

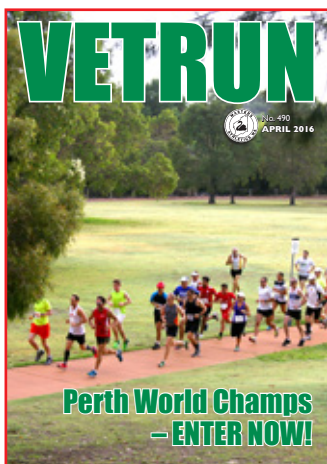
# VETRUN



No. 490  
APRIL 2016



**Perth World Champs**  
**— ENTER NOW!**



Cover – start of this year's Piney Lakes event

**NEXT EDITION**  
*Vetrun* no. 491 will publish in June 2016.

## In this edition ...

### CLUB NEWS –

Go to pages 2, 3, 5, 12

Long-termers and old-timers

P4

In My View

P5

### SUNDAY EVENTS

Pictures by Vic Beaumont

Australia Day Friendship Run  
 McCallum Lakes

P6

Woodman Point Manning Park X/C

P7

Age-Graded Handicap plus results in brief

P8

Why was meldonium banned?

P9

'Eat better in six easy steps'

P10

Get on your toes to avoid injury

P11

Helpers

P12

## CLUB CONTACTS

### Editor:

Victor Waters  
 vfdwaters@gmail.com

### General enquiries:

Email: enquiries@mastersathleticswa.org.au

### Website:

www.mastersathleticswa.org

### Secretary:

mawasecretary@gmail.com

### President:

Richard Blurton  
 r.blurton@iinet.net.au  
 ph: 9293 0190

### Clothing:

Colin Smith  
 colin.smith@netspace.net.au

### Patron:

John Gilmour

# Register now for Perth's World Masters Champs

**AFTER** a short delay to sort out last-minute banking arrangements, the WMAC registrations have opened online.

Early entries are encouraged – but can still be made up until August 25 this year.

Sign up via the link on our own website page; or go directly to [www.perth2016.com](http://www.perth2016.com)

Treasurer of the Local Organising Committee is the club's own treasurer, Geoff Brayshaw.

"Registrations are trickling in steadily from all parts of the world," he said "but history shows that most entries come in towards the end of the registration period.

"It's a fact we have to live with; just hold our breath for six months and await the outcome!

"Of course that doesn't mean the organising committee are sitting on their hands. Marketing and public relations efforts are aimed at all parts of the athletic community in Australia and around the world.

"We will keep on reminding people of the event – and the benefits of a visit to Perth for both the athletic experience and the tourism opportunities.

"Social media plays a big part, together with in-person visits to various events – such as the Asian Games – to promote our Championships."

## Non-members

MAWA has also made available to non-members two alternative, simple ways to register for the championships.

If people are members of Athletics WA affiliated clubs they only need to enter and they will automatically become temporary members of MAWA for the period of the Championships.

Those who are not MAWA or AWA affiliated club members can register through the temporary membership facility provided on our website.

They will pay temporary membership fee of \$20 which



*Moment to Treasure? Our money-man Geoff Brayshaw (note the open hand?) says this jump was nothing compared to the financial hurdles he's overcome so far in setting up Perth 2016.*

ensures their Championships entry will be validated.

Notwithstanding all of the above, Geoff would love to see our members registering early and keep the numbers ticking over. It may even give him a few less restless nights' sleep between now and the end of August!

## Perth 2016 – February update

Posted on February 25, 2016

- New discus cage is under construction at UWA. Discussions continue with Canning Council on the new hammer cage at ECAC.

- Electronic scoreboard options will be reviewed during National Juniors, where the type of scoreboard we intend having will be in use.

- Electronic timing and lap-scoring to be trialled at MAWA State Champs in March.

- Invitations to overseas officials have been sent out.

- Medical services have been booked.

- AWA promotional visits to WA regional centres were enthusiastically received, with indications that the marathon and half marathon will be popular.

- The contract for VenuesWest services has been signed.

- Kirsten, Lynne and Richard will make a promotional visit to the Asia Masters Championships in Singapore in May.

- We now have 2350 Facebook followers.

- Posters and flyers will be printed and distributed this week.

- Delays to registration opening have been caused by the late change of entry currency to Australian dollars. The problems have been resolved and entries will open very soon.

- Volunteer registrations will open in April via the Perth 2016 website. MAWA members who wish to volunteer as helpers to T & F officials should apply directly to AWA.

- Meetings held with Perth airport to discuss meet and greet arrangements.

- Sponsorship agreement signed with Perth Integrated Health.

## Eligibility for World Championships

Posted on February 25, 2016

**THERE** have been some questions recently regarding eligibility vis-a-vis passport and residency status.

Athletes should be aware that this is a WMA Championships and will follow WMA rules. The Local Organising Committee have no influence on either the rules, or the eligibility of any specific athlete. Athletes with any concerns should contact the Secretary of the Regional Masters Association. In the case of Oceania this is Bob Schickert who can be contacted at [rschicke@bigpond.net.au](mailto:rschicke@bigpond.net.au)

## AMA Awards nominations

(Posted February 19, 2016)

MAWA has nominated these athletes for 2015 AMA awards and winners will be announced at the AMA Championships Dinner in Adelaide this month (April.)

Sprints/ Hurdles	Wendy Seegers
Middle Distance	Scott Tamblin
Distance	Lorraine Lopes
Jumps	Melissa Foster
Walks	Lyn Ventris
Throws	Tom Gravesstock
Multi events	Todd Davey



Lorraine

Most Outstanding Female Athlete Wendy Seegers

Most outstanding individual performance Wendy Seegers, for her Australian 400m record.

## You Write ...

G'day Vic, Just a follow up on the Patrons Trophy article in last *Vetrum* if anyone is interested!

I believe it was initiated in the early days of our club as both a challenge and an encouragement to have-a-go at everything.

There were sixteen events and scoring was in five-year age brackets, similar to the pentathlon and decathlon. Eight events were flat races.

Competition was held on the normal Thursday club night at McGillivray.

With the commencement of Tuesday meets at Coker it was decided that competitors could compete at either ground (or both) giving the opportunity to catch up on a missed event.

As numbers dropped, and to encourage greater participation, the competition was changed so that participants only had to enter their ten best results.

There were some early teething problems with event choice, which resulted in the present format.

The scoring system was changed to age-graded.

(Perhaps I am incorrect about some of this information but the original members can put me straight.)

Although the competition has changed from the original



Keith Martin

concept I believe it's still one of the best.

