

VETRUN



No. 498
AUGUST 2017



Club Half-Marathon
JULY 24, 2017



Cover – start of the club's half marathon.

NEXT EDITION: Vetrunc no. 499 will be published in October 2017

In this edition ...

AGM and Agenda - this page	
Short-course RRC	P3
DC's 800m World Record	P4
You Write; My View	
John Talbot chases his tail	P5
RRC 2017 winners	P6
RWC 2017 winners	P7
Burswood 25km	P8
Deepwater Point	P9
Mill point Road	P10
Treasurer's Report	
Whiteman Park	P11
President's Report	P12
Finances 2016 – 2017	P13
Exercise and long-life	P14-15
Around Herdsman	P15
Half-Marathon	P16

Do you know this bloke?



Portrait of a Runner	P17
Sharks Run	P18
Vale Dalton Moffett	P19
Helpers;	
Where They're Running	P20

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WA MASTERS ANNUAL GENERAL MEETING 2017

THE AGM will be held at 9.45am on Sunday, 10th September, 2017 at the Hockey Club Rooms, Perry Lakes Drive, Floreat – following the Claypit Circuit run. Morning tea will be provided for all following the run.

All members are invited and encouraged to attend whether participating in the run or not. This is especially important as we will be voting on a special resolution to update our constitution in accordance with the new Associations Act.

Special resolution

A notice of special resolution will be sent to all members. A new constitution needs to be adopted by the club to meet the new rules of association although the changes are fairly minor. The committee are also proposing changes to the process for nominating for committee positions. The proposed new constitution will also be on the website. If members have comments or questions they are encouraged to send these to the club secretary (you can use the website 'contact us' button before the AGM.)

Committee Nominations

Nominations are called for the Committee for 2017-2018. The positions are President,

Vice-President, Secretary, Treasurer and four committee members. Nomination forms are available from the secretary – email: mawasecretary@gmail.com

It would be appreciated if all nominations could be received by the end of August.

Life Memberships

To be eligible for life membership a member must have had active continuous membership for at least ten years and have substantially contributed to the progress of the club. Recommendations need to be made by three members and submitted to the secretary before the August 7 committee meeting. Nominations need to be approved by the committee and then accepted by a majority of the members at the AGM.

2016 AGM Minutes

A copy of the 2016 AGM minutes and also the 2017 AGM reports can be accessed via our website: www.mastersathleticswa.org – just click on "Our Club" then select "About Us" or you can request a copy from the secretary.

Secretary's Report

AWA Membership

All MAWA members are now automatically registered with Athletics WA for insurance cover even if they don't compete on the track. There has been some confusion when members receive emails confirming their AWA registration.

These are automatic emails issued as AWA updates its data base and can safely be ignored.

Delia Baldock

AGENDA

1. WELCOME
2. ATTENDANCE/ APOLOGIES
3. MINUTES OF 2016 AGM
4. MATTERS ARISING
5. REPORTS
President
Secretary
Treasurer
6. STATISTICIAN REPORT & PRESENTATION OF TROPHIES
Achievement Awards
John Gilmour Trophy
7. CLUB OFFICIALS
Patron
Auditor
Course Measurement
Editor Vetrunc
Handicapper
Registrar
Social
Statistician
Website
8. ELECTION OF OFFICE BEARERS
President
Vice-President
Secretary
Treasurer
Committee Members (4)
9. LIFE MEMBERSHIP AWARDS
10. SPECIAL RESOLUTION TO ADOPT AMENDED CONSTITUTION

It is proposed to adopt the amended rules (draft dated July 2017) in place of all the existing rules of Masters Athletics WA Inc (dated 9 May 2013).

11. GENERAL BUSINESS



Carry-on Camping at Myalup

THE next weekend 'camping carry-on' is at Myalup from September 22 – for three or four nights – your choice!

Come and join us for a great weekend, says organiser Elaine Dancem who will announce the cost – soon!



Elaine – see her Sundays; you can't miss her!

There will be running, walking, pilates, yoga, dancing and – of course – eating and drinking and lots of fun.

Elaine can provide information on the cabin accommodation to anyone interested.

See her at Sunday runs, or email danaine@hotmail.com

NEWS in brief ...

- FIVE members have joined the team to process Sunday results – thanks!
- NEW Sunday directors are also required.
- Racecourse event (July 30 – when Championship medals will also be presented) is to be committee-managed.
- Problem with website results page has been solved.
- AGM notices and reports, special resolution re constitution – this issue of *Vetrun* and on-site.
- Draft 2018 programme includes Bold Park – for the Guess Own Time runs – and also includes an Easter Day run.
- Our Risk Management Plan has been revised and updated; see website under 'About Us'.
- A list of members – names and club number only – will be placed on the website.
- An updated guide for Sunday helpers has been produced.

Short-course RRC starts in September

DO you prefer short runs? Well, now for the first time Masters has a championship just for you!

It begins on September 10 with the Claypit Circuit 3.7km.

City Rail (September 24) follows with a 7.3km; and the final event is the 5km at the Mattagarup Run (October 8).*

But, there's a 'BUT'!

To qualify you must NOT

have competed in any one of the long course championship events held earlier in the year.

(The Committee reserves the right to disallow anyone they believe should not be competing in the championships!)

To qualify, do all three runs.

Winners will be the mem-

bers with the lowest aggregate time across their three races. Separate trophies will be presented to the best male and female runners.

* You might have an old printed programme that shows an RWC on each of these dates, that's an error. As most walkers do the annual long-course RWC there would be insufficient entrants for a short-course RWC.

M85 Mile WR is next target



Picture: Carmel Meyer

DAVID Carr's recent string of successful (pending confirmation) World Record bids began on his 85th birthday, June 15, with the 1500m at ECAC, Coker Park.

Old 1500m M85 WR: 6:38.23
New (pending) WR: 6:27.3

June 28 – at WAAS

Old 800m M85 WR: 3:09.10
New (pending) WR: 3:06.69

July 6 – at ECAC

Old 2000m steeple M85 WR: 11:36.93

New (pending) WR: 11:04.2

David points out: "The world records listed are from four months ago. It's just possible that other record claims, like mine, are in the pipeline.

"My next target is the mile, on August 19. It's listed at 8:04.7. I would like to break seven minutes."

Barbara Blurton was one of several members supporting David in his WR bids, and she scored one of her own at the Darwin Nationals. Barbara was in the W65 4x400m squad that set the new WR at 4:52.76.

Patron's simplified

ENTRIES for this contest have declined for several years, and the committee, along with some athletes who have done the trophy for many years, have looked at how to make it more appealing.

We have made it simpler. There will be eleven events – 100m, 400m, 800m, 1500m, 5000m, LJ, HJ, TJ, Shot Put, Discus, Javelin. You need to complete nine events – and the best nine count.

It means everyone has to do at least one run, one jump and one throw. Please consider entering the Patron's Trophy this year – it has a long tradition within MAWA. All finishers receive a commemorative certificate.

Dash to Darlington for Fathers' Day & couples Trophy

THE Dick Horsley Trophy is the only one the club awards to husband and wife couples. Dick, who died in 1996, was one of our club founders and the trophy has been awarded since 1987. We have a surprising number of joint club members who both compete – unmarried partners can also compete, provided both have the same address.

In this event one person must complete the short 7km course and the other the 14km. Times are combined and the team with the fastest total win the perpetual trophy. It is a testing course through picturesque hills, uphill first, finishing downhill. We hope to see many of you take up the challenge this year on September 3 – but of course you do not have to be a couple to enjoy the run! We even have a special morning tea to celebrate Father's Day.

Delia Baldock



HUNDREDS of excited schoolgirls thronged the WAAS grandstand halfway through Country Week. Some trotted the track, their uniforms amended with coloured cloaks. Two masqueraded as giant, lime-green starfish.

Under a startling-blue winter sky the girls warmed-up, prepared to run and jump and cheer.

Few noticed the diminutive man-in-black who carefully stretched and jogged on the back straight.

By 10am the schools meet was already half an hour behind schedule. Were organisers regretting allowing the ninja and his mates to slot into their show? No sign of it.

On the back straight some other old people had joined the ninja, making their own preparations.

The girls might have noted how careful, tentative even, these ancients seemed; as the very young athletes romped around them, chatting and laughing.

Now there was a pause in the carnival as the veterans began to concentrate and congregate near the start.

On the apron in front of the stand, friends and club mates, and relatives of the main man shuffled, some with nervous anticipation. Could he do it?

Everyone eyed David Carr, the 85-year old grandfather who would try to run 800m faster than any such man ever had.

Could he do it?

On track the contestants stripped to reveal shiny green and gold. The centre of attraction looked even smaller. Did the girls notice 'Australia' emblazoned across the singlets? **These people had competed for their nation.**

Seven Masters took off and their audience took off too

DC WR links generations

because they knew this was a momentous run, a world record attempt.

A man who is old enough to be their grandfather – or great-grandfather – was that remarkable athlete out there in the Australian uniform.

