



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 of  
Spring, Summer, Autumn Winter.

All keen athletic people are invited to contribute letters, results, comments, etc. which they feel are of interest to the sport and which would serve to provide information and a better understanding of athletics and the world of sport.

Intending contributors are asked to note that -  
MATERIAL FOR PUBLICATION MUST BE SUBMITTED ON SINGLE SPACED TYPED FOOLSCAP, irrespective of length, but it is suggested that articles should not exceed ONE AND A HALF PAGES OF FOOLSCAP, and so keep editing to a minimum.

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.

DEADLINE FOR COPY - THE 15th DAY OF FEBRUARY, MAY, AUGUST, NOVEMBER.

THE VICTORIAN MARATHON CLUB IS

- OPEN FOR MEMBERSHIP for any registered amateur athlete.
- COSTS \$1.00 per annum for Seniors.  
\$0.50 per annum for Juniors (Under 19)
- CHARGES 50¢ Race Fee for each event,
- AWARDS TROPHY ORDERS FOR THE FIRST THREE PLACEGETTERS IN EVERY HANDICAP, ALSO THE COMPETITORS GAINING THE THREE FASTEST TIMES IN THESE EVENTS.  
THE V.M.C. MARATHON CHAMPIONSHIP CARRIES EXTRA PRIZE TROPHIES.
- ENTITLES All financial members to share in the awards, receive information issued by the Committee, and to attend V.M.C. Meetings with full voting and electoral rights.

FOR FURTHER INFORMATION DIRECT YOUR ENQUIRIES TO THE HONORARY SECRETARY OF THE VICTORIAN MARATHON CLUB, TERRY HUNTER, 69 LYNDBURST STREET, RICHMOND.

3121

\*\*\*\*\*

THE INTERSTATE LINES OF COMMUNICATION

AMATEUR ATHLETIC UNION OF AUSTRALIA

A. Lee Morrison, 15 Heath St.,  
SANDRINGHAM. 3191 VICTORIA

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

In view of the National Marathon now being scheduled regularly at the end of July or early in August, we wish to ascertain preferences of the members of the VMC as to the date on which to hold the VMC Marathon.

You must bear in mind that this race is also our main guide for VMC Selectors for overseas representation in New Zealand or wlsewhere.

Tick the month you prefer and return the form to the VMC Secretary:

TERRY HUNTER, 69 Lyndhurst Street, RICHMOND. 3121.

I prefer the VMC Marathon to be held in JUNE .... AUGUST .... SEPTEMBER ....

Name..... Signature .....

ENTRY FORM - TRACK RACES - EDITHVALE - OCTOBER 12th. PROGRAM STARTS AT 2.00.P.M.

Events are:- 3000m Weight-for-Age Veterans Handicap.  
3000m Junior Teams Race (Holders - Ivanhoe)  
5000m Open Teams Race (Holders - Croydon), these being VMC events.  
Other events are 100m; 200m; 1000m; and others on request.

Please enter us for the 3000m Veterans Handicap .....

Please enter us for the 3000m Junior Teams Race .....

Please enter us for the 5000m Open Teams Race .....

Please enter us for the ..... event

Please enter us for the ..... event

Please enter us for the ..... event

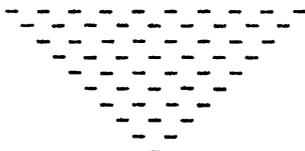
Race Fee: 50¢ per head, covering all events. Teams races \$2 per team.

ENTRY FORM VMC 1 HOUR RUN. RINGWOOD TRACK. OCTOBER 19th. 5.00.P.M.

ENTRANTS TO CHECK IN AT 4.00.P.M.

Please enter my name for the VMC 1 Hour Run .....

ALL ENTRIES MUST BE RETURNED TO  
FRED LESTER  
1 GOLDING STREET,  
CANTERBURY. 3126



The present Winter Season, after getting off to a brilliant start with great participation and fine results in the first two races at Princes Park and the Domain, lost a fair bit of its momentum as far as the VMC was concerned. Having to chop around in the programming of our Marathon, after the Annual General Meeting had voted out the plans worked out with the VAAA's Cross Country Committee, created a somewhat larger than usual gap between events for our members. Not the least of our troubles is the fact that we in Victoria have not adjusted ourselves to the new date for the National Marathon.

It must be remembered that the VMC has for some years battled to have our No. 1 Marathon in Australia slotted into a position on the calendar when the best conditions are likely to be obtained, now it is up to us to work in with that to the best advantage of Victorian distance runners. Both the National and VMC Marathons offer opportunities for overseas competition and to fit in more than 3 hard Marathons into a season is coming very close to engaging in a calculated risk. I wonder how much significance can be attached to the result of the National Marathon when the best performed Victorians, 4. Gerry Sofianos and 6. Terry Harrison, did not compete 6 weeks earlier in the Victorian event; No. 8, Max Little did, and improved by over 6 minutes in his second attempt at the distance after wisely passing up the 25km three weeks earlier!!!

Obviously we need to retain a flexible approach at all times, what suits one case need not apply to another, thinking and re-thinking is a continuous process. It's a bit like the question I had thrown at me after a meeting the other night, and a good thing it was as I have been thinking about it ever since. The question was: "Do you believe in tradition?" At the time I answered vaguely along the lines "Within limits" provided it helps achieve what you want. Looking back now I consider that a very bad answer, almost as inflexible as the reasons behind the question itself. Because it stems from the idiotic assumption, or acceptance if you like, that something or someone will do things for you, inhibiting you from doing what is best for you, equating tradition with something like an Athlete's Father Xmas. Tradition is largely a romantic association of pleasant experiences, shared either directly or indirectly with other people, it is continually made and re-made by people in action.

As far as we can speak of tradition in the VMC, it is expressed in the athletes participating themselves in the organising and conduct of events, in the fact that no one claims any special privileges, everyone has a chance of participating in the prizes, the emphasis is on enjoyment of competition, not competition versus enjoyment to the eventual detriment of the latter. I somehow feel that tradition is really not adequate in expressing the many ideas and attitudes of our members, we come together to express ourselves through running through a host of different motivations. What is important is not to find a label to categorise what is or what we do but to do what we enjoy doing, joining and sharing with others for our mutual benefit and not expect someone or something to throw it into our lap.

That also entails attending to the necessary chores around the place, and now that several have indicated the areas in which they feel they can cope with some of the routine tasks we'll have to make sure that noone is left with burdensome jobs. If the attendance of the members who got the Winter Newsletter ready for despatch is any indication, we are well on the way. The real test for our race organisation will come with the track events that we have scheduled, both for the 1 hour and the divisions of the Emil Zatopek race. There are still too many of our athletes around who, when for some reason or another they are not involved in the race itself, still fail to come along and assist in the organisation and smooth functioning of events for their fellow athletes. Yet, very often, they are some of the most vocal when races that they are involved in do not come up to their expectations in efficiency!

One other aspect of the VMC is that we do not try to set ourselves up as an authority to tell others how to conduct their events, nor are we there to do it for them. It will be a very sad day indeed if ever we have to write it into the constitution what runners should think and how they should act. We are a body of self-help and mutual assistance for all who want to run long distances, and we don't want anyone to tell us how to go about our own affairs and neither do we want to lord it over others or compete with them for supremacy.

The success of the V.M.C. up to date is built on solidly striving for what is in the best interests of all distance runners in Australia as far as we are able to do in our own corner and to co-operate with like-minded people throughout the Commonwealth.

Fred Lester.

Editor, VMC. Newsletter

## FIXTURES

## FIXTURES

## FIXTURES

## FIXTURES

Sept. 6 VMC 32km KING OF THE MOUNTAINS, Point Leo, 1.30.p.m. (Veterans, 1 pm start)  
 Women and Under 17 10km  
 Sept. 13 A.A.U.of A. 10,000 C.C.Championship - Adelaide  
 Sept. 14 (Sunday) Warragul - Half - Marathon  
 Oct. 12 (Sunday) VMC. Track Races, EDITHVALE TRACK, CHELSEA AAC 50 YEARS JUBILEE, 2.pm.  
 Oct. 19 (Sunday) 1 Hour Track Race on New All-weather Track, RINGWOOD, 5 to 6 p.m.

## SUMMER EVENTS

## SUMMER EVENTS

Oct. 28 (Tuesday) 10,000m track run, BOX HILL (Replacing Camberwell-Ivanhoe fixture)  
 Nov. 5 (Wed.) Qualifying Trial - 6.00.p.m.  
 VMC 16km Open, 6km Women and Under 17, Two Bridges Course, 6.30.pm.  
 Nov. 19 (Wed.) VMC 12km Open, 4km Women and Under 17, Two Bridges Course, 6.30.pm.  
 Dec. 3 (Wed.) VMC 8km Open, 2km Women and Under 17, Two Bridges Course, 6.00.p.m.  
 Dec. 15 (Mon.) VMC Emil Zatopek 10,000m C & D Divisions, Olympic Park, 6.30.p.m.  
 Dec. 16 (Tues) VMC E.Zatopek 10,000m B Division, Women 3000m, Olympic Park(Special Meet)  
 Dec. 17 (Wed.) VMC E.Zatopek 10,000m A Division, Master Mile, Olympic Park(Special Meet)  
 Dec. 26 (Frid) Boxing Day Picnic Meeting with Veterans (Tentative at this stage)  
 Dec. 31/Jan. 1. (Wed.) VMC Midnight Run, Two Bridges Course, Barbeque.  
 Jan. 6 (Tues) Chelsea/VMC Run-for-Your-Supper & Barbeque, Edithvale, 6.00.p.m.

PLEASE NOTE: All entries for the Emil Zatopek 10,000m MUST be in the hands of the  
 Secretary by SATURDAY, DEC. 6th., 1975

Cut-off times for "A" are 32.00 for 10,000m and 15.00 for 5000m, achieved since 1/4/74.  
 Cur-off times for "B" are 35.00 for 10,000m and 16.30 for 5000m, achieved since 1/4/74.  
 Cut-off times for "C" are 39.00 for 10,000m and 18.00 for 5000m, achieved since 1/4/74.  
 Only financial members of the V.M.C. are eligible in B. C. and D Divisions.  
 Non-Members of the V.M.C. may be permitted to run by invitation in the "A" Division,  
 provided they have reached a minimum standard of 31.30 and 14.20 respectively since  
 1st April, 1974. Race fees apply without exception.

EVERY Competitor is required to have another person available and capable of  
 assisting in lap scoring. This also applies to the 1 Hour Run.

VENUE INFORMATIONVENUE INFORMATIONVENUE INFORMATION

TWO BRIDGES COURSE - At rear of Olympic Park, around river roads between Swan St. and  
 Morell Bridges - 2000m circuit - Tram in Batman Av./Swan Street corner.

ALBERT PARK - Walkers Club Rooms (Robinson Hall) Low cream brick building facing lake,  
 adjoining Basketball Stadium, just off Albert Road - circuit 5000m.  
 2km from City, tram along St. Kilda Road, alight just past Shrine.

PRINCES PARK - Royal Parade, Parkville, between Melb. University and Carlton Football  
 Ground, Brunswick or Coburg Tram in Elizabeth St to Ievers Street.  
 Pavilion nearest to Football Ground - Circuit 2 Miles (3200m.)

DOMAIN ROAD - immediately circuiting Botanical Gardens and Music Bowl, starting at  
 rear of the Shrine - Circuit 4000m (2½ Miles)

TYABB - Main Road to Hastings -Wells Rd. and Frankston Bypass, just past Somerville.  
 Public Hall in Tyabb is on 10,000m circuit corner.

POINT LEO - Flinders Rd. via Wells Rd. and Frankston Bypass, Moorooduc, Merricks to  
 Pt. Leo Beach Rd. intersection with Red Hill South Rd. St. Johns Boys Camp  
 is 400m from corner away from beach. 14km to Arthur's Seat - 300m elevation.

TRACKS - Olympic Park - Tram Batman Av/Swan St., Train to Richmond Station 1km away.

University - Tram either Swanston or Elizabeth Sts. to far end of University.

Preston - Train to Reservoir, along Edwardes Street to Edwardes Lake.

Heidelberg - Bus in Russell St (City) to Olympic Village, or car to Murray Road,  
 Preston, (Northland Shopping Centre), cross creek to track.

Box Hill - Train to Box Hill, bus to Elgar Road, 1km from Whitehorse Road.

Sandringham - Train to Hampton, 1km east along Thomas Street from Hampton St.

Mentone - - Train to Mentone. By car along Pt. Nepean Rd. 21km from City.

Oakleigh - - Huntingdale Rd. South, 600m from North Rd. Overpass adjoining  
 the Huntingdale Railway Station.

