

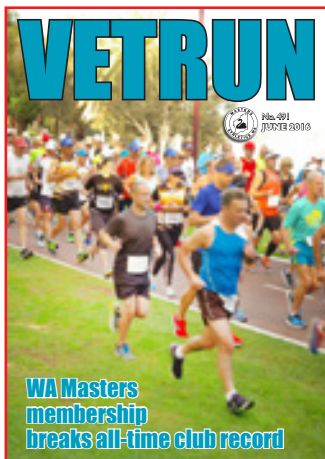
WETRUN



No. 491
JUNE 2016



**WA Masters
membership
breaks all-time club record**



Cover – a record 195-strong field swelled the final events of our 30th RRC/RWC.

Reports – see page 7.

NEXT EDITION

Vetrun no. 492 will publish in August 2016.

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Top AMA awards for WA duo

AMA awards for best Australian athlete in 2015 went to Melissa Foster, jumps, and middle distance runner Scott Tamblin, and were presented at the Weir Run.



AGM to follow Claypit Run

MORNING tea will be provided so please stay on after the run to support your club. Not running/walking? You're still invited to come along for the morning tea and meeting.

Nominations are now called for the 2016/2017 Committee: the positions are President, Vice-President, Secretary, Treasurer and four committee members.

Would you like to make a contribution to your club? Can you attend monthly meetings?

Nomination forms are available from the secretary, Delia. Email her:

mawasecretary@gmail.com

Nominations for Life Membership can also be made now and would be voted on at the AGM.

OUR AGM last year drew a record crowd so we're doing it again. It will follow our Sunday morning events on:

11 September – at the Hockey Clubrooms, Perry Lakes.

Nominees must have a minimum of 10 years membership and have substantially contributed to the club. Nominations must be seconded by two other members; and only Life Memberships can be granted each year.

A full agenda will be published in the August Vetrun.

We have medals to present

PRESENTATION Day is on July 24, following our run/walk starting and finishing at the Marathon Club. Please note: walkers start at 7.30am, runners at 8am.

Breakfast and presentation of medals follow – and we may also be presenting the medals for the half-marathon (tbc).

* Remember – it's at Marathon Club – NOT Burswood!

City to Surf discount

IF you're planning on running any of the C-to-S events on August 28, grab this offer – which is valid only until July 31.

They are offering MAWA members a 15% discount on entry fees. Given the outrageously high charges organisers now make, the discount would be worth having.

To take the offer, log onto: www.perthcitytosurf.com.au

Select the distance you would like to run or walk.

Select 'Join a Team' – and enter team name: MAWA

Click 'Join' – and enter your details.

At the end of registration, before paying you'll see 'Enter Voucher Code'. You should enter our discount code: 2016MAWA

Then submit your payment; you can also use the discount code for your family members.

This early-bird offer can be used only up until July 31.

Ascot Island? It was a tip!

JOHN Bell mentioned this spot when he sent me the 'Running in the dirt' story (see page 15). Never heard of it; so I quizzed John.

"It's the old reclaimed Ascot Rubbish dump," he said.

"I've run around it 100 times, cycled around the inner bitumen a few times. No toilets or we'd have a MAWA run there."

Map shows it's across the river from Tranby; car access is via Tidewater Way and there's a car park on the island.

Cross-country and road

Perth's championship meeting starts with an 8km Cross Country, through Perry Lakes Reserve, on the first day of competition – October 26.

There are also 10km and 20km road walks scheduled, along the familiar Perry Lakes Drive.

Marathon

More home-town advantage is bestowed on our endurance runners, with the World's Marathon and half-Marathon (held concurrently) over the usual Perth Marathon course. Those events are on the last day of competition – November 6. Team medals will be awarded in these and some other events; details are shown in the competition programme on the Perth 2016 website.

Check the timetable to see which days your favourite events are scheduled because some Sunday competitors might well fancy the excitement of the track, in a 5,000m, 10,000m or 5,000m track walk.

Savour the excitement of Perth 2016!

DON'T miss the chance of a lifetime!

You could be part of Masters World Championships – without leaving home.

If you're a track and field athlete the attraction will be hard to resist – and there's plenty on offer for Sunday runners and walkers too.

There will be a wonderful atmosphere for everyone to enjoy from October 26 to November 6, when Masters combines with our State sponsors to show off Perth to thousands of international visitors.

Whether you're competing, volunteering or just watching

it could be a once-in-a-lifetime opportunity!

Extra events

World track events that will be new for WA athletes are the heptathlon for women and the decathlon for men. The excitement will build to the last day with the steeplechase events and relays. So don't be shy, tell everyone you know and spread the word – let's all have a go!

Enter online

It is easy to enter online, just go to www.perth2016.com

To be eligible you just need to be 35 years or older on 26 October, the first day of competition. Even if you don't expect to stand on the podium it is a great opportunity to achieve a personal best performance, meet interesting people and make new friends. And of course, Perth athletes are in the privileged position of not having to pay airfares or accommodation!

Registrations will close 25 August so don't leave it too long as late entries cannot be accepted.

600 members – it's a club record



SWELLED by the imminent Perth World Championships, and continual influx of Saturday park-runners, MAWA reached a membership total of 600 this month. Sue Zlnay (pictured) rejoined and so becomes the member who tipped the club towards its seventh century.

Meantime, the club numbering system has surpassed 1,500. (Chest numbers do NOT indicate the total of current members, because not all numbers are reallocated when people fail to renew.)

As *Vetrun* goes to press this month 47 new members are welcomed – see back page.

Club uniforms needed for Worlds

YOU need the proper kit to take part in the year's world championships – or just to look cool! So see Joan Pellier on Sunday mornings; she has samples.



He has been an active official at Australian, State and local competitions where he is well known for his commonsense and sound governance.

He is also a member of the Australian Masters Association Hall of Fame.

* In 2014 the Sports award was given to Justin Langer; in 2015 Andrew Vlahoff won it.



If you like good coffee bring some cash

Coffee addicts found their first-fix at Nedlands last month, and now the club has asked Gabe, the van-man from Perth Caffeine Courier, to attend many more of our Sunday morning events, when we don't have a morning-tea scheduled. Gabe did a fair amount of business at Nedlands but if you want him to keep turning up, please come equipped with some cash!

THE Western Australian of the Year Awards recognise the highest level of contribution made to Western Australia by those born and bred in Western Australia, or those who have chosen to make Western Australia their home.

This year David Carr is one of three nominated for the Sport Award, together with

Nomination for David Carr

netballer Caitlin Bassett, and footballer Nat Fyfe.

David's nomination reads:

David is a world champion Masters athlete and since the age of 65 has set 11 Australian and four world records, for distances from 400 to 10,000 metres.

He ran interclub in Perth as

a sixteen year old and played baseball in the winter.

He joined the Royal Australian Navy at 17, and ran in various competitions in Sydney, concentrating on the 400m and 800m events. In 1974 he joined with others to form what is now Masters Athletics WA club – MAWA.

He has held various committee positions including president and is a Life Member of MAWA and Athletics WA.

Marathon a day



David

You write ...

Pounding ... and bending the knees

G'day from Ray. The excellent article on pounding/impact with the ground in April's *Vetrun* caused my mind to flicker over a number of associated thoughts.

Long ago Michelle Mison passed on what was intended as a tip from her very speedy husband John Mison.

It was, with every stride, to not allow the feet to spend



Ray

much time in contact with the road surface; establish a faster cadence. Yeah, right. We all wish.

On the bike

Out with an Over 55 Cycling Club group one day, grinding our way up a steep hill coming away from the river at Mosman's Bay, I believe I split a knee-cap. The surgeon at Fremantle Hospital who performed an arthroscopy said:

"You're going to need two new knees, you know."

Seventeen years later it's never happened.

I stopped doing any running training at all, to lessen the frequency of my knees doing so much pounding and later changed to race-walking.

Look at the cover of April's *Vetrun*, the sensible runner (Maurice Creagh) who started that day out really wide, because how could (a hundred?) competitors all fit within a normal footpath?



Rob

throws, lots have entered and won all the throws."

So it's not so unusual for an athlete to dominate his age-group events in a particular year.

I suppose the ultimate feat would be to top all the runs, jumps and throws for which you are eligible?