His audience screamed and shouted and hooted and hollered all the way. They eased as the runners entered the back straight, swelled again as the strung-out field returned. Every runner was cheered. Our two female contestants were given a little extra, shrieking boost from their young sisters.

David Carr is always composed.

But pre-race even he displayed some nervousness.

"Perfect conditions," he said, "so no excuse there."

Time? Even point-one of a second would crack it; but:

"I'd like to take a couple of seconds off."

Lap one

At 400 metres he was still composed, in control.

It was now all about keeping his pacing, holding his form.

The runners came around again, all giving their all, and



The warm-up

Half-way there

the stadium celebrated every run.

David Carr finished, straining now, paces shorter, but still composed.

Had he done it? Surely he'd done it?

A schoolteacher asked the officials – has he done it? The girls were desperate to know!

This World Record had to be electronically measured.

So we waited. Then we all cheered.

Old record 3:09.10

New M85 WR – 3:06.69

What are the chances that one, or more, of the young athletes who watched this dedicated man will themselves become record-breakers?

I think it's odds on, and just a little more likely because of that day in Country Week when a man showed that age is no barrier if you determine to excel. *Vic Waters*



You write...

ANOTHER great edition of *Vetrun* (June 2017).

I couldn't put it down until I read it completely.

Glad all the photos and reports are on board again. One article in particular from Su Lloyd I found was very inspirational.

Kind regards

Jacqueline (from Busselton)

Past blast!

Hi Vic,

ALTHOUGH I am no longer a member I like to read the *Vetrun* on line and was amazed to see a photo of a few of our Saturday group (April 2017, page 3) obviously taken with my camera.



In 1991 Ian Sutherland was transferring to Canberra and we wanted to give him a farewell photo album of ourselves - included Bob Hayres; Bob & Allison Johnstone; Dennis Batterham (with the priests habit on, he was a Lay preacher); Nora (the water carrier); Sid Bowler (wearing the tin hat - he died age 90); Tim Fry [he died a few years ago in cycle accident].

I was having eye troubles, hence the stick!

Cheers, Mike Berry

VALE Brian Paxman

BRIAN first joined the club around 1975 and rejoined in 2000. He was born on February 2, 1930.

Bob Schickert recalls:

"My memories are of Brian turning up very irregularly at the track - and saying he was not fit, but he would run!

"In the 1989 AMA championships in Perth he was fifth of nine (and second WA runner) in the 1,500m. David Carr won gold in 4:39.6 and Brian ran 5:08.4. In the 5,000m he was eighth of eleven in 20:24.8 - the race being won by Jack Clarke - brother of Ron - in 17:52.2."



Kim finishing Bardon Bash - results, page 16.

Perth marathon

KIM Thomas' 'dream run' took him to fourth overall with PB of 2:41:18.7 (age-graded 81.35%). Ex-member Ross Langford (Jim's son) also ran a PB and was third overall.

Kevin Johnson won his category with age-graded 73.88%.

Jaqueline Kellerman had a great run in 3:06:23 (75.41%) while Vanessa Carson ran 3:15:25.6 (71.73%).

Bob Lane won the Jim Barnes trophy for a sixth time, in 3:14:27.6 - age-graded 86.41%.

Aladdin our darkroom will make your Prints Charming!

Old Fleet St photographers' quip - revived by the artful magic of Vic Beaumont for this composite of John Talbot. Club runners sometimes say we're competing against ourselves, not each other; but John's taking it to extremes here!



Darwin went international

OUR National Championships made the news in Hong Kong. Neighbours of the Schickerts were visiting Hong Kong and saw Bob on TV, officiating at the javelin on day one.

A great time was had by all attending this first AMA Champs in Darwin, says Bob.

Double gold

Here's a challenge for statistics buffs.

Lynne and Bob both won gold medals in the 2000m steeple 75 age-group. They think this could be a first - a husband and wife winning the same event - in the same M&W age group - at an AMA Championship.

But as Bob suggests, it's probably impossible to check for such an obscure record!

Thanks for the cakes, Alycia

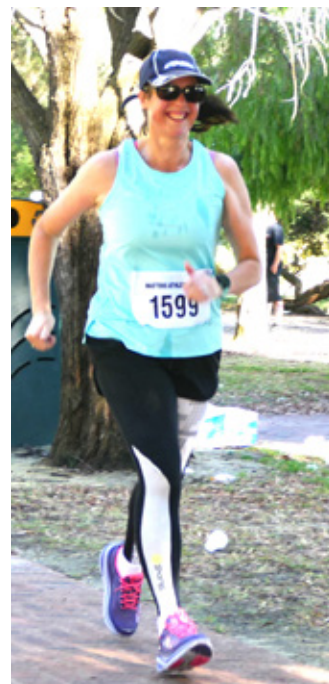
BURSWOOD'S riverside location is great for Masters events, and the barbecue cum tea-bar makes them all the more sociable.

At the June 4 RRC event one of our newer members, Alycia Edwards, made it even more so with her contribution of home-made cakes. They're called Monte Carlo, and Alycia modestly said, "It's just a recipe off the internet!" Maybe so, but they were delicious and particularly welcomed (with hot drinks) by

In My View ...



by the Editor



Alycia Edwards

the helpers who laboured for hours. Thanks Alycia, and also for fetching your two delightful young brown-eyed daughters to meet Masters!

2017 RRC

WOMEN
Rochelle Rodgers W30 4:04



Clare Wardle W40 4:31



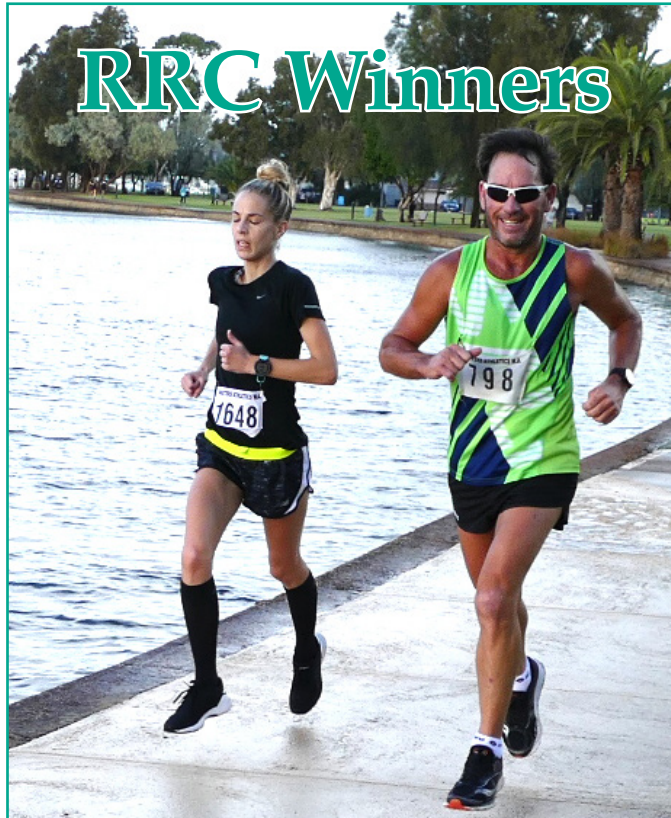
Karen March W55 4:58



Sandra Stockman W50 5:01



Silke Peglow
W45
6:26



ROCHELLE Rodgers has been a welcome guest at our events for many years. As soon as she turned 30 Rochelle joined the club, celebrating her membership with two trophies in the first couple of months.

She took out the Weir Run Trophy and has now added the RRC Trophy with an all-time record performance of 4:04 minutes per kilometre.

Rochelle finished ahead of last year's winner, Clare Wardle, who ran 4:31 min/km, a little over her 2015 winning time.

In the men's event, Kim Thomas has now established the longest-ever winning streak – six events, not quite breaking the 4 min/km barrier this time.

It is good to see first-timer John Ranger in second place, just ahead of seasoned campaigner Bjorn Dybdahl.

Debutants

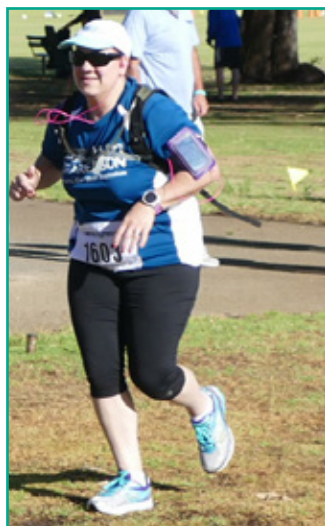
Five members completed their first RRC, and Milton Mavrick will receive a certificate for 10 completions.

In the walks it was a repeat of last year, with the trophies going to Karyn Tolardo and John McDonagh.

John improved on his previous best time, from 7:08 to 7:01 min/km. Three members completed their first RWC.

Overall, competitor numbers were significantly down from last year, but similar to 2015.

