V. M. C. NEWSLETTER

AUTUMN 1977

VOL. 8 No. 4

MARCH, 1977

AND

81st ANNUAL REPORT 1976-77

VICTORIAN MARATHON CLUB

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V.M.C. NEWSLETTER AUTUMN MARCH 1977 VOL. 8 No.4

THE VICTORIAN MARATHON CLUB NEWSLETTER IS PUBLISHED FOR THE INFORMATION OF MEMBERS OF THE V.M.C. AND OTHER PEOPLE INTERESTED IN DISTANCE RUNNING AND ATHLETICS IN GENERAL.

The V.M.C. NEWSLETTER is the editorial responsibility of the Editor on behalf of the members of the V.M.C.

It is issued four times a year, corresponding to the Seasons (Months) of SPRING (September) SUMMER (December) AUTUMN (March) and WINTER (June)

All athletes irrespective of sex or age are invited to contribute letters, results, comments, etc. to the Editor, V.M.C. NEWSLETTER, 1 GOLDING ST. CANTERBURY, VIC. 3126

DEADLINE FOR COPY - 15th of February, May, August, November. All contributors are asked to aim for the 1st of copy month, to achieve better production.

PLEASE NOTE that material submitted for publication MUST be on single spaced typed foolscap, irrespective of length. It is suggested that articles should not exceed one and a half pages of foolscap.

Articles for publication MUST be accompanied by the name and address of the contributor, together with his signature. The writer of the article shall retain full responsibility for the contents of the article.

THE VICTORIAN MARATHON CLUB IS

OPEN FOR MEMBERSHIP for any registered amateur athlete.

COSTS $2 per annum for Seniors. $1 per annum for Juniors (Under 19)

CHARGES 50¢ Race Fee for each event to cover a minimum of 8 Trophy Orders for each event.

FOR FURTHER INFORMATION - contact the Secretary of the V.M.C.
TERRY HUNTER, 69 LYNDHURST STREET, RICHMOND. 3121

MEMBERSHIP AND MONIES should be sent to the Treasurer of the V.M.C.
DAVID GAZLEY, 50 STOTT STREET, BOX HILL SOUTH. 3128

RACE ENTRIES (No MONEY to be sent) - you pay on actual race days !!!
Suggestions for fixtures, new courses, should go to Asst. SECRETARY (Competition)
FRED LESTER, 1 GOLDING STREET, CANTERBURY. 3126.

ENQUIRIES ABOUT TROPHIES - should be sent to the Asst. Treasurer (Trophies)
PETER LOGAN, 68 MILES STREET, ALBERT PARK. 3206

PLEASE NOTE For Track Events (Emil Zatopek, 10,000m, etc) and for the V.M.C. MARATHON, entries MUST REACH the Competition Secretary preferably three weeks earlier, and so enable us to inform the publicity media. THE DATE NOTIFIED IN THE NEWSLETTER WILL DEFINITELY BE CUT OFF DATE OF ENTRY.

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INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA
A. L. Morrison,
31 Abbott Street, Sandringham.
3191. VICTORIA.

NEW SOUTH WALES Clive D. Lee, A.A.A of N.S.Wales Office, 280 Pitt Street, SYDNEY. 2000. NEW SOUTH WALES.	QUEENSLAND John D. Bailey, 33 Wighton Street, NASHVILLE. 4017 QUEENSLAND.
SOUTH AUSTRALIA E. Ray Graham, P.O. Box 231, ADELAIDE. 5001 SOUTH AUSTRALIA.	TASMANIA Noel J. Ruddock, 10 Reynolds Court, DYNNRYNE. 7005 TASMANIA.
VICTORIA Rick Pannell, V.A.A.A. Office, 12 McKillop Street, MELBOURNE. 3000. VICTORIA	WESTERN AUSTRALIA F. Theo Treacy, O.B.E. 33 Selkirk Street, NORTH PERTH. 6006 WESTERN AUSTRALIA.

VICTORIAN MARATHON CLUB

NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN TO ALL FINANCIAL MEMBERS OF THE VICTORIAN MARATHON CLUB THAT THE 31st ANNUAL GENERAL MEETING WILL BE HELD ON FRIDAY, 18th OF MARCH 1977 AT 8.00.P.M. AT ROBINSON HALL, ALBERT PARK LAKE.

Business will include reports of Executive Officers, Election of Officebearers for the ensuing year and General Business brought forward from members of the Club.

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FINAL NOTICE

THIS ISSUE OF THE V.M.C. NEWSLETTER IS THE LAST YOU WILL RECEIVE FOR YOUR CURRENT FEE. MEMBERSHIP FEES ARE NOW DUE FOR THE 1977-78 SEASON, COMMENCING ON 1st OF APRIL.

To renew your membership (or join) print your name and address in BLOCKLETTERS on self-stick labels and return them together with $2 (Juniors U/19 only $1) to the Treasurer:-

DAVID GAZLEY
50 STOTT STREET,
BOX HILL SOUTH.
VIC. 3128

Your own self-stick labels should be set out precisely in the same way (never mind Mr.Mrs. Ms or any other frills) Use your call name to avoid confusion and make sure to include the Postcode to save postage for us.

REMEMBER -Come March 31st, you cease to be a registered athlete and you are no longer a financial member of the V.M.C. An early renewal will ensure continuity.

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VICTORIAN MARATHON CLUB - MEMBERSHIP FORM - (BLOCK LETTERS PLEASE.)

SURNAME .... CALL NAME ....

REG. NUMBER .... CLUB ....

ADDRESS : No.......... STREET ....

TOWN OR SUBURB .... POSTCODE ....

DATE OF BIRTH .... OCCUPATION ....

TELEPHONES: (HOME) .... (WORK) ....

My best performances in LAST FIVE YEARS ARE (If no performances, leave blank)

800m 19   15km 19

1500m 19   20km 19

3000m 19   25km 19

5000m 19   Marathon 19

10000m 19   Dated / / 1977

Signature ....

I CAN ASSIST IN RUNNING OUR CLUB OCCASIONALLY BY:

Timekeeping .... SCORING .... Taking Race Entries ....

Contributing to and distributing Newsletters .... Billets ....

Membership & Statistics .... Transport .... Other ....

Liaising with my first-claim Club ....

BOOKING SLIP FOR V.M.C. MARATHON DINNER-DANCE, TYABB, SUNDAY, JUNE 12th, 1977

Please reserve seats at the V.M.C. Dinner-Dance for:

.... ADULTS .... CHILDREN

Herewith please find enclosed ...... Deposits at $5 per person, TOTAL $..........

NAME IN BLOCK LETTERS .... Signature ....

(Full details inside the Newsletter) POST TO THE TREASURER

31st ANNUAL MEETING

The Victorian Marathon Club has had another successful year. Although we were down in numbers in some races, the standard of running has improved. Sadlt, that has not been reflected in the attitude of members towards officiating at the V.M.C. races.

This year, the VMC Marathon was won by New Zealander Mike RYAN. The first woman to finish was also a Kiwi, Lyn McLEOD. The first four VMC members received subsidised fares to New Zealand for the Hamilton Marathon. All ran well, especially DAVE BYRNES and ERIC SIGMONT.

As in previous years, the VMC Dinner-Dance, after the Marathon at Tyabb, was a great success, the the miles getting shorter as the night flowed on. Especially welcome were our N.Z. guests, even if they did bring Max Holmes.

This year saw an increase in the entries for the "Emil Zatopek" 10,000 metres to 140.

The performances in all grades were good, with the first five in "A" Division running under 29 minutes. Hopefully this trend will continue in 1977, making this race bigger and more prestigious than it already is.

The future of the V.M.C. is up to its members who will be attending our Annual General Meeting in March. It is the members who will provide the guide lines for the incoming Committee. If you cannot attend the Annual General Meeting, then have a talk with one of the Committee, firstly to find out what happened at the Meeting and then make suggestions on the decisions made.

We, the V.M.C., cannot be a Runners Club unless the runners themselves take a very active interest in its day to day and month to month affairs and activities.

The V.M.C. Marathon will.again be hold on the Sunday of the Queen's Birthday weekend. As was the case in previous years, a Dinner-Dance will again be held afterwards at the Motel.

ALL ENTRIES FOR THE MARATHON CHAMPIONSHIP MUST BE IN BY THE DAY SPECIFIED.

If you are not running, then please help in an official capacity. Don't just stand there, Australia is already a nation of watchers. If you can help out with billetting, then please see, or write to, the Secretary, at, or after, the Annual General Meeting.

We will need quite a few billets for our visiting KIWIS (they don't bite)

TERRY HUNTER.
GENERAL SECRETARY
VICTORIAN MARATHON CLUB

MARATHON CLUB EVENTS

		HANDICAPS			FASTEST TIMES	
APRIL 19	1	Keith NICHOLLS	(17.45)	65.25	Rob GILFILLAN	51.35
16km	2	Ian BRAY	(16.25)	64.25	Bruce HICKS	53.33
90 Starters	3	Dennis ANDREW	(6.15)	55.47	Bill JOYCE	53.38
APRIL 25	1	Mike O'RYAN	(7.25)	33.56	Graham CROUCH	31.13
10km	2	Norm McLEISH	(17.25)	44.19	Phil HAMER	31.27
151 Starters	3	John ZELEZNIKOW	(22.50)	49.51	Graeme GARDNER	31.35
MAY 1	1	Terry FISHER	(12.35)	1:46.17	Phil HAMER	1:35.21
30K.K.o.M.	2	Ron HARRY	(11.47)	1:45.53	Rob GILFILLAN	1:38.09
55 Starters	3	Phil HAMER	(Scr.)	1:35.21	Terry HARRISON	1:39.57
JUNE 13	1	Dave BRADFORD	(50.00)	3:16.45	Mike RYAN (N.Z.)	2:20.59
Marathon	2	Geoff O'BRIEN	(27.47)	2:56.28	Dave BYRNES	2:31.03
55 Starters	3	Dave BYRNES	(1.05)	2:31.03	Eric SIGMONT	2:34.44
JULY 3	1	Les HOLLARD	(12.14)	55.40	Geoff NICHOLSON	46.49
15km	2	Lindsay BEATON	(11.17)	55.38	Gerry SOFIANOS	47.06
80 Starters	3	Terry DAVIS	(9.51)	54.16	Phil HAMER	48.18
JULY 31	1	Mal RICHARDS	(25.27)	1:48.05	Phil HAMER	1:25.56
25km	2	John CLARKE	(11.44)	1:35.06	Don SIMPSON	1:32.17
31 Starters	3	Norm McLEISH	(35.33)	1:58.59	Tom GRUNERT	1:33.29
AUGUST 28	1	Ron HARRY	(11.29)	67.34	Steve AUSTIN	62.58
20km	2	Keith McINTOSH	(21.17)	78.23	Bruce HOOLEY	66.02
63 Starters	3	Don SIMPSON	(12.15)	69.26	Bruce JONES	66.29
OCTOBER 3	1	Jim CASEY	(8.02)	44.04	Phil HAMER	38.00
12km F.C.	2	Norm McLEISH	(16.51)	53.40	Gerry SOFIANOS	38.52
44 Starters	3	Dave BYRNES	(3.50)	40.44	Rob WALLACE	39.38
OCTOBER 10	1	Gerry SOFIANOS	18km 587.0m	-	10 Miles 51.56	
1 Hour Run	2	Matt RYAN	18km 267.1m	-	10 Miles 53.15	
23 Starters	3	Brian SPURRELL	18km 206.6m	-	10 Miles 52.54	
NOVEMBER 3	1	John ZELEZNIKOW	(16.37)	50.17	Max LITTLE	37.25
12km	2	Richard DAVIS	(18.39)	52.59	Phil HAMER	37.49
59 Starters	3	Dave BYRNES	(3.28)	38.12	Dave BYRNES	38.12
NOVEMBER 21	1	Richard DAVIS	(18.32)	69.35	Bryce DUNKLEY	54.10
16km	2	Grant HARDY	(3.29)	56.07	Tom TURBETT	55.23
32 Starters	3	Alan FAIRBANKS	(16.00)	68.53	Bob RAYMEN	55.37
DECEMBER 1	E1	Kevin SOLOMON	(3.03)	26.06	Max LITTLE	24.00
8km	E1	Mike HENNESSY	(5.40)	28.43	Vic ANDERSON	24.59
	3	Rob LISTER	(7.38)	30.59	Kevin ROCK	25.06
DECEMBER	1	Mark RYAN	(6.25)	31.32	Gerard BARRETT	28.09 A.R.
14/15/16	2	John BENCZE	(13.35)	40.04	Steve AUSTIN	28.23
10,000m E.Z	3	Brian McINERNEY	(5.43)	32.18	Dave CHETTLE	28.38
114 Starters						

