



No. 505
OCTOBER 2018

VETRUN



Crossing the Jorgensen stream.

NEXT EDITION: Vetrin No. 506 will be published in December 2018.

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You write ...

JG and Dalton

Dear Vic, Thank you for the copy of the Vetrin.

I did not know the cause of John's death and it was painful to read that, as with Dalton, it was the heart. Though Dalton survived a second pacemaker operation, he did not survive a heart valve problem. Doctors would not operate because they said Dalton would not survive the operation. Right-heart failure took 16 months to kill Dalton – it was a terrible way to die. It is some comfort to me that John was spared that indignity.

I have a recurring image of Dalton walking down John's driveway to me, waiting in the car, and John standing at the top of his driveway to wave us goodbye. Once Dalton could no longer drive, I used to drive Dalton to his Saturday mornings with John (stopping on the way to buy food and hot chocolate), then drive back to pick him up after my Flamenco class.

Since Dalton's death, I managed to arrange a couple of lunches with John and Julian, our younger grandson, and after the last lunch, when I drove John home, he invited us in so he could show Julian all his medals and trophies.

He and Julian got on well, talking sport. John was so kind to Julian. On the way

AGM reminder

DON'T forget – our AGM will be held at 9.45am following the Claypit Circuit run, in the Hockey Club Rooms at Perry Lakes, on Sunday, October 14.

Don't miss the lovely morning tea – everyone is encouraged to attend. Please note – nominations for all positions closed on September 30.

Please see the agenda and copies of reports on our website in "About Us" under the "Our Club" tab."

Hope to see you there!

Delia



home, Julian kept saying, "Nan, John's 98 and he is training for another race!"

Still cannot bear the thought that John is no longer there. But he is here in the example of his life.

Regards
Margaret Moffett

Vetrin's tribute to JG

Vic, A compliment from Stan Perkins for you. I thought your tribute was excellent so sent the link to Stan and Wilma.

Lynne (Schickert)

(forwarded message)
From: Stanley Perkins
<stanperkins@me.com>

Hi Lynne

I think that is the first of your magazines that I have read from cover to cover. A brilliant publication! One of the best I have seen anywhere in the world.

Cheers, Stan

JOHN'S BOOKS

TWO fascinating accounts of the life of the great John Gilmour are available. Please see Jim Barnes at our Sunday events if you would like to purchase one, or both, at a very attractive, reduced price.



Jims Rule!

THIS year's Guess Own Time events in Bold Park turned up some unlikely coincidences. (Results – page 11.)

Both trophies were won by a bloke called Jim; and both the Jims were just 12 seconds adrift of their estimates. There was no drafting though, because marathon man extraordinaire Jim Barnes chose to take the short 3km run this time. He was delighted with the outcome, because, unlikely though it seems, this is the first club trophy Jim has ever won.

Jim Klinge ran the 8.25km race for the magnificent Timeless Trophy and his comment after winning was – "It was pure luck!"

One thing I have to do before next year is recalibrate the Timeless Trophy, which seems to have lost a few of its ornaments. So, if anyone has redundant – but stylish – watches or clock parts they would like to add, please give me a call!
VW

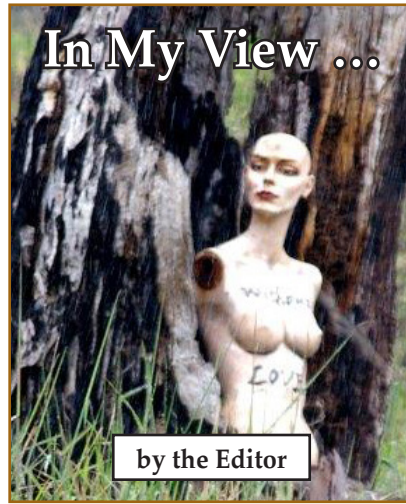
Tea-Time for Toffs

ONE cold day last year day we stumbled into the foyer of the Como Hotel, which inhabits Perth's old Treasury Building, and thought about a cup of tea. We thought again; it's \$60 for a pot. Now I know that was cheap.

If you're going to London and want to go broke in style, try this 'Classic Afternoon Tea: from 49 pounds' (!) in the Fortnum & Mason Diamond Jubilee Tea Salon. The claim is:

"Fortnum & Mason's award-winning Afternoon Tea has been an essential part of Piccadilly visits – for

Fortnum's visitors new and old alike – for centuries. Served in signature Fortnum's style in the elegant and refined surroundings of the Diamond Jubilee Tea Salon, every scone, cake and sandwich is fresh-baked by Fortnum's chefs. A truly iconic and very British experience, from first sip to final crumb."



NEW picture of the editor?

No, she's just one of his lookouts.

This one was installed in the bush on Durston Road, which runs from Empire up to the Boulevard. Pity that some philistine didn't appreciate her – and spit this dummy – because she disappeared after a week. Perhaps the rangers rounded her up.



Let's show a little respect for the Director, please; he's doing his best!

Numbers, please

REMINDER – wear your club number plus your new tag. Numbers are needed by recorders in the chute and marshals out on the course need to recognise you. At the last Sharks there was an embarrassing over-shoot, when someone unknown to the marshal missed the turn and ran to Freo!

Welcome visitor

IT was a pleasure to meet another veteran runner, Archer Ritchings, formerly of Chelmsford AC (UK), at Jorgensen. Not only is this 90-years old sharp as a tack, he's also 'jolly good company'!

Archer ran a 4:34 mile, in, well it must have been at least 60 years ago! He took our rugged cross-country in good part, despite falling over three times; as I said, he's pretty good company!

Thanks to John Fisher for fetching this inspirational athlete along to the club.



Nostalgia

How good they looked! In February 1986 *The Post* stated "There are no old fogies or creaking joints in WA Veterans AC." Proving the point are (from left) Jeff Whittam, Alan Stone, Frank Usher, Val Tyson, Dorothy Whittam, Val Prescott, Dick Horsley and Cliff Bould. The squad was at Perry Lakes preparing for State Championships. Unfortunately, most of these members are now deceased; but the Whittams and Val Prescott remain.

SIGN HER UP!

Now the member for Curtin has promised to spend more time at home perhaps we should sign her up? Ms Bishop says she ran a 12km PB in the C-S.

Can't hurt to have a runner in Canberra!





Locked together as they run onto the oval – they pass the pavilion – enter the home straight – and it's a duo-finish for 14km winners Chris Lark and his pal, visitor Richard Lucas!

Darlington Dash

September 2, 2018

Director: Delia Baldock

14km Run

Chris Lark	M35 58:53
Ian Carson	M65:04:43
Rod Hamilton	M55:06:33
Mark Kerr	M45:06:38
John Allen	M60:07:10
John McShane	M50:10:08
Lui Cecotti	M70:25:08

Women

Elizabeth Gomez	W35:04:17
Jo Shelley	W40:16:15
Noelene Treen	W55:26:42
Wendy Grace	W65:26:56
Silke Peglow	W50:37:12
Rashanthi Wanigasekera	W45:39:48

7km Run

Alex Tinniswood	M35 29:45
Jonathan Lester	M45 33:03
Jim Klinge	M70 34:35
Mickey Muroi	M60 36:33
Alan Gray	M55 36:47
Mark Hewitt	M65 37:04
David Adams	M40 37:30
John Batta	M50 46:46
John Pellier	M75 51:06

Women

Janne Wells	W50 38:33
Julie Wilson	W65 39:29
Sue Hamilton	W55 39:47
Ngaio Kerr	W45 45:52

14km Walk

Irwin	
Barrett-Lennard	M85:56:00
Mike Hale	M70:58:03

7km Walk

Johan Hagedoorn	M70 51:10
Andrew Cuthbertson	M60:02:25
Bob Fergie	M80:07:57
Graham Thornton	M75:15:58
Neil McRae	M65:17:38

Women

Liz Dewhurst	W30:01:02
Elaine Dance	W65:02:25
Roselyne Pillay	W70:15:35
Margaret Bennett	W75:16:01
Charlotte Webb	W40:18:53
Deborah Franey	W55:18:55

THE hills are alive with the sound of footsteps ... and heavy breathing. Well, they were on Father's Day for a glorious Sunday morning run at Darlington.