Closest test of this all-round ability comes in the Patron's Trophy contest every year. To encourage complete all-round talent, should we consider Keith Martin's suggestions for the Trophy (*Vetrun* April 2016, no 490) to include a throw, and cut some of the runs?

VW

The real point is to look at his bent knee action, because it incorporates a concertina effect that has to be less damaging.

The 'stiff-leg' entry to each stride isn't good for us. Bang, rigid leg pounding the pavement, every stride.

Unfortunately, when the knee straightens on passing under the body it unquestionably provides greater drive – 'cheating'.

But what if throughout the world, all race walkers were allowed bent knees?

Returning to my reference to the 'end of all running training' and in my case almost all training; Shirley Bell and Robert Sheehy did massive amounts of training.

It seems that Shirley's joints have coped but Robert's have not. Who knows whether joint problems are one of the reasons so many names from only a few years ago no longer appear in our starting lists?

Masseurs

Remember when a group of learner physios for some months provided brief massages at our runs? I'll bet podiatrists would have a ball.

I used to always hurt quite badly along the outside edge of one foot. Aged 65, I went to one and admitted there was something wrong. Well, the right side of my body was 1.5 inches shorter and because that foot sloped outward and downward the outside edge was carrying all the weight, so it hurt. Duh.

Ray Hall

We should remember the club's old-timers

Rob Shand wrote: Vic, the time is nigh; we will be getting a lot more of these notices in the papers of Vets (a lot were pre-Masters) who may not be known to the current members. With the club's policy – that if you are no longer a member they are not interested – their passing would go unnoticed.

Many of them were stalwarts in the makeup of the early character of the club and this should not happen to them.

Notices of two of these are attached. Perhaps they should be mentioned somewhere.

Cheers, Rob

Dear Vic, I read with interest about the guy in London who ran 40 marathons in 40 days. ('Is it Genetic? In My View' *Vetrun* April 2016).

What a challenge; and even more impressive was Grahak Cunningham's feat of running the Sri Chimnoy annual 5,000km run on numerous occasions. What a legend, and yes, I'm sure he has many amazing stories to tell.

The article reminded me of David Baird's run from Perth to Manly, Sydney when he ran the equivalent of 106 marathons in 112 days at 65 years of age.

Of course he didn't do it on his own, he ran with his companion, his trusty wheelbarrow!

One of David's horror stories; before he got on the Nullarbor, his feet had swollen from size 8 to 10. With

no shoe shops nearby David was forced to cut the tops off his shoes to ease the pain.

Genetics?

Is running genetic? David has fond memories of running against his Dad, in Bristol UK, from age six or seven.

But one thing's for sure. All of the above mentioned have one thing in common, they are mad!

Kind regards, Jo Richardson

T&F All-rounders

Hi Vic, I spoke with you today after the Kent Street run about Giovanni's performance in the State Championships. I wonder who, if anyone, has achieved a similar feat in the past?

I think he (Giovanni) deserves a special Masters trophy – maybe a small brush or broom as a reminder of his "clean sweep" in the M65 category.

Regards, Mercurio Cicchini

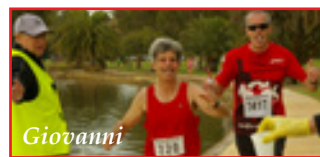
FINDING out how many athletes have won all their events over the many years that MAWA/Vets have staged annual championships is impossible.

Even such a stats-buff as John Oldfield would probably cry 'too hard'.

Supposing all the material was available, you would have to look at every entry, by every member, and then compare all entries against finals outcomes.

Sorry Mercurio, we just don't have that resource – but it's an interesting thought!

I asked Barbara and Richard Blurton, organisers of our track and field competitions,



Giovanni

if they could name other 'clean-sweepers'.

"Giovanni entered all the track events and won them all," said Richard

"He is a good runner no question – better at distance. He had good competition in the distance races but not in the shorter ones.

"Over the years other good runners have won all their track events – Irwin Barrett-Lennard last year, David Carr in past years. Then if we go to

Vale Ross Calnan

ROSS had club number 142 having joined us in November 1989, and ceased to be a member in 2011. Dr Calnan, described as an 'inspirational and loving man who dedicated his life to the care and wellbeing of others' was mourned by a large family.

The Vets who shared the McGillivray track with Ross knew him as a determined and bustling sprinter, who greatly enjoyed the camaraderie of the club.

Vale Paul Morrissey

*'The Bishop of
Bullsbrook'*

A COLOURFUL character, Paul joined the Vets in 1975, and obits for his Geraldton funeral included one from the Shearers Social Club.

I met him but once – and he was wearing the distinctive footwear for which he became famous! David Carr provides deeper reminiscences:

"Paul Morrissey was a regular competitor in the club and ran marathons. He was 'a character'."

"He used to shear his quota, tell his team they were lazy, and ride off on his bike to burn some energy.

"Never shy, he burst into the hotel in York saying he had just run from Mundaring and advised the bewildered drinkers they were wasting their lives. He made his running shoes from old thongs or tyres, with knitted uppers glued on. (They were no worse than the Dunlops we were all wearing ...) He offered to make a pair for Pat, but they did not become a fashion item."

And the Bishop of Bullsbrook title?

"He did look like a bishop, and the position was vacant."

In My View ...



by the Editor

Taking the finger out

LOOKING at back numbers, I'm reminded that in 2010 I urged blokes to take the prostate test. It's never too soon to start. Good news is that the finger-test is pretty well discredited. The PSA blood test is enough of a guide.

Paper joy

Another joy was the ease of wading through paper copies of the *Vetrun* to check previous 50km RRCs. I was able to find the summaries, plus all the single event results, by skipping through (mainly) July editions, year by year.

Yes, I know the online results service is great, fast, accurate. But for quick comparisons a pile of paper *Vetruns* still has much to offer.

Out to play

MY nostalgic wade through old *Vetruns* also found some reader-rants about bikes on our footpaths – or can we still say 'pavement'?

Some ex-poms, especially Londoners, will recall that in the olden days the 'footpath' was just called the pavement.

It was where your mum told you to stay:

"Don't play in the road; stay on the pavement."

I suppose it harks back to even earlier times when the roads were unmade (places to empty the chamber pots?) and the bits by the side were slightly more navigable, and safer. You were less likely to be kicked by a horse.

Bikes

Anyway, rants about bikes are as relevant as ever now.

As well as being allowed

Men should do it before breakfast ...



Exercise, of course!

TRUST me, I'm a doctor (SBS May 16) tested a sample of ordinary men and women to check previous, laboratory-condition, evidence that suggested men burn off more fat if they exercise on an empty stomach. In contrast, women burn more fat after eating.

The programme's sample group worked out and proved the case. Reason is: males have greater muscle mass, and tend to burn carbohydrate first. So, if they have eaten, they work off the carbs from that meal.

Women generally have less muscle, and burn fat first.

In the test group, they reduced more fat than the men, if they exercised after eating, rather than before.

Too much info?

On the same night (Monday May 16) the SBS show tested the effectiveness of protein drinks for muscle-building.

Conclusion? Waste of money.

Half the test group worked out and drank protein mixtures; the other half drank placebo. All made exactly the same improvement in strength and muscle-mass.

Reason: they (and probably we) gain enough protein from a regular diet. Pouring more into your stomach does nothing – except add to your urine and deplete your wallet!

Anti-oxidant smoothies – sold to 'fight free-radicals'

on the dual-use paths they are now allowed on the pavement with us runners, walkers, stroller-pilots and, presumably, skaters.

Perhaps mum's advice is outdated.

It's safer for us to play in the road.

–are also expensive and useless. Our bodies already produce anti-oxidants. Tests showed that the drinks and smoothies produced an initial surge of anti-oxidants, that stopped the body's own production of them!

It meant that over a 24-hour period the body contained well below the required balance of anti-oxidants. Just as with the protein drinks, the excess intake is just a waste.

Four Corners

On the same night *Four Corners* (ABC) exposed the USA's multi-billion dollar vitamin supplements industry. Quite apart from the downright fraud committed by some manufacturers, the programme showed even many of the 'genuine' supplements are useless.

Some are even potentially dangerous, because the dose contained in a capsule or tablet is often excessive, compared to the necessary, recommended international standard units level.

All of this has made me question my own, modest, intake of supplements.

Omega 3 would be better supplied by eating more oily fish; magnesium should come from leafy green vegetables.