DECEMBER 16	MASTERS MILE	John	MURRAY	4.40
	9 Starters	Rex	CHUGG	4.41
		Ken	FRASER	4.42

OTHER OURSTANDING PERFORMANCES BY OUR MEMBERS

A.A.U. MARATHON		V.A.A.A. MARATHON		TRARALGON MARATHON	
1 Vic ANDERSON	2:23.28.6	1 Terry HARRISON	2:27.15	1 Phil LEAR	2:44.10
2 Geoff NICHOLSON	2:24.18.6	2 Peter HANNAFORD	2:29.07	2 Peter ARMISTEAD	2:44.49
3 Gerry SOFIANOS	2:26.43.0	4 Terry COLLIE	2:33.42	3 Robert ORR	2:47.14
5 Rod MACKINNEY	2:27.48.0	5 Terry FISHER	2:34.16	4 Gerry van der PLOEG	2:50.37

HAMILTON (N.Z.) MARATHON

5	Eric	SIGMONT	2:22.22	16	Silvio	RADOSLOVIC	2:28.42
6	Dave	BYRNES	2:22.39	27	Phil	LEAR	2:33.03
10	Dave	GAZLEY	2:26.45				

V.M.C. WINTER 1977 FIXTURE LIST (V.M.C. RUNS UNDERLINED)

April 9 GRIFFITH 12,000 (Approx. 440km via Shepparton, Tocumwal, Jerilderie)
11 (Mon) VMC 16km & 4M, Princes Park (Pavilion nearest Ieyer St.) 2.30.p.m.
16 VAAA C.C. Relays, Flemington Racecourse. 2.00.p.m.
17 (Sun) Monash Relays, Yallourn.
23 Malvern Harriers, 6 Hours Relay, Malvern Town Hall. 10.00.a.m.
25 (Mon) V.M.C. "Fallen Comrades" 12km & 4km. Domain. 2.30.p.m.
30 VAAA & VWAAA C.C.Opening Day. Flemington R'cse. 2.pm. Also U17 5000 C.C.CH.)
May 7 VMC 20 Miles &,10Km, Tullamarine, 1.30.p.m. Start just south of Hangers.
14 VAAA & VWAAA Sandown Relays, Sandown Racecourse. 2.00.P.M.
21 V.M.C. 15km & 5km. Albert Park. 2.30.p.m.
28 V.A.A.A. Open & Under 17 - 8000m C. C. Champ. Geelong. 2.00.p.m.
29 (Sun) Ballarat Harriers Half-Marathon, Bungaree, 11.a.m. VMC Supported)
June 4 "Keith Huddle" 4.1 Miles Eaglehawk to Bendigo. Bendigo
11 (Sat) "Chas Suffren" 6.5M Teams Races, Ballarat
12 (Sun) V.M.C. MARATHON & Mini-Marathon (10km) Tyabb 1.p.m. (Slow Field 2.30)
DINNER-DANCE at Tyabb Motel. Fill in Booking Slips, Page 2a !!
13 (Mon) Wendouree Relays, 6 x 3km. Ballarat.
18 V.A.A.A. & V.W.A.A.A. C. C. Relays. Bundoora. 2.00.p.m.
25 V.A.A.A. MARATHON CHAMPIONSHIP. Point Cook. 1.00.p.m.
July 3 (Sun) Latrobe Valley 25km. Traralgon Technical School. 1.30.p.m.
9 VAAA & VWAAA 10km. Road Champ, Vets. 5km. Werribee Racecourse, 2.00.p.m.
10 VMC 2 Hours Track Run, Collingwood Track, Heidelberg Rd. Clifton Hill. 2.pm.
16 VMC 20km & 10km, Albert Park, 2.30.pm. (Subject to possible change of venue)
23 VAAA & VWAAA 12000, C.C.C & U19 5000m C.C.C. Bundoora, 2.00.p.m.
30 "Malcolm Hill" 10M. Morwell, 1.30.pm. Vic. Schoolboys C.C.Ch. Banyule High Sc.
31 (Sun) VMC 50 Miles, Princes Park, 9.am. - Bendigo 25km. from Bendigo YMCA
Aug. 6 MARATHON CHAMPIDNSHIP PF AUSTRALIA - Longford, Tasmania.
6 VA.A.A. Open 16000 C.C.C. & U19 8000m C.C.C. Sunbury, 2.00.p.m.
14 (Sun) TRARALGON MARATHON, Table Tennis Pavilion, 1.p.m. (VMC Supported)
20 VA.A.A. & V.W.A.A.A. 15km Road Champ. Fishermens Bend. 2.00.p.m.
27 VICTORIAN COUNTRY MARATHON, Airforce Base, Ballarat. 1.30.p.m.
27 AUSTRALIAN 12,000 METRES CROSS COUNTRY CHAMPIONSHIP. BRISBANE
Sept. 3 VMC 30km & 15km King of Mountains, Point Leo-Arthur's Seat, 1.30.p.m.
10 V.A.A.A. 25km. Road Championship. Cranbourne. 3.00.p.m.
3 S.S.H. 6km. HillClimb. Warburton. 3.00.p.m.
11 (Sun) "Geoff Watt" Half-Marathon. Warragul (VMC Supported)
17 Monash University A.A.C. 10km. Road Run.
18 (Sun) Latrobe Valley Mount Tassie 20 Miles, 1.30.pm. from Traralgon P.O.
Oct. 9 V.M.C. 1 Hour Run & Teams Races, Sandringham Track. 1.30.p.m.

PLEASE NOTE: There will be two events on each VMC Race Day, both of them open to all, irrespective of age or sex. The shorter race, however, will bear Trophy Orders for women and Under 17's only.

V.M.C. TROPHY ORDER SCALE as from APRIL 1st, 1977 (in $)

EVENT	DISTANCE	FASTEST 1st	FASTEST 2nd	FASTEST 3rd	HANDICAP 1st	HANDICAP 2nd	HANDICAP 3rd	JUN.U19 1st H'cap	VETERAN 1st H'cap	TOTAL
1	16km/10M	8	5	3	8	5	3	5	5	42
2	12km F.C.	8	5	3	8	5	3	5	5	42
3	30km/20M	8	5	3	8	5	3	5	5	42
4	15km	8	5	3	8	5	3	5	5	42
5	MARATHON	Trophies presented on day of Race							(at least)	60
6	20km	8	5	3	8	5	3	5	5	42
7	30k.K.of.M	10	6	3	10	6	3	6	6	50
8	8km 2B	8	5	3	8	5	3	5	5	42
9	12km. 2B	8	5	3	8	5	3	5	5	42
10	16km 2B	8	5	3	8	5	3	5	5	42
11	10000 E.ZAT.	10	6	3	10	6	3	6	6	50
	Masters Mile	6	-	-	6	-	-	-	-	12

In the shorter races, Women and U17's will receive $3 for 1st on handicap if sufficient date for handicapper, otherwise prize goes to fastest.

Competitors must be financial members of the VMC BEFORE THE RACE to be eligible for prizes.

To be eligible for financial assistance on occasions of interstate or international representation (such as the VMC team to Hamilton, N.Z.), competitors must be in at least their second year of continuous membership of the V.M.C.

PLEASE FILL IN AND SEND YOUR DINNER-DANCE BOOKINGS AND DEPOSITS AS EARLY AS YOU CAN.

V.M.C. MARATHON CLOSING DATE FOR ENTRIES IS MAY 28 - NOTIFY COMPETITION SECRETARY

Q.A.A.A. CROSS COUNTRY PROGRAMME. 1977

APRIL	2	Scratch Race	5Km,2.5Km	Victoria Park
	16	Gold Coast Run	10Km, 5Km	Labrador
	23	Inala Handicap	12Km,8Km,4Km,2Km	Kippax Street
MAY	1	25 Km Road Championship	(8.00.a.m.)	Kerry
	7	Interclub	5Km, 5Km, 3Km, 3Km	St. Lucia
	14	Caboolture to Maleny Road Relay	64Km	Caboolture
	21	Fogarty Memorial	12Km, 6Km	Sumner Park
	28	King of the Mountain	10Km, 6Km	Mt. Gravatt
JUNE	4	Interclub	12Km,6Km, 3Km, 3Km	Daisy Hill
	8	1 Hour Run	(6.30.p.m.)	St. Lucia
	11	Nundah Handicap	10Km, 5Km	Burpengary
	12	Utah Marathon	27Km	Sarina
	18	Interclub	10Km,5Km,3Km,3Km	Bunyaville
	25	16Km Road Championship	(3.00.p.m.	Beaudesert
JULY	2	Interclub	8Km,4Km,2Km,2Km	Baden Powell Pk.
	10	Queensland Marathon Championship	(8.00.a.m.)	Caboolture
	16	Schoolboys Championships	5Km, 5Km, 3Km	St. Lucia
		Open Scratch Race	8Km	"
	23	Championship Course Trial	12Km,8Km,5Km, 3Km	Pullenvale
	24	Coca Cola Fun Run	10Km	Mt. Gravatt
	30	Queensland Cross Country Champs.	12km 8Km,5Km,3Km,3Km	Pullenvale
AUGUST	6	AUSTRALIAN MARATHON CHAMPIONSHIP		Longford,Tas.
		Novice Cross Country Event	8Km	Kippax Street
	13	Interclub	15Km, 6Km,3Km,3Km	Burpengary
	20	G.P.S. Relay	3 x 5Km	Bunyaville
	27	AUSTRALIAN CROSS COUNTRY CHAMPS.	12Km, 8Km	Pullenvale
SEPT.	3	Bundaberg Road Race	8Km, 8Km	Bundaberg
	10/11	Lamington National Classic	22Km	O'Reilly's
	24	Caboolture Road Race	22Km	Binna Burra
	24	Caboolture Road Race	10Km	Caboolture

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A.A.A. of N.S.WALES. 1977 WINTER PROGRAMME Major Fixtures.

APRIL	10	(Sun) Cowra - Open Meet. Bacchus 12,000 (Griffith)
	16	Normanhurst High School Cross Country
	17	(Sun) Sydney to Lithgow Road Relay
	25	(Mon) Sydney University Open Track and Field Meet.
	30	N.S.Wales 20 Kilometres Road Walk - Sutherland Half-Marathon
MAY	7	N.S.W. Novice 10K C.C.Champ. (Scarborough Park)
	14	Newcastle Marathon
	15	(Sun) Liverpool Open Cross Country
	21	Walking Federation Events - Brisbane
	28	N.S.W 25K Road Championship (Newcastle)
		N.S.W. 8K Junior Road Championship (Newcastle)
JUNE	4	N.S.W. 5K Sub-Junior Road Walk
	5	(Sun) N.S.W. Schoolboys C.C.Championships (Scarborough Park)
	11	Veterans Marathon - Pagewood.
	12	(Sun) Federation Walking Events - Canberra.
	18	Parramatta D.A.A.C. Open 10 Miles. (Parramatta Park)
	25	N.S.Wales Marathon Championship - Richmond
	26	(Sun) N.S.Wales Schoolboys Walks - Parramatta Park
JULY	2	N.S.W. 50K Road Walk - Junior 10K Road Walk Championships.
	9	N.S.W. 15K Cross Country Championship
	23	N.S.W. 30K Road Walk Championship
	24	N.S.W. Cross Country Championship (Macquarie University)
	30	Nowra "King of the Mountains"
AUGUST	6	Australian Marathon Championship - Tasmania
		Australian 50K and 10K Junior Road Walk Champs. (South Australia)
	14	Sun City to Surf Fun Run
	20	Walking Federation Match Australia V New Zealand
	27	Australian Cross Country Championships - Brisbane.
SEPT.	3	N.S.W. 10K Teams Walk Championship.
	10	N.S.Wales Road Relays.