It was a good turn-out and great to see a lot of visitors joining in. I hope you all enjoyed the traditional fresh bread and cream morning tea in the beautifully renovated Darlington Hall after the run. Special thanks to Margaret Bennett who does a wonderful job. The event was made extra special by the arrival of Arthur Leggett (who was club member 34) about to celebrate his 100th birthday on September 8. Arthur was suitably honoured with a gigantic cake brought by Elaine Dance and it was thoroughly enjoyed by all. Congratulations to everyone who completed the challenging but scenic course, especially those couples contending for the coveted Dick Horsley Trophy.

In this event within an event, one partner completes

the short run and the other the long run and the fastest combined time wins.

Great to see some newcomers entering and the honours this year went to Jason and Elizabeth Gomez-Kell – well done! Lastly but most importantly thanks to all my wonderful helpers especially those who stepped in when we were short!

Couples Trophy

1:43:52 – Jason & Elizabeth Gomez-Kell

1:46:20 – Sue & Rod Hamilton

1:52:30 – Ngaio & Mark Kerr

2:32:36 – Deborah & Nick Franey

2:24:17 – Isolde & Peter Tietz

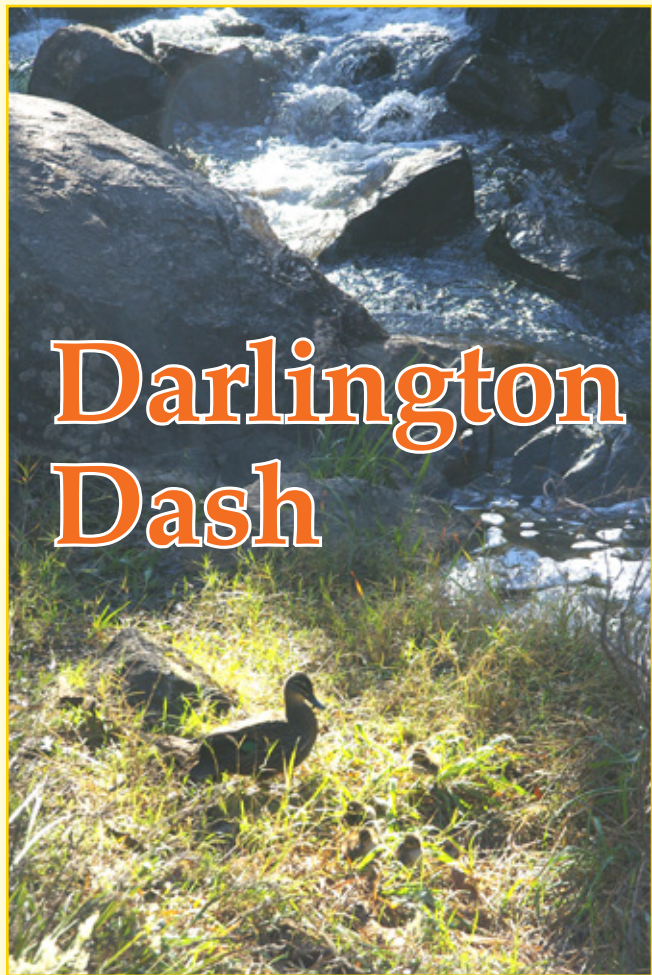
(As visitors, Isolde and Peter were not eligible for trophy, but members made them most welcome!)

Delia Baldock



Liz Gomez W35, above, first woman in the 14km with 64:17; and below, Vanessa Carson, also W35, was second woman in 65:37. Right, vigilant marshals at the road crossing.





Darlington Dash

The track was a bit wet and rocky this year but the ducks didn't mind. Perhaps Delia will incorporate this section into the Dash next time – for a REAL cross-country?!



Whiteman Park

August 5, 2018

Director: Ross Langford

Director Ross Langford and his dad, Jim.

10km Run

Kyle Eagar	M45	38:34
Robbie Pringle	M40	42:49
John McShane	M50	46:11
Akos Gyarmathy	M60	46:16
Mark Dawson	M55	47:23
Brian Bennett	M70	48:14
Rohan Thompson	M35	60:19
Bob Schickert	M75	63:28
Frank Price	M65	96:54

Women

Trisha Farr	W45	49:46
Jo Shelley	W40	52:29
Jane Elton	W50	52:37
Gillian Young	W70	54:49

5km Run

Sandra Stockman	W50	22:39
Shareenah Virahsawmy	W40	23:45
Julie Wilson	W65	26:30
Delia Baldock	W55	29:37
Gail Castensen	W60	46:03

Men

Kevin Johnson	M60	22:41
Ralph Henderson	M65	23:11
Jim Klinge	M70	23:56
Randy Hobbs	M55	24:24
John Batta	M50	31:05
Merv Jones	M75	34:53

10km Walk

Lynne Schickert	W75	1:21:40
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5km Walk

Jodie Harris	W45	35:27
Roselyne Pillay	W70	49:40
Dorothy Whittam	W80	53:35
Irene Ferris	W65	57:22
Margaret Bennett	W75	57:23

Men

Jeff Whittam	M80	46:40
Rex Bruce	M75	49:42
Neil McRae	M65	51:25



Whiteman start, above, followed a minute's silence spent in remembrance of club founder John Gilmour.



Numbers are still needed!

SPRING 'sprang' sprightly at the Nedlands runs and walks. Yes, after what seemed like interminable days and weeks of rain, the sun shone brightly on the banks of the Swan for the Masters events in late August.

Everyone seemed to enjoy themselves, despite the occasional grimace as they approached the finishing chute. The new 10km handicap run was well supported and produced a close finish – congratulations to Tristan the handicapper.

It was also good to see that female members won both the 5km races.

Numbers still needed!

I would like to urge all members to wear their race numbers when competing, particularly on public paths, so that marshals on course and at the finishing chute know who to direct and assist where necessary.

As usual, thanks to all the willing helpers on the day.

Frank

Nedlands

August 19, 2018
Director: Frank Gardiner



10km Handicap Run

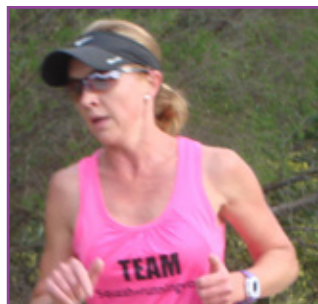
		Clock	H'cap	Time
Clive Choate	M65	1:03:52	9.27	54.25
Wendy Grace	W65	1:04:12	5.26	58.46
Jim Langford	M70	1:06:09	17.15	48.54
Lori Sexton	W55	1:06:29	11.11	55.18
Janne Wells	W50	1:06:41	10.42	55.59
Peter Brooke	M55	1:07:07	13.45	53.22
Elizabeth Gomez	W35	1:07:21	22.09	45.12

Clive Choate, M65, above, was first man in the 10km handicap. He was followed in by W65 Wendy Grace, first woman in the handicap.



