

VETR UN



No. 486
AUGUST 2015



Run first –
then Vote!
AT THE AGM
SEPTEMBER 20



Cover picture – starters
Around Herdsman, June 7.
More pictures – see page 5.
NEXT EDITION
Vetrun no. 486 will publish in
October 2015.

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Helpers – check the website!

SOME extra hands are needed on some Sunday runs in August and September. If you are available to help please check the website "Helper List" under "Road/Cross Country" for the Race Director contact. Thanks.

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AGM to follow Sunday Run

OUR club AGM is much more accessible this year, so we hope everyone will stay, have morning tea, vote, welcome the new committee and Life Members – and congratulate our trophy winners. This year our AGM will be held on Sunday morning 20 September at 10am. Please see the Agenda in this issue of *Vetrun*.

Morning tea will follow the Sunday run at Perry Lakes followed by the AGM in the Hockey Club Rooms, off Perry Lakes Drive, Floreat.

We encourage everyone to attend and if you are not running or walking that morning you are still invited to come along for the AGM and morning tea.

Committee Nominations

Nominations are called for the 2015/2016 Committee.

The positions are President, Vice-President, Secretary, Treasurer and four Committee Members.

Nomination forms are available from the Secretary.

Life Memberships

Nominations for Life Membership are now closed.

Recommendations can be made during the year and

need to be seconded by two other members and then approved by the committee.

Up to a maximum of two nominations per year are then presented to the AGM for approval by a majority of two thirds of the members present.

To be eligible for life membership a member must have had active and continuous membership for at least 10 years and have substantially contributed to the progress of the club.

2014 Minutes

Minutes from the 2014 AGM can be accessed on the MAWA website – please click on the tab "Our Club" and select "About Us".

For members without access to the website, a copy of the minutes can be requested from the committee.

What's the Committee up to?

Edited version of June 15 online posted news

- Membership increased by 18 to 517.
- Preference for Herdsman run to start at the pony club, so in future years we will aim to schedule this on a day the pony club doesn't meet.
- Trial use of a video camera at finishing chute was very successful and one will be bought for regular use.
- Perth 2016 reps attended the official opening of new ECAC track. State Championships next year will be at ECAC 19th/20th. Arrangements in hand to set up electronic timing. Pentathlons date not yet fixed.
- Club annual dinner was very good and enjoyed by all. Needs to be more extensively promoted next year.

- A new website feature makes it easier to email important announcements. It was first used to send a link for the June *Vetrun*.

- Initial feedback on the new uniforms suggests they are comfortable and well-styled. Joan is working on final design, aiming to make new uniforms available to members later in the year.

July news ...

- Membership numbers increased by 10 to 527.
- New gazebo for Sundays was successfully tested.
- Big turnout for first night at new ECAC track.
- Campbell Till is taking over the running of Tuesdays at WAAS.
- Next social event planned is a Melbourne Cup lunch.

NEWS Online

Keep abreast of club news at the website. Here's a taste of recent online posts.

Perth World Champs update

Edited version of June 15 online posted news

NOW agreed that marathon and half marathon will be the same course as the Perth marathon. Meetings have been held with AWA and WAMC.

● AWA and Bob Schickert have now completed the draft programme for inclusion in the Entry Information Booklet. The booklet will be finalised by end June, and be available at the Perth 2016 booth in Lyon.

● Perth 2016 representatives attended the official opening of ECAC new track. A meeting will be held between AWA and Canning Council to discuss hammer cage upgrade.

● TriEvents marketing plan has been reviewed by the LOC and by Tourism WA.

● Plans are well advanced for the marketing activities in Lyon. Extra booth space has been taken to ensure that our event can be fully showcased.

● Bids have been received for the WMA headquarters hotel and are being reviewed.

● 'Uniforms' for LOC and those manning the Lyon booth were agreed.

● Meetings were held with City of Perth and Canning Council to discuss the impact of the event in their areas.

● Bob Schickert will be discussing Perth 2016 on Capital Radio 101.7 FM next Saturday at 8am.

EVENT management contractor TriEvents will produce regular editions of an eNewsletter which will appear on the Perth 2016 website and elsewhere.

- New uniform design will be more gold in colour, with added logo plus script on back. Initial offering will be male/female singlet, and two crop-top options. Online purchase will make uniforms available by post or by pick-up from Colin Smith.

You Write ...

Vic, YESTERDAY afternoon Bob Hayres and I farewelled 84 year old Wally McCabe out at Pinaroo. Most of the others were from the Marathon Club.

He was a sometime early member of Vets but more Marathon Club, though well known in the running world (see page 158 of the history Right from the Start – photo.) Wally competed in Vet State and World Champs.

Cheers, Rob (Shand)

Rob is Throwers' Champion

HE'S also a champion thrower, age-group winner, and scourge of the administrators. Good on 'im; Rob Shand is one of our most 'venerable' members. He even remembers running around the streets delivering *Vetrun*. Mind you, that was in the days before post was invented.

He pointed me to a recent article in *The Australian* roundly criticising all and sundry for the scandalous manner in which field athletes are overlooked.

Nicole Jeffery writes that former world discus champion Dani Samuels is Australia's outstanding T&F star this year, and has stood on the podium in each of the first three Diamond League meets.

You haven't heard of her? No surprise, because she can't get on the telly. Broadcasters only show one throw – javelin usually, because it's visually better.

I have no room here for the full story, but will email the cutting to any reader who wants it.

NEW MEMBERS – Welcome!

1373	COLLINS: Rob	M40
1374	du PLESSIS: Herman	M50
1375	du PLESSIS: Nicki	W45
1376	EVANS: Fiona	W45
1377	SNELL: Matt	M40
1378	ALEXANDER: Helen	W50
1379	CLINTON: Jessica	W30
1380	WATENE: Peter	M50
1381	BEAUMONT: Simon	M50
1382	GRAY: Alan	M50
1383	MUIR: Jacqui	W45
1384	HILLEN: John	M55
1385	VEAL: Marg	W45

In My View ...



by the Editor

We are probably as young as we feel

I HAVE just had a 60-years reunion in London with blokes I met at school, when we were all eleven. All in all, we are reasonably fit and well. One is still golfing, despite dodgy knees from playing high-level soccer. Another has taken up windsurfing, to add to his squash and tennis.

