

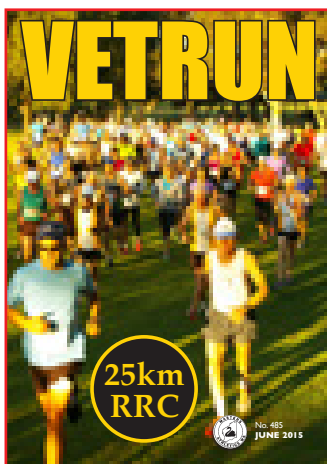
VETRUN



25km
RRC



No. 485
JUNE 2015



First wins for Sue and Marie

SUE Bourn has won her first Road Running Championship with an average time of 4:52. Sue has been one of our most consistent female distance runners, and that consistency has finally been rewarded. New member Cassie Hughes was second, just 13 seconds behind.

For Kim Thomas, this was his fourth win in a row, just one behind the all-time winning streak set by Brett Roach. Hamish McLeod has continued his steady improvement to finish second, while Stuart MacKinnon ran 3rd, just four seconds behind Hamish.

In the RWC, Marie Fitzsimmons took her first championships with an exceptional time of 6:03, a comfortable win over last year's champion, Wendy Farrow. John McDonagh makes it two wins in a row with a time of 7:11, beating Johan Hagedoorn by 12 seconds.

15-up!

Congratulations to John Allen and Joan Pellier on 15 completed championships and Elaine Dance on her 10th.

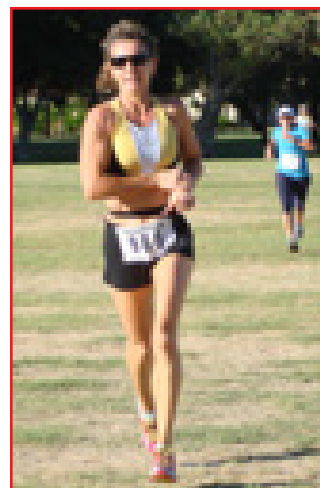
Seventeen men and four women completed this year's events. Well done to our first time competitors – Byrant Burman, Russell Smith, Wayne Bertram, Frank Price, Sue Bourn, Cassie Hughes, Bronwyn Bell, Marie Fitzsimmons and Janice Bertram.

The trophies and medals will be presented at the WAMC clubrooms on July 12, after the half marathon.

29TH ROAD RUNNING CHAMPIONSHIPS AND 22ND ROAD WALKING CHAMPIONSHIPS

Results and report by Barbara Blurton, who did a superb job, compiling the outcome for Vetrans and the website just one day after the two Championships wound up.

Cassie Hughes	W40	5:05
Julie Wilson	W60	5:53
Bronwyn Bell	W35	6:48
RWC Men		
John McDonagh	M65	7:11
Johan Hagedoorn	M70	7:23
Bob Fergie	M75	8:26
Jeff Whittam	M80	8:40
RWC Women		
Marie Fitzsimmons	W45	6:03
Wendy Farrow	W45	6:37
Elaine Dance	W60	7:47
Janice Bertram	W45	7:57
Denise Viala	W65	8:30
Joan Pellier	W75	8:38
Ann Turner	W75	8:44



Sue Bourn – consistent, and now RRC title-holder

A huge field swelled by a record (?) 55 visitors marked the WA Day weekend for our 25km run, final leg of the RRC and RWC.

NEXT EDITION

Vetrans no. 486 will publish in August 2015.

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John Gilmour

RRC – Men

		min/km
Kim Thomas	M40	3:46
Hamish McLeod	M40	4:04
Stuart MacKinnon	M30	4:08
Tristan Bell	M45	4:18
Bryant Burman	M40	4:24
John Allen	M55	4:31
Mark Dawson	M50	4:38
Russell Smith	M50	4:44
Wayne Taylor	M55	4:49
Ross Keane	M50	4:50
Wayne Bertram	M50	5:28
Eamonn McNulty	M55	5:32
Bob Schickert	M70	5:39
Frank Price	M65	5:54
John Talbot	M65	6:08
Brian Bennett	M65	6:26
John Pellier	M75	6:26
Greg Wilson	M65	6:32
RRC – Women		
Sue Bourn	W45	4:52

The committee and members of MAWA were saddened to hear of the passing of Trish Lopes, one of our young members. Her smiling face and bouncy ponytail will be greatly missed. Sincere condolences to her mother Lorraine and family, and Trish's partner David and son Colton.

Video technology at the finish

MAWA is buying a video camera for use at the finish of all our Sunday events.

This will help ensure accurate results.

Queries often arise when they are being compiled for the website, and the opportunity to rewind and check exactly who finished in each position should eliminate problems of identification that arise occasionally.

So that's another reason to smile at the chute, no matter how rough you feel!

Committee News

Dates change

AT the last committee meeting it was decided to swap Mattagarup and Whiteman run dates. This is due to a clash with a re-scheduled commercial fun run. Whiteman Park is now set for July 19.

Also ...

Margaret Bennett advises members, please enter from the Beechboro Road, and follow the signs to Mussel Pool.

This takes you directly to the start area and saves any confusion.

This main gate off Beechboro Road is open early in the morning.

... and more!

- Membership stands at 499, 11 more than last month.

- A presentation breakfast will be held after the Half Marathon, July 12, at the Marathon Club rooms. Medals/trophies for RRC/RWC will be awarded also.

- Monthly progress updates for the World Championships in Perth next year will be placed on our MAWA website.

- New uniform samples have arrived, and will be shown to members by Joan Pellier on Sundays (see the Deepwater Point report for picture) and Colin Smith at Tuesday track nights.

- Iron-on club numbers are available from Russell Smith. See website for details.

Keeping Watch

WHO says blokes can't do two things at once?

After the new Sunday timer-watch (which can talk to computers) arrived we continued running the printer-watch as a back-up, while timekeepers became used to downloading times from the new one.

For a while it meant having a second timekeeper.

As helpers are often in short supply that was a bit excessive.

