

V.M.C. NEWSLETTER

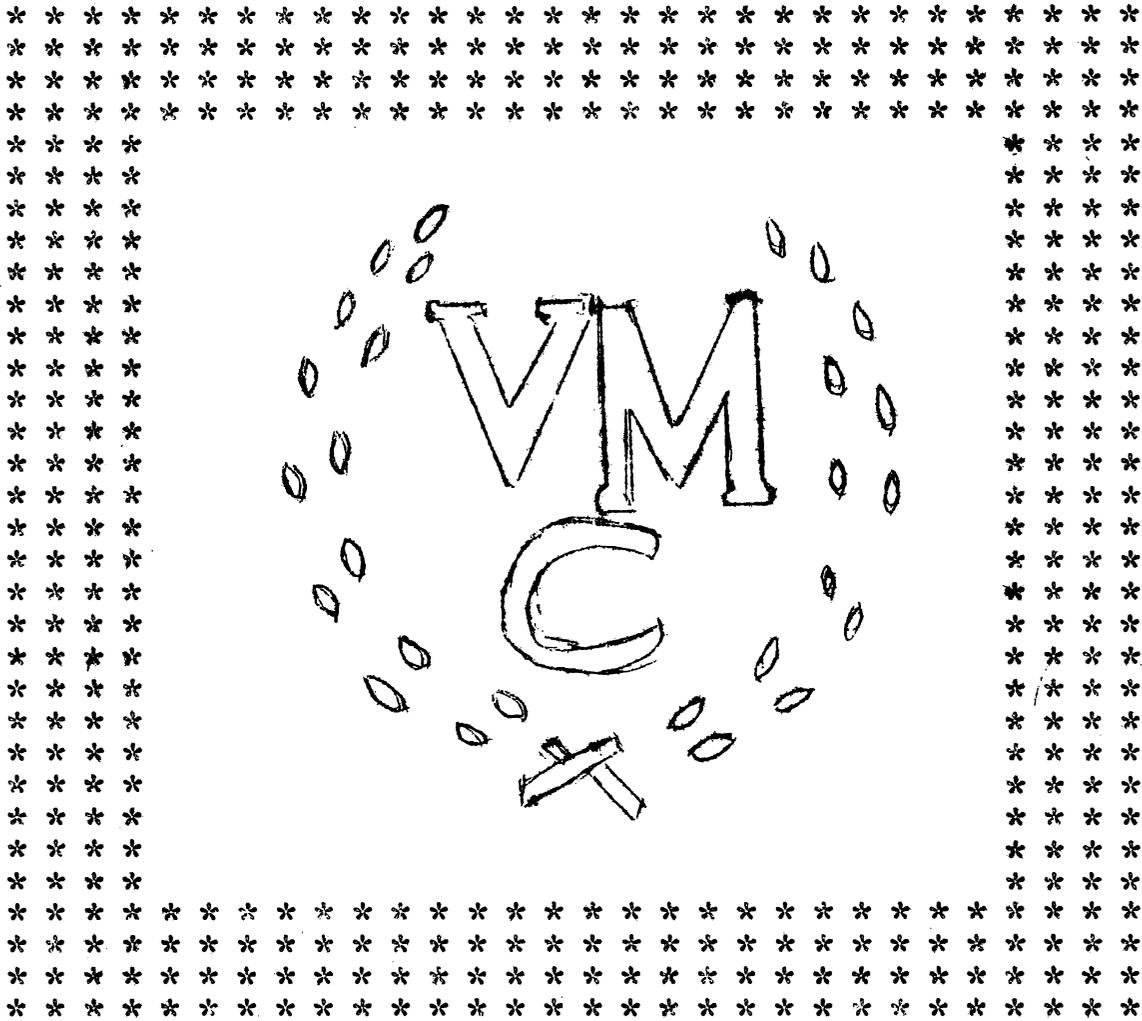
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THE VICTORIAN MARATHON CLUB NEWSLETTER IS PUBLISHED FOR THE INFORMATION OF MEMBERS OF THE V.M.C. AND OTHER PEOPLE INTERESTED IN DISTANCE RUNNING AND ATHLETICS IN GENERAL.

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

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

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

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

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

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

THE VICTORIAN MARATHON CLUB IS

OPEN FOR MEMBERSHIP for any registered amateur athlete.

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

CHARGES 60c Race Fee for each main event except \$1 for Marathon and E.Z. 10,000 m.
 Short events: 30c Race Fee.

FOR FURTHER INFORMATION - contact the Secretary of the V.M.C.:
 David Craig, 45 Caledonia Cres., Mulgrave, 3170.

MEMBERSHIP AND MONIES should be sent to the Treasurer of the V.M.C.:
 David Gazley, 50 Stott Street, Box Hill South. 3128

RACE ENTRIES (NO MONEY TO BE SENT) - you pay on actual race days!! - and suggestions for fixtures, new courses, etc. should go to ASST. SECRETARY (Competition):
 Fred Lester, 1 Golding Street, Canterbury. 3126

ENQUIRIES ABOUT TROPHIES - should be sent to the ASST. TREASURER (Trophies):
 Vic. Anderson, 11/14 The Esplanade, Clifton Hill, 3063.

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

- INTERSTATE LINES OF COMMUNICATION -

AMATEUR ATHLETIC UNION OF AUSTRALIA

Mr. A. L. Morrison,
 Secretary,
 31 Abbott Street, Sandringham. 3191 Vic.

NEW SOUTH WALES
 Mr. Clive D. Lee,
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 A.A.A. of N.S.W.,
 280 Pitt Street, Sydney. 2000 N.S.W.

QUEENSLAND
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 Queensland A.A.A.,
 33 Wighton Street, Nashville. 4017 Qld.

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 Secretary,
 S.A. A.A.A.,
 P.O. Box 231, Adelaide. 5001 S.A.

TASMANIA
 Mr. Noel J. Ruddock,
 Secretary,
 T.A.A.A.,
 10 Reynolds Court, Dynnryne. 7005 Tas.

ENTRY FORM - TRACK RACES - SANDRINGHAM - October 9th, 1977.

Program starts 1:30 p.m.

- Events are:
- 1 Hour Run
 - 3000m Weight-for-Age Veterans Handicap
 - 3000m Junior Teams Race (Holders - RINGWOOD) 4 to run 3 to score
 - 5000m Open Teams Race (Holders - KEW-CAMBERWELL) 4 to run 3 to score

Other events are:

100m, 200m, 400m, other races on request.
(Men, Women & Under Age)

Please enter me for the 1 Hour Race _____

Please enter me for the 3000m W.f.A. _____

Please enter us for the 3000m Jun. Teams Race _____

Please enter us for the 5000m Open Teams Race _____

Please enter me for the _____ event _____

Please enter me for the _____ event _____

Race Fee: 50c per head covering all events, \$2 per Team. Pay at ground.

NOTE: W.f.A. entries please state date of birth: ____/____/____

AND BEST TIMES since 1975: _____

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All entries must be returned to: (BY SEPTEMBER 30TH !!)

FRED LESTER, 1 Golding Street, CANTERBURY, 3126

It is interesting to note that the only description of the VMC Marathon 1977 can be found in the July issue of Distance Running News, published by our running friends in N.S.W. The correspondent is VMC member John Duck who gave a good account of the race and raised a number of criticisms which we need to take good note of. There were some bad shortcomings in the conduct of that Marathon and John rightly points them out.

How much more to the point his criticisms would have been if instead of saying "no thanks to the organisers" he had said: "Over 200 members of the VMC sat on their collective bums instead of being there to ensure the satisfactory conduct of the race!!!"

Let's put the blame for any shortcomings where it belongs, ourselves! With a membership well in excess of 400 and only about 160 competitors in the two races on the day, surely there must have been enough people over to attend to all the different jobs. As it was, we barely managed to man two feeding stations and allot two timekeepers to the 5km and 10 km points each.

If there are lessons to be learned, they were provided by the running fraternity and their friends in Launceston, where there was enthusiastic participation by all concerned in staging the Australian Marathon and over 100 people involved in the organisational side on the day. The thing that was obvious right from the moment we arrived there, was that there was team work and that experienced long distance runners had been drawn in. The reports in this Newsletter underline that very well.

Marathon running takes dedication and effort in everything connected with it. So, stop pussy-footing around on a whole number of things if we are ever going to get somewhere. Keep on expecting someone else to do it for you and you are well on the way of either few things ever being the way you want them or going around cap-in-hand and adopting the subservient mentality of a beggar.

Illustrating the aforesaid was the fact that the people in Launceston put their case for assistance to their State Government and financial aid was made available. Apart from vague promises for the future and a vacuous speech by the responsible minister, there was not a single cent from the Federal Government! What did the AAU of A do? Have they ever totted up the revenue in Sales Tax and Import Duties reaped off athletes throughout Australia? Have they ever tried to estimate the savings in health benefits to the various Governments achieved by the active participation in sport? Have they ever been prepared to make an issue of this lack of concern for amateur sport, where words are rarely backed up by deeds?

To quote the Australian Newspaper's comment on the recent Federal Budget: "The Government is to spend about \$6.7 million on youth, sport and recreation facilities this financial year - \$3 million less than last year. One of the largest cutbacks is in grants for building of community amenities approved under the program of capital assistance for leisure facilities. These amounted to \$6.9 million in 1976-77, but this financial year will total only \$3.7 million. A further \$3 million is provided - including \$1 million for a new program to support national sport and sporting bodies"

Big Deal!!! We have the Herald of August 17 quote Wayne Reid, Tennis' big wheel on the Confederation of Australian Sport, made up of 80 sporting bodies throughout Australia and representing 3½ million people involved in sport: "The major benefit is that we now have a policy decision from the Liberal-National Party Government".

Just let's do a bit of figuring for ourselves: \$1 million for 80 sporting bodies works out at \$12,500 each. If we take 400 VMC members as wearing out 3 pairs of imported road shoes - there are none good enough made locally - the import duties alone put \$12,960 into Federal coffers. We can also divide the \$1 million by 3.5 million people involved in sport and come up with the princely sum of 23.6 cents, less than half of what it costs you to get in the gate at Interclub!

Active sports people are a national asset, promoting health and recreation throughout the whole community. We contribute to the national income the same as every other citizen in addition. We are entitled to a far better consideration in the general national perspective. Healthy participation in sport is a national asset and not a marketable commodity and we must demand a proper share of consideration expressed in hard cash and national planning.

Stop pussy-footing around!

FRED LESTER.

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

- Sep. 3 VMC 30km & 15 km "King of the Mountains", Point Leo-Arthur's Seat 1.30 p.m.
 10 VAAA 25km Road Champs. Cranbourne 2 p.m.
 11 "Geoff Watt" Half-Marathon. Warragul. (VMC supported)
 17 Monash University AAC 10km Road Race
 18 Latrobe Valley Mount Tassie 20 Miles. 1.30 p.m. from Traralgon P.O.
- V.M.C. SPRING & JSUMMER FIXTURES 1977-78.
- Oct. 1 R.W. Clarke 10,000m Glenhuntly, Murrumbena Track. (VMC supported)
 9 VMC 1 Hour Run & Teams Races, Open Events, Sandringham Track, 1.30 p.m.
 22 VAAA Interclub Season commences.
 29/30 Pacific Games Trials, Canberra.
- Nov. 2 Wed. VMC 16km & 6km, Two Bridges Course. 6.30 p.m.
 8 Tue Sandringham 10,000m, 6.30 p.m. (VMC supported)
 16 Wed VMC 12km & 4km, Two Bridges Course. 6.30 p.m.
 20 Sun South Melb. AC MARATHON, Princes Park, 8.00 a.m.!! (VMC supported)
 30 Wed VMC 8km & 2km, Two Bridges Course, 6.30 p.m.
- Dec. 3/4 Pacific Games, Canberra.
 10 Sat "Emil Zatopek" A 10,000m with Special Satellite Meeting 7.30 p.m.
 14 Wed. "Emil Zatopek" C & D with Australian All-Schools, Olympic Park.
 15 Thur "Emil Zatopek" B with Australian All-Schools, Olympic Park.
 31 Sat VMC Midnight Run. Two Bridges 12 Midnight. Alexandra Ave. Barbecue
- Jan. 3 Tue VMC "Run For Your Supper" Open events & Barbecue, Sandringham. 6.30 p.m.
- Feb. 6 Mon VMC 10,000m VAAA non-qualifiers, Losers' Mile.
 7 Tue VAAA 10,000m, 100 yards & 1 Mile Finals.
- Mar 27 Mon VMC 16km & 4 Miles, Princes Park.