Chelsea - - Edithvale Road (Beach end of Springvale Rd) 1km from Edithvale  
 Railway Station

- - - - -

COMBINED V.M.C. & TRARALGON MARATHONS. TRARALGON. SATURDAY, 1st JUNE, 1975

65 Starters - 36 Finished. Day - Fine, cool, with fresh breeze.

| Pl. | Name            | Finish Time | Hand.     | Hand. Pl | Pl. | Name             | Finish Time | Hand. | Hand Pl. |
|-----|-----------------|-------------|-----------|----------|-----|------------------|-------------|-------|----------|
| 1   | Andy HILL       | 2:26.16     | 0.00      | 11       | 19  | Keith ROUTLEY    | 2:56.54     | 39.00 | V 1      |
| 2   | Paul O'HARE     | 2:29.39     | 6.00      | 6        | 20  | Gerry HART       | 2:58.48     | 21.30 | 22       |
| 3   | Dave EDWARDS    | 2:30.03     | 6.30(NSW) | 5        | 21  | Jaukka LAAJOKI   | 2:59.27     | -     | -        |
| 4   | Phil HAMER      | 2:31.03     | 3.30      | 14       | 22  | Barry JONES      | 3:01.39     | 37.00 | 7        |
| 5   | John DUCK       | 2:31.26     | 8.00      | 4        | 23  | Ross SHILSTON    | 3:04.08     | 18.00 | 27       |
| 6   | Garry HENRY     | 2:34.55     | 11.30     | 3        | 24  | Gerry RILEY      | 3:05.06     | 31.30 | V 19     |
| 7   | Colin EATON     | 2:40.19     | 14.00     | 12       | 25  | Leigh THOMPSON   | 3:08.54     | 35.30 | 18       |
| 8   | Gerry PLOEG     | 2:43.12     | 15.30     | 15       | 26  | Bill SMITH       | 3:10.04     | 41.30 | 16       |
| 9   | Alan ASHMORE    | 2:45.54     | 9.30      | 21       | 27  | John EYRE        | 3:10.42     | 30.00 | 24       |
| 10  | Laurie WELLS    | 2:46.28     | - (NSW)   | -        | 28  | David FARNSWORTH | 3:12.26     | 41.30 | 17       |
| 11  | Tom GILLIS      | 2:47.33     | - (NSW)   | -        | 29  | Bill HARRISON    | 3:13.18     | 34.00 | 23       |
| 12  | Matt RYAN       | 2:48.24     | 12.30     | 20       | 30  | John McDONNELL   | 3:13.25     | 30.00 | 26       |
| 13  | John LYONS      | 2:53.09     | 28.00     | 8        | 31  | Don WILLIAMS     | 3:16.47     | 35.00 | 25       |
| 14  | Robb ORR        | 2:53.24     | 26.30     | 13       | 32  | Kon BUTKO & DOG  | 3:17.11     | 23.00 | 30       |
| 15  | Jim CRAWFORD    | 2:53.45     | 28.00     | 1V6 9    | 33  | Rod HARRISON     | 3:17.40     | -     | -        |
| 16  | Peter ARMLSTEAD | 2:55.28     | -         | -        | 34  | Geoff WILSON     | 3:21.40     | 35.30 | 28       |
| 17  | Richard JEFFERY | 2:55.29     | 33.45     | 2        | 35  | Peter KEHOE      | 3:29.38     | 41.30 | 29       |
| 18  | Bruce WATT      | 2:56.48     | 31.00     | 10       | 36  | Rob DOWNES       | 3:38.55     | 43.30 | 31       |

TEAMS RESULT:-

|   |                    |               |   |           |               |
|---|--------------------|---------------|---|-----------|---------------|
| 1 | St. George (NSW)   | 7h. 04m. 04s. | 4 | Ringwood  | 8h. 50m. 01s. |
| 2 | Traralgon Harriers | 8h. 39m. 18s. | 5 | Frankston | 9h. 22m. 43s. |
| 3 | Box Hill           | 8h. 45m. 37s. |   |           |               |

MARATHON CHAMPIONSHIP OF VICTORIA. POINT COOK TO WERRIBEE & RETURN. 28 JUNE, 1975

|    |                   |             |    |               |             |
|----|-------------------|-------------|----|---------------|-------------|
| 1  | K. Ryan (N.Zeal.) | 2h.13.15s.  | 40 | B. Watt       | 2h.52m.54s. |
| 2  | C. Wardlaw        | 2h.21m.42s. | 41 | H. Boreham    | 2h.53m.05s. |
| 3  | D. Gazely         | 2h.23m.26s. | 42 | G. Riley      | 2h.53m.16s. |
| 4  | G. Milne          | 2h.24m.54s. | 43 | I. Wright     | 2h.54m.14s. |
| 5  | P. Hannaford      | 2h.26m.04s. | 44 | R. Mandile    | 2h.54m.20s. |
| 6  | D. Marburg        | 2h.28m.37s. | 45 | W. Willis     | 2h.54m.49s. |
| 7  | G. Van Der Ploeg  | 2h.29m.31s. | 46 | B. Jones      | 2h.54m.52s. |
| 8  | G. Kipp           | 2h.29m.32s. | 47 | G. Smith      | 2h.55m.32s. |
| 9  | J. Duck           | 2h.30m.09s. | 48 | J. Oliver     | 2h.55m.44s. |
| 10 | H. Van Wyngaarden | 2h.31m.44s. | 49 | D. McGregor   | 2h.56m.01s. |
| 11 | M. Little         | 2h.31m.57s. | 50 | C. Butko      | 2h.57m.02s. |
| 12 | T. Collie         | 2h.34m.14s. | 51 | W. Smith      | 2h.57m.02s. |
| 13 | R. Harry          | 2h.37m.28s. | 52 | J. Curry      | 2h.57m.14s. |
| 14 | R. Shilston       | 2h.37m.50s. | 53 | J. Conway     | 2h.57m.38s. |
| 15 | R. Dowling        | 2h.37m.51s. | 54 | B. Anderson   | 2h.58m.22s. |
| 16 | L. Michelsson     | 2h.37m.52s. | 55 | A. Kingsland  | 3h.00m.31s. |
| 17 | S. Radoslovic     | 2h.39m.00s. | 56 | H. Harrison   | 3h.01m.01s. |
| 18 | J. Kneen          | 2h.39m.24s. | 57 | S. Hilditch   | 3h.01m.05s. |
| 19 | D. O'Brien        | 2h.39m.36s. | 58 | K. Lyons      | 3h.01m.17s. |
| 20 | T. Oehr           | 2h.39m.58s. | 59 | J. McDonnell  | 3h.03m.11s. |
| 21 | J. Seymon         | 2h.40m.10s. | 60 | K. Augustine  | 3h.03m.47s. |
| 22 | M. Goerke         | 2h.40m.23s. | 61 | I. Carter     | 3h.03m.49s. |
| 23 | R. Orr            | 2h.41m.23s. | 62 | D. Jones      | 3h.04m.05s. |
| 24 | B. Meakin         | 2h.41m.44s. | 63 | D. Farnsworth | 3h.05m.05s. |
| 25 | R. Jamieson       | 2h.41m.57s. | 64 | R. Downes     | 3h.05m.17s. |
| 26 | R. Wallis         | 2h.42m.15s. | 65 | N. Taylor     | 3h.05m.20s. |
| 27 | M. Carson         | 2h.42m.22s. | 66 | M. Cox        | 3h.05m.31s. |
| 28 | P. Lear           | 2h.43m.17s. | 67 | R. Brown      | 3h.07m.57s. |
| 29 | R. Young          | 2h.44m.20s. | 68 | P. Monagle    | 3h.08m.43s. |
| 30 | M. Lord           | 2h.45m.14s. | 69 | L. Sleeman    | 3h.10m.47s. |
| 31 | L. Loveless       | 2h.45m.54s. | 70 | B. Crosbie    | 3h.14m.55s. |
| 32 | G. Govan          | 2h.46m.56s. | 71 | J. Cozens     | 3h.17m.06s. |
| 33 | G. Hart           | 2h.48m.06s. | 72 | L. Hill       | 3h.19m.36s. |
| 34 | A. Ashmore        | 2h.48m.30s. | 73 | R. Harvey     | 3h.21m.16s. |
| 35 | G. Cozens         | 2h.48m.31s. | 74 | J. Graham     | 3h.21m.33s. |
| 36 | J. Crawford       | 2h.48m.47s. | 75 | R. O'Brien    | 3h.22m.47s. |
| 37 | R. Anderson       | 2h.49m.06s. | 76 | B. Dudon      | 3h.24m.07s. |
| 38 | D. Gibson         | 2h.49m.56s. | 77 | C. Murphy     | 3h.24m.39s. |
| 39 | P. Bethune        | 2h.51m.09s. |    |               |             |

| Pl. | Name              | Hand | Act. Time | Hand. Pl. | Pl. | Name              | Hand. | Act. Time | Hand. Pl. |
|-----|-------------------|------|-----------|-----------|-----|-------------------|-------|-----------|-----------|
| 1   | Peter BRUCE       | 0.00 | 30.52     | E26       | 25  | Geoff BAIRD       | 7.05  | 37.12     | 14        |
| 2   | Rob GILFILLANO    | 0.05 | 31.01     | J E27     | 26  | Sam HILDITCH      | 6.55  | 37.51     | E29       |
| 3   | Brian SHARE       | 1.20 | 31.45     | E19       | 27  | Roy JENNINGS      | 8.20  | 38.06     | 7         |
| 4   | Steve McCAULAY    | 1.50 | 32.06     | 16        | 28  | John CLARKE       | 6.30  | 38.24     | 41        |
| 5   | Murray WATSON     | 1.50 | 32.15     | E19       | 29  | Colin DONALD      | 7.00  | 38.30     | 38        |
| 6   | Neil CROKER       | 1.50 | 32.17     | E21       | 30  | Peter BATTRICK    | 8.50  | 38.32     | 6         |
| 7   | Bruce HOOLEY      | 3.00 | 32.49     | E8        | 31  | Les MOLLARD       | 9.10  | 29.30     | 5         |
| 8   | Dennis O'BRIEN    | 2.40 | 32.53     | 15        | 32  | John VISSER       | 7.30  | 38.49     | V 35      |
| 9   | H. Van Wyngaarden |      | 33.00     | V E33     | 33  | Bruce POWER       | 6.00  | 39.06     | 43        |
| 10  | Jim McCAULAY      | 1.30 | 33.09     | 39        | 34  | Tim GIULIERI      | 9.10  | 39.07     | 10        |
| 11  | Colin EATON       | 2.05 | 33.13     | 32        | 35  | Doug GRINSTEAD    | 9.50  | 39.18     | 1V 4      |
| 12  | Rob JAMIESON      | 2.20 | 33.15     | 28        | 36  | Brian O'CALLAGHAN | -     | 39.27     | -         |
| 13  | Barry McINTYRE    | 2.35 | 33.27     | E26       | 37  | Robert MANDILE    | 4.30  | 39.40     | 44        |
| 14  | John STAFFORD     | 3.35 | 33.36     | E11       | 38  | Geoff ALFORD      | 7.30  | 39.44     | 42        |
| 15  | Norm DUFF         | 3.10 | 33.43     | V 24      | 39  | Robert LISTER     | 11.00 | 40.12     | 1         |
| 16  | Peter BETHERAS    | 2.30 | 33.45     | E33       | 40  | Allan DAY         | -     | 40.36     | -         |
| 17  | David JONES       | 4.10 | 33.59     | E 8       | 41  | Ben BUNTMAN       | 10.25 | 41.10     | -         |
| 18  | John TELFER       | 4.40 | 34.02     | 2         | 42  | Peter RAMSAY      | -     | 41.31     | J -       |
| 19  | Bill ALLEN        | 3.50 | 35.14     | 36        | 43  | Keith NICHOLLS    | 12.00 | 42.20     | 17        |
| 20  | Brendon McVEIGH   | 5.00 | 35.32     | 23        | 44  | Allan JONES       | 12.15 | 42.36     | V 18      |
| 21  | Keith ROUTLEY     | 5.40 | 35.41     | V E11     | 45  | Ray DEMPSEY       | -     | 42.42     | J -       |
| 22  | Gary GRINSTEAD    | 5.55 | 36.00     | 1J 13     | 46  | Frank BONECKER    | 13.25 | 44.25     | V 31      |
| 23  | Bill HARRISON     | 5.15 | 36.43     | 37        | 47  | Dave BRADFORD     | 13.10 | 44.53     | 40        |
| 24  | Barry LYNCH       | 6.30 | 36.57     | E31       | 48  | Kevin O'CALLAGHAN | 15.40 | 45.07     | 3         |

## NEW SOUTH WALES MARATHON CHAMPIONSHIP. RICHMOND R.A.A.F. BASE. 28 JUNE, 1975

|    |                  |          |             |    |               |         |             |
|----|------------------|----------|-------------|----|---------------|---------|-------------|
| 1  | D. Edwards       | St. G.   | 2h.27m.35s. | 27 | R. Cook       | St. G.  | 2h.51m.25s. |
| 2  | J. Scott         | St. G.   | 2h.30m.12s. | 28 | P. Duncombe   | Suth.   | 2h.51m.51s. |
| 3  | G. Cox           | New Uni. | 2h.32m.32s. | 29 | H. Tiller     | My. P.  | 2h.52m.12s. |
| 4  | R. Gribble       | St. G.   | 2h.33m.51s. | 30 | N. Berger     | St. G.  | 2h.52m.56s. |
| 5  | R. Talay         | St. G.   | 2h.35m.13s. | 31 | R. Clark      | R.H.    | 2h.54m.28s. |
| 6  | K. Skelton       | S*wood   | 2h.35m.38s. | 32 | P. McGuinness | Or.     | 2h.54m.49s. |
| 7  | K. Mayhew        | R.Bot.   | 2h.36m.43s. | 33 | A. Duus       | A.N.U.  | 2h.55m.26s. |
| E8 | A. Jones         | R.Bot.   | 2h.37m.00s. | 34 | G. Taylor     | W. Sub. | 2h.56m.04s. |
| E8 | G. McGrath       | R. H.    | 2h.37m.00s. | 35 | J. Healey     | Or.     | 2h.57m.35s. |
| 10 | P. Lockyer       | W. Sub.  | 2h.37m.38s. | 36 | L. Ringuet    | Nep.    | 2h.58m.11s. |
| 11 | T. Gillis        | St. G.   | 2h.39m.20s. | 37 | L. Minty      | Suth.   | 2h.59m.40s. |
| 12 | A. Batchelor     | R. H.    | 2h.39m.44s. | 38 | A. Staples    | St. G.  | 3h.03m.25s. |
| 13 | P. Piper         | R. Bot.  | 2h.40m.07s. | 39 | E. Thompson   | W. Sub. | 3h.05m.26s. |
| 14 | R. Feeney        | W. Sub.  | 2h.42m.13s. | 40 | S. Everett    | Suth.   | 3h.06m.02s. |
| 15 | W. Williamson    | W.S.F.   | 2h.42m.17s. | 41 | D. Keyssecker | Nep.    | 3h.06m.19s. |
| 16 | H. Kirkman       | Suth.    | 2h.43m.48s. | 42 | J. Souter     | A.N.U.  | 3h.06m.55s. |
| 17 | A. McDonald      | W.S.F.   | 2h.44m.22s. | 43 | P. Ryan       | W.S.F.  | 3h.09m.09s. |
| 18 | G. Kent          | W. Sub.  | 2h.44m.46s. | 44 | G. Beahan     | B. S.   | 3h.10m.49s. |
| 19 | J. Laajoki       | W.S.F.   | 2h.45m.17s. | 45 | G. Small      | N. Can. | 3h.11m.25s. |
| 20 | K. Taylor        | St. G.   | 2h.45m.23s. | 46 | J. Hagan      | Suth    | 3h.21m.29s. |
| 21 | P. Circosta      | Q*land   | 2h.48m.26s. | 47 | S. Beveridge  | Parr.   | 3h.22m.38s. |
| 22 | D. Vane          | W. Sub.  | 2h.49m.09s. | 48 | D. Dickson    | Suth.   | 3h.26m.31s. |
| 23 | C. Morrison      | Wagga    | 2h.49m.30s. | 49 | P. McKenna    | W. Sub. | 3h.28m.24s. |
| 24 | A. Visalli       | R.Bot.   | 2h.49m.38s. | 50 | H. Batterham  | Suth.   | 3h.28m.58s. |
| 25 | R. Rojas (Disq.) | R.Bot.   | 2h.50m.34s. | 51 | H. Gorton     | W. Sub. | 3h.31m.32s. |
| 26 | G. Moore         | N. Can.  | 2h.50m.35s. | 52 | T. Sheedy     | W. Sub. | 3h.32m.27s. |

## TEAMS CHAMPIONSHIPS.

|   |                      |  |
|---|----------------------|--|
| 1 | St. George No. 1.    | 7 pts. (Edwards, 1; Scott, 2; Gribble, 4 )           |
| 2 | Randwick-Botany      | 28 pts. (Mayhew, 7; Jones, 8; Piper, 13)             |
| 3 | St. George No. 2.    | 36 pts. (Talay, 5; Gillis, 11; Taylor 20 )           |
| 4 | Wwatern Subs. No. 1  | 42 pts. (Lockyer, 10; Feeney, 14; Kent, 18 )         |
| 5 | Wollongong Sth.Flame | 51 pts. (Williamson, 15; McDonald, 17; Laajoki, 19 ) |
| 6 | Ryde-Nornsby         | 51 pts. (McGrath, 8; Batchelor, 12; Clark, 31 )      |

COUNTRY: 1. Wollongong, 51 pts. 2. Canberra, 101 pts. (26 33 42)

MARATHON CHAMPIONSHIP OF AUSTRALIA. POINT COOK. SATURDAY 9th AUGUST 1975. 1.30.PM.