Barbara Blurton



Angela Italiano W30 7:42

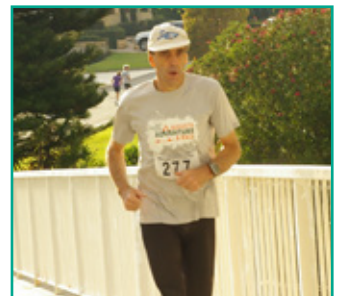


Bjorn and Peter

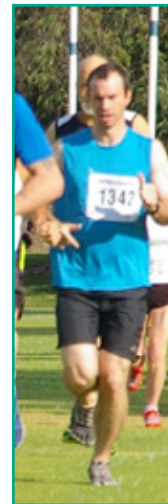
MEN
Kim Thomas M40 4:00



John Ranger M50 4:23
Bjorn Dybdahl M60 4:27
Peter March M55 4:31



John Allen M55 4:42



Alex Tinniswood
M35 5:11

Road Walk Championship winners



Karyn Tolardo was fastest female walker this year. John McDonagh, right, three-time winner of the RWC, pictured with Paul Martin (second fastest-ever RWC man with 5:36 min/km in 1999).

RRC Men continues ...



Wayne Bertram M50 5:22

MEN

John McDonagh M65 7:01



Johan Hagedoorn M70 7:13



Ross Keane M55 5:28

Continues ... P8 ►

2017 RWC

WOMEN

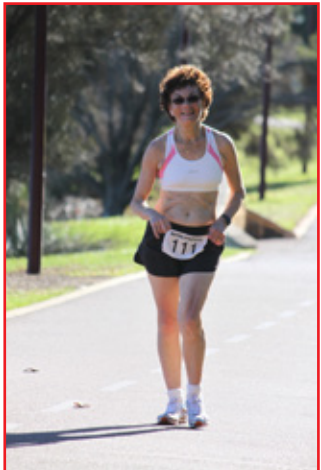
Karyn Tolardo W50 6:34



Elaine Dance W65 7:51



Debbie Wolfenden W50 9:10



Lynne Schickert W75 8:18



Bridget Carse W70 9:10



Bob Fergie M80 9:01

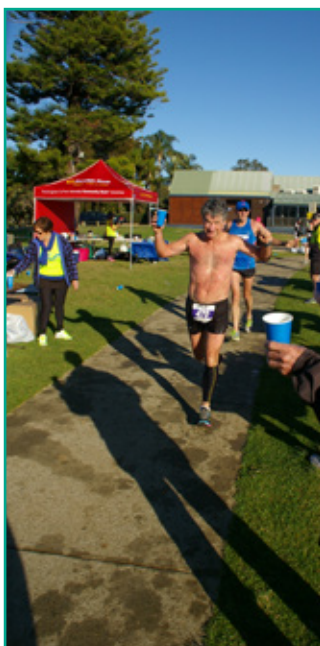
Just to show his versatility – as well as flexibility – M80 Bob Fergie takes to the air.



David Adams M40 5:42



Bert Carse M75 5:56



Milton Mavrick M60 5:59

Field of 155 race at Burswood

THE 2017 Road Racing Championship 25km and Road Walking Championship 15km took place on a perfect Perth autumn day – blue sky, warm – starting and finishing at Burswood Park.

A total field of 155 enthusiastic runners and walkers, including 31 visitors, participated in the events.

Runners had the choice of four distances: 25km, 15km, 10km and 5.2km. Walkers had the choice of three distances: 15km, 10km and 5.2km.

* Three of the longer distance runners took the new option to start at 7.30am; the rest of the field started at 8.00am.

Reminder – Vetrin prints only age-group bests; full results are on the club website.

5km Run

Chris Lark	M35	1:41:14
Kim Thomas	M40	1:41:15
Tony Smith	M45	1:43:56
John Ranger	M50	1:50:42
Bjorn Dybdahl	M60	1:53:22
Peter March	M55	1:56:21
Abdul Mohamed-Isa	M30	2:11:57
Mercurio Cicchini	M65	2:12:15
Bert Carse	M75	2:36:44

Women

Rochelle Rodgers	W30	1:42:33
Jacqueline Kellerman	W40	1:51:14
Nicki du Plessis	W45	2:02:32
Sandra Stockman	W50	2:06:13
Karen March	W55	2:07:24

15km Run

Ante Perdija	M45	1:03:22
Hamish McLeod	M40	1:11:31
Leigh Rodgers	M30	1:13:56
Alan Gray	M50	1:14:03
Paul Hughes	M65	1:14:59
Wayne Taylor	M55	1:34:20
John Talbot	M70	1:40:58

Stadium view

As they raced past, all competitors had a fine view of the new Perth Stadium which is approaching completion.

Chris Lark, Kim Thomas and Tony Smith were 1-2-3 in the men's 25km run. Rochelle Rodgers, Jacqueline Kellerman and Clare Wardle

**RRC 25 km,
RWC 15 km
Burswood Park**

June 4, 2017
Director: Mark Hewitt

were 1-2-3 in the women's 25km run.

Karyn Tolardo, Marie Fitzsimons and Elaine Dance were 1-2-3 in the women's 15km walk. John McDonagh, Johan Hagedoorn and Peter Ryan were 1-2-3 in the men's 15km walk.



Carol Bowman-Carmel Meyer double-act; pictured at Thornlie, repeated at Burswood.

Women

Lisa Searle	W40	1:13:19
Anna Bamber	W35	1:14:14
Denise Newport	W55	1:26:33

10km Run

Mark Dawson	M55	50:16
David Baird	M70	51:06
Jim Farr	M50	52:25
Mark Sivyver	M65	59:58
Keith Atkinson	M60	1:00:48
Ray Attwell	M80	1:04:43
Merv Jones	M75	1:12:25
Bryant Burman	M40	1:14:20

Women

Sue Bourn	W50	52:18
Rochelle Airey	W45	53:50
Gillian Young	W65	55:17

Trisha Farr	W45	55:57
Carolyn Fawcett	W65	1:13:36

5km Run

Bernard Mangan	M60	24:18
Graeme Dahl	M65	24:32
Ivan Brown	M70	28:42
David Carr	M80	31:01
Mike Anderson	M65	33:44
Irwin Barrett-Lennard	M85	36:03
Richard Danks	M75	42:06
Tommy Glackin	M35	46:23

Women

Carol Bowman	W60	30:59
Carmel Meyer	W55	31:02
Sarah Ladwig	W65	35:56
Sheila Maslen	W75	52:22



Bob Schickert M75 6:22 Like Bob Fergie, Bob Schickert proves he can jump too!



Frank Price M65 8:33



Mass start at Burswood

■ In the women's 10km walk, I note that Priscilla Wilson was first across the line – well done.

Many thanks to the helpers: on turns were Keith Hill, Akos Gyarmathy, Lucio Cecotti and Jim Langford. At the road crossings we had Ian Carson and June Streeter. Delia Baldock, Bernadette Height, Roy Hart and John Dance handled the drinks tables; and stationed at the start/finish were Jackie Halberg, Sandra Rourke, Maxine Santich and Maurice Creagh.

Mark Hewitt



WE had a cool seven-degree start for our event at Deepwater Point. However, with clear skies it became a perfect autumn day.

Despite a poor response from some of the designated helpers, we were fortunate that a few of our members gave up their time to fill the gaps.

The events were the 7.5km

Deepwater Point

May 28, 2017

Director: Ian Carson

run, the 15km run and the 7.5km walk and all the helpers worked well to make it a very successful day. A number of runners commented on how they loved the course.

Ian Carson

15km Run

Stuart MacKinnon	M35	1:04:11
Bjorn Dybdahl	M60	1:05:07
Peter March	M55	1:05:58
Alan Gray	M50	1:14:08

Charlie Chan	M65	1:21:41
John Talbot	M70	1:39:37

Women

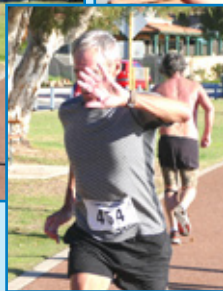
Lisa Searle	W40	1:11:45
Karen March	W55	1:12:38



John Batta

7.5 km Run

Patrick Jones	M45	31:05
Giovanni Puglisi	M65	31:13
Keith Hill	M55	31:25



Mark Sivyer

John Talbot

Some love

the camera, some are camera-shy ... and some just like to gee-up snapper Vic Beaumont!



Jim Speirs M50 37:35

Ivan Brown	M70	41:03
Eamonn McNulty	M60	44:07
Ray Attwell	M80	45:46
Darren Miller	M35	46:25
John Pellier	M75	47:57
Irwin Barrett-Lennard	M85	49:59

Women

Anna Bamber	W35	33:40
Trisha Farr	W45	37:58
Chris Pattinson	W60	39:44
Gillian Young	W65	40:46
Karen Hill	W55	44:01
Sandra Rourke	W50	49:31
Sheila Maslen	W75	1:21:06



Julie Wilson and Ivan Brown out-sprint a lamp-post.



Vic Beaumont

Mill Point Rd

June 11, 2017
Director: Milton Mavrick



Ladies day by the river

New members Eulalia Van Blomestein and Jacqueline Kellerman had a great Mill Point day – and Amanda Walker blitzed everyone in the 5km. Our pictures show Eulalia trailing Tony Smith as they neared Milton’s devilish finish loop. With the clock in sight Eulalia had the lead, and offered it to Tony. The gentleman declined!



