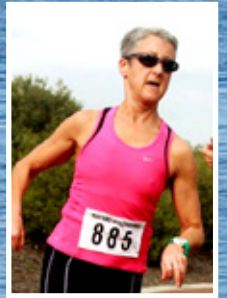
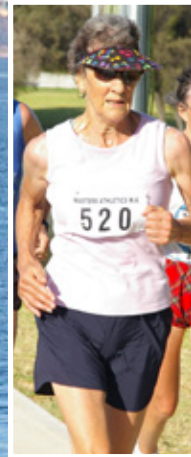


# WET RUN

## Club Champions Who will challenge them?

Check  
their  
records –  
page 10

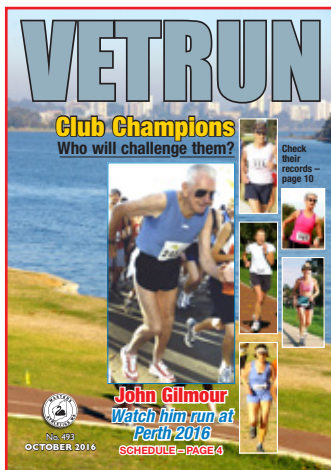


**John Gilmour**  
*Watch him run at  
Perth 2016*



No. 493  
OCTOBER 2016

**SCHEDULE – PAGE 4**



# AGM Report

by Delia Baldock

THANKS to the great crowd who attended our Sunday morning AGM on September 11 where we were treated to a sumptuous morning tea – thanks to Elaine Dance.

I think it was a great improvement to use the microphone this year so everyone could hear. We also retired the old AGM attendance book encompassing 30 years of history and started a new journal.

Your new Committee was elected as follows:

President – Richard Blurton; Vice-President – Jim Langford; Secretary – Delia Baldock; Treasurer – Keith Hill.

Committee Members: Mike Anderson, Margaret Bennett, Theresa Howe, Robin King.

We gave a special welcome to new members to the committee Keith Hill and Robin King, and acknowledged with gratitude the retiring Geoff Brayshaw and Joan Pellier.

Geoff and Joan have worked tirelessly for the club over many years and their dedication is greatly appreciated.

## Minutes

On our website you can find a copy of the 2016 AGM Minutes and your new club contacts list under 'About Us' in the 'Our Club' menu. If you don't have internet access just ask Delia to send you a copy.

## Trophies

The following prestigious trophies were presented at the AGM by our patron, John Gilmour:

### John Gilmour Trophy

Rob Colling and Wendy Seegers shared this year's award, each setting outstanding Australian Records and achieving 93% age graded performances.

## Achievement Awards

Two new trophies were presented to Bob Fawcett & Ossie Igel – for showing outstanding improvement in road running, and track & field, respectively.

It was a tight competition, so well done to all these athletes for their amazing performances.

## Helpers

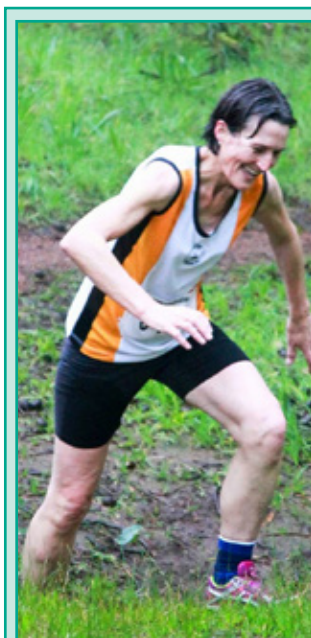
We are very appreciative of all our helpers, non-committee members, who fill many vital roles in the smooth running of the club. Thank you for your continued support.

Very special thanks also go to all our club officials who fill very important positions (listed on the website); and of course to our trusty race directors without whom we would not have events!

Club members may be unaware of all our unseen heroes so to list just a few, we have volunteers who: manage the visitors table every Sunday, process your Sunday results, transport valuable equipment, co-ordinate our track and field nights, help with morning teas, organise engraving, organise repairs, restock supplies, manage uniforms and contribute photographs and articles.

When you encounter any of these stalwarts of the club please show your appreciation for their efforts!

Looking forward – we have had tremendous local support for the Perth 2016 World Masters Athletics Championships and look forward to everyone's participation in this momentous event with great excitement as we showcase Perth to the World.



*Club Secretary extricates herself from sticky situation? Nah – Delia's just enjoying Jorgensen mud. But...is it TOO sticky, and risky? On page 7 we ask for your views. Below: a warm, dry and mostly unbloodied breakfast after the CC championships!*



## Well done Ginny!

WAYNE Pantall sends special thanks to the Mattagarup Run Claisebrook bridge marshal, Ginny Mulvey, who saved the day for an injured lady cyclist. Ginny provided her with her warm jacket, comfort and helped arrange her pick up by family.



*An illustrious athletics career, littered with awards, victories and records; that's John Gilmour's legacy. He'll be augmenting the legend at Perth 2016, running 400m, 800m and 1500m – at age 97. What's his best – or favourite – running memory, John was asked at the AGM? Without much hesitation he plucked the 10,000m run at the Helsinki WMA championships: age 55; time 33 minutes!*

*The club patron and founder is pictured here presenting the John Gilmour Trophy won jointly by Wendy Seegers and Rob Colling (his father David received it on Rob's behalf).*

NEXT EDITION  
Vetrun no. 494 will publish in  
December 2016.

## In this edition ...

AGM Report	P2
My View	P3
Perth 2016 – Schedules, teams	P4-6
Editorial: Jorgensen – Is it too dangerous?	P7
Kings Park CC	P8-9
How many in your age group?	P9
Club Records to aim at Where they're Running	P10
Mattagarup; City Rail; Wireless Hill	P11
Darlington Dash; Nedlands	P12
Claypit Circuit	P13
HEALTH	
Do we need milk?	
Calcium without dairy?	P14
Good news for drinking runners!	P15
Helpers and new members	P16

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John Gilmour

Jim Langford doesn't drink in a marathon. Digging through old Vetruns I found some justification for his stance. From Vetrun, July 2005

## Water, water! Think before you drink

DON'T you wonder at the ever-changing and contradictory medical 'discoveries' that make news? Wait long enough and you'll hear that everything is bad for you, right?

Dead right. Now it's water.

According to the *New England Journal of Medicine* many runners swig so much during an event they risk 'dizziness, fainting and, in extreme cases, brain damage or death'.

After the 2002 Boston Marathon 488 runners were blood-tested. Thirteen per

## Forty marathons across London in 40 days? He did it.

THIS is how the *London Evening Standard* reported Michael Tobin's successful marathons.

"Techpioneer raises £100,000 with 40 marathons on the trot. An internet pioneer has raised more than £100,000 for charity by completing a marathon a day in London over 40 consecutive days. Michael Tobin, 52, ran for the Prince's Trust to mark its 40th anniversary and was finishing at its Eldon Street offices today. He said: 'I constantly reminded myself of how fortunate I have been and how important the work of the Prince's Trust is to give young people a chance of a better life.'"

I'm proud to report Michael is my youngest cousin.

VW



cent had clear signs of hyponatremia; three were at danger level.

Hyponatremia occurs when drinking excessively dilutes the blood's salt content. Then excess fluid is absorbed from bloodstream into body cells – including brain cells – making them swell. Pressure inside the skull can cause permanent damage, even death.

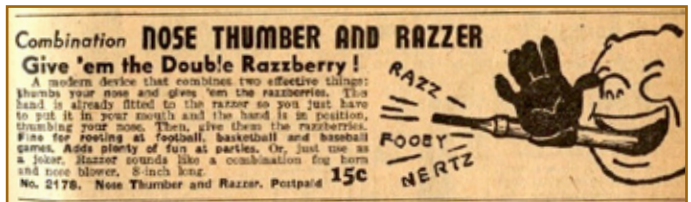
I know other members, like me, have finished marathons feeling uncomfortably full of water. Seems the message is moderation.

## Synchronised Olympians



Just in case the Champs become too serious ...

Early attempts to add 'novelty' to the Olympics Games included the ten-legged, five-armed event – a 'grown-up' version of the three-legged race beloved of infant-school carnivals. Considered and tested for inclusion in the Paris Olympics of 1924 (the Chariots of Fire Games) the event fell at the first hurdle. Competitors were required to keep one hand in the jacket pocket at all times, and none of them could tie a bow with one hand.



## How to look your best at the World Championships

Gee, those sports fans were rugged in the 'old' days! Athletics fans are too sporting to use the Razzer; might be handy at Eagles events though.

Goodbye to shapeless, bony, flat, sagging buns with Super Shaper Buns Briefs.

Exclusively Designed Men's Padded Briefs... Give You

### EYE-CATCHING BUTTOCKS INSTANTLY!

NOT A GIRDLE! 100% UNDETECTABLE!

THE ONLY MEN'S UNDERGARMENT THAT CAN MAKE THESE CLAIMS!

- Fills out your rear end without fattening diets.
- Lifts, firms, and shapes your buttocks without exercises.
- Flattens your stomach without diet pills.