PLEASE NOTE: Entries for the Emil Zatopek divisions must be in the Competition Secretary's hands by November 30th. (Fred Lester, 1 Golding St. Canterbury, 3126.)
No money to be sent.

Cut-off times for "A" are 30:30 for 10,000m & 14:30 for 5000m achieved since 1/4/76.
 " " " " 33:30 " " 15:30 " "
 " " " " 37:00 " " 17:00 " "

Only financial members of the VMC are eligible for "B", "C" & "D" divisions. Non-members of the VMC may be permitted to run by invitation in "A" division, provided they have reached a minimum standard of 30:00 or 14:00 respectively since 1/4/76.

With your entry for the Emil Zatopek you must give your best time over the distance since April 1st, 1976, as well as the date and the track where your performance was achieved. Race fees and conditions apply to all competitors without exception. Your fee is payable when reporting in the dressing room for your race number.

In view of the growth of the VMC to well over 400 members, it has become of the utmost importance that members carry out duties on race days as allocated by the roster which you will find at the end of this Newsletter. Now, it must be clearly understood that this is the only way by which we can avoid the establishment of a separate bureaucracy to conduct our events. There is no doubt that it will be necessary for everyone to act in an official capacity within our own club for only one race day. It would be of great assistance to the roster organisers if members can indicate their preference for any one day in particular when it may suit themselves to skip having a race.

As a guide to all concerned, we would like all members to memorise and follow out definite procedures on race day and thereby reduce working and checking to an absolute minimum:

- 1) ALWAYS give your First Name and Surname as you put in your entry as well as when you have your name recorded at the end of the race. (When tags are issued please print your name on the tag for quicker identification!)
- 2) As you walk up to the table state whether you will compete in the LONG or SHORT race, so that we can record the correct entry fee.
- 3) If you are a Veteran (over 40) or a Junior (under 19) state your age at last birthday and have it recorded as you put in your entry and when you give your name at the finish. (V42, V57, J13, J15, etc.)
- 4) Indicate if you are a financial member of the VMC.
- 5) IT IS MOST important as you finish that you stay in the order of finishing until you have given your full particulars, as outlined above, to the recorders for the handicappers to allocate handicaps correctly. Remember, everyone has a chance for a trophy order in the handicap attached to every race.

V.M.C. 20 MILES - TULLAMARINE - 7/4/77. 73 Starters - 42 Finishers.

Finisher - Sunny, Warm early.

Pl.	Name	A.Time	Hcp.	H.Pl.	Pl.	Name	A.Time	Hcp.	H.Pl.
1.	Bob Guthrie	1:50.32	4.57	1	22.	Paul Bennett	2:10.42	7.14	33
2.	Kev. Rock	1:55.05	0.00	16	23.	Bob Schickert	2:16.53	15.31	28 V
3.	Graham Kennedy	1:55.21	3.08	7	24.	Bill Luke	2:17.12	-	-
4.	Ken Duxbury	1:56.58	5.19	5	25.	Bob Bruner	2:17.14	-	-
5.	John Coyle	1:58.17	3.50	13	26.	Bruce Walker	2:18.00	20.08	23
6.	Matt Ryan	2:00.10	5.19	15	27.	Richard Harvey	2:18.35	16.25	30
7.	Don Simpson	2:00.10	8.48	4	28.	John Harper	2:19.03	-	-
8.	Jim Seymon	2:01.50	8.48	9	29.	Neill Coutts	2:19.11	21.06	24
9.	Brendan McVeigh	2:02.07	7.37	14	30.	Keith McIntosh	2:19.17	24.06	17
10.	Bruce Watt	2:08.39	14.58	10	31.	John Smith	2:21.05	30.34	3 1st V
11.	Kon. Butko	2:11.43	19.36	6	32.	Clive Davis	2:21.43	-	-
12.	Gary Harris	2:12.10	15.31	21	33.	Ray Callaghan	2:22.40	21.06	29 V
13.	Robin Algie	2:12.21	17.02	18	34.	Ian McDonald	2:24.49	-	-
14.	Geoff O'Brien	2:13.06	19.11	11	35.	Lavinia Petrie	2:25.07	-	- W
15.	Gerry Riley	2:13.19	20.34	8 V	36.	John Breslan	2:25.47	25.07	26
16.	Steve Barralet	2:13.53	16.25	22	37.	Roy Jennings	2:26.23	30.07	20 V
17.	Peter Logan	2:14.21	24.06	2	38.	John Curry	2:27.18	12.29	35
18.	Bill Harrison	2:15.01	19.11	19	39.	Fred McIntosh	2:32.17	28.51	32
19.	Tom Gronert	2:15.49	14.58	27	40.	Bob Laughton	2:32.48	38.50	12
20.	Gerry Hart	2:16.35	13.20	31	41.	Peter Battrick	2:51.03	38.50	34
21.	Terry McCarthy	2:16.42	17.20	25	42.	Anne Callaghan	3:04.38	44.04	36 1st W

V.M.C. 10 KM. - TULLAMARINE - 7/5/77. 48 starters - 45 Finishers.

Sunny and warm.

Pl.	Name	A.Time	Hcp.	H.Pl.	Pl.	Name	A.Time	Hcp.	H.Pl.
1.	Rob Gilfillan	30.53	0.00	5	24.	Richard King	39.06	-	- J
2.	John Axsentieff	32.50	0.20	15	25.	Wally Sheppard	39.24	7.13	10 V
3.	Art. Kingsland	33.20	0.33	17	26.	Neil McGuigan	39.42	6.48	E18
4.	David Palmer	33.48	-	-	27.	Mike Cummins	39.59	8.35	8
5.	Gerard Ryan	33.48	-	- J	28.	Neil Smith	40.12	-	-
6.	Rob Jamieson	34.12	1.48	12	29.	Don Trembeath	40.28	-	- V
7.	Col McDonald	34.15	-	-	30.	Frank Biffi	41.22	5.56	31 J
8.	Barry McIntyre	34.31	1.15	21	31.	Merv Woodgate	41.48	8.54	E18 V
9.	Randy Hobbs	34.32	2.41	9 J	32.	Tom Davison	42.09	3.35	23 V
10.	Geoff Pratt	34.30	2.15	13	33.	Simon Clarke	42.25	-	- J
11.	Joe Campisi	34.58	-	-	34.	Peter Schuwalow	42.56	12.24	3 J
12.	Ross Coyle	35.08	2.45	11	35.	Mike Gilday	43.36	4.22	1
13.	Andrew Cron	35.24	5.15	2 1J	36.	Mark Thomas	43.44	11.17	14 J
14.	Russ Leitch	35.37	-	-	37.	Hans Meiselbach	43.48	9.14	23 V
15.	Rod Heath	35.47	5.08	4	38.	Adrian McDonald	44.38	11.39	20 J
16.	Trevor Elsey	36.14	2.00	26 J	39.	Norm McLeish	45.22	12.00	22 V
17.	Greg McMahon	36.16	1.22	29	40.	Joan Cameron	46.30	9.14	32 W
18.	Col Ramadge	37.00	-	- J	41.	David Gransden	47.27	7.40	34 S-J
19.	Pat McMahon	37.00	5.56	6	42.	Wally Riley	47.28	13.34	25 V
20.	John McDonnell	37.20	6.13	7 V	43.	Clare McKerr	48.10	12.47	30 1st W
21.	Mike Hall	37.28	4.45	16	44.	Marg Hibbert	48.45	-	- W
22.	Richard Hedding	38.08	3.52	27 J	45.	George Wilson	58.41	21.03	33 V
23.	Rob Meiselbach	39.04	5.24	24					

It is estimated among the Marathon runners, that each one of them uses, at \$30 a pop, 3 pairs of running shoes per year, possibly more. As there is no locally made product of the standard required and import duties are 35%, this signifies a Federal tax rake-off of \$32.40 per head per year! While the Tasmanian State Government assisted the Launceston organisers with a hefty subsidy, the Australian Government did not assist with a "Brass Razoo" towards the costs of the Australian Championship. Victorian team members, the shortest travel, had to find \$33.30 towards their airfare alone!!

It is also estimated that the Victorian full contingent, including supporters, contributed enough in Excise duties to support at least two team members, the Richmond section almost paying in full the equivalent of Robbie Wallace's costs!!

ADVERTISEMENT: Room or Sleepout, share other facilities, must be house-broken (in other words: not leave messes for other people to clean up) car space available. Location is central to Metropolitan area, 7 miles from city on main trunk Eastern rail line. Ring 836 83 27 outside business hours.

VMC 15KM - ALBERT PARK - 22/5/77 - 32 Finishers

Pl.	Name	A.Time	Hcp.	H.Pl	Pl.	Name	A.Time	Hcp.	H.Pl
1	Rob WALLACE	47.22	0.00	49	42.	Ray CALLAGHAN	57.11	9.46	50 V
2	Terry HARRISON	47.35	0.44	E36	43	Terry McCARTHY	57.14	8.07	62
3	Max FREELAND	48.01	1.57	E14	44	Geoff ALFORD	57.16	10.37	32
4	Bob GUTHRIE	49.05	2.45	22	45	Ron YOUNG	58.12	12.40	5 V
5	Peter NOORDHOFF	49.11	3.24	8	46	Geoff O'BRIEN	58.31	8.56	64
6	David ALTRINGHAM	49.32	3.04	26	47	Joe GOBEL	58.39	12.53	7
7	Mike HILL	49.41	0.44	61	48	Mick O'BRIEN	58.40	12.25	19
8	Silvio RADOSLOVIC	49.45	3.54	10	49	Noel ANDERSON	59.16	12.53	23
9	Ron HARRY	50.06	4.35	4	50	Rob BREWSTER	59.31	-	-
10	Paul BENNETT	50.11	3.44	25	51	Jim CRAWFORD	59.36	8.19	71 V
11	Terry COLLIE	50.29	4.25	E14	52	Lindsay BEATON	60.11	11.16	60
12	Jim SEYMON	50.41	4.46	11	53	Des MIDDLETON	60.11	11.57	57
13	Don SIMPSON	50.43	4.46	12	54	Graeme BREWER	60.13	-	-
14	Ken DUXBURY	50.59	2.53	56	55	John JOHNSON	60.21	14.19	13 V
15	Tom KELLY	51.12	4.35	29 V	56	Peter COLTHUP	60.36	14.19	E20 V
16	John STAUNTON	51.29	4.46	33	57	Fred McINTOSH	60.51	13.07	52
17	Henk V Wijgaarden	51.44	4.46	E40 V	58	Fred HARRISON	61.17	-	-
18	Bruce WATT	52.16	7.32	2	59	John SHEARD	61.19	-	-
19	Joe CAMPISI	52.19	-	-	60	John LEAHY	61.19	-	-
20	Leif MICHELSSON	52.49	5.50	39	61	Roy JENNINGS	61.32	11.43	65 V
21	John KNEEN	53.05	5.07	54	62	Joan CAMERON	61.37	15.20	E20 1W
22	John CLARKE	53.15	6.57	16	63	Keith LOFTHOUSE	61.40	-	-
23	Dave BYRNES	53.16	2.25	69	64	Richard HARVEY	61.47	11.03	68
24	Robin ALGIE	53.43	7.55	9	65	Ian SMITH	62.14	15.04	45
25	John MacDONNELL	53.50	7.20	27 V	66	Bob MOORE	62.16	15.50	24
26	Steve SZEGEDI	54.10	7.32	E30	67	Ray HILL	63.01	-	-
27	Gary HARRIS	54.15	7.20	38	68	Alan CLARKE	63.07	16.54	17 V
28	Bob SCHICKERT	54.27	7.20	44	69	Hans MEISELBACH	63.53	15.20	58 V
29	Phil LEAR	54.37	5.07	63	70	Ron FARNILL	64.47	20.35	1 1V
30	Dave LYNCH	54.47	8.30	E20 V	71	Trevor WISEMAN	64.58	-	-
31	George KUTZ	54.55	7.44	47	72	Ian McQUADE	65.26	18.16	46 V
32	Tom GRONERT	55.19	7.32	35	73	Jim CONWAY	66.17	18.40	51 V
33	Rodney HEATH	55.21	8.30	E36	74	Norm McLEISH	66.40	19.40	43
34	Patrick McMAHON	55.46	10.11	6	75	Wal RILEY	67.14	22.07	3 V
35	Andrew CRON	55.52	9.08	34 J	76	Rob LISTER	67.31	17.10	67
36	Bruce WALKER	55.59	9.21	E30	77	Nathan FINK	68.06	21.30	28 V
37	Gerry HART	56.21	6.23	66	78	Clare MCKERR	68.10	1 20.53	43 W
38	Gerry RILEY	56.31	9.33	E40 V	79	Anne CALLAGHAN	68.30	19.41	59 W
39	John BARRETT	56.43	8.43	55	80	Joe TENNANT	70.30	22.45	53 V
40	Bill WOODS	56.53	-	-	81	Harry Jones	75.40	24.43	70 V
41	Neil TAYLOR	57.10	10.11	42	82	Tom DAINTRY	75.40	-	- V

VMC 5KM - ALBERT PARK - 22/5/77 - 31 Starters - 31 Finishers. Cold, windy.