Perhaps the choice of events could be altered to make it more equitable?

The present system allows for a competitor to include seven flat races and this greatly favours middle-distance runners.

A fairer competition would be to limit the flat races to five (50%, as in original programme) and to include at least one jump. Jumps are perhaps harder on the body than throws.

Judging from published results it is a pity that more runners don't have a go at the field events.

From my own experience you can have a lot of fun 'having a go'!

Good running.

Regards, Keith Martin

## MAWA T-shirt

Posted February 23, 2016

A SIGNIFICANT number of members have indicated that they would like a MAWA T-shirt with the new club uniform design. We have ordered some – at this stage see Joan Pellier to request one. Price will be \$35.

But please be aware that AMA have told us the T-shirt is not an acceptable alternative to a singlet at AMA Championships.

The official MAWA uniform is singlet or crop top. If athletes want to wear a T-shirt at those championships it must be worn under the club singlet.

BUT – at MAWA State Championships the club will allow the T-shirt to be worn as an alternative to the singlet. This is being done to recognise the additional sun-protection benefit of a T-shirt.

## Elleker Half and 10km

Hi all. Albany Athletics Club invites everyone to the 21st Elleker Asics Half Marathon and Retravision 10km Road Race, on Sunday, 5 June, 2016.

The course is superb with rural ambience around farms, karris, etc, but the big brunch in an ancient country hall is the cream on the cake!

Visit our website to register online via *Register Now*. We look forward to seeing you.

Carey Dickason

Elleker Race Committee

www.albanyathletics.myclub.org.au  
PO Box 1356, Albany WA 6331

## Track Handicap on April 21

THE 10km Track Handicap is one our long-standing events. Always well-supported it offers the chance to test yourself in generally cool, evening conditions on a well-lit, fast grass track.

It's coming up on April 21, and you can enter by contacting Jeff and Dorothy Whittam any Sunday morning; or email [djwhittam@digitalknightz.com](mailto:djwhittam@digitalknightz.com)

Entry costs \$5.

## What's the Committee up to?

Summary posted on February 23, 2016

- Membership sits at 531, with 80 new members joining since December 1. As expected this is boosted by T & F members looking to the World Championships in October.

- Switch of Darlington and Mattagarup events confirmed, and revised programme issued.

- Agreed to advise a commercial coffee van company they are welcome to come to our runs and see if they get adequate business.

- Masters Athletics WA will be printed on marshal vests so members of the public know who we are.

- We have not always had a non-competing judge at Tuesday throws events as we indicated we would. A new roster will be established.

- Record number of entries to State Championships by

a large margin – 196. The set up with electronic timing and electronic lap-scoring that we will use at World Championships will be trialled at our Championships.

- Discussion with Canning on a new hammer cage at ECAC continue. Agreed that as MAWA are the major beneficiary, a financial contribution to the cost of the new cage should come from MAWA. The cage is a key enabler for future State Championships to be at ECAC.

- Agreed to order new MAWA T-shirts in addition to singlets and crop tops. We are actively working to get a fully online uniform ordering arrangement set up. After State Champs uniforms will only

be available online. Up to and including State Champs Colin will bring uniforms to events for cash purchase. All uniforms will be sold for \$35. Online purchasers can either pay \$6 p&p, or elect to collect from Colin at ECAC.

- The new MAWA coaching arrangements will be trialled for three months commencing May 1. A post describing the plan will be on the website in April.

- Propose to change the MAWA Constitution so that nominations for the committee must be received in writing at least two weeks before the AGM, and also that the number of other committee members be set at four, rather than 'not less than 4'.

This amendment would mean that there are no nominations from the floor at the AGM.

**“HOW many other runs have been on the calendar this long, in roughly their original location?”**

“And has any member directed an event for so long?”

So I pondered in the last *Vetrin* (No. 489, February, p3).

Paul Martin’s 21 years taming Sharks sparked it and several members have woken up and dug into the past to answer me.

### **Perry Lakes**

Thanks for asking, Vic, wrote John Bell who recalls that it was 1984 when he took on Perry Lakes.

“That means 32 years this year, 2016, if I survive to November.

“However, I would appreciate if you can forcibly announce that 2016 will be my swan song!”

I shan’t forget the year Keith Forden was handicapper.

We had 100 runners abreast go over the 10km finish; result – 100 equal first ...

I said “Aagh, shame,” and Keith said: “Shit happens ...”

### **Memories ...**

That’s the great virtue of ancient memories; nobody else can remember if you’re bullshitting.

But there’s no doubt that if you have organised a run for year after year, littler slip-ups do occur. My personal favourite is the one that stuffed up the GOT Run, back in the Kings Park era.

It parodies the old poem line – “for the want of a nail the shoe was lost”.

This time, for the want of a flag, the whole field was lost.

I cannot lie, I done it. Missed one vital flag to mark a turn into the bush, just after the start. The whole field headed for the river instead. Interesting set of results that year!

### **Kings Park**

**THE park used to vie with the Swan as the club’s favourite place to run, and it remains home to our longest-standing current event, the Friendship Run.**

“Bob Hayres instituted it on November 25, 1979,” says Joan Pellier.

“He set in at two 6km laps on a mix of slab paths, grass and bitumen, starting at the corner of Saw Avenue and May Drive.”

# Long-termers and old-timers



John Bell

Only 12km runners were recorded; and there were no walks at this time.

Les Oakley took over for a year in 1980, assisted by John Pellier, and the following year John and Joan assumed the directorship. They held the spot until 2005, then handed over to Jim Barnes. He was joined in 2012 by Brett Roach who is the current director.



John Pellier

### **Club friendship**

“It became the Friendship we know today in 2001, after a suggestion by John Petterson, of the Marathon Club, that our two clubs should unite for one run a year,” says Joan.

“We had a record field – 227 runners and walkers. It was a great inaugural, cool but humid that day, and Frank Smith set the men’s course record with 43:00 minutes. Antoinette Shaw was first woman, setting the women’s, shorter, course record of 12:21.”

(Thanks go to Margaret Bennett and Jeff Whittam for helping Joan research this event.)

### **Changes**

One of my favourite memories of the Friendship is the year I talked Barrie Thomsett into becoming a car park patrolling guard.

Some cars had been damaged by vandals in the park, and so Barrie was persuaded to walk up and down the road, watching over our many parked vehicles.

I know he had a red marshal’s jacket; can’t recall for sure if he carried a big stick, but I like to remember it that way.

As with so many of our runs the Friendship course has suffered many alterations, most recently because a more stringent Kings Park Board doesn’t like us crossing roads!