**A Fashion First!**  
Specially Constructed Pads provide you with what nature may have neglected.

The world has never seen briefs like these. Ingeniously designed pads discreetly "build-up" your rear...center stretch seams... "eye popping" cleavage...bottom band lifts and thrusts...everything acts together to show off your new perfectly proportioned buttocks. Special abdominal panel flattens your middle, makes you look pounds slimmer! You look younger, trimmer, sexier!

Meticulously Tailored...Totally Comfortable...Invisibly Worn...Machine Washable!

How to look your best at the World Championships; the buttock-enhancer could be useful for spectators too, extra padding for a long day on the viewing benches.

## 'Come not to bury the LOC, but to praise it'

I'M heading off anyone who dares utter a bad word about Perth 2016, and its organising committee.

The LOC won't say it; I will. This mob of club members – all volunteers – took on the biggest job of athletics organisation to hit Perth since the Commonwealth Games. And the state built Perry Lakes Stadium to handle that!

Bringing 4,000-plus athletes, supporters and helpers together for the World Championships has been a monumental task. They have negotiated help and support from sponsors, publicised Perth and its attractions, arranged transport and accommodation, set up a complex registration system, and – oh yes, organised days of events at multiple venues.

Just in case we forget in all the hullabaloo; LOC, thanks very much.

VW

Our marathoners – shout them home!

# Thousands of athletes en route to Perth



Christine Pattinson



Ante Perija



Todd Ingraham

**MORE than 4,000 athletes, from 91 countries, will make almost 6,000 appearances across 31 women's disciplines and 33 men's – at five Perth locations between October 26 and November 6.**

**That's a huge programme of athletic action – and so much to enjoy and cheer-on.**

You'll want to make the most of the Championships, so here's a breakdown of 'Where to Go – and What you will See'!

Of course the marathon will be of enormous interest to our Sunday runners, most of whom have run a marathon, or hope to.

Many of you will turn out on the day, to help or watch, and there are plenty of places along the well-known Swan River course used every year for the Perth Marathon.

Club members to watch out for – and cheer – in the World's Marathon include:

- M35 Stuart McKinnon;
- M40s Todd Ingraham, Ante Perija;
- M45s Tony Smith and Gary Wilmot;
- W45s Jane Elton and Sandra Keenan;
- W50s Maree Brown and Sandra Stockman;
- M55s John Fisher, Mick Francis, Steve Hossack and Peter March;
- M60s Paul Ankers, Milton Mavrack, and Eamonn McNulty;
- W60 Christine Pattinson;
- M65 Keith Miller; and

- M70s Peter Bath, John Oldfield (UK), and John Talbot.

## Cross-country

Cross-country events at Perry Lakes will also provide plenty of viewing opportunities.

Through sheer weight of numbers (plus talent and endurance, of course) Australia has home-team advantage when it comes to team events.

Personally, I shall be keeping a look-out for our local M70s and M75s, who must have good medal chances, including the possibility of team gold.

M70s in the 8km CC include Jim Klinge and Jim Langford.

Another Aussie – Don Mathewson – has a posted time of 33 minutes. Combined with Jim Langford's 33 minutes and Jim Klinge's 36 minutes, that looks very promising.

Another exciting prospect for a team win comes in the M75 8km CC. If they're on form, our own Bert Carse and Bob Schickert should combine with Peter Sandery to make a formidable team.

## On track and field

Don't forget there will be plenty of superb distance events on track too.

Scott Tamblin will have some strong competition in the M35 10,000m and it should be a cracking race.

## Where to go, when?

**You must study the detailed online schedule of events to find the events, age-groups, and athletes you want to see in action.**

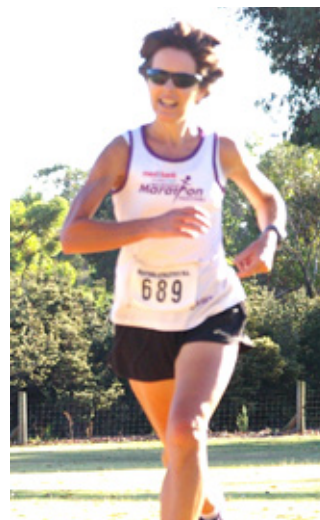
Earlier this year I asked some of our T&F gurus to give us their tips and insight into the members who might do well at the Worlds.

All declined, saying they didn't want to put unfair pressure on their colleagues.

I respect that stance, but I also wanted to give readers who might not be so familiar with our T&F performers some idea of what to hope for!

So, dear reader, all I can write is that no matter which of the five venues you choose, you're going to have a great outing, and see some of the best senior athletes from all over the world face fierce competition from our home-grown heroes.

See you there; where? probably everywhere!



Sandra Stockman



Milton Malrick



Scott Tamblin – he's in 10,000m

VW

# Your guide to the venues

DETAILS of all events – where and when they are happening – are now available via the club website.

Between Wednesday, October 26 and Sunday, November 6, preliminaries and finals will be staged every day apart from two rest days, October 30 and November 3.

The online schedule tells you the time and date of every event, by age-group, and this is crucial if you want to see specific events and athletes.

## Runs > 1,500m

● Running events up to 1,500m will be staged at the Western Australia Athletics stadium (WAAS) in Mt Claremont.



## Long runs

● Most, or all of the longer track events – 5,000m, 5,000m walk and 10,000m will be held at the Ern Clark Athletic Centre (ECAC) in Cannington.



## Marathons

● Marathon and Half Marathon follow the Perth Marathon course starting and finishing at the Marathon Club, Burswood.

## Overall Guide

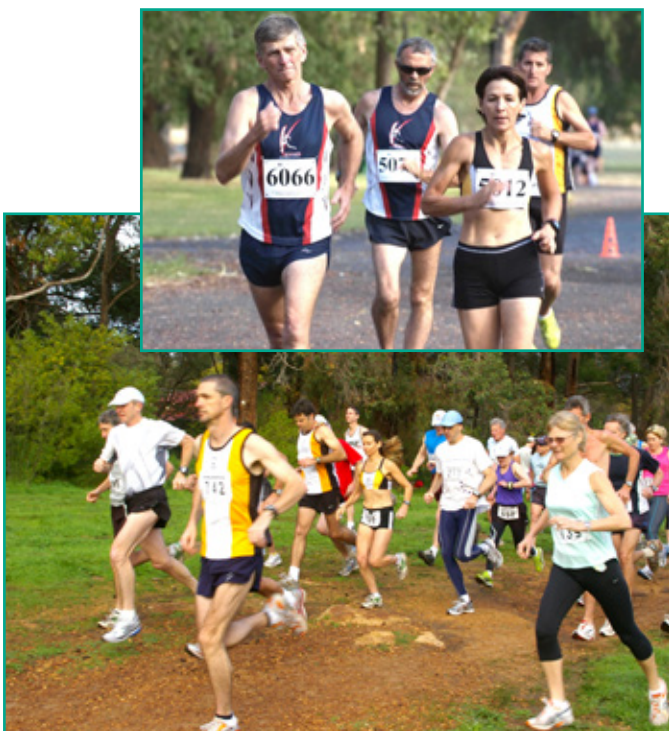
### Throws

● Throws will be held at WAAS, the adjacent University of Western Australia (UWA) sports park and ECAC.



### Throws Pentathlon

● The Throws Pentathlon will be held at WAAS, the adjacent UWA sports park and ECAC.



## Decathlon

● Decathlon will all be held at WAAS.

● Jumps will primarily be at WAAS.



## Heptathlon

● Heptathlon will be held at WAAS and ECAC.

## Cross Country & Road Walks

● Cross Country and Road walks will be held in Alderbury and Perry Lakes Reserves, adjacent to WAAS.



## John Gilmour

I think every club member will want to witness John Gilmour's runs – over 400m, 800m and 1,500m!

Barring unforeseen circumstances, we should all be able to see our incredible M95 club founder in these finals.

### ■ 800m (M90-99)

WAAS – 16:00 – Friday, October 28.

### ■ 1,500m (M85-99)

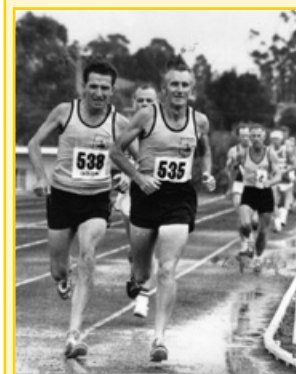
WAAS - 10:25 – Saturday November 5.

### ■ 400m (M90-99)

WAAS – 14:20 – Saturday November 5.



Top, John in 2005; above, with Frank Smith at Perth Nationals in 2010; below, 5,000m at Box Hill, 1973.



## Hundreds of MAWA members will compete in World Championships

HOME team Australia has, as expected, the largest contingent of athletes competing at Perth 2016. Among 1,415 Australians, 653 are from WA; around 300 are full MAWA members, and 350 are temporary members, just for the Worlds.

