

C **commodore** **COMPUTER** **STATE MARATHON**

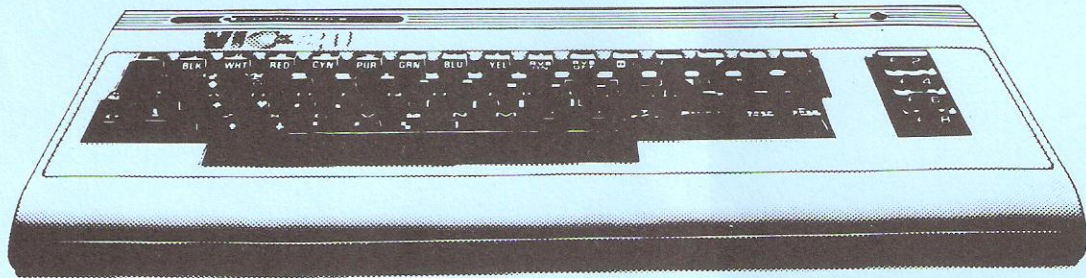
8 May **1983 OFFICIAL RESULTS**



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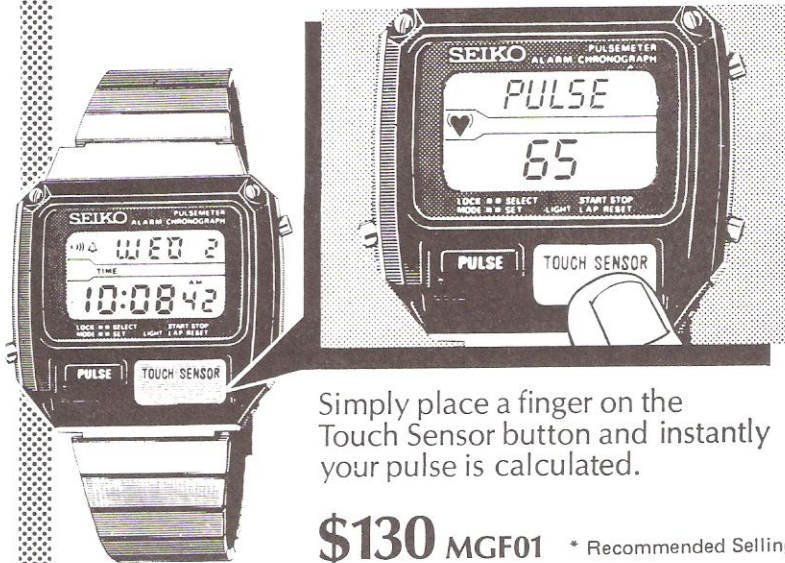
A special thank you for support and assistance:

Australian Army
Australian Department of Defence
N.S.W. Amateur Athletic Association
N.S.W. Police Force
Liverpool Council
Campbelltown Council
Interservice Sports Committee
N.S.W. Veterans
Western District Joggers and Harriers

A very special thank you to all members of Sydney Marathon Clinic, their families and friends.
To every one of you, thanks for a job well done.

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VIC — 20 Winners

VIC-20 WINNERS

1st Male: John Stanley
 1st Female: Pat Marshall
 1st Junior Male: Geoff Donges
 1st Junior Female: Anne Flanagan
 1st Veteran Male: Bill Raimond
 1st Veteran Female: Paula Ryan *
 1st Male Sun Division: Greg Sockhill
 1st Female Sun Division: Pam McLean
 1st Defence Services Person: Ian Hamilton

LUCKY DRAW

Thomas Gablonski
 Raymond Doran
 Peter Simpson
 Stephen Mifsud
 Horst Wegner
 Cecil Ford
 Airic Hahn
 Peter Atkinson
 Paul Green
 C. Radnidge (raffle winner)

* 2nd Veteran. First Female Veteran (Pat Marshall) is First Female Outright.

Race Director's Message

This year's Commodore Computer State Marathon Championship was the third State Championship hosted by the Sydney Marathon Clinic and was the most successful so far with more than six hundred starters.

Unfortunately the hot conditions on the day of the race prevented many competitors from posting fast times. The times of the placegetters reflect the problems caused to all runners by the heat as both the course and athletes are capable of much better times.

Commodore Computer showed their pleasure in the staging of last year's championship, and their confidence in the Sydney Marathon Clinic, by increasing sponsorship of this year's race. This increase enabled eighteen Commodore VIC-20 computers to be awarded as class and random draw prizes as well as T-shirts for all finishers.

The allocation of prizes and T-shirts is in line with the Sydney Marathon Clinic's ideals of returning as much as possible to all those who support the races it holds.

The decision to incorporate the Inter Service and Veterans Championships is a welcome one in regard to the rationalisation of marathons in this state, and I am pleased to be associated with the conduct of these events. The entry of John Fairfax and Sons into the realm of the Marathon is most welcome following their promotion of Australia's most prestigious fun run for the last twelve years — the Sun City to Surf.

The wide diversity in the number of categories presented a great deal of work in compiling results, but this was admirably handled by the team of experts from Commodore using their firm's computers to produce quick and accurate placings for all finishers.

The number of people and organisations who deserve thanks for their assistance is large and I am most grateful to all those who helped us. Without the financial support of our sponsors, it would be difficult to stage a credible marathon, but without the voluntary support of many individuals, it would be impossible.

In the latter category, I would place the NSW A.A.A. members who acted as judges, time callers and marshalls; members of Sydney Marathon Clinic and the Western District Joggers and Harriers as well as family and friends of the above. To give up their time on



a day when family commitments are foremost in people's minds is a difficult thing to do and I appreciate their attendance and assistance.

Yes, for those runners who did not notice, it was Mother's Day; surely our entries must have been affected as we all know what thoughtful, caring types all runners are!

The NSW A.A.A. and the Australian Army must be acknowledged for their assistance in staging of the race; the Association for allocating the race to the Clinic whereas Army's contribution in providing the course, equipment and personnel was immense.

I am sure all competitors appreciated the safety provided by the military and NSW police who co-operated in keeping the course free of traffic, while the runners who required medical assistance were ably cared for by military medical teams. Welcome ad-

ditions in Army support this year were the hot showers in the mobile bath unit and the helicopter which was most useful in overseeing operation on the course. The helicopter was also in constant contact with radio units attached to medical teams on the course.

The Sydney Marathon Clinic is keen to again hold the State Championship and the next year's event is planned for 19/26 April, 1984. While the course is not the most scenic in the world, I believe it is the fastest and safest in Sydney, and should produce some very good times in the years to come.

Finally, I would like to thank all of the competitors who supported this year's race, and hope to see you enter again next year.

Ken Stenner

From the President of the NSW A.A.A.

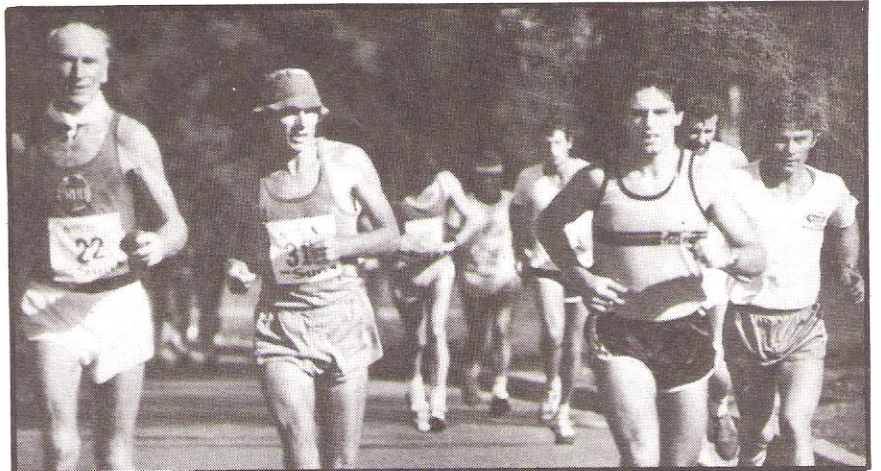
I welcome this opportunity, on behalf of the N.S.W. Amateur Athletic Association, to congratulate all those associated with the organisation of the 1983 N.S.W. Marathon Championship.