41 Starters. Weather; Fine - Sunny - light breeze. 16°

|                                       |   |
|---------------------------------------|---|
| 1 John FARRINGTON NSW. 2h.17m.20s.    | 17 Robin CHESTER S.A. 2h.31m.37s.       |
| 2 David CHETTLE Tas. 2h.17m.23s.      | 18 John BOWERS (I) NSW. 2h.32m.18s.     |
| 3 Ronald IRWIN N.Z. 2h.20m.18s.       | 19 Edward GRIBBLE NSW. 2h.36m.59s.      |
| 4 Gerry SOFIANOS (I) Vic. 2h.23m.48s. | 20 R. G. TAYLOR Can. 2h.37m.55s.        |
| 5 Victor ANDERSON W.A. 2h.24m.29s.    | 21 Terry COLLIE Vic. 2h.38m.28s.        |
| 6 Terry HARRISON Vic. 2h.25m.06s.     | 22 Keith MAYHEW (I) NSW. 2h.38m.39s.    |
| 7 Brian MARSLAND W.A. 2h.25m.24s.     | 23 Garry HENRY (I) Vic. 2h.39m.04s.     |
| 8 Max LITTLE (I) Vic. 2h.25m.50s.     | 24 Jeffrey COLLINS (I) NSW. 2h.41m.46s. |
| 9 Frank LARKINS (I) Vic. 2h.25m.53s.  | 25 Thomas GILLIS (I) NSW. 2h.42m.32s.   |
| 10 David EDWARDS NSW. 2h.26m.15s.     | 26 Paul CIRCOSTA Q'1. 2h.42m.49s.       |
| 11 Paul O'HARE Vic. 2h.27m.10s.       | 27 Tarquin OEHR (I) Vic. 2h.42m.59s.    |
| 12 David MARBURG Vic. 2hr27m.44s.     | 28 Glyn COX (I) NSW. 2h.43m.53s.        |
| 13 Peter HANNAFORD Vic. 2h.28m.20s.   | 29 Richard DOWLING (I) Vic. 2h.47m.00s. |
| 14 Julian SCOTT NSW. 2h.29m.03s.      | 30 Graham BARBALET Q'1. 2h.48m.02s.     |
| 15 Gary CLARKE W.A. 2h.30m.20s.       | 31 Hugh BROWN (I) NSW. 2h.53m.19s.      |
| 16 John DUCK (I) Vic. 2h.31m.10s.     |   |

|   |                     |                     |
|---|---------------------|---------------------|
| <u>TEAMS RACE:</u> 1. N.S.WALES 14 Pts. | 2. W. AUST. 15 Pts. | 3. VICTORIA 16 Pts. |
| (Farrington 1)                          | (Anderson 2)        | (Harrison 3)        |
| (Edwards 5)                             | (Marsland 4)        | (O'Hare 6)          |
| (Scott 8)                               | (Clarke 9)          | (Marburg 7)         |

AUSTRALIAN "ALL TIME" MARATHON RANKINGS. AS AT 10/8/75. By Dick Dowling

|   |  |
|---|--|
| 1 Clayton, Derek. (13) 2:08.34.6 Belg. 1969 | 11 Wheeler, Ian 2:20.25 Can. 1969      |
| 2 Farrington, John (14) 2:11.12.6 NSW. 1973 | 12 Clarke, Ronald 2:20.26.8 Japan 1964 |
| 3 Norman, Brenton (5) 2:14.33.0 W.A. 1973   | 13 Robinson, Alan 2:20.35. NSW. 1973   |
| 4 Chettle, David (3) 2:16.39. Jap. 1974     | 14 Cook, Anthony 2:20.44.6 Vic. 1966   |
| 5 Birmingham John (1) 2:17.21. Vic. 1973    | 15 Wood, Thomas 2:20.48. S.A. 1972     |
| 6 Ryan, Neil (2) 2:17.59. N.Z. 1974         | 16 Stanley, John 2:20.50. W.A. 1973    |
| 7 Bruce, Peter (2) 2:18.46. Vic. 1973       | 17 Harrison, Alan 2:20.55.8 Can. 1969  |
| 8 McKinney, Rod (1) 2:19.06. Jap. 1966      | 18 Nicholls, Rodney 2:21.21. S.A. 1972 |
| 9 Irwin, Ronald 2:20.18. Vic. 1975          | 19 Wardlaw, Chris 2:21.42. Vic. 1975   |
| 10 Harrison, Terry 2:20.23. Vic. 1972       | 20 Falloon, Kevin 2:21.46. Vic. 1973   |

The figure in brackets indicates number of times better than 2:20.00.

LAW THOMPSON - The Rome Marathon, 1974. (Extracts from RRC Newsletter, Jan. 1975)

"Although I try to avoid approaching my races with any rigid plans or pre-conceived ideas, I think seriously about the problems to be faced. I decided that my only real worry was not the opposition but how I would stand up to the heat and humidity .... .. The worry was whether 10 days would be enough to acclimatise... For the first few days in Rome, running was really hard work, but gradually it became easier, and as the race day approached my confidence grew. I relaxed... Things had been feeling great in training, and I had not suffered too much on the diet... Indeed, I was in such a relaxed state of mind when the gun went off, that I was left somewhat standing, and instead of being in front as I have been in previous marathons, I was almost at the back of the field as we left the stadium. (he had moved to the front before 10km. Ed.)

We passed the River Tiber and approached St. Peters. There the buildings were high and the shadows cool, but in the open piazzas the sun burned into the back of my neck. Now I was gathering momentum and I began to tease the pack behind me with 'mini surges'. My mouth felt very dry as we left the city and its shade. I needed the first feeding station... Now there were only three of us. Sensed rather than seen, I recognised Lesse and Roelants. Just over halfway and I began to tighten the screw. Now there were just two shadows, then a straight stretch of country road between yellow and red fields. This time, I told myself, I surge until he drops or I drop. I kicked hard ... Suddenly there was only one shadow... for a while I felt smooth and strong, but all too soon, the heat and the early pace began to drag at my legs. I had seen no time boards, but I knew that for the conditions we were going fast. I did not try and fight to keep up the pace. I relaxed again and let my legs do the thinking. I had problems in those last 11 miles, but I knew if I was suffering then so was everyone else. I settled into a steady rhythm that was not broken by twinges of stomach cramp, pain in my left Achilles tendon, erratic motor bikes or momentary dizziness.

Two hours of noise and distraction, then the silent sanctuary of the tunnel. I felt no joy or triumph, no pain, just relief. Others set much score on winning or losing, I did not want to disappoint them by a bad performance. It's not much fun when everyone is so serious. Am taking a rest from marathons now to escape from these extreme pressures. Editor. Read last para 3 times, think for ½ an hour before continuing Newsletter.

BITS AND PIECES FROM HERE AND THERE.By Big Ears

Probably the greatest joke of the year was the so called 10,000 Metres Victorian Road Championship held at Werribee. Unfortunately a couple of VAAA Officials didn't go to the correct halfway mark and thus the field was headed for home at least 2,000 metres short of the distance. Many of the runners wanted the event re-run at a later date but the officials held firm and declared "its a title and you can't re-run it". You can do anything if you want to. Anyway one official went even further when interviewed by the press and made the remarkable statement that, "the short course didn't make any difference to the result as Brendan Layh (the actual winner) would have won anyway". By that comment can we assume that whoever is in front at any given distance during a race would naturally go to win the event? Not likely. To make things worse the results plus the winning time of ..... were published in the dailies. I felt that if the event couldn't have been re-run then surely the race should be recorded in the books as the correct distance the competitors ran, i.e. the 8,000 metres road championship, otherwise it only makes the keeping of records and rankings a complete waste of time.

Great to see Colin Sedgman and Tony Cook back home in Melbourne Town.

Oslo, July 31st. Bill Scott ran a 13:40 - 5,000 metres to finish in 5th place behind Rod Dixon who won in 13:21.6.

Isn't it amazing what research tells us. For instance, the Youth, Sport & Recreation Department found out after spending a few thousand dollars that the majority of Victorians are definitely not interested in taking an active part in sport and any wonder when the Minister for Y.S. & R tells us that making love is equivalent to a 100 metres dash. To most of them, walking to the toilet is too far. Actually I remember when making love was worth at least 5 miles. Must be all this inflation.

Big Ben Jipcho continues to lead the pro money winners list by averaging around \$2100 per meeting.

Gary Bentley - Tas. who is at present studying at Sth. Dakota State in the U.S has run the second fastest 6 miler over there as at the end end of June rankings list. His time of 27:31 is headed by the late Steve Prefontaine with a 27:18.6. Gary ran this P.B. against a class field of 35 which included Frank Shorter, and he also had to contend with a hailstorm which hit the field as it passed the 3 miles mark. His splits were:- 440 - 70 secs., 1 mile - 4:35; 2 miles, 9:12; 3 miles, 13:46; 4 miles, 18:26; 5 miles, 23:04; last 880, 2:08; 220, 27.3. Other performances are:- 12/4; 3 miles, 13.47; 16/4, 1500, 3:48.7; 19/4, 3 miles, 13:32.2.

For those interested, a current training week is:-

Day 1. 2½ miles straight, no break, consisting of 1st 220 @ 40 secs. increasing to 30 secs. for the next 220 and so on - a gut buster.

Day 2. 4 X 880 @ 2:18 pace with 440 jog followed by 6 X 440 @ 63-66 pace with 220 jog.

Day 3. 3 X 1 mile @ 70-64-70-64 laps with 5 mins rest.

Day 4. 16 X 330 @ average 49 with 110 jog.

Day 5. 440 @ 69; 880 @ 2:06; 1320 @ 3:24; 1 mile @ 4:28; 1320 @ 3:20; 880 @ 2:10; 440 @ 62 race pace (67-69), ½ of the distance doing is rest; e.g. 220 jog between 440, 440 jog between 880.

After reading this, I'm rather tired. I'm sure if Gary sticks with it we will be hearing a lot more of his performances. Gary would like to race Bill Scott and also feels that within the next two years he will be running sub 28 minutes for the 10,000 metres. Best of luck to him.

Heard that Tony Waldrop (U.S.) with a 3:53.2 mile plans to be in Australia and N.Z. during 1976 on a Rotary Scholarship? Could be very interesting indeed.

It was a tragedy to read that America's top distance runner Steve Prefontaine was killed when his sports van overturned at Eugene, Oregon, not long after taking part in a track meeting. He won the 5,000 metres in 13:23.8, passing the 3 miles in 12:58.8. What was even more disturbing was to learn that as a result of a post-mortem examination it was found that Pre's blood alcohol level was over the limit. Dr. William Brady, who carried out the test, estimated that Pre had had 5 to 6 mixed drinks within an hour to hour and a half before the test.

Naturally we can only assume that this was the cause of the accident, but, this should remind us to be more careful when we next participate in a few drinks particularly when we have to drive home afterwards. Be warned.

Japan. Mainichi Marathon: 1st. Usami - 2hr. 12m. 40s.

Club Captain, Neil Ryan, was sidelined **once** again. Rumour has it that he needs only one more injury and he'll qualify as an Honorary Member of Sports Medicine Association and will be entitled to display a silver plated Guinea Pig Badge!!!

U.S.A. REPORTFrom Brian Chapman

In recent months athletic affairs in Eugene have reached the heights of world class performances and the depths of unforeseen tragedy. The university season ended up with University of Oregon finishing a close 4th in the strong PAC - 8 Conference, then 6th in the N.C.A.A. (actually 4th in point scoring by American citizens.) During the last two months Eugene has witnessed the appearance of 13 World Record Holders, 5 Olympic Champions and 2 European Champions - not bad for a town of 93,000 people.

One of the meets was the A.A.U (National) Titles and in two weeks time, the Pan - Am Trials will be held. For these the top 12 men in each event will be flown by the A.A.U. to Eugene! In detail:-

N.C.A.A. Prep. Meet.

Steve Prefontaine made a gallant try at the world record for 5000 metres. He was led and pushed for 9 laps by Frank Shorter who came down from altitude for the event. Then Pre turned on his inspiring last 800 metres surge to have the 10,000 fans in ecstasy. He clocked 13:23 (one second from a personal best) with Shorter on 13:32; Dave Taylor (U.O) 13.54; Rune Holmen (Finland) 13:59 and Jon Andersen (O.T.C.) 14:12. On our morning run next day, Tom Brandt (Papua- New Guinea's 2:37 representative in the Marathon just completed in Guam South Pacific Games) spoke of the practical joke which his dormitory friends were playing on him - something about Pre being dead. I think you had to be in Eugene that day to really appreciate the numb shock and utter disbelief which was the common reaction. You just don't associate death with someone that alive. Apparently he had dropped Frank Shorter off at Ken Moore's place that night and misjudged a corner on the way down from the hilltop at Hendricks Park. Ironically death was due to suffocation. There were two people on the scene immediately but instead of trying to lift the car off, one sped away to call the police and the other sped after the first guy thinking it was a hit-run! Certainly a tragedy and a colossal blow to America's Montreal distance hopes.

The other highlight of the meet was young steeplechaser Gary Barger's first 4 minute mile. He went 3:58.8 and then an ecstatic lap of honour. Paul Geis trotted a 2 miler in 8:49; Jorma Jaakala (Finland) hurled the javelin 269' and Mac Wilkins got the discus out to 212'3".

