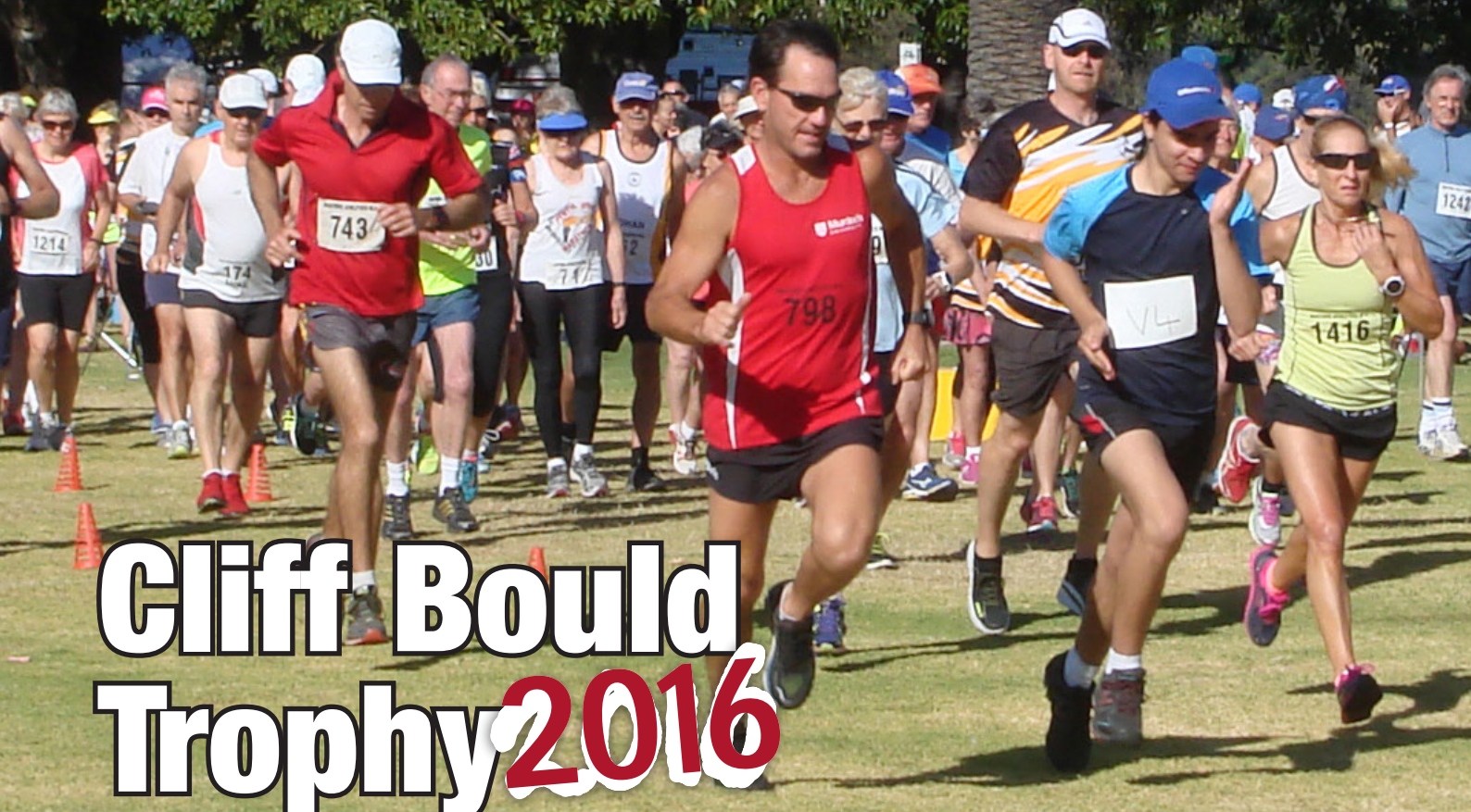


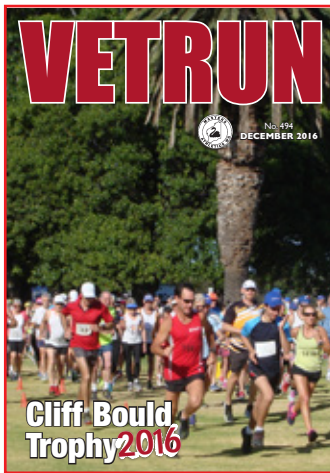
VETRAN



No. 494
DECEMBER 2016



Cliff Bould
Trophy **2016**



Cover: Kim Thomas led out the 5km field then returned to run 44.06, the best actual time in the 10.4km Cliff Bould Handicap.

NEXT EDITION

Vetrun no. 495 will publish in February 2017.

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Tea-Wallah wanted!

THE club needs someone to take on the responsibility for the morning teas in 2017.

He/She/They? would be required to take care of the equipment; purchase supplies as required; bring it all along on morning-tea Sunday mornings, and set up.

You won't have to miss out on your run or walk, because after setting up you could then take part in the event.

If you are going away on holiday at any time, a replacement would stand in for you.

Tea programme

Next year's morning-tea events are:

■ **January 2 (a Monday – public holiday)**

Welcome run at Burswood.

This is a cold morning-tea only, no tea and coffee, no urn required, and the food is purchased by Elaine Dance and would be prepared by her helpers.

■ **May 14 Aquinas – Mothers Day**

November 2016 Committee Meeting Summary

(Posted online – November 20)

- New steeples for ECAC have arrived, and steeple-chase events this summer will be split between WAAS and ECAC.
- Membership stands at 686.
- 2017 membership opens December 1 and it will be of key interest to see how many of our 353 temporary members for the World Championships decide to take full membership. Membership fees will be unchanged for 2017.
- In future the club will not charge for morning teas.
- The GOT event will move to Yokine from Hale School next year. New race director is Robin King.
- Sample of a proposed MAWA jacket will be made in order to gauge member interest.
- Date for the Perth Nationals in 2018 is required by end of this year. The committee is considering moving away from Easter and is looking at late April.



Elaine and the team put on a great spread at the last Welcome Run.

Men fetch the morning tea food – usual equipment needed.

■ **June 4 RRC & RWC at Burswood**

■ **July 23 Club Half Marathon at Burswood**

■ **July 30 Presentation Day at Marathon Club**

(to be confirmed) – but Committee provide food.

■ **August 8 Jorgenson Park X Country**

Committee provide food; prepared by helpers.