Perth Marathon

This bloke was always the great all-rounder, so I pointed him at an article contributed by John Bell (see page t/c). This *NY Times* piece suggests that fit oldies can be 20-years younger, physically, than their chronological years.

What great news!

Within the article there is a link to an online calculator, where you input a few lies, and check how old you really are. Go to www.worldfitnesslevel.org

My 71-years old mate is now 47. Which is great news for his numerous girlfriends.



Our water wallahs were tired and bored with shouting "Shot, shot, shot?" (meaning carboshot) at speeding runners. I suggested changing the third letter, just for novelty's sake.

Below, Claire Walkley stopped eating to offer a cold Hamish McGlashan a jumper. He ran in, no ticket, just looking for glory, having got the race-date wrong. (Then he lost his wife.) Also below, Jackie Halberg resumes her annual fight with the race walkie-talkie system.



Results ... and pictures – next page ▶

M40	Kim Thomas	2:44:57.84
	(6th overall)	
M55	Lachlan Marr	3:04:11.49
M65	Gary Peace	3:14:03.48
W40	Rosemary Giles	3:16:20.60
M65	Bob Lane	3:16:34.19
M30	Stuart Mackinnon	3:27:52.15
W50	Sandra Stockman	3:33:31.78
	(1st W50)	
M40	Ante Perdija	3:40:42.07
M55	Clarke Hendry	3:49:30.90

M40	Chris Neilon	3:49:42.17
W40	Cassie Hughes	3:56:41.71
M60	Milton Mavrick	3:57:01.24
M40	Bryant Burman	4:03:00.54
M35	David Adams	4:04:50.22
M40	Dan Baldwin	4:11:08.09
M65	Keith Miller	4:12:12.61
M55	Eamonn McNulty	4:29:03.14
W40	Sarah San	5:17:24.26
W40	Julie Storey	5:56:41.65
M40	Clinton Bishop	5:57:27.77



Winning and grinning – Sandra Stockman and Kim Thomas.



Impressive M65s – Bob Lane and Gary Peace.



• Relay runners – Jim Langford, Amanda Walker and Wayne Taylor.

Return of the Tight Ship

IN one of those spare moments that those of us who are retired occasionally enjoy, I was perusing back issues of *Vetrun* and came across an interesting letter from Mike Berry in a 2005 issue.

“As a past member I was surprised to see my name listed as No. 18 in the First Footers list, but most of those listed were imposters,” he wrote.

Mike went on to describe, in jocular terms, the severe penalties that he felt should be applied to these errant ones and closed his letter with the comment “What has happened to the club? Commander Shand ran a tight ship and it would not have happened in his days.”

Always one to take on the cause of jocularly, editor Vic Waters (has he really been editor since 2005?) replied in like manner.

“I suppose it would be extremely interesting to see a complete list of all people who have ever been members of the Vets/Masters – in order – with a full record of performances, etc.”

He continued with what I took as a challenge – “Could be a good job for someone with a few decades to spare.”

(Laugh? I thought we’d never start. Ed)

My decadence

One decade later, the Track and Field database, with all known T&F performances for all members of WAVAC/MAWA from 1974 to the present date is now on the web-site.

I leave it to someone else to produce a parallel road race list!

As I worked through the lengthy task of compiling this record, there was ample time to marvel at the achievements of many athletes, some of whom I knew of but had never seen.

I formed the general impression that some of our current young crop of members not only match, but in the shorter events, jumps and throws, exceed earlier achievements.

But the undeniable conclusion about the longer events, 3000m and longer, is that there was a tremendous depth in quality – that is just not there today. Yes, we have a few outstanding young distance runners, but in earlier days there were dozens of them often competing against each other to produce great races.

Winter at ECAC

Posted on June 16, 2015

THE new track at ECAC looks magnificent. It opened to users from 1st July.

It is critically important that all users look after the track so please make absolutely sure you only use approved spikes.

Many of our athletes will be in Lyon then holidaying during August. There will be no WAAS programme in August or September. We will gauge interest to decide whether to have an ECAC programme in August.

Our thanks to Carol Bowman for continuing to look after our Thursdays at the Ern Clark Athletic Centre which is on Wharf Street Cannington.

The tops

If one ignores age-grading and considers absolute times only, the top male sprinters all come from recent times. Over both 100m and 200m, Brett Blanco and Cameron Yorke lead the way.

A group spanning the decades follow these – Rob Colling, Joe Gold, Keith Martin and Peter Gare all included. Until recently, Eileen Hindle and Kath Holland would have been way ahead of any of our recent sprint women.

However, the strides that Wendy Seegers has taken in the past two seasons have seen her draw alongside these two greats from the past.

Close behind these three is a group that includes Lynne Choate, Rosie Kemp and Barbara Dearden. When one considers the major technological advances in both footwear and track surfaces, it is testament to the ladies from the 70s, 80s and early 90s that they produced times to match our top modern-day sprinters.

There is not the space here for further analysis but readers can access all the information on the database and make their own judgements and comparisons.

John Oldfield

Racecourse

2 August, 2015

Director: Erika Blake

MARGARET Bennett approached me some months ago to ask if I'd be interested in stepping in as director in the vacant position for the Racecourse run on August 2. Without too much thought I said "Yes, of course I would help out."

As the time approached I started to get just a little stressed about what the position entailed. Some comments I got from people made me start thinking that maybe it is quite an involved role – especially as this run 12 months ago was my first introduction to MAWA.

Having been involved with the club for only 12 months I don't know very many people, still struggling to remember many names. (Although I am getting to know more people!) I also don't exactly have a reputation for arriving extra early for the runs, many times not even turning up in time to hear the race director give instructions! But I am usually there for the start of each race (take note Brian Smith!).

