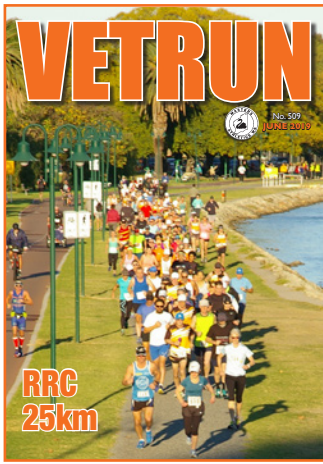


VETRUN



No. 509
JUNE 2019

RRC
25km



NEXT EDITION: Vetrun No. 510 will be published in August 2019.

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Hall of Fame honours Lynne Schickert

CONGRATULATIONS to our very own Lynne Schickert who had the great honour of being inducted into the AMA Hall of Fame at the recent Nationals.

Janet Naylon reports:

At the AMA Awards Dinner held during the National Championships in Melbourne, Lynne Schickert and Mary Thomas were inducted as the 18th and 19th members of the Hall of Fame – Lynne as the fourth administrator and Mary as the fourteenth athlete.

40-years' service

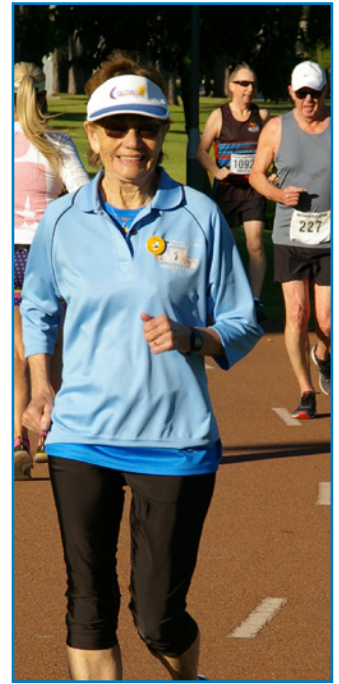
Lynne has contributed forty years of service to Masters Athletics at local, regional and world levels as a competitor, official and administrator. A successful athlete in her chosen events, it is in Lynne's administrative skills that she excels.

Lynne holds and has held many executive positions on behalf of masters athletics – President, Oceania Masters Athletics; Executive Vice

President, World Masters Athletics; Oceania Representative to WMA; President, Vice President and life member, Masters Athletics Western Australia and AMA President. She was also a member of the AMA team who successfully bid for the 2016 WMA Championships in Perth, then continued to serve on the Local Organising Committee and as the WMA Liaison Manager.

On behalf of AMA, Lynne was instrumental in the development of the AMA website and on-line entry system; reviewing and updating of governance and constitutional issues; co-editor of the AMA handbook and project manager of AMA history "Age is no Barrier".

Due to her passion for masters athletics, Lynne has contributed many hours of vol-



Lynne walking at the Curtin Mothers' Day event.

untary unpaid administrative work to ensure masters athletics in Australia, Oceania region and worldwide is well organised, well promoted and widely recognised by our sporting and general community.

PLEASE note that due to the unavailability of the Darlington Hall and Oval this year the Darlington Dash on 1 September 2019 will start from where we normally turn around at the Train Park (MJ Morgan Reserve) in Glen Forrest (corner Hardey Road and Railway Parade).

The course will then follow the Railway Heritage Trail down to Darlington and back, turning just before Glen Road. The course will be shorter than before, approximately 5.5km and 11km for 2 laps. Note we will be running downhill first so please save some energy for the uphill finish! The Dick Horsley Trophy for couples will still be contested with one partner completing the short course, the other the long course and the couple with the fastest combined time winning the coveted trophy. Morning tea food will still be provided but there will be no facilities for tea/coffee. There are also cafés on Railway Parade. This may be a permanent course change for the future as allows us to avoid two road crossings. ■

Darlington Dash course change

Delia Baldock writes:

Woodbridge February 17, 2019

I HOPE you all enjoyed the Woody run in only its second year and my first time directing this event. It follows the parkrun course along the Swan River which is on a bike path all the way so quite fast.

Congratulations to the handicap winners of the 10km run; Ceri Morton and 5km walk; Peggy Macliver and a big thank you to all my wonderful helpers, many of them new members! If you haven't been before do come along and try it next year. Woodbridge is a stone's throw from the magnificent Swan Valley which abounds in wineries and cafés so you can make a great day of it! ■

April Committee

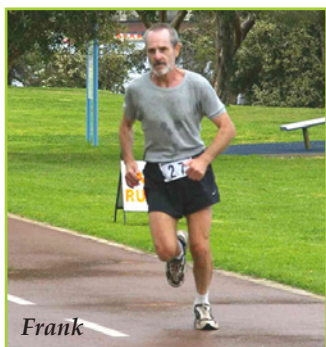
RACE results will no longer be compiled and read out after our runs, but the first three in each event will be noted in the web results. Compiling these results ties up a helper, and the read-out is not necessary as results are on the website the same day.

- New course for Darlington Dash agreed, starting at Glen Forest.
- Purchase of a second recording watch agreed.
- Andrew continues to pursue our 'green' agenda and has purchased more recyclable paper cups. But we also request that you bring and refill your own water bottle to avoid using the cups at all at the finish.
- Ernie Leseberg has agreed to be our new webmaster. Many thanks to Hamish for the great work he has done on the website over the years.
- Colin Smith is working on the design of a MAWA running cap.
- The AMA Half Marathon will be in Perth May/June 2020. Jim Langford will lead the team that will plan this event.

IN light (or perhaps in shock and awe) of Bob Schickert's lifetime mileage/kilometerage, I pestered some members at recent runs to tell their own usual weekly training distances.

As you might expect, these vary according to the type of event – long distances, shorter road runs, middle-distance, sprints and so on – that individual runners usually do. There are some surprises.

Clare Wardle, for instance, the regular winner of the 10km Weir Run, reveals that her weekly total rarely exceeds 40km.



Frank Smith, who was very good at all distances from 10km to marathon, says he would generally aim at 60 miles (app. 95km) weekly. But his running mate **Rob Harrison**, a one-eyed marathoner, ran 100 miles a week, every week!

Some runners manage to stay fit and in contention on much less.

How many kilometres do you do?



Weir Run director **Sean Keane** says he generally does only 25km weekly, but augments that with a lot of gym work, as does **Clare Wardle**.

Sean's fellow director **Neil McRae** couldn't remember how much he ran each week, and as it was so long ago that's hardly surprising!

He points out that in NZ they didn't worry much about measurements; they just ran. Anyway, it was in yards, feet and inches, and they are very difficult to keep in your head.

David Carr has always advocated regular gym sessions too and as a middle-distance specialist I don't imagine he runs massive distances in training.

Quality not quantity? On that tack, sprinter **Colin**

In My View by the Editor



Knees news – fellow-sufferers will appreciate the card with which my wife ushered in my recent elevation into the M75s!

** Before doing anything drastic about knocking knees, talk to John Bell, who might suggest alternative approaches.*

VW

Smith says he probably covers about 1km – that's just one kilometre, people – each week.



Marg Saunders, a decided middle-distance runner, covers about 25km weekly.

Kevin Johnson, who is primarily a distance runner said: "60km weekly; any more and I get injured – usually just over-use injuries, tendons and so on."

Chris Lark does about the same.

Kim Thomas agrees with Kevin: any more than 70km weekly and injuries increase 'as I'm getting older'. Yeah, must be terrible being that old.

Kim's regular running partner, **Rochelle Rodgers**, who has been on such terrific marathon form recently covers 120km weekly.



Paul Martin was a fine marathoner back in the dark ages and says his norm was 80km weekly, but that included a regular Saturday morning 30km.



