine is pictured here at our 40th bash, at McCallum. If you were there, you're probably in the big picture. Contact me, Vic Waters, if you want a copy.

especially if it was at one of those when we have morning tea. It could be more interactive, therefore more beneficial to the club, than turning out in the dark on a winter evening.

Elaine Dance

Sunday people – look again

THIS is a BIG plea to all renewing Sunday competitors to look again at their help dates.

Because we have changed the MAWA year a helpers problem has arisen.

Many members have chosen help dates in January, February or March which they had already nominated when renewing last year.

But this will leave us with a shortfall of helpers for the balance of this year.

So – when renewing please help for this year by nominating two help dates, between 1 April and 31 December 2014, and NOT dates already done.

I will be SO grateful and a much nicer person!

Don't forget you can check out the Helpers List on our website. Just click on the 'Road' tab and then 'Helper List'.

The first page only shows the next few events but click on the 'Helper List 2014' link and you will find the helpers for the whole of 2014.

Where there's a need ...

When you are renewing your membership you can look to see where helpers are most needed and avoid selecting an event that already has enough helpers. Later you can check that your selection has been processed correctly and advise any errors or omissions to young.gillian@hotmail.com

Happy helping! Thank you.
Gillian Young

Going the distance? Here's my method

IN the course of my recent marathon training I have devised some energy-saving tactics to share with my good mates in the club.

Follow me for safer, easy running.

One: Don't think.

The brain uses more energy than any other bodily organ. If you run and think you're just burning up useful energy. Emulate our best marathon runners, make like a brain-dead automaton.

Two: Reduce breathing to a minimum.

All that pumping air in and out is very tiring. Take a couple of deep breaths before the start; another one each time you have a drink; and one more at the finish.

Three: Stop blinking.

It's not only a waste of energy, but downright dangerous. Running with your eyes closed, you can so easily trip over stuff.

In My View ...



by the Editor

Now hear this

CREDIT where it's due; our new megaphone is a belter.

Even Jeff Whittam can't holler that loud.

I was a little put out, at Joondalup, when Richard Blurton blew a police whistle through it to summon our attention. My right ear didn't switch on again until the 5km turn.

But this tannoy is a great technological breakthrough, so congrats to whoever bought it. What next, gang? How's the microchip start-finish idea coming along?



Ladies do a fine pick-up

A young girl running near our March 23 run at McCallum bashed herself up falling on the footpath. Four of the club's fine ladies comforted, bandaged and iced her in a most caring way.

The youngster was actually sobbing in pain as she sat under the trees being patched up by Sarah Ladwig, Marg Bennett, Joanne Richardson and Maggie Flanders. It transpired that she was on her own in Perth.

They even managed to get her chuckling eventually, through the tears.

Their efforts epitomise what a magnificent organisation is the Masters.

When the patient said 'you have all been so kind' I was welling-up too.

Thanks girls.

15 years and still counting

I DON'T like to complain, as you all well know.

But ... on reading Christine Oldfield's club history I discover that I have edited this paper for almost 15 years in all.

All the editors are listed. But we are not like Dr Who (same bloke, different face every series).

No, *Vetrun* supremos are all separate entities. And most of the others have bailed out after four years, max.

So, where's my birthday cake?

Getting the needle

NOT everyone is a fan of hypodermic syringes. Some runners are fearful of running barefoot in case they are spiked by one.

Personally I reckon careless fishermen are a worse hazard. At Floreat one early morning I picked up a cork float tastefully decorated with a diabolically sharp, hooked pin.

But it made me ponder on syringes. Marvellous things.

Imagine dentistry without the modern ones. Remember those old beasts that looked like stirrup pumps?

How do they make them so fine today, with a hole down the middle?

Romans and Celts

The first piston syringes were used in Roman times. During the 1st century AD Aulus Cornelius Celsus mentions the use of them to treat medical complications in his *De Medicina*.

Don't take my word for it; look at Wikipedia.

In 1844 Irish physician Francis Rynd invented the hollow needle and used it to make the first recorded subcutaneous injections, a sedative for neuralgia.

It seems the key to syringe making is forming the hollow tube. You make a large tube, heat and soften it, then draw it through a die so it stretches, shrinks and becomes ever smaller.

Well, I simplified that, because I doubt if any of you are going to try it at home. Just be grateful that they are so fine, next time you get the needle.



Seen while running past the SAS barracks fence.



ISN'T it nice to know that Australia's toughest blokes are safe and secure when they're at home in Swanbourne?

Wilson Security is on the job. Wilson personnel are hardened by patrolling the mean streets of Perth. They are versed in underground car-park warfare; and armed with the hi-tech skills to apply wheel-clamps, even under incoming-abuse.

Equipped with elephant-hide camouflage skin, and trained in advanced inhumanity, every man-jack of them is totally devoid of inappropriate compassion.

Who could be better equipped to protect our other, khaki, warriors?

VERY few runners can match Brian Danby's Rottnest Marathon record.

