

WET RUN



No. 507
FEBRUARY 2019



**Mosman
Park 2018**





Mosman Park 2018

The ups and downs of Mosman Park; it's a tough course.

NEXT EDITION: Vetrun No. 508 will be published in april 2019.

In this edition ...

In My View – Editor ages! P3
Canning Capers and contortions P4/5



Mosman Park P6/7



Marshalling made easy

Gwelup Lake P7
Welcome Run P8/9
Alderbury CC; Garvey Gusto; McCallum Lakes; Australia Day P10/11
Vetrun Healthline P12/13
Growing your food; Retreat from meat; Diet and cataracts; Citrus benefits and more
Starving for success; Kipchoge on 2-hour marathon P14
Marathon M70 WR holder P15



Gene, the 'Ultra-Geezer'

Helpers; Vale Rob Young P16

Results team are tireless

AFTER the brilliant and well-patronised Welcome Run, Marg Saunders had her work cut out to present accurate results. The problem arose during the team's handling of 100-plus visitors.

"They were given a V-tag and also a paper number (with the same number as the V-tag) – which is the usual thing to do," Marg told me later.

"However I also realised that some wore a Masters number; so they only needed a Visitor tag. When this happens we write down the V-tag number and also their member number; and when the results are being checked we change their V-tag number for their correct Masters number.

"This step – which worked really well last year – was not done due to the large volume of athletes.

"It took me a little detective work today to work out that they were members who did not register last year, and so did not receive a tag or have any knowledge of our new system.

"I doubt that this will occur again as we will not generally have that many real visitors.

"However it was fantastic to see the large number who



Two of the results team in action at Mosman; they even make time to run well! Mark Hewitt is ahead of Marg Saunders.

ran with us. I believe that is largely due to social media as Mark Kerr is using Facebook to promote our events each week. His post was then reposted on other Facebook sites."

Thanks to all

I have jokingly written in the past about the many ways competitors use to confound our results system. But I think we can justifiably point out how much our team needs to be on the ball to avert cock-ups.

Our many hardworking

volunteers deserve huge thanks – but they will continue to work whilst they feel valued.

"Just thanking the volunteers who are on the corners or drink stations can bring a smile to their faces, thanking the race directors and others is so simple but does mean so much," says Marg.

Our system works well and is, I know, the envy of other clubs which struggle to raise enough helpers, even though they have fewer events than Masters.

Vale Chris Tittel



MAWA member **Christian Tittel** has sadly passed away from cancer on 26 December aged 90.

Chris was an enthusiastic thrower who just recently competed successfully at Worlds in Malaga and has State Records in M90 Discus and M85 and M90 Hammer, Weight Throw, Shot Put and Throws Pentathlon.



THANKS to our Christmas morning tea fairies – Elaine Dance, Jacqui Beaumont, Gail Castensen, Sue Danby and Marcela Ruiz, writes Delia Baldock.

The Welcome Run morning tea helpers were Elaine Dance, again; Margaret Bennett and Lesley Dowling.

Also John Fisher has told me about an app that can make a video map of people's runs from their devices such as Garmin. You need to register with the website: www.relive.cc

To see a sample run made by John, go to: <https://www.relive.cc/view/g28051951002>

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Many Masters are WAMC Spartans

JIM Barnes kindly passed me a copy of the Marathon Club's October newsletter, which lists all those runners who have finished 10 or more Perth Marathons. WAMC dubs these people 'Spartans'.

The list was compiled by Bob Braid, who has completed 25 Perth Marathons, the quickest of them in 2:54:46

I have included here any of our club's current members, a few past members, and other well-known names.

* Marge Forden is Master's only female Spartan.



Marge Forden – our sole woman Spartan

Name	Runs	Best
Chris Maher	10	2:37:04
Micky Muroi	13	2:42:57
Jim Barnes	20	2:48:00
Barrie Robinson	15	2:48:04
Graham Thornton	13	2:51:31
Alan Croxford	11	2:54:29
Peter Sullivan	20	2:55:35
Brian Danby	11	2:56:10
John Bell	14	2:56:24
Terry Manford	14	2:56:45
Bob Schickert	10	2:57:33
Charlie Spare	12	2:57:50
John Pellier	32	2:59:13
Morris Warren	11	3:01:55
Ray Gimi	13	3:03:10
John Davies	11	3:08:31
Bob Hayres	11	3:16:20
Mark Rosen	10	3:19:52
Marge Forden	14	3:26:03
Cecil Walkley	12	3:30:08
Nick Miletic	13	3:51:14

Club Committee Notice

Posted on December 17, 2018

WE have listened to member suggestions and are making an effort to consider the environment. The club is phasing out plastic drinking cups and replacing them with paper cups. We are also replacing existing rubbish bags with plastic bags that are biodegradable.

- Get your name printed on your club number. Just see Russell Smith and leave your number with him. \$5 to members: MAWA is subsidising \$2.

- Planning application for our store/clubroom project has been submitted to Canning Council.

- A one-piece club uniform design has been approved, and we also looking at compression top designs. See Mark Howard if interested.

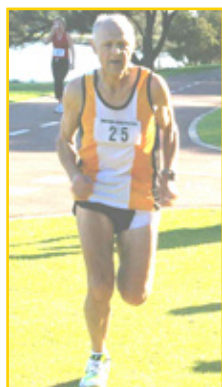
- Emergency contact numbers are written on Sunday tags. If members have changed their contact, and want the correct one on the tag, they can see Delia to order a new tag.



John Pellier – most runs; with Morris Warren

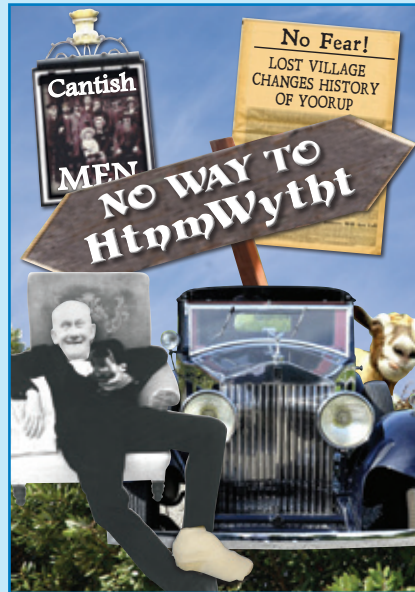


Chris Maher – fastest with 2:37:04



Jim Barnes – 20 Perth runs

IN MY VIEW ...



I put on a few years, and some bandages for this month's picture, from the cover of a book I have just published on Amazon/Kindle. It's a satire about a bunch of greedy toffs and politicians who rig a postal ballot to drag England into the EEC. Sound familiar? If you want to have a look, here's the link!

https://www.amazon.com/NO-WAY-HtnmWytht-VICTOR-WATERS-ebook/dp/B07M84K35F/ref=sr_1_1?ie=UTF8&qid=1547630471&sr=8-1&keywords=NO+WAY+TO+HtnmWytht

Vetrun lists only age-group winners

THE club committee reports that members are becoming confused by the way Vetrun shows Sunday results. Full results are on the club website promptly every week, thanks to our excellent results team.