■ **September 3 Darlington Dash**

Delia Baldock arranges the food.

■ **September 10**

Claypit Circuit at Perry Lakes and club AGM

Committee to organise food.

■ **October 29 Cliff Bould Handicap at Taylor Street**

Cold morning tea, no tea and coffee, no urn required

■ **November 19 Perry Lakes**

■ **December 24 Christmas at McCallum Park**

Elaine Dance organises the food, prepared by her helpers.

So – please consider if you could handle this essential job for the club. Morning-teas add a great social dimension to our friendly club. Give it some thought and speak to a committee member if you think you could help.

Margaret Bennett

Woodbridge Inaugural

INAUGURAL runs are a rare event and not to be missed. Woodbridge – on February 19, 2017 – is one of them and you can be assured that this brand-new course will be well worth the trip to Midland.

Underfoot conditions are perfect and fast times can be expected. It goes without saying that every course record will be set that day.

Getting there is easy.

From Perth go straight up the great Eastern Highway and take First Avenue, which is directly opposite Woodbridge Station. The whole event happens only 200m from the highway so you might even think about using the train. I can recommend



John Smith

the Junction Ice-creamery at the next intersection; superb ice cream, great coffee and nice people.

Just bear in mind that it will be summer and you will be close to the river. You might need to practice your Royal Wave and bring the fly spray along.

John Smith

Hi Vic, Dee sent me this article after I advised her that I love running in the heat (not!).

I was badly affected by the heat in the World's half and very disappointed with my performance. I walked about a kilometre and my time was 1:51, whereas three weeks earlier I did 1:43 in cooler, wet and windy conditions.

So I am pissed off; but perhaps it's not just a case of mind over matter, but relates to the points made in this *Daily Mail* report?

Regards, Paul Hughes

Well, you can never be too sure about Daily Mail pieces, that organ being a notorious plagiariser! But this info sounds kosher, emanating from a UK study by St Mary's University in London.

It found that cold conditions bring a runner's heart rate down by six per cent, as



Paul might have been suffering the heat – but he seems to have done so in good company! Pic: Vic Beaumont.

Hi Vic, Re not putting any results for the walkers in the newsletter, are we to be classed as non members? Even if only the 1st in each category is listed it could save litigation for class prejudice.

Jeff & Dorothy Whittam

Thanks Jeff

In the 'old' days, we decided printing the T&F results in Vetrin, wasn't best use of limited page space. It was because the same names were listed, week after week, with little variation. The same applies today to most of the walks. My new, limited, results reporting shows the quickest in each age group, to give people

You Write ...

... on Heat

less blood is pumped out to the skin to dissipate heat.

The research put six male athletes through 40-minute runs at 22° C (72° F) and 8° C (46° F). A 40-minute jog during the average British summer sees someone sweat 1.3 litres on average, making the body work harder to combat dehydration. But a run in cooler weather requires less energy, making it easier to get around quicker – the report says. At the hotter temperature, they were under greater cardiovascular strain, leading to impaired performance. This supports previous evidence that the skin needs increased blood flow when it is warm.

VW

All the bests – from JO



John running for GB in the Worlds' M70 8km X/C

Steve Weller to manage T&F database and Club Bests

JOHN Oldfield has done a tremendous job over many years to set up and maintain our extensive databases. In recent years he also managed the list of club bests.

Now living permanently in the UK John is relinquishing this role. However, we are delighted to announce that Steve Weller will take over.

Please note – Steve cannot scour through the results of all the races you might enter, so if you think you have broken a club best you need to let him know.

Records

A motion was passed at the recent AMA AGM that allows recognition in the list of AMA records of marks set by athletes who are not financial members of AMA. This is to

be retrospective, and hence, for example, marks set by Steve Moneghetti are now shown in the AMA records.

MAWA will follow AMA on this matter.

Both the list of current records, and the more detailed lists, have been updated since the World Championships.

These show (in *italic*) marks set by non-financial members, if they are better than the club member mark.

On the club website, open the 'Records Home' tab to see the full list of records documents.

New race directors step-up

SINCE John Bell announced that he would finally relinquish direction of the Perry Lakes event, there has been a small rush for the exit!

Fortunately, in the great tradition of the Vets/Masters, willing club members have

volunteered to become new race directors.

Perry Lakes has been taken on by Jane Elton; and Akos Gyarmathy and Elizabeth McFarland will replace Richard Danks at Gwelup Lake.

Strangely, the Committee found it hard persuading someone to wrestle with the GOT – until Robin King bravely volunteered!

Incidentally, they have also struggled to find a suitable cross-country location.

In the interim, it has been placed at Yokine Reserve until a trickier course is found. This should make the 2017 runs, on tarmac paths a dead-heat – with everyone able to predict their time to the second! VW

... on health

Hello Vic

I really enjoyed reading the October edition of Vetrin.

Plenty of interesting topics, particularly the health ones on the dairy and alcohol.

The lead-up information on the World Championships was also very interesting.

I am looking forward to volunteering at a few of the championship events.

Kind regards

Jacqueline Billington

... on walks results in Vetrin

an idea of the competition. As there are relatively few walkers, it's really easy for you all to have a quick look at the lists that go online almost immediately after each Sunday. A quick glance tells you who's quickest in each age group. And I think you probably know that any way! It's not so simple to do that with a long list of runners, so my selecting just the first in each category is a short guide to form.

VW

In My View ...



by the Editor

Hurdles Shock Horror!

SHORT of a couple of hurdles for a championships event at the Ern Clark track, our intrepid LOC brought in some extras; alright so far. Then someone's eagle eye spotted a slight difference between the old and new.

The venerable equipment was found to be two centimetres too low. At some time in the dim and distant past they had been assembled incorrectly.

"The hurdles belong to Curtin," explained Richard Blurton. "We have no storage for our own hurdles.

"I will be discussing this matter initially with Canning Council, but be assured that by the time of State Champs the hurdles we use will be legal height!"

Looking back at Vetrun ...

JUST as a primer footnote for any members whose only experience of John Gilmour might be his gutsy performances at the recent World Championships, I have delved into the *Vetrun* archives. I wrote the reports, reprinted here, in the days when John set standards few could approach.

**Vetrun 214 – July 1990
WORLD RECORD FOR
JOHN GILMOUR**

IN the history of the world, no 70-year old man has ever recorded a faster time for the 10-miles road race than John Gilmour.