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OTHER NOTABLE PERFORMANCES (Continued from Page 4)

Vic. 25Km Road.Ch.

1	John BERMINGHAM	77.27
3	Gerry SOFIANOS	78.30
5	Ray WILSON	79.55

Vic. 15K Road Ch.

1	Tim O'SHAUGHNESSY	44.30
2	Rob de CASTELLA	44.55
3	Bill SCOTT	44.55

Aust. 12000M. C.C.Ch.

3	Rob de CASTELLA	36.49
4	Tim O'SHAUGHNESSY	36.53
5	Steve AUSTIN	36.54
6	Brian LEWRY	37.00
7	Dave CHETTLE	37.09
8	Gerard BARRETT	37.11

VMC 16km. TWO BRIDGES COURSE. WEATHER: Cool overcast, light breeze. 10.00.am.
21/11/1976 32 STARTERS - 28 FINISHED

Legend: IDFH - Insufficient details for handicap. N.F. Unfinancial

1	Bryce	DUNKLEY	54.10	IDFH	--		15	Noel	ANDERSON	64.03	9.53	10	V
2	Tom	TURBETT	55.23	IDFH	--		16	Harry	SUMMERS	64.04	10.08	8	V
3	Bob	RAYMEN	55.37	1.07	13		17	Jim	KAEHNE	64.36	9.53	15	
4	Grant	HARDY	56.07	3.29	2		18	John	VISSER	63.36	10.54	14	V
5	Paul	BENNETT	56.21	Scr.	18		E19	John	EKBERG	66.02	N.F	--	J
6	Jim	CASEY	57.43	4.45	4		E19	Lindsay	BEATON	66.02	5.50	20	
7	Theo	ORR	57.47	3.29	12	V	21	Rob	LISTER	67.37	14.30	5	
8	Bill	O'LOUGHLIN	59.14	IDFH	--	V	22	Ian	SMITH	68.08	IDFH	--	
9	John	MACDONNELL	59.23	6.04	7	V	23	Alan	FAIRBANKS	68.53	16.00	3	IV
10	Paul	GLUCINA	60.16	IDFH	--		24	Richard	DAVIS	69.35	18.32	1	
11	Geoff	HALL	62.03	7.55	9		25	Norm	McLEISH	71.17	16.00	17	
12	Paul	PATTON	62.19	9.08	6		26	Bob	REED	75.02	IDFH	--	
13	Les	MOLLARD	63.12	6.04	19		27	Craig	WHITEHEAD	76.46	N.F.	--	U17
14	Peter	BEGGS	63.59	8.53	16		28	Frank	BONECKER	76.50	22.41	11	V

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VMC 8km. TWO BRIDGES COURSE WEATHER; Warm, humid, fair breeze.
1/12/1976 79 STARTERS. ALL FINISHED

1	Max	LITTLE	24.00	Scr.	11		40	Dennis	WATTIE	29.38	4.28	E39	
2	Vic	ANDERSON	24.59	0.54	E16		41	Paul	PATTON	29.40	5.13	22	
3	Kev	ROCK	25.06	IDFH	--		42	Jim	KAEHNE	29.47	6.01	8	
4	Dave	GAZLEY	25.13	0.54	19		43	Ian	DUNN	29.50	IDFH	--	
5	Graham	KIPP	25.15	0.27	E30		44	Ralph	LEVY	29.59	5.34	21	
6	Neil	CROKER	26.02	0.54	38		45	Terry	HUNTER	30.00	4.25	45	
7	Kev	SOLOMON	26.06	3.03	E 1		46	Keith	WADE	30.02	IDFH	--	
8	Dene	ANDREW	26.10	2.07	15		47	Keith	McINTOSH	30.05	5.07	34	
9	Len	JOHNSON	26.21	IDFH	--		48	Geoff	HALL	30.17	5.07	E39	
10	Mike	HALVERSON	26.26	2.02	20		49	Peter	BEGGS	30.21	5.33	E30	
11	Dave	BYRNES	26.33	0.31	49		50	John	VISSER	30.26	6.30	10	V
12	Rob	MANDILE	26.47	2.45	E13		51	Peter	RAMSAY	30.29	6.45	7	1J
13	Terry	PHELAN	26.51	1.51	36		52	Art	TERRY	30.33	5.34	35	V
14	Brian	McINERNEY	26.56	IDFH	--		53	Harry	SUMMERS	30.34	6.01	25	V
15	Tom	HASSALL	27.37	IDFH	--		54	Bruce	SIMMONS	30.38	IDFH	--	
16	Terry	COLLIE	27.42	1.20	53		55	Tom	DAVISON	30.57	6.52	E16	V
17	Keith	LODGE	27.53	4.27	4	1V	56	Mike	CUMMINS	30.59	6.15	E28	
18	Bob	MACARTNEY	28.02	3.44	18		57	Rob	LISTER	30.59	7.38	3	
19	Peter	KEHOE	28.03	4.15	9		58	Sam	HILDITCH	31.03	4.53	52	
20	Jim	CASEY	28.07	3.03	37		59	Alan	CLOSE	31.12	5.07	E50	
21	Geoff	PRATT	28.10	3.32	27		60	Trevor	ROBBINS	31.17	6.45	24	V
22	John	OLIVER	28.11	IDFH	--		61	Noel	McVEY	31.32	IDFH	--	
23	Steve	BARRALET	28.14	IDFH	--		62	Ken	ALEXANDER	31.55	IDFH	--	
24	Les	MOLLARD	28.16	4.15	12		63	Andrew	BANGER	32.10	6.37	46	
25	John	MacDONNELL	28.18	3.50	23	V	64	Warwick	DAVIS	32.23	IDFH	--	
26	Terry	DAVIS	28.28	2.23	E50		65	Col	CRAWFORD	32.39	8.02	26	V
27	Tim	DENT	28.32	IDFH	--		66	Merv	WOODGATE	32.42	IDFH	--	V
28	Lindsay	HOOPER	28.39	4.37	E13	V	67	Rod	HEALEY	32.51	IDFH	--	
29	Neil	HOOPER	28.42	IDFH	--		68	Larry	FOLEY	32.56	IDFH	--	V
30	Mike	HENNESSY	28.43	5.40	E 1		69	Alan	FAIRBANKS	33.40	8.18	43	V
31	Pete	GLUCINA	28.59	4.15	E28		70	Norm	McLEISH	33.40	8.51	32	V
32	Steve	SZEGEDI	29.08	3.18	48		71	John	ZELEZNIKOW	34.01	8.18	47	
33	Ken	FRASER	29.10	4.15	33	V	72	Tony	BRADSHAW	34.51	IDFH	--	V
34	Brian	RYCROFT	29.16	5.33	6		73	Roy	WHITEHEAD	35.08	IDFH	--	V
35	Bob	HUTCHEON	29.20	4.03	E41		74	Nathan	FINK	35.17	IDFH	--	V
36	John	KONDOGONIS	29.22	IDFH	--	U17	75	Frank	BONECKER	35.30	11.55	5	V
37	Geoff	LAWFORD	29.25	IDFH	--		76	Craig	WHITEHEAD	44.10	IDFH	--	J
38	Lindsay	BEATON	29.31	4.08	44		77	Brett	WHITEHEAD	44.19	IDFH	--	
39	Gerry	RILEY	29.38	4.21	E41	V							

UNDER 17 - 2km. As above

1	Chris	BRADSHAW	6.40	2	John	KONDOGONIS 7.03

"EMIL ZATOPEK" 10,000m. "A" OLYMPIC PARK 16/12/1976. Weather - Cool, humid.

1	Gerard	BARRETT	28.10	0.09	41		7	Rob	WALLACE	29.22	1.22	40	
2	Steve	AUSTIN	28.23	0.43	25		8	Gary	BENTLEY	29.28	Scr.	85	
3	Dave	CHETTLE	28.38	Scr.	51		9	Graeme	CROUCH	29.48	0.28	82	
4	Rob	De CASTELLA	28.51	0.47	42		10	Jack	LANE	30.24	IDFH	--	
5	Tim	O'SHAUGHNESSY	28.53	0.39	E47		11	Graham	ANDERSON	31.07	1.58	E73	
6	Max	LITTLE	29.04	0.42	E52								

"EMIL ZATOPEK" 10,000m. "B" OLYMPIC PARK 15/12/76 Weather - Mild, wet.

1	Graeme	GARDNER	29.55	3.11	4		13	Paul	BENNETT	31.44	4.11	20	
2	Terry	HARRISON	30.07	2.41	E18		14	Peter	HAMMAFORD	31.45	4.34	E 8	
3	Gerry	SOFIANOS	30.09	2.01	44		15	Ross	SHILSTON	31.46	4.21	17	
4	Vic	ANDERSON	30.11	2.36	E21		16	Dave	BYRNES	31.47	2.59	E67	
5	Phil	HAMER	30.13	2.41	E23		17	Tony	TRENKNER	31.50	3.17	E60	1 J
6	Kev	ROCK	30.31	3.23	7		18	Matt	RYAN	31.52	4.47	6	
7	Dave	GAZLEY	30.44	3.30	11		19	Mike	HALVERSON	32.10	4.54	E13	
8	John	COYLE	31.09	3.11	38		20	Mark	RYAN	32.14	6.25	1	
9	Brian	SPURRELL	31.22	3.42	27		21	Brian	McINERNEY	32.18	5.43	3	
10	Graeme	KENNEDY	31.23	4.11	10		22	Peter	FAULKNER	32.34	4.08	55	
11	Bryce	DUNKLEY	31.28	4.11	15		23	Max	CARSON	32.37	4.45	34	
12	John	DUCK	31.30	2.59	E58		24	Jim	SEYMON	34.42	4.47	E35	

"EMIL ZATOPEK" 10,000m. "C" OLYMPIC PARK 14/12/76. Weather: Humid, overcast.