The timing for my first race as director wasn't the best – some of the people I could rely on for help on the day had tripped off to the World Championships in Lyon.

I didn't have access to the contact details for the volunteer helpers until just a few days before the race. When I did finally get hold of everyone I found that half pulled out due to other commitments. That's when the stress levels hit a peak, and resulted in a flurry of panic phone calls from me to whoever would listen.

I was delighted and humbled to receive so much support with so many wonderful people stepping up to help – I ended up with more than were required. No need to have stressed at all.

Saturday saw Margaret and I walking the course with the trusted wheel to mark it out and to check the terrain. Sunday saw me getting up very early (take note Brian Smith!) to make sure all equipment was on board and give me time to put some

NEW director Erika Blake joined Masters only a year ago. In this blow-by-blow account she proves that newcomers can handle the job – and write an account too. Old-time directors – please copy!

markers and signs out at the boat ramp roadway and carpark. As I got to Burswood there were so many helpers waiting to collect the equipment from my car and set up. It was all done for me within a few minutes! Things seemed to just magically happen. No need to have stressed at all!

Conditions were perfect for the competitors – a beautiful sunny winter's day. A biting wind proved a bit of a challenge for the helpers, but nothing a couple of layers of woollies wouldn't cope with.

The run was a 10km or 5km walk or run with an age graded handicap 10km walk. We had a total of 124 competitors including 35 visitors. Those who chose to do the long run/walk were treated to a beautiful pathway along the riverbank between the boat ramp carpark and Rivervale.

Line honours went to Kim Thomas (men's long run); Claire Wordell (women's long run); Trevor Scott (men's short run); Sandra Stockman (women's short run); John McDonogh (men's long walk); Wendy Farrow (women's long walk); Peter Hopper (men's short walk) and Rosa Wallis (women's short walk). Winners of the age graded handicapped 10km walk were John Smith and Ann Turner. Congratulations to all.

Many, many thanks to the helpers both before and on the day – Margaret Bennett, Brian Bennett, Jim Barnes, Tristan Bell and his daughter; Chris Frampton, Keith Miller, Syd Parke, Elaine Dance, John Dance, Pamela English, Jeff Bremner, Margaret Veal and Les Beckham. Thanks also to Sarah Ladwig for being on stand-by.

I was pleased to get to the end of the event, but it was nowhere near as stressful as I had feared thanks to all the help provided. Those who remained for socialising afterwards joined me to celebratory bubbles to mark my first attempt at being race director!



So that's how he does it! David Carr makes a fast start – some might call it a flier – at Around Herdsman, June 7. Below, Milton thinks it's funny. Or maybe Ralph just found his ticklish spot?



Director Rod Hamilton points the way; and below, a rare but welcome appearance from Greg Vander Sanden, who now lives down south.



WHAT is so special about South Africa's Comrades?

Hard to define, easier to quote columnist Sean Falconer in *Modern Athlete*:

"Sure, they have bigger races in other countries, they have equally long races, and they even have a few older races too, but no other race in the world combines such a large field with such a distance, and with all the history and tradition to go with it.

"It all started in 1921, as the world tried to recover from the Great War, which prompted war veteran Vic Clapham to organise a running event between Pietermaritzburg and Durban in order to rekindle the camaraderie amongst the Allied troops during those long years in the trenches."

The prep

For us, the preparation for another gruelling 'Up' run began mid-December 2014. Conventional wisdom suggests that Comrades training should start on a solid base, being the ability to run 20-25kms comfortably.

We had been travelling in a caravan for 17 months up to the beginning of October and during that time training was rather intermittent, consequently running 20-25kms could hardly be described as "comfortable".

It was also seven years since we last ran Comrades. With seven additional years of 'experience' behind us, a lot of hard work lay ahead preparing for 87.72kms of running in the 90th anniversary of the Ultimate Human Race.

C-Team

Training for Comrades is half the fun. Joining the C Team every Saturday morning in the Hills for a sociable LSD (Long Slow Distance), followed by breakfast at the 'Carbo Inn' in Darlington, made the 4am alarm call almost bearable.

The Saturday training runs had their own challenges, including the occasional tumble on the trail, once or twice missing a turn and doing extra distance, or not always having that spring in your step, especially after a hard week of shorter, faster runs and hill reps.

Training for an Up run in Perth means seeking out ev-

Bamba Iqhaza – be part of it!



Christine and Don Pattinson are Comrades veterans. She has succeeded there three times – 2007, 2008 and 2015: Don has done five, in 2003, 2004, 2007, 2008 and 2015.

Christine reports on her 2015 campaign.

ery sustained incline in existence, but even our best (or worst) cannot rival the relentless climbs between Durban and Pietermaritzburg.

Every Saturday run guaranteed an enhanced sense of wellbeing and camaraderie, the result of shared hardships and confidences with old friends and new, all with a common goal. For five to six months we ate, slept, walked, talked and breathed Comrades with 50 other like-minded individuals. While some non-running partners were probably contemplating murder, we never tired of our favourite subject. At times repetitive, these discussions were always informative, because the group included people with all levels of experience, from complete novices to veterans with more than 20 Comrades runs completed, all happy to have found an audience willing to listen.

The group assembled with mixed feelings in the pre-dawn gloom on the Saturday of the final long run before the start of the taper, mostly relieved to have survived the training thus far, tinged with sadness for their mates who had been forced to withdraw with injuries, also excited and nervous about what lay ahead: one more big run and then the ultimate challenge.

Fit and thin

Finally, after two weeks of taper, the extremely fit and in some cases, somewhat emaciated, members of the C Team started making their way to Durban in South Africa, the majority arriving three or four days before the big event on Sunday, May 31.