After Australia, next largest team is that of the UK, with 282 entrants; then USA, 244; Germany, 186; our New Zealand neighbours with 130; France, 104; and Japan 101.

### Entrants – by country

Algeria	2
Argentina	40
Australia	1,415
Austria	22
Bangladesh	11
Barbados	2
Belarus	1
Belgium	35
Bermuda	1
Brazil	34
Bulgaria	3
Cameroon	7
Canada	63
Chile	49
China	32
Chinese Taipei	12
Colombia	35
Cook Islands	1
Costa Rica	10
Croatia	3
Cyprus	1
Czech Republic	42
Denmark	22
Dominica	1
Dominican Republic	1
Ecuador	1
Egypt	1
Estonia	26
Ethiopia	1
Fiji	2
Finland	96
France	104
Germany	186
Great Britain and Northern Ireland	282
Greece	11
Guatemala	6
Hong Kong, China	22
Hungary	13
Iceland	2
India	88
Indonesia	20
Iran	4
Ireland	22
Italy	79
Ivory Coast	3
Jamaica	8
Japan	101
Kazakhstan	4
Kenya	2
Korea	19
Latvia	15
Lithuania	4
Luxembourg	3
Malaysia	40
Mauritius	14
Mexico	39
Mongolia	6
Morocco	1
Nepal	25
Netherlands	36
New Zealand	115
Nigeria	10
Norway	20
Pakistan	1
Panama	3
Paraguay	2
Peru	8
Philippines	5
Poland	56
Portugal	17
Puerto Rico	14
Romania	6
Serbia	2
Singapore	24
Slovak Republic	9
Slovenia	12
South Africa	63
Spain	62
Sri Lanka	69
Sweden	65
Switzerland	23
Thailand	4
Trinidad and Tobago	20
Tunisia	1
Turkey	5
U.S. Virgin Islands	2
Ukraine	11
United States of America	244
Uruguay	3
Venezuela	1
Zimbabwe	3

## Join World's athletes at Elizabeth Quay

EVERYONE – competitors, officials and supporters are invited to attend the official Welcoming Ceremony at Elizabeth Quay on Tuesday, October 25.

Wear something patriotic and support the Athletes and Volunteers Parade!

The fun starts at 18.30 and athletes and volunteers marching in the parade need to arrive and check-in onsite from 17.30. Country teams will appear in alphabetical order with Australia the final team to march in along Geoffrey Bolton Avenue.

The evening's programme includes: The team parade, official speeches, officials' and athletes' oath and the arrival of World Masters Athletics flag. There will be entertainment and various merchandise items, food and beverages will be available.

## FAREWELL CEREMONY

All Perth 2016 competitors and supporters are also invited to attend the official Farewell Ceremony on Sunday, November 6 at WAAS.

It will occur between the 4 x 100m and 4 x 400m relays, and include a video montage of Perth 2016, official speeches and the World Masters Athletics flag hand-over.

## Athletes party

ON Wednesday November 2 at Perth Zoo a Night under the Stars showcases Australia's culture wildlife and love of a good bush-inspired party with great food, beverages, music and dancing. Cost is \$90 per head.

## It will be a big marathon

THE marathon has 311 entrants, the most senior of all being Japan's M85 Michio Kumamoto.

Michio has only to finish to take home a gold medal. But just a little younger, W80s Susana Sarco of Argentina and Satsuko Suzuki from Japan will be contending. Susana's time estimate of 4hrs 20mins is a little faster than Michio's 4:27:36.00, while her Japanese opponent expects a modest 5hrs 15mins.

Three of our senior athletes – M70s John Oldfield, Peter Bath and John Talbot: mere striplings alongside the Japanese entrants!

## PERTH 2016

Worlds Entrants as percentage of total, by age-group

35	9.0
40	11.8
45	14.2
50	15.4
55	13.6
60	11.2
65	9.2
70	7.3
75	4.6
80	2.2
85	1.1
90	0.4
95	0.1



## How many are you up against?

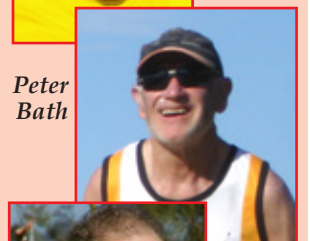
THIS breakdown shows the total number of events entered, by age-group.

By this simple reckoning, fiercest competition of all should be among the men aged 55 to 59!

Age group	Male	Female
35-39	368	318
40-44	521	383
45-49	739	443
50-54	763	596
55-59	781	478
60-64	691	404
65-69	648	319
70-74	494	290
75-79	378	206
80-84	200	111
85-89	138	44
90-94	49	7
95-99	18	1
<b>Total</b>		<b>5,791</b>



John Oldfield



Peter Bath



John Talbot

## EDITORIAL

**SHOULD we re-think this course – or even the whole event? Every year there are accidents.**

Yes, one can say – ‘it’s up to everyone to take care, and look where they step’. But we all know that in a race that consideration can be forgotten.

I like this ‘real cross-country’ course. I’m also a firm supporter of tradition and don’t support change for its own sake.

However, the club has to consider ‘duty of care’.

We are short of good cross-country courses, especially as Kings Park is so restricted now. But there are alternatives for the cross-country championships, such as Reabold Hill, or Whiteman Park; still very challenging but less dangerous.

### Legalities

I would like to hear the opinions of some of our members who practise law; I know there are at least a couple.

Many years ago the club (then Vets) sought legal advice on duty of care.

In brief, we were advised (and I paraphrase here) that ‘runners can’t be treated as normal, rational people!’

I still have that report. Its rationale was that in a race people are more likely to take chances. So race organisers should take extra care to eliminate danger.

### Duty of care

Many governing authorities now exercise what seem to be petty restrictions.

For years I have produced publications for local councils and have been very close to some of their concerns.

Councils are afraid of litigation. That’s why they make it very hard for you to build a tree-house, or even hang a swing from, a street tree.

Years back, someone tried to sue the Cottesloe council after he dived off the beach groyne and ended up paraplegic.

The same council eventually managed to close the road through the beachside golf course, for fear of flying balls and the potential for public harm.

OK, this a far cry from our friendly club runs.

But we do know that Jorgensen is a dangerous



## Is it too dangerous?

course. David Carr was quite badly hurt this year. Who knows if it will affect his very important track performances later in the year? Several others runners fell. A few years ago Michele Mison was brought down on the course by careless dog walkers.

I’m not sure that even if we warn runners in advance the club has really fulfilled its duty of care.

### Your opinions ...

This is a topic on which all members should have the chance to comment and I have already canvassed some views. We have a whole year to plan and I hope other members will make their feelings known.

#### Bob Schickert wrote:

I am in two minds about the course – it is difficult and dangerous but it is a great challenge and completion gives a sense of satisfaction.

If the State/Club CC Championship was a different race, on a safer course, people could run Jorgensen as a less competitive race with most likely less danger of falling over.

#### Joan Pellier wrote:

NO NO NO, we should not change the run. It’s been going since the end of the seventies and people have to be responsible for their own actions.

David said last year he would not run at Jorgensen again. Irwin completed the course. Brian Danby fell – but said it was his own fault as he tried to go fast; and the same with Milton. Maybe we could have a look at the area to see if we could change some of it.

Bob has already changed it once.

As for Reabold, we had too many problems with the Kings Park Board (who control that part).

So I will lead the charge, along with John, to keep Jorgensen. And I was the one out in the wind and rain!

John Pellier agrees with Joan.

He knows the course well, marking it every year. He says he’s run Jorgensen for 36 years and has never had a fall.

#### Mike Anderson writes:

Sorry to hear that Dave Carr was hurt running at Kalamunda on Sunday.

I fell and injured myself (though not badly) two years in succession several years ago and so decided not to run it again.

I don’t see how we as a club would have any potential legal problems as the course is ‘natural’.

If we provided jumps and obstacles as they do in horse racing, that would be a wholly different matter; or if we had a course which was blatantly dangerous with competitors having to leap chasms or such like! Also our runners

can be warned to be extra careful verbally before the run and on our web-site too.

(I have a Masters in Law and did practice for some years.)

Does the Marathon Club or any other running club have a cross country course they use? My suggestion is that the Club seeks a cross country alternative, but if a better/safer course can’t be found, that we stick with Kalamunda.

#### Richard Blurton says:

I was brought up on UK cross country which had slippery mud, ice, snow, stream crossings, tree roots and other obstacles. We have it soft here when we set courses in Perry Lakes and Kings Park, so I feel it is good that once a year we provide a ‘real’ cross country venue. I think though that we could publicise quite a harsh warning of the trip hazards and suggest that some members should think seriously about not competing because of the risks of them falling and sustaining injury.

#### Delia Baldock reports:

At our August committee meeting the consensus was to continue the Cross Country Championships at Jorgensen Park and it is scheduled to be held there in 2017. However, we would be very interested in feedback from members on this issue.

My personal opinion is that I enjoy the Jorgensen course and think we should keep it, but we do have duty of care and I think we could find a safer course for the championships.