1	Mick	NOVAK	31.56	4.08	32		13	Peter	BETHERAS	33.44	4.47	71	
2	Kevin	SOLOMON	32.03	4.47	E13		14	Rob	MANDILE	34.07	5.36	E58	
3	Len	JOHNSON	32.12	5.01	E 8		15	Bruce	WATT	35.01	7.04	37	
4	Robert	BROOKES	32.23	5.08	12		16	Jim	CASEY	35.13	6.12	72	
5	Ken	DUXBURY	32.29	4.47	E28		17	Steve	BARRALET	35.30	3.35	95	
6	Dennis	ANDREW	32.46	4.47	39		18	Terry	DAVIS	35.32	5.22	90	
7	Brendan	McVEIGH	32.57	5.15	E28		19	Dennis	WATTIE	35.46	8.00	31	
8	Ron	BROOKES	33.03	3.41	83		20	Bob	HUTCHEON	35.46	7.28	E50	
9	Ian	RANDS	33.08	6.04	5		21	Tom	HASSALL	35.53	6.41	E77	
10	Thom	TURBETT	33.13	4.47	E18		22	John	MACDONNELL	35.53	7.12	66	V
11	Carl	STEVENSON	33.22	5.15	43		23	Gerry	RILEY	36.17	7.52	54	V
12	Colon	DONALD	33.34	5.01	E60		24	Lindsay	BEATON	36.46	7.20	84	

"EMIL ZATOPEK" 10,000m. "D" OLYMPIC PARK 14/12/76. Weather: Humid, overcast

1	Gary	LOOKER	34.43	IDFH	--		23	Harry	SUMMERS	38.17	9.59	81	V
2	Bob	TURNEY	34.52	4.35	91	V	24	Ray	CALLAGHAN	38.17	10.53	16	
3	Robin	ALGIE	35.41	7.28	46		25	Dave	CRAIG	38.53	9.41	E77	
4	Geoff	O'BRIEN	35.49	6.34	80		26	Trevor	ROBBINS	39.02	11.23	26	V
5	Barry	LYNCH	36.01	8.24	E23		27	John	SMITH	39.09	IDFH	--	V
6	Bruce	SANDILANDS	36.21	IDFH	--		28	Noel	ANDERSON	39.20	9.41	88	V
7	Ken	FRASER	36.32	8.41	33	V	29	Peter	COLTHUP	39.24	10.14	75	V
8	Bob	ELLIS	36.34	8.50	30		30	Stan	NICHOLLS	39.52	11.13	E64	V
9	Geoff	ALFORD	36.59	8.11	E67		31	Peter	RAMSAY	40.00	10.18	89	J
10	Keith	McINTOSH	37.09	8.41	56		32	John	BENCZE	40.04	13.35	2	1V
11	Jerry	HUNTER	37.13	8.02	76		33	Ian	SMITH	40.52	12.35	49	
12	Paul	PATTON	37.26	8.57	57		34	John	ZELEZNIKOW	41.17	12.55	E52	
13	Neville	FARMER	37.26	9.51	E21		35	George	BRAIN	41.47	IDFH	--	V
14	Ian	DUNN	37.28	9.33	E35		36	Alan	FAIRBANKS	41.47	12.55	E69	
15	John	KONDOGONIS	37.29	8.50	E64	J	37	Larry	FOLEY	41.48	13.15	E60	V
16	Jim	KAEHNE	37.35	9.24	45		38	John	GRAHAM	42.23	11.35	E92	
17	Des	MIDDLETON	37.38	9.24	E47		39	Norman	McLEISH	42.27	13.35	E69	V
18	Ralph	LEVY	37.42	9.24	E50		40	David	FARNSWORTH	42.58	11.35	E94	
19	Peter	LOGAN	37.46	8.33	79		41	Richard	DAVIS	43.03	12.15	E92	
20	Wally	SHEPPARD	37.59	8.50	E73	V	42	Ann	CALLAGHAN	43.18			1 W
21	Sam	HILDITCH	38.02	8.31	87	V	43	Clare	McKERR	44.29			W
22	Brian	RYCROFT	38.10	8.41	86	V	44	Peggy	SMITH	45.39			W

DATE INCOMPLETE:

John	MURRAY	33.02	1 lap short	Don	SHORLAND	38.06	No lap sheet
Bill	HUGHES	35.20	1 lap short				

VMC OLYMPIC ANNIVERSARY MARATHON PRINCES PARK, CARLTON. 21/11/76. 8.00.AM.
WEATHER - Fine, Mild. 29 Starters - 13 FINISHED.

Place	Name		10M.	20M	FINISH	NOTES
1	Gerry	SOFIANOS	53.09	1:46.50	2:21.42.6	P.B.
2	Ken	DUXBURY	60.34	1:58.58	2:35.01	1st Marathon
3	Dave	BYRNES	60.34	1.59.33	2:36.29	
4	Jim	CRAWFORD	62.50	2:04.17	2:43.49	60th Marathon
5	Terry	McCARTHY	62.50	2:07.17	2:51.22	P.B.
6	Peter	LOGAN	64.18	2:08.58	2:52.32	
7	Gerry	RILEY	64.04	2:14.07	3:01.15	
8	Stan	NICHOLLS	72.12	2:25.33	3:14.37	Age - 65
9	Garry	LOOKER	72.12	2:25.33	3:23.25	
10	Len	GORR	73.18	2:29.17	3:29.48	
11	Larry	FOLEY	80.11	2:44.40	3:39.43	
12	Fred	McINTOSH	72.12	2:32.16	3:44.04	1st Marathon
13	Nathan	FINK	83.14	2:54.47	3:58.48	1st Marathon

- -

10,000 METRES VICT. CHAMP. 2nd DIVISION DONCASTER 12/1/1977.
WEATHER - Mild, strong wind. 42 STARTERS - 34 FINISHED.

1	Eric	COYLE	30.23		18	Bruce	WATT	35.34	
2	Ray	WILSON	30.49		19	Geoff	O'BRIEN	35.54	
3	Rob	GILFILLAN	30.52		20	John	CLARKE	36.01	
4	Mark	STEWART	30.57		21	Gerry	HART	36.39	
5	Eric	SIGMONT	31.46		22	Richard	HARVEY	36.51	
6	Col	WHITEMAN(NSW)	31.49		23	Tom	GRONERT	37.04	
7	Dave	MARBURG	32.35		24	Dennis	WATTIE	37.04	
8	Ken	DUXBURY	32.48		25	Jim	KAEHNE	37.08	
9	Martin	O'MALLEY	32.55		26	Des	MIDDLETON	37.32	
10	Kev	SOLOMON	33.29		27	Gerry	RILEY	37.48	V
11	Ross	COYLE	33.32		28	Ian	DUNN	38.22	
12	Arthur	KINGSLAND	33.41		29	Stephen	ROSE	38.50	U/13
13	Phil	LEAR	34.03		30	Alan	BURGOYNE	39.59	V
14	Matt	RYAN	34.24		31	John	ZELEZNIKOW	40.11	
15	John	KNEEN	35.04		32	Max	CARTER	40.20	V
16	Ross	SHILSTON	35.18		33	Peter	BATTRICK	40.47	
17	Bob	TURNEY	35.31	V	34	Mervyn	WOODGATE	43.05	V

- -

1 MILE RUN. DONCASTER 12/1/77. AS ABOVE.

1	Rod	PITT	4:19.4	4	Mike	HALVERSON	4:42.0
2	John	BRUCE	4:20.4	5	Geoff	PRATT	4:45.0
3	Paul	DIGGERSON	4:33.0	6	Ross	SHARPE	5:09.8

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LETTER FROM DICK BATCHELOR. - JOHN MARSHALL MEMORIAL DAY. 5 DECEMBER, 1976.

I was disappointed to see that the Point Leo Press Release re our race was omitted from the Summer Edition of your excellent Newsletter, and no doubt you had your reasons. However, as numerous V.M.C. members nevertheless took part, I thought you would be interested in the results. Best wishes, Yours sincerely, D.Batchelor.

1	P. HAMER	(Malvern)	24.53	(Outright course record)(Old Rec. 28.55.9)			
2	N. McKERN	(Ringwood)	25.13	3	A. COCHRANE	(O.Scotch)	26.32
4	C. AITKEN	(O.Scotch)	27.45	5	G. HINDLE	(O.Scotch)	28.29
6	K. LODGE	(St.Kevins)	28.36				
7	R. BATCHELOR	(O.Scotch)	28.48	(Pt.Leo) (1st Lifesaver - Record Time)			
8	B. JONES	(St.Kevins)	29.04	9	T. McCARTHY	(Malvern)	29.12
10	J. GILL	(Malvern)	29.49	11	A. RAMSAY	(O.Scotch)	30.40
12	C. COUGHLIN	(Malvern)	31.30				
13	P. WILLIAMS	(Pt. Leo)	32.11	(2nd Lifesaver)			
14	J. MALLINDER	(Ringwood)	33.15	15	M. HASSALL	(Ringwood)	33.16
16	M. CARAHER	(Pt.Leo)	34.17	3rd Lifesaver)			
17	A. CLARKE	(Preston)	34.22	(Pt.Leo)			
18	J. HERBERT	(Kew-Camb.)	36.32	19	R. MILLER	(Pt.Leo)	43.08
20	K. HAIG	(Pt.Leo)	48.00	21	A. COLE	(Pt.Leo)	N.T.T.

THE IMPOSSIBLE MARATHON

Richard Harvey

I recently saw a reference to the fact that the New Zealand Marathon Championship has a qualifying time of 2:50 and that over 250 started in it. Well, I ran in a marathon last year that had a time limit of 6 hours and over 800 started (751 finished). Although qualifying times are relevant for track events where slow runners become obstacles for the leaders to avoid, the reason for their application to marathons completely escapes me.

After experiencing the euphoria of running with hundreds of other marathonners, I have a recurring daydream. What if the qualifying standard was scrapped from our National Championship? What marathon runner wouldn't jog over hot coals to wherever the race was being held just for the thrill of running in the National Marathon? And with a field of a few hundred, instead of the usual 30 or so, conceivably the event might attract a spot of general news coverage, instead of the small print result buried in the 'other sports' column of Monday morning's paper. Perhaps a few Joe Citizens would see that we aren't all that different from themselves and be encouraged to extend their jogging and have a go at the marathon next year.

So what, you might say. Well for starters, a lot of people get a lot of fun out of running; and more people doing it means less people sitting on their tail in front of the silly box, a healthier nation and less of our money being paid out as health insurance (and why isn't it called 'unhealth insurance').

Incidentally, this marathon I ran in was in Greece, and more than 700 of the runners were from other countries. They came from just about every country in Europe plus a few deviates from the U.S.A., Australia, and other exotic places, and we all had contrived to be there at that time for the thrill of running a marathon over the original course used in the 1896 Olympics.

There was one other remarkable situation for someone from such a fantastically sports-minded country as Australia. In Athens, where the interest in marathon running is so great that this annual event is actually organised by a club in West Germany, the local authorities consent to the course, which is a major provincial highway, being completely closed to vehicular traffic for the best part of the day; and then closing six miles of a complete lane of one of the main routes into Athens (say, just for example, the equivalent of Dandenong Road) for several hours; and then have police at every intersection to control cross traffic so no car gets in any runner's path (from the leaders down to the 6 hour people). Needless to say this creates a monster traffic jam, and all for a second-rate marathon (the winner does 2:36), for a sport that the average Greek in the street doesn't care two hoots about ... and all this slap bang during the afternoon peak traffic hour in mid-week!!!

An interesting situation, don't you think, with the situation here? Of course we shouldn't be allowed to perhaps inconvenience the populace for 5 minutes on their way to the footy, but I wonder who has their priorities around the right way? The New York City Marathon takes precedence over the motor car, maybe it will happen here one day.

Meanwhile, I don't dream of running 2:20 one day, or even 2:40; I dream of one day running across Sydney Harbour Bridge with a few hundred mates in the Australian Marathon Championship, and taking 3 hours to do it so that I can enjoy it for a bit longer.

- -

Letter from Geoff Alford.

I have just been looking through a survey we did in early 1975. It showed that about 28% of the population do jogging, exercises, etc. in a week. They tend to be more liberal on social issues, more environmentally conscious, permissive rather than authoritative, trusting rather than cynical, spendthrift, adventurous, experience seekers, upward minded, extrovert, impulsive, and mindful of other people.

Regular church goers tend to be conservative on social issues, authoritarian, fixed in their ways rather than adventurous, habitual rather than experience seekers, cautious rather than impulsive, and levellers rather than achievers.

- -

The OFFICIAL OPENING of the 1977 Cross Country Season will be held at the Flemington Racecourse on Saturday, 30th APRIL (actually a fortnight into season) It is to be a COMBINED MEN'S AND WOMEN'S - RUNNERS AND WALKERS - GALA DAY. ITS SUCCESS DEPENDS ON YOU. BE THERE EARLY AND TAKE PART.