I.T.A. MEET:

As expected the professionals put on a good meet. If one clears away the deadwood of pacer lights which nearly lap a record-chasing team, the "footballers 40 yards dash", the media relay race, electronic timing which shows falsely that a world record has just occurred, collapsing cramped athletes and overacting at the 100 yards start, there is still a lot of quality. The best performance was by Chris Fisher (S.Aust.) who sat back in the mile through laps of 60, 60, 62 and then swept through past Ben Jipcho and clear of the charging Dave Wattle. All three clocked 3:57 and Chris netted \$2000 for his trouble. Then Jipcho ran 1:50 to win a below par 880 and amazed everyone by lining up for the 2 miler soon after. Victoria's Tony Benson and Olympian Tracy Smith followed Fisher's tactics but were unable to match Ben's finishing surge (54 secs. for final quarter). Ben (8:43) was followed by early rabbit Chuck La Benz (8:43) and Tony (8:44). The Aussies received a real roasting by Jipcho in next day's papers - "a person like Benson or like Fisher, they never help the pace, never."

The shot putter with the discus style, Brian Oldfield, was incredible - 74' in the warm up throw and 64' backwards over his head with two hands! He killed Randy Matson. Stawell Gift winner, Jean Rav - etc. met his match in Warren Edmundson and John Carlos in the 100 yards. Times were 9.2; 9.3; and 9.3 with Jim Hines on 9.4. Ex New Zealander jumper John Delamere somersaulted 24'4 1/2" in the long jump. (I'll stick to marathon, thank you). Rod Milburn ran 13.2 in the hurdles and Steve Smith vaulted 18'0". So you there was plenty of class to make up for the embarrassing aspects. My advice to those thinking about it is "Don't turn".

PREFONTAINE CLASSIC:

The Bannerman Classis was renamed after Pre's death and what a meet it was. Frank Shorter ran in front to win the 3 mile (13.00) from Len Hilton (13.06), Glenn Herald (13.07); South Africa's John Halberstadt (13.26); Don Kardeng (13.28); Jim Johnson (13.32) and Canada's Tom Howard (13.40). The mile went to Norway's Lars Kaupang (4.01) from Canada's Ken Elmer (4.01) and U.O's Matt centrawitz (4.02).

17 athletes lined up for the 10 miles event, including 2 Australians, John Stanley and your correspondent. With 10,000 track-mad fans offering thunderous support there was no loafing in the initial 3 laps of the track (3.36). Across the Willamette River footbridge at 2 miles, Jim Nuccio of California opened up a gap which John Stanley made a better at plugging than I. It was to no avail, however, and the result was:-

## 10,000 Metres Result:-

|   |       |          |         |       |   |       |         |        |       |
|---|-------|----------|---------|-------|---|-------|---------|--------|-------|
| 1 | Jim   | NUCCIO   | (WVTC)  | 48.52 | 5 | Bob   | HENSLEY | (UO)   | 51.20 |
| 2 | Keith | WOODWARD | (Unatt) | 50.01 | 6 | Gary  | PURPURA | (Port) | 51.49 |
| 3 | John  | STANLEY  | (Aust)  | 50.45 | 7 | Brian | CHAPMAN | (Aust) | 52.14 |
| 4 | Tom   | HEINONEN | (OTC)   | 51.00 |   |       |         |        |       |

It was great to see John over here. I always confuse him with Trevor Vincent for some reason. John was on a short tour with the West Valley T.C. after his excellent Bay to Breakers effort (see later) and made a very good impression with everyone he mixed with over here.

In other events Rick Wohlhuter ran a solo 1:45.4; Al Feuerbach lost the shot to Pete Schmock (65'5"); John Powell took the discus (212'0"); Dwight Stones just held off New Caledonian (!) Paul Padniewa in the high jump (7'2"); France's European Champion Drut ran 13.1 in the hurdles and Jim Bolding cruised the intermediate hurdles in 49.2. The real highlight of course was in the 220-200 where Jamaica's Don Quarrie and America's Steve Williams broke Tommy Smith's world record with 19.9. Oh -yes!

Francie Larrieu won the women's 3000 in 9:08 from Canada's Thelma Wright (9.23) and Laurel Miller led twenty women home in their 10 miles in 62:24. With these mixed races, Fred, it can be distinctly embarrassing to have an off day.

A.A.U. TITLES:

Distance-wise these were most impressive. In the 10,000 Frank Shorter looked good as he piloted the field along. A few days prior I saw him run 4:11; 3:05; 2:01 and 54.0 with a lap jog. So pity help marathoners in Montreal who have a weak track background. In the title race he opened with a 63 first lap and then produced miles of 4:21; 8:50; 13:24; 18:02; 22:36; and 27:08. His final time of 28:02 left him well clear of Colorado's Ted Castaneda (28.32); Gary Bjorklund (28.36) Columbia's Dominigo Tibaduiza (28.44); Glenn Herald (28.54) and Gary Tuttle (28.55) followed.

In the 5000, miler Marty Liquori, moved up and promptly kicked his way to victory. He opened with a 63, then sat back as the miles went by in 4.20 and 8.47. Then he came home with a 1.25 final 600 to take it in 13.29. Dick Buerkle, just back from the AAU China trip ran 13.31; Ted Castaneda, 13.33; and former high school star, Craig Virgin did 13.35. Marty has since run 8.17 for 2 miles in Europe.

In the 1500 metres, 9 men went under 3.43, the best of the kickers being Len Hilton on 3.37. The 800 saw the emergence of 21 year old sprinter Mark Enyeart. With speed of 10.7; 21.5; 46.3 to his credit, Enyeart coolly admits that he is the "White Bay". To prove it he ran 51 en route to a 1:44.9 upset victory over half mile world record holder Rich Wohlhuter (1:45.2). The steeplechase went 64 - 67 - 69 - 68 - 68 - 73 - 68 and 30 with Randall Smith edging Kent McDonald in 8.28, a 'kickers' finish once again.

The 400 went to British ace Dave Jenkins in 44.9; Don Quarrie doubled with 10.1 and 20.1, and Ralph Mann won the intermediate hurdles over Jim Bolding 48.7 to 48.8. An Australian, Don Baird, took the pole vault with 17'6", while in the high hurdles Gerald Wilson emerged victorious in 13.3 after favorites Willy Davenport, Lgy Drut and Charles Foster all fell! To add interest, surprise winner, Tom Woods, made some close attempts at 7'7" after winning the high jump (7'5½")

BUTTE TO BUTTE:

Over 400 tackled Eugene's answer to 'Bay to Breakers'. The course takes in three steep hills then passes through the downtown area and finished 10,000 metres from the start at Skinners Butte. I got all ambitious and tried to stay within shouting distance of the leading pack. This leading group disintegrated at about 3 miles and so did I. 12:55 three miler, Paul Geis won impressively.

|    |       |           |            |       |     |       |          |        |       |
|----|-------|-----------|------------|-------|-----|-------|----------|--------|-------|
| 1. | Paul  | GEIS      | (U.O)      | 30.25 | 6.  | Kenny | MOORE    | (OTC)  | 31.58 |
| 2. | Pat   | TYSON     | (OTC)      | 31.22 | 7.  | Mike  | LONG     | (OTC)  | 32.11 |
| 3. | Tom   | HEINOREN  | (OTC)      | 31.35 | 8.  | Jon   | ANDERSON | (OTC)  | 32.23 |
| 4. | Skip  | HAMILTON  | (Colorado) | 31.40 | 9.  | Steve | SAVAGE   | (OTC)  | 32.23 |
| 5. | Bruce | DEWSBERRY | (Canada)   | 31.45 | 10. | Brian | CHAPMAN  | (Aust) | 32.49 |

SOUTH EUGENE HIGH SCHOOL:

Yes, the Eugene 'Spirit' filters down into the schools (which is not unexpected I guess). S.E.H.S. cracked a national H.S. Record recently when its 4 X mile relay team ran 17:11.7. The kids involved were John Gustafson (4.20); Billy McChesney (4:17); Steve McChesney (4.19) and Chris Nielson (4.14).

MISCELLANEOUS:

U. of A. star, Paul Geis, proved me somewhat of a liar by finishing first American in the altitude-plagued N.C.A.A. 3 miles. Only Kenya's John Ngeno was ahead of Geis, 13.22 to 13.26. In fact, having got to know the man more closely on the regular Eugene Saturday morning runs it would appear that he was a victim of "bad press" during the season.

Brian Chapman - About the U.S.A. Continued:

In case you did not know Julian Scott ran the Boston Marathon (58th -2:25.04) and Gary Bentley, also of N.S.W. and with Sth. Dakota S.U. was ranked 2nd at 6 miles in the U.S. this season with 27:31.

The French Government sent 5 athletes to live, train and compete in Eugene for a month. They were Guy Drut (Munich Silver Medallist in 110 hurdles); Jean Nallet (Sub 50 intermediate hurdler); Jacques Rousseau (26° long jump); Paul Poaniewa (7'2" high Jump) and one other. Are you listening, Gough???

The Eugene Parks and Recreation Dept. and Athletic Dept. Sports Store have helped Oregon Track Club construct a 5 miles jogging trail through the town park and surrounding orchards and along nearby canal and river fronts. It is made of wood chips and sawdust (donated) and is 10 feet wide - what a community!!!

Jon Anderson, son of the Eugene Mayor, took out the Canadian 5000 metres title last weekend after running 3:49 for the 1500m. on the previous day. I believe the 10,000m. went to Tom Hoffman from Pat Tyson in the high 28's. Austin McTear, the high school sensation, who ran 9.9 in an interschool 100 yards down in Florida has had that disallowed because an electric timing device read 9.3. Randall Markey is now back in Tasmania for the Summer (your Winter) still suffering achilles problems. It is to be hoped that he can recover enough to accompany Graham and Ken to Montreal, and to show these Americans what real steel feels like. His side-kick, John Bender, has also had heel problems, but an operation seems to have fixed things. His only problem now is that he can't stand up without having a dizzy spell (he watched the AAU's from a prone position)

#### DAY TO BREAKERS:

Apparently there were 6000 starters and it took the eventual winner a mile to disentangle himself from the pack. John Stanley was ahead of John Farrington till the last mile, so that seem ominous:-

|            |            |                   |   |       |           |               |
|------------|------------|-------------------|---|-------|-----------|---------------|
| 1. Rick    | ROJAS      | 37.18 (San Fran.) | 5 | John  | STANLEY   | 39.02 (Aust.) |
| 2. Domingo | TIBADUIZA  | 37.19 (Columbia)  | 6 | Brian | MAXWELL   | 39.09         |
| 3. Jim     | NUCCIO     | 37.28 (W.V.T.C.)  | 7 | Lewis | PATTERSON | 39.59         |
| 4 John     | FARRINGTON | 38.49 (Aust.)     | 8 | Pat   | TYSON     | 40.04 (OTC)   |

#### AVENUE OF GIANTS MARATHON:

We went down to Northern California for this most beautiful of marathons through the redwood forests. Winner was ex-N.Zeal. Wayne Badgely (Sacramento) in 2:18.06 from Reid Harter (Lake Tahoe) 2:20.55. Australians were Brian Chapman, 9th in 2:34 and Laurence Prosser, 94th in 3:10. I wonder if you know whether any V.F.L. footballer - pro or amateur - has been under 3 hours for a marathon?

#### GENERAL:

Fred, thanks for answering my queries in the previous letter. I hope that David Fitzsimmons is given some consideration in future selections as he is apparently moving beautifully. I agree that U.S. should change to metric (1978 is their aim) but noone can convince me that there is a better event to watch than a 4 minute mile. The 1500 metres should be lengthened to 1600 - I'm sure those who made the original choice back in 1896 won't mind.

West Germany's Christa Vahlensieck went 2:40.15 in May for a women's world's best. 2:30.00 by 1977 (?)

It was interesting to read of progressive steps being made at A.A.U. and V.A.A.A. levels in the last Newsletter. I have received word that the wheels are also turning in South Australia and I've included the following S.A. report in case you have not yet organised an Adelaide correspondent.

#### S.A. NEWS:

In a Winter of generally good weather there has been a trend towards larger fields, but lower quality. Increased numbers have come mainly from juniors and veterans, while a number of leading contenders have missed important races.

April 12th. Wilson Memorial 3 Miles. This is a handicap road run sponsored by Western Districts in memory of the legendary walking sensation of the late 1920's, H. H. Wilson, who tragically died at the peak of his career. John Williams clocked fastest time, 14.47 from fellow penultimate marker Richard Amery (15.14) and scratchman Bob Lange and Ray Hardwick. Half-miler, Graham Wharton took handicap honours, crossing the line first.

April 26. Port Adelaide, 7½ Miles. For once there was no wind, firm sand and a low tide for this beach and road event at Taperoo. Ex VMC man John Harty went out fast to set up a lead of 80 metres at the halfway mark. However, on the last half, Richard Amery ran him down to win quite comfortably. 1974 S.A. Marathon Champion, Grenville Wood (only 20 years old) ran steadily for third.

1. Richard Amery, 37.51; 2. John Harty, 38.21; 2. Grenville Wood, 39.10.

Brian Chapman continues:

N.B. For Amery this event was a breakthrough, it being the first time in a 12 year injury-plagued career that he has been able to finish 2 races in the space of 2 weeks without feet or leg problems.

SOUTHERN DISTRICTS 15,000 METRES. 3rd May.

60 athletes started in this road run, which follows the coast from Port Noalunga to Moana and back. Road promoter and runner Peter Faulkner, bled 16 trophies from local businesses and seems to have created an "instant classic" in this race. Unfortunately the event was not competitive as John Williams (ex-British - Ex-Sydney) ran away with it in 50.12. Grenville Wood had trouble with 1970 Australian Marathon Rep (Toronto) Bill James, before achieving second in 51.16 to 51.55. 1965 S.A. Marathon Champion Alan Gibson (Ex-Britain) was next, 52.10. 14 year old Michael la Paglia ran 54.43! D.R.C. 15. This event was held in Kuitpo Forest under terrible conditions (heavy rain, 10° C., biting wind throughout) Peter Faulkner was an early leader before John Williams and Grenville Wood took over with 5.14 at the mile. John then cleared out with Grenville, Bill James, Peter, junior Peter Wyman and David Miller in hot pursuit. John let at 6 with 32.50, then Grenville, 33.06; Bill, Peter Faulkner and Wyman, 33.36 and Richard Amery who was 2½ minutes late at the start. At the 10, John relieved Grenville of the lead, Bill James was a clear third and Richard had moved into fourth.

|                         |       |                           |       |       |
|-------------------------|-------|---------------------------|-------|-------|
| 1 Grenville Wood (E.H.) | 81.44 | 4 Richard Amery (CTC)     | 85.15 | worth |
| 2 John Williams (W.D.)  | 82.55 | 5 Bernie O'Connell (W.D.) | 85.45 | 83.15 |
| 3 Bill James (A.H.)     | 83.19 | 6 Peter Faulkner (S.D.)   | 86.04 |       |

SOUTH AUSTRALIAN 10 MILES TITLE - The second edition of this new road championship was sensational and launched David Fitzsimmons into Olympic contention. It was held on a flat, apparently accurately measured course, in perfect conditions, around the Taperoo - Outer Harbour area. David proved the value of his consistent 140 M.P.W. training by powering away to a brilliant 46.37 - 36 seconds under Ron Clarke's National Track Record and only 33 seconds short of Willie Palleunis's global mark. His sinus problems have cleared up and local observers rate his performance in the 10 as his best ever. David's training partner ran a creditable 50.30. He is now working steady 9 till 5 hospital hours and can devote more time to training.

|                             |       |                         |       |
|-----------------------------|-------|-------------------------|-------|
| 1. David Fitzsimmons (Uni.) | 46.37 | 4. Bill James (A.H.)    | 52.27 |
| 2 Robin Chester (Uni.)      | 50.30 | 5. Richard Amery (CTC.) | 52.38 |
| 3 John Williams (W.D.)      | 51.55 |                         |       |

ADELAIDE HARRIERS 25 MILES TRACK - 40 starters faced cool and wet conditions.