I don’t think it is a legal matter as everyone knows they participate at their own risk. One of the problems is finding a suitable venue that is safe but still a challenging cross country course.

*Members’ views are invited. Please email the editor at [vfdwaters@gmail.com](mailto:vfdwaters@gmail.com)*



Joan tells me ‘NO!’ (Pic. at Jorgensen, 2011)



# Kings Park CC



*Sideline'd by a funny knee, I focused the lens on newer members at Kings Park. With so many people joining us it will take a while to get to know them – so let's all make a start. Here's a few, looking their best in the shade. Left is Gary Grant (no. 1513) who was first M45 in the 10km.*

*Below: left, 1415 is Johanna Marstrand, first in her W45age-group; right, 1445 is Vanessa Carson, another first, this time in the W35s. These newer members are pacey!*

*(The old knee came good by the way, after holistic healer Marg Saunders told me to talk to it!) VW*

## Kings Park CC August 14, 2016 Director: Ralph Henderson

**\* Newer member**

**10km Run**

Trevor Scott	M55	40:06
Kim Thomas	M40	41:28
Gary Grant	M45	41:56*
Rod Hamilton	M50	45:50
Bjorn Dybdahl	M60	44:27
Bob Lane	M65	49:32
David Baird	M70	53:46
David Adams	M35	1:02:37
Paul Martin	M75	1:18:21

**Women**

Vanessa Carson	W35	44:31*
Johanna Leahy		
Marstrand	W45	50:43*
Karen March	W55	51:47
Chiew Mei Law	W30	53:55*
Chris Pattinson	W60	55:32
Gillian Young	W65	55:52
Maree Brown	W50	55:59
Cassie Hughes	W40	1:02:09*

**5km Run**

Lachlan Marr	M55	21:16
Paul Mitchell	M45	21:32
Jim Klinge	M65	22:32
Bernard Mangan	M60	23:52
Ray Attwell	M80	30:31
Hamish		
McGlashan	M75	31:36
Irwin		
Barrett-Lennard	M85	33:21

**Women**

Clare Wardle	W40	22:58
Margaret		
Saunders	W60	25:17
Elizabeth		
McFarland	W55	28:14*
Delia Baldock	W50	28:46
Shirley Bell	W65	31:54
Monique Thomas	W35	32:18
Jackie Halberg	W70	32:24
Jodie Edwards	W45	39:53



● More new faces – next page!





# Sunday results by age group

FULL results of all our Sunday events appear promptly on the club website.

Vetrun's limited results show the first-home runners for some events, to give you a chance to compare your own performance with the front-runners in your own age group. Handicap events are not included. Because the walk fields are much smaller and can easily be checked online they have also been omitted.

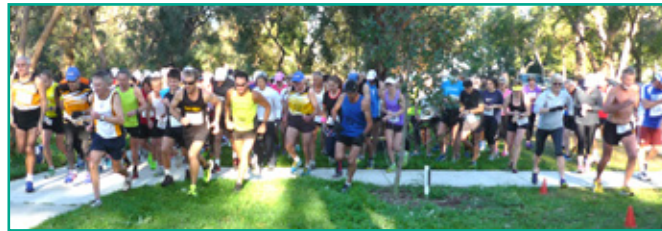
## How many in your group?

It's hard going, keeping up our ever-growing membership list. Peggy MacLivar stays on top of it though, and has provided Vetrun with this up-to-date breakdown of the membership, by age group.

At the end of July MAWA reached a record total membership of 636. It's now up to 684.

How many are you up against? Here's the breakdown by age group.

MEN		WOMEN	
M30	6	W30	7
M35	21	W35	31
M40	39	W40	32
M45	58	W45	42
M50	47	W50	46
M55	45	W55	32
M60	53	W60	25
M65	52	W65	20
M70	37	W70	18
M75	25	W75	8
M80	20	W80	7
M85	10	W85	1
M95	2	Sub-total	269
Sub-total	415	TOTAL	684



## New member is Treasurer



*New member Keith Hill – above, no. 1417 – was elected club treasurer at the September AGM. Congratulations, and thanks for stepping up so promptly, Keith; especially as your wife Karen told me you intended retiring in Perth! Karen, no. 1456, is pictured left with Elizabeth McFarland, no. 1203.*



*GOT Trophies are unique. It's true, there's nothing as rare as our Guess Your Own Time prizes.*

## Parking at Hale School

October 9

PLEASE do not drive into Hale School grounds, unless you are delivering equipment, tea-urns and such – or you are collecting the gear for the following week.

Everyone must park in Cobb Street, by the pedestrian gate that will have our club sign displayed.

The club has a great relationship with the school and we don't want to disturb the many people living on the campus by driving through early on Sunday morning. *Thanks, Vic*

## Winter National Walking Championships

KAREN Tolardo came third in the open section and second in the Masters section in Canberra. Our other WA walker was Janne Wells.

- Masters Women 10km**
- 1 Webb, Cheryl
  - 2 Tolardo, Karyn
  - 3 Black, Kate



*Above: Director Ralph shows his best side; and right, lady in pink is Cassie Hughes – no. 1313 who has promised to wear her number right in future! VW*

AUGUST *Vetrun* presented readers with a few challenges, listing some long-established club records. We missed a few of the men's marathon top times. Sorry, here they are.

**Marathon records men**  
 M45 Hank Stoffers 2:30:43  
 M50 Steve Barrie 2:40:45  
 M55 John Gilmour 2:38:19

### But, what about the women?

Here are some notable events for our female members to aim at.

Some of the record-holders – Lorna Lauchlan, Gillian Young, Lorraine Lopes, Marg Forden, Maxine Santich, and Jo Clarkson – still compete regularly with MAWA.

#### 3,000m

W30 Tessa Brockwell 9:42.6  
 W35 Karen Gobby 10:12.0  
 W40 Sandra Voesenek 10:28.9  
 W45 Anne Shaw 10:33.0  
 W50 Anne Shaw 10:44.4  
 W55 Anne Shaw 11.17.0



Gillian

W60 Gillian Young 12:55.6  
 W65 Gillian Young 13:49.2  
 W70 Lorraine Lopes 14:17.2  
 W75 Lorraine Lopes 14:40.2

#### 5,000m

W30 Tessa Brockwell 17:04.0  
 W35 Karen Gobby 17:07.7  
 W40 Karen Gobby 17:52.2  
 W45 Anne Shaw 18:20.8  
 W50 Anne Shaw 18:18.4  
 W55 Anne Shaw 19:23.9  
 W60 Gillian Young 21:41.0  
 W65 Gillian Young 22:59.51  
 W70 Lorraine Lopes 23:04.3  
 W75 Lorraine Lopes 27:03.79

#### 10,000m

W30 Sue Malaxos 32:46.9  
 W35 Karen Gobby 37:00.0  
 W40 Karen Gobby 37:30.8  
 W45 Anne Shaw 38:00.6  
 W50 Anne Shaw 37:31.9  
 W55 Maureen Stewart 44:54.3  
 W60 Gillian Young 46:03.1  
 W65 Gillian Young 48:52.8  
 W70 Lorraine Lopes 48:59.9  
 W75 Lorraine Lopes 51:31.8

## More records for you to try!

#### One Hour

W30 Jill Midolo 11,775  
 W35 Maxine Santich 14,092  
 W40 Ruby Maddison 11,378  
 W45 Margaret Warren 11,254  
 W50 Lorna Lauchlan 12,838



Lorna Lauchlan

#### Half Marathon

W30 Tessa Brockwell 1:19:04  
 W35 Karen Gobby 1:14:47  
 W40 Karen Gobby 1:19:07  
 W45 Anne Shaw 1:21:19  
 W50 Anne Shaw 1:31.35  
 W55 Jo Clarkson 1:34:30  
 W60 Gillian Young 1:42:00  
 W65 Lorraine Lopes 1:56:00  
 W70 Lorraine Lopes 1:55:49

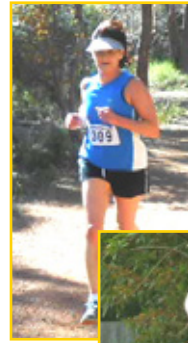
#### Marathon

W30 Tessa Brockwell 2:54:29  
 W35 Karen Gobby 2:36:40  
 W40 Tina Major 2:50:46  
 W45 Anne Shaw 3:01:19  
 W50 Anne Shaw 2:57:06  
 W55 Liz Neville 3:28:54  
 W60 Gillian Young 3:50:22  
 W65 Margery Forden 4:18:50



Lorraine

Jo Clarkson



Maxine Santich



Marg Warren



Marg Forden

## Club CC Champs Jorgensen Park

July 31, 2016

Director: Joan Pellier

WIND and heavy rain greeted us at this year's Jorgensen. Jim Langford was away and as John always marked the course I agreed to be race director.

We had three falls this year but thanks to Josh no one fell in the stream. Congratulations to all the medal winners.

A big thank you to my helpers; Jackie, Barbara, Richard, Frank, Mike, Jim, Josh, Katie and Robyn.