GALLOPING POPULARITY OF FUN RUNS. By Dick Batchelor

It is uncertain whether it all started with the Bay-to-Breakers in San Francisco or the Boston Marathon but we can be sure of one thing - like many of its gifts to the Western World the "fun run" originated in the U.S.A.

While the Boston Marathon's appeal is limited to those eccentrics who fancy their capacity to run 42 kilometres, it nevertheless attracts field in excess of 1,000, ranging from "scrubbers" to Olympic athletes.

The Bay-to-Breakers, while much shorter at 12 kilometres, is conducted in a city with such steep hills that it gives rise to jokes such as "when you get tired in San Fransisco you don't sit down, you just lean on it. The 1976 race attracted 7,500 runners and was won by Chris Wardlaw, who took part as first prize for winning the "Bacchus 12,000" fun run at Griffith last Easter.

However the Bay-to-Breakers is dwarfed by Sydney's mammoth "City-to-Surf", the world's largest fun run.

I took part in this event last August but was unprepared for the amazing scene which greeted me at the start in Park Street. It would have done justice to a Cecil B. de Mille spectacular.

The instructions stated that runners would be called to the starting line at 9.45 a.m. but when I duly arrived at about 9.30 a huge milling, multi-colored mob already filled the road. Lodspeakers were blaring out the registration numbers of runners who had been disqualified for the dastardly act of trying to shove into the front row, police were everywhere, banners waved and a gantry containing T.V. and movie cameramen swung back and forth above the crowd. The sacking of Troy must have been tame by comparison!

With runners continuing to pour into the starting area from all directions, I joined the throng which had swollen to an incredible 11,000 when the starter's gun went of at 10.00.a.m.

As there were about five or six thousand people ahead of me and a like number behind, it took at least a minute after the gun was fired before I was able to shuffle across the starting line. One could then break into a slow jog shoulder-to-shoulder down William Street and up the hill towards the King's Cross Tunnel. Emerging from the Tunnel into New South Head Road, a few gaps were appearing in the ranks, enabling one to do a quick 30 metre sprint to improve position, before coming up against another wall of joggers.

After about two kilometres, it was possible to get into a reasonable running rhythm. A nice little hill before Double Bay thinned the ranks somewhat, followed by a long fast stretch around the edge of Rose Bay, which was followed by a 1.5 kilometre climb to Vaucluse.

The descent from Dover Heights to Bondi was a flat-out downhill sprint, followed by a final dash along the length of Bondi Beach in front of crowds three-deep at the barriers.

The City-to-Surf is an extremely well organised event. Postal entries only are accepted and entrants receive a post card which they present at the Sydney Town Hall on the morning of the run to receive their singlet number. Numbered plastic bags are provided for one's clothing, which is taken to the finish at Bondi. My gear took no longer than 30 seconds to find at Bondi. Showers and Staminade are available at the finish and the police kept all the roads clear of traffic.

The official number of finishers (those who actually checked in) has grown as follows:-

Year	Distance	Finishers	Winner	Time
1971	15 kms	2,006	Ken MOORE	44.28
1972	15 kms	2,500	John Farrington	45.05
1973	15 kms	4,000	John Farrington	43.17
1974	15 kms	5,700	John Farrington	43.21
1975	15 kms	6,340	Dennis Nee	44.44
1976	14 kms	9,402	Tim O'Shaughnessy	42.04

The Sydney "Sun", which sponsors the race, brought out a 12 page supplement the following Tuesday, which listed the first 8,700 placegetters and their times.

GALLOPING POPULARITY OF FUN RUNS (Continued)

The N.S.WALES Premier, Mr. Wran, presented prizes to winners in the various categories. I felt he should have given prizes to the three bare-breasted ladies who braved the cold at Bondi to advertise a restaurant, and to the Englishman who completed the course in 86 minutes wearing a three piece pin-striped suit, collar, tie, bowler hat complete with Union Jack fluttering from the brim and clutching a furled brolly. His ensemble was completed by a 5kg haversack containing cakes of soap and washing powder "just to prove what clean blokes we POMS are."

Melbourne's Fun Run has a shorter history and has not been as well promoted as the City-to-Surf. Following a shaky start in 1974, the Fun Run really hit its straps in the two subsequent years and the fact that retired Olympians Derek Clayton and Ron Clarke took part no doubt enabled many a proud dad to tell his kids, "I ran against Clarke and Clayton".

All in all, it seems that fun runs are here to stay - they are hugely popular in N.S.Wales and this is spreading to other states. The Czars of the commercial world have also entered the fray with heavy sponsorship and advertising.

Undoubtedly this mass participation in a sport previously restricted to eccentrics like ourselves is a good thing. Many erstwhile "joggers" have discovered a talent for running and are joining athletic clubs to further test their talent.

I sincerely believe that fun runs could be the biggest thing to boost athletics in this state since the 1956 Olympics and therefore deserve our wholehearted support.

The 1977 Melbourne Fun Run will be held on Sunday March 13th, commencing at 9.00.a.m. at the corner of Domain Road and St. Kilda Road and finishing some 13 kilometres away at Brighton.

* *

1977 WORLD MASTERS CHAMPIONSHIPS

TRACK AND FIELD

GOTHENBURG AUGUST 1977.

Club members no doubt will be interested in the following details about the forthcoming WORLD MASTERS TRACK AND FIELD CHAMPIONSHIPS to be held at

GOTHENBURG SWEDEN FROM 8th TO 13th AUGUST.

An Australian party numbering 146 people, and including 80 veteran athletes is expected to make the trip to Gothenburg.

On the way a number of athletes intend stopping off at Bruges in Belgium to compete in a 10 Kilometres Road Race on the 30th of July and/or the World Best 25 Kilometres Road Race on the following day.

The Swedish Organisers are expecting in excess of 3000 athletes to compete.

The programme will consist of 12 track and 8 field events (in 7 age groups) plus distance events including a 10 Kilometre Cross Country Run, a 20 Kilometre Road Walk and a Marathon Run, and plus two track relay events for men.

The following events are open to women -

100 Metres Run 400 Metres Run 1500 Metres Run
3000 Metres Run 10000 Metres Cross Country Marathon Run,
5000 Metres Walk

Field Games will include -

High Jump Long Jump Shot Put
Discus Throw Javelin Throw

Placegetters in each event and in each age group will be presented with specially struck gold, silver and bronze medals. Each finisher will receive a souvenir award and a certificate of performance. Besides these awards there are several special prizes in particular events.

On the two days preceding the World Masters Championships, the Slottsskogsvallen arena will be the venue for the Qualifying round in European Track and Field between national teams from eight European nations. This is where John Walker ran his 3:49.6 mile on August 12, 1975.

For more details contact Wal Sheppard, Hon. Secretary of the Australian Association of Veterans Athletic Clubs.

MARATHON SURVEY

By Bruce Watt

Last year some hundreds of questionnaires were distributed either at the Victorian Marathon or through this Newsletter. As only 22 responses were received, strong conclusions cannot be drawn. It is unfortunate that long distance runners in Victoria are not prepared to put something back into the sport that gives them so much. One response was received from the U.S.

Firstly some general statistics:-

Average age	30 years
Age range	20 to 45 years
Average number of marathons	8
Range in marathon numbers	1 to 19
Average mileage per week	75
(Note: Only two respondents were exceeding 100m per week)	
Average standard	2:40 to 2:50

General Notes

1. Three respondents were in the 2:20 to 2:30 range and a further five were under 2:40.
2. Of the two respondents exceeding 100 miles per week, one was 2:20 to 2:30 standard and one 2:30 to 2:40.
3. Fourteen respondents (64%) do not drink during the marathon.

Dieting

Half of the respondents have tried the carbohydrate loading diet. Almost all claimed to follow it religously yet most trained during the carbohydrate phase which is not recommended as it uses up the super-store of muscle glycogen. Most had tried the diet less than four times, although one had tried it in all of his seven marathons. Most experienced a weight gain around 3 or 4 lbs. As expected, the depletion run was usually at least 15 miles with almost half doing over 20 miles. Interestingly, most did not re-deplete mid-week which is a recommended part of the diet. Most complained of feeling pretty R.S. mid week. Bread was the favourite food, followed by honey/glucose and then potato.

Most significantly, 9 out of 11 reported running a P.B. after trying the diet. Most pulled up well in the diet-prepared races.

Special Comments:

Some of the respondents took the trouble to append letters or comments to their questionnaire replies and they are worth noting here.

"I had a 25 minute improvement the first time I tried the diet."

"I failed to finish in the only two marathons where I was unable to follow the last two days of the diet due to interstate travel."

"I experienced real strength in the second half of the race."

On the negative side, some runners had difficulty coping with the side effects of the diet pointing to a strong psychological aspect of the diet.

"I won't do it again."

"It causes a great loss of confidence due to the weak feeling in the initial stages."

"The diet makes me apprehensive."

Conclusions:

Even on such a small sample, I think we can safely conclude that in general the diet definitely works. Although the respondents believed they followed the diet religously, it is evident from their responses that in fact they did not. Perhaps if they had stuck closer to the rules the results would be even better.

Recommendations:

1. Try the diet.
2. Re-deplete.
3. Don't eat greater than normal quantities in the carbohydrate phase. I personally doubt that bread is the best source of carbohydrate and suggest that honey, glucose, potato, rice and fruit are all more preferable.
4. Keep the fluids up in the carbohydrate phase.
5. If you cannot resist training the last 2 or 3 days before the race, at least train very lightly.
6. You can keep your weight down by eating lightly in the protein phase (one variation is to fast in this stage but I feel that is too drastic) and follow rule 3 above.

LASSE VIREN'S - OLYMPIC PREPARATIONS FOR MUNICH. (Continued from last issue)

Viren ended 1971 with a total of 48 races including 36 on the track and five were over 1500, four over 3000, 12 over 5000 and five over 10,000.metres. He finished all but a few indoors in United States where the rule eliminates the runner overlapped by the leading group.

The planning of Winter training for 1971/72 depended on the stipend to allow training in the South, away from Finalnd& harsh climete. The plan was finalised by Haikkola after it was announced that Viren would receive the maximum amount of 10,000 marks. For psychologilal reasons Haikkola decided to change the training venues starting with South Africa, followed by Brazil, Puerto Rico, Spain and France.

In 1971 Viren had covered 5322 kilometres in training and in the Olympic year his plan was for 7348 km. a 38 per cent increase. This type of large training load requires careful planning, writes Haikkola, it is unwise to cover such a mileage in running only at steady speed. This would give excellent endurance but endurance alone is not enough on the track. We had planned our training in three-day cycles, consisting of two days of steady and one day of hard running. If the hard day is exceptionally strenuous it will be followed by three easy days. Under easy days we mean running at a steady-state over long distances, the hard days consist of work with oxygen debtand the anaerobic training often requires a three day recovery.

Whatever type of intensive training is used it drains energy from the muscular syetem allowing for the so-called super-compensation following a rest. The whole problem is to adjust the muscle cells to tbe additional intensity and tolerate large quantities of lactic acid. This requires hard workouts all year round which are gradually increased during the Winter and are responsible for physical and psychological adjustments. Of course, it is not necessary to reach top form in Winter but last year Viren was very close to it. Ideally, training must allow for another stop to be in reserve for the last-minute improvement. It is a complicated problem and depends upon many minor factors.

In the Olympic year Viren returned from South America satisfied that his training had gone according to,plan. His average daily training distance had been 35 to 40km with an occasional day of 50km. He trained often three times a day and his longest single run was 22km. Viren covered about 800km in February and March but in April the load had dropped to 716km, 86km short of the target because of the snowed-under training centre in France.

Viren dislikes training on the track but used it twice as much as before the Olympic year to improve running speed and rhythm and to be able to keep a constant check on form. He believes that distance runners can hold form for about four weeks, which happened to be the case with Viren who set his first world record on August 14 and ran his last good 5000 metres on September 14. Sandwiched in between were several fast performances including two Olympic victories.