It is indeed true that over the past few years the N.S.W. Marathon has been transformed from "just another" winter championship to what may be rightly termed the "blue ribbon" event of our winter championships.

For this we are indebted to many people and organisations, first and foremost of these being our most generous and enthusiastic co-sponsors, Commodore Computer, and the Sun.

The support and involvement of our sponsors has contributed a new and exciting dimension to Marathon running in this State, the professional promotion of the event, as instanced by the bringing of the Mayor of Marathon as a guest for this year's event, being an important factor in the development of the Championship.

The Association is indeed fortunate

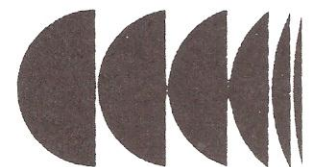


to have an organisation such as the Sydney Marathon Clinic to co-ordinate the many details involved in the staging of the Marathon Championship. To Jack Black and his band of co-workers the Association is most grateful for their enthusiastic efforts in promoting this event.

Finally, on behalf of the association,

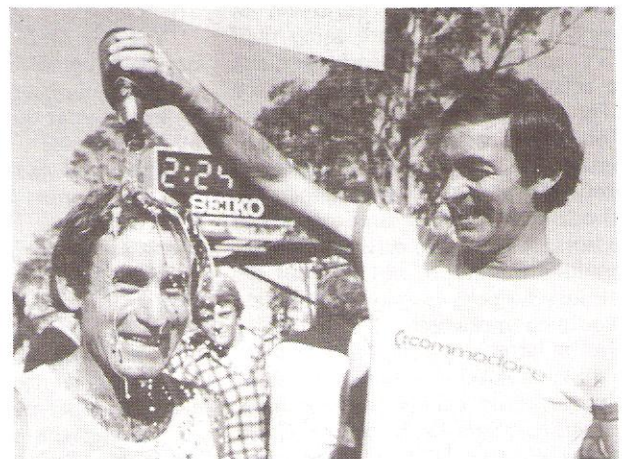
I congratulate the Sydney Marathon Clinic for the preparation of this booklet and thank all those involved in the 1983 Championship — organisers, officials, Army personnel and participants — for their interest and support in ensuring the success of the event.

R.M. Durie
President, NSW A.A.A.



ACTION GRAPHICS

Ph.(02)6632699



When it has to be right first time

Full Results

Pos	Name	Age	Time	Pos	Name	Age	Time
1	John Stanley	35	* 2:24:11	53	Peter R. Atkinson	25	2:54:36
2	Horst Wegner	37	* 2:25:04	54	Henry Fooks	43	* 2:54:41
3	Greg Sockhill	24	* 2:27:03	55	Les Bradd	31	2:54:46
4	Ian Graves	39	* 2:28:09	56	Peter Retallack	35	2:55:00
5	Colin Whiteman	32	* 2:28:29	57	John Grayson	33	2:55:08
6	Stephen Montague	28	2:28:32	58	Ray Mildren	38	2:55:10
7	William Raimond	46	* 2:28:33	59	Kevin Duncan	22	2:55:20
8	Ian Hamilton	31	* 2:32:00	60	Graeme Chapman	48	2:55:29
9	Colin Fallon	42	2:32:29				
10	Jim Box	36	* 2:33:02	61	Geoff Noyes	42	2:55:31
				62	John R. Bedford	32	2:55:40
11	Roger Palazzo	25	2:35:25	63	Charlie Lynn	38	2:56:08
12	Norman Berger	37	* 2:35:41	64	Ron Bonham	40	2:56:46
13	Greg Wilson	30	2:37:02	65	Ken Sounders	50	2:56:56
14	Keith Canard	42	2:37:11	66	Hew Prendergast	32	2:56:59
15	George Fish	36	2:37:25	67	Jim Kelaher	52	2:57:18
16	John Brookes	45	2:40:00	68	Evans Stewart	35	2:57:20
17	Neil Vaughan	27	* 2:40:36	69	Ted Hemmens	37	2:57:26
18	John Bowers	44	* 2:42:33	70	Peter Cobley	33	2:57:27
19	Paul Boer	40	2:43:13				
20	Simon Gilbert	27	* 2:43:50	71	Paul Armstrong	29	2:57:42
				72	Thomas Norris	31	2:58:01
21	Hans Vish	36	* 2:43:55	73	Jeff Deegan	36	2:58:25
22	Gary Pope	32	2:44:44	74	Graham Allomes	39	* 2:58:28
23	Ian Morrison	32	2:44:54	75	Paul Gilbert	39	2:58:53
24	Peter Brown	22	2:45:23	76	Tony May	43	2:59:16
25	Les Hayley	33	2:45:48	77	Derek Smith	41	2:59:51
26	Peter Simpson	29	2:46:01	78	David McAlpin	25	2:59:51
27	Bruce Millyard	30	2:46:23	79	Bryan Long	28	2:59:56
28	Michael Tiutiunnik	21	2:46:25	80	Jonathan Murray	25	3:00:01
29	Fred Howe	48	2:46:57				
30	Bill Turner	43	2:47:08	81	Patricia Marshall	39	F* 3:00:24
				82	Chris Stephenson	27	3:00:27
31	Keith Swift	41	2:48:39	83	Barry Coates	36	3:00:28
32	Phillip Godbee	29	2:49:07	84	Harvey Blue	44	3:00:41
33	Horst Ruckwied	48	2:49:56	85	John Byrnes	44	3:01:13
34	Raymond Potter	40	2:49:56	86	Jack Black	38	* 3:01:29
35	Bob Royal	35	* 2:50:14	87	John Jenkins	39	3:01:42
36	John Irvine	39	* 2:50:21	88	Douglas Yuide	32	* 3:01:45
37	Geoff Donges	19	2:50:44	89	Raymond Harley	24	* 3:01:56
38	Bob Harrison	30	2:50:50	90	William Glass	37	3:02:01
39	Mladen Perusco	28	2:51:18				
40	Mathew Langdon	19	2:51:38	91	John Arthur	41	3:02:08
				92	Mario Micallef	38	3:02:38
41	Kerry Heinacke	41	2:51:41	93	Paul Sanger	39	* 3:02:51
42	Robert Caplice	38	2:53:03	94	Brian Lynch	35	3:02:54
43	Roger Abbott	46	2:53:42	95	Raymond G. Davenport	34	3:02:57
44	Chris Bran	29	2:53:49	96	Frank Byrne	56	3:03:12
45	Adolf Bloner	47	* 2:53:56	97	Andrew Whittle	37	3:04:26
46	Alan Powys	29	2:54:01	98	Raymond Doran	43	3:04:46
47	Rod Jaffray	36	2:54:02	99	Bill Redhead	49	3:04:51
48	Rob Higley	23	2:54:05	100	Jack Milnes	52	3:04:54
49	Gary Richardson	26	2:54:05				
50	Graham Burney	41	2:54:16	101	Frank Riley	49	3:05:34
				102	Osten Hansson	34	3:05:39
51	Claude Wickmans	39	* 2:54:26	103	Alister Buchan	29	* 3:05:40
52	Howard W. McCullagh	28	2:54:30	104	Eric Montgomery	21	3:05:41