That puts into perspective the latest achievement of this remarkable athlete, who in our Fremantle run on June 24 ran 1:04:29.

This new world mark was compensation for John. A week earlier he equalled the world record for 25km, during the Road Race Championships.

**Vetrun 217 –
November 1990
ANOTHER WORLD
MARK FOR JOHN
GILMOUR**

WAVAC's most prolific record-breaker has done it again, cracking the 3,000 metres record for the 70-years category.

John's new time for the distance, set at Perry Lakes in an inter-club race, is 11:25:59.

This time also breaks the record for 71-year old men, set in 1982 by Australia's Stan Nicholls.



John Gilmour today, at 97; pictured at the club AGM.

Blooming at 85

ALERTED to a new M85 world marathon record by Joan Pellier, I checked the online lists provided by WMA.

Ed Whitlock is the new record-holder, a Pohn turned Canadian, who had the temerity to set his new mark in the Toronto Marathon. Why wasn't he here in Perth, enjoying the warmth?

Anyhow, Ed's terrific new time of 3:56:34, run on October 16, smashed the 2004 time of 4:34:55, set by Australia's Robert Hofman.

Like Ed, Robert made his record run shortly after turning 85.

(So that's the trick folks!)

Sub-3 JG's there too

John Gilmour's M60 WR for the marathon is listed, of course.

Aged 62 in 1981, he ran 2:41:07, in Albany.

But ... the current M60 world record (set in 2009 by Japanese Yoshihisa Hosaka) is only 2:36:30, less than five minutes lower than John's time. ■

Still running at 119? Not so fast!

BOTH John Bell and Lynne Schickert sent *Vetrun* an informative and entertaining *New York Times* story covering The Perth 2016 Championships.

You must read it – but it's far too long to reprint here. Go to www.nyti.ms/2eZTRiV

It's a sympathetic piece, to aged athletes like Indian Dharam Pal Singh who have no documents to prove their supposed birthdates – and to WMA officials struggle to deal fairly with them.

Dress-up, don't Spend-up!

CHRISTMAS Gift Run with Masters is the cheapest party of the season. You have a free breakfast and a great run/walk in the best of company. You are also ordered to spend only a 'modest' amount on a gift to place under the tree.

'Consumables' – preferably edible ones - are favourite with older members; we all have too much stuff already. Oh yes: wear something silly and/or seasonal.

Happy Christmas!



Finally pictured together – Ian Carson and Bert Carse. I have long thought how alike they are – quite apart from their running prowess – and cornered them at the Jorgensen breakfast for this picture. There's even a similarity in the names – Carson and Carse – but neither knows if there is any long-distance family connection.

Incidentally, some of Bert's creative talent was on show in the Jorgensen clubhouse, he being an active member of a local art group.

MARGARET Langford (then Margaret Birks) and I started the GOT after the idea put up by Mike Rhodes. The magnificent Timeless Trophy was hand-crafted and first awarded in 1991.

This year's event at Hale School was my finale.

Although it's a terrific location with excellent facilities, totally co-operative and helpful school staff, it's time to move on.

The event began in Kings Park and moved to Hale due to increasing restrictions made by the Kings Park board.

Simon Mort helped over various park courses; he was followed by Frank Smith there and at Hale, where the annual stalwarts Neil McRae, Ray Gimi, and latterly Irene Ferris eased the burden considerably!

This year

Thanks go to this year's helpers too, of course: Neil McRae and Ray Gimi; Julie and Greg Wilson; Karen Peace and her son Angus; Marion Kavenagh and Kevin Goodman.

Great timers

In 1991, the first year of the Guess Own Time run, it was called the Kings Park Birkwater 8. (Margaret Birks/Vic Waters – geddit?)

Jim Greenfield estimated his time to the second – running 41 minutes over that original 8km Kings Park course.

So it's fitting that on my last year there was some equally

25 years of Guesswork



The way we were: Margaret Langford and Vic Waters. You see what a quarter century of GOT does to you?

superlative estimation by newer member John Ranger, who was spot-on to the second with his time of 49:25 for the long 9.5km course.

Mark Hewitt did pretty well in the two-lap 6.3km run, running only three seconds slower than his 32-minute guess.

That so many winners predicted their times so well has always been a surprise.

Bob Shickert has won the Timeless Trophy three times.

Metro-Man

(On other occasions, over

track 800m and on road runs, he has helped me personally to hit my required pace. For this talent to run virtually any given rate I dubbed him 'Metronome Man'.)

Difficult event?

Yes, it is, for the directors!

After that first run, we reported Tom Savin, first home in an awesome 30:37, hollering:

"Times are all out. Someone had moved an arrow. We ran an extra 200 metres."

We blamed vandals, cyclists and dingos.

Sunday Nostalgia

It's not what it used to be.

Three directors have hung up their megaphones for this edition. John Bell, Richard Danks and Vic Waters' last blasts are in this section.

Margaret thanked helpers, including Basil and Kate Wornor, and wrote:

"Without them all it would have been totally impossible, rather than just a straightforward nightmare."

There were some momentous balls-ups in Kings Park, where even the most straightforward events can founder. One year most of the field were led into a bushy dead-end by misplaced flags. There was also a bagpipes player lurking in the same area, obviously banished from home and seeking solace in the park. He probably thought the mob of sweating and irate runners had come to lynch him.

In latter years, with the aid of Simon Mort, to overcome the vandals I marked the course late on Saturday nights, and ran it early on Sunday to check the flags. One notable year we found a parked car deep in the bush, right on the course. The loving Saturday-night special couple were as embarrassed as me; especially when I asked them to hold a flag and direct runners past.

The biggest b#~*s-up*

Greatest debacle was on the year I forgot to place one vital flag, 100 metres after the start at Saw Avenue. The entire field went wrong, all heading along May Avenue towards the city.

People returning after 15 minutes asking – "have we won?" was a clue that we were in trouble, but Margaret wouldn't let me flee the park to avoid their wrath.

New Director?

So after reading this I suppose the committee might struggle to find a new volunteer to direct the GOT.

I will only comment that it has to be run over a cross-country course – and always approached in as light-hearted a manner as possible; it's traditional! ■

Winners of the final Hale GOT: Mark Hewitt has the short-course alarm clock, and right, kemosabe (or John Ranger) is keeper of the magnificent Timeless Trophy.