Dante Giacomini, above, first man, 5km walk. Right, Allen Whitley, pictured with wife, Kerrie, won the 10km walk.

5km Run



Clare Wardle W40 20:28

Sandra Stockman	W50	23:39
Margaret Saunders	W60	24:14
Carol Bowman	W60	27:03
Gillian Young	W70	28:46
Liz Dewhurst	W30	29:09
Delia Baldock	W55	30:42
Sheila Maslen	W80	55:15

Men



Kevin Johnson M60 20:33

Zane Walsh	M35	21:24
Bob Lane	M70	21:33
Rod Hamilton	M55	22:23
John Allen	M60	22:27
Anthony Faulkner	M50	23:29
Paul Hughes	M65	24:04
Mark Kerr	M45	24:16



David Carr	M85	28:45	Roselyne Pillay	W70	47:40
Hamish McGlashan	M80	32:12	Priscilla Wilson	W35	47:42
Jim Barnes	M75	33:24	Gail Castensen	W60	48:47
			Margaret Bennett	W75	55:21

10km Walk

Allen Whitley	M651:14:42
Elaine Dance	W651:27:21
Lynne Schickert	W751:27:22
Mickey Muroi	M601:38:02
Mike Hale	M701:38:03

5km Walk

Jodie Harris	W45	34:55
Sue Hamilton	W55	38:58

Men

Dante Giacomini	M45	40:13
Irwin		
Barrett-Lennard	M85	40:21
John Brambley	M75	41:40
Arnold Jenkins	M70	43:55
Sean Keane	M50	44:09
Jeff Whittam	M80	46:27
Brian Dalton	M65	1:02:10

City to Surf: Our all-time 12km winners

2011	Lauren Shelley	44:20
2007	Lauren Shelley	43:30
2006	Lauren Shelley	42:27
2005	Lauren Shelley	42:33
2003	Lauren Shelley	43:52
1993	Trevor Scott	37:58
1989	Karen Gobby	46:16
1988	Clive Hicks	37:46
1984	Tessa Brockwell	44:16
1983	Alan Thurlow	36:52
1981	Jim Langford	37:34
1980	Clive Hicks	38:34
1978	Duncan Sullivan	38:01
1976	Jim Langford	38:36

Lauren Shelly

by Jim Barnes

IT has been a long road from Nunawading Little Athletics in Victoria to become arguably Western Australia's most consistent and successful distance runner.

Lauren says much of her success has come from her close friend Jackie Gallaher of ACT and their training weekly of up to 160kms.

While at her peak, her body thrived with the heavy workload and Lauren was selected for the 2006 Commonwealth Games Marathon in which she came eighth.

Lauren's other successes include the Gold Coast Marathon - 1st place; Melbourne - 1st place; and five wins in the Perth City to Surf with a PB of 42:26. Lauren has also run in the Osaka Marathon twice, as well as Hamburg and Berlin. In all she has run 20 marathons.

After years staying injury free came the setbacks. Knee surgery and months for recovery tested her motivation, but water running and light bike work, effective stretching and use of the foam roller got things back on track. Lauren works as a physio and lectures two days a week on the subject, so she certainly knows how to make a come-back!



Trevor's time this year as a 59-year old is only around seven minutes longer than his winning time of 1993.

TREVOR Scott, who was overall winner of the 12km City to Surf in 1993 was first this year in the M55-59 category; second in the M50-59 group. He was 34th overall, 28th male, in a time of 45:21:34. In 1993 Trevor's winning time was 37:58.

This year Clare Wardle was first woman in the 40-44 and 40-49 group with 47:41:52. She was 10th woman overall.

Rochelle Rogers has won the C-S half-marathon four times in all. The 2018 running was her third consecutive win and she set a PB of 1:17:35.

The City to Surf, which was always well-supported by WAVAC in the early days, began in 1975. A year later Jim Langford was our club's first winner.

Malaga Stars

A LARGE WA team at the World Championships in Malaga, Spain, acquitted themselves with honour. There's not enough space in *Vetrun* to list all their results, but full details are on the club website. Here we highlight the gold medal winners.

800m
M85 David Carr 3:33.03

1,500m
M85 David Carr 7:19.89

5,000m
W70 Gillian Young 10:25.65

5,000m
M85 David Carr 11:24.55

5,000m walk
W60 Lynette Ventris 26:15.58

10km walk
W60 Lynette Ventris 53:26
SR: also pending AR & WR

20km walk
W60 Lynette Ventris 1:58:27 SR

Long Jump
W35 Melissa Foster 5.46m (-0.5)

Weight
W40 Byrony Glass 15.42m

Hammer
W40 Byrony Glass 46.76m

Throws pentathlon
W40 Byrony Glass 3690

Relay
M60 4 x 400m Campbell Till



Now in her forties she says she might try for some of the Masters records - but isn't overfazed! Her personal bests are: 5kms - 16:59; 10kms - 33:59; Half Marathon - 74mins; and Marathon - 2:33:42.

Sprint finish in the 2009 Gold Coast Marathon won it for Lauren, just a second ahead of Roxie Schmidt.

Jorgensen



Vivian Poll is the W35 champion – 8.1km in 41:35.

8.1km Club Cross Country Championship (Male <70yo)

Matt Di Masi	M30	34:21
Alex Tinniswood	M35	42:49
Kim Thomas	M40	36:22
Mark Kerr	M45	41:59
Greg Hogan	M50	39:40
Trevor Scott	M55	34:37
John Allen	M60	41:35
Ian Carson	M65	41:39

8.1km Club Cross Country Championship (Female, <70 y.o)

Rochelle Rodgers	W30	36:21
Vivian Poll	W35	41:55
Lauren Shelley	W40	38:28
Kate Ingram	W50	39:49
Sue Zlnay	W55	42:09
Carolyn Stephens	W60	53:24
Julie Wilson	W65	52:09

Club Cross Country Championships

August 12, 2018

Director: Jim Langford

5.4km Club Cross Country Championship (Male, 70+ y.o)

Jim Klinge	M70	30:00
Bob Schickert	M75	38:22
Jeff Whittam	M80	57:34
Irwin Barrett-Lennard	M85	49:15

5.4km Club Cross Country Championship (Female, 70+ y.o)

Pamela English	W70	1:10:07
Lynne Schickert	W75	54:51

5.4km Cross Country

Colin Smith	M55	32:12
Women		
Carolyn Fawcett	W65	48:26
Sofia Carson	W55	55:46
Charlotte Webb	W40	1:04:43
Sandra Keenan	W50	1:04:43
Lesley Dowling	W60	1:10:05

2.7km Cross Country

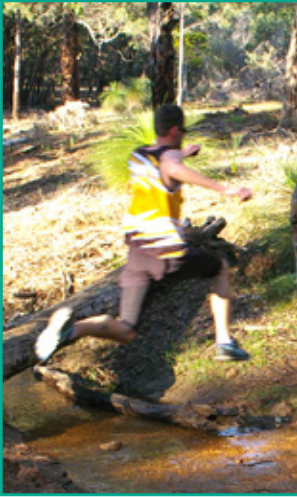
Liz Dewhurst	W30	19:52
Barbara Blurton	W65	23:49
Gail Castensen	W60	30:02
Priscilla Wilson	W35	30:26
Roselyne Pillay	W70	31:05
Lorna Lauchlan	W85	40:38



Sue Zlnay took the W55 crown with 42:09 for the 8.1km.