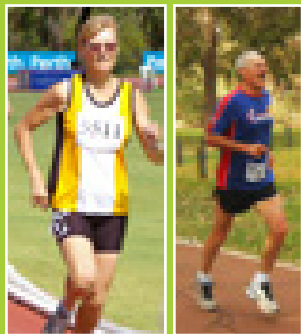
So now you might observe the timekeeper using two watches at once!

(Of course, if the timekeeper is female it's a doddle.)

If the new watch is accidentally stopped, the operator can immediately revert to the old printer-watch.

Great; just don't distract the timekeeper!

Lots of results-takers thanks!



Marg

Mark

SINCE the indefatigable Lorraine Lopes handed over the Sunday results-duty several members have stepped up to share the load.

Mark Hewitt is the principal recorder, but as he points out, it's a never-ending task from which you sometimes need a break. The recorder is always among the last to leave a Sunday meeting, and then will often spend much of the remains of the day at the computer.

So – thanks go to Mark; and to Margaret Saunders and Hamish McLeod who have helped out recently while he was on hols.

Marathon du Medoc – blame John Talbot!

WHO would have thought he could be such a bad influence? Mild-mannered John: inveterate runner and cyclist, always affable. But he has led me astray. Even Frank Smith is considering following.

The Marathon du Medoc is the tantalising treat John has dangled before us.

And though I vowed 'never again' after last year's UK run; and even though Frank hasn't run a step for more than two years, we are now tempted by this Gallic fete de jour.

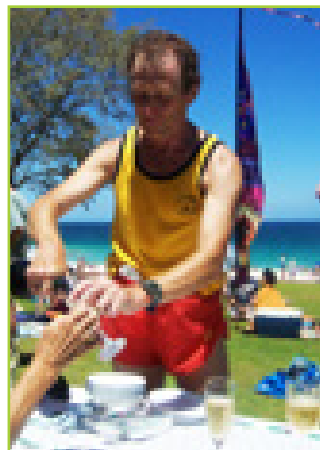
John took part a couple of years ago and talks of a marathon like no other (and John has run a few odd ones over the years).

Salut!

For once, the thought of long-term training for a marathon is not the slightest daunting.

In fact, it's likely to be most enjoyable.

Le Marathon du Medoc traverses the world's best wine-growing region – Bordeaux – and passes through legendary chateaux, with food, wine



A taste of things to come, I hope!

and music stops every five kilometres.

The only way to survive such an ordeal is by immaculate preparation.

Regular 5km runs, after taking on at least a half-bottle of

Return Jim Barnes' books!

MANY members have been loaned running and exercise books by the very generous Jim Barnes.

Unfortunately – several of you have failed to return them and at the moment 14 of Jim's books are on the 'missing list'!

Those he would particularly like returned, please,

include: *'The Messengers'* by Mal Anderson;

'Running Foot Doctors' by Steve Subotnic; and

'Running to the Top' by Derek Clayton.

If you do have one of Jim's collection, he asks you please bring them back, so other members can read them.

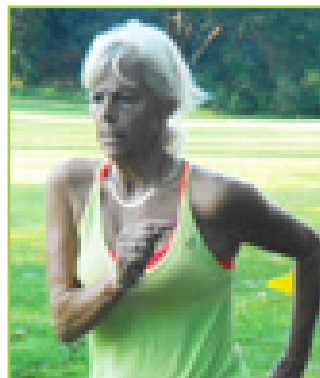
Club has gone to the dogs

WELL, I hope lots of you did, to support our most recent social outing.

It was the dinner organised at the Cannington greyhound stadium by that well-known hare and social secretary Elaine Dance.

Unfortunately, *Vetrun's* publication date was too late to give advance publicity to the event, but it was well-spruiked on Sunday mornings and online.

Thanks to the committee



Elaine Dance – haring along at the recent Manning Park meeting.

and most notably Elaine and Joan Pellier for all their endeavours at building the off-track, off-road, dressed-up aspect of Masters!

In My View ...



by the Editor

good wine, would be a minimum requirement.

As a gifted amateur in this regard, I do know enough to acknowledge we will need a top professional coach. So Kate Worner (né Kath Penton) will be appointed.

I've no idea if Frank will make the course. He's such a wowser, I don't see him making it past the first chateau.

(This is Chateau Montrose, renowned for superb wines, and personal favourite of one of my heroes – Hugh Johnson, who wrote the world's first Wine Atlas.)

White with fish

John Talbot says that he didn't see a glass of white until the 35km mark, when it was served with fresh oysters.

Perfect; should finish anyone off nicely.

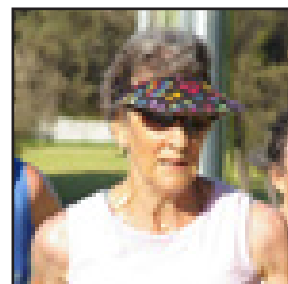
Do Google the event, and read the hilarious report by a young female *Guardian* reporter. She describes the projectile vomiting of her running mate extremely well.

Also, she explains that there's more medical professional help at this marathon than at any other she has run.

So – I'm in strict training.

Cheers!

WE offer sincere condolences on behalf of all Masters members to Lorraine Lopes, who has lost her daughter, Trish, to cancer. Trish was just 43, and mother of a two-year old daughter.



Lorraine

XPAGODA RUN

April 26, 2015

Director: Jackie Halberg

A BRIGHT sunny morning welcomed 159 runners and walkers to the XPAGODA run this year, amongst them 52 visitors. Thank you for supporting our Masters runs!

As is sometimes the case at our runs, changes were necessary, this time for the 15km event. South Perth is doing some foreshore work near the Mends Street jetty, and a detour was in place.

Thanks to my marshals Sean Keane and mother and daughter combo Sylvia and Sylvia Szabo who guided runners around this area. My apologies to our long distance walkers. I cancelled their 15km walk as I felt the section across the grass was too long.