Pl.	Name	A.Time	Hcp.	H.Pl	Pl.	Name	A.Time	Hcp.	H.Pl
1	Alex KUTZ	16.26	1.06	3 J	17	Paul ROSE	21.24	-	- J
2	Trevor ELSEY	16.36	0.00	10 J	18	Margaret HIBBERT	21.43	-	- W
3	Jeff CHAMBERS	16.43	-	- J	19	George ROSE	22.37	-	- J
4	Andrew GARNHAM	17.11	-	- J	20	Bill CHAMBERS	22.44	-	-
5	Stephen ROSE	17.58	-	- J	21	Michael ROSE	22.44	-	- V
6	Frank BIFFI	18.14	2.47	4 J	22	Barbara BYRNES	23.06	-	- W
7	Jim DAVY	18.15	-	- V	23	Greg GARNHAM	23.29	-	- J
8	Peter BATCHELOR	18.37	3.41	2 J	24	Betty NEWMAN	24.22	-	- W
9	Mike CUMMINS	18.40	3.04	6	25	Marj COLTHUP	25.51	12.33	1 W
10	Merv WOODGATE	19.25	3.13	8 V	26	Marg ANDERSON	26.39	-	- W
11	Michael MORTIMER	19.49	-	- J	27	Geraldine REILLY	26.44	10.45	7 W
12	Arthur KUTZ	20.00	3.13	11 J	28	George WILSON	27.46	8.36	12 V
13	Kym PISCOPO	20.08	3.50	9	29	Harry LOGAN	30.17	7.00	14 V
14	Matthew HART	20.10	4.35	5 J	30	Lorraine YOUNG	32.07	-	- W
15	Stan GALLAGHER	20.45	0.45	13 J	31	Shirley YOUNG	32.07	-	- W
16	Chris DOUSOULIAGOS	21.09	-	- J					

V.M.C. MARATHON. TYABB. 12.6.77 90 Starters - 74 Finishers.

Fine, cool, slight breeze.

Pl.	Name	A.Time	Hcp.	H.Pl.	Pl.	Name	A.Time	Hcp.	H. l.
1	Graham Struthers NZ	2.23.36	-	-	38	John Smith	2.59.17	39.30	2 V
2	David Byrnes	2.24.12	0.00	10	39	Gerry Hart	2.59.42	18.00	37
3	Bob Guthrie	2.26.11	2.30	3	40	Ian Gaskell	2.59.47	25.47	27
4	Ken Duxbury	2.27.35	7.30	3	41	Bill Woods	3.00.10	-	-
5	Paul O'Hare	2.28.40	5.30	6	42	Lavinia Petrie	3.00.36	-	- ^{1st}
6	John Duck	2.28.57	6.40	4	43	Jim Crawford	3.00.36	24.00	29
7	Kevin Beck	2.33.56	5.50	17	44	John Harper	3.00.44	-	-
8	Stewart Handasyde	2.34.53	-	-	45	Bruce Inglis	3.02.12	-	-
9	David Southwick NZ	2.36.43	-	-	46	David Mildenhall	3.05.22	-	-
10	Don Simpson	2.36.53	11.18	11	47	John Kindness	3.08.42	16.14	43
11	Neil Gale TAS	2.37.26	-	-	48	Andy Galloway NZ	3.08.44	-	V
12	Jim Seymon	2.38.15	11.13	14	49	Clive Davis	3.10.36	47.24	7
13	Gerry van der Ploeg	2.39.13	11.18	16	50	Joe Gobel	3.13.33	-	-
14	Dick Dowling	2.39.23	11.50	15	51	Bob Ellis	3.14.01	29.06	40
15	Garry Harris	2.44.53	20.50	9	52	Brian Rycroft	3.21.55	33.10	39
16	Matt Ryan	2.45.27	7.10	32	53	Ray Gould	3.23.19	-	-
17	Paul Twining	2.45.42	8.30	30	54	Bob Moore	3.23.46	47.24	28
18	Geoff O'Brien	2.46.02	20.13	12	55	Peter Battrick	3.23.41	52.23	23
19	Paul Bennett	2.47.10	9.44	31	56	John Johnston	3.23.57	41.03	33 V
20	Peter Bethune	2.49.53	-	-	57	Fred McIntosh	3.24.15	-	-
21	Tom Kelly	2.51.14	12.20	34 ^{1st}	58	Ian Membrey	3.25.50	-	-
22	Neil Croker	2.51.54	6.40	41	59	Ian Dunn	3.27.30	-	-
23	Robin Algie	2.51.54	-	-	60	R. Farnsworth	3.31.37	41.55	43
24	Bob Schickert	2.52.06	20.55	21	61	Leigh Thompson	3.33.49	1.01.12	25
25	Peter Logan	2.52.21	33.10	1	62	Bill Wigglesworth	3.33.49	-	-
26	Alf Cotterell NZ	2.52.23	-	- V	63	John Leahy	3.34.42	44.12	44
27	Forsell	2.52.52	-	-	64	John Graham	3.36.26	57.38	33
28	David Lynch	2.53.19	24.00	20	65	Joan Cameron	3.38.13	45.47	47 W
29	Newell Barrett	2.54.05	31.05	5 V	66	Des Middleton	3.38.13	-	-
30	Brian Waters	2.55.03	-	-	67	Norm McLeish	3.41.04	59.27	36 V
31	Richard Jeffery	2.55.41	29.41	13 V	68	Peggy Smith	3.42.41	1.14.10	19 W
32	Rod Heath	2.55.50	24.35	22	69	Claire McKere	3.43.53	1.03.10	35 W
33	Bill Hughes	2.55.53	22.07	26 V	70	David Bradford	3.45.48	55.00	45
34	Gerry Riley	2.56.05	27.45	13 V	71	Richard Davis	3.45.43	54.06	46
35	Ron Farnill (1st Grp)	2.56.30	25.00	24 V	72	Ann Callaghan	3.46.13	59.27	42 W
36	Len Butko	2.56.47	-	-	73	Ray Callaghan	3.46.23	-	- V
37	Bruce Watt	2.53.55	-	-	74	Nathan Fink	4.09.43	-	-

A TRIP TO TOWNSVILLE AND BEYOND.

FRED LESTER.

I had the opportunity to make a gaping hole into my experience of the last bleak Melbourne winter by chucking a tent and various other essentials into the boot of my car and taking off towards the sun at the end of June. The wet and grey blanket that covered the S.E. of Australia started to lift by the time we got near Armidale, where we took the opportunity to look up VMC stalwart John Stanley. At that time he was going well and ready to take the NSW Marathon, which he duly did, only to be deprived of a trip to Launceston by boils on the bum!

Anyway, John showed us some great cascades along his special crosscountry course before we set off, to drive in sunshine all the way to Townsville. That is except for the clouds of dust we encountered as we came in the back way, along the divide and thru Charters Towers! We made camp at a caravan park only about 400m from Peter Lahiff's place, which is situated right along the beach front. It was a good opportunity to meet the Townsville Marathon Club enthusiasts, as they have a regular training night on Thursday's with a turn up of up to 12 or so runners. Well, if any of you Southern VMC members think you've got it hard, you want to try Townsville some time. Remember, late June is mid-winter up there and you're bathed in your own perspiration within 2 miles of starting your run. Anyway, we pushed on as we were more interested to catch plenty of sunshine a bit further up along the coast, so I promised to call in on the way back for a barbecue and an athletic talk-about on the Saturday a fortnight later.

That Saturday was a most enjoyable and interesting evening when we discussed topics such as: Why run, what different ways are there to prepare for Marathons, how can we best run our own affairs without overloading any one person, difficulties in working together with other clubs and regional bodies, etc. One of the people there, who makes a 300 miles roundtrip with his family almost every fortnight to have a running weekend is Alan Macdonald (ex-Melbourne Harrier) who sends his best wishes to all and sundry. My impressions were that the Townsville Marathon Club is very similar in its attitude to ourselves, placing the enjoyment and exhilaration of running first and thereby promoting healthy community participation. They need to have the same recognition as an autonomous club by their State Association as the VMC is accorded down here. Stipulating that members must belong to some track club that they are not interested in does not promote goodwill. VMC experience has been that people who join up with us eventually gravitate towards local clubs in most cases anyway, if they feel keen enough.

AUSTRALIAN MARATHON CHAMPIONSHIP - CRESSY, TASMANIA, 6/3/1977. - 52 Starters

Cold, constant rain, strong wind.

Pl.	Name	St.	Finish	13 Miles	Pl.	Name	St.	Finish	13 Miles
1	Rob WALLACE	V	2:20:11.1	69:51	25	Edward GRIBBLE	N1	2:32:55	75:04
2	Gerry SOFIANOS	V	2:20:34.8	70:50	26	Dick DOWLING	VI	2:33:56	75:03
3	Neil GALE	T	2:22:40.9	70:34	27	Julian SCOTT	NI	2:34:25	77:11
4	Bob GUTHRIE	V	2:23:01	72:00	28	Kevin TAYLOR	N	2:34:37	76:28
5	Paul O'HARE	V1	2:23:13	72:00	29	Ian HAMILTON	S	2:35:15	77:12
6	Brian MARS LAND	W	2:23:50	72:02	30	Richard PICKUP	T	2:36:01	78:23
7	Ken DUXBURY	V1	2:24:01	72:13	31	Tony BURNS	NI	2:37:02	77:17
8	Kevin ROCK	V1	2:24:13	72:02	32	Jim SEYMON	VI	2:38:21	76:51
9	Dave McLINES	N	2:25:12	72:13	33	Paul COMMINS	Q	2:38:33	77:59
10	Eric SIGMONT	V1	2:25:26	70:45	34	Bob OSBORNE	NI	2:38:55	79:39
11	Peter HANNAFORD	V1	2:25:52	72:00	35	Dave GAZLEY	VI	2:39:07	72:30
12	Robert TALAY	N	2:26:03	72:13	36	Martin MILLS	Q	2:39:12	81:27
13	David BYRNES	V	2:26:21	72:13	37	Greg HAWTHORNE	T	2:39:30	78:24
14	Rob STONES	Q	2:26:30	72:44	38	Paul BENNETT	VI	2:39:40	79:19
15	Paul LOCKYER	N	2:27:44	75:00	39	Geoff MOORE	NI	2:41:06	76:28
16	David EDWARDS	N	2:28:33	75:05	40	Wayne CHEPTEL	S	2:41:29	79:20
17	John HEARNshaw	N	2:28:40	75:00	41	Phil AFFORD	S	2:42:38	81:29
18	Phil CUFFE	V	2:28:45	69:51	42	John HARDING	NI	2:45:51	79:28
19	Dave ELTRINGHAM	V1	2:29:58	73:10	43	Jaako LAAJOKI	NI	2:47:11	76:23
20	Steve SAUNDERS	W	2:30:05	75:01	44	Noel NEILL	Q	2:48:04	81:28
21	Grenville WOODS	S	2:30:35	75:07	45	Dave SCULLY	Q	2:53:00	83:00
22	Kent RAYNER	T	2:32:01	69:51	46	Eddie WESTBURG	T	2:53:38	83:25
23	Richard BOURNE	Q	2:32:28	77:10	47	Matt RYAN	VI	2:56:57	79:25
24	Tim WALSH	W	2:32:47	72:00					

TRARALGON MARATHON - 14/3/1977.