Newer member Greg Hogan; M50 champ, 39:40. And top, W70 winner Pamela English was best equipped for a chilly Jorgensen start!



Patrick Jones leads with his right ...



Some, led by Julie and John, seek safety in numbers.



I'll just wait; maybe Sandra will give me a push?

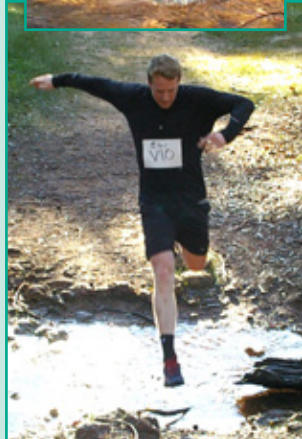
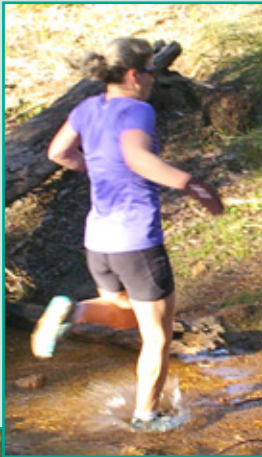


Miki does a walk-through and Lauren Shelley, below, also makes a splash.

'We shall gather at the river. But how do we cross over?'



Visitor, left, trusts to one wing and a prayer. Trevor, above, waves at me. Akos hopped through; Graeme looks for the ski-lift.





Kings Park CC
September 9, 2018
Director: Ralph Henderson

10km Run

Kyle Eagar	M45	39:50
Alex Tinniswood	M35	46:08
John Cronin	M55	46:13
John Allen	M60	47:10
John McShane	M50	49:24
Brian Bennett	M70	52:29
Charlie Chan	M65	55:58
Jason Kell	M40	60:33

Women

Elizabeth Gomez	W35	48:53
Janne Wells	W50	59:10
Sarah Ballard	W35	59:51
Caroline Clark	W45	61:50
Noelene Treen	W55	61:54

5km Run

Anthony Faulkner	M50	24:13
Mark Dawson	M55	24:29
Bert Carse	M75	25:14
Jim Klinge	M70	25:24
Mercurio Cicchini	M65	25:45
Rohan Thompson	M35	31:34
Alastair Wallace	M60	36:36

Women

Karen March	W55	26:03
Kristy Devereux	W35	27:45
Julie Wilson	W65	29:01
Sandra Rourke	W50	29:47
Julie Storey	W45	37:11
Bridget Carse	W75	37:28
Christina Stephen	W70	41:46

7.5km Walk

Johan Hagedoorn	M70	50:28
Ross Keane	M55	61:34
Rex Bruce	M75:1	04:08
Jeff Whittam	M80	69:40
Frank Price	M65	74:07

Women

Erika Blake	W60	60:35
Roma Barnett	W65	62:40
Sylvia Szabo	W35	73:49
Marg Forden	W75	73:58
Lorna Lauchlan	W85	73:59

4km Walk

Victor Munoz	M60	23:24
Karyn Tolardo	W50	25:39
Jodie Harris	W45	26:32
Joseph Patroni	M60	34:06
Wayne Pantall	M65	34:24
Neil McRae	M65	39:37



IT'S not usual to hold a prayer meeting before the start (above) of our Sunday run – but well done, Director Ralph, for trying something different. While the front row got their heads down, Silke boogied along in Revivalist style; and a tall visitor scanned the horizon to see if Godot was on the way.



City Rail

City Rail
September 16, 2018
Director: Erika Blake

10.7km Handicap Run

Wendy			
Grace	W65	1:08:15	7.03 61.12
Mark			
Hewitt	M65	1:09:14	14.52 54.22

7.3km Handicap Walk

Wendy			
Farrow	W50	1:07:47	19.19 48.28
Bob			
Fergie	M80	1:08:41	1.40 67.01

WHEN Vic discovered I was doing another trek this year he thought members might be interested in a few words on options for treks and Long Distance Footpaths (LDF). The latter offer so many more possibilities than do day walks, not least because you don't have to retrace your steps or find a loop route back.

I am not going to spend time talking about the trekking company options. The best companies have superb websites where you can plan a trek based on your ability, time you have available, cost, etc.

However, I have trekked in all the ranges mentioned in the table and would list two as my favourites – the Laya trek in Bhutan, and the Torres del Paine/FitzRoy trek in Patagonia.

Just one warning – be careful not to pick a trek beyond

Taking the long route

	PLAN YOURSELF	TREKKING COMPANY
WALK TO CATERED ACCOMMODATION EACH DAY	EUROPE	SOME HIMALAYA
CANNOT WALK TO ACCOMMODATION EACH DAY	AUSTRALIA USA	ANDES HIMALAYA PATAGONIA MOROCCO

This table gives a very simplified matrix of options.

your ability as it is no fun continually dropping behind everyone else on the trek!

Australia and USA

In Australia/USA you are generally into multi-day back-packing.

The Appalachian Trail and the Pacific Rim Trail (PRT) are the famous ones in the USA, while there are lots of options in Australia – Alps/Tasmania/Flinders Ranges, etc. Even if you do these

through a trekking company you still need to carry your tent and food, whereas in the Asian and South American treks these are carried by porters, mules or yaks.

The recent book and film 'Wild' shows what it is like to tackle the PRT in the USA.

Europe

My real passion has been planning my own LDPs in Europe, where a long tough day's walk can always lead



Richard Blurton is rarely seen walking in Masters' events. He saves that for trekking.

to a shower, a meal, a glass of vino and a real bed.

And the planning is half the fun. I buy a guide book or use an internet guide, and access topographical maps from some excellent apps on the iPad.



Winners!

7.3km Run

Patrick Jones	M45	31:48
Kevin Johnson	M60	31:48
Ralph Henderson	M70	33:25
Herman Lambrechts	M40	33:31
Paul Hughes	M65	34:10
Mark Dawson	M55	34:22
Jim Barnes	M75	49:22

Women

Sandra Stockman	W50	33:39
Julie Wilson	W65	39:54
Karen Hill	W55	41:13
Anne Young	W40	41:48
Sheila Maslen	W80	77:58

POSSIBLY the smallest-ever field contested the GOT events – but what a classy bunch! It's hard estimating your time on an unknown, hilly cross-country and most gave it a fair crack.

Paul, Andrew and their teams worked bloody hard too, with the GOT and walks start/finishes at separate locations. Next year they will be co-ordinated. Extra thanks go to our recording team for patience and perseverance this year.