(* Reg. Athlete (F) Female

(* Reg. Athlete (F) Female

Pos	Name	Age	Time	Pos	Name	Age	Time
105	Derek Sneyd	38	3:05:46	162	Peter Errington	18	3:18:13
106	Mark Noonan	26	3:06:49	163	Alex Peterson	38 *	3:18:14
107	George McGrath	63 *	3:07:14	164	Pam McLean	44 F*	3:18:15
108	Richard Berling	40	3:07:15	165	Robert Stewart	43	3:18:16
109	Terry Pickard	23	3:07:46	166	Desmond A. Hannah	43	3:18:20
110	John Maccarone	34	3:08:09	167	John Morris	30	3:18:36
				168	Paul Rayan	30	3:18:41
111	Russell Hamond	26	3:08:26	169	Ian Newlands	42	3:19:39
112	Michael Liptrot	38	3:08:33	170	Ralf Peterson	25	3:19:50
113	Alan Tucker	39	3:08:50				
114	Richard Cleland	40	3:09:23	171	Ronald Lukin	40	3:19:57
115	John Couper	31	3:10:02	172	Bruce Anderson	28	3:20:16
116	Peter Robinson	39 *	3:10:10	173	Eric Wade	35 *	3:20:31
117	Paul Miskelly	35	3:10:12	174	James Kelaher	26	3:20:40
118	Les Purdie	36	3:10:15	175	George Herisson	27	3:20:45
119	Alan Lyons	26	3:10:19	176	John Powell	41	3:20:59
120	Geoff Burke	30	3:10:21	177	Keith Gillies	36	3:21:07
				178	Murray Anderson	40	3:21:26
121	Andrew Gruch	32	3:10:26	179	Trevor Hamilton	34	3:21:55
122	Des Suttle	23	3:10:29	180	Jeffrey Fitzgerald	42	3:21:58
123	Robert Little	44	3:10:36				
124	Brian Bloomfield	41	3:10:44	181	Lois M. Hamilton	39 F*	3:22:16
125	Craig Myers	21	3:10:56	182	Dave Spicer	34	3:22:18
126	Rick Jenkins	33	3:10:56	183	Denis Devenish	39	3:22:21
127	Alan Staples	33 *	3:11:01	184	Anthony White	29	3:22:32
128	Steve Cameron	36	3:11:07	185	Philip D. Clarke	31	3:23:14
129	Kenneth Gorham	42	3:11:28	186	Sonia Barnes	38 F	3:23:23
130	John Uren	34	3:11:37	187	Peter Haigh	31	3:23:28
				188	Kevin Fennell	48	3:23:29
131	Noel Clements	58	3:11:38	189	Andrew Krajewski	37	3:23:39
132	Tony Simpson	32	3:11:43	190	Robert Waterreus	32	3:23:42
133	Eric Brown	42	3:11:51				
134	Douglas A. Sounders	39	3:11:57	191	Ron Clarke	43	3:23:47
135	Eamon J. Mulholland	43	3:12:00	192	Robert Wheatley	41	3:23:56
136	Oliver Williams	32	3:12:10	193	Gary White	35	3:23:58
137	Clem W. Hiscocks	21	3:13:12	194	Horst Kramer	48	3:24:02
138	Jenny Walker	24 F*	3:13:18	195	Kim Klau	26	3:24:15
139	Franz Wanderer	41 *	3:13:30	196	Ian Green	37	3:24:26
140	Jim Fallom	37	3:13:54	197	Keith S. Hansen	21	3:24:26
				198	Ian Howe	48	3:24:27
141	Robert Amery	40	3:14:22	199	Gregory Williams	41	3:25:14
142	James Lennox	34	3:14:26	200	Norman Mills	48	3:25:20
143	Gary Young	33 *	3:14:28				
144	Paula Ryan	45 F*	3:14:43	201	Sid Dumbrell	32	3:25:22
145	Alan C. Withers	38 *	3:14:46	202	Gary Patrick	32	3:25:34
146	Garry Ghilardi	34	3:14:46	203	Geoffrey Hingerty	41	3:25:35
147	Sidney Lawrence	46	3:14:51	204	Gregory Reid	41	3:25:38
148	Graeme Hewitt	29	3:14:51	205	Graham Monteith	40	3:25:39
149	Philippe Donnadieu	30	3:14:59	206	Gil Gourvil	42 *	3:25:45
150	Raymond Whiteside	52	3:15:21	207	Ann Dalton	42 F*	3:25:49
				208	Malcolm Beilby	40	3:26:12
				209	George Fitzgerald	42	3:26:35
151	Anthony Fardell	31	3:15:42	210	Neville K. Williams	46	3:26:36
152	Robert Hodge	32	3:16:17				
153	Robert Kennedy	43	3:16:21	211	Terence McMahon	44	3:26:42
154	Kevin Forbes	43	3:16:30	212	Paul Green	42	3:27:06
155	Nicholas Walker	36	3:16:33	213	Nobby G.S. Young	36	3:27:56
156	Bruce Roser	33	3:16:33	214	Alistair Wallace	42	3:28:18
157	Kurt Bieri	46	3:16:42	215	Daniel Gray	36	3:28:19
158	Stephen Mifsud	25	3:17:04	216	Tony Goldsmith	45	3:28:25
159	Christopher Dwyer	31	3:17:15	217	Stanley Fleck	52	3:29:25
160	Keith Law	36	3:17:41	218	Greg Smith	19 *	3:29:33
				219	Keith O'Connell	44	3:30:18
161	Peter Davis	31	3:18:09	220	Keith Pentecost	50	3:30:48
(*)	Reg. Athlete	(F)	Female	(*)	Reg. Athlete	(F)	Female