54 Starters.

Warm and windy.

1.	Robert JAMIESON	2:40:26	22	Joe GOBEL	3:11:23
2	Bob TURNER	2:43:09	23	Clive DAVIES	3:12:47
3	Ian RANDS	2:43:45	24	Neil TAYLOR	3:13:10
4	Rob ORR	2:44:23	25	Rod LINEHART	3:13:52
5	Geoff O'BRIEN	2:47:13	26	Roger GUILD	3:14:19
6	Ray BROWN	2:51:19	27	Neil COUTTS	3:15:40
7	Theo ORR	2:51:43	28	Laurie McMAHON	3:17:11
8	John HARPER	2:55:01	29	Richard HARVEY	3:19:02
9	Ian MEMBREY	2:57:03	30	Peter BATRICK	3:19:31
10	Bruce WALKER	2:57:55	31	John EYRE	3:19:42
11	Tim DENT	2:58:22	32	Derek STEVENSON	3:20:00
12	Robin ALGIE	2:58:59	33	Paul PATTON	3:20:42
13	Richard JEFFERY	2:59:23	34	Keith TAMHOLT	3:21:21
14	Kevin LEONS	2:59:32	35	Bill WIGGLESWORTH	3:23:11
15	Ross SHILLSTON	3:00:24	36	Leigh THOMPSON	3:24:16
16	William SMITH	3:00:59	37	Ian DUNN	3:23:20
17	Robert MEISELBACH	3:04:00	38	Ron FARNILL	3:34:20
18	G. WILSON	3:04:14	39	Hans MEISELBACH	3:48:05
19	Gerry RILEY	3:05:13	40	Kon BUTKO & DOG	4:33:44
20	Bruce INGLIS	3:06:57	41	Mal BURNS	4:33:44
21	Peter ARMISTEAD	3:09:57			

VMC 2 HOUR TRACK RACE - COLLINGWOOD TRACK - 10/7/1977. 19 Starters - 12 Finishers

Cool, cloudy, strong wind.

Pl.	Name	Distance Metres	Distance Miles	Pl.	Name	Distance Metres	Distance Miles		
1	Bob GUTHRIE	35km520.5m	22M125y	1	7	Bruce WALKER	29km507.3m	18M589y	
2	Ken DUXBURY	33km350.3m	20M1272y	2	8	Brian RYCROFT	28km497.3m	17M1245y	1V
3	Tom GRONERT	32km266.6m	20M 87y	3	9	Ray CALLAGHAN	28km165.6m	17M382y	
4	Max CARSON	31km708.8m	19M1237y		10	Ian McQUADE	27km629.7m	17M296y	
5	Bob SCHICKENT	29km909.3m	18M1029y		11	Brett BARBER	27km586.4m	17M249y	1J
6	Gary LOOKER	29km879.5m			12	AnneCALLAGHAN	25km605.7m	15M1603y	1W

Intermediate times:

GUTHRIE	10K	-	33.32 min.
	10M	-	54.03 min.
	20K	-	67.20 min.
	25K	-	84.06 min.
	20M	-	103.40 min.

MY FIRST MARATHON.

LAVINIA PETRIE.

Well, after 10 years running in Victoria I finally decided - this year I'm going to run a marathon! When Ann Callaghan, Claire McKerr and Peggy Smith, all members of VIC. VETS told me that they were going to run the VMC marathon on June 12th, I thought well, why not. If they can, so can I.

When my training companions (male members of my husband's club) learned of my decision they immediately dubbed me marathon woman, wonder woman and would you believe, bionic woman? They all offered to help with the training but I found that I didn't really have the time for hundreds of miles a week, which is reported to be ideal marathon preparation. Mine consisted of almost continuous running for 12 years and constant running since Christmas. I never exceeded 60 miles per week in training and the 5 or 6 weeks immediately before, I averaged 50-55 miles. Five weeks before D day I spotted a 20 K road race on the VMC fixture and thought I would have a go in that. You can imagine how I felt on the Wednesday when I realized it was 20 miles not 20 K that I had talked myself into running. "It won't do you any harm", said Bob. I had to run with June for 5 miles on the morning of the run or she would have missed her training for the day. Went and helped Marian and Margaret mark out the schoolgirls cross country course and then off to Tullamarine for the start of the race. Got lost trying to find the place and pulled up with 5 minutes to starting time! Luckily the start was delayed and we didn't get underway until 1.30 p.m. We had to negotiate 3 laps of 10,000m and a little bit more. I felt comfortable round the first lap - the second lap I thought I was flying, but halfway round the third lap it felt as if everything was drained out of my body from the top right out through the toes. This was terrible. Bob kept saying "relax, relax". I kept thinking - this is stupid, why bother - keep going it's only 2 more miles - stop and walk - it's not far now - it's only a 20, what's a marathon going to be like - smile - everyone is watching to see whether you're suffering - I am!

My last two miles were run at 10 minute mile pace! My legs kept moving even when I'd stopped running. It was a great relief to finish. Chased all the boys out of their shower and stood under a lovely hot shower. If this is distance running - Oh! dear. Well, I wasn't really looking forward to the 42 K but I had declared myself so I had to go through with it. I decided that I would try to aim for 7 minute miles and even pace throughout.

The day of the race came. I tried to stay calm, well, as calm as you can in between 10 visits to the toilet and trying to remember everything which I could possibly need during the race - dry top (it was raining when we left home), dry shoes and socks in case of blisters, vaseline (very necessary), drink (Staminade, in case I needed one during the race), plenty of warm clothes for after. I hustled everyone out of the door at 11 a.m. The race wasn't due till 1 p.m. We arrived at the VMC motel check in point at 11.45 a.m. a record early for me. Took a look at a map of the course and decided to drive round to see where I had to run. Found the start, started to measure on the car - it seems a long 10 K lap - gave way to a car turning left on our left - he's looking at the course - silly thing, he's taken the wrong road - or is it us?

Back to the start - yes, it was us. Went wrong. Great! Round again, oh! this is better, there they are putting in the markers. Times will be given every 5 K. It's three laps - doesn't sound too bad. Check the course again just to make sure, then back to the motel - just in time for the briefing. Keep to the left at all times, times will be given at each 5 K, no drinks to be taken except at official feeding stations, cars must not hinder race, etc. etc. Somebody says "why are you here?" The girls have started. Too bad. Final last go to the toilet, liberal use of vaseline, change into lighter pair of shoes. Down to the start. "You haven't warmed up" says Trish, very anxiously. I jog up and down the road, feeling sick in the stomach. "You're only going for a run" says Bob. Keep calm. Whistle goes - 5 minutes to go. "How do you feel?" they ask. I couldn't really tell them. Jog around at the start. "Hi, Jim, what are you hoping to run today?" "Seven minute pace, if I can". "Great, mind if I try to run with you?" "Not at all". The gun goes and we're on our way. Try not to get carried away. A group of runners settles with me. What pace are we going? What time do you think you'll do today? Don't get carried away. Conversation flows thick and fast. Jim says, "concentrate on your running, try to run as far as you can as comfortably as you can". He should know, this is his 62nd marathon!!!

We've gone a couple of kilometres and Bob sings out "you're talking too much - settle down". We were running too slow, so pick up slightly. We soon get down to a group of six or seven. As we're running, guys are renewing acquaintances, introducing each other. Meet Andy from New Zealand. Running through checkpoints we kept saying "my hand says we should have so-and-so. Later on I realized he had his schedule written on his hand in biro. We'd only gone about 6 K when somebody said "how many laps is it?" "Almost four" came the reply - my heart sank - it's three, isn't it? It took a while to sink in it was four laps - I had to revamp my thinking. Through the main street there seemed to be a crowd all over the place, cheering and shouting "C'mon Lavinia, stick with them, you're going great. Jim is just there, G'day John, Hi Trevor, Hello Mary, Hey there Judy, hello kids".

MY FIRST MARATHON (contd.)

We manage the next lap fairly comfortably. These guys really are incredible - telling jokes, making fun of each other. They're only running with this group because they enjoy female company. We run through town again, there's a feeding station, one of the boys cuts in front of me but he's rather slow. I run straight through four outstretched arms holding cups of water - oops I hope he wasn't too thirsty - well, I didn't really need a wetting, but I'll dry in the wind anyway. Still shouts of encouragement, Jim sees more friends this time. We're feeling good. The pace is easy, no drinks, no sponges. Conversation is still flowing but I am told "don't talk unless its necessary". Pretty hard for me, you'll be saying. We're into the main street on the last lap, everyone's singing out "c'mon - you can make it". Jim's talking to me - not far now - you've run great - keep going. I'm passing boys, they're shattered, but all sing out encouragement. You've got 9 minutes - you'll make it. Nine minutes to what, I thought. We run on through the main street and turn towards the motel. This must be the 335 yards. Ever tried running a 400 at the end of a training session? We run to the line and Jim lets me run ahead of him. I run on a little way and eventually stop. Everyone crowds round. The Age reporter says "What was the worst part, how do you feel?" I can't even think, let alone feel. They tell me my time - that's great, under seven minutes per mile and only 43 seconds outside Tess Bell's best on record in Australia. I don't think I stopped smiling for a week. A blanket is draped round me, I'm trying to drink a cup of coffee - who puts the weights in the blanket. It's all over - it wasn't too bad really. Went into the shower, followed by a fan club - June, Marie, Ann, Louise and Fiona, Kerryn, Jackie and Pam. The rest of the girls who ran came in. We're in and out of the shower as quick as we can, all comparing notes. I'm trying to get dressed. Everyone is laughing at me - singlet, T shirt, skivvy, jumper, tracksuit, top coat, tight track pants, track pants. "Do you think you'll be warm enough?" they ask. Can't risk catching a cold now, can I?

Thank goodness its all over. The advice keeps coming - take it easy, don't overdo it. You'll probably be sore tomorrow. Don't try to do any hard running. Eventually I slept and woke next morning feeling a little high. Just as well it was a holiday. Will we go training - might as well, we've already arranged to meet the Fitness Group at 8 a.m. at Kallista! The boys decide on their run - I go with June - take it easy just jog and off we go with directions where to go. An hour and twenty minutes later, we return to the rotunda to be met with anxious looks on the boys' faces - guess who got lost! The run the day before must have affected my sense of direction, but I'm still in one piece - no obvious after effects. The rest of the week was very quiet. Easy runs each day - only about 3 miles at a time.

Now I'm a marathon runner - I've joined the exclusive group. It's hard to describe the sense of achievement - something quite different from any other achievement in athletics. Anyone aspiring to run a marathon I think I am now qualified to give a few hints. All you need is a good comfortable pair of shoes, comfortable clothing and one James Crawford to accompany you on the run. Thanks Jim.

An interesting information bulletin circulating in athletics is the AAU International Affairs Bulletin edited by Harry Suhan, to whom we are indebted for the following information:

Vol.1, No. 2, page 9:

So important has the distance running scene loomed in the last couple of years that it is now contemplated that an IAAF Road Running Committee will be established in the near future. (Let's hope we are not going to be saddled with non-Marathon bureaucrats! - Ed.)

Ibid, page 10:

Good entries for the Olympic 20km Walk in Montreal have provided the basis of a good case for the reinclusion of the 50km event in future Games. Entries were also very satisfying for the World 50km Walking Championship held at Malmo on September 13. (It should never have been removed from the program. - Ed.)