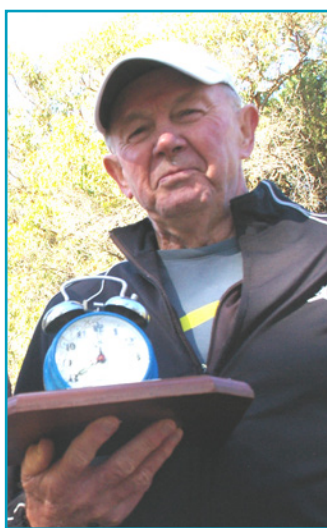
Finally I recall **Arnold Jenkins** fronting up for the Perth Marathon one year and declaring that he was there 'to find out if you can run a marathon on 10km a week training'. He did so.

Turn-up and cook to win?

GARY Fisher was delighted when he lifted the short-course GOT Trophy and thought we should have more events which you could win without working too hard.

Neil McRae agreed, suggesting he personally was a shoe-in for the turning up award.

I'll give Neil one more prize. (It's only fair after all the digs he suffers in *Vetrun*.) He is, I am sure, the only bloke who made the effort to actually cook something for



the Mothers' Day run at Curtin.

Two dozen eggs, a pound of bacon and a lot of dedication went into his signature pie, which was enjoyed by a brave few who saved room after all the cakes.



Neil 'Cheesecake' McRae, pictured at Curtin walking off an excess of cook's perks. Neil also edits a personal guide to Perth's 'best and fastest food' dives.



Guess Own Time Trophies

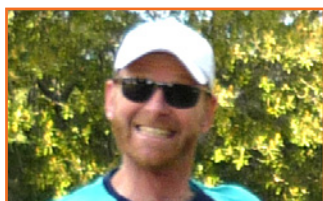
Bold Park, April 21, 2019
Mark Kerr & Neil Morfitt

Guess Own Time starters – coming (above) and going (below.) Who says we never show the tail-enders? In the GOT races you can come in last, and still win.

THE Guess Own Time is a unique event on our calendar and the Bold Park course is just wonderful. So, hopefully, the event has found a home for a while.

The 2019 GOT was held for the second time in stunning Perth autumn conditions. A redefined course since last year provided 8.4km and 3.6km options this year, plus a new start and finish location.

However, it retained at its core the wonderful Zamia Trail and associated views (and undulations)! Giovanni's tireless work with the Bold Park team and with course set-up was greatly appreciated. Thank you, Giovanni! The excellent helper team on the day was outstanding in chilly



conditions – many thanks to you all.

The long run saw 36 of 38 participants register a 'guessed' time before the event and seven of those came in within 44 seconds of their guess, which is truly impressive on such a course. In the end, Jim Klinge surrendered his 2018 title to Bob Schickert who was an impressive 10 seconds off his estimated time.

Akos Gyarmathy (16 sec), John Fisher (27 sec) and John Ranger (28 sec) all deserve honourable mentions! Bob is a serial winner of the GOT, and seeing him back with the trophy in hand was not entirely unexpected. Well done, Bob! The short option had 17 of 27 participants register a 'guessed' time with Gary Fisher wrestling the title from 2018's Jim Barnes. Gary completed his run 20 seconds outside his estimate with Randy Hobbs (27 secs) and Kathy Skehan (49 secs) completing the podium. Perhaps we should get one!

Congratulations Gary and to all who participated.

Mark Kerr



FULL RUN RESULTS 8.4km GOT Run

		Time	Guess	Diff
Bob Schickert	M75	1:03:10	1:03:00	00:10
Akos Gyarmathy	M60	40:14	39:58	00:16
John Fisher	M55	40:58	41:25	00:27
John Ranger	M50	47:22	47:50	00:28
Ralph Henderson	M70	41:24	42:00	00:36
Mickey Muroi	M60	1:02:38	1:02:00	00:38
Lee Halliday	M45	40:16	41:00	00:44
Jonathan Lester	M45	45:01	46:23	01:22
Andrew Grosas	M55	41:00	42:30	01:30
Keith Atkinson	M60	53:07	51:20	01:47
Anne Young	W45	56:52	55:00	01:52
Paul Every	M50	45:31	43:31	02:00
Bob Britton	M55	46:34	48:50	02:16
Lori Sexton	W55	51:10	48:34	02:36
Michael Pascoe	M60	58:41	56:00	02:41
Carolyn Stephens	W60	50:21	47:30	02:51
Bob Colligan	M60	43:35	46:30	02:55
Geoff Davidson	M55	45:35	42:30	03:05
David Adams	M40	49:01	52:10	03:09
Noelene Treen	W60	57:10	54:00	03:10
Rochelle Airey	W50	49:25	46:11	03:14
Patrick Jones	M45	37:48	41:27	03:39
Kevin Johnson	M60	39:36	44:00	04:24
Brian Danby	M70	52:28	57:00	04:32
Lui Cecotti	M70	55:49	51:00	04:49
V2		50:20	45:00	05:20

Bruce McGeorge	M60	50:26	56:00	05:34
John Talbot	M70	1:04:23	1:10:00	05:37
Bruce Wilson	M70	49:59	44:06	05:53
Karen March	W55	45:33	52:00	06:27
V1		43:33	50:30	06:57
V6		42:38	50:00	07:22
Anne Jones	W65	48:17	56:10	07:53
Jim Klinge	M70	47:38	39:30	08:08
V5		49:06	58:40	09:34
Frank Price	M65	1:31:14	1:12:00	19:14

3.6km GOT Run

Gary Fisher	M65	22:32	22:12	00:20
Randy Hobbs	M55	20:27	20:00	00:27
Kathy Skehan	W50	28:41	29:30	00:49
Roy Hart	M70	26:05	25:00	01:05
Rohan Thompson	M40	24:25	26:00	01:35
Maurice Creagh	M70	22:42	21:00	01:42
Carol Bowman	W60	20:10	22:10	02:00
Delia Baldock	W55	24:47	27:00	02:13
Mark Dawson	M55	25:37	28:00	02:23
Sandra Stockman	W50	17:41	20:05	02:24
Geoff Vine	M70	19:14	22:00	02:46
Sandra Keenan	W50	21:33	24:40	03:07
Neil McRae	M65	35:57	32:30	03:27
Martin Watkins	M70	21:32	25:01	03:29
Merv Jones	M75	27:18	23:24	03:54
Paul Martin	M75	35:57	32:00	03:57
Stephen Grannells	M55	24:25	30:00	05:35

AGE GROUP WALK WINNERS

6km

Victor Munoz	M60	37:03
Johan Hagedoorn	M75	41:57
John Bradley	M65	46:30
Jeff Whittam	M80	56:27

Women

Peggy MacIver	W75	45:56
Lynne Schickert	W75	51:26
Lesley Dowling	W60	57:57
Jo Richardson	W65	57:58

4km

Haydn Gawne	M70	27:25
Rex Bruce	M75	33:29
Brian Dalton	M65	45:05

Women

Marcela Isabel		
Ruiz Valdes	W55	27:53
Julie Wood	W70	38:41
Priscilla Wilson	W40	39:40
Dorothy Whittam	W80	43:42

2km Walk

Janne Wells	W50	13:17
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BOB Schickert has now won the Guess Own Time Trophy four times.

By comparison, any three-time winner of the British Lonsdale Belt, boxing's oldest trophy, kept it forever. Heavyweight Henry Cooper, who had a 17-year professional career, was the first-ever boxer to achieve the feat. It would be fascinating to hear Lynne's reaction if Bob told her that the GOT was going to sit on their mantle-piece forever!

Anyway, Bob has an advantage over 'our 'energy' and most other athletes. He has a built-in metronome and therefore always knows his pace.