Pos	Name	Age	Time	Pos	Name	Age	Time
221	George Studdert	44	3:31:04	279	William Ramsdale	50	3:44:26
222	Gary Sawle	38	3:31:08	280	Ronald J. Christie	37	3:44:27
223	Hugo Mendoza	41	3:31:15				
224	Leslie Davies	40	3:31:17	281	Robert Newey	43	3:44:33
225	Cecil Ford	36	3:31:27	282	John Carlson	48	3:44:33
226	Doug Summers	40	3:31:28	283	Brendan Gogarty	48	3:44:40
227	Nitold Krajewski	34	3:31:32	284	Harold Batterham	71	3:44:52
228	Ernest A. Warner	49	3:31:41	285	Robin Pithers	40	3:45:07
229	Shirley Redhead	49 F*	3:32:10	286	Christopher Wheadon	41	3:45:31
230	Ian Hutchison	36	3:32:11	287	Robert Darby	32	* 3:45:38
				288	Edward McKenzie	51	3:45:44
231	Clive Bachell	55	3:32:11	289	Harry Owens	35	3:46:24
232	David Williams	35	3:32:12	290	Hilton Beauchamp	46	3:46:35
233	John Fletcher	39	3:32:29				
234	Michael Christie	40	3:32:49	291	Peter Weyling	33	3:46:38
235	Michael Donnelly	36	3:32:57	292	Tony Regent	38	3:46:56
236	Robert A. Heffey	26	3:33:11	293	Robert Chambers	36	3:47:21
237	Richard Smith	39	3:33:34	294	Paul Walker	17	3:47:36
238	Marie O'Donovan	50 F	3:33:56	295	Anthony Mammarella	33	3:48:09
239	Ian Chamberlain	33	3:34:44	296	Herb Ludington	53	3:48:20
240	Julio Hernandez	43	3:34:47	297	David Gallard	30	3:48:27
				298	Bill Lodge	31	3:48:32
241	Mary Kelaher	23 F	3:34:48	299	Steve Cornelius	35	3:48:38
242	David Hodgson	43	3:34:53	300	John Tennant	42	3:48:39
243	Robert Leslie	41	3:35:05				
244	Jack Fowler	57	3:35:23	301	Leo Detsikas	40	3:49:22
245	April Power	30 F	3:35:26	302	Gai P. Cunningham	30 F	3:49:41
246	Mike Greive	22	3:36:13	303	Malcom Cowan	27	3:50:36
247	Alan Power	45	3:36:15	304	Bruce Gardiner	36	3:50:46
248	Brian J. Newton	47 *	3:36:33	305	Jeff Burgess	29	3:51:19
249	William Mintorn	62	3:36:54	306	Colin Delmas	55	3:52:06
250	Michael Murphy	29	3:37:06	307	Keith Boidin	54 *	3:52:08
				308	Ken Price	51	3:52:23
				309	Airic Hahn	42	3:52:49
				310	John May	52	3:53:06
251	Warwick Perks	45	3:37:15				
252	Paul Fred	36	3:37:29				
253	William McCrindle	51	3:38:04	311	Chris Le Marshall	31	3:53:06
254	John Foster	45	3:38:12	312	Ian Leonard	29	3:53:42
255	Michael Collins	25	3:39:19	313	Ray Butler	42	3:54:17
256	Roland Bryant	39	3:39:19	314	Robyne Berling	36 F	3:54:36
257	Robert Scott	36	3:39:39	315	Irene Sands	36 F	3:55:17
258	Michael Kean	32	3:39:57	316	Les Murray	34 *	3:55:18
259	Derek White	55	3:39:57	317	Russell Withers	13 *	3:55:25
260	Alex Nagy	31	3:40:05	318	Stan Law	33	3:55:35
				319	Jack Goundrie	66	3:56:20
261	Norman Cooper	48	3:40:15	320	Robert Patten	59	3:56:34
262	Reginald Sexton	41	3:40:43				
263	Barry Jones	59	3:41:21	321	Colin Heath	32	3:56:45
264	David Gleeson		3:41:22	322	Edwina Brown	38 F	3:56:45
265	John Shepherd	40	3:41:22	323	Mike Kenny	--	3:57:00
266	Jan Aalders	39	3:41:41	324	Darren Kenyon	15	3:57:29
267	Ray Winewright	34	3:42:10	325	Peter David	48	3:57:35
268	Steel Beveridge	32 *	3:42:10	326	Dominic Boidin	26	3:57:53
269	Richard Bevan	39	3:42:24	327	Terence Gum	33	3:58:36
270	Richard Walsh	32	3:42:24	328	Kerry Bray	39 F	3:58:45
				329	Harold Wedlock	30	3:58:49
				330	Dirk-Steven Gosch	14	3:59:11
271	Peter Trotter	47	3:42:28				
272	Brad Bament	33	3:42:49				
273	John Brett	41	3:43:19	331	John Hargreaves	39	3:59:19
274	Ken Harris	20	3:43:32	332	Peter Schilling	36	3:59:49
275	Helen Walker	49 F	3:43:41	333	Adam Hamankiewicz	31	4:00:53
276	Trina McLean	20 F	3:43:59	334	Peter G. Gorrie	32	4:01:13
277	Ronald Freeman	47	3:44:07	335	Graeme Royce Allen	32	4:01:35
278	Peter Hersey	45	3:44:11	336	Patrick R. Keeshan	37	4:01:37

(* Reg. Athlete (F) Female

(* Reg. Athlete (F) Female

Pos	Name	Age	Time	Pos	Name	Age	Time
337	Ross Walker	28	4:01:43	371	Derrick Titmus	42	4:14:25
338	William Serjeant	58	4:01:53	372	Eduardo Vega	42	4:14:52
339	Peter Wallace	32	4:02:00				
340	Kevin Paine	54	4:02:02	373	Fred James	54	4:15:17
				374	Thomas Gablonski	30	4:15:43
341	Richard Aalders	37	4:03:23	375	Ronald Bonser	61	4:16:48
342	Bruce Orsatti	39	4:03:41	376	Guy Lachat	34	4:19:29
343	Lloyd Laing	58	4:04:37	377	Ernest P. Hartley	33	4:20:09
344	Ernie Cooper	52	4:04:47	378	Michael McInerney	29	4:20:09
345	David Law	14	4:05:06	379	Matthew Pettit	22	4:20:36
346	Brian Lee	37	4:05:41	380	Tim Maher	22	4:21:10
347	Lloyd Darwin	61	4:06:02	381	Carol Ludington	48 F	4:21:15
348	Jaqueline Harper	26 F	4:06:08	382	Don McLean	45	4:21:15
349	Rodney Smith	19	4:06:57				
350	Robyn Ivers	40 F	4:07:07	383	Sean Heathcote	13	4:21:51
351	George Papas	36	4:07:11	384	James Gamble	36	4:26:10
352	Horst Bardorf	51	4:07:15	385	Niel Quaggin	35	4:26:11
				386	Alan Graham	33	4:30:24
353	Alan Wilson	65	4:07:21	387	Mary C. Kerwan	23 F	4:31:17
354	Thelma Murray	33 F*	4:07:30	388	John Peters	46	4:31:46
355	Bruce Mulcahy	55	4:07:47	389	Carl Soderholm	29	4:35:55
356	Michael Quennell	46	4:08:56	390	Owen Philip Zupp	18	4:36:04
357	Peter Murphy	50	4:09:01	391	Peter Freeman	36	4:36:38
358	Peter E. Dunnacliff	46	4:09:05	392	Raymond Dempsey	47	4:36:56
359	Derek McCormick	46	4:09:19				
360	Christine Moran	34 F	4:09:22	393	Eugene Slavitt	27	4:38:48
361	Trevor Gollan	28	4:09:31	394	John Brentnall	33	4:39:31
362	Duncan MacDonald	41	4:09:37	395	Anthony Hesling	16	4:41:06
				396	Michael Ciccica	31	4:43:26
363	Patrick Sager	34	4:09:55	397	Anne Flanagan	16 F	4:48:12
364	Evrol Keeys	38	4:09:58	398	Inge Gosch	38 F	4:48:32
365	Ken Freeman	42	4:12:07	399	John Cookson	29	4:53:19
366	John Copeland	40	4:12:25	400	Hardy Gosch	42	4:53:46
367	Gordon Fensom	47	4:12:54	401	Leslie J. Hunt	45	4:54:43
368	Kar Hung Wong	33	4:13:28	402	Douglas Lloyd	59	4:55:29
369	Lennard Wong	26	4:13:28	403	Dorothy Flanagan	47 F	4:58:19
370	Anthony Hepworth	34	4:13:48	404	Eric C. O'Brien	35	4:58:19

(* Reg. Athlete (F) Female

(* Reg. Athlete (F) Female



The Winners

NEW SOUTH WALES A.A.A. AWARDS

MALE

1	John Stanley	Armidale	2:24:11
2	Horst Wegner	Western Suburbs	2:25:04
3	Greg Sockhill	Western Suburbs	2:27:03

FEMALE

1	Patricia Marshall	Syd. Mar. Clinic	3:00:24
2	Jenny Walker	Manly Warringah	3:13:18
3	Paula Ryan	Illawarra B.S.	3:14:43

COUNTRY MALE

1	John Stanley	Armidale	2:24:11
2	William Raimond	Wollongong S.F.	2:28:33
3	Neil Vaughan	Narrabri	2:40:36

COUNTRY FEMALE

1	Paula Ryan	Illawarra B.S.	3:14:43
2	Pam McLean	Myers Park	3:18:15

TEAMS MALE

1	Western Suburbs	18 pt.
	(Wegner, Sockhill, Blonner)	
2	Sutherland	29 pt.
	(Graves, Bowers, Fooks)	
3	St. George	35 pt.
	(Whiteman, Irvine, Yuide)	