2013 was his 20th – and as that marathon entails four laps, it means he has circumnavigated the island 80 times in the race.

Last year's effort wasn't his best; far from it. After a rotten season that hindered preparation most of us would have skipped it.

But Brian's Rottnest fixation is too deeply entrenched for him to quit – and all because he ran the inaugural event in 1994, placing 28th.

Pioneers

All the 1994 finishers' names are inscribed on a special trophy that used to stand in the Quokka Arms on the island. It's now probably at the Marathon Club.

Each of them was presented with a commemorative cloth number, inscribed with finishing position. They are allowed to wear it, as well as their entry number, every time they run the Rotto race.

Moving target

Brian's target was set after that first event.

"At first a group of us agreed we would do 10," he says.

"By year 15 there were seven of us left and we vowed to do 20, and we all made it this year.

"Next year? Who knows!"

Year after year, Rotto in October became his fix. Everything revolved around that marathon.

"Wherever we were, perhaps abroad on holiday, we had to be back for October on Rottnest.

"I should be able to do two more – but then the World Champs in Perth in 2016 will get in the way. The dates clash, and there is a marathon to end the Worlds meet, and I hope to be in it."

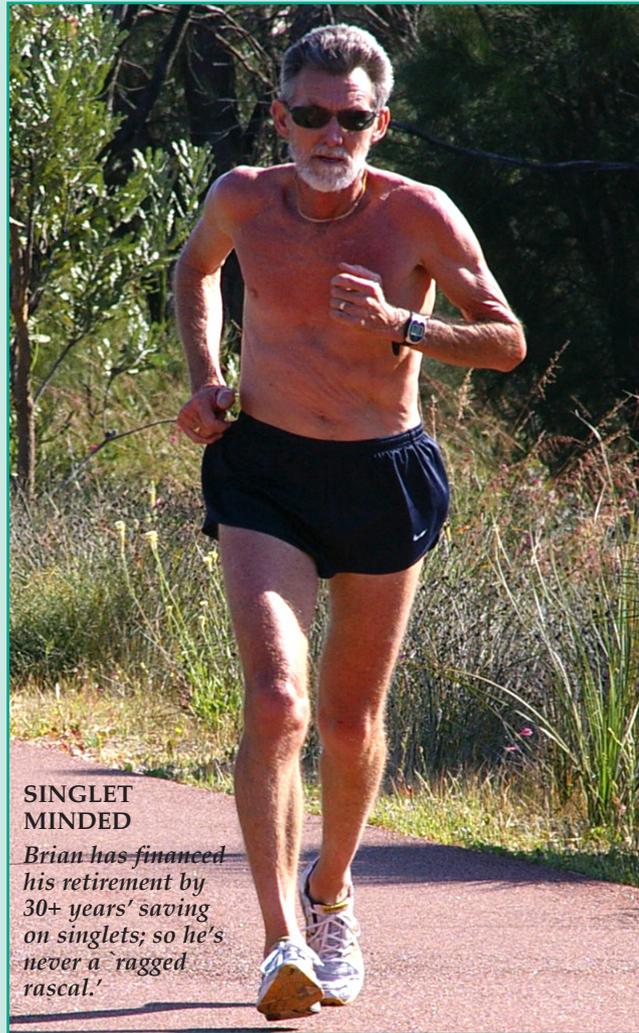
That would be BD's 50th marathon, with 22 on Rotto.

Obsession?

His marathon obsession began in 1979, and the target was Perth 1980.

In those halcyon day 'everyone ran under 3 hours' – so the old members say!

Round and round Rottnest he ran, and ran, and ran and ... !



SINGLET MINDED

Brian has financed his retirement by 30+ years' saving on singlets; so he's never a ragged rascal.'

With few roads around his Pinnaroo home back then so Brian trained by running to the coast and back, about 20km.

Running with other Vets helped, and aged 33 he recorded 3:25 for his first marathon.

His marathon obsession began in 1979 – target Perth 1980

He finally cracked three hours in 1983, in Perth, and followed up with his all-time PB the same year, in Albany, with a 2:50:10.

A year later in the Geraldton Walk Away Brian almost matched that again, with 2:50:45.

Very different climes, very similar times.

Bare-top Brian

Those with a suspicious mind will question why a

stripling of 33 was a member of the Vets.

In those olden days, men had to be 35 to qualify, and women only 30.

Equal opportunity triumphed in 1995 and now 30 is the starting age for everyone.

But the club was obviously more laid-back in those days and Brian was given a special dispensation.

Just in case anyone got the wrong idea about his gender, he ran bare-top to prove he really is a boy. He's done so ever since.

UK migrant

Born in Leeds, UK, in 1948 Brian migrated with his parents in 1952. At first they lived in Narrogin, where he played

several sports – footy, baseball, cricket etc but most significantly won his first race.

That was three times round the footy field, a barefoot mile, cheered on by the footballers as they finished their match. He enjoyed cross-country most of all.