This year's trophy win was actually a bit slack for Bob, who is usually far closer to his estimate than ten seconds.

Melbourne

Take, for example, his 10km at the recent Nationals in Melbourne. Bob told me:

"I set a (very slow) target of 2 minutes 40 seconds per lap in Melbourne which would give 66.40. This means a time of 13.20 for each 2km.

"I was in front by a few seconds at 2km, and also at 4km.

Double-best!

"Then I was just about on time at 6km, and a couple of seconds slow at 8km.

"Finally, in the end I ran 66:40.6 – which was six tenths of a second out!

"Unfortunately that was also twice as slow as my best-ever 10km time!"

Some will say that it's easier to set a pace if you take it easy, and I'm sure that's so. But it's not the answer to Bob Schickert's phenomenal pace-setting, which, by the way, he says is nothing special. It's just that I can count, he claims.

But his pacing is remarkable at any distance and at speed. Years ago he paced me to an improved 800m time. Asked to run a 2:20 he admitted that he hadn't run an 800m for about 15 years – "but I'll give it a go".

You guessed it: he was spotted and pushed me to a 2:16 PB that night.

At the other end of the scale Bob is a marathon and ultra-marathon runner. He has kept notes of his running since a teenager and the present "running total" equals 225,000 kilometres! But ...

"Amongst the runners I ran



Is it a bird? Is it a plane? No, it's Metronome Man!

marathons with I was regarded as a low mileage athlete. They kept encouraging me to do more so I would get better times. I knew how much time I could put in to training and still have a good family and work life so I restricted the training," he explained recently.

A typical, efficient non-race week was about 30km early Sunday.

Monday and Wednesday: 8-10km, starting about 8.30pm at night after getting the kids to bed.

Tuesday and Thursday: run home from work – 22km.

Saturday: About 20km again, early.

"That makes about 110km for the week with a minimum of time spent on it. As with training now, it was all to or from home. No time is lost driving to training. Train and bus home from work in Melbourne took about 1 hour and 10 minutes; so running the distance in about 1:45 only required an extra 35 minutes."

Bob has made 83 starts in marathons or longer races.

"Sadly, there were ten DNFs, mainly in early days when I was not doing enough longer distances," he admits.



Lifetime record – 225,000km!

Bob is one of the most dogged, relentless runners you will ever encounter. In his career he has covered an estimated 225,000 kilometres – so far.

Ultra running

In his career he has run six 50 milers and one 36 miler – and finished all of them. He also started a 24-hour event, ran 115km in the first 12 hours before breaking down. His best marathon time is 2:44:37; with six marathons under 2:50; and half of his marathon runs were sub-three hours.

10km? 33:12

"Really, I was a better half marathon and 10km runner than a marathon runner. Fastest half was 73:58; fastest 10km 33:12; and best 15km 50:56.

All that distance!

For many years Bob kept a diary of distance run each day and he has a note of each of his Sunday runs and track championships.

He is also an awesome administrator (like Lynne) so it's no surprise that he has meticulous notes of his MAWA Sunday runs results each week back to 1988, when he joined MAWA from Victoria.

Here's his brief summary.

Very rough total since I joined Ivanhoe Harriers in Victoria in 1957 after running at school: 225,000 kilometres.

1957 to 1966 – when I was mainly an 800/1,500km athlete playing football in the winter but still doing some cross country and road – about 1,000km a year = 10,000km.

100km per week

1967 (first marathon) to 1987 averaging over 100km each week with yearly totals almost all over 5,000km = 100,000km. Largest yearly total 5,700km, so about 110km each week.

25 years 1988 to 2012 averaging about 80km per week so total of 4,000km = nearly another 100,000km.

2012 (start of heart fibrillation problem) to 2015: about 50km per week. So, 2,500km per year, or another 10,000km in all.

Last three or four years have been a battle, slipping at first to about 40km per week and in the last 18 months down to about 30km, run over 5 days and an hour bike ride on the 6th day with one day rest. So, about another 5,000km.

To sum up, Bob says:

"It is still great to be able to run – and even though my rate pace has slowed horribly I still know about what the pace is!"

CURTIN Uni



Curtin's the closest to indoor running as we'll ever be! Above, 5km handicap walk winner Elaine Dance enjoyed it. Right, scratch starters run into shelter; and left, running through the Edinburgh Pavilion is great if you're looking for the loo!



Below, left, 5km men's walk winner Victor Munoz gets a pointer from Marcella; below left, Carolyn Stephens won the women's 10km handicap; and right, the man who never admits he's cold, Brian Danby won the men's section.



Curtin Uni (Handicap)

May 12, 2019

Directors: Giovanni Puglisi
& Janne Wells

THOSE who ventured out for the MAWA Handicap Run/Walk events on Mothers' Day at the lovely locale of Curtin University were bathed with glorious sunshine in perfect weather for racing. Then they witnessed or were involved in keen and spirited competition in all events.

Congratulations to all competitors and a special jolly-well done to the winners on the day, Brian Danby and Carolyn Stephens (10km Run Hcp) and Elaine Dance and Victor Munoz (5km Walk Hcp).

Special thanks to our dedicated band of helpers who ensured that the day was an absolute success.

The final icing on the cake was the fabulous morning tea/coffee and goodies brought along by the fellas and some of the gals, enjoyed post event at the pavilion and sprawling lawn area by members and visitors in a friendly and super relaxed manner.

Co-Race Directors

Giovanni Puglisi & Janne Wells

10km Handicap Run

Times H'cap Run Time

Brian Danby	M70	1:04:08	8.14	55.54
Carolyn Stephens	W60	1:05:27	10.49	54.38

5km Handicap Walk

Elaine Dance	W65	45:26	7.14	38.12
Rosa Wallis	W75	45:49	1.56	43.53
Erika Blake	W60	45:54	5.13	40.41
Victor Munoz	M60	46:38	15.51	30.47

5km Run

Patrick Jones	M45	20:23
Kevin Johnson	M60	20:27
Wayne Bertram	M55	24:18
Martin Watkins	M70	27:26
Clive Choate	M65	30:31
Paul Martin	M75	40:31

Women

Shareenah Virahsawmy	W40	25:06
Carol Bowman	W60	28:24
Gillian Young	W70	28:47
Jenny Audsley	W55	30:07
Justine Stewart	W30	36:01
Sheila Maslen	W80	51:19

10km Walk

Mike Hale	M70	85:31
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Bathing in that sunshine; thanks to the co-directors!



Now that's what I call considerate! Rather than spread blood all over the paths of Curtin University, Jeff Whittam licked it up on his way to the medical box.



Clockwise, from above: David Baird, practising his fast start, perplexed the March's. Ruth Maxwell demonstrated exuberance for snapper Vic Beaumont (he hates it when people pose up for him!) Below her, Masters always welcomes young 'uns, especially on Mothers' Day. Right, Subby and Justine found Ruth's exuberance was infectious; and above Mark and Maurice caught some too.





They made the lists. In the 5km RRC, Carol Bowman, above, was 1st W60; and below is Alastair Wallace, 1st M60, with Marcella Valdes, 1st W55. Below (centre pic), Marg Bennett, was 1st W75 in RWC 5km. Top of opposite column, Justine Stewart, 1st W30 in RWC 5km. Below her, Hackie Halberg, 1st W70 in the 5km RRC.

WELL, the premier event of the year for the Masters Athletics has been run and won and considering the weather gods were on the warpath in the lead up to the run, the day turned out nice with turn-away crowds attending.

But first we would thank our esteemed helpers, for no helpers would mean no event. So thanks to Trevor Scott, Robert Hull, Barbara Putland, Jenny Audsley, Ann and Max Andersen, Lourens Jacobs, Steve Barrie and Phillipa Bennett.