Also a big thank you to Robyn and Frank who helped John and me take down the tent (we nearly got blown away).

My coffee ladies did us proud with hot drinks and a great breakfast. This is one of the oldest runs on the calendar, it's tough and you need to take care, but dangerous? I don't think so.

Joan Pellier

### MONDAY

POINT Walter 8km time trial at Point Walter run by Dick Blom for 32 years now, 6.00pm every Monday night. Contact 1959blom@ozemail.com.au

### TUESDAY

GRASS CIRCUIT evenings at Perry Lakes near Hockey Club Rooms 5.45pm/6.30pm.

An informal Tuesday night group meets at Kent Street, Cannington; and Kings Park, Saw Avenue entrance; both at 6pm.

Perth Urban Runners 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 16.30pm there's usually a group running from 15km to 21km.

Call John Bell for more info: 9386 6975.

### FRIDAY

ROAD: 6am start most of the year, for an hour-long run or walk at various

# Where they're running

points along Swan River from UWA to Bassendean.

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

### SATURDAY

#### parkrun

Go online to parkrun.com for full details of the many parkrun locations in and around Perth.

David Carr's 'Saturday Group' meets weekly.

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

Cost: \$3.80 seniors – \$6.70 others; pay at the door.

All are welcome. Contact: davidcarr6@bigpond.com

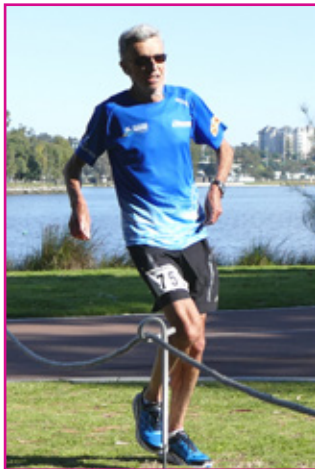
ROAD runs early every Saturday morning. Contact Dick to go on his list, at 1959blom@ozemail.com.au or contact Paul Hughes on 0412 513 348 or email paul.ljahh@westnet.com.au

## Mattagarup Run

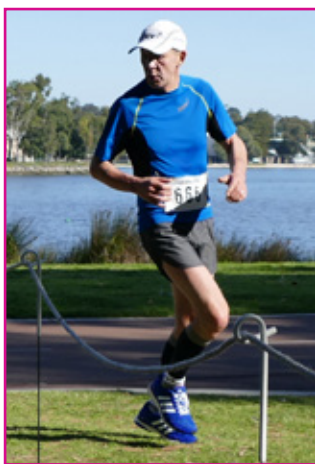
September 18, 2016  
Director: Wayne Pantall

### 10km run

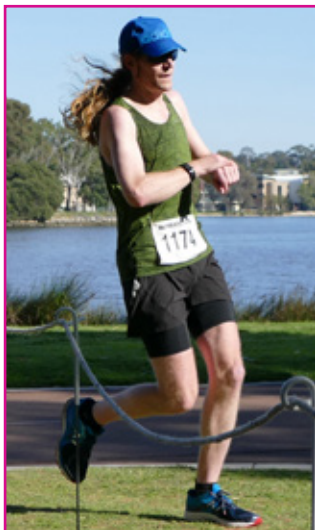
Kevin Johnson M55 41:57



Bob Lane M65 42:12



Peter March M55 42:25



Stuart  
MacKinnon M35 43:05  
Bryant Burman M40 43:12  
John Ranger M45 44:39  
Akos Gyarmathy M60 46:27  
Peter Bath M70 53:17  
Ray Attwell M80 59:35  
Irwin  
Barrett-Lennard M85 1:03:32  
John Pellier M75 1:07:50

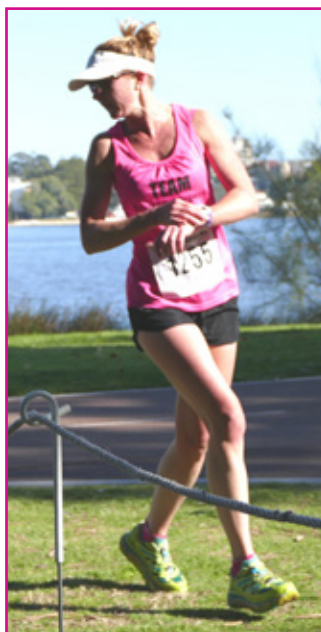
# Helpers defeat runners at Battle of Mattagarup

*A Sunday made in heaven,  
the weather quite divine,  
our stoic bunch of masochists  
all charge out from the line  
to challenge all the helpers,  
finding new ways to get lost  
and new ways to confuse  
themselves,  
no matter what the cost.*

*With secret tricks and strategies  
that only runners know,  
like "show the marshals who is  
boss,  
and tell 'em where to go."  
And switch off to the briefing  
by "that donkey with the horn,"*

### Women

Vanessa Carson W35 42:01



Clare Wardle W40 44:33  
Sandra Stockman W50 46:21  
Karen March W55 47:43  
Chris Pattinson W60 50:00  
Sandra Keenan W45 51:58  
Shirley Bell W65 1:00:51

### 5km Run

Giovanni Puglisi M65 19:49  
Paul Hughes M60 22:09  
David Baird M70 24:13  
Raymond Gimi M50 25:45  
David Carr M80 25:59  
Hamish  
McGlashan M75 30:16

### Women

Margaret  
Saunders W60 23:49  
Meghann  
Blakeman W35 25:57  
Gillian Young W65 26:40  
Delia Baldock W50 27:07  
Gillian Young W65 26:40  
Delia Baldock W50 27:07

*ignore the map, "I know the  
way –  
I'm G O R N – Gorn."*

*But helpers are all early birds –  
the buggers got there first,  
Out-smarting them with paint  
and signs,  
luring all with thirst.  
Baiting them with smiles and  
praise,  
guidance and direction,  
luring runners up the chute –  
pure bloody perfection.*

*Competitors who tried so hard,  
bravely were defeated  
by selfless helpers giving all,  
leaving warm beds heated  
Even with the yearly changes,  
and a course so altered.  
Mattagarup Helpers won –  
our thanks – you never faltered.*

Wayne

\* Thanks to Vic Beaumont  
and his new camera for the  
event pictures.

## Wireless Hill

September 23, 2016

Directors: Bob and Lynne  
Schickert

WITH rain pouring down  
all through the early morning  
and some club members  
away at the camp numbers  
were down to about 60.  
However the gods were  
with us and the weather  
cleared just before the start.

The new shortened to  
8km/4km course on better  
paths was well received by  
participants with many  
wildflowers seen along the  
way. The hills are still there  
and were a challenge to all  
who participated.

Thanks to helpers.

Bob and Lynne

### 8km Run

Vere Mills M35 30:33  
Ross Keane M55 38:30  
Bruce Wilson M70 40:52  
Charlie Chan M60 44:18  
Peter Bath M70 44:27  
Wayne Davies M45 44:30  
Alastair Wallace M60 49:16

### Women

Clare Wardle W40 36:25  
Sandra Rourke W45 43:27  
Maree Brown W50 43:57  
Jackie Halberg W70 52:20  
Ann Andersen W60 1:00:08

## City Rail

August 21, 2016

(non-handicap events only)

### 7.3km Run

Tony Smith M45 28:18  
Hamish McLeod M40 28:31  
Bob Lane M65 30:07  
Bjorn Dybdahl M60 31:41



Raymond Gimi M50 37:33  
Vic Waters M70 38:22  
Wayne Taylor M55 41:48

### Women

Jane Elton W45 34:17  
Margaret  
Saunders W60 35:37  
Chiew Mei Law W30 38:17  
Gillian Young W65 39:09  
Karen Hill W55 39:20  
Judy Davis W50 39:57  
Peggy Macliver W70 43:27  
Melissa Hassan W40 52:25

### 10.7km Walk

Robbie Pringle M35 1:12:32  
Johan Hagedoorn M70 1:19:06  
Peter Ryan M65 1:23:25

### Women

Elaine Dance W65 1:24:14  
Lynne Schickert W70 1:25:25

### 7.3km Walk

Peter Hopper M70 57:23  
Joseph Patroni M60 1:00:57  
Bob Fergie M80 1:04:38  
Rex Bruce M75 1:04:43

### Women

Sarah Ladwig W65 58:23  
Su Lloyd W60 1:00:45  
Lorna Lauchlan W85 1:04:36  
Priscilla Wilson W35 1:08:02  
Julie Wood W65 1:14:01  
Sylvia Szabo W55 1:14:06  
Pamela English W70 1:14:11  
Joan Pellier W75 1:22:01

### 4km Run

Trevor Scott M55 14:40  
Paul Hughes M60 18:45  
David Carr M80 20:22  
Bryant Burman M40 20:23  
Ivan Brown M70 20:25  
Raymond Gimi M50 20:34  
Hamish  
McGlashan M75 24:18  
Mike Anderson M65 24:52

## Darlington Dash

September 4, 2016

Director: Delia Baldock

### 14km Run



Tom Waumsley, pictured by VW 10 years ago in the club 25km.