I shall also investigate the efficacy of the rest of my 'cocktail' – odourless garlic; zinc; and glucosamine.

What are you on? Why not ask your own health professional if you are just p-ing a fortune?

Monday

POINT WALTER 8km time trial at Point Walter run by Dick Blom for 32 years now, 6.00pm every Monday night. No charge! Contact Dick – who is a very well-respected ex-member of Vets/Masters for details, at 1959blom@ozemail.com.au



Dick Blom

Tuesday

T&F – see website, and this page for coaching sessions.

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

Starting time on Tuesday night is 5.45pm, with a warm up, then the main session which ends about 6.30pm. It amounts to about four or five kms of speed work or intervals.

John Talbot reports that an informal Tuesday night group meets at Kent Street, Cannington and Kings Park, Saw Avenue entrance; both at 6pm.

A more structured group are Perth Urban Runners who run in various locations on Tuesday and Thursday evenings, also at 6pm.

www.Perthurbanrunners.com

Wednesday

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

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

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

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

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

Call John Bell for more info: 9386 6975.

Where they're running

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

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

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

Friday

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



Marg Bennett

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

These out-and-back courses can be run or walked, and finishing at 7am. Winter calendar varies slightly differently depending on the light and security therefore.

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

June

- 10 Banks Reserve East Perth
- 17 Bardot Park
- 24 Garret Road Bridge Milne Street

July

- 1 Mends Street South Perth
- 8 UWA Hacket Drive
- 15 Banks Reserve East Perth
- 22 McCallum Park
- 29 Bardot Park

August

- 6 Garret Road Bridge Milne Street
- 12 Mend Street South Perth
- 19 UWA Hacket Drive
- 26 Banks Reserve East Perth

Saturday

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

See next column.



parkrun

Go online to parkrun.com for full details of the many parkrun locations in and around Perth. This brilliant concept offers a totally free, 5km run, 8am every Saturday. There's probably one near where you live.

TRACK-based;

David Carr's 'Saturday Group' meets weekly.

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

Cost: \$3.60 seniors – \$6.50 others; pay at the door.

If the track is closed, David notifies you by email and everyone meets at a nearby ground.

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

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

All are welcome. Contact: davidcarr6@bigpond.com

Here's a typical session:

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

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

Or contact Paul Hughes for more information, on 0412 513348 or email paulljahh@westnet.com.au

Get ready for Worlds with Masters coaching

Sprints/Hurdles

ECAC every Wednesday

Tom Lenane is a very experienced coach and his sessions will include sprinting, hurdling and starting block techniques. Normally this will be between 4:30pm and 6pm but Tom is happy to stay until 7pm for any member who can't get to the track early.

Middle Distance

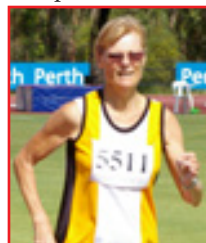
Every Saturday 9am at WAAS

John Dennehy is an excellent coach specialising in 400/800m and will work with you on key track sessions.

Middle Distance

Every Thursday, meet 3.45pm at the top car park at McGillivray Oval.

Margaret Saunders is a top AWA-qualified coach and has State Records over 800m/1000m/1 mile and Steeplechase.



Your Thursday coach – Marg Saunders

Marathon/Half Marathon

6am start, sharp! Every Saturday at McCallum Park, Taylor street car park.

Jim Barnes is our Marathon Man having completed over 100 marathons.

Jumps

WAAS – 5:30pm every Tuesday.

Dave Wyatt has coached Masters in jumps technique for many years. He will alternate Long/Triple/High. Stay on for our track and field competition to put your improved technique into practice.

Throws

Every Thursday at WAAS, 6pm start.

Tom Gravestock is a highly experienced coach particularly with discus and shot, but also hammer. He will not cover javelin and we will seek a javelin coach.

First titles for Clare, Karyn

CLARE Wardle has won her first RRC with the exceptional time of 4:25 min/km – similar to recent times by Lisa Searle, although still well short of the best performance by the great Antoinette Shaw of 4:06.

Sandra Stockman was second and it was good to see new member Anna Bamber in third place.

Kim Thomas cemented his hold on the men's trophy, making it five in a row, equaling Brett Roach's record winning streak. Bryant Burman and Ross Keane took the other places.



RRC champions 2016 – Kim Thomas and Clare Wardle.

There were 31 finishers in the road running championships this year compared to 21 last year. Fifteen first-timers included five new members; Ann Anderson joining the club the day before the first event!

Men RRC	min/km
Kim Thomas	M40 4:04
Bryant Burman	M40 4:17
Ross Keane	M50 4:52
Mercurio Cicchini	M65 5:02
Kevin Johnson	M55 5:03
Wayne Bertram	M50 5:12
Jackson Wong	M50 5:19
Milton Mavrick	M60 5:19
Bob Colligan	M55 5:21
David Baird	M70 5:24
Eamonn McNulty	M60 5:32
Brian Bennett	M65 5:42
Jeremy Savage	M40 5:48
Bob Schickert	M70 5:49
John Talbot	M65 6:17
John Pellier	M75 6:53
Greg Wilson	M65 7:21
Frank Price	M65 7:59

Women RRC	min/km
Clare Wardle	W40 4:25
Sandra Stockman	W50 4:47
Anna Bamber	W35 5:02
Chris Pattinson	W60 5:09
Elisabeth Gerber	W45 5:47
Liz Matthews	W55 5:53
Carolyn Stephens	W60 5:57
Silke Peglow	W45 6:15
Robyn Dunlop	W40 6:26
Joanne Burman	W35 6:30
Kelly Underwood	W35 6:45
Sarah San	W40 6:54
Ann Anderson	W60 7:10

Walks

Karyn Tolardo took the RWC title with a great time of 6:15 min/km. John McDonagh made it three in a row in the men's event with 7:08 min/km, a slight improvement over last year. Walker numbers remain steady at 11 with two first-timers.

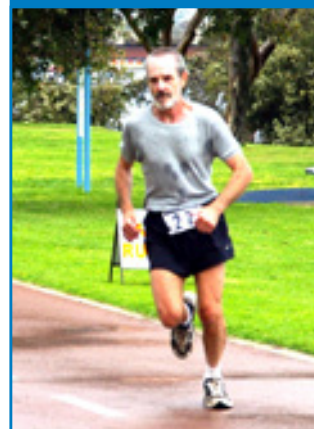
Milestones this year were both in the walking championship – Bob Fergie has competed 10 times and Jeff Whittam 15 times.

Those certificates, the medals and trophies will be awarded after the Racecourse event on 24 July at the Marathon club rooms – refreshments provided.

Men RWC	min/km
John McDonagh	M65 7:08
Johan Hagedoorn	M70 7:30
Pete Matthews	M65 7:44
Bob Fergie	M80 8:57
Jeff Whittam	M80 9:12

Women RWC	min/km
Karen Tolardo	W50 6:15
Wendy Farrow	W45 6:51
Elaine Dance	W65 7:35
Lynne Schickert	W70 8:13
Sarah Ladwig	W65 8:14
Joan Pellier	W75 8:56

Who's Frank Smith?



Frank finishing the Mattagarup Run in 2005.

INNOCENT enough enquiry from a newer member, but startling for some of us ex-Vets.

Fair enough: Frank hasn't run for more than five years and although he is often on the Sunday scene, camera at the ready, the occasional walk doesn't lift his profile much.

But, the conclusion of this year's 50km RRC prompted a re-examination of one part of the remarkable career of this club champion.

He has completed the 50km challenge only once, and that was at age 45 in 1987, the first year of the challenge.

He set a decisive mark. Frank's average per km time was 3 minutes 35 seconds, a record stood for 11 years. Chris Maher finally took a second off it, in 1998 – and that record stands today.

RRC Fastest times

Chris Maher 3.34 ('98)
Frank Smith 3.35 ('87)
Dave Scott 3.37 ('87)
John Pressley 3.40 ('89)

Record field

ALTHOUGH parts of the course were flooded during the preceding week by high tides and runoff from heavy rain, this year's events were run in perfect blue sky weather. A record 195 enthusiastic runners and walkers, including 49 visitors, finished the events. Many runners were using the events as a final tune-up before the Perth Marathon.