In the lead-up we attended the expo to collect our goodie bags and race bibs, to make sure our timing chips were registered and activated, to buy some Comrades merchandise, and to rub shoulders with past winners and celebrities. There was also time to sight-see, carbo-load, and of course, talk about Comrades.

Start time

Too soon, we reached the pointy end of the trip.

With 17,000 other hopefuls, we lined up in our seeding batches an hour before the 5.30am start. With the temperature already at 20°C, it was promising to be a hot day, so no old T-shirts and jumpers to discard to the eagerly-waiting kids along the roadside.

To quote another member of the C Team, "There are two occasions when it is permissible to cry at Comrades – at the start and at the end." I was OK, I had an excuse.

... and more marathons

THANKS to Jim Barnes for collecting the marathon results (June *Vetrun*). I think that there is a more complete listing in the club database. I am attaching the relevant section for you.

John Oldfield

Ante Perdija
M40 Marathon 11/04/15
Canberra 3:05:05

Hamish McLeod
M40 Marathon 11/04/15
Canberra 3:25:19

Maree Brown
W50 Marathon 12/04/15
Bunbury 3:49:48

Chris Neilon
M40 Marathon 12/04/15
Bunbury 4:08:44

Jon Storey
M40 Marathon 12/04/15
Bunbury 4:24:05

Dan Baldwin
M40 Marathon 12/04/15
Bunbury 4:24:06

Peter Bath
M70 Marathon 12/04/15
Bunbury 4:24:33

Eamonn McNulty
M55 Marathon 12/04/15
Bunbury 4:40:28

John Talbot
M65 Marathon 12/04/15
Bunbury 4:58:38

Clinton Bishop
M40 Marathon 12/04/15
Bunbury 6:01:31

Liz Neville
W60 Marathon 19/04/15
Manchester 3:46:02

With minutes to go, the barriers between the starting pens were removed and we bunched up, shoulder to shoulder, listening to the haunting strains of the South African national anthem in three official languages, followed by the even more emotional traditional miner's song, *Shosholozza (Go Forward)*.

A brief silence, then the traditional cockcrow recorded by Comrades legend Max Trimborn, a cannon shot, then Chariots of Fire.

We were off. Correction, somewhere up ahead the elite runners and those in A Seeding were moving. We shuffled and stopped, shuffled and stopped. It took us three minutes to reach the start line, those behind us up to eight minutes longer. ▶

In the dark

The day unfolded much as every Comrades run I've done. Shuffling in the dark, trying to avoid the cats' eyes in the middle of the road, savouring the relatively flat first few kilometres before the start of the hills, warming up, settling into a rhythm, feeling good, waving and smiling.

Then the serious business of the hills started. There are officially five named hills on the route. Make no mistake; there are several more with equally steep gradients and no names. The day wore on, the temperature went up and the energy-sapping humidity gnawed at us. The numerous aid stations (every 2km) and awesome crowd support came into their own.

I think being a spectator has to be more tiring than running the event. They spend hour after hour on the roadside, shouting encouragement as enthusiastically to us as they do to the front-runners, if not more so.

If you run close to the edge, they read your name on your bib and call out to you personally. Nothing gives you more of a lift. When they catch you walking and you hear your name called, you oblige by shuffle-running a few steps. You're awarded with loud cheers. For a few minutes you feel like a gazelle. Out of sight, the shoulders come down, the arms stop swinging and you walk a bit more.

When exhaustion kicked in, we took our inspiration from fellow runners and spectators alike. The sign saying 'Go Random Stranger Go' raised a smile, as did the comments thrown at a runner with one good leg and a prosthetic blade on the other:

"Bet your left leg doesn't cramp", and "Bet you don't have any blisters on your left foot." The (dis)abled runner just smiled as he sprinted away up the hill. Then there was the guy who ran the whole distance backwards in support of his chosen charity to save the bees.

A lady running near me at one stage was doing her tenth consecutive Comrades distance in ten days, also for charity. Many people run in support of charity which is great for fundraising in a country where so many are

THE Brathay Lake Windermere Marathon in the Cumbrian Lakes district of England has been voted the UK's most scenic marathon and having just run it I can see why.

The views across the beautiful rolling hills of the English countryside down to the lake (generally, incorrectly, known as Lake Windermere; it's actually a mere) are stunning and they certainly take your mind off the 'undulating' course. The route basically follows an anti-clockwise lap of Windermere starting and finishing at the beautiful Brathay Trust Hall just out of Ambleside which is near the northern point of the lake. It is the UK's largest lake and happens to be about 42km around.

A bit about the course profile – it is described as 'undulating' which we runners know means hilly and believe me it is; in fact it is the toughest marathon I've done in regards to hills. These hills trend downwards on the western side to the turn point at Newby Bridge (although there is a Reabold-size hill about halfway down that leg) and then trend uphill on the eastern side back towards the finish. There is a cracker of a hill at the 33km mark and

"It's OK to cry at the end."

in need, but it is also good for the runner, because invariably, somewhere around the 60km mark, you are going to ask yourself: Why am I doing this?

High-fiving the kids from the Ethembeni School for disabled children gave me a special reason to push through the self-inflicted discomfort of cramping calf muscles.

At last, the final hurdle of Little Polly's and then Polly Shortts.

Only seven more kilometres to go, with a few more twists and turns before entering the stadium in Pietermaritzburg and winding our way between the special spectators' marquees to the finish line.

The noise of supporters banging on the metal billboards lining the finishing chute is exhilarating. Noth-

BRATHAY LAKE WINDERMERE MARATHON

by Peter Sullivan



they even warn you about it at the start of the run. I think I saw more runners walking up it than running.

If you think 'three Reabolds' back-to-back then you get the picture. I gritted my teeth and ran all the way to the top but had jelly legs for the next kilometre or so.

The final hill comprises 350 of the final 385 yards to the finish line – a cruel, steep uphill which reduces you to near-walking pace, before the relief of the final 35 yards with a downhill to the finish.

Rocking support

Support around the course is fantastic – people from every village come out and line

the route and at the finish you are cheered on like a rock star! There are plenty of drink stops along the route, really well-organised with lots of volunteers.