Another very welcome new-comer, Jacqueline Kellerman was first W40; and far right, nobody caught Amanda but cameraman Vic Beaumont.

10km Run

Women

Eulalia Van Blomestein	W45	40:40
Vanessa Carson	W35	40:48
Jacqueline Kellerman	W40	41:39
Sue Bourn	W50	50:21
Olivia Brabant	W30	55:20
Noelene Treen	W55	1:04:18
Carolyn Fawcett	W65	1:05:08

Men

Kim Thomas	M40	37:47
Tony Smith	M45	40:41
Chris Gibbons	M50	41:43
Peter March	M55	42:04
Alex Tinniswood	M35	43:35

Ian Carson	M60	43:45
Paul Hughes	M65	45:45
David Baird	M70	48:46
Bert Carse	M75	49:21

5km Run

Amanda Walker	W50	21:30
Carmel Meyer	W55	27:53
Bernadette Height	W60	32:14
Sarah Ladwig	W65	32:29
Sheila Maslen	W75	51:33

Men

Randy Hobbs	M55	23:49
Raymond Gimi	M50	26:25
Vic Waters	M70	27:03
David Carr	M80	27:54
Paul Martin	M75	37:02
Neil McRae	M65	42:43



WA MASTERS AGM

Treasurer's Report

by Keith Hill



our national affiliation fees, up to \$7,378, against last year's \$4,172. However, this now includes insurance and state affiliation.

Our equipment purchases this year included a Jones counter to help with course measurement accuracy. We also contributed to the purchase of new steeplechase barriers, at a cost to us of \$2,260; and to the re-fit of the storeroom at Coker Park (\$940).

This year we have introduced a new jacket to complement last year's new uniform.

This contributed to overall uniform sales of \$5,447, only marginally down on last year's \$5,692. At June 30 we held an inventory at \$3,329.

Events

As in previous years, all club events were held at a break-even cost, or better. The state championships, which we host and underwrite, again made a surplus (\$3,482) which we continue to use to subsidise some of the other sundry costs associated with track and field usage during the year.

A summary of receipts and payments is included in this *Vetrun* (p 13) and will also be put on the website. These figures are still subject to audit.

THIS is my first report since taking on the role last September. Fortunately I had Geoff Brayshaw preceding me and leaving things in very good order. Thank you, Geoff. In this report I have commented on the figures and made comparisons where I feel it is helpful.

This year's financial performance has been steady showing a small operating surplus of \$864 compared to a small deficit (\$690) last year.

Overall we completed the year to June 30, 2017 with funds on hand of \$75,930 compared to \$75,067 at 30 June 2016.

Revenue

Once again, we maintained our membership fees at the same level as in the preceding year. However, after last year's record numbers (624 at June 30, 2016) our membership has dropped back slightly to stand at 565 at June 30, 2017. This was to be expected after the excitement generated by last year's World Championships being held in Perth.

However, it remains a historically healthy number.

Our Sunday visitor fee income has fallen back this year, to \$3,751 against \$5,732, which may again be evidence of last year's Worlds' surge.

Overhead expenditure

This year saw what appears to be a significant increase in



Whiteman Park

16 July 2017

Director: Robin King

10km Run		Time
Patrick Jones	M45	41:25
John Allen	M55	44:10
Ian Carson	M60	44:23
Alex Tinniswood	M35	45:33
Jim Langford	M70	49:40
Mark Hewitt	M65	50:47
Bob Schickert	M75	63:12

Women		Time
Sandra Rourke	W50	55:08
Barbara Blurton	W65	55:35
Heather Stanborough	W35	56:14
Noelene Treen	W55	58:23

5 km Run		Time
Jim Klinge	M70	21:53
Graeme Dahl	M65	22:33
Randy Hobbs	M55	23:52
Merv Jones	M75	32:48

Women		Time
Margaret Saunders	W60	23:30
Delia Baldock	W55	28:32
Peggy Macliver	W70	30:23



ROBIN King, fresh from the far north to direct Whiteman, looks remarkably cheerful for someone who's just had her bike nicked! Left, how do those walkers, led by Elaine Dance and Lynne Schickert, corner so fast without falling over? Below, rugged Whiteman provides wide open spaces with great walking and running paths; Randy Hobbs and Marg Saunders were in the 5km run, Marg finishing in front.



TO host what has universally been praised as the best Masters World Championships ever has been a great honour for MAWA and a tribute to all the hard work put in by so many members. We lost count of the number of international athletes who wrote to say how much they enjoyed their time here. So we should all rightly be proud of what we achieved.

Lynne and Bob were an inspiration throughout, Geoff did an amazing job keeping our contracts and finances in order, while Delia looked after all our admin issues with her usual efficiency and thoroughness. But not least the numerous MAWA members who became volunteers, many of whom enjoyed it so much they asked for extra shifts.

And astute financial management by the LOC ensured that we not only delivered on all our promises for the Championships, but achieved surplus funds as well, to be used to further Masters Athletics in Australia. MAWA already has plans to submit a number of project proposals for funding.

Legacy

But beyond this MAWA of course enjoys the legacy benefits of the money that was spent on upgrading facilities and purchasing equipment. Top of that list is the transformation of ECAC from a run-down facility on the list for closure, to a first rate Championship venue that we intend to call 'home' for many years into the future.

Around 350 of our members competed. They all trained so hard and I was proud to see so many wonderful performances. 29 gold medals went to MAWA athletes, along with Australian records for John Gilmour, Loraine Lopes and Ruth Johnson, and no less than 46 State Records. Lasting memories for me were sprint doubles to Wendy and Barrie, Alan Gower's gutsy X-country win, Jim's X-country tussle with Don

Some of the successful, 73-strong team of WA athletes that swelled the first-ever Nationals in Darwin.

President's report – 2016-17



Mathewson, Byrony's dominance in the throws even at the end of the age-group, and on a more personal note, Barbara's return to international competition and medal-winning after many years away through injury.

700 members

Our membership passed 700, but more pleasingly many who joined for Worlds have remained, and we currently sit at well over 500. The trend to a younger age profile continues, plainly evident when I look at the line-up every Sunday morning. Peggy Macliver is stepping down as Registrar after many years in the role – Barbara will take over in addition to keeping the position of Statistician.

Robin King resigned from the committee due to work commitments and her place was taken by Campbell Till who has done an invaluable job as the committee lead person for Track & Field.

Nationals 2018

Perth is hosting the Australian Masters Championships in 2018 and an LOC has been working on this since February under my leadership. I have a great team with Barbara looking after Competition; Delia Social, Catering and Merchandise; Mike Anderson Venues and Admin; Keith Hill Finance and Sponsorship. I am sure that club members will give the LOC their full support.

Numbers at Sunday runs have continued to be very strong and competition often fierce – I recall the single-mindedness of Giovanni and Gillian as they determined to make the age-graded trophies their own. The handicap trophy went to the wire this year and hung on the last race, with Keith Atkinson able to watch on as his competitors blew their chances and handed him the prize.

We held a presentation breakfast at the Marathon club which was very successful and is being repeated this year. And we have a new powerhouse in the Women's membership as Rochelle Rodgers turned 30, and took out the Weir Run and RRC Trophies in her first few weeks with the club.

Numbers at Track & Field meets fell as expected after Worlds, but many returned to competition for our State Champs attracting the second largest ever entry, and being superbly organised as ever by Barbara. We all so much enjoy being back at ECAC. There is no State Champs in 2018 due to Nationals but our return to ECAC in 2019 will depend on the installation of an electronic timing facility – something the committee are actively working on.

June saw the first ever National championships at Darwin, which has proved very popular attracting 73 of our members to enter. They enjoyed a feast of good athletics

with fierce but friendly competition.

Highlights for me were the number of new MAWA members competing, Peggy Macliver's magnificent haul of gold medals, Colin Smith's elevation to the top tier of Australian Masters sprinters, three State Record records, and of course Barbara's part in the memorable W65 World Record 4x400m.

Carr 1500m WR

David Carr turned 85 on June 15, an eagerly awaited event as in recent months he has been breaking M85 world records in a number of events. And to celebrate he broke the 1,500m record in a magical night at ECAC.

The coaching initiative launched in May last year has proved to be popular and we have been able to continue with most of the coaching sessions.

Following the popularity of our new modern uniform design we added both a T-shirt and a tracksuit top. The T-shirt was added to the on-line shop, but for the present the tracksuit top can be purchased from Margaret Bennett

Elaine Dance continued to manage our social programme and the pattern of weekends away, breakfasts after Sunday runs and the Melbourne Cup lunch will continue.

Finally a special thanks to Vic Waters and to Graeme Dahl for producing our two outstanding club publications, to Hamish McLeod for maintaining and developing our excellent website, and to the numerous members who help either at events or behind the scenes to make our club the success it is.

Richard Blurton



MASTERS ATHLETICS WA INC.