The Timeless Trophy and the Short-Course Alarm are in the safe hands of Jim Klinge – just 12 seconds off his guess for 8.25km; and Jim Barnes, also just 12 seconds out over 3km. VW

6km Walk

Johan Hagedoorn	M70	42:02
Ross Keane	M55	48:23
Joseph Patroni	M60	55:58

4km Walk

Karyn Tolardo	W50	26:41
Jodie Harris	W45	27:28
Haydn Gawne	M70	27:59
Jeff Whittam	M80	37:46
Priscilla Wilson	W35	38:45
Brian Dalton	M65	49:42

8.25km GOT

Jim Klinge	M70	48:48
Mark Hewitt	M65	54:47
John Allen	M60	44:56
Sandra Stockman	W50	45:52
Vanessa Carson	W35	43:31
Jackson Wong	M50	48:38
Theresa Howe	W65	1:07:12
Kevin Johnson	M60	42:48
Anne Jones	W65	52:21
David Adams	M40	54:26
Anthony Faulkner	M50	48:34
Patrick Jones	M45	39:22
Bob Colligan	M60	47:57
Noelene Treen	W55	56:55
Ralph Henderson	M70	46:06
Julie Wilson	W65	57:04
Bob Britton	M55	52:29
Sarah Ballard	W35	1:02:46
Claire Walkley	W50	55:40
Lui Cecotti	M70	55:44
Alan Gray	M55	53:17
Bernard Mangan	M60	49:20
Sandra Rourke	W50	56:59
Andrew Thorpe	M65	1:00:00

3km GOT

Jim Barnes	M75	23:48
Ivan Brown	M70	19:35
Neil McRae	M65	30:18
Maurice Creagh	M70	20:15
Delia Baldock	W55	22:24
Mike Hale	M70	27:16
Bruce Wilson	M70	29:52

Guess Own Time Bold Park

September 23, 2018

Directors: Paul Hughes & Andrew Cuthbertson

2km Walk

John Dennehy	M55	13:50
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	Actual	Estimate	Differential	
Jim Klinge	M70	48:48	49:00	00:12
Mark Hewitt	M65	54:47	54:00	00:47
John Allen	M60	44:56	43:30	01:26
Sandra Stockman	W50	45:52	44:23	01:29
Vanessa Carson	W35	43:31	41:37	01:54
Jackson Wong	M50	48:38	46:00	02:38
Theresa Howe	W65	1:07:12	1:10:00	02:48
Kevin Johnson	M60	42:48	40:00	02:48
Anne Jones	W65	52:21	49:10	03:11
David Adams	M40	54:26	51:00	03:26
Anthony Faulkner	M50	48:34	45:00	03:34
Patrick Jones	M45	39:22	35:38	03:44
Bob Colligan	M60	47:57	43:30	04:27
Noelene Treen	W55	56:55	52:08	04:47
Ralph Henderson	M70	46:06	40:00	06:06
Julie Wilson	W65	57:04	50:55	06:09
Bob Britton	M55	52:29	46:00	06:29
Sarah Ballard	W35	1:02:46	1:10:00	07:14
Claire Walkley	W50	55:40	48:00	07:40
Lui Cecotti	M70	55:44	1:03:30	07:46
Alan Gray	M55	53:17	45:20	07:57
Bernard Mangan	M60	49:20	41:00	08:20
Sandra Rourke	W50	56:59	48:20	08:39
Andrew Thorpe	M65	1:00:00	51:09	08:51

	Actual	Estimate	Differential	
Jim Barnes	M75	23:48	24:00	00:12
Ivan Brown	M70	19:35	18:59	00:36
Neil McRae	M65	30:18	31:05	00:47
Maurice Creagh	M70	20:15	18:00	02:15
Delia Baldock	W55	22:24	20:00	02:24
Mike Hale	M70	27:16	23:55	03:21
Bruce Wilson	M70	29:52	25:00	04:52

Taking the long route

I look at accommodation options and plan a mix of hard days and easier days. Finally I settle on a plan and pre-book the accommodation. Many other walkers I meet book accommodation on-the-go, a day or so in advance.

This does have the advantage that you can gear the length of each day's walk to the weather, but you could get stuck with all accommodation full so most walkers who do this also carry a tent. In Europe from mid July to late August it is highly likely accommodation will be full.

Do I get lonely?

In the Alpine walks many nights are spent in the superb refuges which are great value. Also you eat at communal tables, so you're always part of the conversation. (It is unusual to find no other English speakers.)

On UK walks such as the Pennine Way the accommodation villages pick themselves and there is often just one pub. So you soon get together with other walkers, easily identified poring over maps and guidebooks in the public bar!

Navigation

What about navigation?

For my first LDP I bought 1:25000 maps, but you walk across one of these in only about 3 days; so about a third of the weight of my rucksack was maps! Now I just download onto my iPhone from one of the excellent topographical apps.

Most charge just a small fee to allow you to fully download the sections you need – so no connection is needed while walking. And of course the iPhone GPS always lets you see where you are on the map.

I also download onto the iPad, to cover possible failure of the iPhone.

My highlights

The GR10 in the Pyrenees and the Via Alpina in Switzerland/Italy are very tough but quite outstanding.

Longest was Lands End to John O'Groats in UK, a great walk that uses at least six established LDP's.

A shorter walk with fabulous scenery is the Chamonix to Zermatt Haute Route.

UK favourites are the West Highland Way, Pennine Way, Coast to Coast and SW Coast Path. And for friendly locals, you can't beat the Irish Coast to Coast.

So – if any of this appeals, just come and have a chat with me at a MAWA event!

Richard



Arthur on form at Darlington: he said it was advisable to be modest when speaking in public – but when talking about himself he found that difficult!

BORN at the end of one world war, destined to fight in another.

Sounds bleak? I think so. The earliest of Arthur Leggett's past 100 years were daunting, even before wartime service. Like club-mate John Gilmour he endured years of captivity. For Arthur that was in Germany. John was held in Changi, and then in Japan.

It takes a strong, resourceful person to come through such times unscathed.

Some older club members, like me, had grandparents who fought in WW1. Our parents lived through the next war, as did we.

Perhaps that's why we feel particular affinity with, and revere so, the men and women who fought, and died, or survived for us.

Inspirational

Arthur is inspirational, Brian Bennett said at Darlington. I concur, wholeheartedly.

I first became aware of this dapper, upright little bloke on the Darlington Dash almost 30 years ago. He looked like a bank manager, I thought. The run was 8km up, 8km down in those days and I finally managed to catch him on the descent.

Of course, he was a mere lad of 70-something then, and I was a learner.

Since then Arthur's inspired me in other ways, most of them literary. Yes, he's the old bloke who started abseiling in his 70s; and then rode across the Nullarbor on a motor-bike so heavy he couldn't tilt it up unaided. He did the Avon Descent in a kayak, almost carcked it with hypothermia, but really enjoyed the attention of the nurses. Later, he had every intention of setting some age-group running records when he reached 90, but was stymied by ankle problems.

Arthur's 100th birthday was on September 8. At Darlington Brian told me he had already received a letter from HM Queen Elizabeth, and framed it.

As one of our most senior members, Arthur had the great misfortune to settle in the same age-group as JG. However, with charismatic grace and humour he would claim that every five years, for the six months it took young



John to catch up, Arthur was best in his age group!

Man of letters

But Arthur is also a writer, a poet, a raconteur. An Aussie renaissance man? He'd find that a bit pretentious of course. But he has been acknowledged for his writing most recently, when a local high school named the library for him.

He's less steady on the pins now, but as militarily upright as ever. Blind in one eye, yes, but far from one-eyed.

Apart from obvious fitness his route to a longer life seems, to me, to entail continuous creativity – and exercise of humour.

As the champagne flowed and the birthday cake was scoffed, I said 'see you next year, Arthur?'

Right, he replied, the champagne's every 100 years!

Long ago he told me – 'if you can't beat 'em, outlive 'em.'

Onya Arthur – we'll all do our best.

AT 90, Thelma Johnson works out at a health club three times a week. She and her 87-year-old husband walk at least a mile on the other days. The couple recently went on a cruise to Alaska and they like to organise outings with friends.

The Johnsons may seem remarkable, but they're not much of an anomaly in Loma Linda, California.