David Miller set off at 5.40's to lead the first miles from Roy Sutcliffe (48 year old protege of Jim Peters), Wally Beames (Vet.) Bill James and Peter Faulkner. David was unchallenged to win in 2.37, then Peter, 2.44; Roy, 2.48; Wally, 2.52.

SANDY CREEK 20 MILES. This rehearsal for the S.A. Marathon was poorly attended, and only mediocre performances were registered :-

|                       |         |                       |      |
|-----------------------|---------|-----------------------|------|
| 1 Robin Chester (UNI) | 1:50.30 | 3 Alan Woodward (UNI) | 2:04 |
| 2 Richard Amery (CTC) | 1:54.40 | 4 Roy Sutcliffe (S.D) | 2:06 |

St. MARY'S CROSS COUNTRY 5 MILES - This race of many confusing loops developed into a farce when Ray Hardwick made up 50 metres on leader Gary Zeuner down the last hill. Seeing Ray storm past and believing he had been wrongly informed on the loops, Gary quit the race and sat on a post before the finish! Ray had his number taken by officials and a time was recorded. Another official then told him he had a lap to go. Ray also quit the event and walked off. Gary then resumed running and proceeded through the final lap for a rather ignominious win. Officially second was Grenville followed by Dr. Phil Henschhe.

S.A. MARATHON - With Brenton Norman safely removed to Barnsley (Yorkshire), Rod Nicholls and John Williams passing because of insufficient preparation, John Harty hamstrung by shift work and Bill James out with a thigh injury, it was generally thought that the title would be decided between Robin Chester, Grenville Wood and the fragile-boned Richard Amery. And a sensation thriller it was as 23 men faced the windy Roseworthy course. Richard Amery was immediately disqualified for wearing green shorts instead of the regulation Teachers College white ones. He refused to recognise the disqualification and started! Robin Chester was away immediately at a 5.10 - 5.20 clip followed by Wood, Amery and Faulkner on 5.30's. At 8 miles Robin led from Grenville by 50 secs. with Richard 40 secs further back. At 15, Robin was a minute up, while Grenville had 2 minutes on Richard. It appeared a race between the first two. Peter, due to cramps dropped to below 6 minute pace, while Bernie dropped out from effects of flu. By 20, Grenville had drawn to within 200 metres of Robin who was favoring a leg. Meanwhile Richard had closed to within 2 minutes of Robin. At 23, Grenville slogged past the cramping Robin and into the lead. Then a figure in green shorts loomed into view just 20 seconds back. At 24, Richard passed Robin and at 25 passed Grenville. A most exciting finish:-

S.A. Marathon Result:-

- |                  |                |                  |             |
|------------------|----------------|------------------|-------------|
| 1 Richard Amery  | (CTC.) 2:30.44 | 4 Peter Faulkner | (S.D.) 2:44 |
| 2 Grenville Wood | (E.H) 2:31.39  | 5 Al Woodward    | (Uni.) 2:57 |
| 3 Robin Chester  | (Uni.) 2:32.15 | 6 Roy Sutcliffe  | (S.D) 2:59  |

Confusion reigned at the finish line as the winner was refused a time (thus the above is unofficial). Richard lodged an appeal and a few days later this was upheld. Since I have a lot of time for both antagonists in this incident, I will not take sides. The main thing is that Richard Amery has emerged from 12 years of obscurity via an intelligently executed victory. His main role during the previous years has been as co-editor of the Adelaide produced technical magazine Modern Athlete and Coach.

A number of achilles tendon, heel, arch, and shin stress fractures have necessitated regular operations and injections so that Richard's feet are now a scarred mess. However, adversity and delicate limbs have not dimmed the ambition of this world-respected track and field author-expert. It has just taken him this long to put a full season together.

NATIONAL ARRANGEMENTS: The first three have been selected as the S.Aust Team in a rather short-sighted action (Faulkner should have gone too). Air fares are completely covered in SA.A.A.A.

TONY BART: has appeared only once, with a win in the Elizabeth 15,000 metres road event. His mentor, Hartley Wheeler, is stationed at Clare (80 miles north), but in general it has been a build-up Winter for Tony with a bid for Montreal.

BRENTON NORMAN: doing his best to train while touring Europe with his wife. He won a club 10 miles event in Yorkshire (about 54 minutes) and plodded a 3000 metres in 8.42 for third.

JIM HARTNETT: This S.Aust. representative in the 1974 Marathon is now teaching at Townsville. He reports that there is a very hospitable and warm athletic group up there (Townsville A.A.C. and Townsville Marathon Club) and that the scene is good even if a little humid.

\* \* \* \* \*

IN DEFENCE OF THE V.M.C. AND THE C.C.O.C.

Letter to the Editor

Dear Sir,

As a road runner I have always supported the attempts of the V.M.C. and the C.C.O.C. to obtain the use of venues free from motor vehicles.

In my own small way I have done my bit to assist in this matter by personally handling the applications received by the Victorian Amateur Turf Club for the use of Sandown Park Racecourse as a venue for road racing.

Consequently I was dismayed to see the headline in the Herald of 15th July, 1975, "Sandown Deters Runners" and to read the intemperate remarks attributed to 'leading distance runner' Max Little reported as "They've got half Victoria to run on, yet they choose a stupid course at Sandown."

Max Little was said in the article to be the Captain of St. Stephens Cross Country Team. If he made the remarks attributed to him it would behove him to keep to his cross country running and to express his opinion in a more appropriate forum such as our Newsletter, rather than to undermine the good work being done by the V.M.C. and the C.C.O.C. in endeavouring to obtain such rare motor vehicle free venues for those of us who enjoy our road running.

Perhaps it may be opportune to remind those who would undermine us of the advice you gave us in a P.S. to your article "Some Observations on Coaching" on Page 15, Newsletter, June, 1972, viz: "It is not a bad idea to use your head for thinking about some of these things while you are out running. After all, you are taking it with you, so why waste it."

Yours faithfully,  
Jim Conway.

WORTH NOTING:

\* \* \* \* \*

The Presentation Night after the National Marathon at the V.A.W.C. Clubhouse was quite a relaxed affair, with speeches mercifully short. If there had been prizes for smiling, Jeff Collins (N.S.W.) would have won easily. John Farrington couldn't crack even one when receiving first place honours.

Ron Irwin had been undecided all along whether he represented Queensland or New Zealand, having flown across the Tasman for this race. A.A.U. Member Len Curnow brought it to a head when calling up 4th placed Gerry Sofianos as third Aussie.

We still reckon the Teams Race should have to the VMC with 12 points: 2. Dave Chettle; 4. Gerry Sofianos; 6. Terry Harrison. We had three more in the first 10 in 8: Max Little; 9 Frank Larkins; 10, Dave Edwards, as well as four more in the next 6 places! Now for Hamilton where we can field a team in our new uniforms!

WHY ARE RECORDS BEING BROKEN?

From Lindsay Neelands

I could never believe that the youth of today are superior to the youth of yesteryear. How was this great country of ours ever discovered, explored and pioneered for a start? It was done by the cream of young manhood. When you talk of old timers, please don't compare old men with young men. Even myself, 40 years ago, I could run under 5 minutes for the mile with very little training. Percy Cerutti did a lot better in his early days than I did. Let me take you back to some of the 'greats' before the turn of the century.

First "Marshall Cann". The name seems to lend itself to greatness. He no doubt would be Euroa's first Australian Champion Athlete. He introduced the relaxed style of heel and toe walking, making great use of his hips. He made records which are good even by today's standards and they were made on tracks which were little better than old cultivation paddocks. Even the writers of his day (1880) complained about that.

He was vastly superior to most of his opponents and even today would be in world class on his form of 95 years ago. He won many races off scratch, defeated White for £40 (a lot of money in those days) a side over 5 miles, missed winning a 50 miler by a whisker through force of nature early in the race, set an Australian record of 20 mins. 30 secs. for 3 miles in the year 1881, also an Australian record of 6:27 $\frac{1}{4}$  for 1 mile in 1886. This when compared with Don Keane's Australian record of 13:26.6 for 2 miles would be very favourable.

Marshall won the Gatehouse Champion Challenge Belt over a distance of 7 miles for the third time on March 21, 1881, and claimed the belt. It is now in the possession of his nephew Mr. Percy Cann.

Marshall had a number of successes at Stawell on several occasions. He began walking at country picnic meetings in 1874. His training was often done near the old Seven Creeks orchard near the Forlonge Memorial. His 6 brothers would take it in turn to run beside him in his intensive workouts every day. No doubt his methods of training were years ahead of his time. He died on September 22, 1938, aged 84 years. This great athlete of the past gets no mention in Millers Guide. All these facts can be verified in the Age newspaper.

My next will be taken from a book I have, written in 1890 by Charles Westall, a champion all-rounder this time. In his own words (1890) - "Few bootmakers will condescend to make boots as they are told. The majority do not know how, whilst the others will not give the customer credit for knowing more about his own feet. I have tried bootmaker after bootmaker, paying all kinds of prices. The most expensive of them all, after two or three failures to fit me, deliberately and seriously suggested that I should have one of my toes - a particularly tender member - amputated? Yes, I was actually to have the toe cut off so that my foot might be able to fit his boots?" The shoe makers of today would bend over backwards to make a pair of comfortable shoes for an athlete like Charles Westhall.

In this book, a W. George ran a mile in 4 mins. 18  $\frac{2}{5}$  secs. without training, all he did was to practice running on the spot, the 100 up exercise, and eating lots of loaf sugar. When he did train he lowered his time to 4 mins. 12 $\frac{3}{4}$  secs for the mile in 1886. It was another 64 years before Bannister, racing beside a team of potential 4 minute milers was able to crack the 4 minute mile.

I am not knocking the youth of today - they are terrific; but please do not knock the youth of yesteryear either.

With shorts down to their knees (that's convention for you), ill fitting boots, rough tracks and no Percy Cerutti's about to coach them (they did everything the hard way in those days), I think they did very well to run the times they did.

All things being equal, track, footwear, shorts, coaches, I am quite sure that there would be very little difference between the champions of the past as compared with those of today.

Lindsay Neelands - Euroa.

LETTER FROM TOWNSVILLE.From Peter Lahiff.

On Sunday 27/7/75 we conducted the Third Annual North Queensland Marathon with a field of 13 senior runners. Starting time was 6.40 a.m. at which time the temperature was 16 C. The sun rose at about 6.55 a.m. and by 8 o'clock it was 20C, climbing to a shade temperature of 25 C at 9.30 a.m.

First man home was local runner DAVID SCULLY in 2:49.19; second was Mt. Isa competitor DON APPLEFORD in 2:59.17, and third was GRAHAM TATTERSALL from Laverack Army Base in 3:15.21. This was the first attempt at a marathon by both Don and Graham, and both did well to finish in these times. The only other runner to finish the full distance was MIKE HENDERSON from Mt. Isa, his time being 3:43.40.

Dave Scully gives a lot of credit for his performance to JIM HARTNETT who has been acting as coach-advisor. Last year, Jim ran in the Australian Marathon in S.A.. This year, however, he has divided his time between shorter distance runs and cycling.

In order to measure body fluid losses, this year he weighed competitors before and after the event:-

|                   |             |         |            |         |
|-------------------|-------------|---------|------------|---------|
| David Scully      | Before race | 10 - 12 | After Race | 10 - 2  |
| Don Appleford     | Before race | 11 - 6  | After Race | 10 - 12 |
| Graham Tattersall | Before race | 12 - 0  | After Race | 11 - 5  |
| Mike Henderson    | Before race | 12 - 7  | After Race | 11 - 10 |

We would be interested in comments as to whether these weight losses are much different to those experienced in cooler conditions.

Peter Lahiff.

LETTER FROM NEW ZEALANDFrom Bruce Jones

Greetings from N.Z. once again and with them comes results and reports from the land of the long white cloud. But before I begin let me say that the VMC Newsletter is by far the best athletic magazine on the market.

Kenyan athletes visited Auckland in May for the opening of Auckland's new tartan track. One week later they competed against New Zealand in a cross country race which was televised live throughout New Zealand. The Track Meet saw a 4 X 1500 relay between Kenya and N.Z. New Zealand won easily due to the brilliance of John Walker. The world record for the 4 X 1500 is considered to be one of the easier records but N.Z. was 1.2 secs outside in (from memory) 14:50.2. Stewart Melville ran a superb 1st leg in 3:42 to hold off Wayne Madden (Auckland) 3:42.5 and Nicholas Serem 3:43.5. Rod Dixon started too fast and "blew up" for 3:44. In fact Sammy Kipkurgat held Dixon on this leg even though he trailed by 20 - 25 metres. Dick Quax took over but James Kipngetich rocketed out faster than Filbert Bayi could and by the end of lap 1 he had made up 25 metres and had opened up 25 metres. Not surprisingly he paid the price with Quax regaining the lead in the last lap to record a disappointing 3:47 to Kipngetich's 3:49. Then it was John Walker's turn to run a solo 3:37. To run so fast after only 1 week of speed work helps one understand how he ran 3:32.4 (once again solo) in Oslo the other day. A sidelight to this was Walker's training run two nights before the relay. He ran a 4:05 mile followed by a 4:13 mile.

May 24th was Rod Dixon's day as he ran brilliantly over 5000m in the beautiful cross country territory of Cornwall Park, Auckland. The circuit was 1000m and it contained a testing 300m hill in each lap - ideal for T.V. coverage. The race was another success for N.Z. over Kenya as Dixon was too powerful on the hills in running 15.28 to Walker's 15:46; Kipngetich, 15:50; Serem, 15:58; Quax, 16:03; John Sheddon, 16:06; Bryan Rose, 16:18; Evan Robertson, 16:20; Bruce Jones, 16.21; and Mike Ryan in 10th place in 16:33. Interesting to note that this race was sponsored quite generously by Levi's.