Jackie

Many years back, this run followed the Kwinana freeway, past the Pagoda restaurant (originally ballroom) in Como. Maxine Santich was my turn-around marshal at that point, and revived those intrepid souls doing the 15km with jelly beans.

Maxine has returned to the club, and the jelly bean tradition was reinstated although a little changed. She was on the recording table this year, supported by Ralph Henderson, where all finishers were offered that all important energy boost at the finish. Good memories!!

Thanks to all my other helpers, many of whom are regulars at this run.

Results in brief ...

15km Run

Kim Thomas M40 57:32
Lisa Searle W40 66:07

10km Run

Russell Smith M50 45:52
Claire Walkley W45 57:21

5km Run

Amanda Walker W50 20:49
Frank Gardiner M65 22:25

10km Walk

Marie Fitzsimons W45 60:23
John Smith M80 83:45

5km Walk

John McDonagh M65 36:54
Denise Newport W55 42:04

Ray Atwell, Barbara Blurton, Pat and David Carr, Janet Jiang, Jim Langford, Neil McRae, Pat and Norm Miller, Dorothy Whittam. Special thanks as always to Mary Heppell, who also helps to mark the course in the early hours of the morning.

Jackie

Marathon Results

- gathered by
Jim Barnes

Manchester UK

Liz Neville 1st W60 3.46:05

Bunbury

Maree Brown 1st W50 3.49:39

Peter Bath M70 4:24

Eamonn

McNulty M55 4.40

John Talbot M60 4:50

Canberra

Ante Perdija M40 3:5.05

Hamish McLeod M35 3:25.19



Jim

WE thought it was going to be a disastrous run this year, with only one run in the three weeks before the event, and only four entries received.

But then Barbara Blurton put up a notice on the website giving our email and phone number and by the same night we had 22 entries!

This included four visitors, and two of them took out the first two places. This was probably because I gave them too good a starting handicap (by guesswork). Ultimate winner was Tristan Bell, backing up his win of last year. (He assures me there was no collusion with the handicapper.)

He was closely followed by Keith Miller and John Fisher.

However if Frank Price had not missed his start time by two minutes, he could have claimed victory. Sorry, Frank.

Record

Bert Carse broke his own record for the event, which he set last year, by two seconds.

Our thanks go to all our helpers, some who came on the night in reply to the appeal on the web. Thanks to Maurice for the timing gear.

By the way - we have now watched the runners cover a total of 270 kilometres in this event!

See you next year?

Dorothy & Jeff

10km Track Handicap April 23, 2015

Directors: Dorothy and
Jeff Whittam



Dorothy

Jeff



Tristan

2015 Track Handicap results

Name	Age	Clock	H'cap	Adj Time	Pos
*Andrea Petty	M40	48.38	9.30	39.08	2
*Kelly Anderson	W30	61.38	9.30	52.08	16
Tristan Bell	M45	63.41	23.34	40.07	3
Keith Miller	M65	64.17	18.34	45.43	6
John Fisher	M55	64.21	17.21	47.00	9
David Adams	M35	64.41	18.45	45.56	7
Frank Price	M65	64.54	5.45	59.09	19
Bert Carse	M70	65.03	19.58	45.05	5
*Sue Vetten	W60	65.27	9.30	55.57	18
Bruce McGeorge	M60	66.06	17.00	49.06	11
Milton Mavrick	M60	66.10	17.44	48.26	10
Frank Gardiner	M60	66.13	19.26	46.47	8
Kim Thomas	M40	66.20	29.38	36.42	1
Tony Smith	M35	66.25	26.00	40.25	4
Maree Brown	W50	66.46	17.38	49.08	12
Rochelle Airey	W45	67.27	16.44	50.43	14
Bob Schickert	M70	67.43	15.23	52.20	17
Colin Shaw	M50	68.55	18.58	49.57	13
Maurice Creagh	M55	70.30	18.46	51.44	15
David Carr	M80	79.32	14.27	65.05	20

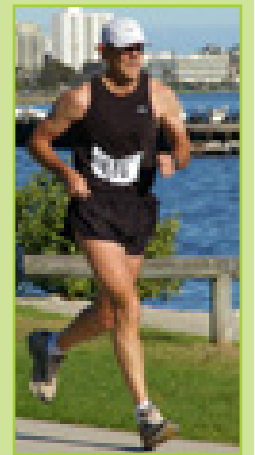
* Denotes runner ineligible for Trophy

Credit for the PHOTOGRAPHERS?

TRISTAN Bell continued on his winning way with another 10km Track Handicap win. Thanks go to the anonymous photographer at the Manning Park event, who has supplied several of the pictures in this *Vetrun*, like this one of Tristan (left) taken from the club website.

It would be good for the club to post the name of any member who takes the Sunday pictures for us. Credit where it's due! No problem with the picture of Bert Carse, right: I took it as he approached the finish of the Perth Marathon, in 2007.

VW



Weir Run

May 3, 2015

RRC 10km; RWC 5km

Directors: Sean Keane
and Neil McRae

AROUND 140 runners and walkers turned up on a calm Sunday morning to compete in the Kent Street Weir run, the first of the 50km RRC and RWC events.

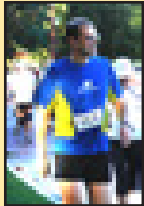
Conditions were cool and ideal for running – and the rain stayed away.

Kim Thomas won the men's 10km event for the fourth time and the women's event was won by Clare Wardle.

Thanks very much to the volunteers who marshalled and made things run smoothly.

Best of luck for those competing in the rest of the 50km championship events.

Sean & Neil



Sean



Neil

Results in brief...

