

# Age bridges gap

By LINDA CALLAGHAN

**Bridge players will get extra value for their age in a competition being launched next weekend.**

The SuperVets contest is open only to players aged 80 and over.

There will be awards for the best performer over 80, the best over 90 and the best over 100 years old.

"Yes, there are active bridge players who are centenarians," Bridge Association of WA secretary John Aquino said.

So far, 100 players have registered for the competition at the WA Bridge Club, Swanbourne, on Sunday, November 11.

"The event has been organised to honour the extraordinary contribution older bridge players have made to the game," Mr Aquino said.

"Recognised as a sport by the International Olympic Committee, the game of contract bridge is a mind sport like chess.

"It is an excellent gymnastic of the mind."

Mr Aquino said researchers in the US reported playing it reduces the risk of developing Alzheimer's disease.

"It engenders a competitive attitude, strategy, fair play, discipline, stamina, quick reflexes, rapport with your partner and concentration."



Players at the WA Bridge Club, from left, Liz Green, Judy Crooke, Mary Davies and Joan Dadour, are looking forward to hosting a new annual competition for the over-80s.