**But to be fair we must admit that motor traffic volume has influenced the club’s own approach to road runs.**

I took over the West Coast Challenge, another long-standing club event that was initiated, I believe, by Bob Hayres. It used to start at Floreat Beach and became very risky, as it skirted the many car parks along Challenger Parade. Maxine Santich and I moved the Challenge onto the beach – but this wasn’t popular with most people, and that run is no more!



Bob Hayres

**The club has done brilliant work in gradually moving all of our events out of harm’s way, so inevitably some of the pure road runs have gone.**



Dorothy and Jeff Whittam

### **Directors**

Fortunately we have a steady supply of new race directors who have stepped up to help. There’s something of a pattern here. New members take a year or two to learn the ropes, decide to stay and then take over a Sunday event.

But some of the old-timers can’t break the helping habit!

**Jeff and Dorothy Whittam are prime examples. Their 10km Track Handicap was first run on April 13, 1989 – so the one coming up on April 21 will be its 28th iteration.**

“Our old mate Barrie Thomsett organised it for us one year as we were on holiday at the time. Not sure which year, but it could have been 1994,” says Jeff.

### **Herdsmen Lake**

“We organised the lake run for Bryan and Jane Hardy in October 1993,” he recalls.

“The course took you around to Churchlands and turned close to a sign that said ‘BEWARE OF THE ARGENTINE ANTS!’

“It also went through the start/finish area and turned round a tree at the end of a long spit out into the lake, almost opposite across the water from the start/finish.”

Bryan was away on long service leave the next year and overall programme director Bob Sammells was going to drop Herdsmen until the Whittams offered to take it over – with a much-improved course.

### **Clashes!**

Conflict of events with the pony club (which is based at Herdsmen) in 2007 brought a move to nearby Lake Monger.

“We ran the Lake Monger Cross Country event ‘til another clash of events (the Wembley Primary School Fun Run) in 2011 caused another move to Perry Lakes (arranged by Irwin Barrett-Lennard) where we named the new event the Claypit Circuit.

“Hopefully that will be the end of double bookings and clashing events!”

Yes, I think that after 28-years and a range of runs this couple deserve a bit of a cruise!

## In My View ...



by the Editor

## Is it genetic?

I recently read in a South London paper that my youngest cousin plans to run 40 marathons in forty days. He intends raising one million pounds from 40 big companies, each chipping in 25-grand (he hopes) for the Prince's Trust, which helps young people.

This bloke is well-connected, having been CEO of one of the UK's top 100 firms, so perhaps he can pull it off.

I had no idea he was any kind of athlete until now. Or that he was mad. Because the plan is to run these forty marathons as repeats, on a course through London.

I have suggested he contact the Sri Chinmoy organisation for some inside info on the pitfalls of such a task.

As many members will be aware, our own Grahak Cunningham is a veteran of the annual 5,000km Sri Chinmoy run in New York City. His account of that run is terrifying to normal mortals!

So, how about genetics?

I'm torn between hoping I share my cousin's running genes; and praying I don't have his crazy gene!



## He does get around!

Out of the blue this picture hit the news desk, of our inveterate marathoner and traveller John Talbot, in Tokyo. He promises a full report of the event, and it's unusual 'swastika-shaped' course! Next edition John?



## Vic's on camera duty

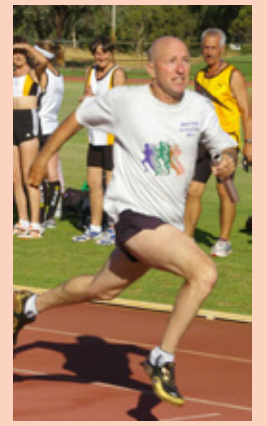
IT'S a pity our club website can't carry Sunday pictures at the moment, because photographer Vic Beaumont is on great form. Despite some limitation in getting about he has covered several for this edition of *Vetrun*.



John Oldfield

## Slim Smithy

AT risk of turning this column into a litany of injuries, sympathy goes to Colin Smith, who having slimmed down and hit great form copped a stress fracture. I spotted him gamely dragging a heavy flight bag full of club uniforms back through the paddock to his car at the Age-Graded event. Colin had looked good in the run but afterwards feared the fracture had come around again. Let's hope he's fully healed for the Worlds.



## Not-so-good news from Keith and John

IT was great to meet up with John Oldfield again after his long absence in old blighted (sorry, I mean Blighty); and to hear from Keith Martin.

Keith, whose letter about the Patron's Trophy appears on page 3, has had health setbacks. Unfortunately he won't be appearing in the World Championships, due to some essential surgery.

Similarly, John is adamant that he will not compete, at least in his favoured middle-

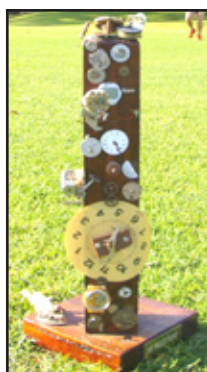
distance events. This is a pity (though some in his age-group might not see it that way!) Apparently John has battled calf problems for some years. However...long slow distance is less demanding, he claims. So we might just see him in the Worlds' marathon.

## GOT Trophy will get new faces

THANKS to Paul Hughes and Roger Walsh for contributing a couple of priceless new additions to adorn the Timeless Trophy. It was beginning to look a little bare, missing a few cogs and other essential elements. Roger's Rolex and Paul's Swiss Universal will now be fixed to the trophy by expert craftsmen.

Of course, the insurance value will have to be adjusted. As Roger, who is a one-time holder of the coveted trophy remarked:

"I think this (*his gold Rolex*) will restore the trophy to its original value."



## Coaching available for club members

The club has had many enquiries, both from current and prospective members, about whether we offer coaching.

With World Championships coming up in October, athletes will want to achieve their very best, and this will involve either improving their technique, or following a tailor-made training regime.

We will offer coaching to members over a wide range of events, including sprints, hurdles, middle distance, distance, jumps and throws.

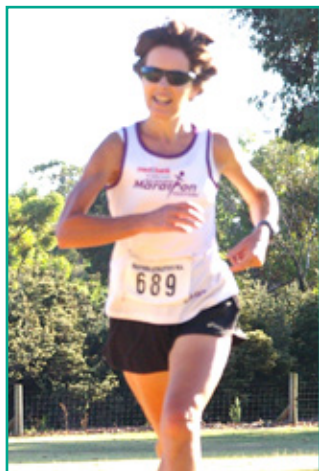
Coaching will be by club members who are strongly qualified in their disciplines, and understand the special needs of Masters-age athletes. The sessions will be at various times and venues and the full list will be placed on the website during April. The coaching programme will begin on May 1.