Races throughout the Winter over here have been used as preparation for the New Zealand Cross Country Championship in Wanganui on August 9th. Here in Auckland honours have been shared with no one runner dominating as Kevin Ryan did in 1974. Ryan started off by winning 2 minor cross country races early in the season but then turned to a world class marathon in Victoria. Bruce Jones won the Auckland versus Waikato Inter-Provincial race by 23 seconds but a week later he found Trevor Sutherland winning in the 10 Man Teams Race at Cornwall Park. The Auckland Cross Country Championship on July 19th was Dave Sirl's turn as he matched Howard Healy all the way (especially over the 24 X 4'6" hurdles) and ran out victor by 5 seconds. Bruce Jones was 3rd here and Trevor Sutherland 4th.

In the other Centres John Dixon not only won the Wellington C.C.C. but also easily won the famous Skellenips Steeples in Christchurch earlier in the season. Jack Foster cleaned them up in the Waikato, Evan Robertson did the same in Otago, while Frank Brooks stamped himself as a runner of some ability by winning in the strong Canterbury Province.

Bruce Jones continues:

So it was to Wanganui for the Nationals and a very open affair with no runner having a mortgage on it. 7 runners who represented N.Z. in Morocco lined up (Sirl, Dixon, Foster, Rose, Sneddon, Ryan and Robertson) and of these one had to rate Robertson a sound bet after his 5th in Rabat. Add to the field Paul Ballinger (withdrew from C. C. Team because of injury), Howard Healey, Norman Morrison (13th in 1973 World C.C.), the ageless Jeff Julian, Trevor Sutherland and many other fine performers it isn't difficult to imagine the dilemma in trying to pick a winner.

The day was magnificent - sunny with no wind. The course was fast, firm and undulating. Four laps of this course with its 3 hurdles and 2 creek crossings a lap made it typical cross country. The course record of 40:25, held by Paul Ballinger was sure to go. The early pace was a scorcher with Kevin Ryan the reigning champion trying to put everyone into oxygen debt. The first lap was covered in 9:15 with Healy, Tony Good (Canterbury), Ballinger, Robertson, Sirl and of course Ryan making up the leading bunch. John Dixon and Jack Foster were down about 40 metres whilst John Gibson and Bruce Jones led the next group 30 metres back. As one would expect the early pace started to tell and lap 2 saw Howard Healy moving into a clear 60 metres lead, Ryan going out the back door and Dixon and Foster slowly pegging back the front bunch. By the end of the 3rd lap Dixon was looking the master as he had pegged Healy back to 30 metres and the last lap was all John Dixon (elder brother of Rod) as he came home a clear winner in 38:33. Howard Healy hung on for 2nd in 38:41 to emphasise the incredible ability of this low mileage man. Jack Foster, at 43 years, must rate as a superman class as he got 3rd in 38:51. Evan Robertson once again failed to win the National and must now have been placed in the first 6 over the last 6 or 7 years - a tremendous record but not yet a winner. He was 4th in 39:15. Dave Sirl hung on for 5th in 39:17 whilst Bruce Jones and Pat Riley (1973 N.Z. Rep. in Australia) came home strongly over the final laps to come 6th and 7th respectively in 39:23 and 39:25. Tony Good, a Dave Bedford admirer, proved there can't be much wrong with 150+ miles a week in coming 8th in 39:30. Of interest to Australian readers, the following was the order:-

|    |                |       |    |                 |       |    |                  |       |
|----|----------------|-------|----|-----------------|-------|----|------------------|-------|
| 9  | Paul Ballinger | 39.34 | 15 | Norm Morrison   | 39.51 | 23 | Bernie Vine      | 40.33 |
| 10 | Bryan Rose     | 39.34 | 16 | Jeff Julian     | 39.55 | 25 | Frank Brooks     | 40.40 |
| 11 | Kevin Ryan     | 39.42 | 18 | Trev Sutherland | 40.07 | 26 | Martin Couldwell | 40.50 |
| 12 | John Sheddon   | 39.43 | 19 | John Robinson   | 40.11 | 46 | Dave Young       | 41.55 |
| 13 | John Gibson    | 39.44 | 20 | Phil Watson     | 40.17 | 59 | Terry Manners    | 42.36 |
| 14 | Roger Robinson | 39.48 | 22 | Gavin Thorley   | 40.30 | 61 | Mike Ryan        | 42.46 |

(Roger Robinson & Norm Morrison - ex English representatives)

ITALY -- MOROCCO - THE WORLD

From Lynne Tennant

One sunny day in February, not so very long ago, a nice man called Mr. Morrison rang me up and asked me if I would like to go to Rome the next day. He said that there were also some other people going, including Rabbit, Ax, Scottie, Dave, Rob, Bob, Denis, Jim, Lavinia, Maureen and Elizabeth. These were in fact Chris Wardlaw, John Axsentieff, Bill Scott (vic.); Dave Chettle (Tas) Rob McDonald, Bob Tabay, Denis Nee (N.S.W); Jim Langford (WA.) Maureen Butler (SA.) Lavinia Petrie (Vic), and Elizabeth Richards (NSW) - members of the 1975 Australian Cross Country Team for the International Cross Country Championships in Rabat, Morocco on March 16, 1975.

So the next day we all got on this big plane called Alitalia, and these people kept bringing round free food. It was all very nice. We were on the plane for quite a long time, but we had to stop a few times (for the pilot to go to the toilet, I think). When we got to Rome it was early in the morning and very cold. The bus then took us to the railway station, and we were told we were staying in a hotel about half a mile away. We decided to walk, but Rabbit was hungry so he went off to buy a cake. Unfortunately, however, they wouldn't give him one because he forgot to bring his Monopoly Money. On the way back to the hotel he got lost, and nobody could understand him because he was the only one who could speak English. Fortunately for us, he and Dave soon learnt the native dialect, so at least we could communicate with the people.

By the time we got to the hotel we were very tired, so we went to bed. When we woke up it was nearly dark, so we went for a quick run in the park. We had a bit of trouble getting to the park, because we had to cross lots of main roads. None of the cars would stop, even when the traffic lights were red. We found out later that the policemen were all having a day off. Another difficulty was that all the cars parked on the sidewalk, which didn't leave much room for the pedestrians (and runners.)

Anyway, by the time we got back we were pretty hungry, so we decided to go out to a restaurant. What meanings these restaurant owners are. I ordered roast chicken

Lynne Tennant continues:

and that's all I got. No vegies or potatoes. When I asked for some carrots and tomatoes they brought them on different plates and made me pay more. (Lucky I had some Monopoly Money). I would have been quite happy to get all my food on one plate, but their reason for 3-4 plates per course was to keep more people employed. That's what we figured anyway. The best part of the dinner was Dessert - the gelati's were real yummy.

Next day the four girls were invited to go on a train ride to another place called Verona. The only condition we were allowed to go was if we promised to run in this race called "Campionati Italiani Assoluti Femminili di Corsa Campestri". Sounded interstting so we went. It turned out that all these other girls wanted to try and beat us Australians. Some of them did. Elizabeth finished seventh, Maureen eighth, me ninth and Lavinia tenth. We all got nice trophies. Also, these nice men looked after us all the time, and took us to places such as Romeo and Juliet's tomb, and lots of churches. There are many more churches over there than in Melbourne. At first we thought they were the pubs because there seemed to be one on every street corner. We decided Verona was a very pretty city, but in a way we were glad we didn't live there - too much history to learn.

The boys weren't so lucky as us, as they had to stay in Rome all the time, cos that's where their race was. When we got back we must have looked a bit homesick so they took us down to the Bay via the M.C.G. Well, it was pretty obvious that Whelan the Wrecker had been busy, because at least half the M.C.G. had been knocked down, and the playing surface in the middle was **absolutely ruined**. The Bay (of Naples) was also a bit of a disappointment. In fact, we couldn't find it because our minibus got stuck in a traffic jam. It took hours to get out of it, and when we did it was time to go home.

While we were in Verona the boys had moved to another hotel quite close to the Olympic Stadium where the 1960 Games were held. We spent the rest of our stay in Rome training there or in the nearby parks, sightseeing, and getting lost. It's very easy to get lost over there because there are lots of one-way streets and confusing roundabouts. One day, we went to the Sistine Chapel. It took us five minutes to get there and two hours to get back. But at least we had a good tour of Rome.

After about ten days, George - the man looking after us - decided it was time to go to Morocco. None of us had ever been there before, so we all quickly packed our suitcases and caught another plane. This one was called Royal Air Moroc, and was much smaller than our other one.

We stayed in two places in Morocco - Casablanca for two days, then Rabat. Morocco was certainly different to Rome - the cars all parked properly, stopped at traffic lights, and didn't drive everywhere at 90 mph. The people spoke a bit more English too. They were very friendly, and kept on offering to sell you things like hash, jewellery and women. But nowhere could we see a camel. Also, when we went running all the men used to cheer and clap. We think that's because we showed our bare faces and legs - the women over there wear veils and long dresses.

The most interesting part of Rabat was the market. There were always lots of things to buy, and we soon learnt the art of bargaining. There did not appear to be such things as price tags over there, which meant the shop owners could ask what they liked - it also meant you only paid what you wanted to. Lavinia bought a khaftan for 35 durhams (A\$1 = 5 durhams), two vitamin pills and a kiss. We had lots of fun.

Soon, however, the day of the big race arrived. I forgot to tell you before, but the reason Mr. Morrison let us all come was to run in the International Cross Country Titles. The race was around a big racecourse, called the "Hippodrome de Suissi". The course followed the horses track for a while then cut into the middle where we had to jump ditches, run up mounds and down little hills, etc. Quite fun. The girls had to run around twice (4k) and the boys seven times (12k).

It was all very exciting, as before they would let us start we had to march past the Prince of Morocco behind the Aussie (which was really N.Z.) flag while the band played.

The men's Junior Race was first, but Australia didn't have anybody in it. Then it was the girls turn. In Australia the National Cross Country Championships have about 15 - 20 people in them. Imagine our surprise to find about 100 other girls in our race. When the gun went we all went like mad, but still got left behind. At the finish I was 44th; Elizabeth 45th; Maureen 48th and Lavinia 53rd.

Next it was the men's race, and they really took off fast. There were between 150 and 200 in their race, and our best runner (Scottie) was only coming 100th after one lap. Fortunately he got better though, and ended up 22nd, which we all thought was a pretty good effort. Rab was next in 48th place, Rob 49th; Jim 60th; Dave approximately 90th, Denis 116th and Bob about 130th. Poor Ax couldn't finish the race because he ate a packet of raisins which were old and they upset his tummy.

Lynne Tennant continues:

We went to a big party that night, where George gave the I.A.A.F. Officials some aboriginal boomerangs. He also gave them a list of instructions on how to throw them. They gave the Australian A.A.U. a 5 piece leather writing set.

Early the next morning we said goodbye to all our new friends and came home.

Lynne Tennant.

Editor's Comment: Looks as though I had better resign and hand over to Lynne, especially in view of her accompanying note saying - "It's just that I can't write. If this isn't up to standard leave it out..." Matter of fact in view of the rising unemployment and galloping inflation, she ought to swop over from Economics!!!

LETTER FROM CANADA

From Col O'Brien

Our track season over here is nearing its peak and the Nationals which are to be held in two weeks time promise to be quite good. The annual jaunt across to Europe by the Canadian National Team has resulted in some excellent performances this year. Some of the more notable are the P.B's by Dan Shaughnessy (National Record, 28:05 for 10,000), Jerome Drayton with 13:37 (5,000) and 28:13 (10,000); Chris McCubbins with a 28:16 (10,000) and John Sharp 13:51 (5000).

The women's 800 has seen a tremendous improvement with the 4th best time being 2:03.6 by Maureen Crowley. Abby Hoffman has run a tenth or so faster, Joan Wenzel (nee Eddy) who last year ran 55.0 and 2:13.7 has this year recorded 2:02 (quite an improvement) while Yvonne Saunders has set a Canadian record of 2:00.1. The Pre-Olympic meet in Montreal was held during the past couple of weeks and unfortunately I have very little results as amateur sport in B.C. receives little coverage in the newspapers. I do, however, have some information on the marathon. To those aspiring to run in the real thing next year it would be a good idea if you head for Darwin or North Queensland for preparation. The event started at the same time it is slated for next year - 4.30.p.m. At race time the temperature was 33 degrees Celcius and the humidity 85%! Six of the eighteen starters failed to finish and three others, including Eckard Lesse, required hospitalisation. They were suffering from heat exhaustion and dehydration and readings taken after showed body temperatures as high as 43 degrees Celcius (110 F.)

Can you imagine the consequences with 100 of the world's best marathoners going at it in 1976 with the attitude of "I'll go till I drop". Well they will bloody-well drop all right. A major obstacle from moving the starting time on is the television arm-chair executives who insist they need daylight in which to photograph. The consequences of a 4.30.p.m. start would be disastrous and we could quite probably see a whole field of 'Jim Peters'. A bit of initiative by the officials (and athletes) is required here. Incidentally the winning time was 2:25 by a Japanese who I believe has run in the vicinity of 2:12.

Locally, performances have been quite good as most as most athletes are beginning to peak. Evidence of this was a special 1500 last week at the interval of the local football game with 18,000 in attendance. The race was held at night in perfect conditions on a tartan track. The field of 12 (all locals) all recorded their P.B's, except for the winner, Bill Smart, who ran 3:43.5 (best since 1972) and Ken Elmer who ran 3:44.1. Third was 17 year old Tom Griffin with 3:36.1. Tom has also run 1:50.8 for 880 yards this year and has a lot of ability and is extremely aggressive. 4th was 18 year old John Martens in 3:48.1. I was 7th in 3:51.0 and last place (12th) was 16 year old Peter Favell in 3:55. At this stage Smart and Elmer lock set to fight out the national 1500 title and both are fit enough to run under 3:40. Tom Howard has had mixed results since his Boston run and has run 29:04 for 10,000 and 14:08 for 5,000 (during a 10,000), but has as yet to show the same consistent form he had on the track last year. I have run 10,000's in 31:01; 30:47 and 30:38 and two P.B's in 1500 with 3:52 and 3:51. My main problem is one of overwork right now as I was expecting to have run considerably faster over 5,000 (only 14:48 this year) and 10,000 by now.