There is something big happening in this small town 60 miles east of Los Angeles. Many residents here live well into their 80s or 90s and beyond. The community is so famous as a place for healthy ageing that it was named as one of the world's five Blue Zones – spots where people live extraordinarily long lives – by author Dan Buettner and *National Geographic*.

Triathlon

Participants in a recent Drayton Centre Senior Triathlon in Loma Linda ranged in age from 55 to 80-plus.

"You have to keep a good diet, you have to keep up your exercise, you have to have a good outlook on life and have a strong faith. You have to have it all," Thelma Johnson told *TODAY* about the ingredients she believes have contributed to her longevity.

The grandmother hasn't eaten meat in more than 60 years, doesn't drink or smoke, and avoids too many sweets. She's close to friends and family and tries to be an optimist.

"I heard this statement the other day: Don't let what you cannot do interfere with what you can do," Johnson said.

"I think older people have a feeling – myself even some days – 'Oh dear, it isn't even worth it.' But you just have to keep doing what you can do and not worry about what you can't do."

Churchgoers

Loma Linda, California, residents Thelma Johnson, 90, and her husband Delmar, 87, recently went on a cruise to Alaska.

Like many residents of Loma Linda, also known as "Beautiful Hill," Johnson is a member of the Seventh-Day Adventist Church, which advocates a lifestyle that researchers say may play a

How to live to 100

Californian town may hold the secrets of longevity

by

A. Pawlowski

Oct 14, 2016 in Today

big role in a long life expectancy.

The church recommends a vegetarian diet that focuses on fruits, vegetables, nuts and whole grains. It asks members to avoid alcohol, tobacco and any mind-altering drugs. And it promotes "pure water, fresh air and sunlight" as part of a good living formula.

Adventists make up about a third of the town's population – one of the highest concentrations in the country – and they live several years longer, on average, than the general US population, said Daniel Fontoura, chief wellness officer for Loma Linda University Health.

The city is so focused on good nutrition and proud of being "devoid of most of the fast food joints" that there was backlash when a McDonald's opened there a couple of years ago, he noted. Then, there's the Loma Linda Market, which doesn't sell any red meat, poultry or seafood.

"If it breathes, it's not there," Fontoura said. Neither is anything containing caffeine, which Adventists also try to avoid.

Loma Linda University has been studying Adventists' health and lifestyle since the 1950s and the research has revealed several lessons for healthy aging:

■ Mind what you eat

Emphasising plant-based foods seems to be key.

"A lot of times you find these octogenarians and nonagenarians are vegetarian," Fontoura said. Many Adventists still eat dairy and eggs, but some avoid all animal products.

The Adventists are following their religious guidance, but there is scientific evidence linking consumption of red and processed meats to heart disease and cancer risk. And their diets of nuts, vegetables and fruits are consistent with a Mediterranean diet, which has been associated with longer, healthier living.

One of Loma Linda's most famous vegans is Dr Ellsworth E. Wareham, a heart surgeon who recently turned 100 and worked until he was 95.

■ Exercise in your life

A key to longevity is about 30 minutes of sustained aerobic activity three to five times a week, Fontoura said. Loma Linda University has a Senior Wellness Program, which has become "a hot spot for the elderly," he noted.

Many members are in their 80s and several are in their 90s, said Romy Niblack, a programme coordinator and teacher. Nursing students sometimes take part in the classes and are surprised how challenging they can be.

"Certain moves are designed for seniors, but they are high intensity and the younger people, they can't believe it. They go, oh, I'm so tired," she said.

■ Take a break

Adventists set aside Saturday as their holy day, a time to separate themselves from "the hurly burly of daily living" and find time for spiritual, physical and mental rest, Fontoura said. That sacred time appears to be good for the body and the soul.

■ Network

Social connections and a spiritual foundation can lower stress and have a positive impact on a person's outlook, Fontoura said. Avoiding isolation and depression is key, especially as we age.

At 90, Thelma has an active social life and she has a strong faith in God. She also likes helping people.

"When you're helpful to others, you're helping yourself," she said.

Men and their prostates

by

William Lynch

MJA Insight - Medical Journal of Australia

Issue 31, 13 August 2018

Men should be encouraged not to ignore their prostate. There are lifestyle and behaviour modifications that can prevent and alleviate symptoms, with substantial general and cardiac health benefits in addition.

Adopting a behaviour that will have a positive effect on the prostate will have a probably more important benefit on the heart.

THE recent controversy about exorbitant surgical fees highlighted, as one of the chief offenders, robotically assisted laparoscopic prostatectomy, or "robotic prostatectomy" (as it is more colloquially quoted.)

While this practice is quite rightly criticised in terms of cost, one can only hope that men don't use this publicity as an excuse to ignore their prostate – especially with regard to the symptoms it can cause, not to mention the effect it can have on the quality of life of themselves and their partners.

Benign prostatic hyperplasia (BPH) is an age-related, progressive condition that is highly prevalent, with a significant negative quality of life and lifestyle-related impact on men.

Prostate issues are a fact of life for men and are just as relevant now as they have been through the ages.

For the full story about prostate symptoms, please go to the club website. Vetrin Healthline can be found on the home page, under the Magazines tab.

An analysis of over 50,000 walkers showed it was associated with lower risk of cardiovascular disease and all-cause mortality.

Walking is one of the things that distinguishes us from all other animals and, according to a Harvard Medical School Review, "walking doesn't get the respect it deserves".

The brain is the only organ in the body that never stops developing and although it sounds extraordinary, an ordinary daily activity such as walking helps to keep it developing.

by Jill Margo

AFR, 23 Aug 2018

Jill Margo is an adjunct associate professor at the University of NSW

WHEN Professor Anthony Hannan speaks on the phone at work, he gets up and walks around his office. If it's not disturbing anyone, he'll wander further afield, through the corridors of Melbourne's Florey Institute of Neuroscience and Mental Health.

Hannan is an international expert on neuroplasticity – the way neural cells in the brain change in response to experience – and he is also a great advocate for walking.

The two are inextricably linked and he takes every opportunity to enforce incidental activity:

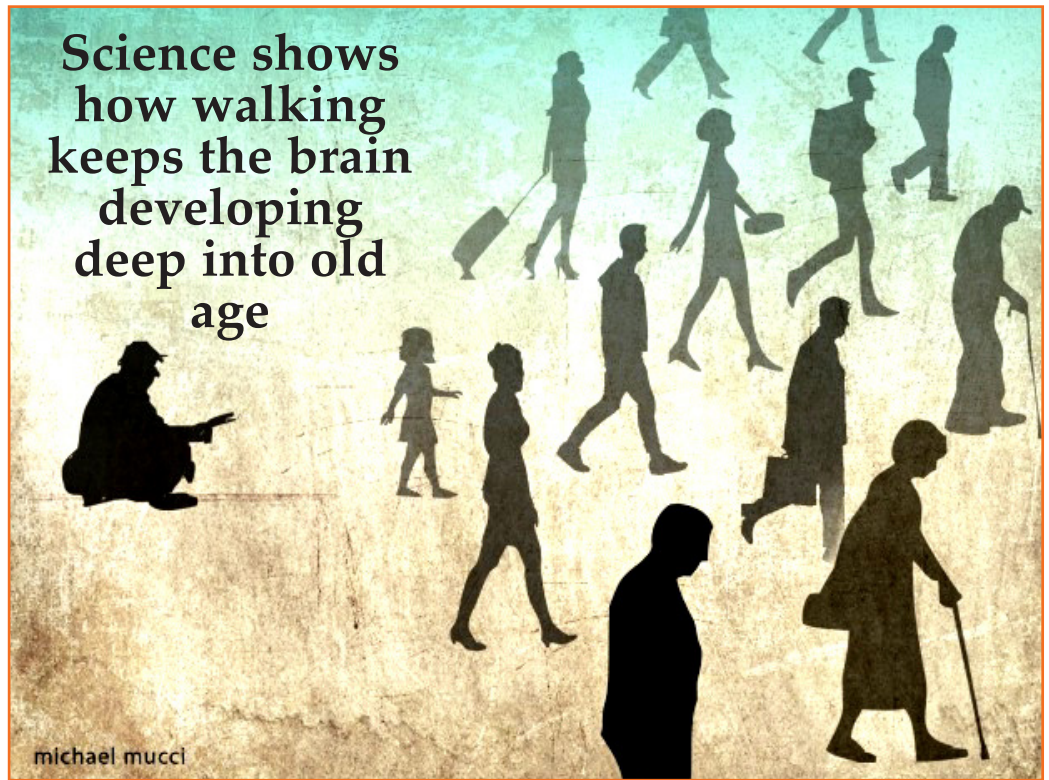
"I take the stairs, I walk to get lunch and I use public transport because it forces me to walk to the train station and back."