TEAMS FEMALE

1	Manly Warringah	86 Pt
	(Walker, Hamilton, Dalton)	

SUN DIVISION – TEAM CATEGORIES

ATHLETIC TEAM OF THREE – MALE

1	Sydney Marathon Clinic	9:21:40
	(Wickmans, Black, Gourvil)	

ATHLETIC TEAM OF THREE – FEMALE

1	Manly Warringah	10:01:23
	(Walker, Hamilton, Dalton)	

HUSBAND AND WIFE

1	Shirley and Bill Redhead	6:37:01
2	Robyn and Richard Berling	7:01:51
3	April and Alan Power	7:11:41

PARENT AND CHILD

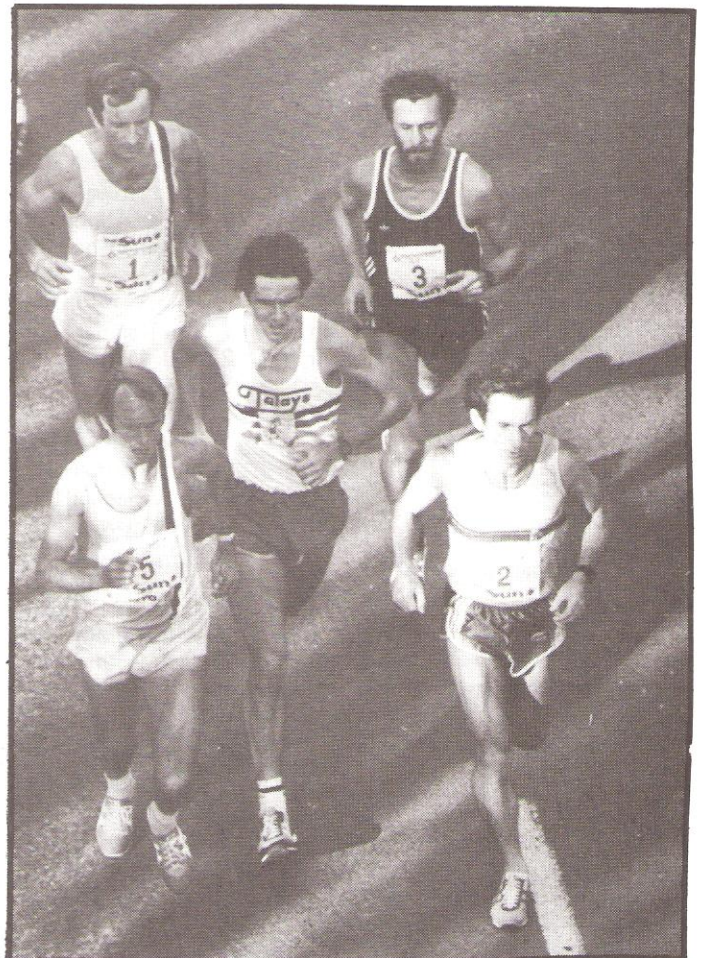
1	Trina and Pam McLean	7:02:14
2	Alan and Russell Withers	7:10:11
3	Stan and David Law	8:00:41

DEFENCE DIVISION – TEAM OF THREE

1	Royals RAAF Three	8:17:54
	(Hamilton, Royal, Bedford)	
2	Navy Team One	8:42:09
	(Caplice, McCullagh, Atkinson)	

OPEN TEAM OF THREE – MEN

1	Harbord Diggers	8:22:38
	(Turner, Millyard, Godbee)	
2	Crosslands Sports	8:31:33
	(Ruckwied, Potter, Heinecke)	
3	Sydney Striders	9:01:02
	(Cobley, Blue, Lynch)	