Thomas Waumsley	M40	51:53
Bjorn Dybdahl	M60	1:01:35
Peter March	M55	1:01:35
Mark Kerr	M45	1:04:58
Jackson Wong	M50	1:10:41
Mark Sivyver	M65	1:18:03
David Adams	M35	1:22:22
Peter Bath	M70	1:24:36

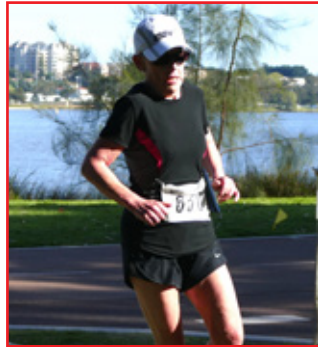
### Women

Elizabeth McFarland	W55	1:24:37
Silke Peglow	W45	1:30:31

### 7km Run

Jim Klinge	M65	30:02
Jim Langford	M70	33:29
Ross Keane	M55	33:59
Mark Hewitt	M60	34:18
David Pereira	M45	38:48
John Pellier	M75	46:51

# Fathers' Day run beats road closures



Karen March, fastest W55, with husband Peter regained Dick Horsley Trophy.

### Women

Karen March	W55	32:43
Lucy Ishino	W45	37:01
Carol Bowman	W60	38:29
Monique Thomas	W35	42:39
Sarah Ladwig	W65	46:12

WELL, the weather was favourable this year but they threw an international cycling race in the hills just to make life interesting.

Thanks to everyone who braved the road closures to come. We had a lovely morning tea to start off Father's Day and hopefully we will be able to have it on Father's Day again next year.

Thanks to all my fantastic helpers who make this run possible!



Jim Klinge and Karen March finished first in the short run (yes, still just as uphill as last year) and Tom Waumsley and Elizabeth McFarland took out the long run (two laps!).

Elaine Dance and Mike Hale brought the walkers home. Well done to everyone participating in this challenging but beautiful course.

Results for the partners' competition for the Dick Horsley Trophy (with combined times) are as follows:

**1st – Karen & Peter March: 1:34.18;**

**2nd – Monique & Kim Thomas: 1:40.50; and**

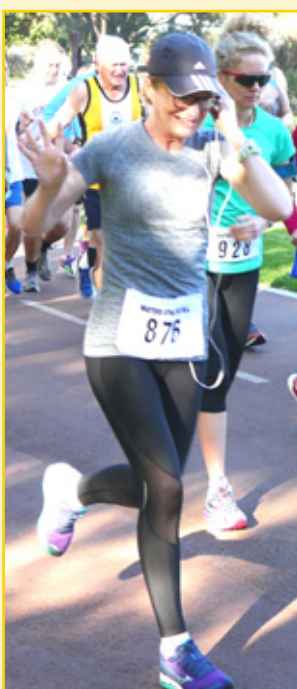
**3rd – Ngaio & Mark Kerr: 1:49.54.**

Congratulations to Karen and Peter for a great comeback and well done to the Kerr's in their first Darlington Dash. Hope to see everyone back for another go next year!

Delia

Peter Bath, best M70 at Darlington, in good Kings Park company. Behind him, Bob Schickert was quickest M70 in Nedlands 10km; and Sandra Rourke was best W45 in Wireless Hill 8km.

Left, Maree Brown (pic at Mattagarup: VB). Below, Trevor Scott (pic at Kings Pk: VW)



## Nedlands

August 7, 2016

Director: Frank Gardiner

THE weather encountered at Nedlands this year was not for the fainthearted. However, about 100 hardy competitors braved the wind and intermittent rain and appeared to genuinely enjoy themselves.

Umbrellas were necessary, if only to retrieve witches hats that were blown off the course into the Swan River. Standing near the finish line watching the runners and walkers reinforced my belief that the Masters is by far the friendliest and best athletics club in Perth. As usual the volunteers performed admirably and I thank them all for that.

Frank Gardiner

### 10km Run

Tony Smith	M45	37:53
Thomas Waumsley	M40	38:16
Simon Johnson	M30	40:38
Bjorn Dybdahl	M60	42:02
Vanessa Carson	W35	42:09
Tristan Bell	M50	45:11



Tristan Bell, pictured in Perth Marathon Relay 2010, is also our excellent handicapper.

# Those were the days – 80s era



**RICHARD Sparks, one of our early eighties runners, died last month. Richard was a marathon runner and later got into triathlons; he was also a member of the Marathon Club. In 1981 he ran in our 24-hours relay that broke the Australian Record. A wake was held in Kings Park to mark his passing.**

This photo, showing a club gathering at someone's home in those days, was sent by Bob Hayres to John Bell.

People in the photo, according to Bob, with a few additions by me, are back row, from left:

Young Crowther (who a few years on swam the English Channel), Val Tyson, Derrick Crowther, Jim Barnes,

Morris Johnson, Eric Pearton, Rob Shand, Alan Tyson, Barrie Slinger; Kath Nicky and Bill Mitchell; Don Caplin, Morris Smith, Mike Berry (don't know this lady but it wasn't the one Richard Spark had the week before!) and Richard Spark.

Middle bunch: in dark glasses, Pat Carr; Alison and Bob Johnstone; again in dark

glasses, Phyl Bould.

Front: Jill Midolo (who was Jill Pearton on this day), Pat Barnes, Anne Smith, Enid Crowther, Joan Pellier, John Pellier, Nora Berry, Cliff Bould, Joan Slinger.

Forefront: Frank Smith, David Carr. (By Joan Pellier.)

## Claypit Circuit

September 11, 2016

Directors: Dorothy and Jeff Whittam

DESPITE the deliberate (?) mistake in the Saturday 'West' directing people to the Kent Street Weir for our club run (or via the Marathon Club to the Claypit Circuit!), 115 members and visitors were not fooled and turned up at Perry Lakes for the run.

Maybe it was the lure of the AGM or perhaps the FREE breakfast organised by Elaine Dance and helpers.

There was a slight change to the start/finish as the usual spot has now been fenced off. So the finish was moved forward, and the start back, to keep the distances correct!

Our thanks go to all our helpers, especially Patricia, Janice and Jim who volunteered at short notice. Thanks go to our rostered helpers of course – Janet, Maggie, Sheila, Carol, Lorna, Katrina and Michael. Without you we could not run the event.

See you all next year.

Dorothy and Jeff



Jeff asked we give a special mention to Sandy and Brigitte – our most regular race-recorders.

## Nedlands

August 7, 2016

Director: Frank Gardiner

Keith Hill M55 46:33  
Chiew Mei Law W30 44:34  
Ralph Henderson M65 47:59



Jane Elton W45 50:09  
Maree Brown W50 51:59  
Bob Schickert M70 52:51  
Noelene Treen W55 59:27  
Irwin  
Barrett-Lennard M85 1:06:12  
Ann Andersen W60 1:08:35

### 5km Run

Giovanni Puglisi M65 20:09  
Bruce Wilson M70 22:49  
Margaret Saunders W60 24:17  
Syd Parke M60 25:04  
Gillian Young W65 25:26  
Raymond Gimi M50 26:10  
Ross Keane M55 26:15  
Delia Baldock W50 27:30  
Karen Hill W55 27:56



Ray, fastest M80 at Nedlands; pictured in the City to Surf a few years ago.

Ray Attwell M80 29:19  
Jackie Halberg W70 29:56  
Graham Thornton M75 30:43  
Jodie Edwards W45 31:47  
John Pellier M75 33:12  
Marg Forden W75 39:57

### CLAYPIT 10km Run

Peter March M55 42:25  
Brian Bennett M65 46:43  
Don Pattinson M60 48:38  
Herman du Plessis M50 49:35  
David Adams M35 53:26  
Peter Bath M70 54:13  
Irwin  
Barrett-Lennard M85 1:04:45

### Women 10km

Vanessa Carson W35 41:28  
Clare Wardle W40 42:54  
Karen March W55 47:21  
Chiew Mei Law W30 48:26  
Chris Pattinson W60 50:15  
Judy Davis W50 54:15  
Shirley Bell W65 59:50



Jackie Halberg W70 1:03:58

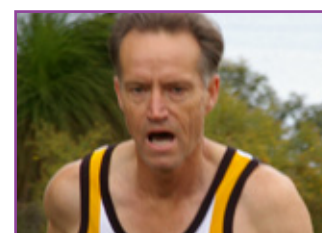
### 6.8km Run

Tristan Bell M50 29:40  
Bernard Mangan M60 31:04  
Ralph Henderson M65 31:06  
David Carr M80 38:17  
Phil Smith M55 44:37  
John Pellier M75 45:40

### Women

Nicola Hibbert W35 31:02  
Sandra Keenan W45 35:30  
Anne Jones W60 38:21  
Theresa Howe W65 43:35  
Janice Smith W50 44:38  
Sandy Eastley W55 47:14

### 3.7km Run



Jim Klinge M65 15:09  
Paul Hughes M60 16:18  
Ivan Brown M70 17:56  
Raymond Gimi M50 19:27  
Hamish McGlashan M75 20:37  
Allan Billington M55 23:19

## HEALTH

CLUB health guru John Bell makes no secret of his cynicism over dairy. Minimal consumption is his mantra.