He says the brain is the only organ in the body that never stops developing and although it sounds extraordinary, an ordinary daily activity such as walking helps to keep it developing.

Although we are dealt a deck of genetic cards at conception, Professor Hannan says physical activity can change expression of genes in the brain.

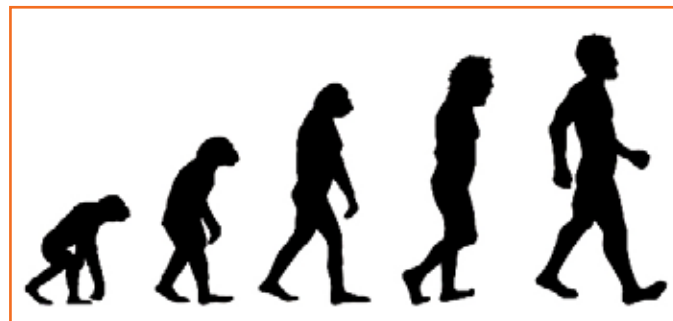
While the science supports this, it also makes good sense from the perspective of evolutionary biology.

As head of the neuroplasticity and epigenetics laboratory at The Florey, Hannan views our brains as products of our evolutionary past.



"Our genome has been evolving over millennia and we still have the same genomes as our hunter-gatherer ancestors who were active and not obese.

"Those who were not physically active starved to death because they couldn't get enough food.



"We are maladapted for modern lifestyle. It is unnatural to sit at a desk all day. Not moving around does not fit our genetic make-up and physiology. We are just naked apes, evolved to be out on the savannah hunting and gathering."

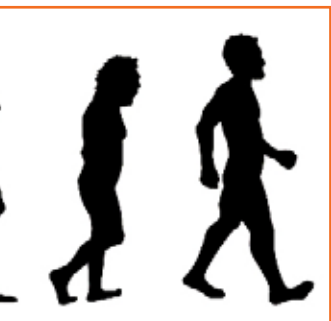
Neuroplasticity and walking are inextricably linked. A sedentary lifestyle, he says, accelerates ageing of both body and brain.

We were once sedentary apes leading a relatively simple life. When we began evolving into hunter-gatherers, our lives became more complex.

As mental and physical demands increased, so our brains and nervous systems evolved to help us navigate

the world. Our cognitive powers evolved while we were on foot.

Walking is one of the things that distinguishes us from all other animals and, according to a Harvard Medical School Review, "walking doesn't get the respect it deserves".



The great muscles of the legs not only supply power to the circulatory system, they send a suite of chemicals up to the brain and take others back.

While we know it is good for the body, for mechanical function and circulation and perhaps mood, the way it impacts upon the brain is just beginning to be understood.

Hannan says blood flow in the brain is not a trivial issue. The vasculature is dense and it's not just a matter of plumbing and oxygen, there are many signals that the blood delivers to and removes from the brain.

While the brain is in constant cross-talk with the whole body, its chemical conversation with the muscles is

conducted by tiny molecules, including those called myokines.

Hippocrates once described walking as "man's best medicine" but today, we don't really know how much to do, when and at what pace.

These molecules only began to be investigated in earnest this century. Given they are still being explored, some claims have overstated the science.

But it is agreed myokines play a central role in keeping muscle healthy and helping it adapt to an increased physical workload.

Among them are factors that promote the growth and survival of motoneurons, the nerves that help the muscles function.

"I'm not a big fan of too drastic changes because they are not sustainable in the long term for most people," says professor Emmanuel Stamatakis.

With physical activity, Hannan says muscles release myokines which can travel through the blood brain barrier into the brain.

Stem cells capable of generating new neurons reside in the brain. Physical activity can drive growth factors into the brain to help the generation of new neurons and new connections between old neurons, **which in turn may improve learning and memory and delay the onset of dementia.**

“So, physical activity is not just turning up the blood pump and flushing out the brain, it is sending specific signals.”

He says until a couple of decades ago it was thought the adult brain was fixed and remained so – apart from age-related deterioration – throughout adulthood.

Now the brain, with its billions of interconnected neurons, is seen as a mind machine that is dynamic and responsive rather than hard-wired for life.

“We know experience and environment can also sculpt structural and functional changes in the brain and can cause growth of new neurons, as well as new connections, or synapses.”

These changes can be detected structurally on MRI.

Five pillars

Hannan describes five pillars of brain health which work alone and in concert. They are physical activity, cognitive stimulation, managing stress, sleeping well and maintaining a good diet.

There are also knock-on effects, with those who are active tending to sleep better and those who sleep better tending to be more able to deal with stress.

He became internationally known when his team became the first to show that environmental enrichment helps to slow the progression of brain disease in mice.

“We are dealt a deck of genetic cards at conception. It’s our genome and there’s nothing we can do about it. But we can do something about our ‘envirome’, our total exposure to environmental factors from conception to old age.”

Physical activity can change expression of genes in the brain. This is a highly complex process and could be mediated, not only through the muscles but the immune system, the gut and the heart, he says.

Sports Medicine

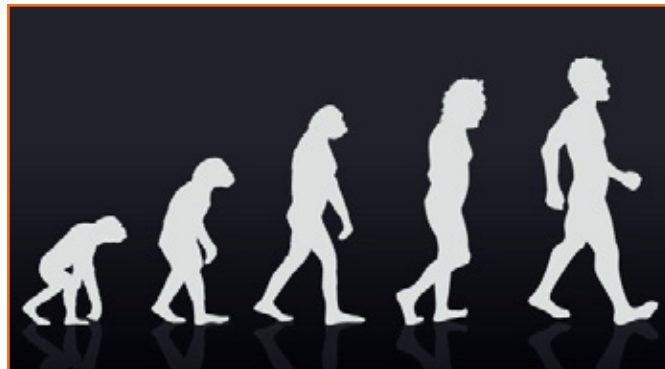
Back in 1997, a seminal review of the value of walking was published in the journal *Sports Medicine*. It analysed all the available evidence about this, the only sustained dynamic aerobic exercise common to everyone except for the seriously disabled or very frail.