Ibid, page 11 is a bit of a downer:

After "graciously" conceding a 3000m for women at the next Olympics, we read the following: However, not all of the Women's Committee's recommendations had the same degree of success. Their desire for a World Championship in the Marathon for women was not approved and recommendations for the inclusion of the 5000m Walk and the 10,000m Walk as events for which World Records may be granted for women were also not approved. (The old men who are bugging our sport are telling the women what's good for them! - Ed.)

Vol. 1, No. 4, page 2: (Referring to alterations to Technical Rules, IAAF)

Rule 119: Timing in races up to 440y will be to 1/100th second and for all longer distances to 1/10th second. Conversion of 1/100th second to 1/10th second for the longer races will be as in the following sample: from .05 to .14 - .1.

Rule 122: Lap scorers now needed only for events exceeding 5000m.

Rule 195: The 300m replaces the 200m in the women's Pentathlon (second day).

Keenest member of the VMC must be NORM McLEISH. For the Tyabb Marathon, he reported in 24 hours early.

BALLARAT HARRIERS HALF MARATHON - BUNGAREE - 29/5/1977

68 Starters - 63 Finishers - Cold, overcast and windy.

1. Rob WALLACE	66.04		33. Roy MERRET	80.55	J
2. Rob BROOKES	69.32		34. Ken HALL	81.09	
3. Ron HARRY	70.37		35. Bruce MARSHALL	81.09	
4. Paul BENNETT	71.11		36. Newell BARRETT	81.32	V
5. Barry BROOKS	71.20		37. Phil LEAR	81.35	
6. Terry COLLIE	71.25		38. Mick O'BRIEN	81.37	
7. Ron BROOKES	71.35		39. Bob ELLIS	81.53	
8. Robert GEEVES	71.53		40. Chris BUNWORTH	81.55	J
9. Tom GRONERT	72.50		41. Russ BOURKE	82.01	
10. Henk van WIJNGAARDEN	72.53	V	41. Ted CONNELLAN	82.01	
11. Rob WALLIS	73.22		43. Lindsay BEATON	82.32	
12. Silvio RADOSLOVIC	73.49		44. John SMITH	82.35	V
13. Jim SEYMON	74.06		45. Alan CLOSE	82.45	
14. Kev RUDDICK	74.50		46. Bruce McCLURE	83.39	
15. Jeff CRAWLEY	75.34	J	47. Chris CULLEN	83.50	
16. John GILL	75.43		48. Rob CRAWLEY	84.13	V
17. Geoff O'BRIEN	75.54		49. Gary COZENS	85.06	
18. Graham HEWITT	76.28		50. ANDERSON	85.46	
19. Robin ALGIE	77.21		51. Mouse O'CALLAGHAN	87.17	
20. Steve BARRALET	77.28		52. Graham CHEESEMAN	88.17	
21. Brian ANDERSON	77.34	J	53. Max CARTER	88.25	V
22. Jim COZENS	77.34		54. John GRANT	88.38	V
23. Peter BETHUNE	77.40		55. David FARNSWORTH	89.43	
24. Les MOLLARD	77.42		56. John GRAHAM	90.31	
25. Bob SCHICKERT	78.10		57. Cecil MYTYK	92.18	
26. Gary LOOKER	78.18		58. Geoff LYONS	93.30	
27. A van RAPHORST	78.37		59. Norm McLEISH	95.07	V
28. Graham QUICK	78.40		60. Peter BARRETT	103.45	
29. Barry LYNCH	78.54		61. Stan NICHOLLS	103.45	V
30. Gerry HART	79.41		62. Peggy SMITH	104.55	W
31. Bill O'LOUGHLIN	79.53	V	63. Peter O'LOUGHLIN	112.37	
32. Gerry RILEY	79.58	V			

The program for the 1 hour run day at Sandringham will basically look something as follows, but is subject to alteration at this stage:

- 1.30 100m, all age groups
- 2.00 3000m Weight-for-Age Veterans Handicap (Men & Women)
- 2.30 1000m all age groups
- 2.45 3000m Junior Teams Race. (4 men teams must be nominated before race.)
- 3.00 400m, all age groups
- 3.15 5000m Open Teams Race. (4 men teams must be nominated before race.)
- 4.00 1 Hour Run. (All entries and briefing of runners and scorers must be finalised by 3.50)

In all multi-lap races Official Score Sheets must be used (we have plenty) and each square on the sheet must have the time recorded where appropriate at each lap call.

We appeal to all athletes taking part in earlier races to make themselves available at the end of the 1 hour race to "shadow" finishers for marking distances covered on the final gun. We don't want anyone to miss out at the end of a hard hour's work!

Sandringham track is in Thomas Street, about 1km from Hampton Station.

The VMC would like local clubs to take turns for events such as the 1 Hour meeting, the Run-for-your-Supper twilight meeting and the evening for holding a 10,000m non-qualifiers (virtually a Victorian Championship 2nd Division) and 1 Mile Losers final. This is a splendid opportunity to publicise your own club within your area, as well as giving club members competition in events which you may like to fit into the program.

For any such ventures to be successful, it is advisable to plan well ahead. Permission has to be granted from the VAAA, publicity has to go out at least four months ahead and ground bookings can often present difficulties when other organisations may also be in line for their use.

N.S.W. NOTES -

JIM BEISTY

MAY 14TH - NEWCASTLE MARATHON - WILLIAMSTOWN RAAF BASE

1. Arthur King	2.32.49	20. Lionel Potter	2.53.59	1st Veteran
2. Jack Laajoki	2.35.00	21. Ron Gould	2.59.19	
3. Hugh Dearnley	2.35.39	22. Wayne Gale	2.59.19	
4. Roy Osborne	2.36.18	23. Steve Annus	2.59.58	2nd Veteran
5. Tom Gillis	2.38.04	24. Paul Drayton	3.00.18	
6. A. Staples	2.38.27	25. Sue Beisty	3.05.35	1st Woman
7. J. Twigg	2.39.24	26. Ron Knowles	3.13.05	
8. Kevin Skelton	2.40.35	27. S. Harsman	3.14.18	
9. Laurie Ryan	2.41.01	28. Steve Blythe	3.16.31	
10. Phil Endicott	2.44.06	29. Dick Parberry	3.25.33	
11. Paul Buckley	2.44.41	30. Angelo Panarello	3.26.02	
12. Dave Eblis	2.44.44	31. P. Murphy	3.34.26	
13. Don Keyssecker	2.47.27	32. Greg Small	3.42.20	
14. Hans Tiller	2.50.14	33. M. Harvey	3.42.20	
15. Dave Edwards	2.53.46	34. Tim Turnbull	3.50.31	
16. Terry Wall	2.55.50	35. Judy Cousins	3.54.33	
17. Craig Morrison	2.55.50	36. Mark Newham	3.58.55	
18. Greg McInerney	2.57.22			
19. Paul McKay	2.58.57			

Forty eight starters battled through cold non stop rain, with thirty eight finishing the course. Hugh Dearnley, accompanied to 22.2K turn by middle distance runner Stan Barwick, cleared out early from the field. Left in isolation by Barwick's withdrawal, Dearnley held his lead to approximately 39K. Hometown boy Arthur Kingsland, visiting from his Glenhantly stronghold, ran an excellent even pace race to move from third place at halfway. Really pouring on the pace over the last 8K, Kingsland overtook Jack Laajoki and Hugh Dearnley to smash his previous best time by some thirty minutes. The laurel wreath must be soon a'coming. Laajoki also improved some 3 minutes, over his previous best. Other National 'qualifiers' ran personal bests on the wheel measured course. Unluckiest runner was Kevin Skelton. Starting six minutes behind the field, Kevin raced through to eighth place, actual second on time. Lionel Potter (S.G.) although not up to his best fitness, proved too good for other Veterans in the field. Disappointingly, only two women fronted for the race. Sue Beisty improved her time by some thirty-two minutes to place her well in National ranking. One of these days N.S.W. will get all our girls together for one of these marathons and we might get a world class time.

MAY 28TH - N.S.W. 25K OPEN ROAD RACE CHAMPIONSHIP - WILLIAMSTOWN R.A.A.F. BASE

Cold, gale force wind.

25K Open -

1. John Stanley	1.19.59	14. Kev Taylor	1.26.14
2. Steve Poulton	1.20.17	15. Paul Lockyer	1.26.50
3. Brian Morgan	1.21.26	16. Geoff Moore	1.26.55
4. Denis Nee	1.22.14	17. Hugh Brown	1.27.05
5. Robert Talay	1.22.33	18. G. Zwolen	1.27.24
6. Nigel Beeston	1.22.54	19. Terry Magee	1.27.36
7. C. Whiteman	1.24.08	20. Bruce Adams	1.28.10
8. Glyn Cox	1.25.02	21. John Bowers	1.28.32
9. Denis Smith	1.25.25	22. John Gilbert	1.28.45
10. Keith Mayhew	1.25.51	23. Ernest Krenkels	1.29.09
11. Graham Ryan	1.25.56	24. Nick Hearnshaw	1.29.09
12. Vic Byrne	1.25.56	25. Paul Dwyer	1.29.36
13. Arthur Kingsland	1.26.10		

The following story was submitted by George McGrath who thought readers would be interested in understanding the feelings of a 'Long Distance Runner'.

"THE D.R.N. (Distance Runner News) 50 MILER"

"What in the name of Heaven would make you want to run fifty miles?". It isn't a bad question and I am not sure that a sensible answer is possible. All I do recall is that Tom Gillis, super distance runner, photographer, race organiser (plus a few other plusses) and an extremely popular figure among the marathoners, informed me of the fixture date and appealed to me to line up and swell the numbers.

"We hope to establish it as an annual prestige event so, even if you run only 20 or 30 miles, it will be a great help". Not a bad statement, and fairly casual, too, from a person to whom 30 and 35 mile training jogs are a mere stroll. Incidentally, Tom was the only finisher in the inaugural event the previous year.

The original plan was to stage the race as a point-to-point event starting at Sydney Town Hall and finishing at Wollongong. However, police regulations do not permit runners to use any of the roads down into Wollongong for safety reasons and the police suggested a revised route from Sydney to Stanwell Tops (30 miles) with an about turn towards the city for the remainder of the journey. Finally, the finishing line was fixed at Sylvania Waters Athletic Field and the necessary permission for the race was granted by the police, who were most helpful in all the arrangements.

So race day dawned, the Sunday of the October long weekend and light rain was falling as the field of 22 hopefuls set out along George Street. It was 5.30 a.m., and anyone who is accustomed to being in the City in peak-hour conditions would have been amazed at the contrast.

Each runner had been advised to have a second to tend to his needs and assist in pacing him through the long haul. My old swimming mate, John Collins, did the honours for me, and I may say, in excellent fashion, too. I had a drink just a few minutes before the start - it consisted of the yolks of two eggs mixed with the juice of two oranges. Of what use is such a concoction? I do not know. I do know that Des Renford, a mate of mine since the days that even he could not have been convinced that he would take up Channel swimming, told me that this mixture would provide all the nutriment that I would need for most marathon runs without causing any discomfort. So, away we went, a group of friends rather than competitors, all nursing our private doubts about being able to last the whole distance.

I ran the first few miles with Don Keyssecker and we watched as speedsters like Tom Gillis, Ian Hassell and Laurie Ryan (who I thought would win the event) easily opened a gap between us and the rest of the field. Approaching Blakehurst I was informed that a crew from Channel 2 was covering the race and that they would like to interview me fairly soon.

The plan was that a camera man would train a camera on me from the tailboard of a station waggon while another crewman would run alongside me, plying me with questions and sharing a microphone with me. Although I was running at only a very modest 8-minute mile pace, the interviewer was soon in difficulties keeping abreast of me. Admittedly, he was handicapped by the fact that it was difficult to control the movement of the microphone cord, but, in any event, after about thirty metres they came to a decision to defer the interview until I had stopped for breakfast. I said that I thought that around 20 miles, in the vicinity of Engadine, would probably be universally acceptable, so they sped on and the interview took place at the roadside in that area, in much greater comfort.