Lake Gwelup

October 16, 2016

Director: Richard Danks

THE Gwelup event held on October 16 attracted probably our best attendance yet with 137 participants. The numbers were boosted by a large contingent of visitors who took the honours in both of the running events.

The course provides an excellent environment with views of the lake and wildlife. However, we will be looking at some modification in the direction of the participants next year as there is still some confusion with the course direction.

After around ten years as race director, I am handing over the responsibility next year to Akos and his wife Elizabeth. Their task will be assisted by the fact that most of the helpers are the same ones who return each year and attend to their responsibilities with minimal supervision. My warm thanks go to the following helpers and the many others who have provided wonderful assis-



My favourite picture of Richard Danks, outrunning the dinosaurs in Kings Park. Of course, this was a long time ago, when the world was still in black and white.

tance over the years: Bert and Bridget Carse, John and Melinda Fisher, Karyn Frost, Gen and Jochen Schreyvogel, Roger Walsh and Martin Watkins.

Richard Danks

10km Run	Age Group	Times
Women		
Vanessa Carson	W35	40:21
Clare Wardle	W40	42:25

Sandra Stockman	W50	44:46
Nicki du Plessis	W45	46:12
Karen March	W55	47:00
Theresa Howe	W65	1:03:48

Men

Simon Johnson	M30	41:42
Hamish McLeod	M40	41:43
Bjorn Dybdahl	M60	42:01
Peter March	M55	42:19
John Ranger	M45	44:14
Brian Bennett	M65	45:18
Alan Gray	M50	46:54
Jim Langford	M70	48:24

Irwin Barrett-Lennard	M85	1:03:41
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5km Run

Mark Dawson	M55	21:11
Kevin Goodman	M60	21:25
David Baird	M70	23:34
Raymond Gimi	M50	24:55
David Carr	M80	25:31
Hamish McGlashan	M75	29:08
Damo Jolly	M45	29:29
John Batta	M50	30:12
Mike Anderson	M65	30:40

Dry run by the ocean

SOME 90 or so competitors braved the windy but (thankfully) dry conditions of the twelfth running of our 'Magic' race along the spectacular Mullaloo-Burns Beach coastal path.

At the 8km turn mark where I was stationed, I watched for several minutes, a pair of ospreys hunting up and down the coastline: how good is that!

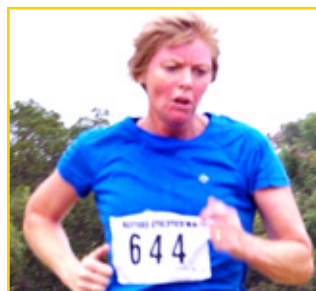
Due to the windy conditions Johan wisely placed the finishing area by the protective wall of the ablutions block.

Our volunteer marshals arrived in good time and performed their given roles cheerfully and efficiently – thanks all.

Special appreciation is due to marshal Marie Fitzsimmons, who having completed her duties accompanied an ailing older runner from Ocean Reef to the finish.

It's the kind of attitude what makes our club so good to be part of.

Nor must we overlook those members who weekly bring the clock and other



Marie Fitzsimmons – the marshal who did her bit and more, accompanying a weary runner all the way to the finish.

equipment and thereby lighten the loads (literally!) of the race organisers.

Course

Ours is an easy course to follow because the path is mostly fenced on either side. But it can't be easily flagged since the edges by the path are limestone. The fencing has meant that the 5km turn

Mullaloo Magic

October 2, 2016

Directors: Mike Anderson and Johan Hagedoorn

13km Run

Men

Hamish McLeod	M40	57:28
Steve Hossack	M55	59:37
Brian Bennett	M65	1:01:34
Hendrik Croeser	M50	1:02:39
Steve White	M30	1:07:14
Don Pattinson	M60	1:07:27
John Talbot	M70	1:25:50
John Pellier	M75	1:31:39

Women

Clare Wardle	W40	59:59
Chris Pattinson	W60	1:07:26
Lucy Ishino	W45	1:11:34

8km Run

Men

Ralph Henderson	M65	38:57
Mark Hewitt	M60	42:40
David Adams	M40	45:35
Frank Gardiner	M65	46:05

Women

Gillian Young	W65	44:22
Katie McGrath	W30	48:11
Theresa Howe	W65	54:17

5.3km Run

Men

Jim Klinge	M65	23:57
Raymond Gimi	M50	27:21
Maurice Creagh	M70	28:14
Nick Miletic	M65	30:53
Hamish McGlashan	M75	32:00
Neil McRae	M60	44:08

is actually closer to 2.7km than 2.5km as it's just not practicable to make a turn with a water station before the open area at Ocean Reef. No competitor has ever gone astray at our run – though in a previous year, strangely, one thought he had!

This year competitors chose the short or the long course with fewer than usual opting for the mid-distance of 8km.

We may have to make adjustments in 2017 and in future years as the major development of the Ocean Marina – so long threatened – may begin at long last.

We warmly thank ALL competitors, runners and race walkers, however quick or slow and we look forward to seeing you all again at next year's Magic.

Mike and Johan

Perry Lakes

November 20, 2016

Directors: John Bell

10.8km Run

Peter March	M55	45:40
Chris Maher	M60	46:09
Simon Johnson	M30	47:01
Kevin Goodman	M60	48:12
Herman du Plessis	M50	48:58
Mark Kerr	M45	49:17
Ralph Henderson	M65	49:37
Steven McCluskey	M35	50:49
Hamish McLeod	M40	59:48
Bob Schickert	M75	1:08:19
John Oldfield	M70	1:08:20

Women

Vanessa Carson	W35	45:59
Nicki du Plessis	W45	49:05
Chris Pattinson	W60	52:50
Noelene Treen	W55	1:02:10
Sam Farman	W50	1:09:10
Theresa Howe	W65	1:13:14

7.2km

Keith Hill	M55	31:24
Jim Klinge	M70	31:41
Prabuddha Nicol	M60	32:03
David Adams	M40	35:59
Jackson Wong	M50	38:32
Brian Danby	M65	39:30
Irwin Barrett-Lennard	M85	47:43
Graham Thornton	M75	49:20
David Carr	M80	50:05
Gary Wilmot	M45	51:16

Women

Johanna Leahy		
Marstrand	W45	33:36
Gillian Young	W65	38:47
Denise Newport	W55	39:32
Julie Wilson	W60	41:12
Lorraine Lopes	W75	45:22

3.6km Run

Rod Hamilton	M50	14:41
Bruce Wilson	M70	16:15
Frank Gardiner	M65	17:05
Merv Jones	M75	23:02
Neil McRae	M60	29:51

Women

Amanda Walker	W50	15:21
Karen March	W55	17:11
Karen Peace	W45	18:29
Sheila Maslen	W75	35:04

SIGN-UP TIME

Club membership for first-time members, renewals and lapsed members rejoining is now open. Please ensure you fill in the correct form and read the instructions carefully. Early renewal will ensure your preferred helper slots are still available. Fees are unchanged from last year and as always online membership is preferred. Personal details are encrypted and secure through MAWA and Register Now websites. Renewing members have until January 31.