RRC 10km

M40	Kim Thomas	35:42
M55	Lachlan Marr	40:15
W40	Clare Wardle	42:00
M30	Alex Tinniswood	42:47
M70	Bert Carse	43:15
M50	Mark Dawson	43:34
M60	Ian Carson	43:49
M35	Kees Maatman	46:39
W45	Sue Bourn	47:00
M65	Mercurio Cicchini	48:51
W50	Carmel Meyer	51:59
W60	Julie Wilson	52:43
W35	Bronwyn Bell	58:10
M75	John Pellier	59:21
M85	Irwin Barrett-Lennard	60:28

RWC 5km

W45	Marie Fitzsimons	29:29
M65	John McDonagh	34:49
M70	Johan Hagedoorn	35:58
W60	Elaine Dance	37:41
W70	Lynne Schickert	38:00
M80	Ray Hall	39:18
W75	Joan Pellier	41:20
W65	Denise Viala	41:33
M75	Bob Fergie	41:49
W80	Elaine Sillery	50:37
W30	Sylvia Szabo	53:48
W55	Sylvia Szabo	53:50
M60	Brian Dalton	60:52

Finish of 10km – Start of 50km!



Trophy winners Clare Wardle and Kim Thomas.

Winter shelter needed?

DESPITE the forecast of inclement weather a good number of club members, boosted by the now regular number of visitors, turned up to run or walk. Unfortunately near the Narrows Bridge the path was closed due to work associated with Elizabeth Quay which necessitated a change to the course.

I personally do not enjoy a course that involves running a number of laps but I was left with little alternative. Hopefully in 2016 we can revert to the regular course.

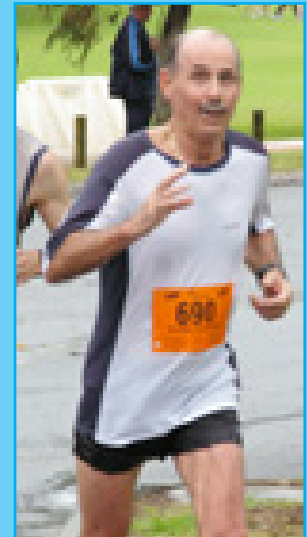
As always I wish to thank all my helpers, without whom the race could not go ahead. Special thanks to Peggy and Lyn at the recording desk who performed their tasks

Nedlands May 17, 2015

Director: Gary Fisher



Gary suggests shelter; he's pictured running in a tunnel at Bardon Bash!



Those magnificent M70s! Above, Johan, now a fast walker, in a past City to Surf; and Bob Schickert below.

admirably despite the wind and rain.

Quite a few of our venues provide sparse cover against the winter elements and the suggestion that the club investigate the availability and cost of a lightweight shelter would appear to be a good idea.

See you all next year.

Gary

Results in brief...

15km RRC

Kim Thomas	M40	57:55
Tony Smith	M35	1:00:49
Chris Maher	M60	1:01:03
Stuart		
MacKinnon	M30	1:01:37
Tristan Bell	M45	1:04:42
Bob Lane	M65	1:04:49
Peter March	M55	1:05:38
Mark Dawson	M50	1:09:06
Sandra		
Stockman	W50	1:10:06
Sue Bourn	W45	1:13:03

Cassie Hughes	W40	1:16:36
Bob Schickert	M70	1:22:30
Julie Wilson	W60	1:26:05
John Pellier	M75	1:36:25
Bronwyn Bell	W35	1:38:32

10km RWC

Marie Fitzsimons	W45	1:00:48
John McDonagh	M65	1:12:44
Johan Hagedoorn	M70	1:14:04
Elaine Dance	W60	1:18:44
Janice Bertram	W45	1:19:33
Denise Viala	W65	1:25:27
Bob Fergie	M75	1:25:29
Jeff Whittam	M80	1:26:45
Ann Turner	W75	1:28:30





Deepwater Point

DESPITE intense competition from the HBF Run for a Reason – and road closures that might have deterred some from risking the freeway – there was a good turnout. Weather warmed, helpers aplenty did their work well, and the riverside course was pleasant as always.

It would be nice if we could ever return to the original course, using both bridges and both sides of the river, but the road crossing to reach the Mt Henry Bridge makes that too risky.

Below, Karen March was first woman in the 15km; husband Peter, right, was first man; and beside him at the start, Bernadette Benson won the 7.5km.

May 24, 2015
Director: Ian Carson

Maybe we should ask Melville Council to close the road for us? Seems to work for HBF. VW

Results in brief...

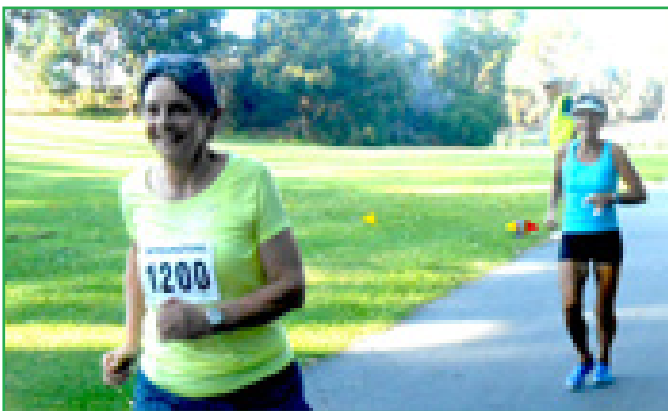
15km Run	
Peter March	M55 63:23
Karen Mach	W50 71:50
7.5km Run	
Bernadett Benson	W45 30:50
Rod Hamilton	M50 32:23



Manning Park Cross Country

March 29, 2015

Directors: Sally Floyd & Maree Brown



IF you haven't been to Manning Park, it's a 'hidden away and very scenic reserve' in the south – perfect for some cross country, and for keeping everyone going for up to four laps!

We had a great turn-out this year with more than 85 runners and walkers, including 20 visitors.

Well done to everyone who took part and congratulations to the winners – Tony Smith (8km run), Carol Bowman (8km run), Hamish McLeod (4km run), Peggy MacLIVER (4km run), Johan Hagedoorn (5.6km walk), Lynne Schickert (5.6km walk), Kirt John-

son (2.8km walk) and Lorna Lauchlan (2.8 km walk).

A big thank you to our helpers – Lorraine, John Bramble, John Byrne and Andrea, and to Jim and Karen for stepping in at the last minute.