Weather was a cool ten degrees, with a light breeze and rain that threatened but never arrived – which I was told was typical for this time of year.

Score out of ten?

Now just to put this run into perspective – the run I did was the final leg for about 20 runners who were doing the 'Brathay 10 in 10'.

That is ten marathons in ten days, meaning ten laps of Windermere.

We saw some of these runners in the previous few days heading up towards the finish line – and some looked in better shape than others! A couple of hardened ultra-runners averaged sub 3:30 for their 10 laps.

That's pretty damn good considering I thought my 3.25 was acceptable for this hilly course. I could not have imagined backing up for another marathon the following day, let alone for another nine days and for that I well and truly take my running-hat off to them.

The ultra-group started one hour before the rest of us on the last day, to give them some clear air and also to recognise their special feat.

We were then grouped-up and led to the start line by a drum band, which made for a good, friendly atmosphere that continued throughout the run.

About 900 runners took part which is a good deal less than the London Marathon a few weeks earlier!

So if you are looking for a testing and scenic marathon course with lots of good feel about it but without the masses, then I would recommend this run.

Late start

* Tip – we stayed in Ambleside which gives you about a 20-minute walk to the start. This is ideal because with roads being closed and limited car parking, there is gridlock for pretty much the whole day. Don't worry about sleeping through your alarm clock either; the run starts at 10.30 in the morning – it was the most leisurely pre-marathon race routine I have ever had!

OLDER athletes can be much younger, physically, than their chronological years – according to a new study of participants in the coming Senior Olympics. The study found that the athletes' fitness age is typically 20 years, or more, less than true age, providing a clear inspiration to the rest of us to get out and start moving more.

I wrote last year about fitness-age, a concept developed by researchers at the Norwegian University of Science and Technology in Trondheim who had taken note of epidemiological data showing that people with above-average cardiovascular fitness generally had longer life spans than people with lower aerobic fitness. So at any given age, fit people were relatively younger than were people who were out of shape.

But the researchers decided that their insight was not useful unless people could easily determine their fitness age. So using a mobile exercise laboratory, they went out and tested the fitness and health of more than 5,000 Norwegian adults and used the resulting data to create a sophisticated algorithm that could rapidly calculate someone's aerobic capacity and relative fitness age based on his or her sex, resting heart rate, waist size and exercise routine.

Try the online calculator

They then set up a beguilingly simple online calculator that people could use to determine their fitness age.

When I wrote about the calculator last year, Dr Pamela Peeke took note. An assistant professor of medicine at the University of Maryland and board member of the foundation that runs the National Senior Games — which are informally known as the Senior Olympics — she is also a competitive triathlete.

And biologically, it seems, she is a spring chicken. When she plugged her personal data into the online fitness calculator, it told her that her fitness age is 36.

Chronologically, she is 61. Delighted, she wondered

Older athletes have a strikingly young fitness age

by Gretchen Reynolds

JULY 1, 2015
New York Times

whether other older athletes would be similarly youthful. And she had a plan for how to find out. Contacting the scientist who had led the development of the fitness age calculator, Ulrik Wisloff, she suggested that together they study a particular group of older people — the participants in this year's Senior Olympic Games.

The Senior Olympics are a biennial competition for athletes over 50 and consist of a variety of sports, from track and field and swimming to

ence," Dr Wisloff says. "I had expected a big difference," he continued, "since these people have trained for years. However, I was surprised that it was this big."

The effect was similar for both male and female athletes, he pointed out. Virtually every athlete, in fact, had a lower fitness age than his or her chronological age.

Dr Peeke and Dr Wisloff have not yet determined whether athletes in certain of the sports at the Senior Olympics, particularly endurance

4,200 tests – athletes average age 68; 'fitness age' averaged 43 y.o.!

pickleball. To compete, athletes must first qualify regionally.

Nearly 10,000 men and women aged from 50 to 100 have qualified for this year's Games, which begin on Friday in and around Minneapolis-St. Paul, in Minnesota.

Senior Olympians are not professional athletes, but most train frequently, Dr Peeke knew. They tend to be more physically active than other people of the same chronological age.

To see just how their lifestyle affects their biological age, she and Dr Wisloff asked all of this year's Senior Olympic qualifiers to complete the online calculator. They set up a special, dedicated site for the participants, so that their data could be isolated. (The fitness calculator itself was unchanged.)

Many of the participants complied, producing more than 4,200 responses.

The results were impressive. While the athletes' average chronological age was 68, their average fitness age was 43, a remarkable 25 years less.

"This is a massive differ-

ence," Dr Wisloff says. "I had expected a big difference," he continued, "since these people have trained for years. However, I was surprised that it was this big."

But they plan to parse the data extensively in the coming months to answer that question and to look for other patterns among the Senior Olympians. They expect to publish their findings soon.

Even in advance of that information, though, the take-away message of the data should be inspiring, said Dr Peeke, who will be competing in the triathlon event at the Senior Olympics.

"A majority of the athletes at the Senior Games didn't begin serious training until quite late in life, including me," she said. "We may have been athletes in high school or college. But then, for most of us, jobs and families and other commitments got in the way, at least for a while."

Few Senior Olympians returned to or began exercising and training regularly until they were middle-aged or older, she said.

"So you can start any time," she said. "It's never too late."



... of course, taking the quest for youth can go too far!

Bonjour from Lyon!

The ever-youthful Lynne Schickert, one of the many Australians in Lyon, reports from the WMA championships.

WELL, together with 42 of our MAWA club members competing in all the disciplines, here we are in Lyon for the World Masters Athletics Championships.

Lyon is a very beautiful, historic city, nestled between two rivers, the Saône and the Rhône. The hotel we are staying in is located along the banks of the Saône which has been a bonus for training whilst busy with WMA Council meetings. White swans grace the Saône, not black ones as we are used to! Artwork on the embankment walls adds much interest to our runs too – a series of face masks embedded in the walls are an amazing sight.

