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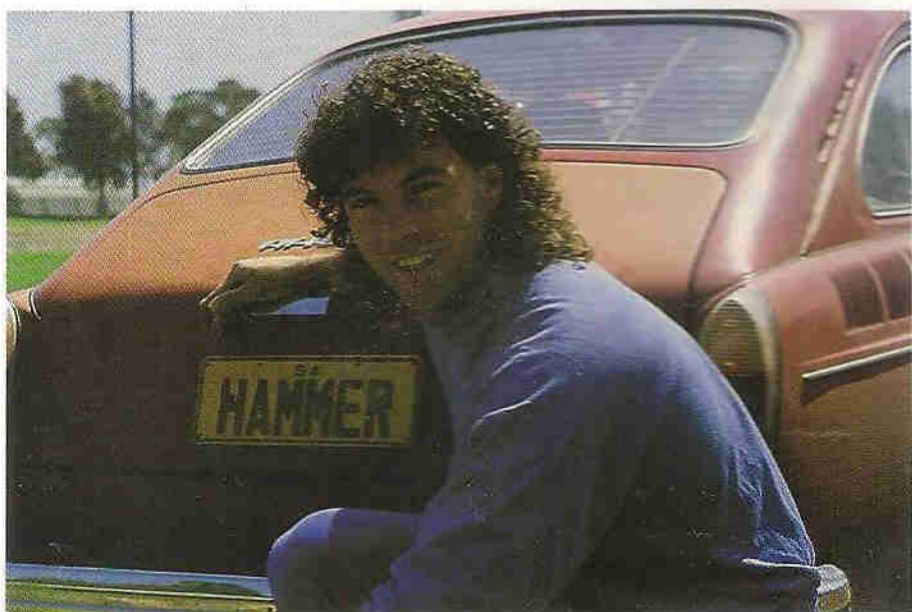
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Jones, de Castella, Kristiansen and Mota are four who featured prominently in marathons in the 1980s. They recently discussed their careers and influences - read the results on page 18.



The throwing events in athletics are little understood or appreciated in Australia ... South Australia's Sean Carlin has his mind set on changing that. See page 56. Photo: Guy Bowden.

COVER: Steve Moneghetti shows off his medal from winning the historic Berlin Marathon. Photo: Allsport.

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The kitchen table talks

THE MARATHONERS Three of them set world records. The fourth won an Olympic gold medal. We asked them to share a little of what they know about the marathon.

Four well known runners got together one day last May in Boulder, Colorado. Ordinarily that's not unusual, because world-class runners have been training together in Boulder for years.

But this meeting was extraordinary. Three who had set world records in the marathon - Australia's Rob de Castella, who ran 2:08:18 in 1981, Wales' Steve Jones, who ran 2:08:05 in 1984, and Norway's Ingrid Kristiansen, who ran the still standing record 2:21:06 in 1985 - joined with a fourth, Portugal's Rosa Mota, the 1988 Olympic gold medallist.

They sat around Steve Jones' kitchen table to talk about the one race that has made them all famous. Jones apologised that the group couldn't sit outside, because his back porch still lacked furniture. He and his family had only moved to Boulder one month earlier, bringing all their bags directly from the Boston Marathon.

Kristiansen, who showed up barefoot, Mota and de Castella all had walked through their backyards to get to the Jones' house. Kristiansen and de Castella own homes nearby, in the exclusive north Boulder neighbourhood called Wonderland Hill. And Mota, just off the plane from Portugal three days earlier, was back as a frequent guest of another Wonderland Hill resident, Arturo Barrios.