The family moved to Morley and Brian went to John Forrest SHS. But there was a sporting hiatus due to the Danbys' burgeoning church involvement. They could spare little time to encourage Brian's running talent.

Vets

Married in 1968, he and his first wife have two sons, Simon and Jonathan. In 1979 Brian joined the Vets (introduced by Bob Sammells) around the era of the 24-hour relays. His first run with the club was the Freo Fun-Run, that year.

In 1980 his boys became interested in lacrosse and Brian began coaching them, and then playing the game. By now he was living and working at Pinnaroo managing the cemetery grounds. Older members will fondly remember the home-runs he directed there.

He also began gym workouts, and admits that was the time he realised he was a fitness freak. Always out of the house, running, gym sessions, coaching, playing. It didn't do a lot for their marriage, Brian says, which effectively ended with a separation in 1986.

London Marathon

In 1988 Brian and a gang of Vets – Pelliars, Fordens, Jacqueline Billington, Sandi Hodge and many more – travelled to UK for the London Marathon. Visiting birth-town Leeds, Brian met Sue. They married and have been together here in WA ever since.

Brian's preparation is standard, the build-up for Rotto starting around April.

"Afterwards I ease up for at least a month, just make short runs, 5km or so. Then towards



Shouldn't a long-term race director show a little more respect to the official photographer?

the end of that month I run harder; short but quick, repeats etcetera."

The island race circles Rottnest four times. Is repetition a problem? No.

Asked what kind of marathon he prefers, Brian says Rottnest has to be it.

What about the degree of difficulty?

Brian thinks it's no more than five minutes harder than the Perth.

His best Rottnest time is a 3:21, in 1998, achieved when he was 50.

Most of his times – 13 in all, have been 3-hours something. He went over 4 hours for the first time in 2004, and has been at 4-hours plus each year since 2009.

Rather than the long out, long back routine of runs like the Perth event, Brian says the Rotto 4-lapper has more variation.

So it's less daunting than Perth, where you turn and know there is that long haul back home.

Over the past 20 years he has been mostly injury free for the Rottnest event, though knee cartilage pain did trouble him one year.

A leg injury while sailing might, he thinks, have damaged his right quad and if it proves chronic might just limit his long-term marathon career.

He'll wait and see.

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

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.



"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.

Where they're running

IF YOU can add to this list, please email me vfd-waters@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.

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 number is 9275 0169; or 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

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

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.

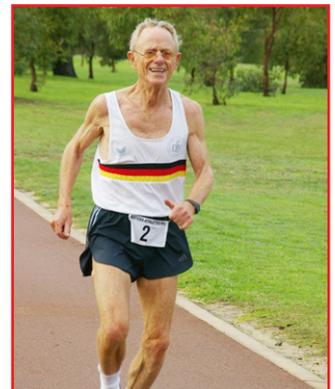
Saturday

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

8am start – 9.45am finish at WAAS (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 ■

CONSISTENT front-runner in Sunday short runs, Giovanni Puglisi has bounced in and out of our club over the years.

He returned in 2005 after a few years absence for injury caused lifting weights. He had been conditioning his legs for the Overland trek, Cradle Mountain to Lake St Claire in Tasmania.

I remember him best for track running though and as his alter ego 'John' Puglisi! We're much more politically, and ethnically correct these days.

Comeback, again

In distinct danger of becoming the club's own Nellie Melba, Giovanni made his latest comeback, on the track, in July 2012 and began some Sunday runs too. Readers may recall his bulletins from the UK, from January to July last year.

While there Giovanni spruiked WA Masters at every opportunity and led by example in the UK's parkrun series. He eventually cleaned up the M60 record at one of them.

Patron's Trophy

Regular competition since his return has sharpened Giovanni's road and track performance. He provided serious competition for David Carr in the season's Patron's Trophy, ending the series with 727.98 points to David's 742.20.

"The secret of my recent good form is partly due to better and more consistent training," he says, "and, possibly more importantly, not slowing down as much as some other runners as the years have gone by."

Subiaco start

"As a kid growing up in Subiaco, I loved sport and was a keen soccer player and enjoyed following and participating in athletics.

King's Park, Subiaco Oval and Rosalie Park were places well used with my equally sporting mates.

I attended Perth Modern School from 1964-1968 and my love of cross-country and middle distance was really fired whilst there.

I thought that I would be a pretty good performer back then, but I soon realised that I was 'panels of fencing'

Giovanni – on the rebound



Giovanni in that tight Friendship Run finish ahead of Paul Hughes, as shown on the front page of Vetrin no 477.

(horse-racing term) inferior in ability to another fellow in my year, Bruce Nichols.

Bruce won every middle distance and cross-country race for the next five years with ridiculous ease. He was rated champion WA School Boy having beaten the best the private schools could muster.

Long-time waiting

So it was a long wait before I won my first race of any consequence. It happened in my second year of teaching, at Newman in 1972!