My trip to Mexico in May/June for 2 weeks with my Uni Team was quite a success. Our time was divided between Mexico City (7,300'), San Luis Patosi (6,100') and Gaudalajara (5,000'). On our second day in Mexico City a group of us attempted four 1200's on the track at 3:45 pace - the result was that only two of us could complete the session and all four of us had run 30:30 for 6 miles or better. On my last one in 3:34 I thought I would fall over I was so dizzy. During the trip my best performance was a quite comfortable 3:59 1500 at Gaudalajara (after 9 days at altitude) which was the longest distance I attempted. I had a couple of blood tests before I left Vancouver and also 3 days after returning with the result showing that my haemoglobin had dropped a stunning 15% yet I showed no signs of fatigue, the reason being, I was told, was that my DPG (which causes the Oxygen to be released from the blood cells) had increased 30%, to counteract the drop in haemoglobin.

So even though my H<sup>+</sup> moglobin was way down I had actually increased my efficiency in releasing the oxygen-carrying cells. After two weeks both were supposed to return to normal. (I didn't have them checked). Apparently a greater exposure to altitude training would eventually result in the haemoglobin returning to normal, but the DPG would remain higher, hence the advantage is obvious. On my return to Vancouver I was still racing as well, so 2 weeks there didn't do any harm.

A new move by amateur sports here may be of interest: that when an athlete is representing Canada a fund will now provide that the athlete will receive up to \$50 a day for any lost wages - a very practical move. The philosophy of the Athlete Support Programme here whereby 60 athletes or so a year are sent to Europe during Summer for competition, travel expenses up to \$50 a month for the top 30 or 40 ranked athletes, a two weeks training camp for a large contingent in Arizona last January, plus the above wage-loss reimbursement was recently criticised in an open letter to the press by Bill Crothers, 1964 Olympic 800 Silver Medallist. Crothers, until recently, had been heavily involved in track and field on a national scale.

Badically his feelings are that Canadian athletes are being spolit and that too much money is being thrown around. The desire to increase and improve facilities is not all that necessary and are adequate. Consequently the theme is becoming one of "well we can't make it to the top without Government subsidies and coaches". There is much truth in what Crothers has to say, and only time will tell as to whether he is right or not as to whether performances improve enough to justify the expense - I don't think they will.

Well Fred, my regards to all down there and luck to all those training for the Montreal Marathon. All the best,

Col O'Brien.

HOW HE DOES IT - THE KEVIN RYAN WAY.

By Neil Ryan

For those interested, Kevin Ryan commences his build up for a marathon at least 12 weeks before the event. I hope that all serious minded marathon men take notice of that. Kevin runs twice a day, Mondays to Fridays, with one run on Saturday and a long one (no less than 22 miles) on Sunday. His long run on Sunday is fairly hilly and generally he averages around 6:30 pace. During the week he runs between 16 and 20 milers on Tuesdays and Thursdays at a comfortable pace, never flat out. He does do some stride outs once a week on the grass and wearing spikes, and these are usually 220's.

He doesn't have any food fads but takes Calcium Sandoz tablets and has had B12 shots as did many of the top marathoners at the Commonwealth Games. During the race he has a mouthful of a "Staminade" type drind, nothing else. Depending upon the race, kevin uses the carbohydrate diet build up and warns others wishing to try this out to do so on a lesser important marathon at first because it will not necessarily benefit you fitst up.

The following were his weekly totals prior to the Victorian Marathon:- 122, 146, 135, 137, 136, 131, 115, 144, 146, 149 and 139. His last week was:- Sunday, 12th and Monday, 13th - 1 hour around Flemington. Tuesday, 30 x 220 easy. Wednesday, 15; Thursday, 8; and Friday morning, 8. The race was on Saturday. He averaged 136 miles per week for 11 weeks.

Kevin works as a Foreman cable layer with the New Zealand P.M.G., thus he is on his feet a lot, which seems to blow the theory about keeping off your legs as much as you can. Besides running Kevin is responsible for handicapping some two to three hundred runners during the season which goes to show that taking a part on the administration side doesn't do anyone any harm particularly the top runners, the majority of whom think that doing this kind of work is beyond them.

AND HERE'S THE RESULT

Big Ears reports:

A great run by Kevin Ryan, a solbeffort to win the State Title down at Point Cook in 2 hours 13 minutes and 15 seconds. Kevin headed the field right from the gun, and always looked very comfortable even although at times the weather was poor with occasional showers, with a gusty wind thrown in for good measure.

NOT SO - THE OTHER RYAN.

Neil Ryan has been grounded once again for at least another month with Teno-Tendonitis which in English means fluid and inflammation around the achilles tendon.

FROM NEW SOUTH WALES

RESULTS OF 15,000 METRES ROAD CHAMPIONSHIP OF NEW SOUTH WALES. CENTENNIAL PARK.

SATURDAY, 26th JULY, 1975

|    |               |       |       |    |             |      |       |
|----|---------------|-------|-------|----|-------------|------|-------|
| 1  | J. Farrington | RH    | 46.19 | 21 | A. Jones    | RB   | 51.06 |
| 2  | D. Nee        | RH    | 46.28 | 22 | M. Lynn     | Suth | 51.35 |
| 3  | N. Beeson     | CCH   | 47.07 | 23 | G. Kent     | WS   | 51.37 |
| 4  | R. McDonald   | SUAC  | 47.48 | 24 | P. Mahoney  | ES   | 51.48 |
| 5  | D. Beeson     | SUAC  | 47.59 | 25 | H. Kirkman  | Suth | 51.56 |
| 6  | A. Harrison   | WS    | 48.08 | 26 | L. Good     | RB   | 52.10 |
| 7  | M. Kennedy    | S.Can | 48.15 | 27 | D. Edwards  | St.G | 52.23 |
| 8  | R. Talay      | St. G | 48.58 | 28 | B. Morgan   | MyP  | 52.30 |
| 9  | K. McBrearty  | RB    | 49.00 | 29 | L. Ryan     | St.G | 52.34 |
| 10 | G. Ryan       | RB    | 49.08 | 30 | T. Devine   | RH   | 52.46 |
| 11 | R. Squirrell  | St. G | 49.29 | 31 | P. Linehan  | WS   | 53.02 |
| 12 | J. Scott      | St. G | 49.38 | 32 | P. Piper    | RB   | 53.03 |
| 13 | R. Maher      | RB    | 49.37 | 33 | D. Vane     | WS   | 53.09 |
| 14 | V. Byrne      | Suth  | 50.03 | 34 | R. Feeney   | WS   | 53.18 |
| 15 | K. Mayhew     | RB    | 50.11 | 35 | N. Berger   | St.G | 53.21 |
| 16 | G. Wilson     | Bal   | 50.12 | 36 | L. Dorman   | Bal  | 53.24 |
| 17 | G. Cox        | NewU  | 50.29 | 37 | A. McDonald | WSF  | 53.27 |
| 18 | J. Collins    | UNSW  | 50.35 | 38 | R. Rojas    | RB   | 53.30 |
| 19 | J. Bowers     | St. G | 50.45 | 39 | D. Ringuet  | WS   | 54.00 |
| 20 | R. Gribble    | St. G | 50.57 | 40 | P. Dwyer    | ES   | 54.05 |

TEAMS CHAMPIONSHIP:

|   |                          |     |    |    |    |    |     |         |
|---|--------------------------|-----|----|----|----|----|-----|---------|
| 1 | Randwick Botany Harriers | ( 9 | 10 | 13 | 15 | 21 | 26) | 94 Pts  |
| 2 | St. George District      | ( 8 | 11 | 12 | 19 | 20 | 27) | 97 Pts  |
| 3 | Western Suburbs          | ( 6 | 23 | 31 | 33 | 34 | 39) | 166 Pts |
| 4 | Ryde-Hornsby District    | ( 1 | 2  | 30 | 46 | 58 | 68) | 205 Pts |
| 5 | Sutherland District      | (14 | 22 | 25 | 49 | 52 | 53) | 215 Pts |

BENDIGO REGIONAL CENTRE 25km ROAD RACE 27th JULY. per Max Carson

40 starters. Conditions - very warm and windy.

|    |                     |            |        |    |                   |           |        |
|----|---------------------|------------|--------|----|-------------------|-----------|--------|
| 1  | Barry Brooks        | Ball Har.  | 93.48  | 16 | Jim Smith         | Sth.Bend. | 111.33 |
| 2  | Ron Brooks          | Wend.      | 94.47  | 17 | Alan Hammer       | Bend.YMCA | 111.49 |
| 3  | Max Carson(2H)      | Eagle.YMCA | 95.10  | 18 | J. Graham         | Wend.     | 113.56 |
| 4  | R. Wallis           | Wend.      | 95.54  | 19 | J. Rowlands       | Wend.     | 115.12 |
| 5  | Peter Bethune       | Wend.      | 98.25  | 20 | Jim Middlemiss    | Bend.YMCA | 116.00 |
| 6  | Len Loveless        | Wend.      | 98.52  | 21 | G. Quick          | Wend.     | 117.00 |
| 7  | Leroy Johns         | Sth.Bend.  | 100.07 | 22 | Tony Harrington   | Bend.YMCA | 120.26 |
| 8  | Gary Myers          | Sth.Bend.  | 101.16 | 23 | Bill Shaw         | Bend.YMCA | 125.27 |
| 9  | Alan Close          | Ball. Har. | 105.54 | 24 | L. Horrigan       | (Vet.)    | 127.44 |
| 10 | John Davies (3H)(V) | S.Bend.    | 107.42 | 25 | D. Tippet         | Wend.     | 128.07 |
| 11 | Dave Farnsworth     | Sebas.     | 108.02 | 26 | Andrew Maes       | Bend.YMCA | 128.21 |
| 12 | Peter Lawrence      | Bend.YMCA  | 108.24 | 27 | Harry Huaghie     | (Vet-67)  | 131.01 |
| 13 | Andrew Pratt        | Wend.      | 109.25 | 28 | Peter Hogan (12Y) | Sth.Bend. | 131.01 |
| 14 | Graeme Wason(1H)    | Bend.YMCA  | 110.02 | 29 | R. Merratt        | Wend.     | 135.19 |
| 15 | Laurie Rice         | Bend.YMCA  | 111.16 |    |                   |           |        |

A BIT AND A PIECE FROM HERE AND THERE

By Big Ears

THE BOSTON MARATHON:

|   |             |     |         |                                       |
|---|-------------|-----|---------|---------------------------------------|
| 1 | Will Rogers | USA | 2:09.55 | The first 22 ran under 2hr.20minutes. |
| 2 | Steve Hoag  | USA | 2:11.54 | 113 ran under 2hours 30 minutes.      |
| 3 | Tom Fleming | USA | 2:12.05 |                                       |

Interesting to see that Andy Boychuk (Can.) who ran here for St. Stephens finished in 10th place in 2:16.13. Julian Scott (Aust.) finished 58th in 2:25.04.

WOMEN'S BOSTON MARATHON:

|   |                  |       |         |   |
|---|------------------|-------|---------|---|
| 1 | Liane Winter     | (WG)  | 2:42.24 | 7 women ran under 3 hours.                |
| 2 | Kathrine Switzer | (USA) | 2:51.50 | Marie Trent of Alaska (57Yrs) ran 3:27.00 |
| 3 | Gayle Barxon     | (USA) | 2:54.29 | Starters: 2041 men and 49 women.          |

Blind runner, Harry Cordellos (Cal.) ran 2:57.42.

Bob Hall (Mass.) did 2:58.00 in a wheelchair.

NEWS FROM CANBERRA - A.C.T.From Brian LentonA.C.T. Versus NEWCASTLE CHALLENGE MATCH, 10k ROAD, UNIVERSITY, 17th MAY.

A.C.T. defeated Newcastle - 41 points to 64. First seven to count for points.

|   |        |             |       |    |        |            |       |
|---|--------|-------------|-------|----|--------|------------|-------|
| 1 | Mike   | Kennedy     | 30.26 | 7  | Steve  | Manuel (N) | 32.12 |
| 2 | Nigel  | Beeson      | 30.42 | 8  | Gary   | Lavers     | 32.22 |
| 3 | Terry  | Jorgensen   | 31.08 | 9  | Brian  | Morgan (N) | 32.25 |
| 4 | Dave   | Marsh (N)   | 31.14 | 10 | Paul   | Rudkin     | 32.43 |
| 5 | Peter  | Bromley (N) | 31.29 | 11 | Graham | Moon       | 32.55 |
| 6 | Dennis | Smith       | 31.58 | 12 | Dave   | Hobson     | 33.26 |

(35 Starters)

R. G. MENZIES 12km CROSS COUNTRY, 31st MAY, 36 Starters

|   |        |                |       |    |         |         |       |
|---|--------|----------------|-------|----|---------|---------|-------|
| 1 | Gary   | Wilson (Balm.) | 42.29 | 7  | Keith   | Bradley | 44.14 |
| 2 | Gary   | Lavers         | 43.03 | 8  | Dave    | Hobson  | 44.22 |
| 3 | Mike   | Kennedy        | 43.26 | 9  | Geoff   | Moore   | 44.35 |
| 4 | Graham | Moon           | 43.30 | 10 | Derek   | Woolner | 44.59 |
| 5 | Paul   | Rudkin         | 43.45 | 11 | Brian   | Lenton  | 45.25 |
| 6 | John   | Harding(W.S.)  |       | 12 | Richard | Barber  | 46.51 |

GLENHUNTLY versus A. C. T. 8.3km. CROSS COUNTRY. CAPITOL HILL. 14th JUNE

|   |        |             |       |    |        |            |       |
|---|--------|-------------|-------|----|--------|------------|-------|
| 1 | Andy   | Hill (G)    | 27.08 | 7  | Dennis | Smith      | 28.31 |
| 2 | Trevor | Vincent (G) | 27.37 | 8  | Dave   | Hobson     | 28.44 |
| 3 | Bob    | Walczak (G) | 27.45 | 9  | Brian  | Lenton     | 28.48 |
| 4 | Gary   | Lavers      | 27.59 | 10 | Phil   | O'Hara     | 28.53 |
| 5 | Bob    | Taylor      | 28.09 | 11 | David  | Jones (G)  | 28.53 |
| 6 | Paul   | Rudkin      | 28.16 | 12 | Hugh   | Wilson (G) | 29.43 |

(27 Starters)

A. C. T. Versus SYDNEY UNIVERSITY 10km ROAD, WESTON CREEK, 5th JULY

A. C. T. defeated Sydney University - 35 pts to 43. First 6 counting for points

|   |       |                |             |    |        |               |       |
|---|-------|----------------|-------------|----|--------|---------------|-------|
| 1 | Nigel | Beeson         | 32.23 (Rec) | 7  | Dennis | Smith         | 34.44 |
| 2 | Bob   | McDonald (S.U) | 32.55       | 8  | Julian | Scott (St.G.) | 34.45 |
| 3 | Steve | Hausfield(S.U) | 33.34       | 9  | Graham | Moon          | 34.58 |
| 4 | Keigh | Bradley        | 34.17       | 10 | Dave   | Hobson        | 35.10 |
| 5 | David | Beeson (S.U)   | 34.17       | 11 | Brian  | Lenton        | 35.11 |
| 6 | Paul  | Rudkin         | 43.43       | 12 | Derek  | Woolner       | 36.25 |