Winner of the men's and women's 10km run were the usual suspects – Kim Thomas and Clare Wardle.

As this was the first of the important series of three separate trophy events, we decided to bring in an official from the drug testing services (at great expense) who was located at the 5km turnaround point. Sadly, any athlete

Weir-d Run Report

by
Neil McRae

requested to do the test either just plainly ignored the official, or told him where to go in no uncertain terms. So those unruly athletes had their rego numbers taken and will be dealt with harshly in the coming weeks!

Thanks to all attending the event.

NB: rumours have circulated by the editor that the dopey doping official had been sampling some substances himself, which could explain the unusual nature of this report.



Weir Run

May 5, 2019

Directors: Sean Keane & Neil McRae

Includes first rounds of
RRC 10k / RRC 5k /
RWC 5k

Age-Group Winners

10km Run (RRC)

Kim Thomas	M45	36:25
Chris Lark	M35	36:45
Adrian Fabiankovits	M30	39:54
John Ranger	M50	40:48
Chris Maher	M65	42:39
Akos Gyarmathy	M60	46:19
Paul Odam	M55	46:31
Bert Carse	M75	49:31
Brian Bennett	M70	49:57
David Adams	M40	51:20

Women

Clare Wardle	W40	41:45
Sandra Keenan	W50	54:37
Carolyn Stephens	W60	55:03
Anne Young	W45	55:50
Ceri Morton	W35	57:52
Liz Dewhurst	W30	59:43
Wendy Grace	W65	69:04
Kathy Skehan	W55	78:07

5km Run (RRC)

Amanda Walker	W50	21:32
Elizabeth Gomez	W35	22:27
Margaret Saunders	W65	26:58
Carol Bowman	W60	28:15
Marcela Isabel		
Ruiz Valdes	W55	29:50
Stephanie Manuel	W45	32:51
Jackie Halberg	W70	35:07

Men

Mark Kerr	M45	22:58
Mark Dawson	M55	23:17
Frank Gardiner	M65	24:33
Jim Klinge	M70	24:40
Dante Giacomini	M50	24:48
Alastair Wallace	M60	29:57
Rohan Thompson	M40	33:01
Paul Martin	M75	51:58

10km Walk

Mike Hale	M70	1:32:13
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5km Walk (RWC)

Karyn Tolardo	W50	30:10
Ngaio Kerr	W45	36:38
Justine Stewart	W30	38:51
Elaine Dance	W65	40:55
Erika Blake	W60	41:02
Lorna Lauchlan	W85	47:08
Priscilla Wilson	W40	51:49
Margaret Bennett	W75	52:28
Dorothy Whittam	W80	57:16

Men

Victor Munoz	M60	30:31
Jason Kell	M40	33:40
Peter Hopper	M70	34:19
Merv Jones	M75	36:40
Richard Blurton	M65	40:53
Bob Fergie	M80	47:04
Peter Brooke	M55	57:17

10,000m Track Handicap 2019



Name	Age Gp	Clock	H'cap	Act	John McShane	M50	1:06:37.4	18:50	47:47
Jason Kell	M40	1:00:49.4	9:55	50:54	John Fisher	M55	1:06:42.1	19:19	47:23
Bruce Wilson	M70	1:01:13.3	11:20	49:53	Bruce McGeorge	M60	1:06:44.6	14:17	52:27
Jess Mance	W30	1:02:46.9	0:00	62:46	Keith Miller	M70	1:06:49.5	20:12	46:37
Wade Davis	M50	1:03:33.8	17:00	46:33	Liz Gomez	W35	1:06:51.2	20:02	46:49
Frank Gardiner	M65	1:04:52.5	16:46	48:06	Janne Wells	W50	1:06:53.4	8:48	58:05
Milt Mavrick	M65	1:04:54.8	10:14	54:40	Silke Peglow	W50	1:06:59.8	8:00	58:59
David Adams	M40	1:05:02.2	15:49	49:13	Tristan Bell	M50	1:07:08.4	19:03	48:05
John Talbot	M70	1:05:23.6	0:42	64:41	Karyn Gower	W55	1:07:10.3	17:00	50:10
Drew Grosas	M55	1:05:56.8	19:52	46:04	Bob Colligan	M60	1:07:59.2	19:00	48:59
Brian Bennett	M70	1:06:12.0	16:38	49:34	Ralph Henderson	M70	1:10:36.8	22:28	48:08



OMINOUS signs met night-runners at UWA's McCallum track, but they all found their way round the circuit. Jason Kell triumphed; he's pictured (above) at another Uni ground, Curtin.



Winner of the Weir Run 10km RRC, Kim Thomas, passes a couple of walking athletes we're more used to seeing as leading runners. Bob Schickert (on Andrew Wilkinson's right) has completed the RRC many time but opted for the RWC this year. In front is awesome sprint champ Lynne Choate. After two rounds of the 50km RRC, M45 Kim was again on track for the overall title.

However, he was unlikely to better the overall 50km best time set by Chris Maher (right) in 1998 as an M45. Chris averaged 3:34 per km, beating Frank Smith's 3:35 record that had stood since 1987.





Two Rivers, two starts, two views

Thornlie Two Rivers

April 7, 2019

Director: Jim Langford

Age-Group Winners

15km Run

Jameson Hick	M40	1:00:29
Mitch Cleasby	M55	1:03:26
Jason Woolley	M45	1:07:21
John Ranger	M50	1:09:27
Akos Gyarmathy	M60	1:12:34
Brian Bennett	M70	1:18:21
David Baird	M75	1:20:21

Women

Clare Wardle	W40	1:05:35
Elizabeth Gomez	W35	1:14:59
Karen March	W55	1:16:48
Carolyn Stephens	W60	1:26:56
Janne Wells	W50	1:32:33

10km Run

Alex Tinniswood	M35	43:59
Jonathan Lester	M45	45:26
Paul Odam	M55	46:14
Tristan Bell	M50	49:04
Keith Atkinson	M60	57:24
Mike Khan	M70	1:04:17
John Dance	M65	1:24:08

Women

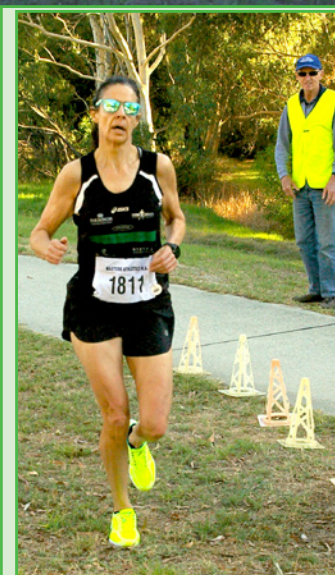
Sally-Anne Smith	W40	52:41
Ceri Morton	W35	56:46
Sha Watson	W50	1:03:47

5km Run

Dee Roe	W50	20:43
Julie Wilson	W65	26:42
Carol Bowman	W60	27:57
Marcela Isabel		
Ruiz Valdes	W55	30:24
Jackie Halberg	W70	34:02

Men

Peter March	M55	24:31
Geoff Vine	M70	25:00
Mark Kerr	M45	26:40



Dee Roe, W50, had a great run and was first home overall, winning the 5km outright.