As part of the town's annual Anzac Day long weekend celebrations, Mt Newman Mining Co. sponsored two



Horse of a different, darker colour (and number) in 2005 Bassendean Run - when we called him John!

events, the OTRACO Sprint over 100m and a 10km road race. I was fortunate to win the latter by the proverbial 'country mile'.

City to Surf

In Perth a year later and while teaching at a city school, one of my students brought the City to Surf to my notice.

I ran my first City to Surf in around 1977 and must have joined the WA Masters (Vets) a few years later. I'm not sure of the year but I can remember having mighty tussles with Dave Roberts in 5km and 10km events.

I have drifted in and out of the club on a couple of occasions not due to injury but mainly due to circumstances, such as going to Oxford in 1996, on a 12 months teaching exchange.

Last year, my wife Lesley and I took leave from teaching and did a home exchange to Camberley UK and there I was introduced to the park-run format.

With plenty of time on my hands I was able to train as often as I liked in lovely countryside. My times started to improve and I've managed to keep things going in the same way since returning to Perth.

Setting-up

I particularly enjoy setting myself up for a forthcoming race and training for the event.

It's much the same way trainers target races in horse racing, a sport that I have followed with interest since I was a kid.

They target the Derby or the Melbourne Cup and such. For me, the target was the Cliff Bould or The Patron's Trophy; or a particular cross-country race or handicap event.

Unfortunately, I've fallen short on many occasions, but it helps provide the motivation to train.

The odd victory helps provide some satisfaction, like setting an age record in a parkrun. Winning the Age Graded Handicap in January was particularly satisfying!

Yes, I'm really enjoying my running at present and it's given me a little hope for the future, the State Champs but longer term, like the 2015 Worlds in Lyon and then Perth in 2016."

2014 State Championships report

ONCE again our State Track and Field Championships was a most successful event. The 33rd championships were again held predominately at the WA Athletics Stadium with only the 10,000m being held at ECAC. The sorry state of the track at ECAC means that venue is not really suitable for state competition in sprints and middle distance.

Unusually the event was after the National Masters championships due to that meeting not being held at Easter.

You can have your say on the timing of the Nationals by completing the survey on our website. However, despite there being a few injuries carried over from Hobart, we had an excellent number of entries.

Benchmark

It seems that 160 is now the benchmark! It was great to see so many of our newer younger members taking part and there were some fine performances from them.

This year the 5000m walk was held as part of the main weekend, a decision justified by the much higher number of athletes taking part in that event.

The championships were highly competitive, sometimes fiercely so, but as always, the rivalry was friendly and sportsmanlike.

In the pentathlon Paul Jeffery broke the Australian M40 record (subject to ratification) and we almost had another Australian record from high jumper Chris Anderson, but maybe the cooler conditions were just not right on the day.

Records

There were 6 State records broken during the two weeks, less than recent years, but maybe that just reflects the high standard of our records, many of which have been broken during the past year.

The update of State Records will be posted on the website in April.

Continued page 12

LIVING in London for the first 44 years of life, the occasional holiday glimpse of blue seas and white sand looked like paradise. Who could imagine living with such luxury!

So when it all came true, where else would I run but the beach?

A week after reaching Perth in 1989 I was running with the Vets, due to a chance meeting with Mike Rhodes.

Never an athlete, I had little interest in clubs or taking part in sport.

(Paradoxically, as a 17-year old reporter on a South London weekly, I was made sports editor.)

Achilles

Vets was my first club membership of any kind, and with it came wide-ranging advice and help.

I'm good at remembering quotes; you have to be when your shorthand is crap.

Rob Shand said:

"If you have Achilles problems, keep off the sand."

As I have no argument with mythological Greeks, I ignored that and ever since I have run on the beach, which is an eight-minute jog over the hill from our house.



On sand and sea – marathon training

Bare-footing

Apart from an occasionally ferocious Fremantle Doctor, setbacks have been few. Then I read 'Born to Run,' which extolled barefoot running. (Review by Hamish McGlashan, *Vetrun*, February 2011, no. 443.)

I tried it – and it did feel good!

Blisters were an early problem. You must build up carefully if, like me, you have always worn shoes. Ten minutes or so was all I could manage.

When you feel hot under-

foot, stop, walk in the water, or put the trainers on again!

Marathon calls

Perseverance paid off though, in this campaign of readiness for the cross-country marathon. I felt that soft-going, in Kings Park and on the beach; and the hills of Bold Park; was my best preparation.

I can now run for an hour, or more, barefoot on the beach. That alone has made the training worthwhile.

If you decide to give it a go, it's tempting to find the firm-

est sand; but I try to mix the going.

Firm sand by the water's edge is easiest, in shoes. But it can be too hard without them. Softer sand higher up the beach is sometimes easier on bare feet, but more taxing overall.

And just one warning; when first going barefoot, I carried a pair of very light slip-ons – just in case of mishaps.

Ten per cent

Experienced marathoners advise us to build up conservatively, adding only ten per cent a week.

I did this, based on running time rather than distance, and applied it across the board, not just to the overall weekly total.