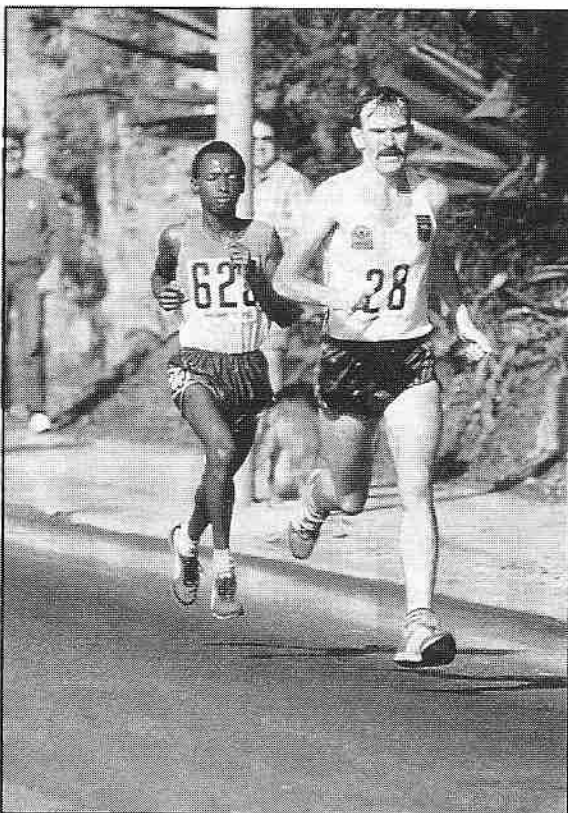
The interview was conducted by Boulder journalist Katy Williams. Mota threatened to give answers in Portuguese if everyone else talked too fast.

Q: What is the continuing challenge of the marathon, especially after all these years?

Jones: We're still crazy after all these years. We must be, if we continue to do it. There must be some sort of fascination there. I've got my own reasons, my



de Castella, Jones, Mota and Kristiansen.



Brisbane in 1982 - de Castella finally overtakes Juma Ikangaa.

own motivation why I continue to run. I'm still rather inexperienced at the marathon. Although my running career has been long and well documented, I've only run 10 as opposed to what Rob has done. I still have a lot to learn.

de Castella: But you always make mistakes, because there's just so much that can happen. I think that's part of the challenge. I feel that I can still run faster and until I am convinced that I can't run faster, I'll keep on trying to. It's difficult to get everything right every race, because there are so many variables. You still make silly little mistakes, and they have many implications in your performance. It's tough to get the ideal race out, the perfect race. That's what we're all after. That elusive perfect race when the conditions are right, and the pace is right.

Jones: And it probably happens only four or five times in a career, if that. It's only been about twice for me, and I've been running 15 years now. That's my motivation, the reason I keep carrying on, is I want to be the best marathon runner in the world again.

Kristiansen: Do you think age might keep you from that?

Jones: I don't think age has anything to do with it. Look at John Campbell who is 41 years old.

Mota: There's Priscilla Welch and Carlos Lopes too.

de Castella: I think the age factor comes down to commitment and motivation.

Jones: And confidence.

Q: What do you think about during a marathon?

Jones: Stopping! It depends how you're running, and if it's successful. If the race is going really well you can think about whatever you want to think about.

Mota: It's a long way.

de Castella: You have to concentrate on what you're doing.

Jones: That depends on how you feel, and what position you are in the race. If you're out front, then you have nothing to think about. You're almost home.

Kristiansen: In a close race it's harder, when you are always in a pack in the front. I think then you start to think

negative.

Jones: No. I think it's harder to be out in front on your own than it is to be with the pack. The pack can help you.

Kristiansen: If you feel comfortable with the pack, it's okay. But you might also feel "this is a little bit fast for me."

Jones: When you're hurting, when you're struggling in the pack, that's when you concentrate the hardest on how you feel. You feel even less of what is happening around you. Either when you're on your own behind the pack, or on your own in front of the pack, that's when you think about how you feel. The times I've run with a pack, I've never thought about how I felt until I just couldn't go on.

de Castella: I never think about how I feel. If you look at photos of any of us, you see this very transfixed concentration. And even though you might think you're not thinking about anything, you're very much concentrating. It's not easy to run at the pace we want to run at it.

Q: Is the concentration factor the difference between the very top marathon runners and the ones who aren't as good?



Kristiansen and Jones shared the victory dais together in London in 1985.

Kristiansen: (laughs) That's the reason they are the second best!

de Castella: I've always said one of the real difficulties in the marathon is concentrating for over two hours. It's total concentration. The hardest part of the race is obviously at the end, when you're most fatigued, but that's when you have to concentrate the most. You have to use everything that you have.