The Categories

N.S.W. VETERAN MARATHON CHAMPIONSHIP

VETERANS AWARDS – MEN

M40

1	Colin Fallon	2:32:29
2	Keith Canard	2:37:11
3	John Bowers	2:42:33

M45

1	William Raimond	2:28:33
2	John Brooks	2:40:00
3	Fred Howe	2:46:57

M50

1	Ken Sounders	2:56:56
2	Jim Kelaher	2:57:18
3	Jack Milnes	3:04:54

M55

1	Frank Byrne	3:03:12
2	Noel Clements	3:11:38
3	Clive Bachell	3:32:11

M60

1	George McGrath	3:07:14
2	William Mintorn	3:36:54
3	Lloyd Darwin	4:06:02

M65

1	Jack Goundrie	3:56:20
2	Alan Wilson	4:07:21

M70

1	Harold Batterham	3:44:52
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VETERANS AWARDS – WOMEN

W35

1	Patricia Marshall	3:00:24
2	Lois Hamilton	3:22:16
3	Sonia Barnes	3:23:23

W40

1	Pam McLean	3:18:15
2	Ann Dalton	3:25:49
3	Robyn Ivers	4:07:07

W45

1	Paula Ryan	3:14:43
2	Shirley Redhead	3:32:10
3	Helen Walker	3:43:41

W50

1	Mary O'Donovan	3:33:56
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THE SUN DIVISION – AGE CATEGORIES

MEN U/20

1	Geoff Donges	2:50:44
2	Matthew Langdon	2:51:38
3	Peter Errington	3:18:13

MEN 20–24

1	Greg Sockhill	2:24:11
2	Peter Brown	2:45:23
3	Michael Tiutiunnik	2:46:25

MEN 25–29

1	Roger Pallazo	2:35:25
2	Simon Gilbert	2:43:50
3	Peter Simpson	2:46:01

MEN 30–34

1	Greg Wilson	2:37:02
2	Gary Pope	2:44:44
3	Ian Morrison	2:46:00

MEN 35–39

1	Jim Box	2:33:02
2	Norman Berger	2:35:41
3	George Fish	2:37:25

MEN 40–44

1	Keith Canard	2:37:11
2	Paul Boer	2:43:13
3	Bill Turner	2:47:08

MEN 45–49

1	Fred Howe	2:46:57
2	Roger Abbot	2:53:42
3	Graeme Chapman	2:55:29

MEN 50–54

1	Jim Kelaher	2:57:18
2	Jack Milnes	3:04:54
3	Raymond Whiteside	3:15:21

MEN 55–59

1	Noel Clements	3:11:38
2	Clive Bachell	3:32:11
3	Jack Fowler	3:35:23

MEN 60+

1	George McGrath	3:07:14
2	William Mintorn	3:36:54
3	Jack Goundrie	3:56:20

WOMEN U/20

1	Anne Flanagan	4:48:12
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WOMEN 20–24

1	Mary Kelaher	3:34:48
2	Trina McLean	3:43:59
3	Mary C. Kerwan	4:31:17

WOMEN 25–29

1	Jacqueline Harper	4:06:08
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WOMEN 30–34

1	April Power	3:35:26
2	Gai P. Cunningham	3:49:41
3	Thelma Murray	4:07:30

WOMEN 35–39

1	Sonia Barnes	3:23:23
2	Robyn Berling	3:54:36
3	Irene Sands	3:55:17

WOMEN 40–44

1	Pam McLean	3:18:15
2	Ann Dalton	3:25:49
3	Robyn Ivers	4:07:07

WOMEN 45–49

1	Paula Ryan	3:14:43
2	Shirley Redhead	3:32:10
3	Helen Walker	3:43:41

WOMEN 50–54

1	Mary O'Donovan	3:33:56
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Winner Has His Say...

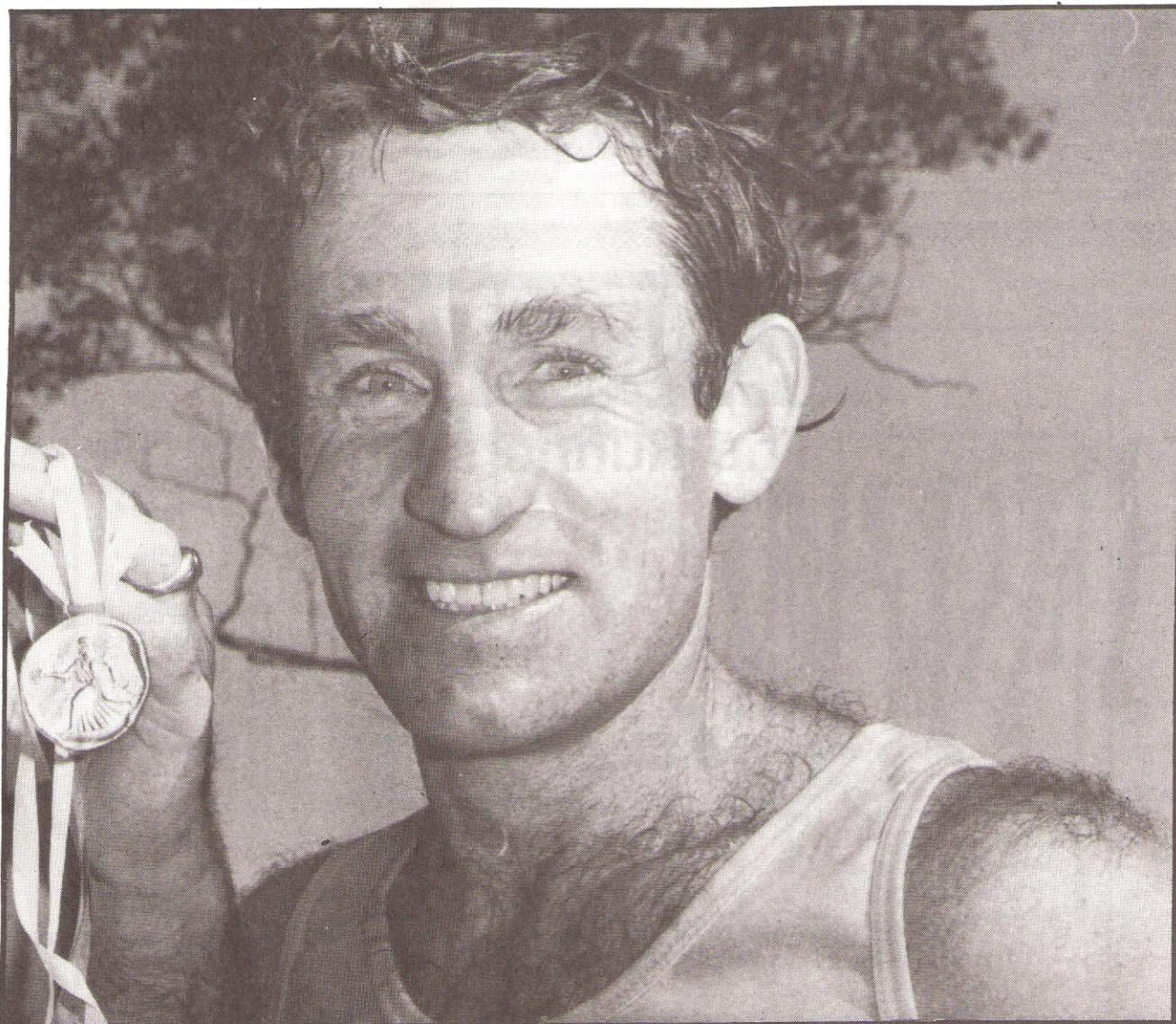
The question I was most often asked after winning the 1983 Commodore Computer State Marathon was how happy was I with the time of 2:24:11. If I were to take a lead from our politicians I would answer 'I was very pleased to win'. However, not to evade the question I must confess that I consider myself lucky to have won in that time. With so many marathoners going under 2:10 these days, 2:24 seems hardly worthy of an event as major as the Commodore Computer Marathon. But, every runner learns to live with the fact that sometimes you win when you maybe don't deserve to and other times you will lose when really you deserved to win. Whichever, there is always something to be learned from this race which raises optimism and desire to run the next. Such is the disease of the marathon.

In this case I feel that I learned of the shortcomings of my recent training program and accordingly I will make the changes and look forward to a faster run in the National Championship in June. That is the practical side; there is also the philosophical. So often the 'easy'

ones are the fast ones, and its when your condition has shortcomings that the real effort is required. By no means do the elite marathoners have greater tolerance to pain and therefore can push themselves further. My admiration goes not to the winner but to the less able who apply great effort over a much longer period to encourage their bodies to do as the mind tells and not to surrender.

To me there is no doubt that the real joys of life are derived from endeavours which require personal commitment and effort. That is why the marathon is recognised as one of the most rewarding challenges that man can apply himself to. I personally am greatly indebted to the organisers — The Sydney Marathon Clinic, A.A.A. and Army officials who put the work into the race and to Commodore Computers and The Sun Newspaper for facilitating the success of the event. Without the support of these groups, we the runners could not enjoy the race support utilities, the safety of a traffic free course or probably even the opportunity to 'have a go'.

On behalf of all the runners — THANK YOU.



The Lowly Attendant

(by Dr. Peter Di Michiel)

The 1983 Commodore Computer State Marathon has now been run and won, and won in great style by a superbly fit John Stanley. Second was Horst Wegner, a great competitor, always giving of his best, and it was very exciting to see him filling second place. Third was Greg Sockhill, only a young competitor, but obviously on the threshold of a great career.

However, to all finishers right down to Brenda Every who crossed the finishing line a little after the rest of the competitors, I offer my warmest congratulations, and also my jealous begrudging applause.

Unfortunately, last November, I drew short straw and was shunted off to administration duties for the 1983 Marathon. This didn't really worry me as I had run the previous two, a swollen sore knee made running difficult, and I also thought that organising the event would be a bit of a bludge.

It subsequently came as a rude shock when I discovered the mountain of work organising the event entailed.

However, with an extremely competent coolheaded director in Ken Stenner, and very knowledgeable hard working club captain in Jack Black, events travelled smoothly, and the day itself was highly successful.

On the day, I had the opportunity to closely observe the finishers (and the finished). John Stanley and Horst Wegner were most inspiring as they breasted the tape. Shortly after, Keith Swift finished, having run 440 Km in the Sydney - Melbourne Marathon only a few days earlier. Keith looked unpeturbed and gave a T.V. interview immediately he finished - what pannahe and shades of De Castella!

As the morning progressed, the heat and humidity started to take its toll. No longer did runners breeze in, they now started to struggle in. At the three hour mark, there was a brief period of sprints and frantic dashes as runners desparately tried to break 3 hours. At 3:01:29, Jack Black, the Club president finished. Jack has now become the perennial, just-over 3 hours mara-

thon runner, but one day he'll break it. Just before Jack, Patricia Marshall finished, the first lady home, and looking well enough to run another marathon.

Next, the occasional senior citizen started arriving, notable George McGrath and Harold Batterham, but I think they had had enough at the finish. More ladies arrived, the majority looking pretty weary. The last contingents, most of them a little younger or a little heavier than the average marathon runner, struggled in, most of them exhausted and cramping up, but all with a defiant look of victory, pride, elation and contentment, and I feel, tremendous relief that this masochistic soul-destroying event was over. Each of them seemed to look at me with comtempt, as they were successful marathon runners, while I was a lowly attendant.

So right they were, but next year, I'll be there with them, as it's frustrating in the extreme to be so near an event but not take part.

Talays



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adidas TRX
\$55 - \$45

Converse Racing
\$70 - \$59

NEW BALANCE SHOES
AVAILABLE

Seiko Sports Timing

Seiko, the top ranking watch and clock company, introduced to Australian Sporting Circles this year, a new running Timer (RT-3), and Sports Printer (CT-816).

These two new timing devices were greatly attributable to the success of this years Commodore State Marathon.

The Seiko Running Timer is a double faced public display unit which utilizes a large fluorescent rotary bar digital readout, 135 cm wide by 33 cm high.

The clock is capable of measuring elapsed time up to 9 hours, 59 minutes and 59 seconds with lap time and nominated start time facilities. The whole system is fully transportable while in use and is powered by a standard 12 volt automobile battery.

The Seiko Sports Printer is an extremely light (3 kg) multi-purpose printing timer which provides a highly accurate printed record of running times.