If you haven't been to Manning Park it's worth a visit – and we'll see you there at around the same time next year.

Sally and Maree

Results in brief ...

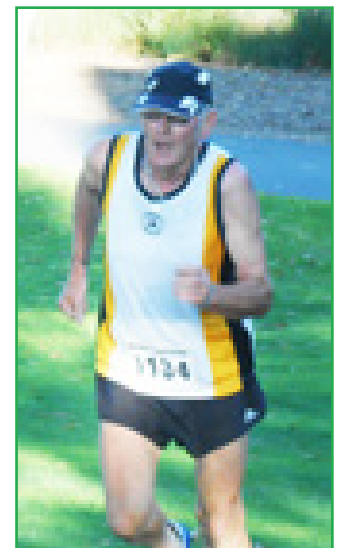
Tony Smith M35 35:41
Bjorn Dybdahl M60 35:58
Tristan Bell M45 36:09
John Allen M55 36:41

4km C/C
Hamish McLeod M40 18:08

Thanks, photographer!

Thanks, anonymous photographer, for these pictures posted on the club website.

Left, from top: Su Lloyd and Chris Pattinson; John Allen and Don Pattinson; Peggy MacLIVER and Irwin Barrett-Lennard. Right, Frank Price.



Aquinas May 10, 2015

Director: Lachlan Marr



Results in brief ...

10km Handicap
Clock H'cp Actual

Bronwyn Bell (W35) 1:04:50 5:19 59:31
Russell Smith (M50) 1:05:06 20:50 44:16

5km Handicap Walk
Sarah Ladwig (W65) 43:33 7:09 36:24
Ray Hall (M80) 46:05 8:10 37:55

Resolve to be regular!

FORGET trying to overhaul your diet.

Lose the idea that you're suddenly going to start training for your city's marathon this year.

And while you're at it, ditch the promise to yourself that you'll finally get out of debt, quit smoking and drink less.

How can a doctor like me actually be telling you this? Although those are all lofty and incredibly good goals to have (all of which top the list for most popular resolutions), the truth is that millions of Americans resolve to change their habits and behaviours overnight between December 31st of the old year and the first of the new year.

And it doesn't happen. Or it doesn't stick for long. Barely a fraction of people succeed in the long haul.

So I've got an idea. I'm going to make a suggestion that's pretty simple, doable, and small. Yes, even you can take this itty-bitty step. It's something that will make your life much better and can actually help you to achieve the bigger, more ambitious goals but which won't cause a lot of heartache, effort and self-sacrifice.

Be regular!

What do I mean? Keep a regular schedule.

That's right: just try to maintain a predictable schedule on a daily basis. This entails the following:

- Going to bed and waking up at the same time every day, weekends included.
- Eating at roughly the same times throughout the day, snacks included.
- Taking any prescribed medications at the same time every day.

Dr David B. Agus is one of the world's leading cancer doctors and pioneering biomedical researchers. Over the past twenty years, he has received acclaim for his innovations in medicine and contributions to new technologies, which continue to change the perception of health and empower people around the world to maintain healthy lives, longer. Dr Agus has built a reputation for his unique way of viewing the body's relationship to health and disease. He explains: "Sometimes you have to go to war to understand peace. My work in the cancer war has taught me a lot about all things health-related, much of which goes against conventional wisdom."

He is a professor of medicine and engineering at the University of Southern California Keck School of Medicine and Viterbi School of Engineering.

by
David Agus MD
December 20, 2011

I think this bloke has good ideas, and a lot of interesting stuff is on his website – Dr John Bell.
<http://davidagus.com/biography/>

- Exercising (if you do) at roughly the same time every day.

How can this be so unbelievably powerful?

The body loves predictability.

One of the best ways of reducing stress on the body and keeping its preferred, balanced state of being – homeostasis – is to maintain a consistent routine every single day, especially with regard to the body's natural rhythms as dictated by sleep-wake cycles, eating patterns, medication use, and physical activity.

Energy

You'll feel the difference in more energy, an enhanced sense of wellbeing, and my bet is you'll effortlessly find the motivation to attack all those other goals on your list.

As a doctor, of course I'd love for you to change your habits for the better and reduce your risks for illness. We all know the benefits of exercise and the bane of smoking. We all know that eating fast food won't fix the fat around our waistlines. But I'm also a realist, which is why I suggest you work your way to a new you just by making a single initial goal of keeping a regular schedule. Simple as that. Watch – and feel – what happens.



Keith Martin recalls a Toothsome Tale of overstriding, biting the dust, and World Champs past!

Running up north – far north!

Giovanni reports on his UK racing in preparation for this year's Lyon Champs

Hi Vic, Hope you, together with all the Masters at the club are doing well.

Lesley and I have settled in well in Oxford and we are loving the place: I'm glad the weather has finally warmed up.

My details with England Athletics have finally been updated to show that my 'first claim' club is now Oxford City Athletics (rather than Camberley & District, that I joined in 2013).

The upshot of it all is that I can now represent Oxford City AC at the next Southern League Athletics match to be held in Swindon on June 8.

I've been selected as the sole rep for the club in the M60, 1500m – on the back of running 5 min 18.34 at an Open Meet about a fortnight ago at Oxford's Horspath Track. Over 200 athletes competed on the night, some travelling over 150 miles to be there.

It was my first track run since coming over and my MAWA shirt, tracksuit and the blue Perth World Masters

You Write ...

G'day Vic, You mentioned Harry Gathercole in the last Vetrun. He was a great sprinter and held several world records.

I was lucky to room with Harry and John Gilmore at the 1993 world champs in Japan and I was treated to some great stories and coaching tips.

Harry said the best two things for a sprinter (runner) to remember are, "You can't run faster than you can run" and "Never overstride."

A 400m fall

Harry won the M85 100m (17.28s) and the 200m (35.99).

Coming down the straight in the 400m he was just behind the leader. About 40 metres from the finish, as he was just moving to the front, he fell forward and grabbed at his face with both hands.