Kristiansen: But do you start to concentrate when the race starts? If you start concentrating when the race starts, then you will be tired mentally when you come to the part you need. It's

easier for us in the women's race, because we are not so many in the pack. We can usually do our own race.

de Castella: It's difficult in a big pack of men, when you have 15 or 20 people running sub five minute mile pace. They're all jostling for positions, especially at drink and sponge stations, and trying to run the tangents. You have to concentrate.

Q: Rosa, what do you think about in the Boston Marathon, when you're so far in front of the other women?

Mota: It's good (laughs). I always try to run an easy pace. I like to finish strong. I don't like to finish tired. I never finish and think I can't do more. I like to think I always have more in me.

Q: What has been the most satisfying marathon for each of you? I suspect they weren't necessarily your world record or gold medal races.

de Castella: I find that a difficult question, because each race that I go into, at that time, it's always the most important event for me, regardless of anything else that I've done. Probably in retrospect you can answer it by saying which race gave you the most credibility, which was your fastest,

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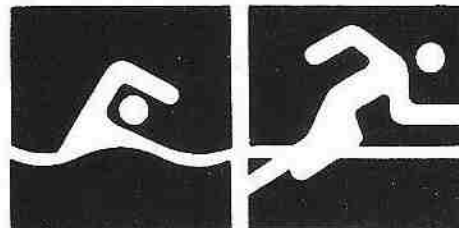
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which you got the most publicity from, which you made the most money in, or whatever. But it's difficult to say, because every race I go into is always the most important for me. But judging from the other criteria, for me it might be the World Championships (in 1983) or maybe Boston in '86.

Kristiansen: Of course it's easy to look at the London Marathon in '85 because that was my best time. But I also think of the Boston Marathon in '86. It was nice to be in a different race, a change from running London and Stockholm for so many years. Boston is the oldest marathon, too. And part of the London Marathon in '87 was good, but not the last part, because I then lost my concentration.

Mota: My best marathon was in 1987, the World Championships in Rome. I knew I could get a good marathon with nice weather, but it was hot and the surface was bad. Also, '85 in Chicago was good because of my best time. And I think of the Olympics, too. But for me, medals are more important than times. Because medals stay forever. Times change.

Jones: Two spring to mind for me - London in '85, and New York in '88. I had a coach up until the Olympics of '84. Then he retired, and from July of '84 until London in '85 I coached myself. People may have thought, especially the ones at home, that Chicago in '84 was a flash-in-the-pan for me. I realised I had to do well in London to show that Chicago hadn't been just a strange occasion. It was very satisfying to have coached myself, especially towards the end of the race when I knew I was going to win. I felt I was the best person in the race. It was one of those days when it worked. And for New York in '88...

de Castella: What about Chicago in '85 (when Jones ran 2:07:13)?

Jones: That was a different experience again because I had already won Chicago in '84 and London in '85. I had already proved to myself that I could be a world-class athlete. Of course, I didn't get the record in Chicago.

Kristiansen: You were one second short.

de Castella: But the way you ran that,

I mean, to me, is still one of the greatest marathons ever.

Jones: That day happens only once in a lifetime as well. But I still feel the two other marathons meant more to me. New York in '88 happened after three or four years off, between injuries and sicknesses. I left the Royal Air Force in June of '88, and just concentrated on my training, getting good background for New York. It just worked, once again. I didn't do it on my own this time, I had coaching. And a friend of mine, Peter, came from Wales to be here and train with me. That was very satisfying. A lot of people sacrificed time and effort to help me out. That's one of the reasons why I remember that race.

Q: What is the most humbled you have ever felt by the marathon? How do you deal with the disappointment of the bad marathon that everyone experiences?

de Castella: Jonesie, why don't you answer that one?

Jones: You just got to forget it.