Runners had the choice of four distances: 25km, 15km, 10km and 5.3km. Walkers had the choice of three distances: 15km, 10km and 5.3km. With the construction work at Crown Resort and the new Perth Stadium in full swing, including the pedestrian bridge across the Swan River to East Perth, there were two early detours to sort out the field and make it more interesting!



River – stay away from Colin's new stadium!

Sixty-nine starters completed 25km; nineteen did the 15km walk.

Representing the club's senior statesmen and women (70 or over):

David Baird, Bob Schickert, Peter Bath and John Pellier did the 25km run; Johan

RRC 25 km, RWC 15 km

29 May 2016

Director – Mark Hewitt

Hagedoorn, Lynne Schickert, John Bell and Joan Pellier all completed the 15km walk.

Well done! I bet the Pelliers compete for the Vegemite at breakfast.

25km: Stuart MacKinnon, Bryant Burman and Kim Thomas were 1-2-3 in the

men's; Clare Wardle, Sandra Stockman and Anna Bamber 1-2-3 in the women's.

15km walk: Robbie Pringle, John McDonagh and Johan Hagedoorn were 1-2-3 in the men's; Karyn Tolardo, Wendy Farrow and Elaine Dance were 1-2-3 in the women's.

Many thanks to our wonderful helpers.

How results are made



The Go-Pro camera checks your finishing order; make sure it can read your number as you enter the chute.

Don't do this!



Naming and shaming – this shows how NOT to wear your club number!

Below, Priscilla is always ready to smile for the camera.



Show us your number

HOW do you think the Sunday results are sorted and presented to you each week? Magic?

No, it's all down to a team of volunteers who spend many hours sorting and keying. Marg Saunders, Mark Hewitt, Christine and Don Pattinson and Hamish McLeod are the main team members. They are supported by a diverse cast of members at the recording table each Sunday.

Marg points out that the current team consider themselves very lucky.

"In the past members like Gillian Young, and Lorraine Lopes, did the whole job on their own!"

You can help the team be accurate by keeping in finishing order in the chute.

MOST important

Wear your number – on the front!

Don't put it on the side of your shorts; or the back; or cover it with another top.

(If you must wear one, whip that raincoat off as you approach the chute!)

Marg: "The best/worst line I've heard, when I asked a runner about their missing number, was – 'It's in my pocket.' Unfortunately our camera doesn't do X-rays."

Pt Walter 3Ps

10 April 2016

Directors: N. Miletic & G. Castensen

Gail



16km Run

Hamish McLeod	M40	1:13:13
John Allen	M55	1:13:30
Steve Hossack	M55	1:14:30
Lisa Searle	W40	1:15:20

8km Run

Paul Mitchell	M45	33:14
Russell Smith	M50	38:33
Frank Gardiner	M65	38:53

5km Run

Lachlan Marr	M55	20:15
Greg Vander Sanden	M55	21:06
Jim Klinge	M65	21:41
Graeme Dahl	M65	21:58

16km Walk

Ian Carson	M60	1:51:58
Johan Hagedoorn	M70	2:03:31

8km Walk

Elaine Dance	W65	1:02:43
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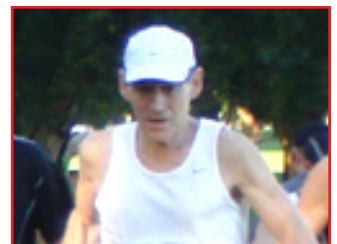
5km Walk

Karen Tolardo	W50	30:17
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Deepwater Point

22 May 2016

Director: Ian Carson



15km Run

Bjorn Dybdahl	M60	1:06:00
Peter March	M55	1:06:35

7.5km Run

Bernadette Benson	W45	31:35
Graeme Dahl	M65	33:38
Nicki du Plessis	W45	34:38
John Allen	M55	35:07
Sandra Stockman	W50	35:44

15km Walk

Peter Ryan	M65	2:09:00
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7.5km Walk

Johan Hagedoorn	M70	53:58
Janice Bertram	W45	56:06
Elaine Dance	W65	56:11



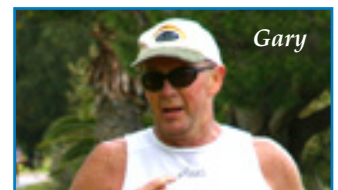
Coming or going? This start always brings out my inner-anarchist. I'm always hoping Gary will have the two packs facing each other for the off ...

Left: Sandra Stockman; below left, Denise Viala and Mike Hales, walking nowadays but looking happy with it. Below, some newer faces: 1495 is Ann Andersen; 1496 is Sasha Zarebski; 1230 is Sam Farman. Bottom pic, by Vic Beaumont, puts faces to the back-view of the up-river starters!

Nedlands RRC 15k/RWC 10k Uni

15 May 2016
Director: Gary Fisher

Results in brief ...



15km Run

V28		55:48
Kim Thomas	M40	55:51
Bryant Burman	M40	1:02:40
V1		1:05:03
Clare Wardle	W40	1:05:05

10km Run

Paul Mitchell	M45	44:43
Kim Cook	W40	51:06

5km Run

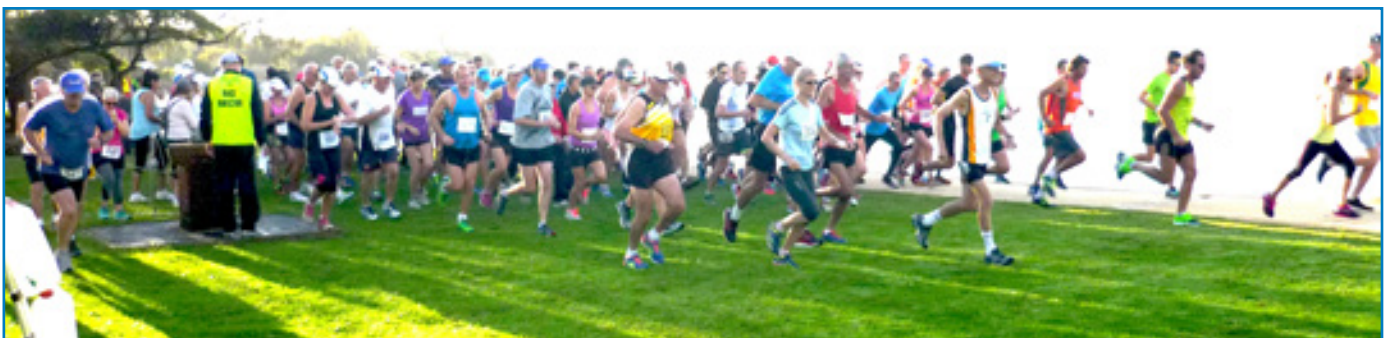
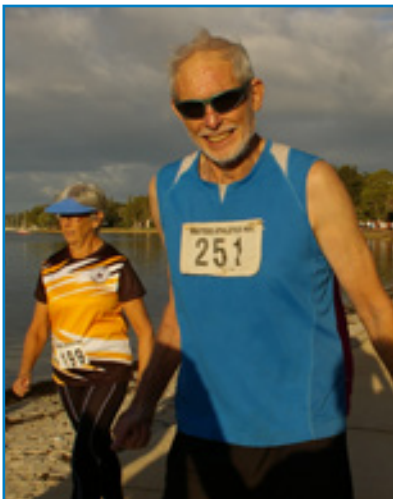
Jim Klinge	M65	21:32
Mark Dawson	M55	22:14
Paul Hughes	M60	23:04
Kim Chandler	W55	23:18

15km Walk

Irwin		
Barrett-Lennard	M85	1:56:29
Peter Ryan	M65	2:11:47

10km Walk

Karyn Tolardo	W50	1:04:02
Marie Fitzsimons	W50	1:05:45





X-Pagoda Run
 April 24, 2016
 Director: Jackie Halberg

Lisa Searle



Brett Roach

"WHY the X-PAGODA run?" I hear some of you ask. "This goes nowhere near the Pagoda restaurant along the Kwinana Freeway."

Well it did some years ago, but the increasing concern with road crossings brought about a change of course. The name 'The Pagoda Run you have when you don't have a Pagoda Run' seemed too long, hence the title 'The X-Pagoda Run'.

It was great to welcome 178 athletes, including 60 visitors, to this run. Weather con-

Results in brief ...