John Bell is a bloke who cares. He signs off here, with some recollections after 32 years organising Perry Lakes.

“JANE Elton and Richard Russell are directing the Perry Lakes event in 2017.

When I started directing it, in 1984 after running my first two marathons, I was enthusiastic about conveying the message of the benefits of exercise, fresh plant-based food, and hanging out in a supportive community.

‘Thank-you for sharing’

That’s how it’s been. I was impressed with the ‘service to others’ style of the club and encouraged by my then boss, Barrie Slinger.

The experience has helped me develop a way of saying ‘thank you for sharing’ under my breath as complaints arrive; such as that from the member who walked most of the 11km and then complained that marshals had left – when he was about 25

minutes behind everybody.

Then there was the member who complained that water was not thrust to runners at the finish – when we were out on the course picking up Cliff Bould who’d fallen over again.

I’ve done so little for the club compared to others, I’m pleased to have been part of it. So many memories. Thank you MAWA.”

John



Kalamunda Railway

October 23, 2016

Directors: Bridget and Bert Carse

THE Kalamunda Rail Run was successfully held in perfect conditions.

Our thanks go to our helpers Scott Henderson, Cate Mansfield, Chris Coates, Debbie Wolfenden, Bjorn Dybdal, Maurice McCreigh, Bob Lane, Mike Hale, Richard Blurton Elaine Dance, Kerriann Bresser and Margaret Langford.

We enjoyed having the club members and visitors visiting Kalamunda for this event.

We also thank those club members for ensuring that equipment was made available to us on the day.

Bert and Bridget Carse



Mark Dawson led the field out and finished as best M55.



Bert starting in the Worlds M75 8km X/C.



Stuart MacKinnon (M35) was first overall.

8km Run Age Group Times

Stuart MacKinnon	M35	35:16
Hamish McLeod	M40	36:52
Mark Dawson	M55	36:58
Tristan Bell	M50	38:12
Brian Bennett	M65	39:25
Don Pattinson	M60	39:39
John Oldfield	M70	41:50
Merv Jones	M75	57:10

Women

Anna Bamber	W35	37:29
Nicki du Plessis	W45	38:49
Liz Neville	W65	41:37
Judy Davis	W50	46:15
Denise Newport	W55	46:25
Erica Blake	W601:00:00	

4km Run

Jeff Bremner	M50	17:21
David Baird	M70	19:54

Women

Barbara Blurton	W65	21:09
Delia Baldock	W50	23:14
Bernadette Height	W55	25:32
Christine Oldfield	W70	31:33
Janice Bertram	W45	32:53



Left – Hamish McLeod overhauls Mark near the end and finishes just six seconds ahead.

Right – first woman, and fifth overall, was newer member Anna Bamber, W35.



** Thanks Vic Beaumont –for making the long haul to Kalamunda and taking another set of excellent photos.*

Cliff Bould Handicap

Anna Bamber ran very well off a 21:05 handicap to win this year's Cliff Bould Handicap. Her overall time for the 10.4km race was 69:41 – actual time 48:36.

Pic: Frank Smith



Digestion is key factor to health

by
Ruth Ostrow

THE AUSTRALIAN
May 6, 2016

ALTHOUGH I'm a lapsed healthy person, a few years ago I had a diet that was immaculate by any standard.

For breakfast I would have a shake with raw foods including: bee pollen, almonds, pea protein, unhulled sesame seeds (for calcium), fresh fruit, banana, raw cacao powder (high in vitamins and enzymes) and on it goes. It covered many necessary nutrients, hormone stimulants and antioxidants in whole-food form. The rest were covered in my diet through the day.

When needed I would take a supplement or an injection of B12 for vegetarians or aquatarians like me. But I felt and looked deficient in many natural vitamins. I was tired and pale with dry skin, and tests showed me lacking a lot of nutrients. Why? I asked myself.

At the time I was studying Ayurvedic medicine with visiting world-renowned professor Robert Svoboda, and also a subject called *Food as Medicine* as part of an intensive yoga teacher training course. And what I discovered shocked me and changed the way I live.

dida — I started to absorb my healthy food again and felt much better.

Not alone

It is believed 73 per cent of us suffer some kind of digestive or gastric problem at any time, entailing gas, bloating, pain, weak or poor digestion, sluggish metabolism leading to weight gain, intolerance to certain foods (wheat, wine, sugars).

These smaller disorders can lead or be precursors to bigger ones.

According to Rob King, a Sydney-based men's health expert specialising in gut-based disorders, malfunctioning intestines can lead to inflammatory and autoimmune diseases. There are scientific studies linking bacteria overgrowth and leaky gut syndrome (intestinal permeability) to serious mental health issues, anxiety and depression, thyroid disease and autism, as well as general ill health, exhaustion, low libido, irritable bowel syndrome and even cardiac disease.

How digestion works

To better understand the process, the Mayo Clinic describes digestion as basically a process of breaking down big food particles into individual molecules, tiny enough to squeeze through the gastrointestinal lining into the bloodstream.

The digestion process takes six to eight hours, via the stomach and small intestine. Then the food enters your large intestine (colon) for further digestion and absorption of fluids.

The Mayo Clinic assesses average total transit time, from eating to elimination in stool, averages about 53 hours.