Kristiansen: I always forget my races, even if I go fast or have a nice race. In this sport you can never look

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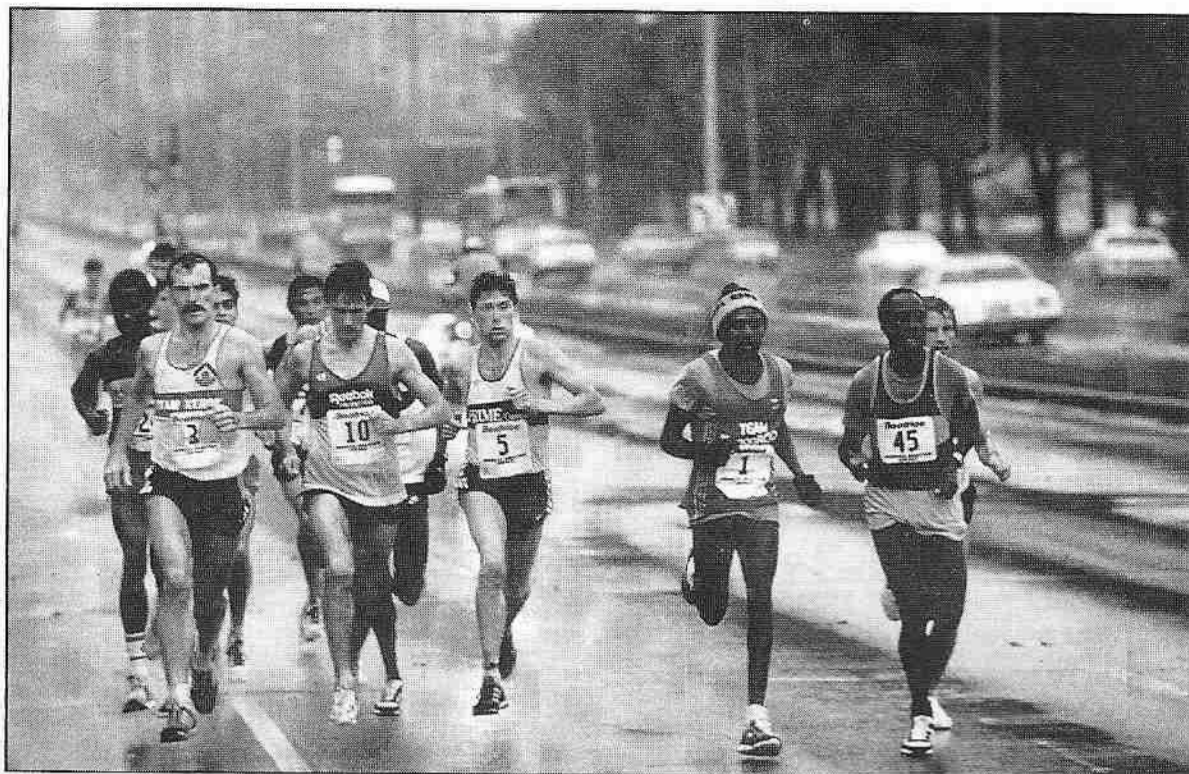
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back, you always must look toward the next one. It's very important not to think that you are so great when you are doing a great race, just as you cannot think you are so bad when you do a bad race.

de Castella: One would like to think you will be remembered for your whole career, not just for one or two races, whether they be very good races or very poor races. But there's no doubt that running bad races doesn't do your confidence any good. It's not much fun. If anything, I try to use it as a motivation, to make myself more determined to run faster and not have to experience that thing again.

I've had two very disappointing races. One was the World Championships in Rome, when I didn't finish. I just felt so bad in that that I couldn't even satisfy myself with the way I was running. It just felt so out of character. Even looking back on it, I don't really consider it as a race. Also, I was a bit disappointed earlier this year with my performance in the Commonwealth Games. Not so much by the fact that I ran badly, but that over the last few miles I really just lost interest. I just wanted to finish as soon as possible. I didn't enjoy experiencing feeling that way, to lose in-



Chicago In 1985 - de Castella (2) and Jones (10) lead the pack.

terest in the middle of a race.

When you're running well, when you know you're in physically good shape, mentally you're just able to really extract something super from yourself. But when you know you're overtrained and tired, it is not only a physical tiredness, but a mental fatigue as well. You just start to say, "Why am I even bothering?" You've got to have confidence in yourself to know that it's not a flaw in your character, or a flaw in yourself as an athlete. It's just an indication that you're tired, that you're trying to force it a bit too much.