He rose quickly and finished in 5th place.

We were concerned about the damage to his face.

He said there was no problem. "I was just putting my teeth back in!"

"I fell because, in my desperation to catch the leader, I was OVERSTRIDING."

Regards, Keith



2016 cap drew plenty of attention from vets from visiting counties. ▶

Winner

Winning the 60 to 69 division was a pleasant surprise.

I'm aiming to run around 5:10 in Swindon.

I received an email from John and Christine Oldfield in April and we will be catching up when they compete in the National Pentathlon Champs which are going to take place at the Horspath venue.

Lyon

Following the results and pics of the WA State Masters Champs was very inspiring. So many splendid performances!

We have organised a home exchange from August 2-20 with a family from Lyon, who seem equally thrilled to be coming to Oxford.

Meeting up with the Aussie contingent, particularly the gang from WA is something I'm so looking forward to.

Regards and best wishes,

Giovanni

3 Ps Point Walter April 12, 2015

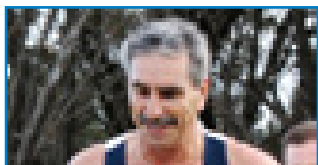
Directors: Nick Miletic
and Gail Castensen

WE had a good turnout (91 in all) considering the weather and that there was a couple of other events on the same day. Finally the Boardwalk was open, so we could have the full 16km run/walk.

Thank-you to everyone for making the effort to come to Point Walter in the rain and wind. A big thank-you to our helpers, their time is much appreciated. It certainly makes the morning run smoothly for us.

Hope to see everyone next year, fingers crossed for a sunny morning.

Nick and Gail



Results in brief ...

16km Run

Peter March	M55	1:10:43
Bjorn Dybdahl	M60	1:11:55
Tristan Bell	M45	1:12:29
Karen March	W50	1:15:06

8km

Syd Parke	M60	36:18
Sue Bourn	W45	37:06

LORNA Lauchlan and Dorothy Whittam are the longest serving, female members of the Vets/Masters Club, both joining in 1979. Few women ran with the club in those days.

Born in Scotland in 1930, Lorna was educated in a convent school where girls did not play sport, although she managed to play a little bit of lacrosse and netball.

In 1959 she migrated to Australia, travelling by ship with three children. Her husband who was a medical practitioner had left earlier to set things up and greeted her at Fremantle. Two more children were born in Australia, making five, which did not leave their mother much time for sports activities.

Getting fit

Later, Lorna played pennant squash and to get fit did some jogging, which she enjoyed. This is where the Vets/Masters club came in. When she joined in 1979, like me, Lorna ran in a full tracksuit, not wanting to show all her wobbly bits to anyone!

Lorna has run three marathons. One was in Jersey, Channel Island, where the Crowthers, who were members of Vets had returned to live for a while. They invited Lorna to stay in Jersey with them and as the Jersey Marathon was on, she thought she would run it.

Not having done the training she hit the wall at 20 miles (approx 32km) and did not think she would finish. Then she saw a young guy sitting on a wall drinking coffee. He invited her to have a cup which gave her new energy, and she finished in fine style.

Championships

The World Vets/Masters Athletics Championships is something Lorna enjoys. Her first in 1981 was in New Zealand, where she finished 4th in the 1500m and 5th in the 10km.

In 1984 she went to Rome, along with Sandi Hodge and Kath Penton; 1989 Eugene, Oregon, with Jacqueline Billington; 1989 was Gateshead, where Lorna won bronze for 5km and 10km, and also in the team walk.

In 1987 she travelled to Melbourne and Brisbane for

Lorna Lauchlan



PROFILE

by
Joan
Pellier

In each Vetrun Joan interviews a prominent member of Masters. Next month, expect some family secrets as she interviews her brother – Jim Barnes. "There's a lot more to Jim than Marathons," she hints.

competition and now she is looking forward to Lyon, in August this year.

Aus record

When she was a W65 Lorna broke the Australian 5km walk record.

She was a member of the 24-hour record relay team for ladies in 1981 and 1984.

This, she says, along with her first Peoples Marathon was her most pleasing performance.

Lorna loves being around so many positive members in the club, and says it has made so much positive difference to her life.

She was a qualified Physiotherapist, working in a hospital in the UK, and always enjoyed her work. After coming to Perth she spent 15 years working at Rowethorpe, in Bentley and worked for the Health Department Seniors Keep Fit Classes. Finished

work now, outside of athletics she enjoys reading, cinemas and gardening.

Director

In 1984 Lorna was the race director for *Around the House* ('house' referring to lighthouses in Fremantle). It was an 8km and 16km run and continued until 1992, when Tydeman Road became too busy for safe crossing.

Later she was director of the Meulman Park run out to East Perth (5km and 10km) and enjoyed members going to her home after the runs. Most times this became an all-day affair (the club being much smaller in those days).

Lorna was a committee member in 1984, 1988-1989 and again in 1998-1999. She was the club's Vice-President 1985-1986.

As for the future, she is planning to enjoy her trip to Lyon, France for this year's World Championships!

With the athletic track season over, I thought I would share my passion for running that might inspire some people for next season!

In 2012, I competed at the Australian Masters athletic championships and came second in the 400m hurdles and third in the 400 metres.

I planned on running at the World Championships in Brazil the following year.

Unfortunately I had an accident and completely tore my anterior cartilage ligament (acl) in my right knee.

The doctors opened it up and saw that the cartilage was badly worn down, with early signs of arthritis.

They closed up my knee and never repaired my acl.

Crashing down

My world came crashing down when they told me I will never be able to run again and if I do, I would become a cripple.

After a lot tears and soul searching, I had to make a choice.

With the support of my family, I chose not to give up.

The first thing I had to do was to lose about 25-kilos which would put less pressure on my knees.

I then started taking supplements to help with joint repair and I started building up my muscles around the knees to improve my stability.