All this time John Collins was keeping a watch on my time and I was keeping a watch on the contestants gradually drawing away from me. I clearly recall that, just short of National Park, I counted 11 runners disappearing into the distance and, apart from speaking to a couple of them as they were massaging cramped limbs at the roadside much farther south, I did not pass one contestant from that point. John stoked me up with lightweight bread, coffee, staminade and water, as the occasion demanded, and I allowed myself generous rest periods along the way.

I suppose I was about 2 miles from the turning point at Stanwell Tops when I saw Tom Gillis on his return journey and he looked as though he had just commenced. Some while later, Don Keyssecker also passed and then it was Ian Hassell who commiserated with me when he saw me at the side of the road. I was glad to be able to assure him that I was merely having a coffee break.

At Stanwell Tops the small group of officials and well wishers were marvellous in their greetings and exhortations to "Hang in there". The customary cry of "You're looking good!!!" was also issued with warmth and enthusiasm. At this point I was proud to observe the courage of 17 yr. old Paul McKay, from Wollongong, and of the attention and encouragement being provided by members of his family. He wound up in 7th place, which was a remarkable achievement. Incidentally, he has since run 100 miles in less than 24 hours, thus joining a very small and select group.

Several miles on I saw Ian Hassell again with his second. They were at the side of the highway and for the next 7 miles or so, I felt I would soon be hearing Ian's footsteps. After I had finished I learned that he had withdrawn because of an injury.

Near Heathcote, on the return trip, Steve Lloyd appeared from nowhere and offered me a thick, dry T-shirt. He reasoned that by this time my singlet would be sopping and that

"THE D.R.N. (Distance Runner News) 50 MILER" (contd.)

I might soon begin to shiver. I accepted gratefully and, perhaps inspired in some way, reeled off a few 7-minute miles before passing Sutherland on the final stage of the run. Shortly afterwards I was informed that I was in 4th place and this proved to be correct. It was due to no blinding flash of speed but merely because of the withdrawal of contestants battered by the gruelling run and the constant undulating terrain and, in the case of Laurie Ryan, a wrong turn which took him a few miles along the freeway towards Wollongong before he could be halted. Nobody can cope with such wretched luck and still kick on.

Tom Gillis repeated his success, and in record time, too, and 11 runners finished the course. I was happy to wind up in 4th position in a time of 7.03.10, which included a total of 45 minutes for food, drink and my TV interview.

In retrospect, at no stage did the exercise become boring. At several points, club runners joined us for a few miles and this was a gesture which assisted greatly. Motorists, too, sensed that something out of the ordinary was being staged and they sounded horns and called out a variety of messages, some unmistakably Australian in content.

For the record, the minor placegetters were Don Keyssecker and Vic Aloi. The latter is a transport worker who had not run beyond 20 miles prior to the event. Naturally we are going to hear a great deal more of each of them.

Finally, one question emerges. Do I think that I will ever tackle another 50-miler? Probably not, if I have to write an article about it!!!! Getting down to recording the above few sketchy thoughts about a remarkable experience was indeed more difficult than the race itself.

SOME COMMENTS ON THE CARBOHYDRATE LOADING DIET.

CHERYL OLNEY (DNFS)

I would like to comment on the article by Bruce Watt concerning the Carbohydrate Loading Diet (June 1977.)

I concur with Bruce regarding the theory of the diet. There is evidence that the limiting factor in long strenuous exercise is muscle glycogen. It has been shown that the glycogen content of muscle can be increased by feeding a high carbohydrate diet for three days after preliminary exhaustion of glycogen by hard exercise. A high protein, low carbohydrate diet will also serve to reduce glycogen stores.

However, I feel the article is not nearly specific enough regarding types and quantities of foods suitable for inclusion in the diets. It suggests that the total daily calorie intake should be derived solely from protein and carbohydrate. The proportion suggested for Phase (1) is 90% protein, 10% carbohydrate and for Phase (2) 10% protein, 90% carbohydrate. However, it is impossible to construct a diet containing 90% protein and 10% carbohydrate. The calories derived from the fat content of the diet must be included in this percentage ratio. This is because the high protein foods essential in the diet e.g. cheese, eggs, meat, all contain large amounts of fats. It is possible to reduce the fat content to a minimum by using lean meat, skim milk, etc., but it cannot be excluded completely.

The article should have given instructions regarding foods allowed, and the exact quantities of these foods to be consumed daily. Without this it is most unlikely that the intake of protein fat and carbohydrate would be in the correct proportions. Bruce has mentioned the danger of ketosis during Phase (1) of the diet. However, the diet can be constructed so as to include a minimum amount of carbohydrate to help prevent this.

I would like to correct some of the dietary information included. Firstly, butter is incorrectly listed as a high protein food. Butter consists mainly of fat with only a trace of protein and carbohydrate. Secondly, cheese is listed as containing carbohydrate. This is incorrect for cheese (cheddar) contains none and (cream and cottage) cheese have only a trace.

Since the success of the method depends largely on the dietary aspect, I feel a far more comprehensive dietary regimen is necessary. If it is desired to seek professional advice from a dietitian a medical referral is required.

RUMOURS TO BE QUASHED:

It is definitely NOT true that the "Big Fellow" pulled out at the 20 mile mark of the Marathon to play first ruck for the Cressy Bulldogs in the last quarter!!

It is NOT true that Gerry Sofianos drank 33 cups of tea after the Aussie Marathon - he drank only 23 cups of tea.

Neither is it true that the said Gerry Sofianos has been invited back to Launceston to compete the local edition of World of Sport.

ADVERTISEMENT: WANTED: A copy of "The unforgiving minute" by Ron Clarke, at a price to be negotiated. Ring GEOFF HALL on 755 - 13 87.

NOTES FROM S.A.

PETER FAULKNER

21st MAY D.R.C. 20 MILES. SANDRY CREEK. HILLY

With the absence of all the leading distance runners in town, it was left to Peter Wyman to lead the way around this arduous course. Never in any trouble, and finishing quite in command, Peter showed some class in coming home over 4 minutes clear of Daryl Turner. The battle for second place between Daryl and young George Tallis, proved costly for George's marathon chances (shin splints); but the tight finish saw both runners under two hours and only 6 seconds apart. Phil Afford ran his distance race yet to score a PB and hold off promising Whyalla runner Stephen Brown. Ian Dobbie, steadily improving, took sixth place, whilst veteran Roy Sutcliffe cruised in very comfortably a minute ahead of newcomer to the long distance scene, Chris Fry.

1. P. Wyman	1.53.33	6. I. Dobbie	2.03.43
2. D. Turner	1.57.51	7. R. Sutcliffe	2.05.16
3. G. Tallis	1.57.57	8. C. Fry	2.06.51
4. P. Afford	2.00.23	9. C. Starrs	2.07.21
5. S. Brown	2.02.06	10. M. Grant	2.08.10

4th JUNE S.A.A.A.A. 10 MILE ROAD TITLE. 15°, BREEZE: FLAT COURSE.

A record field was led from gun to line by Olympian David Fitzsimons. Challenged early in the race by John Farrington, David powered away in a class of his own. Although several runners obviously held back for the marathon (two weeks away) the race proved very interesting with positions changing throughout. Grenville Wood did not have too much trouble establishing third place, whilst John Williams ran a strongly competitive race to beat Hans Larsen. Hans had a very good run to turn back experienced long distance exponent, Billy James. The next 4 places were swapped constantly until fitness (or priorities) finally determined the finishing order. First Veteran with a valiant effort was Phil Afford, holding off John Perry in 57.43.

1. D. Fitzsimons	47.32	6. W. James	54.03
2. J. Farrington	50.27	7. D. Turner	54.53
3. G. Wood	52.20	8. P. Mangan	55.11
4. J. Williams	53.23	9. I. Hamilton	55.17
5. H. Larsen	53.44	10. R. Chester	55.26

18th JUNE, 1977 - S.A. STATE MARATHON TITLE.

Perhaps more than any other year, the contestants for this race left much room for conjecture. John Farrington, if he ran, seemed certain to win. Tony Bart didn't enter so that left Grenville Wood as second favourite. Ex State champion and with a very successful season behind him, Grenville looked too powerful for Peter Faulkner. Second last year in the Marathon, Peter had run only one good race this year. Peter Wyman and Richard Amery both had Marathon Titles to their credit and looked too strong for Peter Faulkner and John Williams. John, fast and experienced, was suspect over 20 miles because of his light programme. Dark horses loomed in the forms of Wayne Chettle, (brother of David) and Ian Hamilton, who ran a very good first marathon last year. In the Veterans, Roy Sutcliffe and Phil Afford looked set for a close tussle for their title. Of course, the day was vile - hard S'westerly winds and rain, with the prospect of the first eight miles uphill into the wind and the last four into the wind as well. A record field faced the gun. John Farrington followed by Grenville Wood, split the field into its racing groups. At the ten mile post the race proper started. During the next ten miles positions changed radically. Only John ran unperturbed, further on into the lead. Peter Faulkner forced the pace and broke up the first group. Richard Amery and Peter Wyman retired and only John Williams was still in pursuit at the 20 mile post. Grenville Wood, in second place, struck trouble and withdrew after Peter had caught him. In the second group, Ian Hamilton steadily overtook all of them and bridged the gap to John Williams. Wayne Chettle kept up a steady pace with Phil Afford behind him. Two newcomers, Mick Grant and Chris Fry, ran together until the last mile. Veteran Ian Dobbie was running far above his form whilst Roy Sutcliffe was struggling. Although fast times were posted at the 35K turn for home, the remaining distance into the wind proved very slow. John increased his lead from Peter, whilst Ian overtook John Williams. Wayne ran a good maiden marathon for fifth place whilst Phil was the first Veteran home, carving 9 minutes off his best time and taking 6th place for the 3rd time in four years. Despite the poor conditions, 32 out of 54 starters finished with P.B.'s like spring rain. The race as usual, was well organised, with all feeding and sponge stations well set up. Times available every 5K helped to illustrate the efficiency of the organisers. Several of the runners expressed a 7 minute wind factor on times.

RESULTS - S.A.A.A.A. MARATHON CHAMPIONSHIPS - ROSEWORTHY

1. J. Farrington	2.22.46	17. T. Read	3.06.33
2. P. Faulkner	2.34.25	18. R. Sara	3.07.53
3. I. Hamilton	2.35.46	19. G. Seagrim	3.11.30
4. J. Williams	2.36.50	20. B. Weatherley	3.19.30
5. W. Chettle	2.39.50	21. R. Burgess	3.21.22
6. P. Afford	2.43.24	22. T. Miller	3.22.18
7. I. Dobbie	2.45.53	23. R. Jolly	3.23.52
8. C. Fry	2.46.18	24. D. Mallett	3.25.49
9. M. Grant	2.46.31	25. K. Souness	3.28.16
10. D. Cox	2.51.10	26. J. Parry	3.34.40
11. C. Adams	2.54.26	27. P. Jenkins	3.37.39
12. W. Kirkwood	2.57.08	28. D. Merchant	3.39.06
13. G. Gorringe	2.58.11	29. I. Budgen	3.40.08
14. R. Sutcliffe	2.58.46	30. C. Bagley	3.45.04
15. W. Beames	3.06.06	31. N. Bazzica	3.45.06
16. C. Miller	3.06.25	32. R. Blanchard	3.50.26

(The first five home and Grenville Wood were selected for the State Team. Phil Afford unluckily missed selection for the 3rd time in 4 years.)

NOTES FROM THE U.S.A.

It is a great pity that a very newsy letter from our staunch correspondent, Brian Chapman, arrived after the deadline for the Newsletter, but we will use a great deal of it, plus hopefully more along the same lines, in the next VMC Newsletter due to go out on December 1st.

Brian has just been on a trip to Europe, including a lengthy fact-finding athletic visit to East Germany (GDR), staying at their "Sports Capital" (Leipzig) and interviewing Waldemar Cierpinski to some depth. Brian is committed to write at length on "Long Distance Running in the GDR" for Brian Lenton's Annual Athletics due to be published in February, so we do not want to duplicate any material to any extent. However, here are some quotes from his letter to give you an inkling.