So time on the beach grew weekly, until I was running barefoot for 72 minutes. That's about 12km.

Build-up

Last October I decided on this marathon, which is my first since Perth 2002.

The plan – Part 1 – was to reach target weight and be fit enough to start proper training – by Christmas.

Did it!

Part 2 – be marathon ready by April 1.

What, you ask?

Thought this bloody marathon was dated May 18.

Right; but on April 1 we boarded a boat for a 40-day trip to old England.

Part 3 – maintain fitness for 40 days, running round a deck.



Aboard ship

The ship's sports deck has a 220m, coated running track; so 4.5 laps make app. 1km. Aiming for 70km a week I planned two 5km stints a day. Soon decided one 10km run was better; less laundry.

Apart from a fit young chanteuse from the ship's band, nobody else runs. Avoiding walkers can be tricky; going against the flow is best, so they see you coming.

Heavy weather, blasting winds and a wet deck soon forced me to the gym and another first – treadmills. Running on these, gazing out at the ocean, sounds ideal. But running on the spot indoors is ho work, and hard on the calves.

After a week of deck and treadmill my legs hurt more than at any other time in my six-months' training, across beach, park, hills and roads.

From now on I'm aiming at low-impact exercise until the aches and pains subside. Fortunately there's other equipment and a couple of swimming pools. It's also lucky that, so far, I've avoided piling on the weight. Rumour is - most cruise passengers gain two kilos a week!

Do you want printed

results?

THE committee agreed last year that results would be printed and mailed to some members. Basically they are the few who have absolutely no means of seeing them on the website.

So, if you fall into this technological black hole, and have paid for a posted *Vetrun*, and do want to see the detailed Sunday results, con-

tact us and go on the mailing list.

Results for two months will be posted in the same envelope as your *Vetrun*.

Currently very few members, around ten, have asked for this service.

Can you walk with Phyllis?

PHYLLIS Farrell has been diagnosed with Alzheimer's and gone into Residential Care at 248 Lyons Road, Aubin Grove 6164. Phyllis likes the place but misses being able to walk.

Her sister has contacted the club in case anyone who knows Phyllis and lives near could drop in and see her, and maybe walk with her. Woodland Park is seven minutes walk from Regents Gardens, she says, and has lovely walks within its boundaries. One hour is all that's needed.

New MAWA Secretary appointed

THE committee has co-opted Carmel Meyer to act as Club Secretary until the AGM in August. We are delighted that Carmel has accepted this position and are sure that everyone will give her their full support.

Don't go down in the woods ...



...without a trained nurse!

After the fall, this lawyer might help sue the path. That roof carpenter could probably saw up a few trees. But the medical experience of Sarah Ladwig was most use when this trio bit the dust. John Pellier and Brian Bennett (who is getting far too much exposure in *Vetrun*) were the other stumblers at the club's March Dwellingup weekend camp.

Go and stand in the corner!

By The Editor



IT'S apology corner – and I'll start!

Ironman Brian Bennett has not completed six Ironman events (yet); only five. My mistake, which he will sort out by doing us proud in Hawaii this year.

I also had a hand in the following – unwittingly, as you will read.

Lesson to be learned here; never believe anything you read in *Vetrun*.

Including that last sentence.

Now it's Christine Oldfield's turn ...

History corrected

Many thanks to all of you who have bought a copy of my book and for all the appreciative comments you have made. I'm glad that you have found as much pleasure in reading it as I had in writing it.

'Just give us the facts, ma'am'

In doing the writing I tried very hard to stick to facts rather than opinions or unsubstantiated information.

These facts were gleaned from the Club newsletters, minutes of AGMs and committee meetings and talking to numerous members.

Of course, you can't always rely on everything you see in print. This was exemplified after the manuscript had gone to Paul Martin for printing and he noticed that I had said that the Age-graded Walkers Trophy was not presented in 2002.

It had not been mentioned in *Vetrun* and the Trophy Register showed a blank. But Paul had won that year and showed me the trophy to prove it.

Sorry!

Apologies are due for a few errors which were clearly mine.

Amongst them, I credited

Right from the Start
1974 - 2014

In celebration of the 40th Anniversary
of WAVAC and MAWA
The Club for Veteran and Masters Athletics
in Western Australia

1974
1975 1976 1977 1978
1979 1980 1981 1982 1983
1984 1985 1986 1987 1988
1989 1990 1991 1992 1993
1994 1995 1996 1997 1998
1999 2000 2001 2002 2003
2004 2005 2006 2007 2008
2009 2010 2011 2012 2013
2014
Christine Oldfield

Peter Gare with being M80 when he is only M70, a fact that he found quite amusing and recognition that he'd been around for a long time.

I also said that some trophy winners were listed from 1885 ...!

Thank you to the readers who have pointed out my errors; keep them coming. I imagine the book will, in due course, be available online and I would like errors to be corrected by then.

Joan

And I would like to make an apology to Joan Pellier who has been upset by the following comment concerning a committee decision in 1994.