The general time spent in the stomach before leaving varies from 20 to 30 minutes for water and juices to three hours-plus for animal flesh. Certain heavier foods such as meat can ferment and rot in

Garvey Gusto

November 27, 2016

Director: Gillian Young & Mark Sivyer

10km

Kim Thomas	M40	38:53
Gary Grant	M45	41:08
Mark Dawson	M55	45:54
Kevin Goodman	M60	46:18
Ralph Henderson	M65	46:45
Stuart MacKinnon	M35	49:23
Rob Colton	M50	49:35
Bob Schickert	M75	59:25
Irwin Barrett-Lennard	M85	1:09:36

Women

Karen March	W55	49:25
Sandra Keenan	W45	51:27
Chiew Mei Law	W35	56:28
Shirley Vine	W50	1:00:13

5km

Giovanni Puglisi	M65	20:38
Keith Hill	M55	21:54

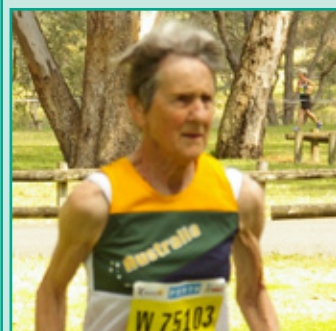
Jim Klinge	M70	22:02
Prabuddha Nicol	M60	22:09
David Adams	M40	25:11
David Pereira	M45	28:41
Merv Jones	M75	32:26

Women

Kim Chandler	W55	24:01
Chris Pattinson	W60	24:56
Barbara Blurton	W65	25:45
Sue Bourn	W45	26:48
Judy Davis	W50	27:50
Lorraine Lopes	W75	29:36

Garvey age-group quickies, but all pictured at the Worlds' XC at Perry Lakes.

Left, best W75 in the 5km, Lorraine Lopes; below left, best M75 10km is Bob Schickert; and below, best 5km M70 runner is Jim Klinge.



the gut if digestion isn't optimal.

The more chewed (or pulverised) the food is, and lighter, the easier it is on the digestion process, which takes a huge amount of energy resources from the body (which is why I vitamised my breakfast).

Onya, Ma!

By the way, Mamma was right.

Eating slowly, sitting down and not jumping up from the table are very important for digestive juices to function properly.

Says Farida Irani, Ayurvedic practitioner and founder of the Subtle Energies clinic in Sydney:

"For thousands of years we've said digestion is everything. The key word is absorption — getting nutrition passed to each tissue through the processes of extraction and transformation."

She says digestion involves assimilation: first into our blood, then muscle tissue and bone, then bone marrow, and finally reproductive tissue.

"It's a complex system. It's not what you eat but what you can absorb and use that matters. How you digest can result in health or illness. We look at the functioning of the gut and liver primarily and try to heal any toxicity first."

Ayurvedic advocates keeping the digestive fire in the tummy burning (in contrast with the trend for extreme 'alkaline'); and not drinking cold water with food. Different herbs and spices are added to stimulate the delicate internal ecosystem.

Now, Western research validates eons of Ayurvedic and Chinese medicine wisdom. Award-winning German microbiologist and researcher Giulia Enders says:

"For too long the gut has been the body's most ignored and least appreciated part."

Her book *Gut: The Inside Story of Our Body's Most Underrated Organ* has become a worldwide sensation and is on *The New York Times* bestseller list.

She says not to be terrified of bacteria: 95 per cent of bacteria around us and in the gut are good. It's about dealing with the 5 per cent of bacteria (and parasites) that can make you sick and hinder digestion.

King says 70 per cent of his

male clients have bacteria issues, for example overgrowth of *Streptococcus* or *Enterococcus*, and deficiency in good, helpful gut bacteria. Why?

"The main cause is that the gut isn't the same as it was after World War II," he says.

Nor are our foods the same, with the deterioration in soil quality and the advent of genetically modified products. Other contributors to digestion problems include: dietary indiscretion; drinking water with chlorine; exposure to chemicals; processed foods with added sugars (including fructose); alcohol imbalance; overuse of antibiotics; and overeating foods such as gluten and dairy proteins such as casein and whey.

Treatment includes cutting back on unhelpful foods. It is widely believed gluten is not an easily digestible protein and that we don't have the molecular axe to break it down properly; the resulting leaky gut can lead to inflammation and increased risk of auto-immune diseases.

Cures include getting properly tested for the right flora and fauna. King says we need unique pro-biotics, tailored to each person's gut, not all-rounders such as *acidophilus* (in yoghurt), which could worsen an individual's problem.

He advises buying a home water filter system, which reduces chemicals and purifies water.

Not being a big water drinker myself, I eat lots of high-water content foods to flush the system.

Genetics also can affect metabolism, says natural health practitioner Lucy Herron of the Lucy Rose Clinic chain. Herron, who specialises in thyroid health, says we have to test for genetic variations. For instance, those with the increasingly common MTHFR gene mutation have a defective enzyme that can severely affect how well the body converts and assimilates folic acid (B9) — critical to every bodily function including tissue growth, DNA and immunity. Supplements then can be given to help.

The bottom line is to be aware of what we are digesting and filter out what is toxic — in what we eat, as well as relationships and the world about us ■

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

Perry Lakes has it all

Perry Lakes is best known to us for the stadium built in 1962 for the Commonwealth Games. The range of running and walking opportunities around the lakes is outstanding – with hills, lawns and a shady, tarmac inner road for speed work and walking. The stadium has gone, of course, and we miss the ease of access that used to allow track-training at virtually any time of day. Creation of WAAS just across the road is compensation of course, and it's a much better location for serious T&F. John Bell added some information on the history of Perry Lakes to his final report.

ALTHOUGH little is known of the Aboriginal history in this area, it's recognised the lakes were once used as fishing holes and hunting grounds for waterbirds, tortoises, snakes and fish. Since European settlement, the area has had several landowners. In the 1850s, Perry Lakes was used for stock watering by local land owners and drovers using the Geraldton-Fremantle stock route.

The name recalls Joseph Perry, who in 1879 purchased the Limekilns Estate, which included Bold Park and surrounding land, including Perry Lakes. The property included a clay pit, a vineyard, a slaughterhouse and horse breaking

and stock dealing facilities near the lake. It was purchased from Joseph Perry by the Perth City Council in 1917.

Drovers continued to use the lakes as the last watering point before Robbs Jetty up until the 1930s. These years of stock watering and the impact of urban development, resulted in degradation of the lakes.

When the stadium was built the lakes were dredged to permanently hold water.

Today, the main issue affecting the lakes is declining groundwater level and the consequent decline in lake levels due to changes in rainfall and the high-level of bore water usage in the surrounding suburbs.

Older members might avoid it?

I AM very happy the committee has kept the course as it is a fantastic, challenging run and providing you are not injured worth doing for the challenge. The club has had a few casualties over the years – Michelle Mison’s run-in with a dog; Bjorn falling two years in a row; I rolled my ankle on the honky nuts, and David Carr’s incident this year.