.....readers may be interested to know that the present GDR sports leaders have been almost to a man involved in the sports programs since Helsinki, and almost all attended the Melbourne Olympics! ...they remember when Western journalists and sports leaders laughed at the GDR "White Coats" who attended to their athletes

....In relation to the well researched article on Carbohydrate Loading in the last VMC Newsletter, readers may be interested in what Cierpinski had to say:

"I maintained my normal diet of 60% carbohydrate & 20-25% protein-fat (!! Ed.) throughout my preparation for the Olympic Marathon. I only heard about this Carbohydrate loading technique afterwards when it was mentioned that the Americans were using it. I didn't know what it was when questioned about it at the post-race press conference. Having since studied it, I don't think it is good for everyone."

....May I respectfully suggest we quit looking for magic formulas and start confronting the real, if less spectacular, factors that make people like Cierpinski tick ...

...."My training consists mainly of long running, though I also play football (soccer) and cycle regularly. During my winter conditioning period I just run a long distance till I feel I've had enough. This is generally about 15 - 20 km and very rarely up to 60km in a session. I often run track races such as the 5000m to improve my speed..."

Will readers of the above please note that these excerpts are not to be re-published before January 1st, 1978, after that date they are invited to do so.

TOM KELLY says: The course at Cressy was flat and fast ... Splended organisation by the Marathon Committee kept the course devoid of traffic and a free mind for running.at 6 Miles ...Sigmont had one of his two feeding station problems. Did this cause Eric to be 15 sec down at 10 Miles?....Rayner at 14 Miles was forcing the pace At 17½ Miles Rayner made his move to break away from Wallace. Bob gamely hung on and shortly after was able to ease away from Kent....With two miles to go Sofianos closed the gap to 60 metres...but Wallace kicked away again...a great second placing for Gerry and a good third place to Neil Gale who has a very bright future ... Thanks Tassie for a really great weekend!

From the Federal Budget: (Age 17/3/77)

Australian schools and youth groups may be getting more flags. The Budget allocation for flags to be presented to schools and youth groups has been doubled to \$6000.

REPORT ON THE AUSTRALIAN MARATHON WEEKEND, CRESSY, TASMANIA.

DAVE GAZLEY

1. Course. Out and back. Road surface generally O.K. No hills of any real note. Apart from official & T.V. car, the road was closed to traffic. This, together with a lack of camber on the road made it easy to find a "good bit" to run on.
2. Weather. Howling gale. Pouring rain. Freezing cold with snow on surrounding mountains. Strong headwind virtually all the way out to the turn and enormous tailwind on the way back. Whether the wind had any adverse effect on times is a moot point as 8 out of the first 12 home (I think) ran P.B.'s. I can remember a similar situation at Point Cook 2 years ago when Kevin Ryan ran 2:13:16 for a State Best and the wind was just about as strong that day.
3. The Race. In the absence of John Farrington, Rob Wallace was favoured to win and he certainly didn't let the Richmond squad down. A fairly large leading bunch gradually reduced itself down to 2 by about 18 miles when Wallace finally shook off Kent Rayner. Rayner, in his first Marathon, then died rather effectively to finish 22nd, while Gerry Sofianos and Neil Gale, who had never been far from the front, came through strongly into 2nd and 3rd places. Neil Gale's run was particularly meritorious in view of his disappointing VMC effort and subsequent decision "never to do another". My own plan was to get into a bunch, get to the turn hopefully in one piece and then get home as best I could with the tailwind. Didn't work out however as stomach troubles intervened at about 12 miles culminating into an excursion into the bushes at 16. Stopping at such a time in such weather was disastrous, as from then on it was a case of shuffling home stopping once or twice to stretch my calves, swear and fortify myself on jelly beans at feeding stations. Got there hours later after being passed by about 20 people on the way. Some you win, some you lose.....
4. Organisation. In a word - magnificent!! Miles and Kilos clearly marked. Time calls at each Mile. Good feeding stations which didn't unfortunately include hot baths. Plastic bags for each athlete's gear at start and finish, an excellent program and an information sheet telling exactly what was being done and what was required. In case anyone was illiterate it was explained in more detail by team managers. A full result sheet was made available on Saturday night which included times at each 3 miles for everyone, together with mile rates. In short - everything possible done to assist the athletes.
5. Scandal. The Victorian contingent had 2 Kombi Vans to cart around athletes, wives, kids and gear and these proved most useful. It was however necessary to eject one of the self-appointed "experienced all over Europe" drivers so that our chances of actually starting in the race would be less remote.

The principal post race entertainment was a dinner-dance cum prize-giving at a local hotel at which most people (but not for some reason Dick Dowling) made speeches. It was proved again that a combination of dancing and beer can more than overcome the disappointment of a slow Marathon. The party then adjourned to Freddie's motel room after which the details became somewhat hazy.

The following morning, with heads and legs crying for prominence in the "hurt stakes" we were transported to the Newstead Harriers Clubrooms in a delightful rural setting where the less afflicted went for a run with local athletes prior to a barbecue. The place-getters in the race had returned to town to be interviewed on the local "World of Sport" and we watched this while eating and drinking. They also showed a film of the race which starred Vic Anderson as the "Big Fella". The weather this day was perfect and so great were the appetites and thirst that fresh supplies had to be procured. Much good fellowship. Finally, a brief sightseeing tour of Launceston before embarking on a somewhat noisy flight home - noisy because that Richmond mob never did stop celebrating!

So ended a memorable weekend. As with all Marathons, there were triumphs and disasters, but overall I feel sure that everyone enjoyed the weekend if not the race itself.

Our thanks go to our Tasmanian friends for making it possible.

Spare a thought for JOHN FARRINGTON, now resident in South Australia and on the comeback trail in distance running. On June 18th he outclassed the S.A. Marathon field to win in 2:22:46, over 12 minutes ahead of Peter Faulkner. He followed that up with runaway wins in the 15,000m CCC (47:47) and 12,000 CCC (40:00), the latter a course record. Maybe the wet, cold and windy conditions really hit him on this last occasion to put him out of the reckoning in the National Marathon through 'flu.

Launceston certainly was the place for hard luck stories this year. JOHN STANLEY was said to have been plagued by boils to stop him competing, in this year's top event after having dominated the NSW road scene up to that time. He would have had a great chance at Launceston for sure.

Comment seen scribbled beneath picture in Age on Monday following VMC Marathon featuring a group of runners including Lavinia Petrie: MOTHER OF THREE BEATS FATHER OF TWO.

AUSTRALIAN MARATHON CHAMPIONSHIP

ERIC SIGMONT

Conditions were cold with a constant 20 mph Northwesterly wind accompanied by light to heavy rain. The course was essentially an out-and-back L-shape with the first quarter of the race run to the west and the second quarter to the north. The road was mostly flat with only a few minor rises, the bitumen fairly good and no camber. In addition, the road was closed to all traffic with the exception of about five official cars, a police bike and a television van.

The race started at 1.45 p.m., unfortunately coinciding with the worst of the weather. Gerry Sofianos took off like a mad ferret, the rest of us following in his wake. The mile was passed in about 5:16 from memory, with Rob Wallace, Vic Anderson - later to be repeatedly referred to by the TV commentator as "The Big Fellow" -, Dave Byrnes, Phil Cuffe, the Tasmanian duo Kent Rayner and Neil Gale, and myself already forming the first pack. By 4 miles (21:25) nothing had changed except for the constant jostling for position to gain protection from the wind. At one stage there was a perfect echelon formation, seven of us across the road with Gerry at the point and myself at number seven, behind the "Big Fellow". Shortly after, the TV crew arrived in their own van, with Gerry a sensation in his first screen test. After about a minute of Gerry stealing the limelight I decided to make my move. I peeled off from the formation in correct air force style and took up a position right alongside the van offering me not only complete protection from the crosswind but also a little slipstreaming assistance as well. The "Big Fellow" was a little annoyed with this action and his expletives were transmitted all over the Apple Isle. After about 5 miles "The Big Fellow" started to fall off the pace a little and I decided a short rest wouldn't do me any harm either. However, after a good halfmile the fast pack were beginning to get too far away, so I decided to surge away from the ex-Sandgroper and catch up. A little later we passed the 7 miles in 37:40 with Vic at 37:55 and Byrnes having also dropped back to be 38:26. Gerry by this stage had relinquished the lead to Wallace who then started surging "to drop a few people who shouldn't have been there". By the 9½ these tactics had accounted for Gerry and myself and shortly later for Neil Gale. Wallace made the turn in 69:51 with Cuffe and Rayner for company.

The last half of the race was run with the assistance of the strong northwesterly. Briefly, Wallace just kept on going, Rayner crashed completely running the last 4 plus in 31½ minutes, Cuffe picked up between the 16 and 19, Gerry and Neil came good. I was tired from the 10, slowing only gradually but at an increasing rate from the 20 while the even running Bob Guthrie, Paul O'Hare, Ken Duxbury and Kevin Rock steadily came through in the last four miles.

The next day, Wallace and Sofianos put in cameo performances in their half hour guest spot on World of Sport. However, the Tam O'Shanter wearing Wallace was upstaged by the local billiard champ for Sportsman-of-the-week, while Gerry, sporting a three day old beard, endangered his amateur status by receiving a pack of razor blades and shaving cream.

FOOTNOTE: Guthrie, the Galloping Gorilla from Glasgow, was invited back next year for spectator appeal. However, no-one has told him yet that the race will be in Queensland.

(The views expressed in this Newsletter are not necessarily the views of the management. - Ed.)

THE VETERANS.

5.3.'77.

JOHN MacDONNELL

Thought you would like these results for next Newsletter. They are the results of the World Veterans' Championships over 25 Km and 10 Km held at Bruges, Belgium on 30th and 31st July.

<u>25 Km</u>	Place	Name	Country	Time
	1	Gaston Roelants	Belgium	1.19.59
	2	Cyril Leigh	G.B.	1.20.43
	3	Guenther Schmitt	W.Germ.	1.21.18
Australians	12	Joe Patterson (1A)		1.23.47
	64	Frank McGrath (2B)		1.31.36
	127	Andy Semple (2A)		1.35.64

PLEASE NOTE: 1,017 started - 714 finished.

Best in each age group:

Age	Name	Country	Time	Place
1A	Gaston Roelants	Belg.	1.19.59	1
1B	Hermann Mueller	W.G.	1.24.12	13
2A	Robert Blanchard	France	1.30.06	46
2B	Erik Oestbye	Sweden	1.28.48	35
3A	Robert McMinnis	G.B.	1.38.43	105

TEAMS: 1. G.B. (2, 4, 7) 2. Belgium (1, 8, 10) 3. W.G. (3, 5, 13)
4. Neth. (6, 9, 16) 7. Australia

10 Km Won by Gaston Roelants also.

Notable performance by Australian was by John Gilmour from Perth, aged 58 - finished 28th in 34.53. Beaten in the 2B section by Sweden's Oestbye in 34.22.

Last night on a cinders track here in Copenhagen John Gilmour ran 3000m in 9.22.2 (only 1 sec. outside World Record for 2B age group Yours etc. JOHN MacDONNELL

NOTES FROM THE A.C.T.

BRIAN LENTON

The year got off to a good start with the 4th Annual Two Bridges Fun Run. Continued sponsorship and publicity by Coca-Cola and radio station 2CC saw the number of entries increase to 1600 with 1220 finishers. In 1975 there were 1000 entries and 888 finishers. Dave McInnes set a new course record in finishing ahead of Jim Murphy and Garry Lavers. These athletes have been the top 3 distance runners this season. The annual Distance Runners Camp had a record 70 people in full time attendance, with our guest being Chris Wardlaw. In the Anzac relays held in conjunction with the camp 15 teams started with Chris Wardlaw smashing the previous individual record of Nigel Beeson by 35 secs.