Richard Blurton

# Australia Day Run

January 24, 2016

Director: Sandra Stockman



Sandra Stockman

**THIS** inaugural event replaces that previously based at Claughton Reserve in Ashfield. We now have a new starting venue just 5km up the river at Hinds Reserve in Bayswater, near the Garrett Road Bridge.

The Swan River foreshore location, with its grassy verge, BBQs, playground, shady trees and plentiful parking proved to be a hit with runners and walkers alike.

All 132 competitors set off in humid conditions onto the cycle path under the Garrett Road Bridge and through the Baigup Wetlands, no doubt admiring the native vegetation and bush and water birds of this *Bush Forever* site as they made their way along the flat first kilometre. After the steep hill as they exited the wetlands, they turned left towards suburbia before turning back towards the river again further along the footpath.

No tramping through the bush towards the turnaround point and water station at Tranby House this year; instead, everyone headed straight past Tranby House to the 5km turn on Hardey Road. Those attempting the longer route kept going along the cycle path until they reached the Peninsula Golf Course at Maylands before turning around and heading home.

One of our visitors, Mark Lee from the Marathon Club,

# Sunday events

# Friendship Run

January 31, 2016



Above, Keith Edmonds, Rob Colton, Prabuddah Nicol and John Allen; right, Mark Sivyler and Chris Neilon lead this group.

was first over the line in the long run in a very handy time of 36:24 minutes. Kim Thomas was the first member over the line in the long run, thereby setting a new course record, cruising home in 39:17 minutes.

Thanks to all the participants for your patience after a bit of a muddled start (I wanted to look after my walkers!) and for making it a great event. Many thanks also to all my allocated helpers, including the ever-reliable Turners and Smiths, who again helped make it a pleasure to direct this race.

Sandra Stockman

Australia Day Run – January 24, 2016		
<b>10km Run</b>		
4 Kim Thomas	M40	39:17
7 Hamish McLeod	M40	42:08
8 Akos Gyarmathy	M60	44:51
9 John Allen	M55	45:11
<b>5km Run</b>		
1 Brett Roach	M45	18:56
2 Amanda Walker	W50	21:07
3 Frank Gardiner	M65	22:49
4 Graeme Dahl	M65	23:30

# McCallum Lakes

February 14, 2016  
Directors: Su Lloyd and Joe Patroni

**THERE** was perfect weather for the McCallum Lakes run on Valentine's Day. It was a comfortable level course enjoying river views on the way out and a scenic route 'round the Lakes on return.

John and Joan Pellier were out and about early, with John marking the course and Joan co-ordinating operations at the start and finish positions, which made for safe entry and exit away from speeding bikes.

With two analytical chemists setting up the water station, drinking quality and safety were assured, although all that chat about large molecules and mass specs lost me!

Brig and Sandi as always were reliable at the visitors' desk and results table, with able assistance from Les at the chute. Thanks also to Carol, Don, Stan, Keith, Helen and Serenica (assisting at her first event).

## Turnout

There was a great turnout from members and visitors, for a comfortable run along the river, the path mercifully bike free, following a turn inland around the three picturesque lakes, over two boardwalks and back home.

Unfortunately, risk management and avoiding cyclists meant that the walkers had a rough trot with gallops across the paddock required at the start and finish, meaning that PBs were in short supply. A few hardy souls tackled the 8.4km walk.

Major placings were taken by Kevin Johnson, Marg Saunders, Ante Perdija and Vanessa Carson, and it was

# Woodman Point

February 7, 2016

Directors: Karen and Peter March



ANOTHER rather hot and humid run down at Woodman Point had some runners taking advantage of the ocean for their cool down.

Thank you to all our volunteers, who travel from far and wide to do their bit for our club. We had more than a few new faces to help us this year. Hope to see you, new and regular helpers next year.

A special thank you to Elaine Dance and Gail Karpinczyk who stepped in as back up support.

Karen and Pete

## Woodman Point – February 7, 2016

### 5km Run

2 Ross Keane	M50	21:35
3 Graeme Dahl	M65	22:50
4 Paul Hughes	M60	22:57

### 10km Handicap Run

Position	H/cap	Actual
1 Paul Burns	M40	26:00
2 Keith Atkinson	M55	8:00
3 Gillian Young	W65	15:25

great to see Giovanni Puglisi, recently returned from overseas, putting in a sterling effort to come second in the 4.2km run, even though possibly recovering from jetlag!

Sincere thanks also to Liz and Pete, who did a great job marketing the club to innocent passers-by, who were wondering what all the activity was about. Later, I understand, the pair hiked cheerfully home to the other side of town!

Thank you again to all the helpers who supported us so well in our first time as directors.

Su and Joseph



Tempting blue ocean was background to a hot and humid Woodman Point. Pictured above, Theresa Howe and Sarah Ladwig look comfortable; right, Jackie Halberg follows Hamish McGlashan.



THIS being a long weekend and the course a challenging cross country one for runners, it was gratifying to have such a big field at Manning Park. More than 80 runners and walkers and a good number of visitors showed up. Some said it was hard-going, but we hope everyone enjoyed it nonetheless.

A big thank you to our helpers for doing your bit to make this a great event for everyone

## McCallum Lakes 14 February, 2016

### 8.4km Run

2 Ante Perdija	M40	33:19
3 Vanessa Carson	W35	34:43
4 John Allen	M55	36:19
5 Mark Dawson	M50	36:27
6 Hamish McLeod	M40	36:30

### 8.4km Walk

1 Wendy Farrow	W45	56:50
2 Ian Carson	M60	56:55
3 Julie Wilson	W60	58:35
4 John McDonagh	M65	1:04:29

# Manning Park Cross Country

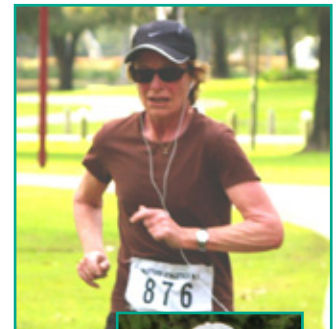
March 6, 2016

Directors: Maree Brown and Sally Floyd

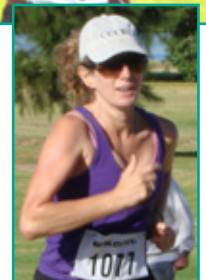
– having people at the right places around the course makes all the difference. Well done to everyone, and congratulations to those who scored a place at the front.

See you there next year?