In the last year, I trained

Mark Elms prostrate on the track after his last 550m pro race. He says "I left nothing on the track – and finished third!"

Below, Mark's collection of trophies and medals.



He's flat-out, but Mark says ...

Never give up!

almost every day, only having one day off a week, with the determination not only to get as fast as I had been, but faster.

Golden success

A few weeks ago I ran my last race of the 2014/15 athletic season.

During the Masters state championships, I finished with gold in the 200m, 400m,

400m hurdles and silver in the 100m.

I also competed in every 550 metre professional race over the summer, finishing on the podium in every race and winning the Melville Gift.

The West Coast Athletic League made me the Distance Athlete of the Year.

With all this hard work paying off, I've set myself the

goal of finishing on the podium for the 400m hurdles in the world championships in France this August.

When I earn that medal, I'm going to post it to the doctor who said I will never run again.

If you have a passion for something and obstacles get in your way, NEVER EVER GIVE UP!

Mark Elms



IF you had to quickly describe Les Beckham, you would just have to say 'The flag man.'

Les loves his flags. It could almost be called an obsession. Every Sunday morning he seems to produce more, and more.

Sure as clockwork, and loyal in the extreme, good old Les shows up first every Sunday and starts planting flags, everywhere. Then he stands guard somewhere and ensures nobody misses the chute, or a turn.



He's also an extremely loyal West-Aussie, judging by the way he decked out his car for the WA Day weekend. Maybe you missed it – this subtle little number in the Burswood car park? Not easy to overlook, but just in case, I captured the moment. Onya, Les!

VW

'Money doesn't buy you happiness, running does'

So writes avid runner
Pip Coates
in the *Aust Financial Review* – 9 April 2015
<http://www.afr.com/lifestyle/health/fitness>

IF someone asks why you run (and chances are someone has, preceded by the comment "you're mad"), what is the first reason you give?

I say first reason, because there are usually many reasons for taking up running: it's cheap, easily accessible, time efficient; social; a physical and mental escape; it's good for weight control and bone density.

Done properly, it'll get you fit pretty quickly and that helps if you want to live a long and healthy life.

Happy?

But do you ever say that running makes you happy?

It's now accepted science that running triggers the release of endorphins, the feel-good chemicals associated with mood changes. High-intensity and endurance running in particular set off a stronger endorphin response. So there's the euphoria, or state of inner peace and calm, that running can generate, and which can last for hours.

But what about the happiness that the experience of running can bring? This is more to do with how run-



ning affects your overall satisfaction with life, rather than the 'runner's high' from endorphins.

parkrun

Two separate sources of reading prompted me to think about this. One was a survey of 875 parkrun Australia participants who said –irrespective of gender or age – that running was their favourite sporting activity and that it increased their sense of well-being.

The survey also found that parkrunners had greater personal well-being than Australians overall.

The free, weekly 5km run that's hosted in more than 110 parks around Australia has just turned four and celebrated its one millionth run. That's an impressive testament to the benefits of running. If it didn't make people feel good, they wouldn't be coming back for more so regularly.



Of course it does! Watching this lady certainly makes me happy – and the cheery quartet of track starts seem to agree. Down the page, another laughing mob reinforce the message.

Are you experienced?

He recommends spending money instead on experiences, such as travelling, learning a new skill, attending shows and outdoor exercise.

Gilovich says that shared experiences connect us more to other people than shared consumption; for example, you're more likely to bond with someone over the shared experience of completing the City to Surf than the fact you both own a Garmin watch.

The growth in activity-based travel supports Gilovich's findings. To be able to spend your discretionary income on an experience that incorporates both the inherent benefits of exercise with the discovery of travel can provide a fast-track to personal fulfilment.

Marathon adventures

One example of this is marathon travel. Companies such as FunRun Travel are prospering because, as co-owner Fran Seton says: "The combination of exotic destination and athletic achievement is very alluring." What's not to like about the Paris and London marathons with a journey into the French Alps along the way?

Even if you can't afford to do much exotic travel, as a runner, your fitness opens up a wider range of experiential offerings.

So while a new running outfit might inspire you to get out there and clock up some miles, the memory that will stay with you longest, and that will make you feel happiest, will still be the run itself.

Money or the run

The other article related to a study of the correlation between money and happiness.

Thomas Gilovich, a psychology professor from New York's Cornell University, says that while money is important to meet your basic needs, after that happiness isn't greatly improved by the acquisition of more stuff.

He found that experiences, rather than purchases, rated higher among respondents for achieving happiness. Experiences such as running.

"We buy things to make us happy, and we succeed," he tells fastcoexist.com. "But only for a while. New things are exciting to us at first, but then we adapt to them. One of the enemies of happiness is adaptation."

Gilovich says we adapt to new purchases pretty quickly and then their value to us diminishes.



Allison Lilly made 'em laugh, at the Bardon Bash a while back.

HELPERS

Be there – or phone your director!

7 June 2015

Around Herdsman

Race Director:

Rod Hamilton – 0428 940 089

Sofia Carson, Ian Carson, Robyn Dunlop, David Scott, Trish Lopes, Marie Fitzsimons, Clare Wardle, Jochen Schreyvogel, Genevieve Schreyvogel, Penny Steele-Brown

21 June 2015

Mill Point Road

Race Director:

Milton Mavrack – 9227 1559

Stuart MacKinnon, Rebecca MacKinnon, John Batta, Paul Ankers, Prabuddha Nicol, Syd Parke, Simon Mort, Chris Frampton, Denise Newport, Tracy Bishop, Paul Odam, Eileen Mitchell

28 June 2015

Bardon Bash

Race Director:

Sue Bourn – 9293 1007

* 10 Required

1 Pam English, 2 John McDonagh, 3 Arnold Jenkins, 4 Sandra Stockman, 5 Brian Bennett, 6 Angela Hayward, 7 Margaret Bennett

MORE helpers are needed for several of the events listed. Please contact Jim Langford if you can assist. Email jimrun@iinet.net.au