5km Run			
Lachlan Marr	M55	19:44	
Giovanni Puglisi	M65	20:43	
Graeme Dahl	M65	21:43	
Jim Langford	M70	21:50	
10km Run			
Brett Roach	M45	38:23	
Bjorn Dybdahl	M60	44:07	
Clare Wardle	W40	47:54	
15km Run			
Hamish McLeod	M40	1:01:29	
Kim Thomas	M40	1:03:41	
Bob Lane	M65	1:04:43	
Lisa Searle	W40	1:09:45	

ditions were good, and many of you enjoyed the scenic section near the new stadium. Pools and waterfalls almost made up for the cranes,



10km Clare cleans-up

Clare Wardle's winning streak started at the 10km Track Handicap and continued 10 days later when she was first woman home at the Weir Run. She's pictured here with first man at the Weir, Kim Thomas.

IT WAS once again a perfect night for this event, no wind and cool. Unfortunately with the Nationals being held later this year we had a smaller entry than usual, but this in no way affected the quality of the field.

At the start of the last lap it looked as if Milton had the trophy in his hands but a blistering last lap by Clare took it away from him. Or was it a case of Milton being a gentleman and allowing ladies first?

Track Handicap

April 21, 2016
 Directors: Jeff and Dorothy Whittam

Our thanks go to all who came along to help. Without you we could not run the event. The BYO barbeque attracted about a dozen to linger on a bit longer.

See you all again next year,

Dorothy and Jeff

	Clock	H'cap	Actual	Posn
1. CLARE WARDLE	65:14	23:49	41:25	1
2. MILTON MAVRICK	65:28	14:59	50:29	11
3. KEITH MILLER	65:34	19:30	46:04	6
4. BRUCE WILSON	65:59	20:11	45:48	5
5. TRISTAN BELL	66:19	24:01	42:18	2
6. JOHN TALBOT	66:30	5:56	60:34	15
7. FRANK GARDINER	66:47	20:08	46:39	7
8. KEITH HILL	67:02	23:32	43:30	3
9. KAREN GOWER	67:25	17:15	50:10	10
10. GILLIAN YOUNG	67:39	15:42	51:57	12
11. BOB COLLIGAN	67:57	18:49	49:08	9
12. ROCHELLE AIREY	68:23	16:08	52:15	13
13. JOHN FISHER	68:48	20:16	48:32	8
14. ROSS KEANE	70:26	24:54	45:32	4
15. MAURICE CREAGH	70:58	15:59	54:59	14

sheds, trucks and other 'stuff' that identify a construction site.

The path around the Burwood complex is getting busier each year, and with our current numbers, the safety factor does concern me a bit. I may look at making a few changes for next year.

As usual, many thanks to my wonderful helpers, some new, some experienced hands - Ray, Neil, Frank, David, Pat, Sean, the two Sylvias, Ralph, Margaret, Karen,

Keith and Alan. A special thanks to Sandi and Brig, who calmly and efficiently handled the large numbers of visitors and to our wonderful members who set up our morning tea, and to those of you who helped me organise the start/finish area.

And of course, thanks to our runners and walkers. There were many spirited performances. Without you what would I do on a lovely Sunday morning!

Jackie Halberg



Aquinas

8 May 2016

Director: Lachlan Marr

10km Handicap

	Run	Time	Hcp	Act
Kim Cook	W40	1:08:14	14.39	53.35
Paul Burns	M40	1:08:37	26.50	41.47

5km Run

Bjorn Dybdahl	M60	21:41
Peter March	M55	21:42
Jim Klinge	M65	21:56

5km Handicap

	Walk	Time	Hcp	Act
Joan Pellier	W75	44:30	2.52	41.38
Rosa Wallis	W70	44:51	3.42	41.09
Ray Hall	M80	45:23	6.53	38.30
Johan Hagedoorn	M70	46:06	11.25	34.41

Weir Run

Brief results ...

5km Run

John Ranger	M45	20:14
Bjorn Dybdahl	M60	20:52
Giovanni Puglisi	M65	20:55

10km Run RRC

Kim Thomas	M40	35:45
Scott Tamblin	M35	35:47
Clare Wardle	W40	40:56

5 km Walk

Karen Tolardo	W50	29:15
Ian Carson	M60	33:10
Wendy Farrow	W45	33:29
John McDonagh	M65	33:31

10km Walk

Marie Fitzsimons	W50	1:06:38
Don Pattinson	M60	1:16:08
Peter Ryan	M65	1:24:21
Mike Hale	M65	1:26:08
John Bell	M70	1:26:09



Jim



Weir Run

1 May 2016

Directors: Sean Keane and Neil McRae



Scott

I thought flag-snatching was a test for polo-players? Scott Tamblin, just ahead of Kim Thomas at this stage, signals right. Frank Smith took this picture, and caught Jim Langford at the same turn.

** Good news for Jim; suspected stress fracture that saw him hobbling at Nedlands is a lesser problem.*

Top, the start was captured by Vic Beaumont.

WELL, a lovely morning, no wind, a bit humid and all went well. Despite the road closure of the freeway south and Joondalup Drive with Hodges, we had a good turnout; 102 competitors, including 22 visitors.

Many thanks to my wonderfully efficient helpers, without whom the run would not eventuate, also thank you [merci] to all the competitors

Joondalup

April 3, 2016

Directors: Denise and Pierre Viala

who kindly said "bonjour" to Pierre's brother at the 10km turn. He was very pleased to be made welcome.

Regards, Denise

Safety Bay

March 27, 2016

Directors: Elaine and John Dance

JOHN and I would like to thank all our helpers for the run, including those that were not rostered to help but gave up their time so others could do the run.

Also - we appreciated everyone turning up on Easter Sunday.

Fortunately the terrible weather we had on Saturday soon dispersed and we had a cool but fine day. No one was brave enough to go in the ocean though!

We had 50 members and 54 visitors, mostly from the Rockingham parkrun.

We would like to thank them all for joining us and swelling our numbers. Their support was very much appreciated.

Everyone enjoyed the sausage sizzle afterwards; even though it wasn't quite traditional fare for Easter Sunday!

The \$54 I received from the sausage sizzle will be donated to Guide Dogs for the Blind. I will put the receipt on the web page when I receive it.

Once again thanks to all who took the time to come and join us and we look forward to seeing everyone back again in 2017, in November.

Elaine and John

Brief results ...

10km Run		Time
Paul Burns	M40	39:30
Paul Mitchell	M45	40:21
Lachlan Marr	M55	42:21

5km Run		Time
Mick Francis	M55	22:31
Bjorn Dybdahl	M60	23:17
Bruce Wilson	M70	23:42
Carol Bowman	W60	26:17

10km Walk		Time
Karen Tolardo	W50	1:08:30

5km Walk		Time
Pete Matthews	M65	36:35
Andrew Cuthbertson	M55	39:29
Su Lloyd	W60	40:45

10km Run		Time
Tony Smith	M45	37:58
John Allen	M55	44:36
John Ranger	M45	44:43
Mark Dawson	M55	44:46

5km Run		Time
Graeme Dahl	M65	21:25
Kim Chandler	W55	23:05

10km Walk		Time
Janne Wells	W45	1:11:58

5km Walk		Time
Karen Tolardo	W50	32:42
John McDonagh	M65	34:15

DURING the winter, it seemed unlikely that I would be running at all in 2016, let alone a marathon. The calf injuries that had plagued me for six years would not go away.

Dry needles, revised orthotics, weekly sports massage: and still the problems persisted. It led to the decision in early February to stop racing. What I meant by this was to stop trying to run fast (by my standards) with regular speed work. I would, from that date on, just 'run for fun'. Long, slow distance would be the motto.

Training started for the Shakespeare Marathon. It was less than two months away, a period that included a three-week visit with my ever-extending family in Australia.

Six weeks really is not enough to convert from a 3000m runner and steeple-chaser to a marathon runner, but it would have to do. The training had gone well by mid-April, so I was feeling fairly confident as I gave my loyal, ever-supportive wife Christine a kiss from the middle of the start chute in Stratford's Church Street.

The siren sounded. We didn't move; but, eventually I stamped on the mat at the start line to make sure it recognised my chip and loped off down the road.

Historic location

Stratford is a lovely place to run. The circuit around the centre of this beautiful town is always lined with enthusiastic support; a great start to the **Winter's Tale – just As You Like It**.

After a 2km circuit of the town, and passing Christine with high fives on a bridge, we all ran out into open country.