Maree and Sally



Maree



Sally

## Results in brief ...

### Walk 2.8km

1 Peter Hopper	M70	19:40
7 Kem Hassan	M45	32:24
12 Brian Dalton	M60	55:53
2 Delia Baldock	W50	20:55
3 Michele Mison	W65	23:31
4 Joan Pellier	W75	25:09
5 Jacqueline Billington	W70	27:17
6 Lorna Lauchlan	W85	27:17

### Walk 5.6km

3 John McDonagh	M65	39:18
4 Joseph Patroni	M60	42:43
5 Ray Hall	M80	43:18
1 Karen Tolardo	W50	33:30
2 Janne Wells	W45	38:58
6 Su Lloyd	W60	43:19

### Run 4km

1 Lachlan Marr	M55	17:21
2 Jim Klinge	M65	17:30
4 Paul Hughes	M60	18:16
9 Margaret Saunders	W60	19:21
13 Carol Bowman	W60	21:08
14 Karen Hill	W55	22:04

### Run 8km

2 Paul Mitchell	M45	33:49
3 Keith Hill	M55	34:28
4 John Allen	M55	35:55
6 Karen Peace	W40	39:46
10 Gillian Young	W65	44:12
15 Denise Newport	W55	48:02

# More Results – in brief

Lake Monger 28  
February 2016  
Director: Kim Thomas

## 10.5km Run

1 Ante Perdija	M40	42:41
2 Stuart MacKinnon	M30	44:57
3 Bryant Burman	M40	45:07
4 Clare Wardle	W40	46:38

## 7km Run

1 Kevin Johnson	M55	28:02
2 Lachlan Marr	M55	31:14
3 Jim Langford	M70	31:40
4 Ross Keane	M50	31:57
6 Nicki du Plessis	W45	32:13
7 Bruce Wilson	M70	32:18
12 David Carr	M80	36:41
13 John Mack	M70	36:52

## 3.5km Run

2 Rob Collins	M45	13:48
3 Bjorn Dybdahl	M60	13:49
4 Jim Klinge	M65	14:45
5 Paul Hughes	M60	15:39
6 Raymond Gimi	M50	16:15
7 Margaret Saunders	W60	16:27

Piney Lakes –  
February 21, 2016

## 8km Run

3 Kim Thomas	M40	31.40
5 Brett Roach	M45	31.58
6 Paul Mitchell	M45	33.11

## 4km Run

1 Bjorn Dybdahl	M60	16:43
2 Ross Keane	M50	16:55
3 Jim Klinge	M65	17:18

## 8km Walk

1 Karen Tolardo	W50	51.48
3 Julie Wilson	W60	56.14
4 Johan Hagedoorn	M70	57.00
5 Mike Hale	M65	1.05.52
6 Lynne Schickert	W70	1.07.57

## 4km Walk

1 Andrew Cuthbertson	M55	31.02
2 Joseph Patroni	M60	31.03
3 Su Lloyd	W60	31.18

Friendship Run –  
January 31, 2016

## 10km Run

4 Kim Thomas	M40	39:17
11 Hamish McLeod	M40	42:50
12 Alan Gower	M60	42:55

## 5km Run

6 Bernard Mangan	M60	21:56
8 Jim Klinge	M65	22:06
9 Simon Johnson	M30	22:11



Julie Wilson, left, can't make up her mind! Sprinting for the line after one lap at Lake Monger, she then went on, considered doing 10.5km, but sped to the line again after two laps. But Liz Matthews, below, knew which way she was going!



EVERY race on the MAWA calendar is a great one in its own right. It is the members that make it so. However, some are greater than others.

My personal view is that the age-graded handicap race is amongst the best because it is a true test of running ability.

The old adage that 'cream rises to the top' was certainly borne out this time.

Jim Langford and Gillian Young have, over many years, been among our best runners.

Few could argue that, on current form, they didn't richly deserve the 2016 8km trophies.

Similar deserved wins in the 5km walk to Julie Wilson and Johan Hagedoorn are also applauded. The oft-called 'short distance' runners (5km specialists) Bernie Mangan and Jennifer Audsley were first across the line in the short, non-handicap run.

The extreme conditions today highlighted two other points.

First, this run probably

## Age-Graded Handicap

March 13, 2016

Director: John Oldfield

needs a second water station at the 8km turn.

Just as important is recognition for the wonderful way in which my great team of helpers managed the race. Marshalls David Baird, John Talbot, Michael Lee, Irwin Barrett-Lennard, Richard Harris are all evergreens, ably assisted by Tom Tralau who stepped in on the day to fill an absentee's vacancy.

Don and Christine Pattinson are water station managers without equal and my finish team of Jo Richardson, Joanne and Beverly Burman, Ginny Mulvey and Mel Hynds would take some beating as the 'A' team. Thank you to all who made this such a great day.

John

## Results in Brief 8km Run Handicap

	Time	H/cap
Jim Langford	M70 45:59	10.40
Gillian Young	W65 46:39	4.30
Giovanni Puglisi	M65 46:50	12.26
David Carr	M80 47:57	2.32
Jim Klinge	M65 48:42	11.21
Ralph Henderson	M65 49:25	11.55
Vanessa Carson	W35 50:01	15.27
Keith Hill	M55 50:11	14.31
Clare Wardle	W40 50:26	14.52
Akos Gyarmathy	M60 50:32	13.38
John Allen	M55 50:36	14.05
Barbara Putland	W50 52:44	12.07
Tristan Bell	M50 52:46	15.45
Ross Keane	M50 52:52	14.57
Bob Colligan	M55 53:27	14.05
Ivan Brown	M70 53:29	10.40
Liz Matthews	W55 53:31	10.38
Carol Bowman	W60 53:56	8.05
Martin Watkins	M65 54:45	11.39
John Fisher	M55 55:32	14.31





THE reaction to the Maria Sharapova revelations is surprising. As far as I am aware, nobody has demonstrated that the tennis champion broke World Anti-Doping Agency rules at any time before December. Until that point, meldonium was not on the prohibited list.

So why the claim that she was cheating all those years?

I also suspect that she was telling the truth when she claimed to have been unaware it had been added to the banned list in January. Why would she have continued taking a substance that is easily detected when she knew it was banned? Why take the risk?

Certainly, she should have known that the substance had been added to the list and her entourage should have warned her, particularly given that they received five missives about it, but I struggle to believe they actually did know.

But, regardless of all this, let us come to a more profound question.

**First, let me say that Sharapova must now be banned.**

By taking a drug that had been prohibited, she was in breach of the WADA code. The strict liability rule, which states that athletes are responsible for what they put in their bodies, ensures her guilt.