It was decided long ago that full results in Vetrun would be a waste of valuable newsprint.

So now we list only age-group winners (W45, M50, etc) for each event, in finishing order. That's why, some weeks you might find your name printed. It's because you were the best in your age group, that week, in that event.

The next time you compete you might not make it into Vetrun – because someone else in your age group was quicker.

The Vetrun lists allow everyone to see who's fastest in their own, and every other group, in each of the Sunday runs and walks.

To gain this information for yourself you would need to look at every set of full Sunday results; find the people competing in a particular event in which you are interested; and deduce who is best in that age group, that week, over that distance.

Vetrun does this for you.

The demise of 007

I DON'T have much use for my mobile phone, carrying it mainly for emergencies, such as locating the nearest pub. Not having turned the thing on for a month or more I was surprised to discover it had died, for lack of sustenance. It seems you must feed them money.

Unfortunately the corpse could not be revived, and 007 had met his match.

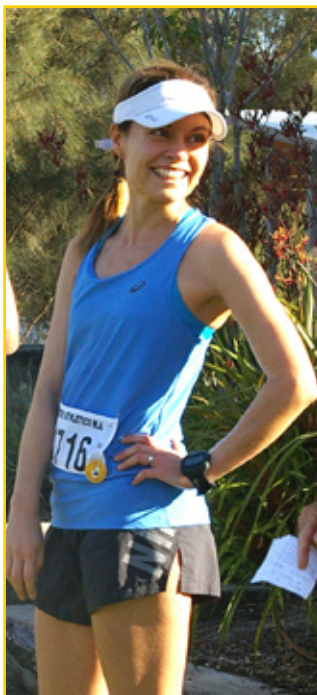
Why 007? Like most people I couldn't tell you my phone number – except for the last three digits, which were 007. For obvious reasons they stuck in my mind.

So now I have a new, very anonymous number with no colour or style at all.

I'll miss 007, even though I rarely called it to action.

It gave me a sense of security, almost as comforting as having the old Walther PPK in its tooled leather holster snuggling against my chest.

Canning Caper



Liz Gomez could afford to smile; she had already won the handicap trophy and didn't need to take a single stride at Canning!

AGE GROUP WINNERS

6km Run

Kim Thomas	M40	24:23
Mark Kerr	M45	26:20
Rod Hamilton	M55	27:05
Bernard Mangan	M60	30:12
Bruce Wilson	M70	33:47
David Carr	M85	35:45
Roger Walsh	M75	42:26
Neil McRae	M65	54:02

Women

Liz Dewhurst	W30	31:41
Julie Wilson	W65	32:46

THANK YOU to all who attended the Canning Caper. We had a reasonable morning. A little warm, but not too hot. Bit of a breeze, keeping you cool at times.

A minor issue of a big tree branch falling over the path caused some inconvenience. It was lucky it was somewhere we could see the hazard. Then, try to make the path as clear as possible – as it was originally right over the path.

We appreciated the helpers on the day, including many regulars who make my job easy. Also, a shout out to Mark and his team who educate us before the run on the scan/tag system. They were also there early to educate the finishing team on

Canning Caper

December 16, 2018

Director: Keith Atkinson

Karen Hill	W60	35:46
Delia Baldock	W55	36:42
Sue Glyde	W50	37:47
Hazel Stephen	W70	45:00
Ann Andersen	W60	52:32

10km Walk

Mike Hale	M70	83:32
Peter Ryan	M65	92:38

CANNING HANDICAP EVENTS

10km H/cap Run

Theresa Howe	W65	63:20	1.31	61.49
Russell Smith	M55	64:01	14.41	49.20

6km H/cap Walk

Rex Bruce	M75	53:53	4.09	49.44
Irene Ferris	W65	54:34	4.42	49.52

Thanks to handicapper Tristan Bell for explaining how the Handicap Trophy is organised

THE Handicap competition is held over eight handicap events in the calendar year.

The Handicap Trophy is awarded to the runner who has the highest aggregate finishing position over at least five handicap events run in that calendar year.

If a runner competes in more than five events, only the five best positions are counted.

For example, this year's winner, Elizabeth Gomez,



Looks like the start of a singing duet; Director Keith and the Pres trade lines in perfect harmony.

the process at the finishing chute.

Great to see a really good roll out from our club, and also so many visitors. Hope to see you again next year.

Thanks. Keith

Canning Capers and contortions!

This is not good; I can go higher. Try the other leg?



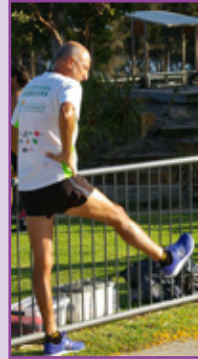
Jan Jarvis' start (above) would qualify for Monty Python's Ministry of Silly Walks. But photographers dive for cover when Silke Peglow (right) heads our way!



Hold on, can't feel anything; I don't think it's beating!



It's definitely not beating; no way. Oh, of course; wrong side!



Ah yes, better...but I think I've got it!



Masters' most prolific marathoner in pre-race preparation. We think Miki could be in the Crouching Tiger position ...



competed in seven races and only her five best finishes were included in her total.

In contrast, David Baird only completed five races, so all of his finishes were included in his total.

The table only shows those runners who completed five or more handicap runs this year. There were plenty who did three or four, but the rules state five are needed to be eligible for the trophy.

Each number in the table shows the finishing position of the member in each race.

The green numbers are the best five finishing positions for each runner, and those numbers added together make the member's final result.

The numbers not highlighted are the finishing positions in excess of the member's best five runs, and are discarded in the final reckoning.

2018 HANDICAP TROPHY RUNNING TOTAL

	Wood	Track	Aquinas	Sharks	Nedlands	City	Cliff	Canning	# of	Total
	bridge					Rail	Bould		Runs	
1716 Elizabeth Gomez	5		6	1	7	7	22	37	7	26
858 Tristan Bell	17	1	26		26		2	16	6	62
1202 Akos Gyarmathy	8		18	8	17		18	23	6	69
843 Rochelle Airey	22		25	11	8		11	20	6	72
1487 Jason Kell	2		16	19	10	25	36		6	72
512 David Baird		12	19	12			28	22	5	93
198 Keith Atkinson	36	3	32	18	20	20			6	93
175 Brian Bennett		4	12		24	17		42	5	99
729 Charlie Chan			29		15	6	24	25	5	99
112 Bob Schickert	34	16	24	15	18		30		6	103
1342 Alex Tinniswood	32		22	22	14	22	20	43	6	110
227 Gary Fisher	21		28	21	27		31		5	128
1134 Frank Price	38	14		24	30			45	5	151



Marshalling? It's an acquired skill

A perfect example of laid-back Aussie marshalling skills was displayed at Mosman. Using only one hand this nameless artist took complete control of a broad field of contestants. New members – alert! This technique takes years to perfect. Don't even think about trying without supervision.