Preview

Last year when the WMA Council was in Lyon for their pre-championship inspection visit, I had an opportunity to test out the main track at the Rhône Stadium, competing in the French Masters Athletics Championships at that time with around 800 French competitors. Today the surrounding Parilly parklands were a mass of spectators and athletes there for the cross country races and the track was busy too, as were the other venues, with the start of competition.

With just over 8,000 athletes entered, four stadiums are being used and they are some distance from each other. However, a good fast metro train system gets us around.



Bob Schickert in the Lyon M70 X/C

Our Perth 2016 booth in the technical information centre (TIC) is being well visited and we have been catching up with many of our friends from overseas and around Australia as they come to tell us they will be in Perth next year. It is a wonderful experience to again meet athletes we competed against in Porto Alegre, or Sacramento or even earlier championships – it is like belonging to an extended global family. Getting to the TIC has been a challenge though, it is located on the top of a very steep hill accessed by a series of winding roads – not easy to walk up, so the local bus is well patronised.

80 countries

So, it is an amazing experience, seeing all the colourful uniforms and tracksuits being worn by the athletes from over 80 countries and hearing many different languages being spoken.

Bonjour and *merci* are about all Bob and I can manage, but we are learning! There will be many stories to take home after competition has finished, and today has already started the medal tally for our Aussie team and in particular our MAWA members.

Cross-country

In this event, the following MAWA members competed – and Australia's IAAF Female Master of the Year, Lavinia Petrie won the W70 event.

Jim Langford, who took silver in his age-group; Bruce Wilson, Bjorn Dybdhal, David Carr, Irwin Barrett-Lennard, Bob Schickert, Nick Miletic, Karen Gower, Jackie Halberg, Carol Bowman, Julie Wilson, Anne Stingemore, Giovanni Puglisi and Alan Gower.

Cheers, Lynne and Bob

Jim Barnes

August Vetrin Profile

by Joan Pellier

JIM was born in 1943 in Bath, Somerset UK, one of six children – and as many club members will know, I was also one of the six.

My brother's favourite subjects at school were history and geography. Jim played rugby union for the school and later for a local club. In summer months, cycling around Devon and Cornwall was a favourite pastime. Leaving school, Jim did an apprenticeship as a butcher, then in 1964, when aged 21, his interest in geography cut in. He left Britain to see more of the world.

10-pound Pom

These were the times when Australia needed to populate and every major city in Britain was advertising 'Come to Australia – be a ten pound pom'.

Within two weeks of applying, Jim was on a plane heading for Melbourne. Sitting next to him was a young Scots engineer who was also going to Melbourne and as the flight took five days due to engine trouble, they became good friends.

Last year Jim went to Melbourne to celebrate 50 years of friendship.

Snowy scheme

After spending a few months in Melbourne, Jim hitch-hiked a lift out of the city and found himself in Cooma, NSW where he got a job on the Snowy Mountains Hydro Electric Scheme.

At weekends he played rugby league for Cooma and was voted 'Find of the Season'. He then heard about good money being made in Western Australia, as the north was opening up. With a letter of recommendation from his boss in the Snowy Mountains Jim travelled overland in his VW and landed a job building the Dampier to Tom Price railway. It was hard work but the money was good, living just in tents then dongas.



After ten months he was off again, this time to Mt Isa in Queensland where he stayed for three months. Jim's two years in Australia were up so he headed back to the UK just in time for Christmas.

NZ next

Being unable to settle in the UK, six months later Jim was on a ship headed for New Zealand where he spent a year in Auckland. By this time our parents and the rest of his family had emigrated to Perth so Jim joined them and it was in Perth that Jim met and married Pat, a Sydney schoolteacher. They had two children and now have two grandchildren.

Rugby

Jim played rugby league first grade for South Perth and Belmont but after finishing rugby he put on a lot of weight, about which he was not happy!

In 1977 Jim saw Cliff Bould on television talking about WA Veterans Athletics, and this inspired him to join the club in late 1978.

Marathons

Over 10km, Jim's best is 35 min 41 sec; he ran the 64km

Mundaring to York race in 4 hrs 46 mins. But Jim's great love is marathon running. He has run 105 of them, his best time being 2:43 in 1983 at the Victorian Veterans Marathon in Melbourne, where he won his age group. (Bob Schickert was also in that race and remembers Jim turning up with Dot Browne, another stalwart of the Vets scene.)

He has run many marathons around the world. On two occasions he ran three in three weeks.

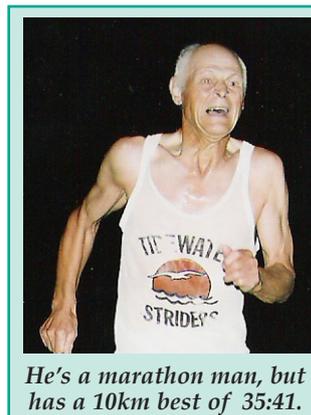
In 1988, he did Reykjavik (Iceland), New Forest (UK) and Humber Bridge, in the north of UK. In 1997 he ran Stockholm, The Potteries (at Stoke, UK) and the Land of the Midnight Sun (Tromso, Norway). His favourites were New Forest and Tromso.

Friendships

In 1981 the American ships were coming into Fremantle for R&R and Jim went to see if any of the sailors wanted to have a run. Over the next few years he organised six fun-runs for them and has made many long term friendships.

In 1983 Jim ran in the over 40s 24hr relay team. He was a club committee member for three years and a race director for many years and is now a life member of MAWA.

But in 2008, while doing a stress test in Murdoch Hospital Jim had a heart attack and is now fitted with a defibrillator and is no longer able to run. However, as many members who have borrowed his books are aware, Jim loves to read – about athletics, and Australian history. His heroes in running are Derek Clayton, Lazlo Tubori and Haile Gebrselassie.



He's a marathon man, but has a 10km best of 35:41.