It is also worth pointing out that she may have been lying through her teeth when claiming that she took the drug for medical reasons.

But the deeper question is: why was meldonium put on the list in the first place? Let us assume that the drug is safe in the quantities in which Sharapova was taking it. One doctor I talked to said that it could be used without any dangerous side effects. So why did WADA need to get involved? Why not allow it to be used by those without any medical condition and who simply want a boost to performance?

Drug authorities struggle to answer questions such as this. They are considered awkward, almost tactless, and often lead to embarrassed silences. When Dick Pound, the former head of WADA, was pressed on the issue a few years ago, he

*Published in The Australian, this article was written by Matthew Syed for The Times (UK newspaper) and appeared March 10, 2016, following the revelation that tennis star Maria Sharapova had used a banned substance.*

# Why was meldonium banned?

blustered: *"Drugs are completely antithetical to what sport should have been about. It's essentially a humanistic endeavour to see how far you can get on your own talent."*

But what does this mean? On the surface, the statement seems to fly in the face of almost everything that modern sport is about. If you study any top team, in almost any nation, you will see a comprehensive attempt to transform through science, teamwork and technology the 'natural' capacities of athletes. Everyone is looking for an edge.

*"I don't want to suggest these questions are easy; I am merely perplexed as to why we bumble along pretending they don't exist. People talk about the unfairness of doping, presumably because less wealthy athletes can't afford sophisticated drugs, yet rarely stop to think about top cycling teams having more aerodynamic bikes and top Paralympians having space-aged wheelchairs."*

Take something as innocuous as caffeine. Before his 10,000m victory at the London 2012 Olympic Games, British athlete Mo Farah drank two shots of espresso 20 minutes before the race.

## Coffee pump

*As I make my way out to the stadium track, I feel this massive caffeine high come on, he later wrote. My hands, my legs, everything is shaking. Then I stick my head out through the tunnel and the crowd goes mental.*

*I'm already pumped up to my eyeballs from the caffeine. At that moment, I am more pumped than ever before in my life. My eyes feel as though they're about to burst out of their sockets.*

Until 2004, caffeine taken in large quantities was prohibited by WADA. Like all stimulants it boosts alertness but for distance athletes it has an extra advantage: it conserves glycogen.

According to an academic study in 2008, caffeine ingestion significantly improved 5km running performance in well-trained and recreational runners. The improvement was measured at more than one per cent. Would Pound describe this enhancement as natural? Or antithetical to sport?

## Cyclist in a tent!

And what of British cyclist Chris Froome, who has a hypoxic tent in his Monaco apartment, just like hundreds of other clean athletes around the world. His bed is placed in this chamber, which artificially sucks oxygen out of the air (from a normal 20.9 per cent level to as low as 12 per cent), to force his body to produce more red blood cells, which are then available to transport oxygen to his muscles during competition. Is this natural? If so, why are alternative techniques of boosting red blood cells, such as erythropoietin, also known as EPO, or blood transfusion, considered heinous?

*Thanks, again, to John Bell for forwarding this.*

It is worth reiterating that both techniques are perfectly safe when properly monitored (just as they are dangerous when not). The only difference, other than one being banned and the other eulogised as a marginal gain, is that the former uses a tent while the other uses a syringe. But quite why a delivery mechanism is sufficient to create such a formidable moral gulf has never been fully explained.

These ruminations are merely the start, however. Extravagant claims are made for new medical techniques, but I suspect gene transfer therapy, where beneficial genes are delivered directly into the human genome, will become commonplace within a matter of years. But such techniques also can boost performance. If you look at bodybuilding websites, you will see reference to things such as mechano-growth factor and insulin-like growth factor, genetic transfer techniques that boost muscle development and recovery. As early as 2006 it came to light that Repoxygen, a trade name for a gene therapy that releases EPO in response to low oxygen concentration, had been mentioned in an email exchange between a German athlete and his coach.

WADA bans all such techniques, presumably (and on the surface understandably) as they are deemed unnatural. But this distinction increasingly will be difficult to sustain if there is a medical reason for a gene transfer, which in turn has a performance-enhancing effect, or if the genetic changes infiltrate the germ line. In these circumstances, a child would be born (naturally) with a genetic make-up that had been altered through an intervention on his parents.

## Natural or artificial?

I don't want to suggest these questions are easy; I am merely perplexed as to why we bumble along pretending they don't exist. People talk about the unfairness of doping, presumably because less wealthy athletes can't afford sophisticated drugs, yet rarely stop to think about top cycling teams having more

**Concludes – P12** ▶

**WE'RE** going rogue and issuing our own Dietary Guidelines, untainted by industry lobbying, unrestricted by partisan politics.

Here, in six easy steps, is our advice for the new year: what we think dietary guidelines ought to say.

### 1. Eat more plants.

You heard it from your grandmother. Now you hear it from us: Eat your vegetables. Add fruits, beans and whole grains, and the wide-ranging plant category should make up most of your diet. Variety is the key. Plants offer us such an astonishing range of roots, stems, leaves, flowers, buds and seeds that there is bound to be something even the most jaded vegetable sceptic can love.

### 2. Don't eat more calories than you need.

Although on any given day it's hard to tell whether you're doing that, over the long term, your scale is a sure-fire indicator. If the pounds are going up, eat less.

Let's pause here for the good news. If you follow our first two guidelines, you can stop worrying. Everything else is fine-tuning, and you have plenty of leeway.

### 3. Eat less junk.

"And what's junk?" we hear you asking. We have faith that you know exactly what junk is.

It's foods with lots of calories, plenty of sugar and salt and not nearly enough nutritional value.

It's soda and sugary drinks. It's highly processed, packaged foods designed to be irresistible.

It's fast food. You know it when you see it. When you do, don't eat too much of it.

### 4. Eat a variety of foods you enjoy.

There is research on the health implications of just about any food you can think of. Some — such as fish — may be good for you. You should eat others — such as meat and refined grains — in smaller amounts.

The evidence for most foods is so inconsistent that you should never force yourself to eat them if you don't want to, or deny yourself if you do. If you love

*Writing in Washington Post (January 2016)  
Tamar Haspel and Marion Nestle took a swipe at the USA's government guidelines.*

*We can skip all that; but in this extract they also said:*

Here's  
how  
to eat  
better,  
in six  
easy  
steps

junk foods, you get to eat them, too (in moderation, of course). You have bought yourself that wiggle room by making sure the bulk of your diet is plants and by not eating more than you need.

This is an appropriate place to talk about a phrase that has been thrown around a lot in the Dietary Guidelines brouhaha: "science-based".