Hi Russell!
Photographers try hiding (how do you think we take those embarrassing candid?) But runners insist on spotting us and waving. Ah well, nice to be noticed I suppose!



Mosman Park

December 9, 2018
Director: Paul Hughes

THE run this year was cooler than last year and numbers were also lower. However, the run was a success with members advising how they enjoyed the challenge and making some constructive comments to make it better. Feedback last year requesting an extra drink station was taken on board and one was set up at the beginning of the second lap.

A special thanks to all the helpers who assisted me. Their contribution not only makes my role as Race Director easier but also makes



the runs/walks far more enjoyable for members and visitors

Our appreciation goes to the Mosman Park Cricket Club, particularly their president, Armando from Armando Sports, and to Mosman Park Town Council for allowing us to use the facilities at Tom Perrott Reserve.

See you all next year.

Paul Hughes

AGE-GROUP

10.5km Run

Chris Lark	M35	46:35
Kim Thomas	M40	46:36
Patrick Jones	M45	47:48
Peter March	M55	52:01
Mickey Muroi	M60	54:25
Jackson Wong	M50	56:35
David Baird	M75	56:45
Mark Sivyver	M70	61:22
Milton Mavrick	M65	74:07

Women

Clare Wardle	W40	51:19
Karen March	W55	55:10
Gillian Young	W70	59:41
Claire Walkley	W50	62:31
Sheryl Woolley	W45	70:10

5.25km Run

Mark Kerr	M45	23:49
Jim Klinge	M70	25:49
Ross Keane	M55	26:08
Mark Hewitt	M65	27:23
David Carr	M85	30:55
Bob Schickert	M75	35:41

Women

Margaret Saunders	W60	27:30
Julie Wilson	W65	29:35
Janne Wells	W50	31:13
Delia Baldock	W55	34:18





Gwelup Lake

November 25, 2018

Director: Akos Gyarmathy

AGE GROUP WINNERS

10km Run

Chris Lark	M35	38:39
Grahak		
Cunningham	M40	45:33
Kevin Johnson	M60	47:33
Wayne Bertram	M55	49:11
Jonathan Lester	M45	49:18
Keith Miller	M65	49:24
John Ranger	M50	52:30
David Baird	M75	52:39
Martin Watkins	M70	56:28

Women

Clare Wardle	W40	45:06
Vivian Poll	W35	49:23
Rochelle Airey	W45	55:17
Gillian Young	W70	55:41
Claire Walkley	W50	56:12
Julie Wilson	W65	59:59

5km Run

Ralph Henderson	M70	22:36
John McShane	M50	23:33
Alan Gray	M55	25:19
Gary Fisher	M65	27:30
Hamish		
McGlashan	M80	32:43

Women

Sandra Stockman	W50	24:14
Margaret Saunders	W60	25:23
Marcela Isabel		
Ruiz Valdes	W55	31:05
Charlotte Webb	W40	35:59
Betty Kooy	W65	40:24

10km Walk

Mike Hale	M70	85:35
Lynne Schickert	W75	89:00

5km Walk

Victor Munoz	M60	31:15
Haydn Gawne	M70	35:40
Rex Bruce	M75	42:55
Bob Fergie	M80	49:04
Neil McRae	M65	55:20

Women

Jodie Harris	W45	36:40
Erika Blake	W60	41:42
Marg Forden	W75	46:46
Rosa Wallis	W70	49:03
Jo Richardson	W65	52:04
Kirstin McGregor	W50	53:30

MOSMAN PARK

AGE-GROUP WINNERS

10.5km Walk

Lui Cecotti M70 79:23

5.25km Walk

Victor Munoz M60 32:49

Haydn Gawne M70 37:24

Bob Fergie M80 50:18

Brian Dalton M65 60:33

Women

Sue Hamilton W55 39:17

Lesley Dowling W60 44:50

Lynne Schickert W75 46:50

Jo Richardson W65 54:07

Roselyne Pillay W70 54:49

Priscilla Wilson W35 54:51



Akos

WHAT a relief! The weather turned out to be perfect (no rain, sunny, but not too warm) – perfect for running or walking ... or officiating. Also no junior cricketers, so we didn't have to run through the crowd of parent spectators this year.

There was a good turn up for this event. It was only my second year as director for Lake Gwelup, but I will be swapping with Sandra Stockman and Kevin Johnson next year. Makes sense as they live very nearby. I will take over their Australia Day event in Maylands.

One of my idiosyncrasies is being pedantic about distances for events. I know I am not alone in this. Anyway, in my pre-event announcement I mentioned that I had measured the course repeatedly using the club's measuring wheel and also tested it against my Garmin and Apple Watch.

I also said I would welcome any further inquiries about distance. The feedback I received was that in some cases participants measured 5km or 4.99km for the stated 5km/lap course. There may well have been others with greater disparity but I didn't hear of those.

I now look forward to running the Lake Gwelup course with fresh eyes under Sandra and Kevin's direction.

Akos



Mosman Park is a tough course, and you have to make the most of the downhill, like exuberant Julie Wilson, belying her W65 age-group with 29:35 for 5.25km.



AGE-GROUP WINNERS

12km Run



Matt Byles	M35	46:52
Paul Beckers	M30	47:26
Patrick Jones	M45	51:11
Kim Thomas	M40	51:30
Chris Maher	M65	52:23
Matt Skellern	M50	52:43
Jerry Peters	M40	52:43
Bob Lane	M70	54:46
Akos		
Gyarmathy	M60	57:42
Mark Dawson	M55	58:34
Bob Schickert	M75	1:25:41

Women

Karen March	W55	1:00:33
Jo Shelley	W40	1:01:39
Gillian Young	W70	1:06:26
Carolyn Stephens	W60	1:10:11
Caroline Clark	W45	1:11:57
Zora Harvie	W50	1:13:04
Liz Dewhurst	W30	1:13:26
Carolyn Fawcett	W65	1:32:01

5km Run

Ralph Henderson	M70	21:21
Ross Keane	M55	23:12
Paul Hughes	M65	23:38
Desmond Walsh	M60	28:06

Start for the 5km took the field downriver for a short distance before turning about. Below, very friendly dead-heat 12km finish for M50 Matt Skellern and M40 Jerry Peters; time 52:43.



David Carr	M85	29:47
Edwin Hendricks	M40	33:40
Merv Jones	M75	38:58
Women		
Sandra Stockman	W50	22:03
Margaret Saunders	W65	24:39
Narelle Gaynor	W45	25:40
Anne Clear	W55	27:05
Carol Bowman	W60	27:14
Hazel Stephen	W70	37:03
Gemma Hildyard	W40	38:46

12km Walk

Mike Hale	M70	1:40:20
Peter Ryan	M65	1:51:13

5km Walk

Victor Munoz	M60	30:12
Haydn Gawne	M70	33:43
John Bradley	M65	38:40
John Brambley	M75	40:23
Bob Fergie	M80	46:54
Alan Lickfold	M50	47:34
Women		
Peggy Macliver	W70	41:01
Lynne Schickert	W75	42:30
Kathy Skehan	W50	47:16
Priscilla Wilson	W35	48:08
Jo Patroni	W30	51:52
Sylvia Szabo	W60	52:03



Paul Beckers was first 12km M30 in 47:26.