Competition wise Viren's performances were promising but not spectacular. Overlloking the race in Sao Paulo early in January, his first appearance brought second place in a good 28.39.0 10,000metres on May 29., and two days later a third in 28.52.0 in his planned Olympic 5000 metres distance. Viren's debut ended in a fourth place in 13:48.8 on June 8, followed by a defeat by by Yitter in 13:37.0 a week later. It was not until July 19 that Viren finally reached the Olympic qualifying standard behind Gamoudi in 13:33.8.

A big break came shortly afterwards when Viren turned in a new 13:19.0 National Record, followed it up with another new Finnish mark two days later in a 7:43.2 3000 metres on August 3, clocked 27:52.4 for the 10,000 metres in Oslo and nine days later set a world two miles record in 8:14.0.

"I was sure that Viren was a much better runner than at the start of the season when he left for Munich" writes Haikkola. During the Summer we conducted three tests in 20 x 200 metres with jog recoveries. In July Viren averaged about 30 seconds, just before the match with Great Britain, 29.2 secs and in his last test at Otaniemi, 27.2 seconds. In these tests the aim was to cover all 200 metres as close to the same pace as possible, except the last, which was a flat out effort.

In his final test Viren went through his last repetition in 25.8 in an apparently effortless way. His pulse was lower than in June indicating that despite increased speed he was less fatigued. No wonder that rumours of his 13.10 min. 5000 metres form began to spread, although we were not responsible for making any predictions."

- -

AN APOLOGY We owe an apology to Max Little for omitting his name on the V.M.C. Leurel Wreath Board. Max goes in at No. 62, between Vic Anderson and Dave Edwards for timing 2:25.50 on 9/8/75. For some mysterious reason Peter Hannaford appears also in the 1968 group, when he did not actually participate in Marathons, so wipe that one.

"PEOPLE AND PARTICIPATION" A BRIEF SUMMARY

CONFERENCE HELD AT MELBOURNE UNIVERSITY
2nd to 5th of February, 1977.
By John Bruce

This Conference, organised by the Victorian Department of Youth, Sport and Recreation and the Commonwealth Department of Environment, Housing and Community Development, set out to :-

1. Establish the need for Physical Activity on a mass scale,
2. Discuss the concrete things that must be done to achieve a "Sport for All" situation.

The State Departments involvement in this Conference springs from its "Life be in it" campaign in Victoria, and its desire to see the campaign become a national one.

The main speaker was Dr. Juergen Palm, Executive Director of the German Sports Federation, who was brought to Victoria to allow us to benefit from his involvement in the highly successful 'TRIMM' campaign in West Germany. That campaign is a national one, aimed at involving larger numbers of the population from all sections and age groups, in sport and recreation.

Dr. Palm: "Participation in Physical Activity"

Sport for all can only be justified if it can improve the human condition. Therefore it has to be available to the masses and not just the elite. Up until recently sport has been practiced by a minority mainly:
1. the talented and 2. those in the middle and upper class bracket.
In 1967 the Trimm campaign got under way in Norway, from there it spread throughout the world with spectacular results.

Question: Is it desirable to spend large amounts of money on sport/recreation? A technological, highly mobile, indulgent society has resulted in a kind of societalotrophy which has resulted in escalating health costs.

In West Germany, cardio-vascular diseases cost the economy $4 billion every year, this is at a personal cost of about $200 per person per annum, therefore no nation can afford inactivity.

The present means of promoting activity is not sufficient and this means there is a need for a national campaign (rather than many regional ones) with widespread use of the mass media in a carefully devised advertising campaign to encourage people to get into sport/recreation immediately, for it to become part of a lifestyle with the overall aims of ENJOYMENT, PLAY, and SOCIALABILITY.

Some of the ways used to popularise the Trimm campaign - *Stickers on cars - * Beer Mats - * Matchboxes - *Help from personalities - *T.V. shows - *New recreation programmes - "Jog and meet programme - *Trimmeland - Volleyball, T ampoline, table-tennis, etc. set up in large unused areas (e.g. Showgrounds) - *Trimm Park walking, Jogging, Exercises, ball games, places to sit, eat, drink.

Herb Elliott: "High performance in Competitive Sport"

Unlike Dr. Pal, Herb Elliott argued that the way to achieve mass participation was through total support of the elite. He said that figures showed that there was a direct relationship between a country's success at sport and the participation levels of the general population. He gave examples of hardship caused to Australia's Olympic or world class performers who in the pursuit of excellence in their field, by lack of government involvement either financially or with provision of training facilities and coaching. He called for a national policy on sport and recreation from the Federal Government.

Denis Molyneux: Head of the Department of Recreation, Salisbury CAE, Sth.Australia. Former Deputy Director of the British Sports Council.

"Role of Government in ways to increase participation in physical activity"

Denis saw the Government's role as a planning one, as there are many things to be taken into account. The most important of these is to decide on the mix of different recreation facilities and also to decide what should be left to the private, commercial and public sectors.

Recreation and sport is a means of putting humanness back into cities. This is necessary because of the apparent 'isolation of individuals is greater now because of increased urbanisation'.

All levels of government have a role to play, but they must work together in deciding what these roles are, so that recourses can be utilised efficiently.

Jack Ford: Director of Secondary Educarion

"Role of the Education System in considering ways to increase participation in physical activity."

Continued overleaf.

Jack Ford, continued:

The education system cannot be expected to solve society's problems. This is a widely held view that just doesn't operate in practice. However, it does have a role to play. School should be a place to help the transition of students from preliminary interests to involvement in sports clubs and associations. The embarrassment factor of students, their inability to make the initial contact with clubs they might become interested in, because of shyness. There is a need to introduce skills which give pride and enjoyment in activity and attainment. There is a need for research into many areas where sport and education intersect. At the moment it would seem as if schools encourage sedentary activities - there is a need for answers as to where and why the physical activity of students declines.

- -

A. C. T. NOTES Brian Lenton

FIRST CANBERRA MARATHON - NOVEMBER 20.

A field of 30 started in good conditions at 5.40.p.m. on the flat two-lap course, which basically circles Lake Burley Griffin. John Harding improved 4 minutes on his Newcastle winning performance. The A.C.T. Marathon Championship will be held on April, 2nd. 1977, starting and finishing at East Basin Pavilion, Grevillea Park.

1	John HARDING	2:36.39	2	Norm BERGER	2:40.16	3	Jaako Laajoki	2:43.03
4	Hugh BROWN	2:45.25	5	Terry JORGENSEN	2:47.38	6	Graeme SMALL	2:48.07
7	Bernie MILLETT	2:49.39	8	George McGRATH	2:50.19	9	Geoff MOORE	2:50.54
10	Ted BLAZEJAK	2:54.15	11	John FRASER	2:54.58	12	John MAJOR	2:55.39
13	Tom GILLIS	2:56.21	14	Neil SCHAFER	2:56.43			

"THREDBO 12' 4/12/76. 700' climb over 6Km. Windy; light snow. 33 Starters

1	Dennis SMITH	41.45	2	Mike KENNEDY	42.05	3	Brian LENTON	42.57
4	Alan WILSON	43.00	5	Pat FISHER	43.13	6	Geoff MOORE	43.29

KOSCIUSKO CLASSIC (Crackenback to the summit and return , 12Km)

Course Record - Tony Green 45.24 41 Starters, 30 knot headwind.

1	Rod NICHOLLS	48.00	2	Jim BOX	48.36	3	Brian MORGAN	50.07
4	Brian LENTON	51.18	5	Pat FISHER	51.45	6	Robert SPILLING	52.03
7	John MATTHEWS	53.05	8	Nick HEARNSHAW	53.20	9	Terry MAGEE	53.44

3rd ANNUAL CANBERRA DISTANCE RUNNERS CAMP. SAT. APRIL 23rd. to MONDAY APRIL 25th.1977

VENUE: Greenhills Conference Centre, 16Km from Canberra on the Cotter Road.

COSTS: Persons O/14 years - $16 (dorms) and $18 (units)
Persons U/14 years - $14 (dorms) and $16 (units)
Persons U/ 5 years - $6 (dorms) (or units.) Family Discount 10%-20%

APPLICATION FORMS: available from the Secretary, A.C.T. Cross Country Club - Pat Fisher, 10 Nelumbo Street, RIVETT. A.C.T. 2611 (Ph. 88-8297 - home)

(Strictly on a first-come-first-served basis and close on Monday, April 18, 1977)

QUEENSLAND NOTES Paul Circosta

The State 10K Track Championship was held January 30th. A notable absentee was Gerrard Barrett, who was competing in New Zealand. A surprise starter in the field of 23 was Ryde-Hornsby athlete Dennis Nee. He and local runner Richard Bourne set up solid early pace, but humid conditions led to pace dropping off.

1	Dennis NEE	Ryde-Hornsby	31.37	8	Frank BUCKLEY	Mt. Gravatt	35.14
2	Bruce COOK	Nundah	31.46.6	9	Geoff COLBOURNE	Nundah	35.54
3	Richard BOURNE	Souths	31.54.4	10	Jock GIVEN	Nundah	36.03
4	Ron IRWIN	Toowong	32.49	11	Barry EADES	Wynnum	36.08
5	Joe PATTERSON	Gold Coast	33.14.6	12	Jim DAVIDSON	Mitchelton	36.31
6	Mike PULLINGER	Nundah	33.47	13	R TITHE	Townsville	37.09
7	Gary BRIGGS	Nundah	34.11	14	Ron WALKER	Souths	---

QUEENSLAND 5 KILOMETRES CHAMPIONSHIP. Saturday 12/2/77.

Gerrard Barrett after his return from a highly successful New Zealand Tour was out to break his own state record of 14.06. This he did, recording 14:00.2.

He led from the start and won comfortably from the New South Wales Junior John Andrews, who finished some 40 seconds behind.

1	Gerrard BARRETT	Toowong	14:00.2	5	Ron IRWIN	Toowong	---
2	John ANDREWS	N.S.W.	14:43.8	6	Joe PATTERSON	Gold Coast	---
3	Richard BOURNE	Souths	14:55.0	7	Des TUDD	Gold Coast	---
4	Don GRAY	Nundah	14:56.0				

NOTES FROM THE U.S.A. Brian Chapman

Little to report since Montreal. Typical post-Olympic lull over here. In any case, after seeing the Games everything else pales by comparison. People who knock the Olympics have probably never witnessed them. Either that or they bombed out while competing in them.

Australians continue to find their way over here. Ian Campbell is triple jumping for Washington State Uni, and went over 51'3" last week at the Oregon Indoor in Portland (second to Sanyers 54'1½"). At the time of writing there is a full ride scholarship available at University of Oregon for any triple jumper available capable of a regular 49'6" effort.

Australian Coach John Daly stayed on at University of Illinois-Champlain, to complete his doctorate in physical education. Gary Zeuner may be competing there on a scholarship later in the year.

Bill Scott came, went and left ripples in the north-west. Apparently his original letter of enquiry to Oregon's Bill Dillinger was addressed to the Athletics Department in Eugene. Unfortunately this is the name of a down-town sporting goods store and it was here that the letter went. Unfortunately (again) the letter hibernated beneath a pile of other business from April-ish to September, when it was finally uncovered and forwarded to the University. By then of course, Bill had made other arrangements with ace foreign recruiter John Chaplin, coach at Washington State Uni (also called the "University of Kenya at Pullman")

Dillinger of course was steaming with rage when all this surfaced, but things turned out O.K. (for Oregon at least) when Bill either injured himself, left to get married or was declared ineligible - no one here is yet clear on exactly why he returned to Australia and so I cannot give any accurate information. I don't quite know the moral of the story, except to say that, when corresponding with American Universities (Colleges is often synonymous) address the letter to "Track and Field" (not Athletics, which means all sports over here) Coach, C/o Department of Intercollegiate Athletics, at the appropriate University. Then if you are really interested in that University, follow your initial enquiry up either by contacting other people attending that institution or writing to the Athletic Director there. (this is the coaches boss). It is a pity Eugene's fans never saw Scott run because I'm certain they would have appreciated his gutsy run-at-the-front approach. Still, perhaps they will get another chance in 3½ years time even if it is on T.V.