Summary of Receipts and Payments

For the Year ended 30 June 2017 (unaudited)

Receipts	2017 \$	2016 \$
Membership income		
Membership fees - 2015	–	1,539
Membership fees - 2016	9,946	28,625
Membership fees - 2017	23,944	–
Visitors fees	3,751	5,732
Total fees	37,641	35,896
Surplus/(Deficit) on membership	10,550	18,531



Events	2017	2016
Dwellingup Weekend	3,372	3,205
Lewana Weekend	2,262	2,220
State Champs - 2016	–	10,250
State Champs 2017	9,950	–
Facilities Hire	50	–
Track & Field	4,205	2,939
10K Handicap	110	95
Total receipts Events	19,949	18,709
Surplus/(Deficit) on Events	3,243	(1,331)

Other	2017	2016
Clothing Receipts	5,447	5,692
Sundries	2,743	106
Interest	1,738	1,724
Donation	460	500
Net deposits	–	–
Bond Refunds	546	–
Coaching Grant	1,000	–
Total receipts other	11,934	8,022
Surplus/Deficit on Other	(12,929)	(17,890)
Total Operating Receipts	69,524	62,627
Operating Surplus/(Deficit)	864	(690)
Total Receipts	69,524	62,627
Overall Surplus/(Deficit)	\$864	(\$690)

Cash on Hand	2017 \$	2015 \$
Bankwest Cheque Account	16,061	17,049
ANZ Deposit Account	609	496
Term Deposit 035-6998506-7	22,832	22,186
Term Deposit 05558066-9	36,428	35,336
Total Cash on Hand	\$75,930	\$75,067
Clothing Stock on Hand	\$3,329	\$5,868

Payments	2017 \$	2016 \$
Running costs		
National Affiliation fees	7,378	4,172
Drinking cups	193	753
Bank fees (credit cards)	1,124	1,776
Travel	873	955
Venue Costs	3,816	1,643
Vetrun Postage	566	496
Vetrun Production	8,082	6,500
Postage/Stationery	286	553
Website costs	712	295
Medals/Trophies	4,061	222
Total running costs	27,091	17,365

Events	2017	2016
Dwellingup Weekend	3,365	3,225
Lewana Weekend 2015	0	1,480
Lewana Weekend 2016	2,070	520
Myalup Weekend	200	0
State Champs - 2016	0	9,738
State Champs - 2017	6,468	0
Track & Field	4,603	5,077
10K Handicap	0	0
Total payments Events	16,706	20,040

Other	2017	2016
Uniform development cost	0	832
Bib numbers	436	2,621
Clothing purchases	8,776	11,521
Sundries	4,892	1,023
Equipment purchases	4,419	4,814
Contribution - hammer cage	–	5,000
Sunday Run expenses	740	–
Coaching (T&F)	2,400	–
Loan to 2018 Nationals	3,200	–
Net deposits	–	101
Total payments other	24,863	25,912
Total Operating Payments	68,660	63,317
Total Payments	68,660	63,317



Keith Hill
Treasurer

Uni study finds running 'best exercise' for longer life

by Will Pavia of
The Times

Weekend Australian
15 Apr 2017

RUNNING will do more to increase your lifespan than any other form of physical activity, according to an analysis of long-term studies on the exercise.

Over the course of a lifetime it could add just over three years, the research by scientists and cardiologists from five US universities found.

One hour running adds seven to life

A single hour of running can add seven hours to a person's life, according to data drawn from studies of more than 55,000 people on health and premature death. It was far more effective at lengthening a person's life than other lifestyle choices.

The findings, which used data from studies of men and women aged 18 to 100 over 15 years, were published in the journal *Progress in Cardiovascular Diseases*.

Duck-chul Lee, an assistant professor at Iowa State University and the paper's lead author, said:

"We found runners showed bigger significant reductions in mortality than people that are active in other types of exercise."

People who ran and also did other forms of exercise lowered their risk of premature death by 43 per cent, he said.

But runners who did not do any other type of exercise



**Yay – I'm 39 again!
Watch out girls!**

TELL him he's dreaming: or, is he? More and more studies and surveys claim running is the secret of eternal youth.

Three years extra? Nine year-life extension? Take your pick.

Still, if exercise produces feel-good endorphins, perhaps reading how well we're doing helps too.

A few editions ago (see *Vetrun no. 448*) we had fun with the worldfitness.org survey showing many of us to be physically younger than our years.

But ... the data used for those assessments relied on our honest answers, and accurate memories.

The results were very encouraging, reinforcing our gut-feeling that exercise was doing well.

Now there is scientific proof, from examination of our DNA, that vigorous exercise really can extend life-span.

Telomeres – the ends of chromosomes – are longer when you're younger. Runners have longer telomeres than non-runners.

QED? The articles on these pages might convince you.

lowered their risk by 30 per cent.

"And people who do other exercise but not running, we found the risk was lower, by 12 per cent."

Running appeared to have a far more beneficial effect than other lifestyle choices that have long been the focus of campaigns by governments and the United Nations.

"If all smokers became non-smokers, it's about 11 per cent," Dr Lee said. For obese

people losing weight, the risk was lowered by 8 per cent, he said.

It follows another analysis from three years ago of data from fitness and medical tests at the Cooper Institute in Texas. This suggested that five minutes of running a day led to a longer life, but it prompted inquiries from people who wanted to know if they could do something other than run for the same effect.

Long-life marked by telomeres

by David L. Katz,
M.D., M.P.H.

Founder of True Health Initiative

May 1, 2017

ONE of the reasons cardiology tends to advance so rapidly compared to other medical disciplines – with very noteworthy benefits, such as marked declines in both premature death and disability related to heart disease – is because of the power of surrogate markers.

Surrogate markers in medicine are generally things we can measure in the short term that tell us with at least reasonable, and sometimes excellent, fidelity about likely outcomes in the long term.

Cardiology's cup is full to the brim with good surrogate markers: LDL cholesterol, blood pressure and heart rate for starters.

In addition, there is coronary calcification scoring; lipoprotein(a); other lipids including HDL and triglycerides; CRP and other inflammatory markers; and stress testing for functional reserve.

There is even an ultrasound method for direct conversations with blood vessels to ask them, in essence, 'how's it going?' that provides a very robust indication of overall vascular health.

Long-life marker

It turns out, there is just such a surrogate marker for the length of healthy life.

Telomeres are, structurally, caps at the ends of our chromosomes – they have been compared to the plastic caps at the ends of shoelaces. Health-promoting exposures, or alternatively the slings and arrows of outrageous fortune, can lengthen or shorten telomeres, respectively.

The length of telomeres, in turn, predicts the length of life itself.



Not perfectly, of course; even with gloriously long telomeres, it would be imprudent to stand in the path of a moving train.

Telomeres are among the most potent of known predictors of healthy life span, other things (like standing clear of trains) being equal. And, in fact, they are not just markers of health span, but actual mechanisms of it; vital telomeres transmit that vitality to the cells in which they reside. Imagine, then, how great it would be if we could talk directly to our telomeres, and find out how they're doing.

If telomeres could talk, and tell us what makes them lengthen or shrink, what makes them happy or unhappy, they would provide us compelling, powerful, actionable intelligence and a measure of control over our longevity. Conversing with telomeres would be the next best thing to sipping from the fountain of youth.

In a newly released book called *The Telomere Effect*, two leading experts (one of them a Nobel Prize winner) go carefully through the science enumerating the effects of diverse exposures on telomere length.

Doctors Elizabeth Blackburn and Elissa Epel proceed study by study, and cover everything from stress to diet, exercise to sleep, the influences of environment when we are just in the womb to those of social interactions throughout life. They then translate each cluster of studies into practical tips you can apply.

David L. Katz' full essay on telomeres is in *Vetrun Healthfile on the club website*; as is an interview with Elizabeth Blackburn, co-author of *The Telomere Effect*.

MEN – run 40 minutes per day, five times a week.

WOMEN – make that 30 minutes, five times weekly.

RESULT – nine years extra life.

According to a very recent study of differing exercises, running is the most effective way to achieve this life-boost.

It's known that telomeres – the 'end caps' of chromosomes (part of the DNA) become shorter as we age. So they are an indicator of age in chronological years.

The study of 6,000 people shows you could add nine years of life by high-level exercise.

Sixty-two forms of exercise were considered including cycling, hiking, golfing, gym work, and many more.

Surprisingly, low- and moderate-level activity people did only a little better

WITH Rod Hamilton off on holiday, I took on Herdsman Lake this year and it was, literally, a team effort.

If not for many people pitching in, there would have been no run. Keys to the toilets were collected, mains water arranged to be turned on, car parking attendants stepped in to direct traffic, flags were put out, the clock reset when found to be 'out' by 8 seconds, a pulled hamstring was bandaged.

Walkers were sent off at odd times (times later adjusted by the patient results person).

There were, at one point, even two start lines being set up! Well, two years ago when your race director (me) last ran this race it WAS at the other car park! And FOUR volunteers came back almost immediately saying they couldn't help after all.