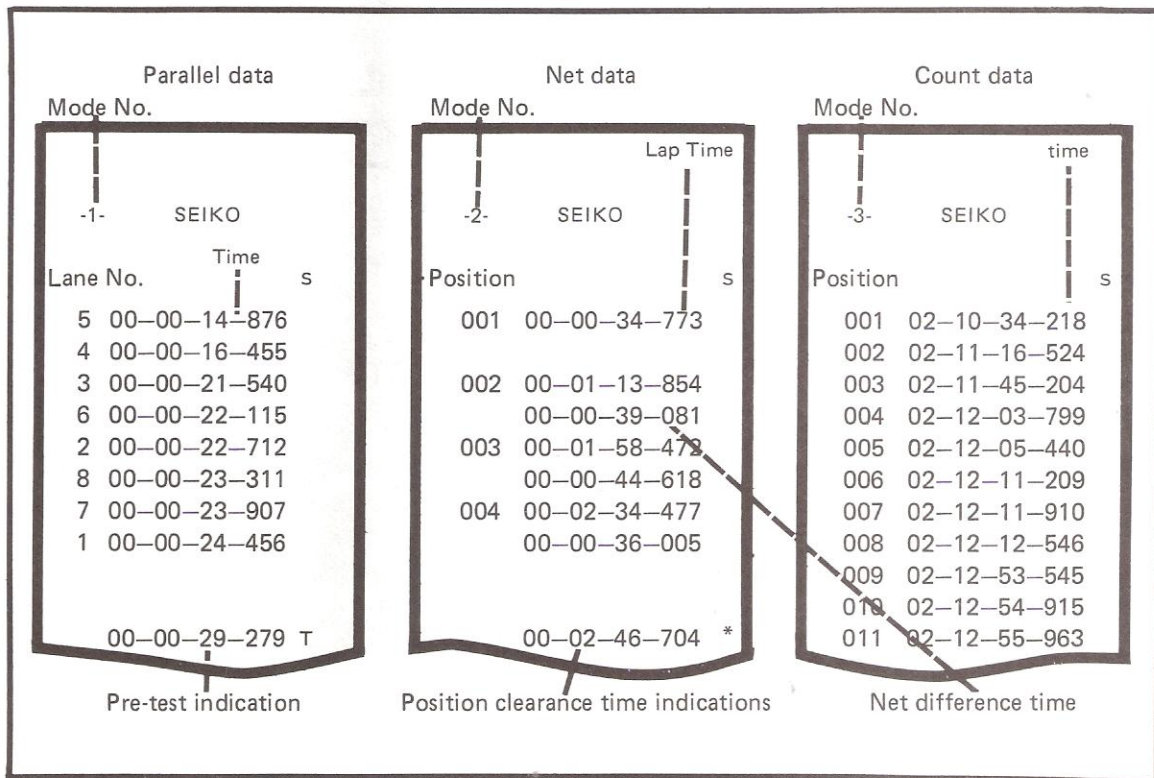
The heart of the system is a quartz oscillator, which when combined with the inbuilt micro-computer enables this remarkable machine to store in memory for printing, timing data in



increments of 1/1000th of a second simultaneously and continuously from 16 channels of input.

The unit can identify competitors

lanes, print times in order of positions with differences shown, and count the number of finishers with times. Sample of readouts shown below.



State Marathon Creates History in Greece

This year's New South Wales marathon has been recorded in the history books of the Greek town that gave its name to all marathon races — because of the man who was its patron.

When Mr. Alexandros Zagaris — the Mayor of Marathon — gave the signal to start the race on Sunday, May 8, he became the first person from the birthplace of marathon running ever to have started an overseas race.

The invitation to Mr. Zagaris came from Mr. Nigel Shepherd, head of Commodore Computer, who sponsored the event for the second successive year.

Mr. Shepherd wanted to do something that would distinguish the State marathon from the dozens of others being run around Australia.

So he decided to invite the first citizen of Marathon, in Greece, to come to Sydney.

Mr. Shepherd's idea not only singled out the New South Wales marathon in this country, but also put it on the map internationally — at least as far as the people of Marathon are concerned.

They were so impressed by the invitation that committee members of their municipal council called a special meeting at which they passed a decree for Mr. Zagaris to present to Sydney's Lord Mayor.

The message was recorded on a scroll and it congratulated Commodore Computer and the people of Sydney, through the Lord Mayor, for acknowledging the historic relevance of the race to the town of Marathon.

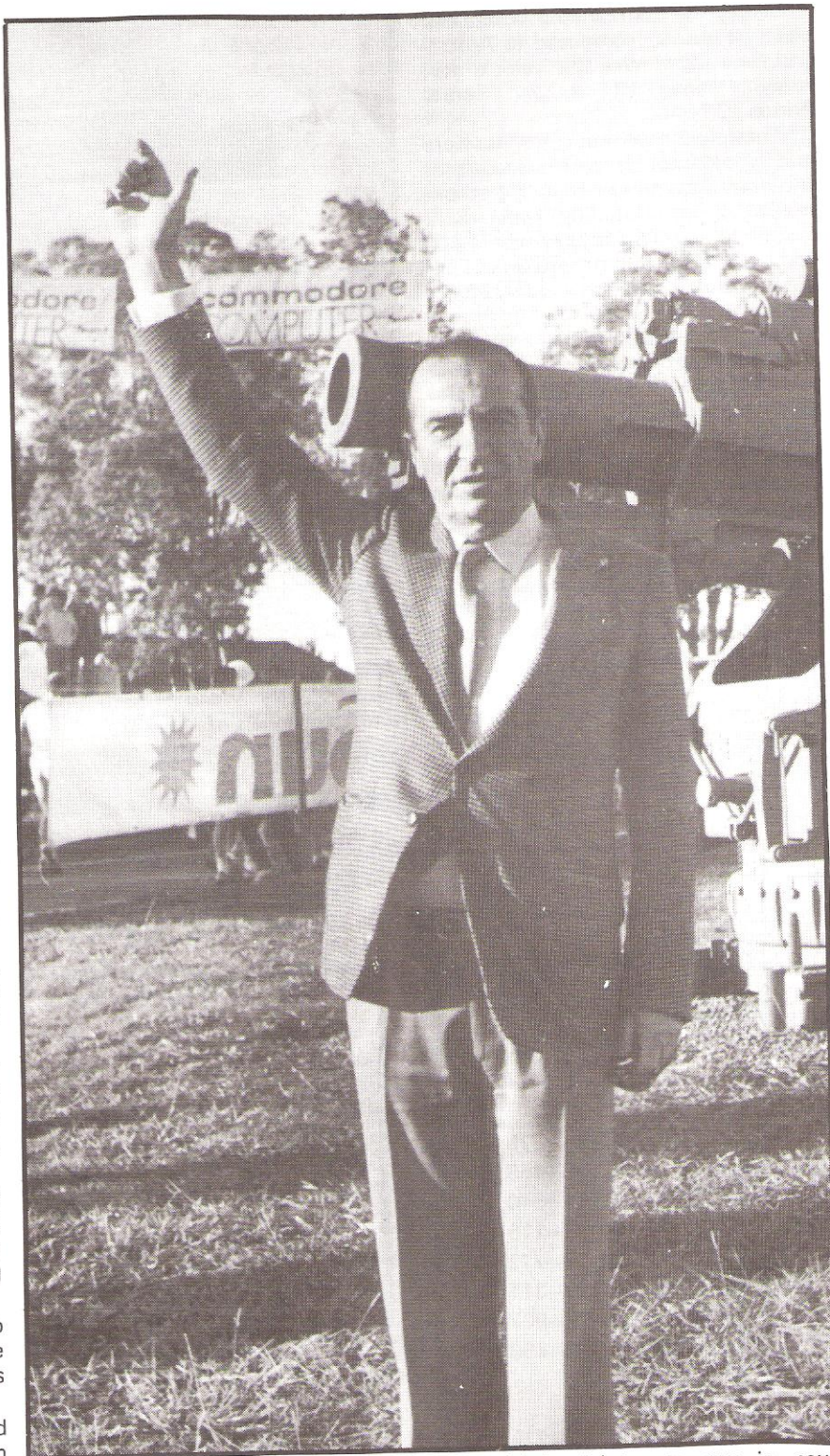
It went on to say: "We consider this invitation as an honour to the place where the marathon was born and where the world learned how to win and cherish freedom."