"Interestingly, Joan Pellier, always a firm believer in the fact that WAVAC was a road running club, was appointed to head the sub-committee with responsibility for track and field."

I do, of course, accept that Joan not only participated in track and field but played an important part in its organisation and running.

The main source for my comment was in the *Vetrun* of September 2011.

"She says, quite rightly, that WA Masters (and Vets, as it used to be known) is primarily a road and cross-country club." (VW.)

But I am sorry if I misinterpreted this. The last thing I would have wanted to do was cause distress to anyone, especially someone who has been so pro-active on the club's behalf over many years.

How to get your copy ...

Carolyn and Bob Fawcett have very kindly agreed to look after book sales of the 40th Anniversary Book while the Oldfields are away, luxuriating in the balmy UK summer.

See them on a Sunday or Thursday or e-mail them on jarrahby2@bigpond.com.

Christine Oldfield

Sunday Events

MAY-JUNE

WEIR RUN

May 4, 2014

RRC 10km/ RWC km

Tarmac path all the way, out and back, under partial tree cover.

AQUINAS

May 11

10km Handicap/ 5km

Start at grassed oval, then course leads down to the Swan. Turn towards city alongside river to Canning Bridge, then alongside free-way until the turn-back.

15KMRRRC/10KMRWC

May 18 2014

TWO-WAY START

An absolutely flat course without a single rise in gradient; competitors follow the pathway by the river. For most of the distance there are smooth grassed areas adjacent to the path, for those seeking softer going.

We start in two directions!

For the out and back 5km you go down-river to Tawarri.

The 10km contestants go up-river and turn at the Narrows.

They are followed by the 15km runners, who go to Tawarri, return to the start, and then run to the Narrows and back.

Gary Fisher

DEEPWATER POINT

May 25

15km/ 7.5km/ W7.5km

Tarmac riverside paths, some under tree cover; narrow in places so prepare to give way to bikes and others.

RRC 25KM/ RWC 15KM PLUS 10KM/ 5KM

June 1

The long and winding riverside route goes upriver and back; tarmac path, some tree cover.

AROUND HERDSMAN

15km/ 7.5km/ W5km

June 8

Mixed terrain (some under the trees where tiger snakes flourish, so be alert) but mostly tarmac path. Lots of varia-

Perth Marathon



Last year's Coode St water-wallahs – Jackie Halberg, Neil McRae, Barbara and Richard Blurton; and Brian Bennett, enjoying the best water on the riverfront.

DON'T forget – get in early to be a front-row spectator at the Perth Marathon on Sunday June 15.

All you need to do is volunteer to be a helper for about three hours at one of the drink stations that Masters manages on the day.

Between handing out drinks to very grateful competitors, you will have a great view of all the action.

Places are available either at the Coode St Jetty in South Perth or Jeff Joseph Reserve in Applecross.

Coode St needs six people from 7am-10am and four people from 10am-1pm

tion makes this one interesting. Walkers do an out-and-back mainly along John Sanders Drive.

PERTH MARATHON

June 15

Start and finish at Marathon Club, Burswood.

MILL POINT ROAD

June 22

10km/ 5km

Riverside paths.

BARDON BASH

June 29

13km/ 7km

Picturesque route up-river from the park, on tarmac paths.

Jeff Joseph Reserve needs four people from 7.30am-10.30am (including a couple of strong helpers to help with water containers on a trolley) and another two from 8am-11am.

Hurry, don't miss out!

You can nominate 15 June as one of your help dates when renewing membership, or contact Gillian Young at young.gillian@hotmail.com or on 9295 1754.

Thanks, your help will be greatly appreciated by everyone.

22 JUNE

MILL POINT ROAD

Race Director: Milton Marvrick – 0434 846 797

Denise Newport, Bernadette Height, Syd Parke, Bridget Cooke, Richard Harris, Mike & Paula Karra, Peter Sullivan, Paul Ankers, Rebecca & Stuart MacKinnon, Irwin Barrett-Lennard.

29 JUNE

BARDON BASH

Race Director: Sue Bourn – 9293 1007

Brian & Margaret Bennett, Melissa Hassan, Arnold Jenkins, Carolyn & Bob Fawcett, Elizabeth McFarland, Elaine Sillery, Giovanni Puglisi, Keith Miller.

HELPERS

Be there – or phone your director!

4 MAY – KENT ST. WEIR

Race Directors: Sean Keane – 0412 180 823 & Neil McRae – 9332 4072

Sam Farman, Sonia Tingay, Steve Clark, Margaret Saunders, Michael Lee, John Dance.

11 MAY AQUINAS

Race Director: Lachlan Marr – 0424 136 862

Sonia Tingay, Peter Bath, Jackie Halberg, Col & Gail James, Carmel Meyer, John Batta, Chris Maher, Amanda Walker, David Brown, Leo Hassam.

18 MAY

15km RRC & 10km RWC

Race Director: Gary Fisher – 9472 762

Joseph Patroni, Su Lloyd, Peter Bath, Clive & Lynne Choate, Graeme Dahl, Peggy MacIver.