I haven't heard of any Australian stars running this year's U.S. Indoor Circuit. The Russians and the Poles have contingents over, but Borsov is injured at present. Bayi is over here but was beaten by Waigina (Kenya-El Paso) in a mile the other night (3:58-ish)

"Track & Field News" recent Annual Issue lists Australians in world ranking -

8	Richard MITCHELL	(400, 45.40)	8	Denise ROBERTSON	(200, 22.5)
15	Graham CROUCH	(1500, 3:38.0)	12	Raelene BOYLE	(200, 22.6)
12	Don BAIRD	(P.V. 5.51m.)	14	Charlene RENDINA	(800, 1.59)
13	Raelane BOYLE	(100, 11.22)	4	Marian FISHER	(400H. 57.2)

On a points scale this puts us 30th in the world, equal with Panama & India. Three people have been chosen so far to represent the U.S.A. at the Cross Country International at Dusseldorf (Mar. 20). They are Craig Virgin (1st.N.C.A.A. Title), Ric Rojas (1st A.A.U. Title), and Terry Catton (2nd A.A.U. Title). The balance of the squad will be selected at a trial next week. American Selectors are thus moving away from the "one-shot" selection process on the cross country level at least. Results of the A.A.U. Titles on June 9-12 will be used as a basis for selecting the U.S. Team for the Pacific Conference Games in Canberra (Dec. 3-4)

A.A.U. 10,000m C.C.Championship. Philadelphia. November 27, 1976.

A tough, hilly course had a good many of the 400-plus runners in stitches. But for Rick Rojas, who had been training 110 miles a week at 7000 feet, the course was just what he had been looking for. Rojas, a 24 year old Harvard graduate from Los Alamos, N.M., who runs for the Colorado TC, took the lead with about 2½ miles to go and withstood a closing challenge from Terry Cotton and Jeff Bradley to win by 15 yards on a cloudy warmish day (61°). The time 30:23.8 was a course record.

1	Rick ROJAS	Col.TC	30.24	8	Bobby THOMAS	MACC	30.40	14	Ron ZARATE 30.47
2	Terry COTTON	J Toads	30.26	9	Ed MENDOZA	J Toads	30.41	15	Dave HARPER 30.47
3	Jeff BRADLEY	R Berks	30.27	10	Steve FOSTER	FTC	30.43	16	John GREGORIO 30.49
4	Kirk PFEFFER	J Toads	30.33	11	Tom FLEMING	NYAC	30.43	17	Bob HODGE 30.50
5	Barry BROWN	FTC	30.34	12	George MALLEY	Nitt VT	30.43	18	Matt CENTROWITZ "
6	Mark FINUCANE	E Tenn	30.37	13	Bill LUNDBERG	UCTC	30.44	19	Pete SQUIRES 30.51
7	Ted CASTANEDA	Col TC	30.38					20	Ron SPIERS 30.51

DISTANCE RUNNING REPORT FROM SOUTH AUSTRALIA. Peter Faulkner

(Received after DEADLINE for December Newsletter - Ed.)

WHYALLA MARATHON - 31st JULY, 1976.

The titleholder, Peter Wyman of Whyalla, turned out on a hot and very windy day to defent his title against several men who had already proved their mettle in the State Title five weeks earlier. However, like their counterparts in Sydney, these competitors felt the strain of the hard pervious race and had to give best to a 15 year old, Steven Brown of Whyalla. S even ran a beautiful race and held off challenges over the last 5 miles to finish well clear of the field. All other places were hotly contested, but many runners were forced to retire including Peter Wyman. Whyalla took the Teams Race Trophy easily.

CROSS COUNTRY

This year a trial was held over the same course as the State Titles. John Williams running at his very best, showed a clean pair of heels to Brenton Norman. However the positions were reversed a week later with Brenton taking out the State Title from John with Gary Zeuner ousting Pat Mangan for the bronze. Tony Bart returned from a successful tour of New Zealand to join these runners with Grant Fry in Hobart. However, furtune did not favor the S.A. runners in the National Titles.

A COMMENT ON DISTANCE RUNNING IN S.A.

For the second year in succession, the State marathoners produced below par performances in the Nationals. Perhaps now the organisers as well as the athletes, will realise that if you are faced with two hard marathons (weatherwise) within 6 weeks , the second will be disaster. There is not the time to recover. The results of the National overwhelmingly illustrated this. By the way, what happened to medical help, water and directions over the last 5k of the National?

On the credit side, all State runners seem to be steadily improving and their ranks will undoubtedly be swelled by Tony Bart and his new training companion Wayne Chettle, brother of Dave, next year.

D.R.C. Cross Country Trial. 12,000 Metres. 7/8/76.

1	J. Williams	40.55	5	R. Nagel	42.45	8	M. Butler	43.43
2	B. Norman	41.45	6	R. Nicholls	43.12	9	R. Clarke	44.01
3	P. Mangan	42.10	7	R. Lange	43.24	10	D. Miller	44.34
4	G. Wood	42.20						

D.R.C. 10,000 Metres. Night Track Run. 25/8/76

1	R. Lange	32.49	5	G. Tallis	34.32	8	R. Gorringe	35.11
2	P. Faulkner	33.15	6	P. Afford	34.45	9	G. Hicks	35.50
3	M.Cleary	33.46	7	R. Sutcliffe	34.58	10	A. Smith	36.07
4	T.Nailer	34.21						

D.R.C. 7.1 Miles. "King of the Mountains" 11/9/76

1	G. Wood	40.14	5	G. Hicks	42.27	8	D. Miller	43.23
2	R. Clarke	41.20	6	J. Perry	42.31	9	R. Sutcliffe	44.10
3	M. Portman	41.30	7	R. Barnard	43.05	10	P. Bache	44.24
4	M. Butler	41.42						

SOUTH AUSTRALIAN 15,000 METRES C.C.C. 24/7/76

1	A. Bart	49.43	5	R. Chester	54.08	8	R. Clarke	54.38
2	P. Mangan	51.19	6	R. Nicholls	54.30	9	R. Barnard	54.45
3	G. Fry	51.53	7	W. Hall	54.33	10	R. Lange	55.08
4	S. Cummings	52.59						

SECOND "WHYALLA MARATHON" 31/7/76 Hot and windy

1	S. Brown	2:53.54.0	9	R. Ward	3:21.35.0
2	A. Smith	3:00.15.4	10	R. Mangelsdorf	3:29.24.6
3	P. Afford	3:02.54.0	11	B. Weatherley	3:36.20.0
4	R. Sutcliffe	3:04.27.6	12	M. Zimmerman	3:53.19.0
5	I. Dobbie	3:06.35.6	13	F. Saunders	3:56.12.0
6	R. Sara	3:07.25.6	14	I. Bugden	4:02.50.0
7	P. Busch	3:08.13.0	15	M. Young	4:05.56.0
8	P. Marsland	3:14.44.6	16	Mrs. J. Brown	4:40.14.0

SOUTH AUSTRALIAN 12,000 METRES C.C.C. 21/8/76

1	B. Norman	40.45	5	G. Fry	42.51	8	S. Cummings	43.51
2	J. Williams	41.14	6	R. Nicholls	43.14	9	R. Chester	44.07
3	G. Zeuner	41.54	7	M. Butler	43.30	10	W. Chettle	44.36
4	P. Mangan	42.08						

D.R.C. 1 Hour Run. Olympic Sportsfield 30/8/76

1	B. Norman	18k 884m	4	J. Perry	17k 591m	7	R. Sutcliffe	16k 698m
2	J. Williams	18k 698m	5	P. Mangan	17k 502m	8	G. Tallis	16k 619m
3	R. Chester	18k 37m	6	P. Afford	16k 806m	9	G. O'Neil	16k 459m
						10	D. Miller	16k 381m

ROSTER OF V.M.C. MEMBERS FOR THE RACES OF 1977

For each VMC Race there is a group of 6 members to handle entries, time keeping and scoring - selected from those members who indicated they were willing to assist in the running of the V.M.C. in this way.

It is important that each member of a group attend to the allotted duties for the given day (or make sure another member stands in for you if you cannot be there).

Two people cannot do all the work week after week when there are well over 100 entries per race.

Would the 6 members for a particular day, please report at least ONE (1) HOUR BEFORE the scheduled starting time to FRED LESTER or NEIL RYAN

RACE 1 16km Princes Park, 2.30.p.m.

Dave CRAIG
Dick DOWLING
John McDONNELL
Peter BETHERAS
Max LITTLE
Colin EATON

RACE 2 12km F.C. Domain, 2.30.p.m.

Terry HUNTER
Peter LOGAN
Colin CRAWFORD
Geoff NICHOLSON
Phil LEAR
Max OOSTWOUD

RACE 3 20 Miles, Tullamarine, 1.30.pm.

George SIMPSON
Rob JAMIESON
Brian LANYON
Gerry RILEY
Bruce WALKER
Kon BUTKO

RACE 4 15km. Albert Park, 2.30.p.m.

Harry LOGAN
Paul BENNETT
John DUCK
Mark BREEN
Bruce WATT
Mike CUMMINS

RACE 5 MARATHON, TYABB, 12.30 (Slow Field)

Vic ANDERSON
Richard HARVEY
Graeme KENNEDY
Bob McCARTHY
Mike PORTER
Mike HENNESSY

RACE 6 20km, Albert Park (probably) 2.30.pm

Tim DUCK
Graham KIPP
John MORRIS
Dick BATCHELOR
Kerry PRITCHARD
Ian RANDS

RACE 7 30km K.o.M. Point Leo. 1.00.pm. (Slow Field)

Chris RILEY
Brian SPURRELL
John STAFFORD
George WILSON
Kevin ONLEY
Ross SHILSTON

RACE 8 1 Hour Track Day, Sandringham, 1.30.

Fred LESTER
Ray BARRETT
Gary HARRIS
Ian DICKIE
Bruce MEAKIN
Robin YOUNG

PLEASE NOTE: Simply because a roster is now operating, that should not prevent anyone from coming forward to assist in addition to the people listed, and so get to know how to make our functions run smoothly.

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V.M.C. MARATHON AND DINNER - DANCE INFORMATION. JUNE 12, 1977

ENTRIES for the Marathon MUST reach the Competition Secretary, Fred Lester, at 1 Golding Street, CANTERBURY, 3126, by MAY 31, 1977. (DO NOT SEND MONEY)

CHARGES for the Dinner-Dance are: Adults - $10, Children (under 12) $5. Deposits are $5 per head and should accompany your booking slip (Page 2a) SEND TO DAVE GAZLEY, 50 Stott Street, BOX HILL SOUGH, 3128, as early as you can, so that we can estimate. Places will be allotted on first come, first in basis. DEADLINE closing date for booking is MAT 31. Motel accommodation for Saturday and/or Sunday night can be booked. Contact Fred Lester within the next 4 weeks and a concession may be obtained if the numbers warrant.

BILLETS may be required for New Zealand and Interstate visitors. PLEASE let us know how many you can take and for how many nights you can accommodate any visitors.

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A FEW MORE NOTABLE PERFORMANCES

VICT. 16,000m C.C.C.

1	Rob de	CASTELLA	52.20
2	Steve	AUSTIN	52.37
3	Tim	O'SHAUGHNESSY	53.50

VICT. 12,000m C.C.C.

1	Tim	O'SHAUGHNESSY	41.05
2	Rob de	CASTELLA	41.44
3	Steve	AUSTIN	42.07

LETTER FROM MIKE HENDERSON.