Jones: I can't even describe the feeling as being humbled. It's much worse. The worst I've felt in a marathon was in the European Championships in '86. I knew you shouldn't count your chickens before they hatch, but the medals were around my neck at halfway. It was the classic case of overtraining before I went into the race. And there was dehydration, too, and since I had never suffered it before, I didn't know the symptoms. I just thought, "I'm tired because I've trained hard."

At halfway I had a two-minute lead, and on the return, everyone waved to me. Then, within 5km, my legs just sort of went. I remember seeing Rosa and (her coach) Jose Pedrosa at 30km, and they shouted, "You still have a minute!" Within 800 metres, Bordin and Pizzolato passed me. Then, next thing I know, Hugh Jones went by and tapped me on the shoulder. Everybody who went by tapped me on the shoulder and said "Sorry." I got to the 35km, and there were about eight guys from my

club at home. They were jogging on the spot shouting me on. They got tired of that, so they ran ahead to the next mile and shouted me on again. It took me 18 minutes longer to run the second half, and 12 minutes to run the last 2.5km. I was hurting.

I just remember coming into the stadium. I felt like I was running on the spot. I just wanted to stay composed: I didn't want to do what Gabrielle Anderson had done in the Olympics. When I finished, I just wanted everybody to leave me alone. There's a picture of me at the finish standing very upright, and I've been credited for standing at attention for somebody else's national anthem. I just didn't want to fall down.

Some friends of mine, and Steve Binns is one of them, told me that they were crying as I ran down the back straight. They just felt so sorry for me. I didn't feel anything. But I wasn't going to drop out, because all my friends were there for me. I remember just seeing the line in the middle of the road for miles. I wasn't in pain or anything. I was just broken.

Mota: Last year in Osaka, I didn't finish the race because I felt bad. I didn't care about time, I didn't care about place. I just didn't have any luck, and I felt really, really bad. Then, a few weeks later, they asked me to run Los Angeles. I went, and I felt strong, but I made a big mistake, to run a marathon without the right training. I love and respect the marathon, so this was a big lesson.

(Continued next issue.)

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MARATHON WISDOM

In the second part of our interview with four of the marathons all-time-greats, Steve Jones, Rosa Mota, Robert de Castella and Ingrid Kristiansen, Boulder (Colorado) journalist, Katy Williams, asks them about what they have learnt throughout their careers.

Q: If you could go back five years or 10 years in your marathon career, what would you do differently?

Mota: I would never start a marathon when I feel bad, like I did one year ago.

Jones: I suppose there's only one race I wouldn't do again, the Boston Marathon in '88. I was in total pain. I hurt from 15 miles until the finish line. My legs were so beat. It was hard for me just to pick them up and put them back down. I swore then I'd never run another marathon without the right training. It makes you realise that if you're not prepared, you shouldn't be in there.

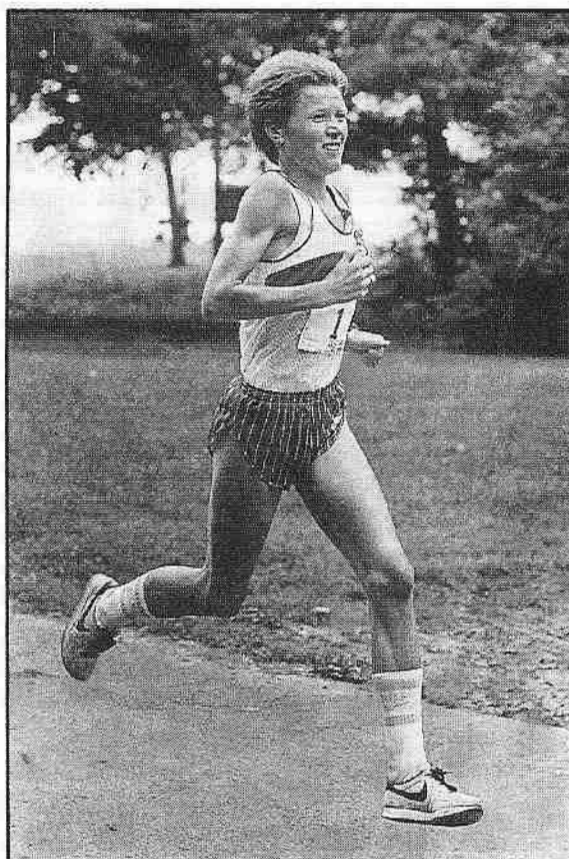
Kristiansen: I made a mistake in '88 running the London Marathon. It was too close from the stay in Australia and New Zealand, with the changes in time. I had just returned to Norway from New Zealand two weeks before, and that was not enough. I felt tired even before I started.