Paul Hughes

Without being disrespectful to our older members (of whom I am one) our bodies are aging and we lose our co-ordination and balance on difficult courses. On that basis we should not attempt some runs but come along, help out and or enjoy the breakfast and the club’s friendly atmosphere.

Regards, Paul Hughes

Grading system?

FOR heaven’s sake, Jorgensen is a cross country event. Cuts, bruises and deflated egos come with the territory but as far as I know there have been no major incidents such as fractures or head injuries.* (It has long been recognised in industry that something that looks obviously dangerous can have the effect of making people more careful about what they are doing.)

At least once a year I let one of the International trekking companies organise a walk for me often in pretty wild country. My suggestion is that we follow their system which grades the walks as challenging, medium or easy. If we followed suit and described the reasons for giving a grade it would allow participants to make an informed judgement about their participation. This



Is it too dangerous?

Most responses suggest not

Hi Vic,
Jorgensen Park is a great place for a cross country run, so why would you not continue to use it? If all participants are advised to be careful of what are the perceived “dangerous and difficult bits” then I agree with Joan Peller.

“No, No, No,” we should not change the course.

John Talbot

is particularly important for the many first-time visitors that are now a feature of our fixtures.

For instance Jorgensen could be graded as challenging and attention would be drawn to:

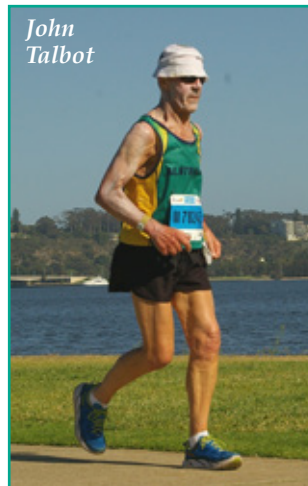
- Narrow paths with trip hazards;
- Creek crossings with steep banks; and
- Some water logging after rain.

Notice that words like danger and injury are avoided. If they are used it almost follows that the event cannot be run.

By definition we are presumably mature members of the club and should be capable of deciding how we lead our lives and to what level of risk we are comfortable with.

John Smith

* I know of two breakages; Michelle Mison’s, and my own. ED.



John Talbot

Jacqueline



Hi again Vic
At the Jorgensen Park run many years ago, I fell on that course, I was hurt and was scarred with pea gravel all down one side of my body and hands, I dusted myself off and slowly completed the course. I really liked the whole atmosphere of that run. Plus it’s the Ted Maslin Trophy award.

I agree with Joan and John, that it should still be held there, and as mentioned for people to take care.

Cheers

Jacqueline (Billington)



Hi Vic, We are in agreement with Joan on keeping the club cross country champs at Jorgensen. This is cross country, not what a lot of what are now called ‘cross country’ i.e. flat grass track runs. It also adds a bit of variety to club runs.

Jeff & Dorothy Whittam

In My View ...



by the Editor

Even by the river it was a hot run

DISTANCE runners probably had the worst of the weather at the end of a stunningly successful World Championships in Perth. There was but one compensation for the marathon and half-marathon runners on the final Sunday of the champs; they weren't running on the final Saturday, when 37 degrees baked the WAAS Stadium.

Next day, down along the river, a relatively mild mid-twenties sounded benign. But it wasn't, and most of our runners suffered accordingly.

So much for home-town advantage!

Records

Many of them still secured individual and/or team gold medals though.

You can read detailed results online for every club member in the marathons – and every other Championships event. Barbara Burton assembled this list, a monumental task for which we thank her most sincerely.

Here are some of the club members pictured by the two Vics in the half and full marathon on Saturday, November 6.

While assembling pics and captions of marathoning club members I checked the results and found John Oldfield listed in the GB silver-winning marathon team – for M45. Has he been lying about his age all these years? When I saw him he was walking, saying: "Have to finish, I'm in a team!"

Doesn't say much for old Blighty if they have to rely on a septuagenarian grandad to make up their squad! VW

World Championship Marathon



Perfect day out for families enjoying Perth's riverside; hard day at the office for long-distance runners, but Karen March took it in her stride.

GRAEME Dahl has done a superb job with his World Championships edition of TFNL. To see his terrific photo-coverage across a wide range of events, go to www.flipsnack.com A95BC9BA9F7/

On these pages *Vetrun* focuses on the World Championships marathon with pictures by Vic Beaumont and Vic Waters.



Peter March, Karen's husband, 10th M55 in 3:35:20 and team silver member.

TOP TIME FOR TODD

Todd Ingraham is a rugged performer and his time of 2:44:51 in the tough M40 age-slot was the best by a club member. Fourth in his age-group Todd helped Australia to team gold.



Steve Hossack was 11th M55 in the Marathon in a time of 3:49:38. He's looking almost as cool as the Sunday strollers, and the man in the river feeding the swans?

Below, Keith Miller; 7th M65 in 4:00:59 and lead member of the Australian silver medal team.



Golden Guys – John Talbot, left, and Peter Bath are both team-gold winners. John was 8th M70 in 5:32:34; Peter was 6th M70 with 4:58:42.



Ante Perdija, 10th M40 in 3:23:46

Let's hear it for the supporters! Merv Jones and Sheila Maslen – pictured by Vic Beaumont – wait for the 6am start marathoners.



New State Record-holder Christine Pattinson, 1st W60, in 3:47:54 and member of the gold-medal W60 Australian team; cutting into her frame is the other half of this great long-distance partnership, husband Don Pattinson, 16th M60 in 4:20:37.



Stuart MacKinnon, 8th M35, in 3:17:19



John Ranger, 11th M45 in 3:16:33.



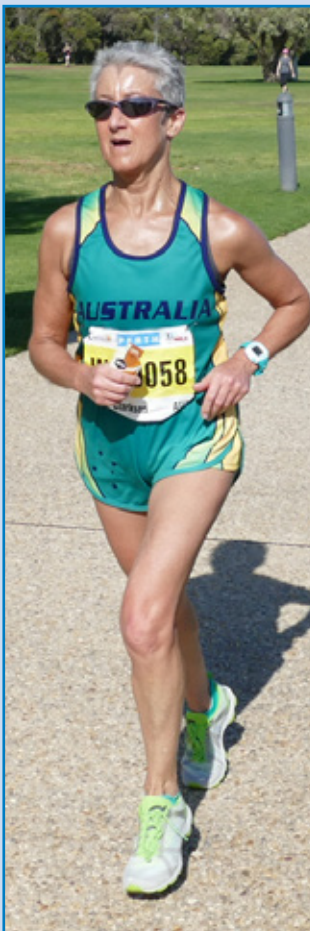
Milton Mavrick, 15th M60 in 4:17:59.