Now, the *British Journal of*



Sports Medicine has published a special edition on walking to mark the 21st anniversary of that review, to reflect progress in the field and see what can be upgraded for the 21st century.

“Despite the advances in neuroscience a lot remains to be understood about walking and how to best promote it at the population level,” says Professor Emmanuel Stamatakis, editor of the anniversary edition.



“Advancements in the science of walking specifically have been fair but not what one would expect for an activity of the importance and potential of walking.

“Future studies that use wearables have great potential to help us better understand what would be an optimal amount of walking for people with different characteristics,” Professor Stamatakis says.

It is never too late to change and he says the edition’s shameless ambition is to ignite serious discussion to advance research on how to make walking the most accessible and convenient mode of transport for all.

His current advice is for people to look at their base-

line and to move more, at any intensity.

“If you walk very little, make a modest increase in the first instance so you get up your daily walking to a level where you can comfortably maintain it as part of ongoing and longer-term lifestyle,” he says.

“I’m not a big fan of too drastic changes because they are not sustainable in the long term for most people.”

National survey data from Australia showed that only 19 per cent of adults walk at least 10,000 steps a day.

Although this is an arbitrary number created as part of a marketing campaign for a Japanese pedometer in the 1960s, Stamatakis says it’s a good number for most adults to aspire too.

Lower risk

In June this year he led a collaborative study, with the universities of Cambridge, Ulster and Limerick, showing increased walking pace is associated with longevity.

An analysis of over 50,000 walkers showed it was associated with lower risk of cardiovascular disease and all-cause mortality.

Walking at an average pace was associated with a 20 per cent risk reduction of death from all causes compared with walking at a slow pace.

This rose to 24 per cent for those walking briskly or fast. The protective effects of brisk and fast walking were a lot more pronounced for those aged 60 or more.

While a fast pace is often defined as five to six kilometres per hour, this can differ considerably with individual fitness levels.

“Brisk” for many people is also a pace that makes you slightly out of breath when sustained for more than a few minutes.

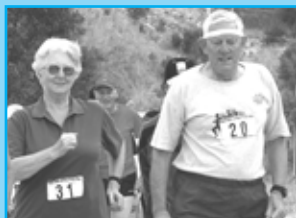
October 7 – Wireless Hill



Race Director: Ian Carson
– 0419 040 861

Rex Bruce, Peter Ryan, Graeme Dahl, Sylvia B Szabo, Kees Maatmen, Bob Fergie, Rosa Wallis, Alan James, Mark Dawson, Peggy MacLiver, Cassie Hughes

October 14 – Claypit Circuit



Race Directors: Jeff & Dorothy Whittam –

0404 061 005 or 9387 6438
Bert Carse, Bridget Carse, Tristan Bell, Andrew Cuthbertson, Gina Bell, Nick Franey, Sheila Maslen, Margaret Flanders, Rochelle Rodgers, Leigh Rodgers, Carol Bowman, Patricia Hopkins

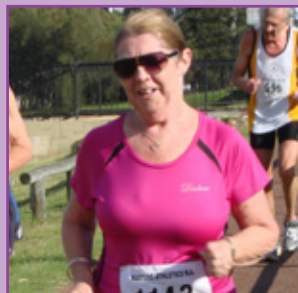
October 21 – Kalamunda Railway



Race Directors: Bridget & Bert Carse – 6394 0125
Graham Thornton, Kerriann Bresser, Richard Blurton, Andrew Cuthbertson, Abdul-Raouf Mohamed-Isa, Narelle Gaynor, Chris Coates, Alastair Wallace, Mercurio Cicchini, Conny Brieden, Jerry Peters, Bjorn Dybdahl

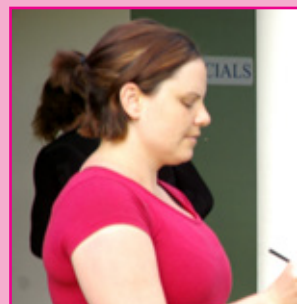
HELPERS

October 28 – Bibra Lake



Race Directors: Nick Miletic & Gail Castensen –
0439 092 590 & 0411 217 755
Raoul Temme, John McShane, Pamela English, Joe Patroni, John Brambley, John Smith, Jon Storey, Julie Storey, Renia Niderla, Bjorn Dybdahl

November 4 – Cliff Bould Trophy



Race Directors: Stuart & Rebecca MacKinnon –
0432 174 & 0419 966 972
Lynne Schickert, Sarah Ladwig, Carolyn Fawcett, Robert Fawcett, Frank Price, Haydn Gawne, Chris Kowalski, Bob Fergie, Sheila Maslen, Bob Hull, Wendy Farrow

November 11 – Safety Bay



Race Director: Trevor Scott
– 0421 314 399
Lesley Romeo, Ray Hall, David Baird, Joanne Richardson, Sarah Ladwig, Basia Lis, Tristan Bell, Gina Bell, John Pentecost, Grace Hollin

November 18 – Perry Lakes



Race Director: Jane Elton –
0431 855 373

Roger Walsh, Hamish McGlashan, Lucio Cecotti, Kirstin McGregor, Roy Hart, Geoff O'Brien, Carol Bowman, Claire Walkley, Angela Italiano, Andrew Duncan, Sue Zinay, Ginny Mulvey, Bob Lane



November 25 – Gwelup Lake

Race Directors: Akos Gyarmathy & Elizabeth McFarland – 0417 942 559 & 0476 126 236

Roger Walsh, David Scott, Irene Ferris, Barb Humphrey, Terry Humphrey, Mark Hewitt, Allan Billington, Bob Britton, Raoul Temme, Clarke Hendry, Nicola Hibbert, Jim Spiers, Elisabeth Gerber, Lesley Dowling

NEW MEMBERS – WELCOME!

1786 MAGALHAES: Marilia W40
1787 STEPHEN: Hazel W70
1788 VALLER: Pippa W35
1789 VAN RENSBURG: Lea W40
1790 TAYLOR: Fiona W50

December 2 – Garvey Gusto



Race Directors: Gillian Young & Mark Sivyver –
0428 405 668 & 0487 358 400
Ivan Brown, Wayne Taylor, David Pereira, Blakeney Tindall, Syd Parke, Erika Blake, Kyle Eagar, Hamish McLeod, Lawrence Zhang, Ralph Henderson

Where they're running

MONDAY

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au
Point Walter 8km; 6pm.
Contact Dick Blom at 1959blom@ozemail

TUESDAY (am)

McGillivray Oval and Perry Lakes; 10 am. Contact Jeff Whittam djwhittam@pixelvision.com.au; or Rob Shand risarch1@bigpond.com

TUESDAY (pm)

Perry Lakes grass circuit near Hockey Clubrooms; 5.45-6.30pm.

WEDNESDAY

Marathon Club, Burswood; start 5.30pm; 15km-20km. Contact Brian Bennett – 0412990945; brianbennett47@gmail.com

FRIDAY

6am start, various central

Perth locations. Contact Margaret Bennett; ph 9275 0169; or mbe37778@bigpond.net.au

SATURDAY

DC's group at WAAS; 8-9.45am; track training – all welcome. Cost \$3.80 seniors – \$6.70 others; pay at the door. Contact davidcarr@bigpond.com parkrun – go online to parkrun.com for details of many locations around Perth.

ROAD runs early every Saturday at various western suburbs locations. Contacts: Gary Fisher, email gary.fisher@y7mail.com or mobile 0400 855 978. Paul Hughes, email paul@wjhi.com.au or mobile 0412 513 348.