(40 Starters)

JACK PENNINGTON\* 16km CROSS COUNTRY 19th JULY, 40 Starters

|   |        |           |       |    |         |         |       |
|---|--------|-----------|-------|----|---------|---------|-------|
| 1 | Nigel  | Beeson    | 53.49 | 7  | Maurice | Ongania | 58.12 |
| 2 | Terry  | Jorgensen | 54.15 | 8  | Dave    | Hobson  | 58.54 |
| 3 | Graham | Moon      | 56.07 | 9  | Brian   | Lenton  | 58.56 |
| 4 | Geoff  | Moore     | 56.45 | 10 | Bernie  | Millett | 59.23 |
| 5 | Paul   | Rudkin    | 57.30 | 11 | Keith   | Bradley | 60.10 |
| 6 | John   | Gilbert   | 57.37 | 12 | John    | Fraser  | 60.45 |

NOEL JAGO\* MEMORIAL, 16km ROAD 9th AUGUST 40 Starters

|   |        |                    |             |    |        |         |       |
|---|--------|--------------------|-------------|----|--------|---------|-------|
| 1 | Terry  | Jorgensen          | 51.44 (Rec) | 7  | Bob    | Taylor  | 55.12 |
| 2 | Keith  | Bradley            | 53.46       | 8  | Gary   | Lavers  | 55.30 |
| 3 | Dennis | Smith              | 53.58       | 9  | Brian  | Lenton  | 55.36 |
| 4 | Paul   | Rudkin             | 54.00       | 10 | John   | Fraser  | 55.41 |
| 5 | Dick   | Pickup (Sandy Bay) | 54.02       | 11 | Bernie | Millett | 55.48 |
| 6 | Dave   | Hobson             | 54.45       | 12 | Gavin  | Jones   | 56.20 |

BIG EARS REPORTS:

Exactly one week prior to Steve Prefontaine's fatal accident, pro hurdler Paul Gibson (26 yrs) was also killed in a car crash. Paul had a P.B. 13.3 -120y. hurd; and 9.4 100 yards.

TASMANIAN NEWS.

By Clive Roper

For a long time Tasmania has been the poor state in Australian distance running, but currently, and certainly to the future we are fast approaching the mecca of distance running.

Kent Rayner, Neil Gale, David Chettle, Alan Bennett, the four top senior athletes could hold their own with any in Australia and add to these Randall Markey, Garry Bently and John Bender and you have seven who will break 30 minutes for 10,000 metres this coming track season, with five capable of breaking 29 minutes.

Close behind these seniors are juniors - David Smith, Craig Anderson, Dale Prosser, Bill Ling and Paul Upchurch, most of whom could hold their own in senior company. Some of this Season's Results:-

12/4/75. ROAD COURSE - 6,400m. DOMAIN

|   |       |         |       |   |       |          |       |
|---|-------|---------|-------|---|-------|----------|-------|
| 1 | Kent  | Rayner  | 18.07 | 3 | Alan  | Bennett  | 19.33 |
| 2 | David | Chettle | 18.16 | 4 | Craig | Anderson | 19.42 |

26/4/75. S.AAB ROAD TITLES - SEVEN MILE BEACH.SENIOR - 16000m.

|   |      |         |       |
|---|------|---------|-------|
| 1 | Neil | Gale    | 49.11 |
| 2 | Kent | Rayner  | 50.08 |
| 3 | Alan | Bennett | 52.55 |

JUNIOR - 8000m

|   |       |          |       |
|---|-------|----------|-------|
| 1 | Dave  | Smith    | 24.21 |
| 2 | Craig | Anderson | 24.31 |
| 3 | Paul  | Upchurch | 26.32 |

31/5/75. 8000m. PINE FOREST. Very soft - ankle deep sand for much of course

|   |      |         |       |   |       |          |       |
|---|------|---------|-------|---|-------|----------|-------|
| 1 | Dave | Chettle | 26.50 | 3 | Craig | Anderson | 26.57 |
| 2 | Alan | Bennett | 26.52 | 4 | Dave  | Smith    | 27.23 |

3/7/75. NORTH versus SOUTH. 10,000m. RELBIA. Raining, very wet, ankle deep mud.

|   |      |         |       |   |       |          |       |
|---|------|---------|-------|---|-------|----------|-------|
| 1 | Alan | Bennett | 35.39 | 3 | Kent  | Rayner   | 36.22 |
| 2 | Dave | Chettle | 36.03 | 4 | Craig | Anderson | 36.31 |

13/7/75. CITY TO CASINO. 10,435m.

|   |      |            |       |   |      |         |       |
|---|------|------------|-------|---|------|---------|-------|
| 1 | Kent | Rayner     | 31.13 | 3 | Neil | Gale    | 31.15 |
| 2 | John | Farrington | 31.14 | 4 | Dave | Chettle | 31.16 |

A truly great race with Kent Rayner gaining victory in a tremendous sprint finish.

20/7/75. 6,400m. BELLERIVE BEACH. Very wet - 8 water crossings.

|   |      |         |       |   |      |       |       |
|---|------|---------|-------|---|------|-------|-------|
| 1 | Alan | Bennett | 19.59 | 3 | Dave | Smith | 20.11 |
| 2 | Kent | Rayner  | 20.10 | 4 | Bill | Ling  | 20.49 |

SOLE MARATHONS - FROM HERE AND THERE - AS HEARD BY BIG EARS.EAST GERMANY: KARL-MARX-STADT MARATHON.

|   |         |         |       |         |   |           |       |         |
|---|---------|---------|-------|---------|---|-----------|-------|---------|
| 1 | Eckhard | Lesse   | (E.G) | 2:14.49 | 5 | Kondo     | (Yug) | 2:16.52 |
| 2 |         | Groc    | (Pol) | 2:15.43 | 6 | Wladel    | (Cze) | 2:17.06 |
| 3 | Hans    | Truppel | (E.G) | 2:15.53 | 7 | Dahler    | (Swz) | 2:17.24 |
| 4 | Gerald  | Umbach  | (E.G) | 2:15.53 | 8 | Babinyecz | (Hun) | 2:17.41 |

Interesting to note that this is an 8 lap course which is held over park land on cinder type track. Bill Adcocks holds the course record of 2:12.16.

So, there you are, there isn't any reason why we could not hold a marathon on the roads around the Albert Park Lake, provided we could have all cars banned from the area during the time of the event!

AMSTERDAM MARATHON:

1 Jensen (Den) 2:16.51; 2 Kalf (Den) 2:15.53; 3 Kirkham (G.B) 2:17.20

WEST GERMANY - DULMEN MARATHON. 1 Miss Christa Wahlsieck 2:40.15.

Wonder how long it will be before a women's marathon is held in this country? Already West Germany and the United States hold such races and next year England is going to join in.

TURKEY. ANKARA MARATHON. 1 Ron Hill (G.B) 2:21.35; 27 days later ran another marathon in Warsaw and improved to 2:12.24.

GREECE. ATHENS MARATHON. 1 Yuri Laptec (USSR) 2:25.27; 2 Frenc Szekeres (Hun) 3 Terry Ziegler (U.S) 2:32.12.

AWAY FROM MARATHONS.BIG EARS REPORTS:-

Believe that the Kenyan athletes have threatened to boycott the 1976 Montreal Olympics if they are required to wear equipment supplied by Adidas. Apparently the Kenyan Olympic Association was expected to sign an agreement with the three stripe company to make them the exclusive suppliers of all equipment to the Kenyan Team, but the athletes do not want to be told that they must wear Adidas. They want to wear what they want to. Remember the Raelene Bolye incident on this same point at the Games in New Zealand last year.

It is interesting to note that among the names of the top pole vaulters in the United States who are trying out hypnosis with a reported success is our Australian Don Baird who has vaulted into the top league with a best leap of 17'9½". As at the end of June of this year, Don was rated in the 11th spot on the United States rankings.

I presume most of you saw the last lap of John Walker's fantastic mile on T.V. when he clocked a new record of 3:49.4. Well, I could not help but chuckle to myself when I noticed the fellows on the inside of the track waving and urging John on, and I just wondered what some of our official officials would have done if that had happened down at Olympic Park. Disqualify that man, like hell!!!

After watching the Australian Marathon Championship down at Point Cook, I am more than ever convinced that with such important events as this one was, where there will obviously be a large contingent of cars wishing to follow the race, runners should move with the traffic and not against it. It was absolutely ridiculous to see the number of cars driving alongside the runners and at their pace, not moving past and thus cutting down the width of the road.

One thing I am sure of is that when runners move with the traffic, following cars will pass the runners in front or stay behind until the opportunity presents itself to do so. This is exactly opposite to what happens when the field moves against the traffic.

At least by moving with the traffic, cars approaching will be able to drive past with less danger to the competitors.

At one stage conditions were so bad that the police complied with the official request to have the cars stopped altogether along section of the course.

Another of the joys of organising marathon runs was encountered during the conduct of the Aussie Title. Lack of staff meant that the intermediate sponge stations were set up in the stipulated positions but were left unattended for the duration of the event. During the interval between the last runners going through one of the stations and the arrival of the "pick-up" truck, the equipment at one station "vanished". Any volunteers for 'babysitting' at sponge stations for next season's marathons.

One of these marathons will be the "Olympic Trial" and it is tentatively set for Saturday, 10th April, 1976. This date is subject to ratification at the Executive Meeting of the Australian Olympic Federation on the weekend of 5th and 6th of September. Reason is that this date is beyond the normal date for the closing of entries. Should they not agree the date will be brought forward into the latter end of March. The Trial will be held in Melbourne.

THE MONTREAL OLYMPIC GAMES MARATHON

This event is scheduled to start at 4.30.p.m. on the last day of the athletic programme. Much has been said and many conjectures have been made as to the suitability of this time of start. Like every other city Montreal has the usual vagaries of climatic conditions, and one can only hope that fortune will with the runners in so far as temperature is concerned.

Montreal there is a church called "Notre Dame Church. As the name indicates the original church, the first in the colony as was first erected in 1771. This was destroyed by fire and rebuilt in 1824 and contains one of the world, some 24,780 lbs to be correct. This bell is rung on occasions.

IT SHOULD BE MADE FOR IT TO BE RUNG WHEN AN AUSTRALIAN

WINS THE MARATHON IN THE 1976 GAMES. HOW ABOUT THAT!!!

By Fred Lester

V.M.C. NEWSLETTER  
WHAT DO YOU MAKE OF IT?

championship was that the winners were only ONE was NOT a list.

at sectional times but faced only spasmodically on the V.A.A.A. would not have done worse at the Institute.

Interesting feature better if some of our athletes who were not came as a guest of the forward to assist at the various check points and financial member of a near hopeless more widely and not regarded as some status symbol!!!  
official time xxx xxx xxx xxx xxx xxx xxx  
with official But

But would be a pity if this were to turn into an obituary notice page, unless the death of three men, who influenced distance running in their lifetime, within the last few weeks, must make us reflect.

STEVE PREFONTAINE had become a magnet in his home town of Eugene, Oregon, well on his way to become the greatest 5000/10000 track runner produced by the USA. Read the story inside and take care when letting down with a few drinks after racing.

PERCY WELLS CERUTTY, Founding Member and first Secretary of the VMC, died at the age of 80 at his home at Portsea, well known by most of our long distance men throughout Australia. A controversial and forceful figure, he wielded a great influence in the upsurge of performances and participation, both directly and indirectly.

VLADIMIR KUTS, the unforgettable champion of the 1956 Olympic Games in Melbourne, possibly the next best to Emil Zatopek the person to most effect racing tactics and preparation within the last 30 years. He inspired not only his Soviet compatriots such as Pyotr Bolotnikov, but track runners throughout the world to use their reserves at a time when they were of the most use, namely, well before the end of a race! He died of a heart attack at the age of 48, still active as a coach.

xxx xxx xxx xxx xxx xxx xxx xxx

It looks as though inflation is going to catch up with us in earnest soon. What with the postage rates and the general cost of other things it will be necessary to do some re-thinking as far as our income is concerned. Needless to say that the present \$1 fee does not cover the production of the VMC Newsletter, let alone the postage charge.

To test members and readers feelings, we would like an expression of opinion as to a membership fee of \$2 and a sale price of 40¢ for the Newsletter. Let us know what you think, or any other alternatives you can suggest to obtain finance.

xxx xxx xxx xxx xxx xxx xxx xxx

With Marathon Olympic Selection Trial set for April 10th, 1976, we seem to be back again to where we were last occasion, in spite of all the pious protestations voiced by our various authorities.

AGE - 28/3/1974. "The AAU of A yesterday threatened not to select teams for future Olympic & Commonwealth Games unless it can set team selection dates." The Union will not be dictated to any longer by the AOF or ACGA. Delegates bitterly criticised the CGA for demanding the athletic team be selected almost 3 months before Christchurch Games.

Vice Delegate, Alan McDonald, said "We must stand over the AOF and CGA. We should tell them that if they won't let us select our teams later, we won't have one. They put up the argument that the Games Teams had to be selected months before so it could be outfitted. It is more important to have a person who does not fit the uniform performing well. We must be the ones to say when the teams will be named."

Union President, Ron Aitken, said "We must remember this and be firm as possible" The position is just as bad as ever now, with track and field athletes having to come up for a new peak 3½ months after the National Championships, while Marathoners are likely to sweat it out under a hot Autumn sun on a shadeless road. Ask any experienced marathon man, there is no such thing as acclimatisation to heat in long distances. In extreme conditions fitness, maturity and well timed peaking are your main assets. How is it that other countries can select their teams a month or six weeks ahead of any Olympic or Regional Games, such as U.S.A., Poland, etc.

S T O P P R E S S

VETERANS WORLD TRACK AND FIELD CHAMPIONSHIPS

THEO ORR - 1st in 3000m in 9:23 (World Record) - 1st in 10,000m - 1st in 3000m Sch.  
2nd in 5000m.

REG. BARLOW - 1st, 5000m. (World Record) WAL SHEPPARD - 1st, 400m Hurdles.

GEORGE McGRATH - 1st, Marathon - 1st, 10,000m - 3rd, Cross Country (took wrong turn)

ALBY THOMAS - 1st, 1500m. TOM ROBERTS - 2nd, 1500m. KEITH ROUTLEY - 6th, Marathon

GEORGE BARTLETT - 1st, High Jump - 1st, Triple Jump, 2nd Pole Vault, 2nd. 110m Hurdles.