Membership: all-time record looms

WITH membership likely to reach an all-time record later in the year; together with an increase of younger visitors at Sunday runs, many drawn from the increasing popular Saturday morning parkrun, in which many of our members participate, the club enjoyed another very successful year.

It was also the year that MAWA celebrated its second inductee, David Carr, into the AMA Hall of Fame. It's an honour for David, a world champion athlete, and our club.

Committee changes

After serving unchanged for two years, half of the club committee elected to depart after last year's AGM.

We particularly thank Damien Hansen for his long and dedicated service on the committee; Carmel Meyer, secretary; Gillian Young, who ran the Sunday program; and Carol Bowman, who managed Thursday nights' track and field. We welcomed to the committee Delia Baldock as secretary, Margaret Bennett to run Sundays, Joan Pellier to focus on improving the committee's interface with members and Mike Anderson to assist with T&F. All of the 2013/14 club officers remained in place for 2014/15.

Welcome Run

We started 2015 with a new concept, the Welcome Run, which we advertised and for which we charged no visitor fees. It was a great success, with an all-time record run attendance of 172 including more than 50 visitors. During the year visitor numbers remained high and this contributed to a strong and steady new membership, which at 30th June membership reached 527.

We embraced new technology with a down-loadable stopwatch used on Sundays, saving the amount of time it took to type in race times and in addition we started using a mini video camera at the finish to allow easy correction of recording and timing errors.

Our thanks go to Margaret Saunders, Mark Hewitt and

President's Report 2014/15



After two hard-working terms, President Paul Hughes is standing down. Let's hope he can use more leisure time to regain his fine running form, as pictured here.
VW

Hamish McLeod for compiling the Sunday results.

The club has upgraded equipment used on Sunday runs – such as signs, vests and a gazebo; and we have made it easier to compact and package the equipment so it will more easily fit into race directors' vehicles.

Social

Elaine Dance is responsible for our social activities and a club breakfast was held at the WA Marathon Club after the club half-marathon. Another is planned at the hockey rooms ahead of the AGM on 20th September and a dinner was held at Cannington Greyhounds.

Communications

Our communications have improved with Joan Pellier asking for members' views and ideas, while we started a Committee Corner section in both *Vetrun* and the website to let members see key issues and decisions from committee meetings. Hamish has recently established a system for important communications to be emailed directly from a website news post. The website is working well and operates in conjunction with *Vetrun*.

T&F

Our Tuesday and Thursday track and field nights have continued to be well attended, despite the previous poor state of the Ern Clark track. MAWA is extremely thankful to the City of Cannington and all other financial contributors who made the laying of the new track at Ern Clark financially viable.

The track was laid during the Autumn and was opened in June for use in July. It is

AGENDA

1. Welcome
2. Attendance/Apologies
3. Minutes of 2014 AGM
4. Matters arising
5. Reports
President
Treasurer
6. Presentation of trophies
7. Club officials
8. Election of Office Bearers
President
Vice-President
Secretary
Treasurer
Committee Members (4)
9. Life Membership Award
10. General business
11. Close of AGM

Perth 2016 Forum

Following the AGM, for those interested, there will be a Perth 2016 Forum. This will be a chance to ask questions of the LOC and put forward thoughts and ideas.

now world class and will be an integral part of the World Masters Athletics Championships in Perth – October/November 2016.

Although it has been a quiet year for major Track and Field events with no major World or Regional championships, our State Track and Field Championships attracted a record entry of 172. Thanks once again go to Barbara Blurton for so ably organising a highly well-run and enjoyable event including the weather and to our members who assisted.

A strong contingent of members attended the Australian Masters Championships in Sydney at Easter and the highlights included the breaking of an Australian record by Melissa Foster. Chris Anderson won the AMA awards category. Irwin Barrett-Leonard and Lorraine Lopes moved into new age groups and proceeded to rewrite both the state and Australian record books in their events.

"...and now, for your delectation and delight, direct from the Paris catwalks, my glamorous assistant models what every self-respecting athlete needs for the new season!"



Colin Smith and Joan Pellier have progressed the work of changing our uniform to a more modern and interesting design. The style and material have been selected and the design will soon be finalised. Ernie Leseberg has agreed to set up a fully online ordering system on the club website as soon as sizes and prices have been fixed.

PRESIDENT'S REPORT continues

Finance

The club's financials are in a healthy position showing a surplus for the financial year 1st July 2014 to 30th June 2015, as a result of the committee being prudent and responsible. A great deal of this is a result of the work by our treasurer.

It is important the club maintains its cash position while balancing that with the needs of the club, ensuring all events at least break-even or make a profit.

I thank Geoff for all his work in this area, producing budgets and cashflows for the committee so decisions can be made.

WMA in Perth

Great progress is now being made in the preparation for the World Masters Athletics Championships in Perth next year and I thank for their efforts the five Local Organising Committee members, Richard Blurton, Lynne and Bob Schickert, Geoff Brayshaw and Delia Baldock for all their hard work so far, and more to come, as we move towards October 2016.

Volunteers

Our club relies on volunteers and there are many in our club who work behind the scenes to ensure the smooth running of Sunday and track and field events. To those people I offer special thanks. I encourage our younger members to assist as they are the future of our club as it has exciting times ahead of it and we will require the support of our members to move forward.

Retiring

It has been an honour and privilege to be president of our club but it is time to hand the baton to another as I will not be nominating for another term. I have been very fortunate to work with two committees and all of those people have my upmost respect and appreciation for making my role easier. A special mention to Richard Blurton who does a tremendous amount of work as vice-president and who so ably supported me in my role.

Paul Hughes

THIS is our first report to cover a 12-month financial year, ending on 30 June. Last year's report covered the 15 months ended 30 June 2014.

While this makes comparisons a little difficult, I have commented below both on the financial numbers for this year, and made comparisons where appropriate.