Mr. Zagaris presented the decree at a civic reception at Sydney's Town Hall which was arranged in his honour by the Lord Mayor, Alderman Doug Sutherland.

The community of Marathon also specially struck three medals for the first place-getters in last month's race.

The medals — a gold, silver and bronze — were of the original design used in the ancient Olympic Games and were inscribed: "From Marathon to the winner, May 8, 1983."

John Stanley, Horst Wegner, and Greg Sockhill won the medals which



Mr. Zagaris presented at the function following the race in the Army's Maxwell Club.

At the same time Mr. Zagaris extended a personal invitation to the

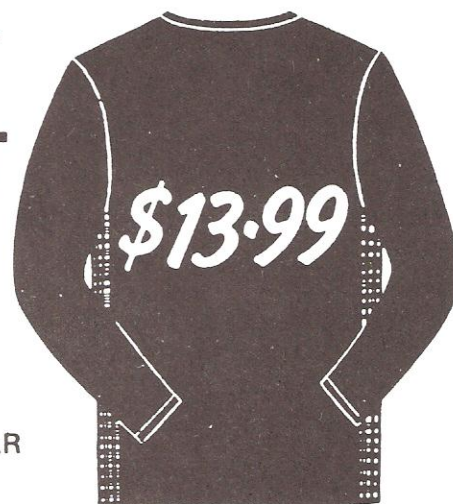
assembled athletes to run in next year's Marathon to Athens classic.

He said that the people of Marathon would be delighted to welcome any of them should they visit his town.



Left to right: The Lord Mayor, Alderman Doug Sutherland; Mr. Nigel Shepherd, Managing Director of Commodore Computer; and Mr. Alexandros Zagaris, the Mayor of Marathon – at the civic reception held in the Town Hall. Mr. Zagaris holds the scroll carrying a special message from the people of Marathon to Sydney's Lord Mayor.

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Results Processing



Once again a most successful event! Congratulations to all competitors and not to be forgotten, another winning team – the Commodore equipment used to process the results on the day.

For those computer buffs amongst us, the scoring was done on a Commodore 8096 and a Commodore 9090 Hard Disk Drive running the Silicon Office data base software system.

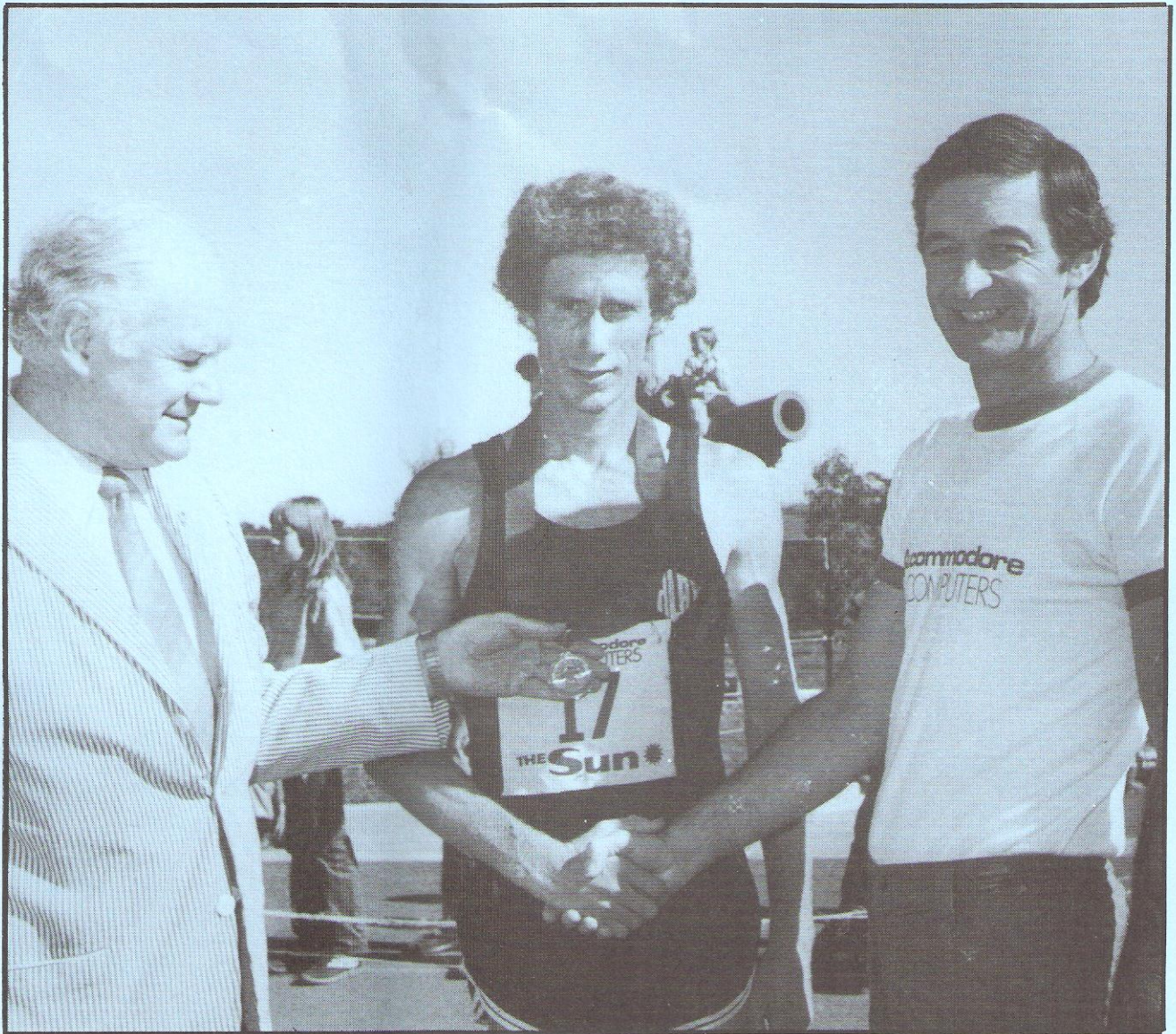
With 700 entries to store and almost as many finishing results to record and report on, it was no mean feat. However, operations went very smoothly on the day and the results were produced right on schedule.

Validity of the information was ensured by the very nature of the system and also the fact that two identical systems were running in

parallel the whole time. Not only did this enable cross checking of results but also the production of periodic reports throughout the course of the race.

Well done Commodore!!!

About the Clinic



A few keen Marathoners, inspired by what they had seen on a trip to New Zealand, decided to commence a long distance running group, where runners could be guided towards running longer distances with ultimate goal — a marathon. They met at the Wran Leisure Centre at Villawood on Sunday, 5th December, 1979. It was decided to call this gathering — the Sydney Marathon Clinic . . .

Three and a half years and three State Marathon Championships later, our aim is the same — to promote long distance running and help runners to run a better and more enjoyable marathon.

We have changed a little, however.

We can now say that we cater for **ALL** levels of long distance running; from Australian and NSW Champion class down to occasional, 6 minutes per Km jogger. From sub-juniors that only run 2 to 3 Km, to veterans and ultra-marathoners that run up to 100 miles. We are affiliated with the NSW Amateur Athletic Association — the controlling body of athletics in this state — to give our members a chance to participate in any Championship event anywhere in the world, while still maintaining close links with other jogging clubs and groups.

We have our own Athletic Oval situated at Rosford Street Reserve, Smithfield, with full track training

facilities. We meet there every Sunday morning, (except on a Marathon day) and run various distances (10 Km — 35 Km) over different courses. Hot and cold drinks and hot showers are available after the run. Once a month, usually every third Sunday, we conduct a handicap run over half marathon distance for seniors and quarter marathon for juniors. In this type of race everybody has an equal chance. Everybody is welcome to attend any of our runs at any time.

Why don't you ring or write to us for more information. . .

Jack Black
President

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