Nick Miletic	M65	30:31
Rohan Thompson	M40	34:36
Merv Jones	M75	37:41

15km Walk

Andrew Duncan	M50	1:23:11
Jason Kell	M40	2:06:55
Elaine Dance	W65	2:16:20

5km Walk

Victor Munoz	M60	31:10
Haydn Gawne	M70	35:00
Johan Hagedoorn	M75	36:43
Bob Fergie	M80	48:15
Brian Dalton	M65	54:31

Women

Peggy MacIver	W75	38:31
Roselyne Pillay	W70	45:06
Lesley Dowling	W60	48:57
Jo Richardson	W65	51:18
Priscilla Wilson	W40	51:21
Sylvia Szabo	W35	53:39
Dorothy Whittam	W80	54:40

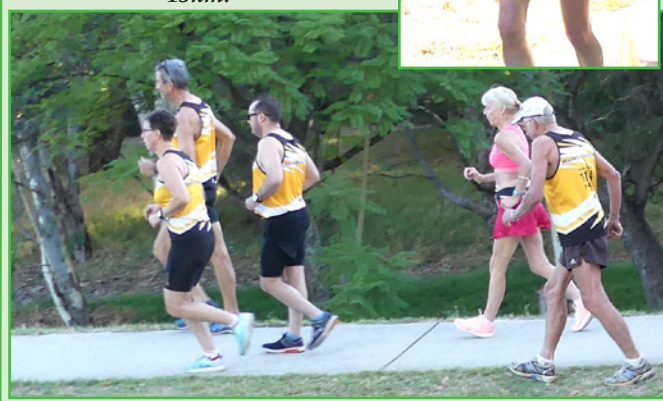
We start every which way at Thornlie. Vic B took the low view, Vic W the other. Bottom of page, the walkers set off, but Janne Wells, who walks and runs well (she did the 15km run) had things to do, so started early with the walkers!



Clare 'winning' Wardle, W40, winning again, first woman in the 15km.



Above, the indomitable Frank Price; below, Jon Lester, 1st M45, 10km.





In best by age-group 15km order – M40 Jameson Hick, ahead of M55 Mitch Cleasby, and M45 Jason Wooley.

WHEN my alarm went off at 4.45am on Sunday morning I quickly realised it was time to head to Yokine. I also quickly cursed Giovanni for giving me Yokine to RD; but then thought, he could have given me one of the two further afield, and I would have been getting up even earlier.

As I set off through Mandurah, night-clubbers were making their way home after a big night out. First stop was to pick up Victor and Marcella who speak Spanish, while I don't. So our conversations are in sign language.

Arriving at Yokine just in time for the sunrise, a couple of helpers were already there so once we stopped Giovanni from talking we set about marking the course.

By 7.30 all was in readiness and runners, walkers and visitors started checking in – and Andrew was relieving them of their money. We had 130 participants on the

Yokine

March 31, 2019

Director: Haydn Gawne

day, the youngest being Oliver, 11 and the oldest being Irwin, at almost 90. The event went well (no complaints) thanks to all the helpers. And I got my own back on Giovanni. I made him timekeeper so he had to stay in the one spot for quite a while and couldn't circulate as he normally does.

Safe running – and see you at the cleavage next year.

Haydn Gawne

The Bard of Yokine did well with this report but purely in the interests of sound journalism I had to delve into his 'cleavage'.

It seems that, on the day, he explained that the course resembled a capital B, rotated 90 degrees. Therefore, use your imagination and you'll appreciate that Haydn had placed the start/finish in the cleavage. VW

Age-Group Winners

9km Run

Jameson Hick	M40	33:28
Mitch Cleasby	M55	35:41
Martin O'Connell	M50	37:43
Bob Lane	M70	38:13
Akos Gyarmathy	M60	40:28
Craig Lines	M45	40:50
Zane Walsh	M35	41:36
David Baird	M75	43:38
Frank Price	M65	77:35

Women

Clare Wardle	W40	37:41
Melinda Evans	W35	41:32
Karen March	W55	43:57
Claire Walkley	W50	49:04
Sherree Merchant	W45	50:55
Noelene Treen	W60	54:32

6km Run

Kevin Johnson	M60	23:27
Craig Goldfinch	M45	25:35
Ralph Henderson	M70	26:34
Russell Smith	M55	28:35
Gary Fisher	M65	33:33
Irwin		
Barrett-Lennard	M85	40:44
Rohan Thompson	M40	41:09

Women

Rochelle Airey	W50	30:21
Robin King	W60	30:29
Sally-Anne Smith	W40	30:32
Julie Wilson	W65	31:27
Ceri Morton	W35	33:08
Liz Dewhurst	W30	33:25
Jackie Halberg	W70	41:41

3km Run

Matt Byles	M35	10:16
Mark Kerr	M45	12:24
Randy Hobbs	M55	13:50
Frank Gardiner	M65	14:01
Peter Hopper	M70	16:48
Mickey Muroi	M60	18:51
Merv Jones	M75	20:34

Women

Delia Baldock	W55	16:27
Stephanie Manuel	W45	18:18
Theresa Howe	W65	19:42
Ginny Mulvey	W60	19:57
Karen Alford	W50	20:49

9km Walk

Karyn Tolardo	W50	59:23
Lui Cecotti	M70	62:55
Justine Stewart	W30	66:05
Irene Ferris	W65	76:59

6km Walk

Elaine Dance	W65	49:40
Erika Blake	W60	49:41
Bob Fergie	M80	54:27
Mark Hewitt	M65	57:10
Russell Saunders	M50	65:17

3km Walk

Christian D'argent	M60	16:59
Richard Blurton	M65	24:28
Joseph Patroni	M60	25:11
Arnold Jenkins	M70	25:22
Jeff Whittam	M80	28:03
Rex Bruce	M75	28:09

Women

Lorna Lauchlan	W85	28:02
Priscilla Wilson	W40	28:06
Jo Patroni	W30	30:38
Roselyne Pillay	W70	31:38



Age-Group best times

15km Run

Kim Thomas	M45	1:01:30
John Ranger	M50	1:02:41
Jerry Peters	M40	1:04:18
Chris Maher	M65	1:04:59
Alex Tinniswood	M35	1:06:14
Bob Colligan	M60	1:12:39
Andrew Grosas	M55	1:15:24
Keith Miller	M70	1:15:43

Women

Clare Wardle	W40	1:08:09
Karen March	W55	1:19:03
Tina Franklin	W50	1:23:50
Wendy Grace	W65	1:35:05
Noelene Treen	W60	1:39:55
Jessica Mance	W30	1:44:01
Julie Storey	W45	1:49:14

10km Run

Chris Lark	M35	40:30
Anthony King	M55	50:55
Gavin Bain	M50	50:59
Rohan Thompson	M40	1:01:55
Alastair Wallace	M60	1:04:58
Frank Price	M65	1:31:44

Women

Anne Jones	W65	56:52
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5km Run

Elizabeth Gomez	W35	21:35
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Nedlands RRC 15K / RRC 5K / RWC 10K / RWC 5K

May 19, 2019
Director: Gary Fisher

Amanda Walker	W50	21:36
Margaret Saunders	W65	25:38
Carol Bowman	W60	28:02
Gillian Young	W70	28:07
Sheila Pillay	W45	39:20

Men

Ralph Henderson	M70	22:49
Mark Dawson	M55	23:01
Bert Carse	M75	23:53
David Carr	M85	29:31
Clive Choate	M65	29:40
Keith Atkinson	M60	31:03
David Baird	M75	33:24

15km Walk

V6	1:26:12
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10km Walk

Victor Munoz	M60	1:02:49
Karyn Tolardo	W50	1:12:02
Lui Cecotti	M70	1:15:03
Elaine Dance	W65	1:19:40
Bob Schickert	M75	1:36:29



Fast women – Liz Gomez and Amanda Walker, 1 and 2 in the 5km.