At least, most of us did. By this stage a few were already walking. Also, unbeknown to me, at the back of the field was a group of Morris dancers who were dancing the half marathon! **What a Comedy of Errors.**

The marathon at Stratford is a two-lap course, so I knew I would be feeling the vibes again as I saw Christine after about two hours (my target time was 4h20 to 4h30).

For now, I was trying to hold the pace back at 6-minute kilometres to conserve en-

The time is out of joint; O cursed spite, That ever I was born to set it right!

Those lines from Hamlet might be every runner's lament.

England had a hot summer last year and it heated up a **Midsummer Night's Dream** for John Oldfield. He and two other poms might take on the world in Perth and try for the marathon team gold? Well, that became **Much Ado About Nothing**.

But John remains focussed on the Worlds' marathon. To prepare, he's planning 50km ultra in late June; and this month (April 2016) he ran the Shakespeare Marathon at Stratford-upon-Avon, the (supposed) 400th anniversary of the death of the great bard.

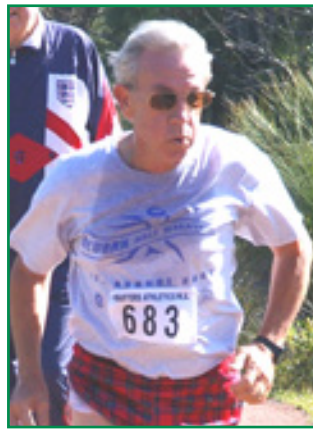
ergy for the difficult last few kilometres. The Shakespeare is a brilliantly organised event, with marshals seemingly at every few hundred metres, and water stations appearing almost before the last one had disappeared behind you. As I pass the sign telling me a water station is ahead, a Shot-Blok comes out of the waist belt pouch to replenish the minerals used, ready to wash down with the water ahead. Shot-Bloks are thoroughly recommended; I find them much easier to absorb than gels, and they are also much less messy.

Uphill and down dale is the best way of describing the next 12km, with one of the inclines in particular being fairly taxing.

"This is going to be a real sod on the second lap," I said to the chap I was running with. His grunted reply indicated there was no way he was going up it twice: "13 miles is enough for me."

After the nine-mile marker we turned on to the 'Greenway'. This is an old railway line, pleasantly flat and made of compacted limestone, taking us back into Stratford where the 'one-lappers' left us for their finish sprint.

We hardy ones turned left to do it all again. It always seems a difficult point in a



long run, but my spirits were lifted by the wonderful sight of Christine, with some more high fives and a snatched kiss. Round we went again, but in the two hours since the last time we passed this way, the hills had, **Measure for Measure**, become not only bigger, but much longer. I was still going reasonably well, and feeling good.

The second lap is somewhat longer than the first, with the turn on to the Greenway coming with still six miles to go. Shortly after that the wheels came off for me.

I had been running for a kilometre or so with a sprightly young thing dressed all in pink – hair bows, top, shorts, socks and shoes were different shades of the same colour. She was on for a PB, she thought, and was running very well. It lifts the spirits chatting to another runner, particularly for an old man chatting with a young thing.

"OK," I said to her, "I'm only holding you back, so off you go. Good luck for your PB."

And off she went, leaving me to my aches and upcoming blisters. **"The Phoenix and the Turtle"**, I thought to myself, trying desperately not to admire the pink shorts ahead of me.

The next 8km were hard work, but eventually the river appeared on my left, the finishing park on my right and I heard the cheers, saw the gantry ahead and heard the ever-faithful wife encouraging me with 50m to go.

"Think of the photo on the line, **King John**," I thought, but more than that, a quick check of the Garmin showed the time was still under 4h20. 4:20:25 was the official finish time:

All's Well that Ends Well.

John Bell continues scanning the press for health stories that might affect our members. He points out that he does not necessarily endorse every piece we reprint, nor the views of every writer. Regarding the following, John says that some aspects of the Amish lifestyle have the potential to affect overall health and wellbeing.

Why Don't The Amish Get Cancer?

A RECENTLY published study from the US journal *Cancer Causes and Control* (April 29, 2016) showed that Amish people have virtually no experience with cancer, and are believed to be the healthiest people in the United States.

A team of researchers from the Ohio State University originally published a study on this population to examine whether the lack of conventional medicine will lead to higher cancer rates in them, but they came to an interesting discovery.

Researchers found that the Amish have significantly lower cancer rates than other people. Therefore, they decided to investigate their way of life and dietary habits in order to find out the reason for it.

According to Naturalnews.com, they found out that the Amish people do not drink, smoke and are not sexually promiscuous, so they supposed that these lifestyle factors are crucial for the reduced cancer cases.

They also examined their hard work, as most Amish people did jobs which require hard physical labour, like construction, farming and other production jobs, so they spend their days building furniture, or producing crops or other useful goods. In this way, they are always in shape and in perfect health.

What they eat

Moreover, these people grow and raise their own food by themselves, so their organic food, fruits, milk, ►

KAREN and Peter March are two of the club's most consistent performers. It's a rare Sunday when you will not find them pounding out the ks, somewhere near the front of the pack.

Since joining MAWA in 2004 they have each made tremendous improvements in performance.

For some years they dominated the 'his n' hers' trophy at Darlington, where the Dick Horsley award goes to the couple with best aggregate result.

Karen March has 50km victories to her name.

As a W45 she won it in 2009 with an average 4:32; and again a year later with 4:48.

"I was running around 55-56 minutes for 10km when we joined, and Pete was about the same for the first few runs.

"Now he has a best 10km time of 40:03, and mine is 44.

"We set those in 2014 when we were marathon training and putting in about 100km a week."



She says Peter caught up with her "When he stopped drinking beer the night before the club run!"

"No, really we both became more serious and began to think about training and diet; and working circum-

The Amish from P12

vegetables, meat are obtained in organic procedures, and contain essential nutrients, enzymes, minerals and vitamins.

In this way, they consume natural and healthy food only, which contributes to their excellent health condition.

Even though their secluded life may be criticised by many, the Amish people lead simple and healthy lives, consuming clean and healthy, organic



Training with a partner is a great aid and incentive. "Now that Pete is much faster than I we start our morning training together. As we progress through the run he takes off and I follow."

stances allowed Pete to get some regular training in."

Peter has always worked in the gas/oil business and for many years his job was located in the north-west. A shift to more local work allowed more time for running. Karen also works, as an education assistant.

"I was 37 when I decided to get fit. I joined a local gym and started walking, became bored with that and would walk, jog.

"That led to running slowly and a work colleague told me about the Masters. That was it!"

Migrants

Sick of the weather and seeking a better lifestyle for

food, which makes them extremely healthy and not susceptible to modern diseases, such as cancer.

On the other hand, we spend our day in the offices, breathing polluted air, consuming GMO junk foods, fast foods and foods and drinks full of chemicals, and taking numerous medications.

It is more than clear which lifestyle is beneficial, and which one quickly leads to deterioration of health.

Source/Reference:

www.getholistichealth.com ■

their family they migrated from Hull, Yorkshire, in 1987 with two young sons. As kids they had lived on the same housing estate and 'got together after High School' when Peter was 19, Karen 17.

Arriving in Perth they first stayed at the Graylands Migration Centre, where they were one of only two English-speaking families.

Things seem to have worked out well.

"Ben, our eldest, is working in the gas and oil industry and he has been married to Kitty just over a year," says Karen.

"Joe is the younger son. He is a physiotherapist, living in Hong Kong for the past six and this year opened his own practice in Central Hong Kong Sports Clinic."

Joe's profession has become apt for his parents, though neither suffers too much from injuries.

Training

"I do have hamstring tendinopathy, caused by my early efforts on the track days, and I have been dealing with that since 2007. Plantar Fasciitis is another long-term issue. Pete has ongoing Achilles issues.

"We do specific strength training on our weaknesses and having our own physio is very advantageous! Joe makes videos for us to follow.

"I am very diligent about strength training. A typical week is like this:

Monday

Upper body weight session, calf/achilles strength, core strength, hamstring strength, balance strength. Finish off with 15min yoga session. Total 90 mins.

Tuesday

10km hill run. Cool down stretch.

Wednesday

30min bike session, 15min yoga session.

Thursday

10.5km tempo run. Cool down stretch.

Friday – as Monday.

Saturday

Long run at Woodman Point; anything between 16-24km

Sunday – club run.