25 MAY

DEEPWATER PT

Race Directors: Ian & Sofia Carson – 9440 5832

Maxine Santich, Bob Schickert, Mark Hewitt, Pat & David Carr, David Brown, Leo Hassam, Mali Hodges.

1 JUNE

25km RRC & 15km RWC

Race Director: Mark Hewitt – 6262 5220

Clive & Lynne Choate, Bridget Cooke, Richard Harris, Jackie Halberg, Sylvia Szabo (740), Delia Baldock, David Adams, Sandra Rourke, Mary Heppell.

8 JUNE

AROUND HERDSMAN

Race Director: Rod Hamilton – 0428 940 089

Clare Alfonso, Kris Adrian, Theresa Howe, Lui Cecotti, Ian & Sofia Carson, David Scott.

15 JUNE

PERTH MARATHON WATER STATIONS

South Perth Director: Jackie Halberg

Applecross Director: Delia Baldock

Joseph Patroni, Su Lloyd, Clinton & Tracy Bishop, Frank Price.

Sunday Race Reports



Joondalup Neil Hawkins Park March 9, 2014

THIS is an out and back course on paths. There is about 1.5km of limestone track which was partly damaged due to vehicles using it the previous

evening to douse two deliberately lit spot-fires.

Otherwise conditions were not too hot, around 20°C with some cloud cover.

We had a good number of participants, 80 with about 15 visitors.

A big thank-you to my wonderful helpers.
Denise Viala



ANOTHER beautiful morning at Woody Point.

A number of runners and walkers commented on the, yet again, revised course. All were very positive, one runner saying she loved the course! Pete and I totally agree with you Shirley Bell.

We were both very keen to have a true distance, and used two GPS watches to check the course, and we marked it out twice. Pete knows the course pretty well and was able to make a very accurate guess.

Local council sweeps the

Woodman Point February 16, 2014

path regularly. Next day I could find no evidence of the turn at the south end. The sweeper had been at it again!

Thanks go to our usual volunteers and a few new faces. We hope you are there for us again next year; we could not do it without you all.

Karen and Pete March



Karen

Friendship Run ... February 2, 2014

PROPOSED Kings Park road works (that did not eventuate) provided the opportunity to amend our course and avoid the road crossings on the old course. There is plenty of variation in the new course with hills, sand, grass and concrete paths.

The weather was great and there were 300 Marathon Club and MAWA finishers over either 5km or 10km.

Special thanks to Jim Barnes and helpers for making sure that no-one got lost or dehydrated.

Brett Roach



Signing-in for the Friendship Run always takes a while, with many visitors drawn to the Kings Park event.

Champion Lakes had an 'Away-Day'

March 23, 2014

A LARGE turnout of almost 120 was testament to the MAWA communications system. Moving the aborted Champion Lakes meeting to McCallum Park could have caused some chaos, but the committee will be pleased that things seemed to work out all right on the day.

The run took place over the same distance as originally advertised, a 5km or 10km, run or walk. A surprising number chose to do the full two laps, approximately half of those attending. Given the blustery, warmish conditions, perhaps one might have expected more to take the left turn after the first lap!

McCallum is always popular, with good use being made of the riverside surroundings and shade options for a leisurely, sociable breakfast after the run.

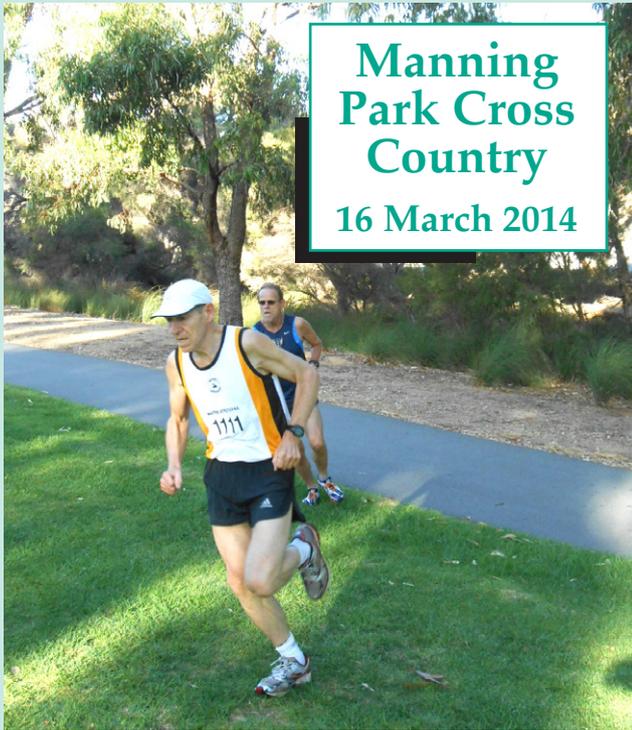
As stand-in race director I am pleased to be able to

thank the willing helpers. A special thanks to Maggie Flanders; Maggie lives way beyond the metro area near Pinjarra and stays overnight with her friends the Whittams when Sunday runs are in the city.