5km Walk

Jason Kell	M40	34:23
Haydn Gawne	M70	35:14
Arnold Jenkins	M75	45:12
Bob Fergie	M80	47:14
Andrew Roddy	M35	47:24

Women

Peggy MacIver	W75	39:09
Lynne Choate	W65	41:34
Evelyn Gilbert	W55	47:11
Lorna Lauchlan	W85	47:21
Lesley Dowling	W60	48:54
Pamela English	W70	48:55



We cast long shadows this chilly morning (top). Above, Jacqueline and Lorna were anxious to get moving. Left, orderly queue passes the drinks table: Victor Munoz, Nick Miletic, Alastair Wallace, Roy Hart and Keith Atkinson.

RRC 25k / RRC 5k / RWC 15k / RWC 5k

June 2, 2019

Director: Mark Hewitt

Lists shows best in AGE-GROUP

25km RRC Run

Kim Thomas	M45	1:40:35
John Ranger	M50	1:45:32
Jerry Peters	M40	1:51:22
Chris Maher	M65	1:54:08
Alex Tinniswood	M35	1:56:44
Keith Miller	M70	2:06:24
Ross Keane	M55	2:19:25
Tim Inglis	M60	2:51:49

Women



Vanessa Carson W40 1:55:03

Karen March	W55	2:13:40
Claire Walkley	W50	2:29:01
Noelene Treen	W60	2:44:54
Wendy Grace	W65	2:45:58
Caroline Clark	W45	2:48:42
Jessica Mance	W30	3:04:42

5km RRC Run

Jaime Lovell	W30	21:10
Ralph Henderson	M70	22:28
Randy Hobbs	M55	24:29
Prabuddha Nicol	M60	28:19
Nick Miletic	M65	29:27
John Pellier	M75	36:00

Women

Amanda Walker	W50	21:12
Elizabeth Gomez	W35	21:32
Margaret Saunders	W65	24:45
Carol Bowman	W60	26:55
Jenny Audsley	W55	29:35
Hazel Stephen	W70	38:08
Jo Patroni	W30	47:33

15km RWC Walk

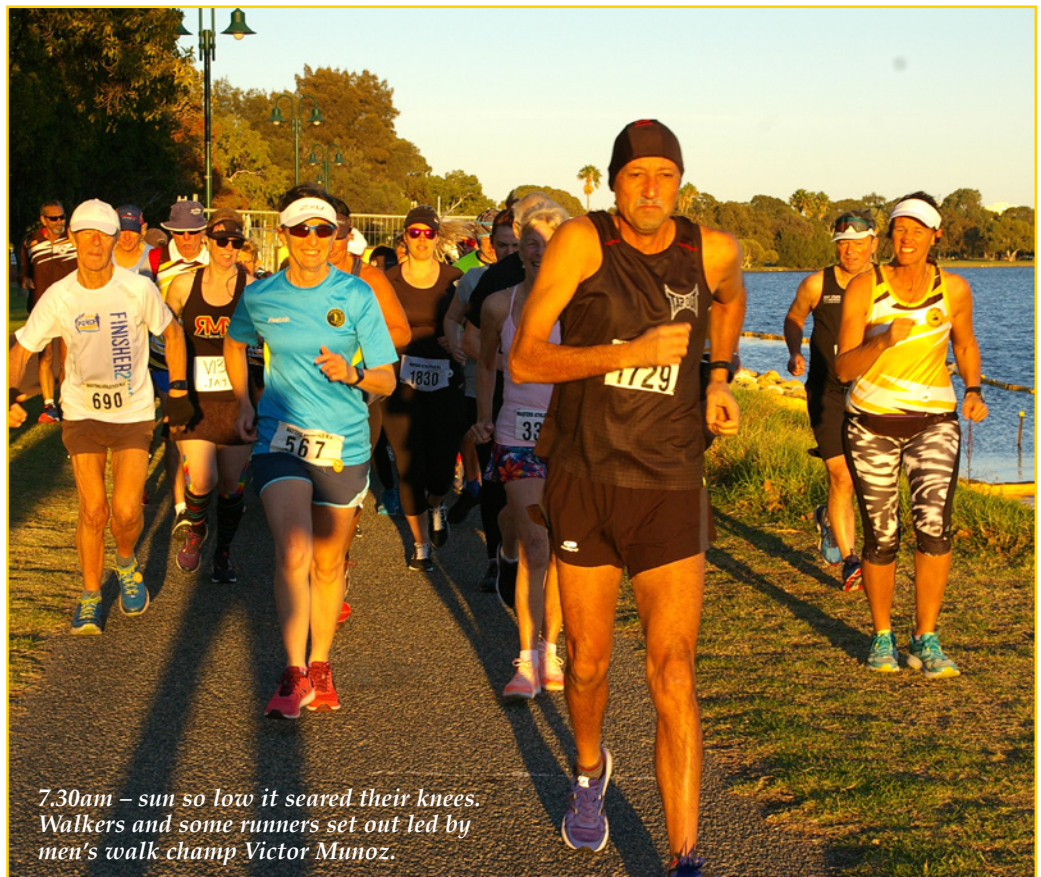
Victor Munoz	M60	1:37:51
Karyn Tolardo	W50	1:43:50
Lui Cecotti	M70	1:48:41
Elaine Dance	W65	1:58:28
Bob Schickert	M75	2:27:57
Maurice Creagh	M70	2:27:59

5km RWC Walk

Jason Kell	M40	33:15
Haydn Gawne	M70	35:48
Johan Hagedoorn	M75	35:53
Bob Fergie	M80	46:23
Brian Dalton	M65	1:01:36

Women

Peggy MacIver	W75	38:28
Lesley Dowling	W60	40:20
Lynne Choate	W65	41:28
Erika Blake	W60	42:10
Sheila Pillay	W45	43:27
Lorna Lauchlan	W85	46:25
Roselyne Pillay	W70	49:30
Priscilla Wilson	W40	51:35
Sylvia Szabo	W35	54:33



7.30am – sun so low it seared their knees.
Walkers and some runners set out led by
men's walk champ Victor Munoz.

HOW THE ROAD CHAMPIONSHIPS WERE SAVED!

THIS event is normally easier to organise. A week ago, when Paul Hughes forwarded a newspaper ad for the WA Day Festival on June 2-3 at our venue, Burswood Park, it immediately became more complex.

The venue was double-booked with Burswood Park.

Giovanni Puglisi negotiated with Burswood Park Board, Lux Events (Festival organiser) and then the Town of Victoria Park. Giovanni's good relations with Vic Park were invaluable as the event approval process was cut from two weeks to three hours! To make life even more interesting, the Marathon Club was holding an event at the same time.

So the Start/Finish was moved to Taylor Street and all the turns moved back one kilometre accordingly. The new course was marked out on the ground on Tuesday and parking and safety negotiations with Lux Events continued until late on Saturday, June 1.

Helpers were re-assigned and re-instructed by the Friday – but there was great uncertainty about how the

three events would proceed together!

However, on the race day, the sun shone, it was not cold, all the helpers turned up and performed magnificently, and the 171 finishers enjoyed themselves. This was despite a pipe burst near the Marathon Club flooding the track! There were no conflicts with the Festival event and no safety issues – except for Kathy Skehan's optimistic cartwheel after 20km! She is sore but recovering.

Thanks to all the helpers and let's hope that next year's event is easier!

NB: we concluded several championships this day, but Andrew Duncan added an extra discipline, making a 25km walk in 2 hours, 14 minutes, 12 seconds. Somewhat "off-piste" but spectacular!

Mark Hewitt

Another day, another change!

Nedlands report
by Gary Fisher

A COLD but sunny morning greeted our runners and walkers for what became a 1, 2 or 3 lap course – all because of the clash with the HBF Run for a Reason. Their organisers made a late date change, which also scotched some of our potential 15km runners, who had entered the HBF early.

Unfortunately we had more dramas with four people falling. Fortunately three were of a minor nature but John Dance had a nasty fall. We had to call an ambulance and he acquired three stitches to the bridge of his nose. (See pic on the website, at Deepwater Point the next week!) We all wish John a speedy recovery.