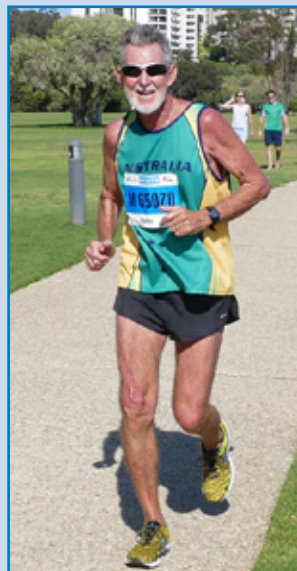
Lasting legacy at World Championships

WMA was very impressed with the organisation structure used by the Perth LOC in engaging a sporting event management company to undertake all the framework operations of venue organisation (athletes village etc); registration process, transport, staging (signage etc), design and purchase of merchandise and officials uniforms, VIP functions, ceremonies (Welcoming/Farewell Ceremony), medal presentations and publications.

Sandra Stockman, 1st W50 in 3:36:57 and leading member of the gold medal W50 team.



Half marathoners: above, Jo Clarkson, W60 winner in 1:42:50; left, top Brian Bennett, Brian M65, ran 1:48:08; and Brian Danby, also M65 ran 2:06:38.



WMA recognise that specific local requirements will always affect the organisational structure of any championships. But in view of the success of the Perth championships, WMA are in discussion with our LOC to ensure that the lessons from Perth are captured and available to future hosts.

In Perth, together with over 100 overseas and interstate officials, and 50-60 local officials, Athletics WA managed the competition aspect of the event.

More than 300 volunteers assisted with all aspects of the overall organisation and a special breakfast was held for them on the second rest day to thank them.

Throughout the Championships food and drink appeared to be well patronised, particularly at the end of the day. Only real complaint the LOC heard was about the type of beer being sold – some wanted more boutique lines, rather than the ‘run of the mill’ (and cheaper) lines for sale, said Bob Schickert

Lynne Schickert says that targeted merchandise sales figures have been achieved and there is a small supply still available. After Christmas this will be taken

to MAWA runs for sale at a much reduced price to any members who still want a souvenir.

“The Welcoming (Opening) Ceremony was very well attended and all the overseas athletes thought it was a great event, introducing them to some Australian culture,” said Lynne.

“Visitors were also greatly impressed by the transport organised to take them to the venues on both sides of town. Many of them who have been to numerous World Championships said the transport was the best they had experienced.”

The Farewell (Closing) Ceremony was by its very nature well attended, being held at WAAS between the two relay events, so the stands were full of athletes and spectators.

It’s hard to tell whether or not the Championships attracted the general public. As entry to all events was free there is no record of attendance.

But the amount of media coverage and publicity generated before and during the Championships would certainly have made a wider audience aware of senior athletics.

VALE

Norm Miller

November 28, 1931-
November 16, 2016

NORM really didn't like funeral black.

One day at McCallum Park, resplendent in his coat of many colours – a green jacket festooned with vivid badges collected on overseas holidays and hikes – he berated me for wearing a dreary black track suit.

So there's no black border around this picture of Norm and Pat. This one's for you mate!

Pat kept the colourful spirit alive at Norm's funeral, held at Pinnaroo on November 28. She wore red; most of the many club members in attendance got the message and were also comfortably casual on a hot Perth day.

What's more, I bet nobody reading this has ever attended a funeral where the congregation sang 'Happy Birthday' to the dear departed?

We did; because November 28 was the day of Norm's birth, 85 years ago in Birmingham, England.

Formality?

Yes, there was some in this secular send-off – and it was most moving.

Norm Miller joined the Royal Marines while living in London in the 1950s. Though long retired from the service, of course, he was a very active and valued member of the WA branch and at the funeral he was honoured by the regiment.

Two standard-bearers, upstanding and impressive in their distinctive white hel-



rets, with sashes across regimental blazers, preceded Norm's coffin. It was escorted by more ex-Marines, their blazers be-medalled and berets worn with pride. Norm's own blazer and decorations lay across his coffin.

Australia

For most of his working life Norm was a gas-fitter and plumber, a trade he first joined back in the UK and remained with until retirement in Perth at 64.

In 1974 he emigrated from the UK to Australia and six years later Norm met and married Pat.

Sport brought them together, Pat spotting 'this tall, good-looking bloke' at a badminton club.

They joined our club, then called WAVAC (WA Veterans Athletics Club) in 1986.

Pat says that the Vets helped a 'shy' Norm come out of his shell. That was certainly a surprise to me, and I'm sure

many other senior members who knew Norm's wry sense of humour will concur.

In Australia and abroad, Pat and Norm enjoyed travelling and hiking holidays. But he was also enthusiastic about motorbikes, and – knitting.

The latter hobby was another surprise to me, though I suppose one might have guessed. Nobody else would have made those rainbow jumpers he liked so much.

Pat says Norm designed them himself. I suppose that blows my theory, that he was really colour-blind, completely out of the water!

Humour

Norm really did display the most sardonic sense of humour. He once told me 'nobody in this club likes me'.

Well, judging by the congregation of members, who turned-out to join Pat and Norm's family and friends, and represent Masters at Pinnaroo, you got that wrong Norm!



Norm Miller, far right, with some other venerable members; from left, Alan Pomery, Dalton Moffett, Lorna Lauchlan and Leo Hassam.

HELPERS

11 December – Canning Caper

Race Director: Keith Atkinson – 08 9313 1669

Ivan Brown, Les Bruyns, Gary Fisher, Aldo Giacomini, Dante Giacomini, Chris Gibbons, Scott Henderson, Alan James, Helen Lysaght, Chris Neilon, Barbara Putland, Sarah San, Russell Smith, Carolyn Stephens, Cecil Walkley, Claire Walkley, Jackson Wong

We do not have any helpers for 2017 because no one has joined for next year yet! Helpers are needed for the first few races of 2017. If you can help at one of those races please renew your membership early. Membership for 2017 is already open.

New members – Welcome!

1580 SEQUEIRA: Jonelma W40

1581 SEQUEIRA: Xavier M45