Suffice to say this year's result is a very strong performance with an operating surplus of \$12,470, compared to last nine month period deficiency of \$2,687. An element of this is related to the transition to the year compared to the previous nine month period, however a large part is to do with the financial management of our funds for the year.

We have finished the year with funds on hand of \$75,757 compared to \$63,287 at 30 June 2014.

Revenue

• Our membership fee this year was for a 12-month period whereas in the comparative period it was for a 9-month period. Our fee per member rose slightly in the year, and with a full year collection and member numbers

TREASURER'S REPORT

12 months ended 30 June 2015

up to 527 by 30 June 2015, our membership income is very healthy.

• Importantly, our visitor fee income rose to \$4,866 which is indicative of our visitor numbers and potential members participating in Sunday events.

• Income from interest on investments is down due to falling interest rates.

• During the year we ran down our clothing stock and will revert to online purchasing in the future with minimal or no clothing stock held.

Overheads

expenditure

Generally our expenditure is in line with previous periods.

Our national affiliation fees have been the same per member.

However, because of the change in period end, last period had effectively two periods to this year's one.

Vetrun is now being produced every two months, rather than monthly. Al-

though our costs per edition have increased, there has been a considerable reduction in overall costs.

Our equipment purchases this year did not include any major item, and hence is reduced from previous periods. We received a \$500 grant from Department of Sport and Recreation to cover the purchase of various pole-vault equipment. I have managed to reduce our bank fees by opening an ANZ account to accept credit card payments.

Events

All events were held at a break-even cost or better. Our state championships, as with previous years made a small surplus which helps cover some other sundry costs in the year for track and field.

Summary

Receipts and payments

The summary is included in this *Vetrun* and will also be put on the website. These figures are still subject to audit.

Geoff Brayshaw

RRC 25k,
RWC 15k

31 May, 2015

Director: Akos
Gyamathy

This report was held over from June Vetrun due only to lack of space.

THERE was great weather for the entire run, sunny with virtually no breeze. Water on the Swan River looked like a mirror.

As seems to be the case in much of Perth these days, pathworks near the planned start which required the course to be modified a little.

There were over 160 runners and walkers, including 56 visitors. Runners had the choice of four distances: 25km, 15km, 10km and 5.2km. Walkers was the same apart from no 25km distance.

There were no major events reported. What was interesting was the anecdotal reports back of interest by members of the public about what organisation was be-

Sunday Event Reports

Whiteman
Park

19 July, 2015

Directors: Marg &
Brian Bennett



WHITEMAN Park event went well, the rain held off and everyone commented that they enjoyed the course, apart from the fact that it is a bit rough in sections.

Makes for a more interesting event, could be described as a cross country track. Thanks to all our helpers who came along and made our job easier.

We were treated to a lovely site after the competitors had set off, a large group of kangaroos bounding across the park, a wonderful experience.

Many thanks to the many helpers – it was a big ask of all given the length of time out on the course. Much appreciated.

MASTERS ATHLETICS WA Inc.

Summary of Receipts and Payments (Subject to Audit)

for the Year ended 30 June 2015

Receipts

	2015	2014
	\$	\$
Membership Income		
Membership fees – 2013	–	15,196
Membership fees – 2014	2,270	13,599
Membership fees - 2015	23,225	-
Visitors fees	4,866	3,983



Visitors swelled the 25km RRC.

Total Fees	\$30,361	\$32,778
Surplus/(Deficit) on Membership	\$13,084	\$8,018

Events

Dwellingup Weekend	2,990	2,475
Lewana Weekend	-	1,900
Wellington Forest weekend	1,265	
Presentation Day	-	1,806
State Championships 2013	-	-
State Championships 2014	-	11,405
State Championships 2015	11,690	-
Track & Field	2,061	3,250
10K Handycap	110	147

Total receipts Events	\$18,116	\$20,983
Surplus/(Deficit) on Events	(\$337)	(\$7,561)

Other

Clothing Receipts	832	4,748
Sundries	469	50
Net deposits - venues	-	-
Equipment grant – DSR	500	-
Interest	1,781	2,210
Lotteries West contra	-	1,500

Total receipts other	\$3,582	\$8,508
Surplus/Deficit on Other	(\$277)	(\$3,594)

Total Operating Receipts	\$52,059	\$62,269
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Operating Surplus/(Deficit)	\$12,470	(\$3,137)
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Total Receipts	\$52,059	\$62,269
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Overall Surplus/(Deficit)	\$12,470	(\$3,137)
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Cash on Hand

	2015	2014
Bankwest Cheque Account	19,268	9,270
Term Deposit	21,590	21,016
Term Deposit	34,208	33,001
ANZ deposit account	691	-
Total Cash on Hand	\$75,757	\$63,287
Clothing Stock on Hand	-	\$2,995

Payments

	2015	2014
	\$	\$
Running Costs		
National Affiliation Fees	4,158	7,084
Drinking cups	528	528
Bank fees (credit cards)	1,939	2,611
Travel	960	869
Venue Costs	1,312	1,412
Vetrun Postage	519	871
Vetrun Production	6,209	8,777
Postage / Stationery	456	1,206
Website costs	393	472
Medals/Trophies	803	930

Total running costs	\$17,277	\$24,760
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Events

Dwellingup Weekend	2,970	2,475
Lewana Weekend	740	1,900
Wellington Forest w/end	420	840
Presentation Day	425	1,625
State Champs – 2013	-	6,599
State Champs – 2014	-	10,209
State Champs - 2015	9,948	-
Track & Field	3,950	4,896
10K Handicap	-	-

Total payments Events	\$18,453	\$28,544
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Other

Clothing purchases	314	3,317
Sundries	783	1,542
Deposits in advance	95	120

Equipment purchases	2,667	5,623
Lotteries West contra	-	1,500

Total payments other	\$3,859	\$12,102
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Total Operating Payments	\$39,589	\$65,406
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Total Payments

Total Payments	\$39,589	\$65,406
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Who says accounts are dull?

NOTE: the above financial statements are subject to audit.