As a journalist (Tamar) and a scientist (Marion), we're very much in favour of science. But the food industry's frequent calls for 'science-based' guidelines really mean, "We don't like what you said."

Arriving at truths about human nutrition isn't easy. We can't keep research subjects captive and feed them controlled diets for the decades it takes many health problems to play out. Nor can we feed them something until it kills them. We have to rely on animal research, short-term trials and population data, all of which have serious limitations and require interpretation — and intelligent people can come to quite different opinions about what those studies mean.

Which is why "eat some if you like it" isn't a wishy-washy cop-out. It acknowledges science's limitations.

We do know that plants

are good, and we do know that junk foods aren't, but in between is an awful lot of uncertainty.

So, eat more plants, eat less junk, and eat that in-between stuff moderately. That is exactly the advice science demands.

### 5. Find the joy in food.

Eat mindfully and convivially. One of life's great gifts is the need to eat, so don't squander it with mindless, joyless consumption. Try to find pleasure in every meal, and share it with friends, relatives, even strangers.

### 6. Learn to cook.

The better you cook, the better you eat. There are days when cooking feels like a chore, but there are also days when you find profound satisfaction in feeding wholesome homemade food to people you love. And foods you make at home are worlds apart from foods that manufacturers make in factories. No home kitchen ever turned out a Lunchable.

If you go out in the world armed only with these guidelines, you'll do great. Sure, there's much more to know, if you want to know it. We've forged careers writing about food and nutrition, and either one of us could talk micronutrients until your eyes glaze over. But these few basics are all you need to make good food decisions. Choose foods you like — heavy on the plants, light on the junk — cook them and enjoy them.

It really is that simple.

Haspel is the James Beard award-winning writer of *Unearthed*, a *Washington Post* column devoted to finding out what's actually true about food.

Nestle is professor of nutrition, food studies and public health at New York University and is the author, most recently, of *Soda Politics: Taking on Big Soda (and Winning)*.

Tamar Haspel writes *Unearthed*, a monthly commentary in pursuit of a more constructive conversation on divisive food-policy issues. She farms oysters on Cape Cod. Find out more about her at [www.tamarhaspel.com](http://www.tamarhaspel.com).

[www.washingtonpost.com/lifestyle/food/how-to-eat-more-healthfully-in-6-easy-steps/2016/01/04/f67e928e-af32-11e5-b820-ee4d64be2a1\\_story.html](http://www.washingtonpost.com/lifestyle/food/how-to-eat-more-healthfully-in-6-easy-steps/2016/01/04/f67e928e-af32-11e5-b820-ee4d64be2a1_story.html)

## 2016 State Championships

Report by Barbara Blurton

WE returned to Cannington for the first time since 2009. Ern Clark athletic centre is a more suitably sized venue for this event, giving greater intimacy and interaction with spectators. It also enabled us to do our own catering and I would like to thank Elaine Dance and her team of helpers who did such a good job of feeding everyone on both days of the main weekend.

### Record entries

Yet again we broke the record for the number of entries, almost getting to 200 competitors. If it hadn't been for the clash with the little A's championships we may have had even more. This also meant that a few of our regular officials and helpers were unable to join us, but new volunteers were found and hopefully enjoyed the experience.

The forecast rain and storms for Saturday didn't materialise and apart from a brief shower which temporarily held up the shot put, the programme ran smoothly and to time. The competition was intense in many events, despite a high dropout due to injury. For many of our new members this was a taste of what is to come in October when Perth hosts the World Masters Championships.

We trialled an electronic timing system thanks to Barry Mullins from Queensland, an electronic lap scoring device for the 5000m and an electronic distance measuring device for some of the throws, thanks to Lindsey Glass. All of these devices will be used again in October and are certainly the way forward, enabling accurate measuring and timing with fewer helpers needed.

### State records

We brought the championships to an end with the presentation of the Anne Shaw award for the most outstanding athlete of the meet. The trophy went to Wendy Seegers for her performances in the W40 100m and 400m. Both of these broke long standing State records and were very close to Australian records. Overall, 18 State records were broken.

# Get on your toes to avoid injuries

NY Times' *Gretchen Reynolds* wrote this article (in the USA's February chill!)  
Pictured – a few of the club's front-footers.



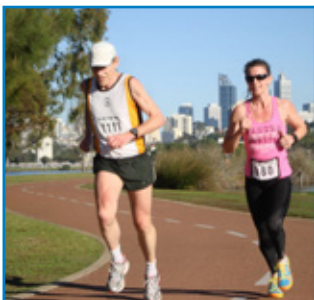
Irwin Barrett-Lennard



Melissa Hynds



Todd Ingraham



Ian Carson and Sue Bourn

WARM weather is on its way across the country — really, it is, I promise — and so are spring marathons, meaning that many people soon will begin a new or augmented running program. Many also will wind up sidelined by injury. But a new study suggests that being light on your feet could keep most runners healthy.

Running injuries are extremely common, with some statistics estimating that as many as 90 per cent of runners miss training time every year due to injury.

But the underlying cause of many of these injuries remains in question. Past studies and popular opinion have blamed increased mileage, excess body weight, overstriding, modern running shoes, going barefoot, weak hips, diet, and rough pavement or trails.

But most often, studies have found that the best indicator of a future injury is a past one, which, frankly, is not a helpful conclusion for runners hoping not to get hurt.

So for the new study, which was published in December in the *British Journal of Sports Medicine*, researchers at Harvard Medical School and other universities decided to look at running injuries, one of the more obvious but surprisingly understudied aspects of running, and to focus their attention, in part, on those rare long-time runners who have never been hurt.

## Impact loading

Specifically, they set out to look at pounding, or impact loading, which means the amount of force that we create when we strike the ground. Pounding is, of course, inevitable during a run. But runners with similar body types and running styles can experience wildly different amounts of impact loading, and it hasn't been clear to what extent these differences directly contribute to injuries.

The researchers recruited 249 experienced female recreational runners, who were

chosen in part because they all struck the ground with their heels when they ran. Most runners are heel strikers, and heel striking is believed by many running experts to cause higher impacts than landing near the middle or front of the foot, possibly contributing to an increased risk of injuries.

(The scientists focused on a single sex so that they would not have to control for gender in the results.)

The volunteers reported to a biomechanics lab, where they completed questionnaires about their injury history and then strode along a track equipped with force monitors to determine their impact loads.

The researchers tracked the runners for two years.

During that time, more than 100 of the runners reported sustaining an injury that was serious enough to require medical attention. Another 40 or so reported minor injuries, while the rest remained uninjured.