Ivan Brown was given the option of paying a bribe to bury this pic; but nothing's arrived, so here's his 5km start.

Welcome Run

January 6, 2019
Director: John Fisher

NINETY-two visitors ran and walked into the New Year on January 6 with the Welcome Run. The marshals and morning tea crew took this surge of competitors in their stride and this support team performance was all the more creditable for two reasons.

Firstly, the temperature climbed to 38 degrees, testing fit and less-fit alike. Secondly, the building works at the start forced a split-start, separating the 12km and 5km athletes in order to reduce congestion. The tightest point was where the shared path choked between the construction fencing, the outdoor cinema and what appeared to be the Perth leg of the Tour de France!

All the 12km and 5km runners and walkers handled this obstacle with alacrity.

Oscars!

Marshals and morning tea crew are hereby nominated for the Academy Award for Best Supporting Role.

The walkers and runners who form the face of the club battled the heat to achieve their New Year resolutions. At the elite front of the 12km Chris Lark, Kim Thomas, Patrick Jones, Paul Beckers, Rochelle Rogers and Matt Byles stormed home, despite some of them having completed training runs before the race.

In the 5km Ralph Henderson, Sandra Stockman and Ross Keane ran home with a strong field of visitors.

As ever, in the 5km walk the recorders proudly scanned the barcodes of veterans Victor Munoz, Haydn Gawne and John McDonagh with Peggy Macliver and Lynne Schickert in pursuit.

The morning tea crew certainly won Gold, Silver and Bronze for the day. As the temperature crept up we snuck ourselves into the shaded areas to catch up on the news of Christmas and the promise of 2019, eating a piece of fruit in the company of good friends. Truly a Welcome Run.

John



Top: two teams at work, catering and enrolling. Inset, director John Fisher. Right: who says walkers don't sprint? Rex and Arnie finished a second apart.

Below: chasing their shadows are Bob Lane's group, and inset, Patrick Jones.

Bob was first 12km M70 in 54:46; Pat was first M45 with 51:11.





Alderbury CC
December 30, 2018
Director: Wayne Taylor

Something about the light at Perry Lakes? It also played up here for the results team at the Claypit Circuit.

Below: "Yeah, it's a foot, John; right one, I reckon. Look, I've got one as well."



New member Dee Roe wasted no time, making her mark with the club as first woman in the 8km run.

Women

Dee Roe	W50	35:13
Sue Zlnay	W55	36:11
Gillian Young	W70	42:39
Rochelle Airey	W45	44:34
Anne Young	W40	47:00
Noelene Treen	W60	48:52
Theresa Howe	W65	56:38

4km Run

Matt Byles	M35	15:22
Jim Klinge	M70	18:39
David Baird	M75	19:07
Bernard Mangan	M60	19:09
Paul Hughes	M65	19:24
Randy Hobbs	M55	20:30
David Adams	M40	20:43
David Carr	M85	22:32
Andrew Roddy	M35	24:03

Women

Sandra Stockman	W50	18:26
Margaret Saunders	W65	19:37
Carol Bowman	W60	21:13
Charlotte Webb	W40	28:05
Jackie Halberg	W70	31:16
Joan Pellier	W75	37:02
Sheila Maslen	W80	43:16

6km Walk

Victor Munoz	M60	37:34
Haydn Gawne	M70	42:36
Johan Hagedoorn	M75	43:36
John Bradley	M65	48:30
Bob Fergie	M80	56:42

Women

Karyn Tolardo	W50	40:02
Wendy Farrow	W50	41:10
Alicia Edwards	W45	47:10
Irene Ferris	W65	51:11
Lesley Dowling	W60	51:14
Lynne Schickert	W75	53:22
Peggy Macliver	W70	53:36

2km Walk and 4km Walk

Sofia Carson	W55	20:16
Roselyne Pillay	W70	20:31
Patricia Hopkins	W75	25:21
Brian Dalton	M65	27:30
Lorna Lauchlan	W85	38:50
Jeff Whittam	M80	38:51
Priscilla Wilson	W35	41:17
Jo Patroni	W30	42:22

AGE GROUP WINNERS

10km Run

Jerry Peters	M40	43:12
Alex Tinniswood	M35	43:51
Matt Skellern	M50	44:02
Prabuddha Nicol	M60	47:13
Peter March	M55	47:48
Jonathan Lester	M45	49:12
Keith Miller	M65	49:54
David Baird	M75	55:26
Lui Cecotti	M70	63:13

Women

Jo Shelley	W40	52:51
Liz Dewhurst	W30	60:19
Michelle Skellern	W45	63:19
Silke Peglow	W50	64:12
Theresa Howe	W65	66:42

5km Run

Chris Maher	M65	21:01
Mark Dawson	M55	23:20
Jim Klinge	M70	24:12
David Adams	M40	24:41
Patrick Jones	M45	27:37
Mal Vernon	M60	28:46
David Carr	M85	31:43
Rohan Thompson	M35	33:37
Roger Walsh	M75	36:00

Garvey Gusto

December 2, 2018

Directors: Gillian Young and Mark Sivyver

Women

Amanda Walker	W50	21:44
Julie Wilson	W65	27:35
Carol Bowman	W60	27:52
Lori Sexton	W55	28:05
Jackie Halberg	W70	37:59
Gemma Hildyard	W40	39:00
Sheila Maslen	W80	55:42

10km Walk

Mike Hale	M70	84:02
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5km Walk

Victor Munoz	M60	30:56
Haydn Gawne	M70	35:33
Rex Bruce	M75	43:09
Bob Fergie	M80	47:30

Women

Lynne Schickert	W75	42:22
Lesley Romeo	W70	43:04
Jo Richardson	W65	52:32
Sylvia Szabo	W35	53:57
Sylvia Szabo	W60	53:58

AGE GROUP WINNERS

8km Run

Kyle Eagar	M45	32:13
Grahak Cunningham	M40	34:33
Kevin Johnson	M60	34:38
Ralph Henderson	M70	36:21
Keith Miller	M65	38:01
Peter March	M55	38:16
Gary Iffe	M50	39:19



Rohan Thompson M35 49:24

Bob Schickert	M75	53:56
Irwin Barrett-Lennard	M85	57:22



McCallum Lakes
January 20, 2019
Director: Joseph Patroni

Hottest Sunday of the summer – so far – and the water-wallahs were busy. Young Yoshi Muroi (who usually runs the shorter distances) was the 8km race-leader (with 32:47) and he wisely took on water too.