Amazingly, one of them had a birthday on they'd managed to forget – their own! One kindly offered his wife instead; terrific.

Please do think carefully when planning your volunteering. If you find yourself double booked, let Jim know ASAP and volunteer for a different date. No volunteers means no race!

Two members stepped in and offered their services, and another extra turned up

Stretch your telomeres – run for your life!

than people who are sedentary.

This is unusual, because normally this kind of study shows the response to be incremental – 'dose-related' – meaning the more you do, the greater the effect.

High-intensity

But to stretch those telomeres, you need to be highly active.

Intensity seems to be the key.

Activity is measured in 'met-minutes'. They show

the amount of energy expended in a minute.

Walking might use 3-4 met/minutes; an active jog might use 7m/ms.

So jogging 40 minutes per day, five times a week puts men into the high category. For women – 30 minutes per day, five days a week, does the trick.

Walking

If you do lower-level exercise, like walking, you have to put in more time – 50 mins for women, 60 minutes for men – to get into the high-level category.

Study at Brigham Young University, Utah, by Professor Larry Tucker Report on RN Health Report by Dr Norman Swann Monday May 29, 2017

You can hear the programme at: abc.net.au/radionational/programs/healthreport/pastprograms

Around Herdsman

June 25, 2017

Director: Claire Walkley

15km Run

Chris Lark	M35	57:29
Bjorn Dybdahl	M60	1:04:26
John Allen	M55	1:08:07
Hamish McLeod	M40	1:10:58
Mark Kerr	M45	1:14:05
Jackson Wong	M50	1:15:48
Charlie Chan	M65	1:19:16
Bob Schickert	M75	1:27:18
John Talbot	M70	1:37:33

Women

Barbara Putland	W50	1:15:49
Renia Niderla	W55	1:17:30

7.5km Run

Patrick Jones	M45	30:20
Bernard Mangan	M60	32:52
Ralph Henderson	M65	32:54
Jim Klinge	M70	34:19

Mark Dawson	M55	35:20
Jim Speirs	M50	36:00
Ray Attwell	M80	46:56
Ray Barrett-Lennard	M85	48:26

Women

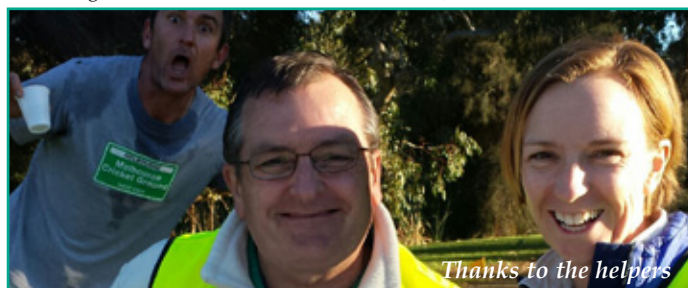
Sandra Stockman	W50	34:00
Nicola Hibbert	W35	35:15
Gillian Young	W65	38:55
Julie Wilson	W60	39:58
Carmel Meyer	W55	42:38
Angela Italiano	W30	1:02:20
Ali Morgan	W45	1:02:20

5km Run

Elizabeth McFarland	W55	31:27
Debbie Wolfenden	W50	37:30
Marg Forden	W75	44:26

Men

Nick Miletic	M65	33:26
John Dennehy	M55	36:04
Paul Martin	M75	37:47
Arnold Jenkins	M70	38:35



Thanks to the helpers

on the day (having been taken ill but now wanting to 'put back' when he could). So 'the wife' was sent off with our thanks.

But in the wonderful spirit that is the club it all worked out. Even the weather was fantastic and the big puddle that was right over the track

late on Saturday afternoon had generously drained overnight into a mud bath instead.

So a HUGE thank you from me to all the volunteers and all the runners and walkers and everyone's good humour that kept the race on track.

Oh, and please come back Rod!
Claire

Club Half-Marathon

23 July 2017

Director: Jim Klinge

21.1km Run

Chris Lark	M35	1:28:04
John Ranger	M50	1:30:10
Ante Perdija	M45	1:31:44
Hamish McLeod	M40	1:33:46
Mickey Muroi	M55	1:37:06
Simon Johnson	M30	1:38:26
Ian Carson	M60	1:42:14
Frank Gardiner	M65	1:45:44
Lui Cecotti	M70	2:06:01

Women

Renia Niderla	W55	1:54:48
Carolyn Stephens	W60	2:06:46
Silke Peglow	W45	2:20:13

10.5km Run

Kyle Eagar	M45	39:46
Keith Hill	M55	46:31
Paul Hughes	M65	50:07
Jim Langford	M70	51:19
Sean Keane	M50	53:49
Alastair Wallace	M60	1:05:57

Women

Heather		
Stanborough	W35	59:16
Sandra Rourke	W50	59:28
Carmel Meyer	W55	1:00:19
Julie Storey	W40	1:17:09

6km Run

Russell Smith	M55	29:08
Bruce Grant	M60	31:31
Raymond Gimi	M50	31:51
Brian Danby	M65	37:14
Vic Waters	M70	37:21
Bob Schickert	M75	38:58

Women

Margaret Saunders	W60	29:42
Theresa Howe	W65	40:19
Jackie Halberg	W70	42:11
Sheila Maslen	W75	58:31
21.1 km Walk		
Robbie Pringle	M35	1:50:40
Wendy Farrow	W50	2:31:58
Johan Hagedoorn	M70	2:42:18
Elaine Dance	W65	2:47:37
Peter Ryan	M65	2:59:42

Bardon Bash

July 2, 2017

Director: Sue Bourne

13km Run

Kim Thomas	M40	51:20
Lachlan Marr	M55	52:35
Bob Lane	M65	56:49
David Baird	M70	1:03:38
Mark Kerr	M45	1:04:03
John Ranger	M50	1:04:38
Bob Schickert	M75	1:15:08
Keith Atkinson	M60	1:15:24

Women

Sue Zlnay	W55	1:02:35
Sandra Keenan	W50	1:10:28
Alicia Edwards	W40	1:20:03
Carolyn Fawcett	W65	1:25:17

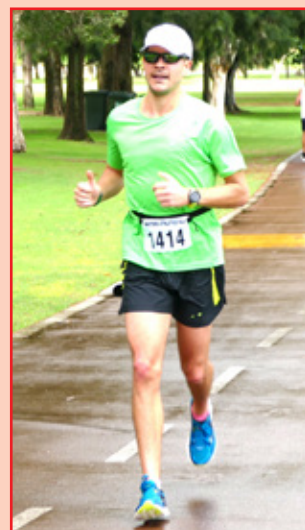
7km Run

Patrick Jones	M45	29:30
Ralph Henderson	M65	30:45
Bert Carse	M75	32:50
Russell Smith	M55	33:27
Jim Klinge	M70	35:05
Mark Hewitt	M60	36:18

Right-Regal arrival!



Jim Klinge must have connections. How else did he get the Queen Mother to start the Half-Marathon? She even brought her own tea-urn!



From top, right: Simon Johnson, Tommy Glackin, Mercurio Cicchini and Frank Gardiner. Left, Hamish McLeod and Ante Perdija; all ran the half-marathon. Above, some of the starters; and in her chariot, that's really Theresa Howe.



Raymond Gimi	M50	38:46
Irwin Barrett-Lennard	M85	46:59

Women

Jacinta Berlingeri	W40	30:39
Nicola Hibbert	W35	33:48
Margaret Saunders	W60	35:42
Gillian Young	W65	36:58
Sandra Rourke	W50	40:00
Olivia Brabant	W30	40:51
Delia Baldock	W55	40:52
Brig Cheek	W60	48:51
Sheila Maslen	W75	1:11:50



PERHAPS that title should read 'Portrait of a could o' been athlete'?

Sport has always been important in my life, sports-mad as a kid, especially for football, cricket and the Olympics.

At primary school (in Perth) we played all our sports bare-footed and we must have looked like the mosquito fleets of today chasing foot-balls around.

I thought I was a fast runner until school athletics when I found myself amongst the last finishers. In swimming I was absolutely last!

In high school (Hale) we were introduced to cross-country running and in this my scrawny frame was more competitive.

Farewell to footy

At 22, my football career ended when I left Australia to work in Indonesia. Most of my twenties were spent working as an engineer overseas, but some energetic travel was fitted around work.

In 1976, overland Perth to India (then worked in Saudi Arabia for nine months). In 1977 I travelled overland to Europe from Sri Lanka and India and saw my first live Test match – England vs India in Bombay (now Mumbai).

In 1977-78 I worked in London, and toured on a bicycle from London through France to the Mediterranean countries ending up in Israel, on a kibbutz, and with a dose of hepatitis! The following year I rode a new bicycle in northern Europe and Scandinavia – as far north as Nordkapp in Norway.

In my thirties, I married and now have two children Jess(ica) and Chris(topher). Married life was more settled but with friends I survived paddling white water Canadian canoes in five Avon Descents (from Northam to Bayswater).

The first year we took over 17 hours but our best year was 8 hours 46 minutes.