I know I speak for all race directors; the event could not go ahead without a band of willing helpers. I am grateful to one and all.

With luck, next year we can revert to the regular course, which I much prefer to one which requires multiple circuits.

PEOPLE who report that they have a slower walking pace have a lower life expectancy than fast walkers, according to a new study conducted by researchers at the National Institute for Health Research (NIHR), Leicester Biomedical Research Centre – a partnership between Leicester's Hospitals, the University of Leicester and Loughborough University.

by ScienceBlog.com
May 16, 2019

The research, using data from the UK Biobank of 474,919 people recruited within the UK, found those with a habitually fast walking pace have a long life expectancy across all levels of weight status – from underweight to morbidly obese.

Underweight individuals with a slow walking pace had the lowest life expectancy (an average of 64.8 years for men, 72.4 years for women). The same pattern of results was found for waist circumference measurements.

This is the first time research has associated fast walking pace with a longer life expectancy regardless of a person's body weight or obesity status.

Professor Tom Yates, professor of physical activity, sedentary behaviour and health at the University of Leicester and a lead author of the study, said: "Our findings could help clarify the relative importance of physical fitness compared to body weight on life expectancy of individuals. In other words, the findings suggest that perhaps physical fitness is a better indicator of life expectancy than body mass index (BMI), and that encouraging the population to engage in brisk walking may add years to their lives."

Dr Francesco Zaccardi, clinical epidemiologist at the Leicester Diabetes Centre – based at Leicester General Hospital – and co-author of the study, said: "Studies published so far have mainly shown the impact of body weight and physical fitness on mortality in terms of relative risk, for example a 20 per



**Faster
walkers
more
likely
to live
longer**

cent relative increase of risk of death for every five kilograms per metres squared increase, compared to a reference value of a BMI of 25 kilograms per metres squared (the threshold BMI between normal weight and overweight).

"However, it is not always easy to interpret a 'relative risk'. Reporting in terms of life expectancy, conversely, is easier to interpret and gives a better idea of the separate and joint importance of body mass index and physical fitness."

Last year, Professor Yates and his team showed that middle-aged people who reported that they are slow walkers were at higher risk of heart-related disease compared to the general population. The study, which also used data from the UK Biobank, showed that

slow walkers were twice as likely to have a heart-related death as fast walkers,

even when other risk factors such as smoking and body mass index were taken into account.

The study, "Comparative relevance of physical fitness and adiposity on life expectancy: A UK Biobank observational study", is funded by the National Institute for Health Research (NIHR), Leicester Biomedical Research Centre (BRC) and is published in the *Mayo Clinic Proceedings* on 15 May 2019.

WHILE we have all been focused on how too much television can stunt children's development, its effect on the older adult brain has been largely ignored.

Now, British researchers have taken the first serious steps into this complex territory and have shown that too much television time is associated with a decline in cognitive function in people over 50.

by Jill Margo
March 8, 2019 in AFR

It showed the more people watched, the more their cognition was likely to decline.

"We found 70 per cent of older adults were watching more than 3.5 hours of television a day," says Dr Daisy Fancourt, a senior research fellow in the Research Department of Behavioural Science and Health at University College London.

Although the findings are preliminary and everyone agrees far more research is needed, the science is good.

3-5 hours daily

The study, published in *Nature's Scientific Reports*, suggests watching television for more than 3.5 hours a day may be associated with a decline in remembering words and language.

In our culture, watching television for hours is a daily habit for many people and it's not unusual for older people to settle down for a night of binge watching.

What too much
television
does to an
older brain

Does that telly look funny to you too, dear – or have you dropped too much LSD in our tea?

Sobering findings

When they finally creak to their feet, they may feel the effect in their joints and muscles but are happily unaware of lasting effects on their brain.

This study, however, has produced a couple of sobering findings that could make long evenings on the couch a touch less comfortable.

First, it found the loss of cognition was greatest among those who had the most to lose. Those who entered the study with a strong and healthy verbal memory suffered the greatest decline over the years.

But there is a positive side to this, says lead author Dr Fancourt.

"It's promising because it suggests this association is not just being found in people already experiencing cognitive decline," she says.

"To find this effect in people who are cognitively healthy at the start, suggests that television watching is a modifiable effect and that reducing viewing may be one way of preserving cognition."

Cognitive decline

Until now, most studies have used sitting in front of the television as a proxy for poor health and sedentaryness.

Dr Fancourt was surprised by how often people can watch television before there is an association with cognitive decline.

"We wanted to test if it's just the sitting or more than that. Is it something about the television itself," she says.

Another sobering finding is the cognitive effects occur independently of sedentaryness.

What surprised her was how often people can watch television before there is an association with cognitive decline.



"We found 70 per cent of older adults were watching more than 3.5 hours of television a day. Given we are now seeing an association with poorer cognition 10 years later, maybe we need to raise awareness that there could be other activities that might be better for them."

"It may not be the television watching, but rather that the non-watchers may be engaging in more cognitive activities," says Professor Henry Brodaty.

"And we have 20 per cent watching more than seven hours a day, which is huge."

There were no guidelines for recommended levels of television viewing for the 3,600 older adults in the study, which measured their watching habits in 2008 and 2009, and then rechecked their memory six years later.

The study population was drawn from the English



Full versions of the original stories printed on these pages can be found on the club website, some with illustrations. Under the Magazines tab, open Vetrum Healthline.

Longitudinal Study of Ageing, which has a nationally representative base of older adults.

While the population over 50 is big and very diverse, Fancourt says the study checked if age was a factor and found the effect on cognition was the same above and below 65.

The modelling found it was also independent of several other factors too, such as health and economic status and people's social activities.

She says two cognitive functions, each controlled by different parts of the brain, were tested.

Only one declined and that was verbal memory. This is the ability to recall a shopping list or remember the name of a school someone mentioned a minute ago.

The other, semantic fluency, was unaffected. It is being able to speak fluent sentences and is often considered to be the result of combining different aspects of executive function within the brain.



So why was verbal memory affected?

One suggestion is that watching television reduces the amount of time people spend on activities that could contribute to cognitive preservation, such as reading, playing board games and engaging with cultural activities.

Another possibility is the alert-but-passive nature of television watching, may create cognitive stress, which could contribute to memory decline.

Laboratory experiments have shown television leads to a more alert but less

focused brain. It involves fast-paced changes in images, sounds and action and is the most passive screen-based way of receiving such stimuli.

In addition to cognitive stress, the content of the programmes can be stressful. Long term stress has been shown to lead to impairment in cognition.

This alert-but-passive response to television has been researched in children with mixed results.

Some studies suggest it promotes language acquisition and visual motor skills in very young children while others suggest it is associated with poorer reading, comprehension, maths, language and delays in motor development.

At the other end of the life-



span, there has been a sprinkling of scientific interest in the effects on older people, none of which have had the power of this study.

They have mainly used television viewing as a marker of sedentary behaviour which, in itself, can accelerate cognitive decline in older adults.

One study suggested excessive television watching may increase the risk of developing Alzheimer's while another suggested four hours of daily viewing was linked with poorer short-term memory and fluid intelligence over the next four years.

But television has its benefits too.

Jill Margo is an adjunct associate professor, University of NSW Sydney.

Full story – club website

Timely alert for us from US statistics

Nutrition, not pharmaceuticals, is key to good health

by Grace Lu

The Cornell Daily Sun – Ithaca, New York State

AMERICA'S health condition is worsening every year. In the past 10 years, obesity rates have risen from 34 per cent to almost 40 per cent.

As of 2017, more than 100 million US adults suffer from diabetes. At the same time, heart disease is the cause of one in every four deaths in the US.