AGE-GROUP WINNERS

8km Run

Steve Preece	M45	33:13
Mickey Muroi	M60	38:54
Gary Ife	M50	39:16
Zane Walsh	M35	39:38
Mark Dawson	M55	40:10
Tristan Bell	M50	40:14
Keith Miller	M70	40:56
Ian Carson	M65	41:51
Bob Schickert	M75	57:44

Women

Clare Wardle	W40	37:09
Karen March	W55	44:23
Claire Walkley	W50	46:29
Noelene Treen	W60	50:50

4 km Run

Paul Odam	M55	17:51
Akos Gyarmathy	M60	18:30
Ralph Henderson	M70	18:36
John McShane	M50	19:00
David Baird	M75	19:40
Paul Hughes	M65	19:46
Iain Parnum	M40	23:51
Paul Beckers	M30	24:57
Irwin		
Barrett-Lennard	M85	29:20

Women

Margaret Saunders	W65	20:28
Rochelle Airey	W50	22:57
Carol Bowman	W60	23:16
Marcela Isabel		
Ruiz Valdes	W55	24:07
Ngaio Kerr	W45	25:26
Betty Kooy	W70	31:28
Gemma Hildyard	W40	31:35

8km Walk

Liz Dewhurst	W30	49:53
Lui Cecotti	M70	59:51
Johan Hagedoorn	M75	1:00:58
Richard Blurton	M65	1:10:46
Janice Bertram	W45	1:12:12

4km Walk

Victor Munoz	M60	25:10
Haydn Gawne	M70	28:28
John Brambley	M75	34:26
Alun Lickfold	M50	37:29
Bob Fergie	M80	39:00
Brian Dalton	M65	57:02

Women

Peggy Macliver	W70	33:50
Lesley Dowling	W60	34:56
Lynne Schickert	W75	37:28
Sylvia Szabo	W35	41:01



Aus Day Run

Fast starters blur past your photographer, who again failed to persuade the race director to send them in the other direction.

We hate shooting into the light!

This event (January 27 this year) issue is always last on the February magazine schedule, so, sorry, but Akos' report will be in the April edition. Right; we don't usually make a fuss of visitors, but this one's exceptional! Welcome Kathy Nicholas, who worked with me for my first 15 years producing Vetrin. VW

Growing your own food – and increasing your lifespan

GROWING your own food has many rewards, including providing you with fresher, uncontaminated produce, cutting your grocery bill, increasing your sense of well-being and slashing your risk of depression

Research shows gardening is the most common hobby among centenarians around the world, suggesting the benefits it provides may help maximise your longevity as well.

Gardening is good too

Also, research also shows that elderly individuals who garden on a regular basis have a 36 per cent lower risk of dementia than non-gardeners.

Likewise, farmers are one-third less likely to have a chronic illness than non-farmers and are less likely to die.

Gardening fulfils several healthy lifestyle criteria, including sun exposure, a supply of fresh, uncontaminated food, exposure to beneficial soil microbes, physical activity, social contact, stress relief, life purpose and life satisfaction.

Healthy soil

To grow nutrient-dense food you need healthy soil. The five basic principles to growing topsoil and building a healthy soil ecosystem in your garden include avoiding disturbing the soil microbiome, protecting the soil's surface, plant diversification, maintaining living roots as long as possible and incorporating plants that attract beneficial insects.

One of the simplest and most inexpensive gardening alternatives is to grow your own sprouts, which are also



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 Vetrun Healthline.

A retreat from meat

INTEREST in vegan food has been booming across the rich world. Celebrity claims of veganism are everywhere: Bill Clinton and Al Gore, Serena and Venus Williams, Lewis Hamilton, Mike Tyson, Beyoncé, take your pick.

In America sales of "plant-based" foods – meaning foods that contain no meat, eggs or dairy that reliably says "vegan" to vegans but doesn't say "weird" to the less committed – rose 20% in the year to June 2018, according to Nielsen, a market-research group.

That was ten times the growth in food as a whole that year and two and a half times faster than vegan foods grew in the year before.

McDonald's is offering McVegan burgers in Scandinavia. The American restaurants in the TGI Fridays chain sell soybean burgers that ooze blood made of beetroot juice.

Tyson Foods, one of the world's largest meat producers, recently bought

among the most nutrient-dense foods available.

According to Blue Zones longevity researcher Dan Buettner, who has studied the habits and pastimes of centenarians around the world, people who live to 100 and beyond have a number of things in common, including strong social support networks, daily exercise habits, a plant-based diet and gardening.

by Dr. Joseph Mercola
January 2019

Why people in rich countries are eating more vegan food

five per cent of Beyond Meat, the company which makes them. Waitrose, a posh British grocery chain, introduced a range of vegan food in 2017, expanded the selection by 60 per cent in mid-2018 and says sales of vegan and vegetarian foods in July 2018 were 70 per cent above the level in July 2017.



Benefits of daily citrus

by Dr Linda Carney MD in December 2018

WHAT do oranges, lemons, grapefruits, limes and tangerines have in common, besides all being members of the citrus fruit family? These fruits are widely cultivated and consumed all over the world for their pleasant taste and health benefits. They are loaded with minerals, phyto-chemicals, dietary fibre, and vitamins, particularly vitamin C and folate.

Eating citrus can displace sugary processed desserts made with oil and white flour, so that reason alone provides protection. Most of the health benefits associated with citrus fruits are related to the wide range of phyto-chemicals present in these fruits. Phyto-chemicals are naturally occurring compounds found exclusively in plants; these compounds exert a wide range of protective effect on various organs in the body, including the heart. Credible evidence exists that supports the protective effect of citrus fruits against several disease conditions.

Can diet prevent cataracts?

by Linda Carney MD
September 2013

CATARACTS are the leading cause of blindness and vision loss, so it's no surprise that cataract surgery is one of the most common surgeries performed today. There are several factors associated with the development of cataracts, including what type of diet we eat.

Dr. Michael Greger's video clip points to a study that concluded, "Vegetarians and vegans had a significantly lower risk of cataracts than did meat eaters, with a progressive decrease in risk parallel with the amount of meat and other animal products in the diet."

This is good news for those that consume a whole-food, nutrient-dense, Starch-Smart® Diet, and should also encourage others to make the transition as well.

Why relationships are the key to longevity

Fostering and maintaining close friendships can help keep your brain healthier as you age

by Karin Evans
September 17, 2018

PLENTY of exercise. Healthy food. Positive attitude. Plain old good luck. There's lots of advice out there about how to keep body and brain in optimal shape as the years roll by.

But Louis Cozolino, professor of psychology at Pepperdine University, is deeply engaged with another idea. In his book *Timeless: Nature's Formula for Health and Longevity*, he emphasises the positive impact of human relationships.

"Of all the experiences we need to survive and thrive, it is the experience of relating to others that is the most meaningful and important," he writes.

His thinking grows out of the relatively new field of interpersonal neurobiology, based on the recognition that humans are best understood not in isolation, but in the context of their connections with others.

Our brains, Cozolino writes, are social organs, and that means that we are wired to connect with each other and to interact in groups. A life that maximises social interaction and human-to-human contact is good for the brain at every stage.

Blood pressure down, lung cancer risk up?

A STUDY in the BMJ from McGill University, Canada, reviewed a million UK adults who began blood pressure treatment (1995-2015) over approximately 6 years on average.