5 July 2015 – Sharks

Race Director: Paul Martin – 9339 1648

12 Required

1 Paul Hughes, 2 John Batta, 3 Charlie Chan, 4 Louis Nel, 5 Lisa Searle, 6 David Roberts, 7 Clinton Bishop, 8 Tracy Bishop, 9 Jackson Wong, 10 Misa Maeshima

12 July

Club Half Marathon

Race Director:

Jim Klinge – 0408 501 814

12 Required

1 Michael Walter, 2 Sarah Ladwig, 3 Janet Walter, 4 Delia Baldock, 5 David Carr, 6 Patricia Carr, 7 Ray Attwell, 8 Carol O'Connell, 9 Jeremy Savage, 10, Bronwyn Bell

19 July 2015

Whiteman Park

Race Director:

Brian & Margaret Bennett – 0412 990 945

11 Required

1 Regina Crouch, 2 Alan Thorniley, 3 Jeremy Savage, 4 Kelly Underwood, 5 Erica Blake, 6 Tony Smith, 7 John Mack,

26 July 2015 –

Club CC Champs

Race Director: Jim Langford

– 0401 916 925

10 Required

1 Jackie Halberg, 2 Dutch Holland, 3 Clinton Bishop, 4 Bryant Burman, 5 Joanne Burman

2 August 2015

Racecourse

Race Director:

Erica Blake – 0412 791 357

10 Required

1 Jim Barnes, 2 Sue Zlnay, 3 Tristan Bell, 4 Chris Frampton, 5 Syd Parke, 6 Lyda Hayward, 7 Richard Hayward, 8 Keith Miller, 9 Tamara Al-Hashimi

9 August 2015

Kings Park CC

Race Director:

Ralph Henderson – 9401 3115

Alan Thorniley, Adam Dance, Kees Maatman, Frank Gardiner, Marie Fitzsimons, Anne Jones, John Fisher, Melinda Fisher, Alex Tinniswood, Sheila Walsh

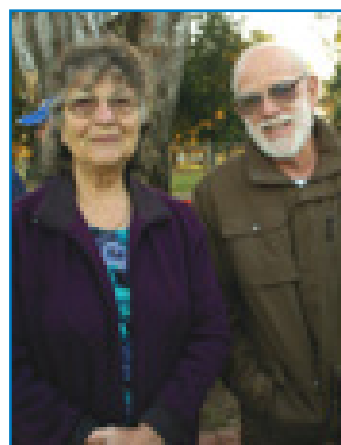
New members May 2015 – Welcome!

1357 McLOUGHLAN: Jamie	W30
1358 O'CONNELL: Carol	W50
1359 STINGEMORE: Anne	W60
1360 GILROY-WIDDIS: Jocelyn	W45
1361 CARSTENS: Yolanda	W45
1362 BOYD: David	M45
1363 HULL: Sarah	W50
1364 CORCORAN: Zoe	W35
1365 MAESHIMA: Misa	W35
1366 BURMAN: Bryant	M40
1367 BURMAN: Joanne	W35
1368 SPEIRS: Jim	M50
1369 GERBER: Elisabeth	W45
1370 AL-HASHIMI: Tamara	W35
1371 LANGFORD: Grant	M35
1372 LANGFORD: Natalie	W35

Morning-tea champs take on apprentices

JACQUI and Vic Beaumont have been supplying our Sunday run morning teas for as long as most of us can remember. It's actually been 15 years!

We have all appreciated their stalwart efforts over this time and acknowledge the wonderful contribution they have made to our club events with so many happy memories.



Jacqui and Vic Beaumont

After all these years of dedication they are taking on a couple of apprentices. Margaret and Brian Bennett have offered to help out and give the tea-wallahs a well-earned rest.

There are currently 14 runs held during the year with a scheduled morning tea.

News of the Worlds

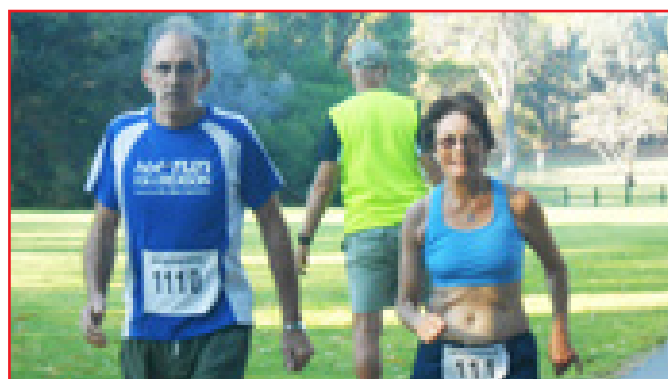
THIS is the first of what will be monthly progress updates on the 2016 World Championships in Perth. Updates can always be accessed from the NEWS tab at the MAWA website.

• LOC organisation chart has been agreed. MAWA members can either contact LOC members directly or use the contact facility on the Perth 2016 website. We are happy to receive ideas, answer questions or discuss any issues you have.

• Contracts with AWA for Competition Management and with TriEvents for Event Management have been signed.

• There will be a WMA 'one year out' inspection visit 24th to 27th October.

• Work is now advanced on preparing the Entry Booklet



As well as her WMA and LOC roles, Lynne Schickert usually types Joan Pellier's profile stories for Vetrin, but not this month. "Margaret Bennett is typing up Joan's story on Lorna," she wrote. "I am back to one finger typing as I broke my wrist in Cairns on Mother's Day."

I understand her damaged knee was even worse. So it's a twist on the 'walking wounded' to 'wounded walking'. She's pictured at Manning Park. Get fit soon Lynne.

and this will be available in Lyon, or can be requested after that from the LOC.

• Current plan is still for entries to open in January.

• Planning is well underway for the booth in Lyon, along with a major marketing effort. Dave Budge and Ste-

phen Stingemore will both be in Lyon, and will meet with the WMA Council.

• The Perth 2016 website is being revamped and will be live in June.

• The process for selecting the WMA Headquarters hotel is underway.