More remarkably, in the minds of the researchers, 21 of the runners not only did not become injured during the two-year study but also had not had a prior injury. They remained long-term running-injury virgins, the athletic equivalent of unicorns.

Intrigued, the scientists decided to compare that small group's impact loading with the pounding experienced by the seriously injured runners, since, the researchers theorised, the contrast between these groups should provide the most telling data about whether how hard you land affects your risk of being hurt.



Vic Waters

The answer was that it does. The never-injured runners, as a group, landed far more lightly than those who had been seriously hurt, the scientists found, even when the researchers controlled for running mileage, body weight and other variables.

That finding refutes the widely held belief that a runner cannot land lightly on her heels.

"One of the runners we studied, a woman who has run multiple marathons and never been hurt, had some of the lowest rates of loading that we've ever seen," said Irene Davis, a Harvard professor who led the study. She pounded far less than many runners who land near the front of their feet, Dr. Davis said. "When you watched her run, it was like seeing an insect running across water. It was beautiful."

The data also, however, contain a more general message for those of us who are not as wispy and whippy in our landings. Consciously think about "a soft landing", Dr. Davis said. Some runners, especially those with a long history of injuries, might want to experiment with landing closer to the midfoot, she said, since many — but not all — runners naturally land more lightly when they don't lead with the heel.

Consider, too, slightly increasing your cadence, she said, which is the number of steps you take per minute, a change that also tends to reduce the pounding from each stride. Or you might, as I plan to do, imagine that you are running over eggshells or, even more evocatively, are a water strider, moving gracefully and weightlessly across the pond.

# HELPERS

*Be there – or contact your director to make other arrangements!*

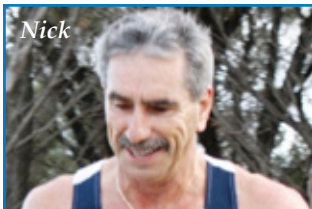
## 3 April Joondalup



Pierre

**Race Directors: Denise & Pierre Viala; Ph 9307 1249**  
Bronwyn Smith, Mike Anderson, Ced Turner, Johan Hagedoorn, Julie Wood, Ann Turner, Helen Alexander, Dalton Moffett, Pat Ainsworth, Brian Smith, Tony Smith, Mark Keenan, Brian Bennett, Conor Quinn, Margaret Bennett

## 10 April 3Ps



Nick

**Race Directors: Nick Miletic & Gail Castensen; Ph 9419 7890**

Bob Cavin, Jonathan Huston, Volly Romanchik, Bradley Bamber, Kim Cook, Gary Wilmot, Ivan Brown, Giovanni Puglisi, Steve Cook, Pamela English

## 21 April Track Handicap

**Race Directors: Dorothy & Jeff Whittam; Ph 9387 6438**  
Max Sulejmani, Kelly Underwood, Katrina Tyza, Rob Collins, Tracy Sulejmani, Ju-

lie Roberts-Smith, Michele Mison, John Collier, Jeremy Savage, Mercurio Cicchini

## 24 April



Jeff

**X Pagoda**  
**Race Directors: Jackie Halberg; Ph 9364 4474**



Jackie

Karen Hill, Keith Hill, Neil McRae, Ray Attwell, Margaret Saunders, David Carr, Sylvia Szabo, Ralph Henderson, Maxine Santich, Lorna Lauchlan, Pat Carr, Sylvia Szabo, Janet Jiang, Alan James, Sean Keane

## 1 May Weir Run



Neil

**Race Directors: Sean Keane & Neil McRae; Ph 0412 180 823**

David Pereira, Jenny Audsley, Julie Roberts-Smith, Maggie Flanders, Neil McRae, Margaret Saunders, Barbara Putland, Jackie Halberg, Sean Keane, Janet Jiang, Bernard Mangan

## 8 May Aquinus



Lachlan

**Race Director: Lachlan Marr; Ph 9398 6429**

Mike Hale, Janice Smith, Maryanne Marr, Phil Smith, Simon Coates, Mercurio Cicchini, Mark Keenan, Allan Billington, Fiona Evans, Maurice Creagh, Steve Clark

## 15 May RRC 15km, RWC 10km

**Race Director: Gary Fisher;**



Gary

**Ph 9472 7062**

Joseph Patroni, Jonathan Huston, Volly Romanchik, Brian Kinneen, John Ranger, Peggy Macliver, Graeme Dahl, Theresa Howe, Jeff Bremner, Conor Quinn

## 22 May Deepwater Point

**Race Director: Ian Carson; Ph 9440 5832**



Ian

Steve Clark, Alexander Ring, Giovanni Puglisi, Bob Schickert, Sofia Carson, Silke Peglow, Mick Francis, Pat Carr, David Carr, Neil Boudville

## 29 May RRC 25km, RWC 15km

**Race Director: Mark Hewitt; Ph 6262 5220**  
Jackie Halberg, Delia Baldock, Akos Gyarmathy, Peter Sanders, Susan Sanders



Mark

## AMA FINANCES

With regard to the misappropriation of AMA funds previously reported, AMA have advised us that these funds have now been returned to AMA, and investigations around the circumstances of this incident are ongoing.

*Richard Blurton*

## From Page 9

aerodynamic bikes and top Paralympians having space-aged wheelchairs.

These examples show only partially the way in which the pattern of success is, and has always been, shaped by resources.

Equally, the argument that drugs in sport would be bad for children misses the point too. If they are harmful for kids, that is an argument for preventing them from being taken by children without stopping adults from taking

## Why was Meldonium banned?

drugs in safe quantities under conditions of informed consent. To my mind, the argument that kids could be corrupted is another red herring to distract us from the more difficult question of where, for adults, the doping authorities should draw the line.

These questions will become trickier, not less so. At the moment, WADA can hold the line that the substances on the list are heinous and those

that are not are virtuous because there is little discussion of just how arbitrary this line is. That will not be the case as the ethical questions become more pressing.

I am not advocating a drugs free-for-all; merely a debate. We may conclude that the list is, on reflection, too lax. What is certain is that, as technology keeps challenging our moral intuitions, we won't be able to duck it for long.

As for Sharapova, let me

reiterate that she deserves a ban. When you break the rules, you unfairly disadvantage athletes who obey them.

She competed in the Australian Open using a substance that honest athletes were not allowed to use and was caught in the act.

There are also many other outstanding questions, such as how she was able to take a drug for so long that was unlicensed in the US. But the question of what the rules should be, and where the line should be drawn, remains as open as it has ever been. It is high time we confronted it.