Now an American physician has made a scathing attack on dairy consumption in the USA.

She is Sofia Pineda Ochoa, MD, a practicing physician in Houston, Texas who is certified by the American Board of Psychiatry and Neurology. She was a biochemistry professor at the University of Guadalajara's School of Medicine in Mexico, and is also the co-founder of *Meat Your Future*, an educational non-profit that provides fact-based information about the health, environmental, and ethical implications of consuming animal products.

She writes:

"Americans consume an enormous amount of dairy estimated at more than 600 pounds a year.

"Dairy foods (including cow's milk) have not been part of the diet of adults for the vast majority of human evolution.<sup>[2]</sup> We've only been consuming these foods for about 7,500 years,<sup>[3]</sup> compared to the roughly 200,000 years humans have been around (with our basic biochemical functionality evolving still a few million years before that).<sup>[4]</sup>

"Intensive and successful marketing by the dairy industry (including slogans like 'Milk - It Does a Body Good' and 'Got Milk') have reinforced a broadly ingrained belief that dairy is good for our health.

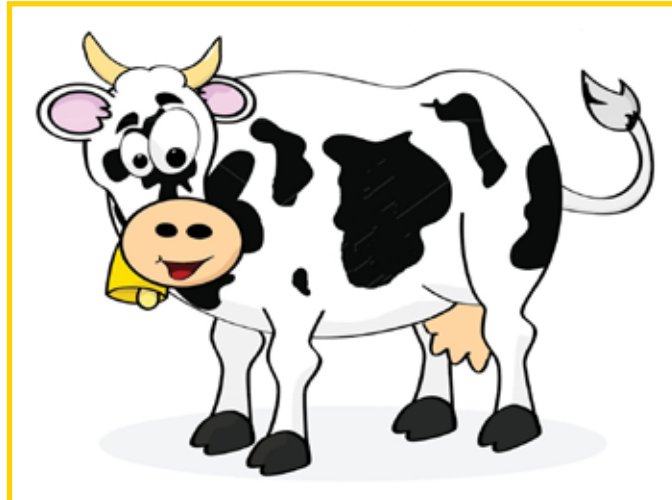


But is it, really?

"Dairy has come under fire and scrutiny from nutritional experts, scientists and physicians for its associations with a number of serious health issues."

# Do we really need milk?

THE plight of dairy farmers trying to sell milk at a sustainable price has been national news for years. I expect we would all like to give them a fair go. But that shouldn't stop us debating the relative nutritional and health value of dairy products.



"I love it, and my kids love it with grass!"

### Vetrun Healthfile

It's a very long article, which you can read online in *Vetrun Healthfile* at the club website.

Here's a brief overview of her writing. Headings include:

1. Even Organic Milk Usually Contains Hormones;
2. Casein from Dairy = Increased Risk of Cancer Development;
3. Higher Risk of Type 1 Diabetes and Multiple Sclerosis;
4. Even Pasteurised Milk Contains Microorganisms;
5. Dairy Products Accumulate Pesticides in High Concentrations;
6. Increased Exposure to Antibiotic Residue;
7. Dairy Can Lead to Bone Problems Too.

Dr Pineda concludes:

"Each mammalian species produces milk for its own babies, and the content of proteins, fats, carbohydrates and minerals is specific to provide optimum nutrition for a baby of that particular species. The milk from an elephant, tiger, sea lion and cow are each different from one another, and they are all different from human milk.

"When we think about it, the health problems associ-

ated with consuming the milk and dairy products of other species should not come as any surprise. No other species consumes milk regularly past the weaning period and certainly not from another species - and, as mentioned above, we humans have also not been doing so for the vast majority of our own evolutionary history.

**"Fortunately, with plant milks, such as soy, almond and rice now available, as well as delicious plant-based versions of other dairy products, it's never been easier or more convenient to completely avoid dairy."** ■

## Health is online

**VETRUN Healthfile is now on the club's website, under the Magazines tab on the home page.**

Most health, fitness and related articles published in the magazine can be found there.

## Calcium - without dairy?

WE have probably all heard that milk is an important source of calcium.

That is also debatable, according to Sofia Pineda Ochoa.

At *Vetrun Healthfile* you can read an accompanying story on this topic. Here are the basics of the story.

One of the biggest controversies is whether or not we can really get enough calcium following a whole-food, plant-based diet that excludes dairy.

Some common questions:

- How much calcium do I really need?
- Can I really get enough calcium eating just plants?
- What is calcium absorption, and why is it important?
- What factors (or foods) make me lose calcium?
- Can't I just fix everything by taking calcium supplements?

### How much is needed?

Current daily recommended calcium for most adults is 1,000 to 1,200 milligrams. However, plant-based health experts believe these requirements are high for a simple reason: a diet high in animal protein has a high excretion rate, which means you are forced to consume more calcium to make up for the inherent calcium excretion.

When following a whole-food, plant-based diet (that is also low in sodium and caffeine), calcium excretion rates are much lower. It means that a plant-based eater's calcium intake can also be as low as 500-741mg/day.

### Is there enough calcium in plants?

Like iron, magnesium and copper, calcium is a mineral. It is found in the soil, where it is absorbed into the roots of plants. Animals get their calcium by consuming these calcium-rich plants. So even though we are all conditioned to believe that calcium comes from milk and dairy products, the real source of calcium richness is the earth. No wonder that a whole-food, plant-based diet has plenty of calcium.

A varied diet of starches, vegetables and fruits (without dairy) has sufficient calcium to meet our needs. If you eat a relatively low-calcium diet, your body will adjust.

Calcium deficiency from a calorically sufficient natural whole-food plant-based diet is nonexistent.

### How much calcium is absorbed?

A cup of milk contains about 300mg of calcium. About 30% of it (90mg) is actually absorbable and thus bio-available (available to our bodies).

#### Comparisons:

- Calcium in firm tofu has about the same absorption rate as dairy products, hovering around 31%.
- One cup of bok choy, 1½ cups of kale, or two cups of broccoli contain the same amount of calcium as a glass of milk, due to their much better calcium absorption rate (in the 50–60% range!).

### What make us lose calcium?

- From age (older people lose more calcium).
- To vitamin D status (people who test low for vitamin D3 tend to lose more calcium).
- To the concurrent contents of your intestines. Sodium, protein and caffeine play primary roles in calcium loss.
- Sodium is our biggest enemy when it comes to calcium loss. For each 1000mg of sodium (2,500mg of table salt) excreted by the kidneys, about 40–60mg of calcium goes with it.
- Protein: As the intake of dietary protein increases, so does the urinary elimination of calcium. So when you double your protein, your calcium loss through urination increases by 50%.

### Dairy

The propensity of protein to cause calcium loss is particularly interesting when it comes to dairy products, which have always been considered as one of the best calcium sources. You lose 1/3 of the calcium you get from milk and over 2/3 of the calcium you get from cheeses.

- Caffeine: Caffeine also seriously affects the body's ability to retain calcium, as it acts as a diuretic and pulls calcium out from the body.

In stark contrast, many leafy green vegetables pro-

### PEOPLE who drink alcohol are less likely to die from cancer if they are physically active.

So say The University of Sydney, University College London and the University of Montreal.

Their research is based on surveys of more than 36,000 adults over the age of 40.

Basic levels of weekly exercise could offset some of the harmful effects of drinking alcohol.

The findings, published in the *British Journal of Sports Medicine*, and reported by the *ABC online* last month, found physical activity may decrease the risks of dying from cancer and other illnesses.

The researchers looked at responses from people in the UK that focused on the impact of physical activity and alcohol consumption on health outcomes.

Compared with people who had 'never been a drinker', the report found drinking – even within recommended levels, such as 2.4 standard drinks per day for men and 1.6 drinks per day for women – caused a 36 per cent greater risk of death from cancer as well as a 13 per cent greater risk of death from any cause.

### 150 minutes weekly

But the study found this risk was substantially lessened or offset among those who were physically active at the basic recommended level of 150 minutes per week of moderate intensity activity, such as brisk walking, or at the upper recommended level, equivalent to at least 300 minutes of moderate intensity activity per week.

Associate Professor Emmanuel Stamatakis said for

vide lots of easily absorbed calcium without causing calcium loss!

### Supplements?

Even though studies show that supplementing with calcium can reduce the risk of fractures by 10% (hip fractures excluded), doing so can also increase our chances of cardiovascular disease and strokes, cause kidney stones, and induce gastrointestinal distress.

According to the results of a recent randomised, double-blind, placebo-controlled study of over 36,000 post-menopausal women,

# Good news – for drinkers with a running habit?

physically inactive people who consumed alcohol, the risk of cancer was higher, even at low levels of drinking.