Hooked by hockey

Watching my daughter Jess play hockey in my forties, I decided I could do this as well and joined the same hockey club.

Later that year, Jess left the club – perhaps from embarrassment – and has never played again (unlike her old man who has enjoyed a long



Portrait of a Runner

and very average career on the hockey field).

At the same time, I first joined Veterans Athletics.

I still have: a) a letter of welcome from Brian Foley; and b) a later stern letter of 29 June 1996 from Jackie Halberg advising me that I was a lapsed member!

But it was in my fifties that I rediscovered Masters Athletics WA and rejoined, about the same time as Margaret Saunders and Ross Keane, and I've never looked back.

We have run and walked at places around Perth I never

knew existed. I've enjoyed the friendships and continuation of my very average career, but this time in athletics.

Some highlights?

- While on the way to Jorgensen Park I managed to crash my car with half the club's tables and equipment aboard; I'm told the race director managed very well in the circumstances.

- Paul Hughes smooth-talked me into directing the 25km RRC 15km RWC event each year. Over all this time I haven't missed the opportunity to run 25km at all!

- Lorraine Lopes processed the Sunday results on her own for years before passing the baton to me. After eight weeks I knew I needed help and started recruiting – we now have eight volunteers to do the work that Lorraine did alone so I think we should just about manage!

- At the 2016 World Championships in a heat of the M60 100 metres, I was the only runner without spikes and the only runner standing at the start.

(No, not 'left standing' – I mean making a standing start.)

I took half a second off my PB but still came last!

'Could o' been?'

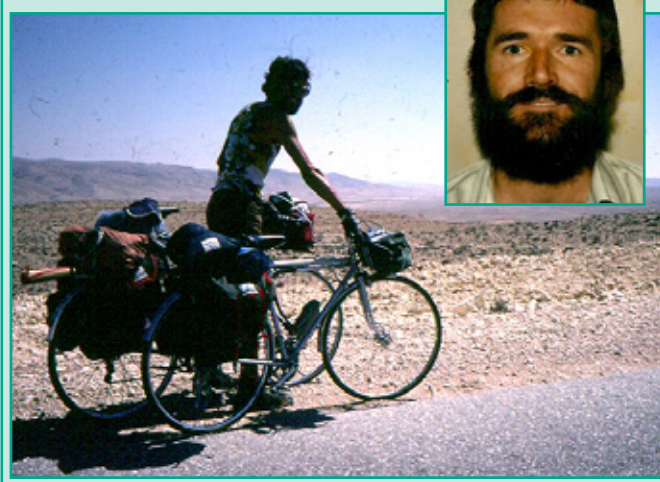
However, it was at the 2017 State Championships that I reached the pinnacle of my very average athletics career.

I entered three events, starting with the M60 long jump and recording three 'no jumps' before tearing my hamstring on the fourth and retiring from the championships.

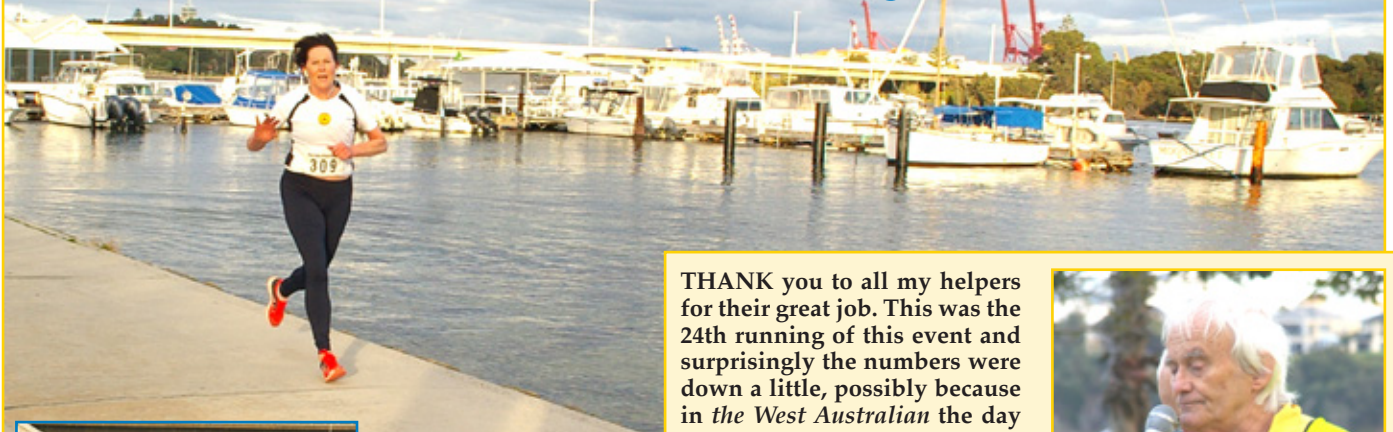
Right then, Margaret Saunders' frequent message rang in my ears "you need to do some training!"

Mark Hewitt leads the team that so swiftly conjures our results every Sunday.

Mark Hewitt conquering the Negev desert – on a bike in 1977; and disguised as the Yeti for his passport pic.



Sharks Run – July 9, 2017



THANK you to all my helpers for their great job. This was the 24th running of this event and surprisingly the numbers were down a little, possibly because in *the West Australian* the day before they had advertised it as a 20km handicap run.

I must also thank Zeus (for the uninitiated, the Greek god of rain) who I had made contact with in the early morning. I had persuaded him to take a rest for the next few hours and spare us any precipitation and fortunately he kept his word. As those who have run the race before know well, this is a rare occurrence indeed.

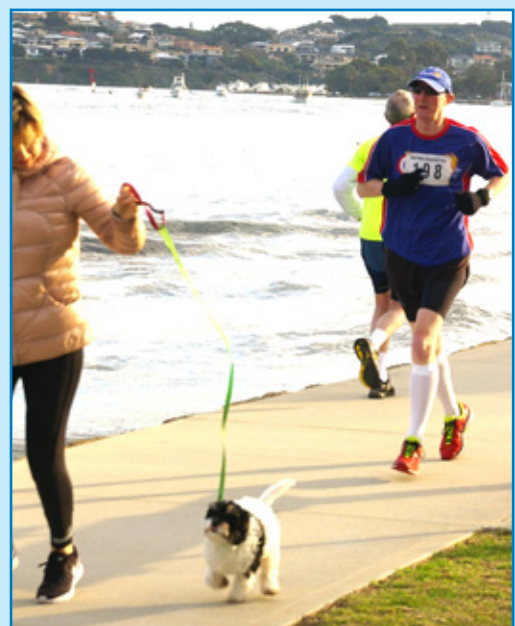
Paul



"After 24 years I can do this job with my eyes shut" – Paul.



A fine, dry day by the river was enjoyed by Maxine Santich (top pic) and Ray Gimi (bottom pic). Rosa Wallis (far left) won the 'most nautical gear' prize; John Fisher (left) preferred the grass; and Irwin Barrett-Lennard (below left) went back by road. Meanwhile, Keith Atkinson (below right) went walkies; but Ross Keane and Mark Hewitt (right) appreciate my sense of humour!



WHEN Dalton joined our club – in 1979 – he was 49 – and middle-aged by the standards of the day.

In those days most ordinary blokes expected to pull on the slippers and cardigan, put their feet up and slip gently into obscurity.

Running? After you left school that was mostly performed by a few dedicated athletes.

Today's world-wide running revolution was a long way off.

David Carr told me that in those early days, if you were running in the streets of Perth, cars would slow down – but only so the kids in the back seat could throw their drink cans at you!

The Vets (Masters now) was begun by a handful of champions in 1974. It's notable that four of those pioneers – John Gilmour, David Carr, Bob Hayres and Rob Shand – were at Dalton's funeral on July 11.

Many members attended, including some of the club's 'first 50' – Jeff Whittam (club No. 20), Dorothy Whittam (31), Lorna Lauchlan (38), John Pellier (40), Joan Pellier (47) and Pat Carr (46). Dalton's club number was 42.

By the late '70s there were a couple of hundred members, mostly sporting people, like Dalton, who wanted to continue enjoying athletic competition into their later years.

Sportsman

Dalton was always a runner and sports lover. In Perth he also played rugby.

One of our top athletes, world-record holder Peggy MacLiver, told me:

"Dalton was a good road runner – and he used to drive me crazy with his surging.

"On the rare occasion I could catch up to him, he would be off on another of his surges – before settling down again.

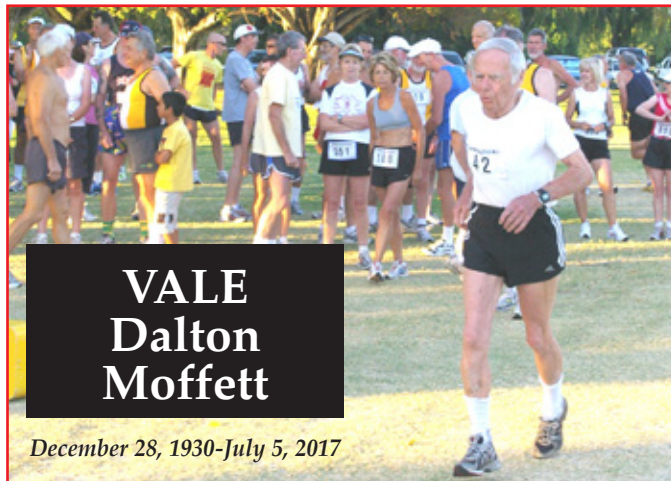
"It was a real game of cat and mouse!"