During this time 8,000 of them were diagnosed with lung cancer. Over the past

Stair climb for health

HOW quickly you climb stairs can indicate how long you'll live.

This article explains what you should do if you can't go up four flights of stairs in under a minute.

Wondering if you're at risk of heart disease or cancer? Your answer could be on a set of stairs.

A new study presented at the European Society of Cardiology says an exercise test requiring brisk movement can predict your risk of early death from cardiovascular and oncologic

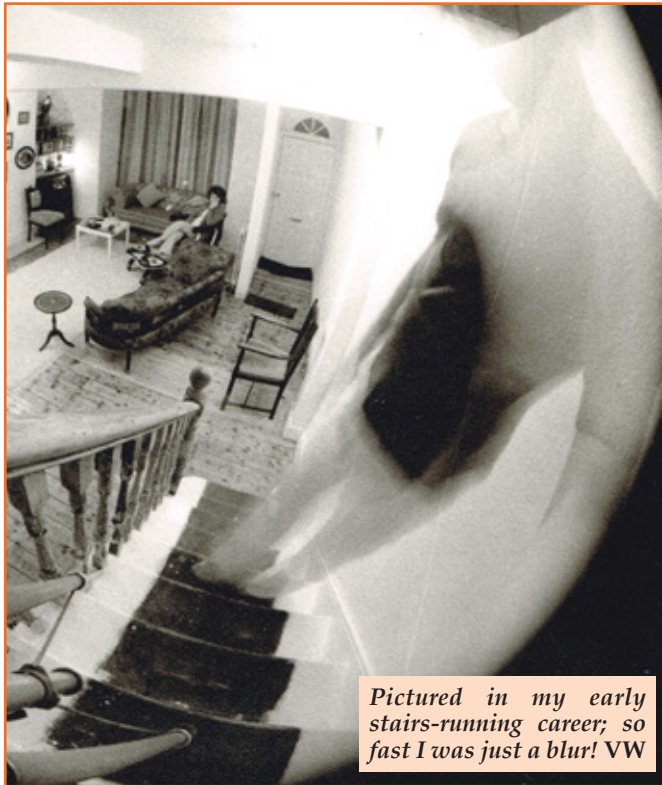
by Michelle Pugle,
Healthline

December 2018
in Epoch Times

diseases, among other illnesses.

Most people can easily replicate this test at home without any medical equipment. To do so, simply time yourself briskly climbing four flights of stairs.

A healthy individual should be able to complete the test in less than one minute.



Pictured in my early stairs-running career; so fast I was just a blur! VW

Snake-bites time?

THAT bite of summer has well and truly come early this year and with that heat, comes snakes.

Rob runs a medical/nursing education business teaching nurses, doctors and paramedics. His reports shows 3000 bites are reported annually; 300-500 hospitalisations result; and there are two or three deaths annually.

Average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

decade, the most commonly prescribed blood pressure treatments are ACE inhibitors and angiotensin receptor blockers. The conclusion of this trial was that ACE inhibitors increased lung cancer risk, when compared to angiotensin receptor blockers (ARBs) by 14% in

people who have taken these treatments for at least 5 years. When they examined the data in patients treated for more than 10 years, this risk increased by 31%. But it is important to put statistics into some sort of perspective.

* Read more on the club website.

Point Walter

January 13, 2019
Director: Dave Roberts

AGE GROUP WINNERS

10km Run

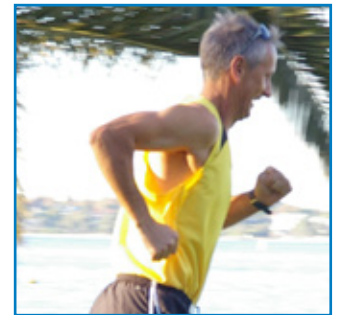
Chris Lark	M35	38:59
Reid Barron	M40	40:02
Matt Skellern	M50	44:24
Jason Woolley	M45	47:17
Mickey Muroi	M60	48:38
Mark Dawson	M55	49:11
Ian Carson	M65	51:33
Brian Bennett	M70	52:28
David Baird	M75	55:07

Women

Clare Wardle	W40	46:49
Elizabeth Gomez	W35	51:03
Barbara Putland	W50	52:25
Julie Bishop	W45	53:45
Denise Newport	W55	1:01:49
Liz Dewhurst	W30	1:02:03
Wendy Grace	W65	1:03:06
Noelene Treen	W60	1:03:18

5km Run

Piers Truter	M45	24:15
Jim Klinge	M70	24:28
David Adams	M40	24:43



Bernard Mangan M60 25:14

Russell Smith	M55	25:47
Mark Hewitt	M65	26:13
David Carr	M85	30:05
Iain Parnum	M40	30:31
Andrew Roddy	M35	33:10
John Pellier	M75	36:40

Women

Monique Scourse	W45	25:40
Margaret Saunders	W65	26:18
Sandra Keenan	W50	28:21
Carol Bowman	W60	28:46
Carmel Meyer	W55	31:20
Hazel Stephen	W70	38:17
Sheila Maslen	W80	52:21

10km Walk

Mike Hale	M70	85:53
Peter Ryan	M65	98:02

5km Walk

Victor Munoz	M60	33:20
Haydn Gawne	M70	36:05
Johan Hagedoorn	M75	38:31
John Bradley	M65	38:54
Alun Lickfold	M50	47:59
Jeff Whittam	M80	48:51
Nick Franey	M55	58:32

Women

Elaine Dance	W65	41:55
Erika Blake	W60	44:43
Lynne Schickert	W75	44:45
Lorna Lauchlan	W85	49:00
Priscilla Wilson	W35	49:47
Julie Wood	W70	54:39
Deborah Franey	W55	58:22



Two-hour marathon within reach, says record-holder Kipchoge

KENYA'S Eliud Kipchoge crossed the line to win the Berlin Marathon in record time, wrote Matt Dickinson in *Weekend Australian* on December 21, 2018.

There is funny footage somewhere on the internet of a treadmill set at the pace at which Eliud Kipchoge set a stunning world record in the marathon in September. Amateur runners clamber on and see how long they can last, which is not long at all, before being hurled backwards.

Finding a running track the other day, I decided to do a version of the Kipchoge test. Flattering myself that I am not in bad shape for 50, how long could I last with the little Kenyan if we set off together?

I knew 5km would be impossible — 14 min 24.90 sec? You must be joking. How about 400m in 69.19 sec (equivalent to 17.30 sec per 100m)? Only by throwing everything at it, gasping over the finish line, could I come even close.

So, one lap at a sprint.

Kipchoge did that lap 105 times in Berlin to smash the marathon record by an extraordinary 78 seconds — the biggest improvement in the event since 1967 — in a time of 2 hr 1 min 39 sec. His run into the history books has a very good claim to being the outstanding sporting achievement of 2018.

The man himself is understandably proud of a record that ensured that he was crowned male athlete of the year at the IAAF awards in Monaco this month. He ran away with that too, no contest.