"We noticed a dose-response relationship between drinking alcohol and cancer deaths, that is the risk of cancer deaths increased as alcohol consumption increased," he said. "We have yet another reason to promote physical activity, to encourage people to be more physically active, to empower people to be more physically active and to create an environment that is friendly towards physical activity."

### No licence to drink!

However, Dr Stamatakis urged a note of caution.

"We cannot suggest that doing some exercise is a licence to drink more alcohol, as alcohol abuse causes significant health and societal damage," he said.

"Our research suggests that physical activity has substantial health benefits even in the presence of potentially unhealthy behaviours such as drinking alcohol."

w w w . a b c . n e t . a u / news / 2016-09-08 / weekly-exercise-may-offset-effects-of-alcohol-study / 7824486

"Calcium supplements with or without vitamin D are associated with an increased risk for MI (myocardial infarction) and stroke, and this risk appears to apply across subgroups defined by important baseline characteristics. These findings suggest that targeted prescription of calcium supplements to specific population subgroups, such as younger people and those with low dietary calcium intake should not be endorsed."

A recent study addressed this very important question, comparing the bone mineral density of long-term vegans

versus omnivores. The results were astounding; even though the vegans have vastly lower dietary calcium and protein intakes, they enjoyed the exact same bone density as their meat-eating counterparts.

In conclusion, you don't need dairy or supplements to get enough calcium (in fact they may be a hindrance rather than a help). As long as you eat a calorically sufficient whole-food, plant-based diet that drastically reduces or completely eliminates added sodium, you'll get all the calcium you need. ■

# HELPERS

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

**9 October**  
**Hale School GOT**  
*Race Director: Vic Waters*  
*Ph: 08 9341 3464*



Dave Allmark, Nick Boccardo, Bob Colligan, Adam Dance, Robyn Dunlop, Irene Ferris, Raymond Gimi, Kevin Goodman, Simon Johnson, Marion Kavenagh, Alicia Kilminster, Denise Newport, John Ranger, Anne Stingemore, Gregory Wilson, Julie Wilson.

**13 November**  
**Cliff Bould Trophy**  
*Race Directors: Stuart & Rebecca MacKinnon*  
*Ph: 0419 966 972*



Sue Bourn, Richard Danks, Mark Dawson, Jane Elton, Carolyn Fawcett, Robert Fawcett, Bob Fergie, Raymond Gimi, Michael Khan, Sarah Ladwig, Hamish McLeod, Carmel Meyer, Francis Price, Lynne Schickert.

**16 October**  
**Gwelup Lake**  
*Race Director: Richard Danks*  
*Ph: 08 9355 1570*



Albert Carse, Bridget Carse, Kim Cook, Steven Cook, Irene Ferris, John Fisher, Melinda Fisher, Marie Fitzsimons, Karyn Frost, Todd Ingraham, Jim Klinge, Tina Major, Genevieve Schreyvogel, Jochen Schreyvogel, David Scott, Roger Walsh, Martin Watkins.

**20 November**  
**Perry Lakes**  
*Race Director: John Bell*  
*Ph: 08 9386 6975*



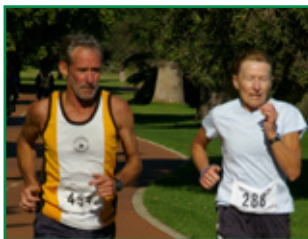
Bradley Bamber, Carol Bowman, Maree Brown, Paul Burns, John Hillen, Peter Hopper, Todd Ingraham, Simon Johnson, Tina Major, Hamish McGlashan, Anne Stingemore, Jonathon Storey, Julie Storey, Cecil Walkley, Claire Walkley, Roger Walsh.

**23 October**  
**Kalamunda Railway**  
*Race Directors: Bridget & Bert Carse*  
*Ph: 08 9293 4934*



Helen Alexander, Rick Allen, Richard Blurton, Keriann Bresser, Christopher Coates, Bjorn Dybdahl, Mike Hale, Scott Henderson, Adam Knight, Robert Lane, James Langford, Margaret Langford, Cate Mansfield, Graham Thornton, Debbie Wolfenden.

**27 November**  
**Garvey Gusto**  
*Race Directors: Gillian Young & Mark Sioyer*  
*Ph: 08 9295 1754*



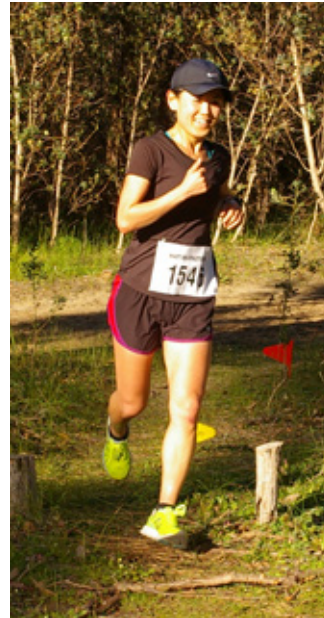
Patricia Ainsworth, Bryant Burman, Joanne Burman, Richard Danks, Bjorn Dybdahl, Melissa Hynds, Russel Montgomery, Chris Neilon, Sarah San, Wayne Taylor, Debbie Wolfenden.

## New members – Welcome!

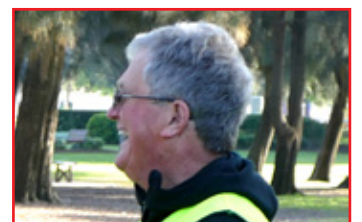
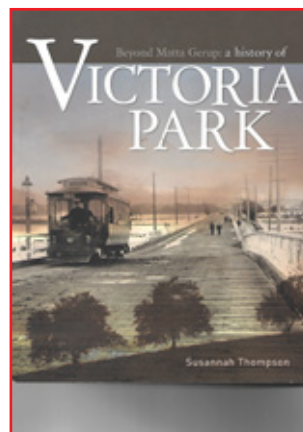
- |      |                      |     |
|------|----------------------|-----|
| 1532 | PENNY: Andrea        | W40 |
| 1533 | D'ARGENT: Christian  | M55 |
| 1534 | KNIGHT: Adam         | M35 |
| 1535 | EGHTEDARI: Masoud    | M40 |
| 1536 | MOZAKKA: Meroe       | W40 |
| 1537 | COLLIER: Len         | M60 |
| 1538 | TURNER: Larisa       | W40 |
| 1539 | ISHINO: MIZUE (Lucy) | W45 |
| 1540 | ALLEN: Rick          | M60 |
| 1541 | MAASDAM: Sanet       | W50 |
| 1542 | LEVIS: Sandra        | W55 |
| 1543 | EDWARDS: Jodie       | W45 |
| 1544 | PEELING: Peter       | M35 |
| 1545 | BOWLES: Mike         | M50 |



*Jodie Edwards, above, and Chiew Mei Law; two newer members pictured at the Kings Park CC.*



- |      |                    |     |
|------|--------------------|-----|
| 1546 | LAW: Chiew Mei     | W30 |
| 1547 | KILMINSTER: Alicia | W45 |
| 1548 | WALSH: Dessie      | M60 |
| 1549 | WARD: Howie        | M40 |
| 1550 | HADLEY: Margie     | W35 |
| 1551 | GRAY: Jeff         | M45 |
| 1552 | GOODMAN: Kevin     | M60 |
| 1553 | WILLIAMS: Phil     | M45 |
| 1554 | CROESER: Hendrik   | M50 |
| 1555 | CROESER: Louise    | W50 |
| 1556 | GLOVER: Barry      | M75 |
| 1557 | GROOM: Wally       | M70 |
| 1558 | PETERS: Jeff       | M55 |
| 1559 | BUANG: Hamidah     | W45 |
| 1560 | MUNDAY: Sheryl     | W50 |
| 1561 | MILLS: Vere        | M35 |
| 1562 | WILCOCK: Julia     | W45 |
| 1563 | O'HALLORAN: Steve  | M50 |
| 1564 | McCLUSKEY: Steve   | M35 |
| 1565 | BAKER: Brad        | M35 |
| 1566 | SISSON: Carol      | W45 |
| 1567 | BARBER: Wayne      | M55 |
| 1568 | WRIGHT: Elizabeth  | W45 |
| 1569 | SHERBORNE: Rachel  | W35 |
| 1570 | BATTEN: Nicol      | W35 |
| 1571 | KARWACKI: Jasmin   | W30 |
| 1572 | PANETTA: Enore     | M40 |
| 1573 | GOODERHAM: Jacqui  | W50 |
| 1574 | HELEAN: Narelle    | W35 |
| 1575 | VINE: Shirley      | W50 |
| 1576 | RODDY: Andrew      | M30 |
| 1577 | HUGHES: Darren     | M55 |
| 1578 | LEWIS: Karen       | W55 |
| 1579 | FITZGERALD: Rod    | M45 |



*Not only a talented writer, singer and bush poet, Wayne Pantall is a well-respected arbiter of local history around Vic Park. This fine book – what an early view of the Causeway! – was his reward for judging the Town's recent history awards.*