Have just finishedreading your Editorial in the December Issue and was inspired to write a few lines concerning the conservation and preserviation of our wonderful world.

I have moved many times since commencing to contribute to the V.M.C. Newsletter as you will probably note from my regular change of address. Now that I am settled at Bamaga for a three year period by virtue of my employment and can honestly say that I have found my Utopia in running courses. Bamaga is situated on the tip of Cape York Peninsula and my courses take me through dense rain forest, across running mountain streams, white sandy beaches - completely desolate, rich tropical bushland, etc. etc. No bitumen, cars, dogs and most important not a sign of pollution on land, sea or in the air. I have run on the busy streets of England, in polluted Los Angeles. along the Yarra River bank in Melbourne, the heat of Mt. Isa, but this to me is the ultimate. Except for one thing - companionship and competition. What is the ideal situation, mine or yours? I love to run the countless miles I do on my own but also yearn for the thrill and atmosphere of a group of runners battling the elements together, irrelevant of who wins but just to participate.

When I have completed my 'bush Service' I do not think I could live in a City but am planninh in my mind to settle on a sizeable acreage within reasonable access to a City. To construct several cottages/homes, holiday accommodation for letting to fellow runners. The only qualifyinh point is to love the physical and mental experience of running, as I do. To be able to live, talk and run with the people in our sport is more rewarding than anything else I can think of. This would not be a training camp - just an area in the country where runners and their families could get together and enjoy each other.

Anyway, enough of my dreaming of the future, the time is now and I have to run many miles before I achieve this. Thank you Fred - the V.M.C. Newsletter is my inspiration.

Mike Henderson. Ex Southern Suburbs, Brisbane,
Townsville Marathon Club, Copper City A.A.C., Mt. Isa,
Rockhampton A.A.C., and Bamaga Loners Club.

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OF INTEREST

At the last V.M.C. Committee Meeting the following points were raised:

1. For the ultra-distance events, most likely participants expressed a preference for a circuit course of 50 miles rather than a 100km.
2. Collingwood Harriers offer of their track for a two hour run was gratefully accepted. We remind competitors that this includes distances of 20, 25, and 30km, 1 hour, 15 miles and possibly 20 miles. To have any of these distances ratified as records, competitors must remain on the track until the completion of the full distance of the event as scheduled.
   Of course, you do not need to go flat out!!!
3. The Treasurer reported a record of 420 financial members.
4. Members are urged to channel all travel enquiries through our V.M.C. Travel Officer, NEIL RYAN, as it helps us financially, and this is of special importance in view of the impending expenses connected with the Hamilton Trip.
5. Eligibility for subsidies to Hamilton is for members who have to be in their second year of continuous membership of the V.M.C., so make sure you retain your continuity even if you are going on holidays or overseas for some months.

The winner of the V.M.C. MARATHON goes on full Epic Fare - 2nd, 3rd and 4th receive a $100 subsidy, as also will the first woman runner, provided she reaches the standard of 3 hours and 30 minutes. IT PAYS TO BE A MEMBER OF V.M.C!!

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PLEASE HELP The METRIC MEASURING WHEEL (An heirloom from the Melbourne Olympic Games of 1956) has been mislaid by someone laying out a course during the past few months. The wheel is stored in sections in a brown case specially adapted for it's housing. Many clubs and organisations have been able to borrow it from time to time and no doubt will need to do so in the future. If anyone reading this appeal can give us a lead, please do so by ringing the office of the V.A.A.A. at 67-3073. Its return will have the result of silencing the critics who are apt to doubt the authenticity of the distances of some of the events conducted by the Cross Country Committee of the V.A.A.A.

HELP TO THE COLLING WOOD CLUB. In order to boost their ideals that the "GEORGE KNOTT" Athletic Track at Clifton Hill is of benefit to athletics in general, the Club is anxious to have the oval used as much as possible and so avoid other sports staking a claim for its use. The bitumen-rubber track is an ideal one for Winter events, and the facilities, including a canteen are excellent. For more information and bookings, contact Ray Coverdale on either of the following numbers:- Home: 48-8971 or at work 419-4406.

V.A.A.A. COUNCIL JOTTINGS:

We sure are a "Nation of Sheep". It looks as if we will be burdened with the useless registration numbers for a long time yet, just so that walking judges can warn and disqualify competitors. A motion to do away with this archaic procedure was heavily defeated.

Staunch V.M.C member and distance man of long standing, PAT CLOHESSY, is managing our Australian Cross Country Team to the World Championships at Dusseldorf. All Victorians are V.M.C. members, including Dave Chettle and Gerard Barrett.

The various people concerned with raising the necessary finance for the team tp Dusseldorf did a mighty job to raise the money - the Federal Government had no funds for this kind of caper. That, following on the action of the Prime Minister in making himself a big fellow when welcoming the Olympic Team!!!

There will be a meeting against New Zealand the week after our National Titles in Hobart, with a contingent of 50 making the trip. Hopefully, this will be an annual reciprocal affair.

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"NEW VIEWS OF SPEED TRAINING" (Runners World) $1.50. Book Review.

"Training is a process adapting to stress .... (p 12)

"We hear little or nothing about the casualties - the unlucky thousands who have tried to walk the self-maximizing tightrope, only to have the line snap on them before they could get what they wanted from the sport..."(p.13)

"You are a fool to run too fast too early ...."(p.19)

"... smooth acceleration and self-control ...." (p.33)

Is there any comment necessary, apart from the quotes? Read it, it's the best $1.50 you'll ever spend on athletics!

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ABOUT THE 38th ANNUAL N.C.A.A. CROSS COUNTRY CHASE. Extract from USA T & Field News.

Kenyans continued to control the NCA Harrier Race - newcomer Henry Rono ran to an easy victory and UTEP's Kenya Korps ran to its second consecutive team win.

UTEP Coach Ted Banks tried to act genuinely concerned before the the event. Prior to the race he ran around wringing his hands , patting his Kenyan contingent on their collective rumps and acting as though his charges might be hard-pressed to return the crown to its lofty perch in El Paso.

On this particular day, it would have taken an all-star cast of Americans to whip the troop from Ken-TEP. The Miners dredged out 62 points to the Ducks, 117. Way back, Washington State, off a 1-2 individual sweep, nipped Brigham Young, 179 - 182.

A trio from Kenya, running for Washington State (fresh Henry Rono, soph Samson Kimombwa, junior Josh Kimeto) put the pressure on Virgin early, encircling him early and setting a gut-wrenching pace. Check this: 1 mile 4:17; 2 miles 8:40; 3 miles 13:27.

Virgin's time was 28.27, fast for the 10,000 metres. The only trouble is Rono glided across in 28.07 and Kimombwa in 28.17. Kimeto, normally a 5000m type, faded to 12 in 28.56 after leading for four miles. The three come from Rift Valley cattle farming region of Kenya and are members of the Kelenjin group. All are shy, pleasant young men who aren't afraid to smile and laugh when they feel at ease.

RESULTS:

1	Henry RONO	Wash St.	28.07	11	James PETERSON	Gtwn	28.55
2	Sam KIMOMBWA	Wash St.	27.17	12	Joshua KIMETO	Was.St	28.56
3	Craig VIRGIN	Ill.	28.27	13	Thom HUNT	Ariz	28.58
4	Herb LINDSAY	Mich.St.	28.31	14	Bruce BICKFORD	N En	28.59
5	John TREACY	Prov.	28.35	15	Kip SIRMA	UTEP	29.01
6	Wilson WAIGWA	UTEP	28.39	16	Terry WILLIAMS	Oreg.	29.02
7	N. O'SHAUGHNESSY	Ark.	28.44	17	Art REDHAIR	BYU	29.04
8	Sammy MARITIM	UTEP	28.47	18	Terry COTTON	Ariz	29.05
9	Rudy CHAPA	Oreg.	28.50	19	Grey MEYER	Mich.	29.07
10	James MUNYALA	UTEP	28.53	20	George MALLEY	Pen.St	29.08

TEAMS

1	UTEP	5-7-9-13-28	62 pts.	4	BYU	15-20-37-47-63	182 pts.
2	Oregon	8-14-23-34-38	117 pts.	5	Illinois	3-42-49-51-82	227 pts.
3	Wash St.	1-2-11-71-94	179 pts.				

WHAT DO YOU MAKE OF IT? ODDS AND ENDS AND (not so) RANDOM THOUGHTS. Fred Lester.

It must have been the Holiday Let-down which caused such a poor response to the call to have a Newsletter editorial meeting at the end of January. out of 24 names contacted, we finished with a group of five people, mind you, all of them did follow up the discussion by providing material for the issue in front of you, not necessarily written by them.

Now, the suggestion is that we all proceed from now on to put the VMC Newsletter on a proper editorial footing, after all the only comments we have been getting have been that people are looking forward to each issue and are enjoying reading it. As we have well over 400 members, it is obvious that a wider coverage is on the order of the day and also that we cannot happen without better organisation. There is also the possibility of including photographs, as one of our members has the know-how and is quite prepared to look into the matter.

To facilitate better organisation we are setting the last Monday of the month prior to the deadline, for a discussion of all people concerned in the production and distribution of the VMC Newsletter. Even if you don't write a word for the Newsletter, if you are interested in its promotion there are lots of things to be done. This makes April 25th, Anzac Day, the date for our next editorial meeting, deadline is May 15th, so that will give us nearly 3 weeks to assemble and lay out copy. All contributors are urged to let us have material for publication well before the deadline, by April 25th will make the job a lot easier.

Those of you who have photos of our members competing, or of interest to our membership, if they are clear and distinct so that they will reproduce, send them to JOHN McDONNELL, 36 Prospect Hill Road, CROYDON. 3136.

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The question that we have to ask ourselves, and very seriously, is: Why did I join the V.M.C.

Is it that we want someone to do it for us? How can I make sure to get the competition and enjoyment in my running that I want? i'll just tag along for company, and hope .. for what?

Let's face it, nothing ever happens of its own accord to please us most of the time, it happens only when we do something about it ourselves. Hence it follows that it is in our own interest to participate in the actual management of our club and athletics as a whole, whether State or Australia wide.

This does not mean that we have to be busy in every aspect, or even have an answer for every problem. What matters is that we take on a particular responsibility for a while, others will act likewise in related responsibilities and the tasks of running our sport to our satisfaction will be shared so widely that we can still participate and enjoy, instead of being driven into the ground by too many responsibilities. It is very easy to just stop and think in what way I would like to be involved in helping my running along by having a try, after all it is not a job for the rest of my life.

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The Fun Runs are with us to stay, but are they really FUN?? Are they not deteriorating into another bout of competitiveness with prizes for this and that and the other? Are they not becoming another vehicle for commercial advertising of some product which we can well live without.?

It would be far better for us to put FUN back into our own sport, get away from this over-seriousness with competition (and officious officiating) and stive for the feeling that we have actually enjoyed our afternoon's sport, no matter what part we have played. Does satisfaction have to be expressed by receiving recognition over someone else? What do we have to prove?

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The MELBOURNE GAMES were a great success, competition wise, but spectator numbers of 7000 and 5000 for the two nights was poor recompense. It seems to me that two days or nights in succession at the same venue just does not work. If the people don't come to athletics we must take athletics to the people!!

Incidentally, all of you Steeplechasers, I hope you watched MALINOWSKI RUN through that waterjump, instead of wasting time in the air off the bar or wasting energy on prodigious leaps to keep his feet dry!!

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The VMC Newsletter is YOUR forum. Use it. Think or be damned! Did you read the alterations on Page 2? When are you going to do something about Page 2a? When are you on roster? What about the Fixture List? Can you plan your programme now or are you going to leave it to the last minute again?

YOU WANT SOMETHING? DO IT YOURSELF - AND DO IT NOW!!!