A 167cm and 56kg sinewy package of frequent smiles, he sat down under winter sunshine by the Mediterranean to talk about how he wants not only to keep setting records — including smashing the fabled two-hour barrier — but inspire others to run marathons.

Athletes starving for success

ANNA Boniface seemed to have the world at her feet when finishing as the 2017 London Marathon's fastest amateur female runner.

Her performance earned her an England team place in that autumn's Toronto Marathon. The then 25-year-old finished the London race in two hours, 37 minutes and travelled to Canada six months later.

But 10 miles into her international debut, Anna's ankle fractured.

"It was the breakthrough that broke me," she told BBC 5 live Investigates.

"It was horrible. I'd never failed to finish a race in my life. I thought I could just struggle to the end somehow, but I realised I would not be able to go on, I just had to sit on the kerb and wait."

But worse was to come for the Reading runner. In addition to the stress fracture of her ankle, tests found poor bone density, including

Thanks to Geoff Vine for forwarding the story from the BBC website to *Vetrun*.

"Not many 60-plus members of our club will be starving themselves, but a few of our keener younger runners may benefit from reading this," Geoff suggested.

osteoporosis in her spine, which made fractures a real risk.

These symptoms were all hallmarks of a condition called Relative Energy Deficiency in Sport (Red-S).

This occurs when sports people restrict their diet in the belief that constant weight loss will keep improving performance, to such an extent that some of the body's functions begin to shut down.

The condition can cause a range of health problems in men and women including a drop in hormone levels; deterioration in bone density; a drop in metabolic rate and mental health problems.

HIGH fibre-intake is linked to lower risk of heart attack, stroke and cancer according to a major new study published by The Lancet and commissioned by the World Health Organisation.

Observational and clinical studies undertaken over nearly 40 years, comparing those who eat most to those who eat least, suggest that eating at least 25g to 29g or more dietary fibre a day can lead to a 15-30 per cent decrease in all-cause and cardiovascular-related mortality.

Also, eating fibre-rich foods reduced incidence of coronary

heart disease, stroke, type 2 diabetes and colorectal cancer by 16-24 per cent. The impact translates into 13 fewer deaths and six fewer cases of coronary heart disease per 1,000.

Researchers included 185 observational studies and data relating to 135 million person-years and 58 clinical trials involving 4,635 adult participants.

Secrets of Ultra-Geezer, world's fastest 70-year-old marathoner

by Jason Gay
Wall St Journal,
December 26 2018

LET me introduce you to your new favourite American athlete: Gene Dykes.

Retired computer programmer, lives in the Philadelphia suburbs, married to a University of Pennsylvania economics professor, two grown daughters, one grandkid. Likes to garden, plays golf a few times a month, once got pretty good at bowling, to the point he rolled four perfect games.

But here's why we're talking about Gene Dykes today: He just ran a world record sub-three hour marathon ... at age 70.

2:54:23

Dykes' 2:54:23, which he ran at the Jacksonville Marathon on December 15, shaved a startling 25 seconds off the 70-74 age group mark set by the late, legendary masters distance runner Ed Whitlock, of Canada.

It was a record that many – including Dykes – assumed would never be broken.

"I didn't think this one was in my reach," Dykes told me the other day on the phone, from his home in Bala Cynwyd, Pennsylvania.

"Going into this year, I'd never run a marathon under three hours."

What makes Dykes' rise to record-setter so striking is that he was, by his own admission, a very average runner until he got a coach in his mid-60s.

Dykes, who grew up in Canton, Ohio, competed in track in high school and in college at Lehigh University, but, as he tells it, he wasn't even close to a star.

"I was so, so thoroughly trounced on the track, that I really have this lifelong impression of myself as a mediocre runner," he said.



Dykes would graduate college, get a PhD in biochemistry, make a career in computer programming, and start a family. He ran on occasion, but only as a hobby. "Sometimes I'd be in decent shape, sometimes not," he said. "I didn't race. There's a big difference between racing, and just going out there and jogging for the fun of it."

Six years ago, Dykes retired. By then, he'd been doing some racing, which he enjoyed. His times were very solid – he ran a 3:16 marathon in 2012 – but he thought a coach might help him go to a higher level. He hired a local trainer named John Goldthorp and told him he wanted to win his age group at the Boston Marathon.

"Who is this guy?" Goldthorp recalled thinking.

A partnership was born. Dykes, who will train through the winter in the Philly cold and snow, is blessed with a runner's reedy frame – he's 178cm and walks around at about 65kg, dropping to 62kg for big races. But he isn't obsessive about a lot of the things runners obsess over.

"Just run"

"I never stretch, never do flexibility exercises," he said. "No weightlifting, no strength, no core."

Dykes doesn't count calories or adhere to any special diet. "I tend to eat healthy, but I'll eat junk food with the best of them," he said.

Instead Dykes sticks to a much more straightforward philosophy:

"Just run," he said.

"Gene's hard days have

evolved," Goldthorp said. "He's able to do very hard sessions now, sessions that I never would have programmed for him in year one."

The coach believes Dykes' secret is "consistency over time, just like investing".

Ultra fan

A devoted fan of super-long-distance ultra-running – in 2017, Dykes did three 200km events – Dykes racks up an enormous amount of mileage. It's Goldthorp's job to tailor Dykes' training for big targets, like this year's push to crack three hours in the marathon, which Dykes did for the first time this spring in Rotterdam, running 2:57:43.

It was the first time anyone other than Ed Whitlock had broken three hours at age 70 or older.

Dykes' success has reached the level that he's even been tested by antidoping officials a few times. "That's when you know you've arrived," Goldthorp said, laughing.

Said Dykes: "I was very happy to have the opportunity to prove I only have the joy of running to pump me up."

Goldthorp said it wasn't until late last year that he and Dykes began to entertain the possibility of chasing Whitlock's 70-74 mark. "It just seemed untouchable," Goldthorp said. Whitlock, a snow-haired Canadian who famously trained in a cemetery near his house and died in 2017, remains a giant of distance running, with dozens of records across the sport.

"Let the record show that for age group world records, it's still ED 35, GENE 1," Dykes said.

That kind of humility is one of Dykes' most pronounced characteristics, said his youngest daughter, Hilary Shirazi.

"I'm glad he broke this record, because he'd never go out of his way to share his accomplishments," Shirazi said. "Even when I called him after (the record) to tell him I was proud, he said, 'I'm just an old guy having fun.'"

Dykes' wife, Olivia Mitchell, who teaches at Penn's Wharton School, confided that her husband's nickname is "#Ultra-Geezer". (Yes, she used a hashtag. Professor Mitchell is cool.)

What's next for Ultra-Geezer? At the moment, a rare stretch of time off – at least for a couple more weeks. But then Dykes will get right back on the road, stepping away from his focused marathon work to spend more time with his beloved ultra-running.

"On the day (my break) ends, I'm going to run a 50-mile race in Louisiana," Dykes said. "Two weeks later, I'm going to run a 50-mile race in Utah. When we get done, I'm going to run a 100-mile race in Texas, and two weeks after that, I'm going to run a 200-mile race in Australia."