These are all issues that nutrition can resolve before medicine and surgeries need to be involved, according to T. Colin Campbell Ph.D, 61, the Jacob Gould Schurman Professor of Nutritional Sciences, Emeritus.

Obesity cause

Campbell said that Americans' heavy reliance on animal protein in their diet causes obesity and many cardiovascular diseases.

Meanwhile, having a plant- and grain-based diet can significantly improve one's health.

Campbell first became interested in nutrition's effects on health after his research revealed that a diet with 20 per cent of animal dietary protein led to a steady growth in cancer risk. When the same study was repeated with soy and wheat proteins instead of animal proteins, pre-cancer development did not occur.

At the time of his research, cancer was still thought to be a genetic disease, according to Campbell. His study revealed otherwise.

Cancer primarily is a nutrition-determined disease, not a genetic-determined disease, Campbell said.

His research first determined that animal proteins promoted disease formation, while plant proteins prevented and even reversed it.

Full story – club website



Clare

50km Road Running Championships 2019

	av/km
Kim Thomas	M45 3:59
John Ranger	M50 4:11
Chris Maher	M65 4:27
Jason Woolley	M45 4:30
Alex Tinniswood	M35 4:31
Keith Miller	M70 5:04
Brian Bennett	M70 5:09
Ross Keane	M55 5:23
David Adams	M40 5:26
Charlie Chan	M65 5:32
John Talbot	M70 7:11

Women

Clare Wardle	W40 4:36
Karen March	W55 5:16
Claire Walkley	W50 5:50
Silke Peglow	W50 6:34

June 9 – Manning Park Cross Country

Race Directors: Vanessa Carson (0411 349 514) & Cassie Hughes (0438 757 990)
 Scott Winn, Fiona Cousins, Bernie Mangan, Jason Woolley, Sheryl Woolley, Denise Newport, Rochelle Airey, Paul Beckers, Bruce McGeorge, Iain Parnum, Melissa Lewis

June 16 – Wireless Hill

Race Directors: Lynne & Bob Schickert – 0448 403 958
 Gary Ife, Rex Bruce, Peter Ryan, Graeme Dahl, Peggy MacIver, Richard Danks, Sylvia B Szabo, Dante Giacomini, Aldo Giacomini, Carmel Meyer, Clare Wardle

June 23 – Around Herdsman

Race Director: Rod Hamilton – 0428 940 089
 David Scott, Jane Elton, Russell Smith, Jeff Whittam, Dorothy Whittam, Sue

Road Championships 2019

KIM Thomas retains the men's 50km trophy just beating the sub-4 min/km barrier, while Clare Wardle, on great form this year, took the women's trophy with 4:36 min/km.

50km first-timers are Jason Woolley, Keith Miller, Wendy Grace and Jessica Mance, and Ross Keane is our latest member to pass the 10 championships barrier.

We salute Bob Schickert, walking this year, for 30 completed championships!

Victor Munoz was a clear winner in 6km men's walk category as was Karyn Tolardo in the women's.

Short course

The short road championships over 15km were tightly contested, particularly in the women's run, with Amanda Walker just pipping Liz Gomez. Randy Hobbs was the men's run winner. Liz's partner Jason Kell took the men's walk title, and Lynne Choate changed her sprint spikes for walking shoes to take the women's walk.

Barbara Blurton

Wendy Grace	W65	6:36
Jessica Mance	W30	7:11
Julie Storey	W45	7:56
Kathy Skehan	W55	8:18

30km Road Walking Championships 2019

Victor Munoz	M60	6:23
Lui Cecotti	M70	7:21
Bob Schickert	M75	9:40
Maurice Creagh	M70	9:44

Women

Karyn Tolardo	W50	6:53
Elaine Dance	W65	7:59

15km Road Running Championships 2019

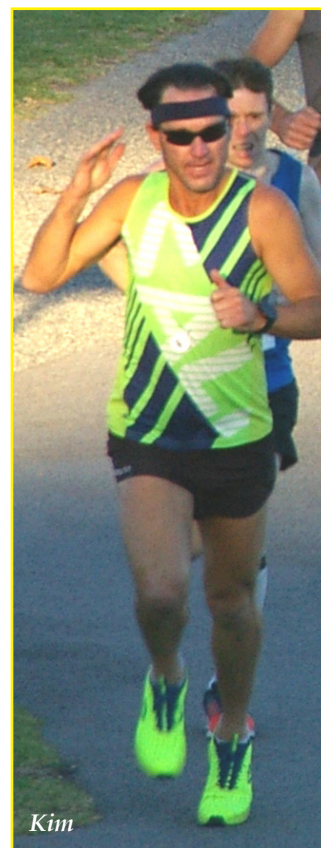
Amanda Walker	W50	4:18
Elizabeth Gomez	W35	4:23
Rochelle Airey	W50	5:06
Margaret Saunders	W65	5:10
Carol Bowman	W60	5:33



Karyn

Men

Randy Hobbs	M55	5:05
Jim Klinge	M70	5:19



Kim

Nick Miletic	M65	6:13
Paul Martin	M75	8:51

15km Road Walking Championships 2019

Jason Kell	M40	6:46
Haydn Gawne	M70	7:02
Mike Anderson	M70	7:25
Bob Fergie	M80	9:23
Jeff Whittam	M80	9:25

Women

Lynne Choate	W65	8:29
Lorna Lauchlan	W85	9:24
Jo Richardson	W65	10:18
Joan Pellier	W75	11:42

HELPERS

Hamilton, Ian Carson, Sofia Carson, Christopher Maher, Amanda Walker, Paul Callery

June 30 – Mill Point Road

Race Director: Milton Mavrick – 0434 846 797

Delia Baldock, Ivan Brown, Jess Mance, Jonathan Lester, Margery Forden, Chris Gibbons, Sue Gibbons, Stuart MacKinnon, Rebecca MacKinnon, Wayne Bertram, Janice Bertram, Syd Parke

July 7 – Bardon Bash

Race Directors: Alan Gray (0466 996 154) & Roy Hart (0418 878 900)

Hazel Stephen, Arnie Jenkins, Ros Pillay, Keith Miller, Brian Dalton, Priscilla Wilson, Mike Hale, Andrew

Robertson, Trisha Farr, Bob Lane

July 14 – Sharks

Race Director: Paul Martin – 0438 900 839

John Mcshane, Paul Hughes, Paul Martin, Cassie Hughes, Charlie Chan, John Batta, David Roberts, Akos Gyarmathy, Brian Danby, Bob Hull, Prabhuddha Nicol, Jenny Audsley

July 21 – Club Half-Marathon

Race Director: Jim Klinge – 0408 501 814

Rex Bruce, Arnie Jenkins, Ros Pillay, Bob Britton, Delia Baldock, Allan Billington, Anthony Mugavin, Betty Kooy, Tim Inglis, Zora Harvie, Tim Karajas

NEW MEMBERS – WELCOME!

1881 TASSI: Marco M30
 1882 THONELL: Pam W45
 1883 LLOYD: Joanna W45
 1884 MILNE: Kerry W40
 1885 CORNES: Aaron M40
 1886 KROYER: Mara W40

July 28 – Racecourse

Race Director: Gary Wilmot – 0424 332 489

Abdul Mohamed-Isa, Jameson Hick, Denise Newport, Hugh Lloyd, Bruce Grant, Greg Wilson, Julie Wilson, Betty Kooy, Troy Stanlake, John Hillen, Marco Tassi

August 4 – Whiteman Park

Race Director: Ross Langford – 0403 197 422
 Jude Davis, Alun Lickfold, Wayne Bertram, Janice Bertram, Peter Clark, Caroline Clark, Tina Franklin, Marco Tassi