Dalton did well in road events and in 1988 he took the Handicap Trophy.

In Jim Barnes' 10km Kent Street Run that year Dalton ran close to four minutes per kilometre. That's a pretty good time – but remember, he was a mere lad of 58!

Speedy

On the track, Dalton's speedy natural ability served him well. But he wasn't con-



**VALE
Dalton
Moffett**

December 28, 1930–July 5, 2017

tent to rely on nature's gifts. In the mid-80s he sought some coaching from Basil Worner in readiness for the State Champs.

Prior to this, in the 1982 Nationals he won silver in both the M50 800, with 2:15 and 400m – 57.6. Very respectable times.



His target was David Carr, and the short sprints, and Dalton took gold, to David's silver, over 200m in 1986. In '88 he did the double – gold in 100 and 200 metres.

Basil says, "That 200m was a three-way battle. One of the judges tried to dead-heat me with Dalton but I knew he had pipped me.

"Most importantly, I have never seen anyone so elated as Dalton with his win over David at the end of that race. I vaguely recall David reversed the places in the 800m that year.

"I loved the way Dalton would bare all his teeth in his characteristic smile and chortle vigorously, 'Only during the mating season' as his standard response to some leading question!

"He was a very lively, quick-stepping sprinter in those salad days, came to a few coaching sessions with me and we became good mates."

Training

Dalton's generation created a club that was – and remains – very special. Those pioneers trained hard and raced harder. Even today, few runners can match the times they set – and some of their age-group records have endured for decades.

Despite all the talk of contests and performance, this is an incredibly friendly and supportive mob – and that fitted Dalton like a glove!

Everyone who knew him recalls his amiable, friendly manner.

I think he was always young at heart; he had to be – he was a fellow jazz-fan!

For many years Dalton organised one of our most popular Sunday runs, at Deepwater Point.

Always so friendly, he loved to chat to all and sundry at the Sunday runs – to welcome newcomers, and lend a hand to that week's organisers.

Even after he had to stop running he rarely missed a meeting, and was always ready to help. In his own final year Dalton was still driving John Gilmour to our meetings.

Dalton was born in Singapore of British parents, was schooled in England, migrating to Australia in 1950. Most of his working life was in accountancy for major resources companies, followed by estate agency management after 'retirement'. He leaves a loving family, wife Margaret, their two children, and grandchildren.

So, on behalf of all Masters – we'll miss you Dalton – and we thank you for the 38 years you gave, to make our happy band even better and brighter. Vic Waters

In My View ...



by the Editor

Our loss

Sad as it was, bidding farewell to DM also brought many happy memories of friends gained through this club. I've written before of older members advising and guiding newcomers. May I use this space to encourage everyone to do as I did, value the senior members, talk to them and benefit from the experience they willingly pass on? Ask the questions; don't wait too long, and regret it when they are gone.

Versatile Vets

YEARS ago I read some advice from Seb Coe, who suggested that every runner should take an occasional break from the main game, do some other physical pursuit.

Joan Pellier prompted the memory, recalling some past Vets (Masters) adventures.

"Barrie Robinson (club member and a rep for Dunlop Shoes) arranged a soccer match for us against a Cockburn team at their ground, and we tanked them 5-0! Maurice Smith scored two goals – and a few of the Cockburn players' legs; they never wanted to play us again ... I wonder why?"

Swansong

Another time Basil Worner arranged for our club to take on the Swan Districts footie team – at running, not football.

"The footie players (mid-fields) took off like hares but it wasn't too long before Frank Smith and Don Caplin overtook them," said Joan.

"Frank won, Don came second, and the team prize was won by Dalton Moffett, Allen Tyson, and Mitch Lolly.

"We had a great day, morning tea was served and a large group of the Swans players stayed on."

HELPERS

**AUGUST 6 –
Club CC Champs**



Race Director: Jim Langford (0401 916 925) – Lorraine Lopes, Margaret Langford, Wheelsie Keillor, Keith Martin, Patricia Miller, Frank Gardiner, Bill James-Wallace, John Pellier, Joan Pellier, Xavier Sequeira, Jo Sequeira

AUGUST 13 – Nedlands



Race Director: Frank Gardiner (9295 4246) – Bob Colligan, Marion Kavenagh, John Ranger, John Fisher, Melinda Fisher, Alan Gray, John Pentecost, Grace Hollin, Julie Wilson, Greg Wilson, Russell Smith, Chris Gibbons, Sue Gibbons

**AUGUST 20 –
Kings Park CC**



Race Director: Ralph Henderson (9401 3115) – Elaine Dance, John Dance, Adam Dance, Nicki Du Plessis, Herman Du Plessis, Alan Thorniley, Anne Jones, Roger Lawes, Mercurio Cicchini, Sam Farman, Paul Odam, Peter Hopper

**SEPTEMBER 3 –
Darlington Dash**



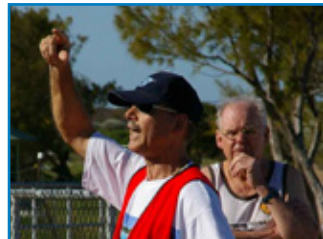
Race Director: Delia Baldock (0418 935 040) – Richard Blurton, Les Bruyns, Kerriann Bresser, Blakeney Tindall, Andrew Thorpe, Grant Walker, Kelly Underwood, Jeremy Savage, Barbara Blurton, Tracy Sulejmani, Max Sulejmani, Bruce Grant, Robin King, John Mack

**SEPTEMBER 10 –
Claypit Circuit**



Race Directors: Jeff & Dorothy Whittam (9387 6438) – Sheila Maslen, Michele Mison, Carol Bowman, Janet Jarvis, Lui Cecotti, Tristan Bell, Gina Bell, Alastair Wallace, Angela Italiano, Margaret Flanders, Patricia Hopkins, Wendy Farrow, Irwin Barrett-Lennard, Milton Mavrick, Lorna Lauchlan

**SEPTEMBER 17 –
Mullaloo Magic**



Race Directors: Mike Anderson & Johan Hagedoorn (0407 940 520 or 9401 3280) – Ed Wall, Julie Wood, Patricia Hopkins, Margery Forden, Julie Walters, Wayne Davies, Jim Barnes, Sandra Rourke, Marie Fitzsimons, Denise Viala, Pierre Viala, John Collier, Liv Brabant, Geoff Vine, Lisa Searle

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

McGILLIVRAY OVAL and Perry lakes – with a social coffee afterwards, at about 10am. Birthdays are celebrated with BYO cake and champers in an extension of fun and fellowship! Sometimes there is a BBQ but at all times you have to watch out for the hungry maggies who are adept at nicking the biscuit out of your hand.

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

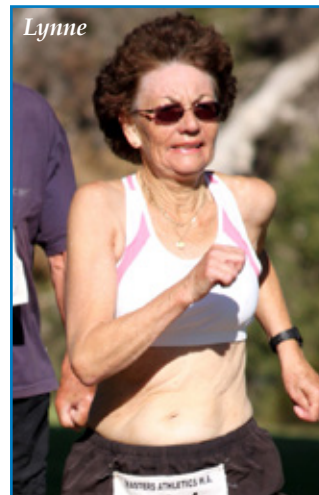
An informal Tuesday night group meets at Kent Street, Cannington; and Kings Park, Saw Avenue entrance; both at 6pm.

Perth Urban Runners run in various locations on Tuesday and Thursday evenings, also at 6pm. www.Perthurbanrunners.com

SEPTEMBER 24 – City Rail



Race Director: Rod Hamilton (0428 940 089) – Karen March, Peter March, John Pentecost, Grace Hollin, Sim Johnson, Adrian Fabiankovits, Chris Coates, Richard Danks, Phillip Smith, Janice Smith, Sue Zlnay, Leslie Hill, Lesley Dowling, Eulalia Van Blomestein



Where they're running

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 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

NEW MEMBERS – Welcome!

1650 McLEAN: Yvette W50
1651 BALLARD: Yvette W60
1652 GAYNOR: Nellie W45
1653 JOWETT: Phil M50
1654 DEMOS: Lizelle W50
1655 LESTER: Jonathan M45
1656 McCORMACK: Peter M50

OCTOBER 1 – Wireless Hill

Race Directors: Bob & Lynne Schickert (9330 3803) – Graeme Dahl, Peggy Macliver, Giovanni Puglisi, Judy Davis, Vanessa Carson, Bob Fergie, Geoff Vine, Carmel Meyer, Chris Lark, Anna Bamber, Alan James, Dante Giacomini, Aldo Giacomini, Rosa Wallis