de Castella: I wouldn't change very much. Maybe I might do a little more stretching. I might use sports science a little bit more in my training, because there have been such advances in the last five and 10 years. I think sports science and sports psychology are going to be the two big areas of the future.

Kristiansen: Everbody is training so much, and the difference is only this much (she holds her fingers an inch apart) for being the best.

de Castella: It never ceases to amaze me just how strong our minds are. Like in the marathon, we can run, run, run for 26 miles, and then once we cross the finish line we can't walk! The only thing that's changed is that mentally, the race is over.

Mota: If the finish line were another



Ingrid Kristiansen, women's world marathon record holder at 2:22:48 from London in 1987.

mile, we could go more!

Q: Who is the single best marathoner, male or female, you have seen?

Jones: Technically, now, it's Bordin.

de Castella: At the moment, yes. As a group, the Africans are incredible athletes. I think the only hope that we have is that they might make a lot of silly, little mistakes.

Mota: Like they did in Boston this year.

de Castella: I got criticised in the press for making a generalisation in Boston, but I still stand by it fairly strongly. The Africans make a lot more silly mistakes than we do. Of course, Wakihurii is an exception and Hussein is a very smart runner, too.

Jones: Ikangaa too. But the African mentality is just like to burn each other off.

Kristiansen: They do that on the track, too.

Jones: I don't think that makes them great marathon runners. I really don't think so.

de Castella: They're great athletes. But that doesn't necessarily make them great marathon runners.

Jones: I think potentially they could be there, if they could only control their effort the whole way.

de Castella: Look at Densimo. His record in Rotterdam was a spectacular race.

Jones: I don't agree with that. I've got this thing about Rotterdam. It may be 26.2 miles, but it's an orchestrated race. Okay, they run 26 miles, but it's how they run it. Even the lead car is a rabbit. And I don't know if it's true or not, but I understand the last couple of years they've changed the direction of the course based on the way the wind is going. That race doesn't really have my respect, or Densimo's time on that course.

de Castella: But it's still the fastest time, and an indication of what he can do. What I was going to say is that he really hasn't gone on and justified it

Jones: That's why I can't accept it.

de Castella: Whereas someone like Ikangaa hasn't run that sort of time, but his career has spanned almost 10 years.

Q: How much of marathoning is physical, and how much mental?

de Castella: It's 80 per cent mental, considering all the discipline and dedication, and your attitude toward training racing and how you deal with the pressure. The training is easy. I could write out a program for someone to, provided he has the talent to do the training, run a 2:08 marathon. But the mental side of it is very difficult to teach people. That's why up until recently,

before the advent of sports psychology, athletes by and large have been born with a natural talent.

Q: Is there a single workout that indicates you're ready for a good marathon?

Jones: You know when you're ready, whether it's one week or three months before a marathon. The way I race in a short distance indicates I'm getting in some sort of shape. I like to maintain a very, very high fitness from January through December. I've probably only peaked three times in my entire career.

de Castella: If I race well over a short distance and I've been doing the training for the marathon, I know I'll run well. A couple of times I've run pr's (personal records) over 5000 metres just before a good marathon.

Kristiansen: You are not running on speed, you're running on strength. I think that's a lot of the problem for middle distance runners. They never run long in their training. I know the ones in Norway are afraid of running long because it is slow for them. They aren't satisfied to run a good 1500 metres off fitness. They think they need the speed for the 200 metres.

Q: Are marathoners a different personality than other runners?