He'll turn 71 on April 3. On April 15, he'll be at the Boston Marathon, attempting to crack three hours there.

"I do have this deeply embedded thing that I am just an ordinary runner," said Dykes.

VALE Rob Young



ROB Young, long-standing MAWA member and well respected among south west athletics as an athlete and a coach, passed away on January 14. His funeral was on January 23 at Bunbury Crematorium.

Rob lived in Collie and was an active member of the Bunbury club. He was a keen thrower, and a regular competitor in both State and National Championships.

Paula Kennedy of the Bunbury Club writes:

"RIP, Rob. I valued your experience and coaching over the last few years and enjoyed our chats when we were competing at the same comps recently."

Bob Schickert adds:

"For the 30 years I have known Rob he has been a thrower although I understand in his youth he was a very competitive middle-distance man with 800m being his best event.

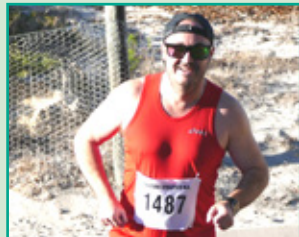
"With Rob living in Collie our contact was only a few times a year at events like MAWA State Championships and City versus Country competition. I understand Rob did a lot of throws coaching work in the Collie/Bunbury area and in Perth before he moved to Collie. He was always a keen athlete and a gentleman and he will be greatly missed, leaving us too soon – just before moving in to the 75 age group.

"Rob came here from New Zealand many years ago. At the 2012 OMA Championships in Tauranga I worked as an official with his twin brother Ray; and of course it was difficult not to call him Rob!

"It was great to have known you Rob."

HELPERS

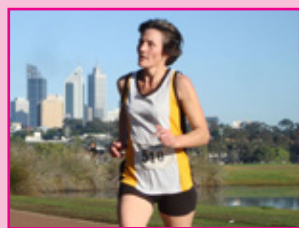
February 10 Age Graded Handicaps



Race Directors: Jason Kell (0439 902 817) & Liz Gomez (0422 438 869)

Rosa Wallis, Toni Frank, Mark Sivyver, Michihito Muroi, Kirstin Mcgregor, Wendy Farrow, Alex Tinniswood, Jason Kell, Matt Skellern, Elizabeth Gomez, Jerry Peters, Geoff Davidson, Shareenah Virahsawmy, Hazel Stephen

February 17 Woodbridge



Race Director: Delia Baldock (0418 935 040)

Michael Khan, Mike Hale, Delia Baldock, Abdul-Raouf Mohamed-Isa, Jonathan Lester, Conny Brieden, Tietz Isolde, Peter Tietz, Sue Glyde, Mark Glyde, Craig Madden

February 24 Piney Lakes



Race Director: Ante Perdija (0406 405 583)

Lorna Lauchlan, Bruce Wilson, Giovanni Puglisi, Neil Mcrae, Peter Ryan, Kim Thomas, Monique Thomas, John Mcdonagh, Michihito Muroi, Ante Perdija, Alan Gray, Sandra Keenan, Paul Edwards, Chris Lark, Liz Bryson, Nick Franey, Deborah Franey, Dorothy Roe

March 3 – Lake Monger



Race Directors: Kim Thomas (0414 362 473) & Rochelle Rodgers (0421 112 262)

Stanley Lockwood, Irene Ferris, Kim Thomas, Carolyn Fawcett, Robert Fawcett, Monique Thomas, Russell Smith, Andrew Roddy, Kathy Skehan, Geoff O'Brien, Chris Kowalski, Andrew Grosas, Steve Barrie, Phillipa Bennett

March 10 – Joondalup



Race Director: Mark Dawson (0438 408 563)

Michael Anderson, Brian Smith, Maurice Creagh, David Baird, Joanne Richardson, Martin Watkins, Mark Dawson, John Batta, David Adams, Erika Blake, William Hart, Andrew Grosas, Craig Lines, Rhonda Newburn

March 17 – Perry Lakes



Race Director: Jane Elton (0431 855 373)

John Bell, Victor Waters, Mike Hale, Theresa Howe, Claire Walkley, Bruce McGeorge, Virginia Mulvey, Monique Scourse, Alan Gray, Bob Britton, Rod Jurich, Zane Walsh, Liz Dewhurst, Barbara Hasenoehrl, Julius Waters, Sally-Anne Smith, Shirley Bode, Anne Clear

March 31 – Yokine



Race Director: Haydn Gawne (0455 202 448)

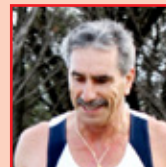
Brian Bennett, Ian Carson, Maria Sofia Carson, Rob Collins, Charlotte Webb, Haydn Gawne, Steve Preece, Mitch Cleasby, Denise Cleasby, Victor Munoz, Marcela Ruiz, John Bradley, Jessica Mance

NEW MEMBERS – WELCOME!

1811 Roe: Dee W50
1812 Wickham: Sarah W40
1813 Tietz: Isolde W65
1814 Tietz: Peter M65
1815 Ife: Gary M50
1816 Harris: Trent M30
1817 Halliday: Lee M45
1818 Mckay: Belinda W45
1819 Glyde: Sue W50
1820 Glyde: Mark M55
1821 Lines: Craig M45
1822 Maddon: Craig M45
1823 King: Anthony M55
1824 Watters: Anna W35
1825 Bradley: John M65
1826 Newburn: Rhonda W60
1827 Barrie: Steve M55
1828 Bennett: Phillipa W60
1829 Patroni: Jo W30
1830 Mance: Jess W30
1831 Fox: James M35
1832 Mugavin: Anthony M35
1833 Smith: Sally-Anne W40
1834 Bode: Shirley W60
1835 Clear: Anne W55
1836 Beckers: Paul M30
1837 Metcalf: Ruth W55
1838 Goldfinch: Craig M45
1839 Parnum: Iain M40
1840 Bishop: Julie W45
1841 Hayward: Helen W60
1842 French-Blhum: Simon M45
1843 Prinsloo: Adele W45
1844 Prinsloo: Johann M55
1845 Staszyszyn: Virginia W30
1846 Every: Paul M50
1847 Gallagher: Tracy W45
1848 Robertson: Andrew M55
1849 Callery: Paul M45
1850 Kevan: Danny M30
1851 Lewis: Stephen M50
1852 Manuel: Steph W45
1853 Walker: Stuart M50
1854 Bain: Gavin M50
1855 Rice: Clare W35
1856 Stewart: Justine W30
1857 Blake: Rebekah W40
1858 Breen: Rici W35

March 24 3Ps

* More helpers needed



Race Directors: Nick Miletic & Gail Castensen (0439 092 590)

Johannes Hagedoorn, Julie Wood, Nick Miletic, Paul Scott-Taylor, Gail Castensen, Virginia Mulvey, Monique Scourse, Matt Byles, Simon French-Bluhm, Stephanie Manuel