Your RD salutes you Maggie! Also many thanks to Sarah Ladwig *, very capable recorder; to Maurice Creagh for his help out at the turn; to Kim Cook and her two lovely girls for manning the water station; to Sam Farman for her capable marshalling at the tricky bike path crossing, and of course to my trusty wife for correcting all my mistakes and finding the extra time to man the printer watch as well.

JO

* There's a further eulogy to these club ladies – see page 3, by the Editor.



Manning Park Cross Country

16 March 2014

WHAT a beautiful autumn day for our race-directing debut, with Manning Park looking picturesque as always! No sign of Kate Ceberano the morning after her concert in the park, but local early morning walkers assured us it had been a great gig.

We had a great turn-out on the day, given many members were enticed up to the hills for the Darlington half-marathon ... we were all thinking of you.

Back at Manning Park, there's just one sneaky hill for the runners to navigate, and 71 runners and walkers, including nine visitors completed the multi-lap course.

It was also good to see some of our newer Club members there.

We marked out the course a bit differently to last year – a little less technical perhaps. We'll have another think about how to minimise the run/walk course crossover again next year.

Well done to everyone who took part and congratulations to the winners – Ian Carson (8km run), Bjorn Dybdahl (4km run), Kim Cook (8km run), Karen Peace (4km run), Paul Martin (5.6km walk), Bob Schickert (2.8km walk), Lynne Schickert (5.6km walk) and Dorothy Whittam (2.8km walk).

A big thank you to all our helpers – Lorraine, Trish, Ante, Giovanni, Rosa, Graham, Jon, Cameron and Jennifer – especially for helping us get into the swing of race directing ... looking forward to doing it all again next year.



Above, Piney Lakes runners: thanks to Chris Koeman for taking over in absence due to illness of Director John Frost. Get well soon, John.

Left, Director Kim Thomas instructs the Lake Monger field; and right, 10.5km winner Tony Smith rounds the finishing lamp-post.





State Championships; top, jumper is Gay Wyatt; above, Todd Ingram, Ross Langford and Rob Nichols; right Bert Carse – all in 5000m finals.

90+ Percent Age Graded Performances

1/4/13 to 31/3/14

M80	David Carr	2k steeple	9:37.53	101.67%
M80	David Carr	400m	74.10	98.45%
M80	David Carr	800m	2:52.7	96.96%
M50	Rudi Kocis	100m	11.9	93.46%
M50	Rudi Kocis	200m	24.54	92.61%
W60	Lynne Choate	100m	14.7	92.15%
M80	David Carr	1000m	3:53.9	92.07%
M75	David Clive	100m	14.89	91.20%
M80	David Carr	200m	34.06	91.19%
M70	Bert Carse	2k steeple	9:08.9	90.90%
M75	David Clive	200m	31.76	90.84%
M30	Scott Tamblin	1500m	3:51.35	90.40%
M45	Chris Anderson	HJ	1.90m	90.15%
M40	Glenn Ross	200m	23.48	90.04%

And those who nearly made it:

M70	Barrie Kernaghan	200m	30.03	89.98%
W55	Margaret Saunders	2k steeple	9:02.05	89.84%
M40	Glenn Ross	100m	11.64	89.33%
W60	Margaret Saunders	2k steeple	9:14.8	89.22%

In this period: 96 State Records

16 Australian Records (11 of which are indoors)

Don Chambers [7], Melissa Foster [3], Greg Urbanowicz [2], Paul Jeffery, Scott Tamblin, Chris Anderson & Wendy Seegers

From page 6

Unfortunately there was not enough time at the end of Sunday to present the Anne Shaw award, many having already left the stadium.

It is probably not a surprise that David Carr retains this wonderful trophy for his 400m run of 95.14%.

David has had a most successful year and was voted the "outstanding male athlete of 2013" at the Nationals

in Hobart. The actual trophy will be presented to David at the AGM in August.

And lastly, but by no means least, I'd like to thank the many officials and club members who contributed to the smooth running of these championships.

Without them there would be no event and I know the athletes themselves really appreciated all their hard work.

Barbara

NEW MEMBERS

1251 SMITH: Garry M55	1259 ARNATT: Michael M30
1252 GROOM: Chris M45	1260 FISHER: Melinda W45
1253 DAVIE: Aubrey M75 (Aub Davie was a member around 1978 and has rejoined)	1261 HASSAN: Melissa W40
1254 NEWPORT: Denise W50	1262 DAVIS: Wade M45
1255 ALFONSO: Clare W35	1263 SCOURSE: Monique W40
1256 CICCHINI: Mercurio M60	1264 JAMES: Colin M55
1257 TOLARDO: Karyn W45	1265 MacATTINNEY: David M55
1258 SIVIOUR: Sandra W40	1266 SMITH: Daniel M30
	1267 JERARD: Tracey W35