Jones: It's a down-to-earth event, isn't it?

de Castella: We're the good guys. We're much more social.

Mota: We are more friendly. Before the start we talk, and even after the finish.

de Castella: It comes with the event, I think. We have so much in common, and we have an incredible respect for each other. We know how hard each other has trained. You may have the talent but you also have to have the discipline to train hard. And to a certain extent, we compete against the event. I don't think any of the other distances really do that. We're competing against the marathon. We feel that the best effort on the day wins.

Q: How extensive is steroid use and blood-boosting in the marathon?

de Castella: It's something we all have to work as hard as possible to eradicate. It's pure and simple cheating. Once you start to cheat, anybody can win. I could beat Carl Lewis in the 100 if I used the right drugs, but what's the big deal? That's cheating. Because our

*"I could beat Carl Lewis
in the 100 metres if I
used the right drugs, but
what's the big deal?
That's cheating."*

sport is becoming more professional, everybody wants to win, with all the money. It's a matter of policing the sport, with more than they do at the present, and educating the athletes. A lot of them justify drug abuse by thinking their competitors do it. They rationalise, and you have to convince them that everybody else isn't doing it. Those who are caught should be out of the sport not just two years, but four or five years.

Jones: For life.

Mota: But the blood-doping is not easy to detect.

Kristiansen: I know that in the World Championships of cross country skiing they tested last year for blood-doping. But it's easy for cross-country skiing nations to have the doping, because all the people are the same. In track and field, you have many more nations and religions.

Jones: If you don't abide by the rules, you don't compete. We see this with South Africa.

de Castella: It's a very hard stand to take, but I think the situation of drug abuse in our sport requires a very hard stand to be taken.

Jones: It's the only way you'll give every athlete the confidence to compete, knowing that they all had the same breakfast, virtually, and that they don't take drugs. Not that we go to the starting line thinking, "I wonder if he is taking drugs," because if you had that philosophy, then you wouldn't train.

de Castella: Unfortunately we have this new drug, EPO.

Kristiansen: But there are such side effects! You may win one million dollars, but you may be dead two years later.

Jones: I only heard about EPO a month ago from Frank Shorter. At home, in Britain, we don't talk about it.

de Castella: I believe the whole drug policy needs revision by the IAAF and IOC. It's absurd when athletes are being banned, and lumped in with steroid abusers, for taking cold medicines

when they're sick. Why should a distance runner with a sinus infection or a heavy cold be banned for taking anything?

Instead of having one incredible long list with everything on it, and every athlete has to abide by it, there should be event and sport-specific lists, too, for both training and competition. I've got a cold now. In theory, if I was taking Sinotab and got rung up for the federation and told to do a test tomorrow, I could test positive. I think the drug issue is extremely important, and has to maintain credibility. It's bad for the sport.

Q: Did you read about the Soviet women who tested positive in the Los Angeles Marathon? It was for Nandrolone, the steroid they accused (Belgian Olympian and Boulder resident) Ria Van Landeghem of taking.

de Castella: There has to be a recourse for the athletes, too. That situation with Ria (when her Olympic committee sent her home from the 1988 Olympics after mixing up her negative test with another athlete's positive) was disgraceful. There's no real procedure or protocol for someone like her to clear her name. There should be some facility to accommodate that. I'd like to see the IAAF set up some sort of appeal board for any athlete who feels he's been victimised by his federation, a sponsor or a promoter. The IAAF is supposed to be representing us, the athletes, not the sponsors or the promoters. Now, we have no means of approaching them, except through our federation. And often that doesn't work.

Jones: Personally, I don't think Ria's gotten over what happened to her.

Q: What can we expect of the marathon in 10 years? It's advanced a lot in just the last 10 years.

de Castella: Not really. The men's top times have dropped just a little. The most dramatic increase in performances has been in depth. The base of the sport is what's improved the most. Look at the women too. In the 1980, there was only Grete. The depth for both will improve even more as marathon running gets even more professional.

Kristiansen: Wait until the Kenyan and African women start to run. They can be great athletes, but today they become wives and mothers too soon.

Jones: If they have half the talent as the African men, they'll be there.