"Pete does the same running sessions, no bike, and we follow similar strength training sessions."

Championships

"We will be at the World Championships in Perth but are not planning to do any track competing. We intend to compete in the cross country and longer road runs.

Peter and Karen both ran on the track in the early days but became prone to injuries.

They prefer distance running, Karen's favourite event being the 6-inch Marathon, at Dwellingup was my favourite "until my feet became so painful over long distance! Now it's a half marathon, preferably on soft bitumen or bush.

"Pete's favourite is the Darlington Half, and any distance up to half marathon."

Finally, I went hunting for compliments!

"Can't imagine life without the Masters," said Karen.

"Great camaraderie, many laughs, amazing stories, inspirational people and wonderful friends – our extended family!"

And of course...

"The *Vetrin* is the eyes and ears of our club, keeping members informed on happenings within the club. Gives us informative articles on health, well-being and amusing anecdotes. Pete and I really look forward to our bi-monthly edition." ■

LUCKY me! I won a lottery entry place to run in Tokyo's 2016 Marathon.

The Tokyo marathon is now part of the big six marathon majors, with 35,000 entrants. The others are Boston, New York, Berlin, Chicago and London. You need to be fast for Boston, or lucky in the lotteries for the rest.

Good luck!

On the day of departure, the temperature in Perth was 34 celsius and it was similar in Singapore, but as we flew into Tokyo's Haneda Airport at 6.15am local time, the captain announced:

"The temperature is two degrees celsius – with light snow."

Once through customs and immigration I stared blankly at a chart of rail lines. This became my normal behaviour in Tokyo: staring blankly and not understanding a thing!

I shuffled along and found a stand for an Express bus to Shinjuku. Magic! That's where I want to be.

After the bus ride, mainly through an underground tunnel, we popped up in Shinjuku alongside the world's largest train station. With 3.6 million passengers daily, it's a busy area.

It was cold and after a number of mistakes and wrong turns (thank goodness for wheels on luggage) I found my unit about 2.5km to the west. I had booked accommodation to be close to the start and it turned out to be ideal, only a five minute walk from my gate for the start.

Once seen ...

After a few hours' sleep I set off with my host, Hatchi, to pick up my race pack from the Marathon expo at the far side of the city.

Once we got to the expo I went to collect my stuff and as Hatchi was not allowed in we arranged to meet at the exit.

To this day I have never seen him again!

After searching back and forth several times I had to bite the bullet and make my own way back to base, stopping off for noodles and dumplings at one of the numerous café/restaurants.

Warming up...

It was about three degrees when I left the unit on Friday morning to visit the towers of Tokyo Metropolitan Government, an easy walk through

Snow time in Tokyo



by John Talbot

the park then the elevator to floor 45 where there is a viewing area.

I enjoyed fantastic all round views of the city and down on the nearby Park Hyatt (where the movie *Lost in Translation* was mainly shot), and even out to snow covered Mt Fuji some 100km away.

It was bright and had warmed up to 10 so I decided to have my last pre-marathon run.

No running here!

The plan was to go to another nearby park, Shibuya-Ku for five or six kilometres but as I went through the park's entrance, the gatekeeper followed me, calling out that I must not run, as it was a shrine. I moved further out to Yoyogi Park and ran a bit, got lost, and ended up doing 10.5km.

Saturday was a rest day, and I spent it slowly wandering tourist style and eating all day.

Race day

It was Sunday 28th and started with a breakfast of raisin toast and tea. It was cold,

of course, so I put on tights, double long sleeve thermals, gloves, throwaway coveralls and hat. I left the unit about 7.45am, carrying a bag of clothes to the baggage drop for the finish.

We had been told in the event info that security wouldn't allow opened drinks or even packaged drinks of more than 250mL, but there were still people complaining when challenged by security.

I moved into the holding area and spent an hour and a half in the cold, sitting on the kerb, shuffling around and chatting with other runners while we waited to start. There were no toilets in the holding area, so as soon as we started walking towards the start line, everyone wanted to go. I joined the queue.

I took off my warming overalls and set off to run with two long sleeve thermal tops, tights and gloves, planning to throw a layer when I warmed up.

I didn't! I ran all the way in all my layers and never felt too warm.



John with his finishers towel – never leave home without a towel! Above, the swastika-shaped course; below, high-tech tracking for runners' performances.



Swastika course

The map of the course looks a bit like a swastika.

Starting in the west, we ran for roughly 5km. This was about where I caught up to and passed a 5½ hour pacer.

We then turned down the side of the Imperial Palace and Gardens, Tokyo Tower, and Kogyogaien Garden Plaza to 10km, then south for 5km and back up to Ginza Shockhiku Square.

Then we ran past Asakusu Kaminarimon, the entry gate to Sensoji Temple – the oldest in Tokyo, dating from around 628 AD – with the last leg going south west out over canals to Ariake and Tokyo Big Sight expo finish area. All the road surfaces were good bitumen. There was polite applause from the crowds all the way, with music, bands, dancers, and hundreds of people standing with bags to collect every piece of litter along the way.

All through the run I felt comfortable and managed an even pace, despite hold-ups at drink stations.

I was sure I would get through under my target five-hour mark, but was undone near the end by a few bridges crossing canals – and ended in 5:01:40!

SAND running works your ankles and calves, but slows you down.

"The softer the surface, the slower the speed – generally speaking – that you'll run," says Michael Lynch. "Sand is an unstable base and doesn't give you any push-back. Your spring is being dissipated because the sand is shifting under your foot. You don't get anything in return for your effort, which is what makes it so challenging."

Lynch says sand running is good for you because it works your ankles and calves. Your proprioceptors, the sensory receptors that respond to position and movement, are working extra hard to keep you stable, which has strengthening benefits for the hips and core.

"The downside is that beaches tend to have a cambered surface that rolls down towards the water," Lynch says. "This puts a lot of lateral pressure on the knees and ankles. Unless you are used to it, excess sand running can have its downsides and you need to watch for signs such as discomfort and act accordingly."

Road

Bitumen and concrete surfaces are the opposite to sand, says Lynch. Concrete is super hard and you get a lot of spring-back with each step because it doesn't move. The flipside is that that sends enormous impact through your ankles, knees, hips and spine.

"Because of this you wouldn't want to do a whole lot of running – no matter how good you were – on concrete," Lynch says.

Grass

"If I was just starting a running programme or I hadn't been doing a lot of running lately, I'd choose grass as my preferred surface," Lynch says. "Early in the season track runners start on grass, or if they've had an injury they go back to grass, to lessen the impact of the shock forces through the body when they run."

Grass can get slippery when wet, and when it's too long or thick can feel a bit like running in sand, which can create instability. Generally, however, it's in a pleasant environment away from traffic and other trip hazards.



Trails

Between yielding grass/sand and rock-hard bitumen/concrete, there are dirt trails and tracks.

"The downside is that trails usually have twists and turns and can be uneven, but in terms of the surface they are more forgiving than running on the road," Lynch says.

Plus, there's nothing like a trail run to really relieve stress and free your mind.

One of running's biggest selling points is that it can be done pretty much anywhere. It's an incredibly time-effective, versatile form of exercise. All you need is a pair of decent shoes and some appropriate kit and you're set.

Well, almost.

You don't always get to choose where you're going to run. So this very selling point – that you can do it anywhere – can become a hazard if you're not aware of the effects on your body of running on different surfaces. Each surface can require technique adjustments, and some surfaces are simply better than others.

Runners get a lot of spring-back on bitumen, which has enormous impact on ankles, knees, hips and spines.

Get fitted

Tied to that is the issue of running shoes. Factors to consider before buying include not just the surface you typically run on, but your biomechanical profile and ability.

"The average person is looking for comfort in a shoe. That means one that is slight-

ly heavier, has more padding and is well supported, and that helps keep your ankles, knees and hips aligned correctly," he says.

"A good start to finding the right shoe is to match it to the shape and curve of your foot. Most people tend to buy a shoe on the basis on how it looks, and there's nothing wrong with that, but at least try and buy one that matches the shape of your foot as well."

* Sponsor plug! Lynch says high quality shoe retailers such as The Athlete's Foot, which has developed its own technology called Fizzi, will consider your foot shape and how you roll your foot when you run (over-pronation or under-pronation). It all helps to make a better-informed shoe choice.

Spring time

Given our calves are designed like a spring and as a store of energy, how we use that spring makes a big difference to our speed.

There are three types of running styles – heel striker, mid-foot striker and fore-foot striker.

Good technique is usually associated with mid to fore-foot striking, or creating a whole-foot approach to landing, because it is the most efficient way of generating speed.

"As the foot hits the ground it tenses, and as it leaves the ground it releases and propels you into the next step," Lynch says. "The faster you are running, the more you will use that spring. You will transfer to the big toe much

quicker than a slower runner."

Surface tension

No matter the type of runner you are, your body makes adjustments, sometimes unconsciously, for different surfaces it encounters. Here are a few of the pros and cons of surfaces you're likely to encounter.

Gravel

"This is not a comfortable surface to run on," Lynch says. "You often feel it through the shoe, and it will destroy the shoe a lot quicker."

Even more than sand, it shifts and slides underfoot and requires a lot of effort to remain stable while running.

Treadmill

A treadmill deck offers reasonable shock absorption, Lynch says. It's an easier surface to run on and you don't have anything getting in the way of your running, such as gutters, debris or other people. But it requires a slightly different running action, because you don't have wind resistance to contend with.

"One school of thought suggests that to match the same effort to an outdoor run, you should increase the treadmill resistance slightly," he says. "For example, to run a five-minute kilometre on a treadmill you'd raise the speed to 12.7km/h instead of 12km/h to match the wind effect." Another way to even out the wind difference is to put a slight gradient on the treadmill.

There are also differences in the way your foot interacts with the surface. "On a treadmill the road is getting pulled out from underneath you and that is not the same as you hitting the road and pushing off a stationary surface. It's a slight difference in technique, but I wouldn't get hung up about it. The treadmill gives you some great training options; it's good for interval work and it takes away the distractions."

Michael Lynch is a Sydney-based national masters track champion and personal trainer with a masters degree in exercise and sport science.

Sponsored by The Athlete's Foot, source of this article by Pip Coates (Feb 2016) is: www.executivestyle.com.au/whats-the-best-surface-to-run-on-gn3znp#ixzz47C4ur520

HELPERS

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

5 June Around Herdsman



Race Director: Rod Hamilton
– 0428 940 089

David Scott, Karyn Frost, Keith Miller, Ian Carson, Sofia Carson, Dave Allmark, Margery Forden, Theresa Howe, Aub Davie, Sandra Stockman, Sue Hamilton

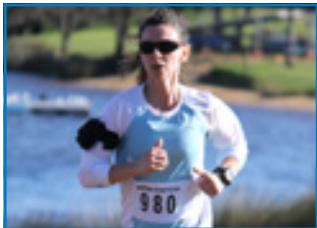
19 June Mill Point Road



Race Director: Milton Marwick
– 9227 1559

Les Bruyns, Tamara Al-Hashimi, Jane Elton, Phillip Smith, Janice Smith, Kim Thomas, Monique Thomas, Simon Mort, Stuart MacKinnon, Rebecca MacKinnon, Kem Hassan, Melissa Hassan, Jim Barnes, Tina Franklin, David Adams

26 June Bardon Bash



Race Director: Sue Bourn
– 9293 1007

Fiona Evans, Hendry Clarke, Arnold Jenkins, Robert Fawcett, Carolyn Fawcett, Kim Chandler, Brian Bennett, Margaret Bennett, Adrian Fabiankovits, Keith Miller, Kem Hassan, Melissa Hassan, John Batta, Nicol Prabhuddha, John Hillen

3 July Sharks

Race Director: Paul Martin
– 0438 900 839
Paul Hughes, John Batta, Da-

vid Roberts, Alan James, Lisa Searle, Tony Bart, Wendy Grace, Simon Coates



10 July Club Half Marathon



Race Director: Jim Klinge
– 0408 501 814

Sarah Ladwig, Delia Baldock, Maxine Santich, Ray Attwell, Roma Barnett, Ray Barnett, Merv Jones, Lorna Lauchlan

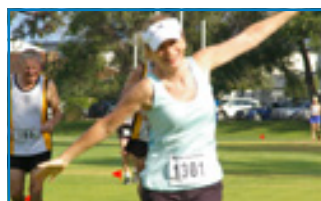
17 July Whiteman Park



Race Directors: Brian & Margaret Bennett
– 9275 0169

Alan Thorniley, Herman du Plessis, Nicki du Plessis, Tony Smith (1204), John Mack, Wendy Farrow, Erika Blake, Anna Bamber, Eamonn McNulty, Meghann Blakeman, Tony Smith (1109)

24 July Racecourse



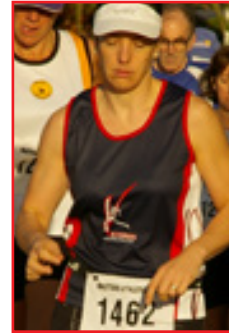
Race Director: Erika Blake
– 0412 791 357

Tristan Bell, Dalton Moffett, Pamela English, Bob Lane, Neil Boudville, Joanne Richardson, David Baird, Bob Cavin, Sue Zlnay

New members – Welcome!

NEW members are flocking to Masters and this month we reached an all-time high of 600 senior athletes enjoying the club on road, cross-country, track and field.

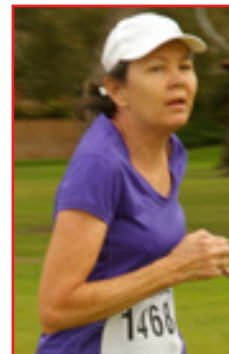
1460 QUINN: Conor M40
1461 McLEAN: Paul M60



Meghann

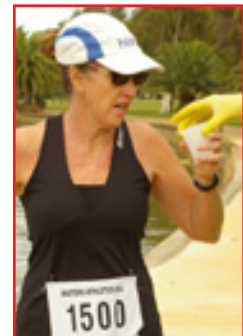
1462 BLAKEMAN: Meghann W35
1463 BLAKEMAN: Murray M40
1464 BURNS: Paul M40
1465 ANG: Gin M50
1466 HUSTON: Jonathan M50
1467 ROMANCHIK: Volly W30

1477 MOXEY: Louise W40
1478 TSENG: Christina W55
1479 KINNEEN: Brian M50
1480 STOLP: Daniel M40
1481 VAN DER MERWE: Chris M55
1482 JOLLY: Damo
1483 PAYNE: Cath
1484 DENNISON: Gerry
1485 SCHMITT: Clemens M50
1486 PARKER: David M40
1487 KELL: Jason M40
1488 MEREDITH: Steve M35
1489 HEARNE: Jackie W50
1490 BILMAN: Jeff M40
1491 DAVIS: Judy W50
1492 CRONIN: Sandra W50
1493 DI BIASE: Anthony M40
1494 GRACE: Wendy W60
1495 ANDERSEN: Ann W60
1496 ZAREBSKI: Sasha W35
1497 MILLER: Dawson M50
1498 ANDERSON: Geoff M60
1499 DAVIES: Wayne M45



Special welcome Jenny; she reads Vetrun!

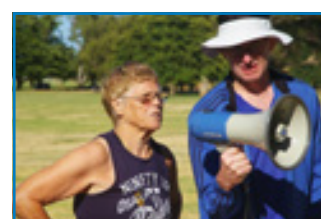
1468 AUDESLEY: Jenny W55
1469 WEBER: Karl M45
1470 MORGAN: Chris M40
1471 TAYLOR: Kim M50
1472 NAGLE: Clare W40
1473 PEYMAN: Doug M50
1474 WHYTE: Mark M45
1475 NUGENT: Edward M60
1476 LANCE: Ryan M35



Julie

1500 WALTERS: Julie W50
1501 CLEMIE: Judi W45
1502 FERRIS: Jason M45
1503 McGRATH: Katie W30
1504 FAYERS: Elin W30
1505 BRINKWORTH: Anne W50
1506 PRINGLE: Robbie M35
1507 EASTLEY: Sandy W55

31 July Club Cross Country Champs



Race Director: Joan Pellier
– 9459 7782

Michael Khan, Keith Martin, John Dance, John Pellier, Frank Gardiner, Aub Davie, Clinton Bishop, Tracy Bishop

World endurance treadmill record

Bernadette Benson (W45) broke the world 12-hour distance record on a treadmill in May, covering around 128km – or three marathons!