The major 1977 A.C.T. fixture was the 16th Annual R.G. Menzies 12km CC in which Bruce Petts won from St. George's Bob Talay and Newcastle's Brian Morgan. The Challenge Match against Glenhuntly which was held in conjunction with the Menzies resulted in a 34 points to 44 win for the A.C.T. A record field of 63 started in the Menzies, which was over a new course (3 x 4000m) this year. Mike Thomson won the N.S.W. S/J 4000m CC and together with Bill Kirkland (6th in N.S.W. Jnr. 8000m CC) was named as reserve for the State junior team. Also, Rosemary Bell retained her N.S.W. 5000m CC title by beating Elizabeth Richards and Beth Stanford.

On the International scene, Dave McInnes placed 6th in the Canadian Marathon Championship at Edmonton. Dave recorded 2.30.18 in a field of 65 starters, with the temp. 23°C and altitude 2,190'. The event was won by Jack Foster (2.22.06) from Bob Moore (2.23.56) and Sandy Keith (2.24.28). At the 10th Maccabiah Games in Tel Aviv, Steve Stern won the 800 in 1.52.7, defeating U.S. runner Dick Rothschild (1.52.9) and fellow Australian Alan Preiss (1.53.1). Rothschild won the 1500 in 3.52.4, with Steve placing 3rd. in 3.53.06. In N.S.W. teams titles this winter Canberra is having its best season ever with a 1st in the Novice, 3rd 25km road, 1st in Country section of Marathon and 2nd in both the 15km CC and 12km CC.

12km CC - Dave McInnes 3; John Harding 10; John Gilbert 11; Dennis Smith 18;
Geoff Moore 27; Paul Rudkin 29.

Novice - Jim Murphy 4; Dennis Smith 5; Gis Zwolen 3; John Harding 9,
25km Road - Dennis Smith 9; Geoff Moore 16; Gis Zwolen 18; John Gilbert 22.

A.C.T. v Glenhuntly -

Jim Murphy 4; Garry Lavers 5; Dennis Smith 9;
John Harding 11; Gis Zwolen 12; Paul Rudkin 14.

Bruce Petts 1; Arthur Botterill 3; Vic Anderson 10;
Trevor Vincent 15; Martin O'Malley 16; Hugh Wilson 17.

Marathon - Country section - Geoff Moore 3, 2.35.02; Bernie Millett 23, 2.44.43;
John Fraser 25, 2.45.51.

15Km CC - Dave McInnes 5, Jim Murphy 12, Dennis Smith 20, John Harding 23,
John Gilbert 26, Gis Zwolen 41.

A book shortly to appear on the Australian market is "Athletics 1977" edited by John Pickering, well known Welsh National Coach, and also a regular on BBC sports programs. The blurb on the jacket sings its praises (as is to be expected) but the bare facts we can glean are: 200 pages, amply illustrated, containing a fully comprehensive review of the 1976 Olympic Games ... features several interesting and controversial articles by some of the sport's leading journalists.

For those interested: the price will be \$9.95 in paper cover, \$14.85 bound. It could make quite a nice Xmas present, as the cover is most attractive.

It is high time that any VMC members intending to take the trip to Hamilton for the "Eclipse" Marathon got in touch with Neil Ryan, if they are going to obtain a concession fare. Hamilton is a great place in spring time, so if you have any holidays due to you, you could do a lot worse than a trip to Hamilton. The health springs in Rotorua are within running distance if you are an ultra-Marathon man, otherwise take the bus. Remember, you have to book not less than 35 days before (AND pay!!) if you are to benefit from a concession!

Room or Sleep-out available central to Metropolitan area, on main rail trunk route, 7 miles from the city. Car space available, share eating, laundry and other home facilities, telephone and T.V. also. Only qualification: must be house broken and not leave jobs for other inmates to keep the place tidy. Get in touch with Editor of leading Marathon magazine (in the English language) in the Southern Hemisphere.

NOTES FROM QUEENSLAND.

PAUL CIRCOSTA

ONE HOUR RUN ST. LUCIA -

In continuation of last year's move the association conducted One Hour Run was held at night on the grass track at University of Queensland.

Ron Irwin led home a field that didn't attract many of the local big guns. Ron covered 18.913K in winning from Paul Commins and Jim Davidson.

TEN MILE ROAD RACE CHAMPIONSHIP -

This race held at Beaudesert south of Brisbane saw a large field face the starter.

Absent were Gerrard Barrett (out with injury) and teammate Rob Stones. Steve Colbourne led the field to the turn and then back home again to win comfortably from Ron Irwin and veteran Joe Patterson.

QUEENSLAND MARATHON CHAMPIONSHIP -

This year's state title was again held at Caboolture on the course proposed for the 1978 Australian Championship.

Gerrard Barrett and Ron Irwin were non starters which left their clubmate Rob Stones as favourite. A good field of over sixty starters faced the gun. These included many veterans who were holding their championship in conjunction with the state title.

A leading bunch consisting of Rob Stones, Joe Patterson, Richie Bourne and Greg Wright quickly sorted themselves out from the rest of the field. By eighteen miles Rob Stones had worn everybody down and went on to win comfortably in a time of 2.32.34. Second place went to veteran Joe Patterson who has now been runner up in the state marathon six times without having claimed the title for himself. Third place went to another veteran the Q.A.A.A. handicapper Noel Neill.

For the first time ever in the Sunshine State a lady attempted the marathon. Mrs. Greta Young from Hong Kong who was holidaying on the Gold Coast completed her first marathon in 4.26 to beat her husband Carl home.

ONE HOUR RUN - 34 finishers.

1. Ron Irwin	18,913 m.	6. Peter Glover	16,996m.
2. Paul Commins	17,661	7. G. Rees	16,697
3. Jim Davidson	17,267	8. Rob Walker	16,666
4. Gary Lucas	17,025	9. Michael Hillardt	16,572
5. Paul Circosta	17,013	10. Dick Freeland	16,508

TEN MILE ROAD RACE CHAMPIONSHIP

1. Steve Colbourne	51.44	7. Mick Pullinger	54.42
2. Ron Irwin	52.50	8. Shane Gilliland	55.01
3. Joe Patterson	52.52	9. Stuart Proctor	55.35
4. Mike Weiba	53.56	10. Richard Bourne	56.31
5. Bruce Cook	54.15	11. Gary Briggs	56.46
6. Greg Wright	54.25	12. Dennis Ferris	57.07

QUEENSLAND MARATHON CHAMPIONSHIP

1. Rob Stones	2.32.35	12. Des Todd	2.54.15
2. Joe Patterson	2.37.30 Vet	13. Bruce Cook	2.54.33
3. Noel Neill	2.46.43 Vet	14. Roger Baker	2.55.40
4. Dave Scully	2.48.21	15. Brian Biddle	2.57.48
5. Martin Mills	2.48.31	16. Andy Semple	2.59.03
6. Angelo Jones	2.48.43	17. Dave Cameron	2.59.33
7. Paul Commins	2.50.57	18. Mel Williams	3.00.37
8. Dave Keys	2.51.13	19. Don Stapleton	3.03.33
9. Ron Doyle	2.51.42	20. Roger Bourne	3.07.25
10. Frank Moloney	2.52.53	21. Ron Grant	3.07.25
11. Frank Buckley	2.53.27	52. Greta Young	4.26.17 W

One of the features at the National Marathon in Cressy was the lay-out of feeding stations along the course. It was argued by the Race Manager, and with considerable validity, that it was advisable to put individual feeding requirements first in line so that competitors, should they miss their own by some misfortune, would have a second chance further along to help themselves from the general assortment available.

Furthermore, there was plenty of space allowed between tables (small school desks) to separate different types of refreshments available and so minimising the chance of competitors getting in the way of others trying to reach across for something.

It would be of great help to organisers of future Marathons if competitors themselves wrote in to tell what their own particular preferences were likely to be. It emanated in discussion, and that is a very important point to note, that staminade or similar preparations should be mixed at about a third of the strength recommended, to be assimilated during a run, the recommended mixture is suitable for after-race consumption!

V.M.C. MEMBERS WORKS ROSTER

The V.M.C. Committee has decided to place on a works roster, members living in or near the metropolitan area.

The idea of the roster is to facilitate the smooth running of all V.M.C. events.

Duties of persons on the roster will include taking entries, time keeping, and recording. For all divisions of the Zatopek 10 km. lap scorers will also be required.

If you are not able to attend a substitute should be arranged.

The following members have been chosen by random selection for the events stipulated below:

EVENT: 16 km. 'Two Bridges', also 6 km. 2.11.77 6-30 p.m.

Robin Algie, John Axsentieff, Potter Battrick, Brian Bird, Lindsay Bowers, Benn Buntman, Paul Canny, John Clarke, Eric Coyle, Jim Crawford.

EVENT: 12 km. 'Two Bridges', also 4 km. 16.11.77 6-30 p.m.

Andrew Cussons, Jim Davy, Norman Duff, Trevor Elsey, Neville Farmer, Ben Franklin, Michael Gilday, Joe Goebel, Doug Grimsted, Stewart Hardasyde.

EVENT: 8 km. 'Two Bridges' also 2 km. 30.11.77 6-30 p.m.

Terry Harrison, Tom Hassall, Andy Hill, Bill Hughes, Roy Jennings, Bill Joyce, Alex Kutz, Doug Lee, Dave Lynch, Robert Mandile.

EVENT: Zatopek 10 km., A Division, 10.12.77 Satelite Meeting

Nicholas McGuigan, Clare McKerc, Ian McQuade, Des Middleton, Joe Murphy, Geoff O'Brien, Kevin O'Sullivan, Terence Phelan, Peter Ramsay, Trevor Robbins.

C and D Division, 14.12.77 Evening

Keith Routley, Bob Schickert, Michael Sharkey, Graeme Small, Peggy Smith, Harry Summers, Stephen Thomas, Mark Wall, Bob Welsh, Ray Wilson, John Zeleznicow, John Ballett, Mark Boucher, Anne Callaghan, Jim Conway, Ron Farrell, Robert Geeves.

B Division, 15.12.77 Evening

David Gransden, Grant Hardy, Rodney Heath, Bruce Hooley, Len Johnson, John Kneen, Bill Luke, Luke McCraig, Norman McLennan, Leif Michelson, Mike Novak, Paul Patton, Cyril Redfern, Malcolm Romeo, Jim Scroggie, Allan Smith, Mark Stewart, Gerry Van Der Ploeg, Tony Williams, Charles Aitken.

It is rather disappointing to have our members participating in this year's Boston Marathon and yet not find the time to let their club mates in on some of the things that went on. We don't expect everyone to give us full blown reports but it would be nice to read something about it in our own Newsletter!

Well, it looks as if the VAAA has come good at last with publishing a regular bulletin for information of it's 5000 plus membership. The Newsletter is named "FLACK" in honour of the Australian Olympic Champion at the inaugural Olympic Games of the modern era in 1996 at Athens. He took the 300m - 1500m double and was leading in the Marathon, when he dropped out with fatigue.

Vol. 1, No. 1 promises to keep everyone up to date with statistics, coaching information and Council news which will fill a much needed gap. At 20c. it is worth supporting so that it can keep going, we shall be quite happy for it to use snippets from us if needed.

WHAT DO YOU MAKE OF IT? ODDS AND ENDS AND RANDOM THOUGHTS.

FRED LESTER.

A number of very important lessons can be learnt from this year's National Marathon organised in Launceston and certain recommendations will be contained in the Victorian team manager's report.

The value of "farming out" major athletic events (provided adequate facilities can be obtained) to population centres outside the major metropolitan conglomerations was fully underlined by the concentration of effort and organisation put into this championship, commencing some 14 months earlier. The enthusiasm and support generated for the big occasion, as well as the relative safety of participants and lack of traffic and parking worries for spectators, contributed a large slice to the success of the venture. Another feature was the all-Australian atmosphere which never wavered from the time the first teams arrived in Launceston from their respective States. Almost all competitors gave voice in one way or another to the desirability of having larger fields in events such as this, such as a lowering of the qualifying standard to 2 hours 50 minutes would achieve. On the one hand it would increase the opportunities for top line competition for athletes who often have to compete under very adverse conditions and have only limited numbers of events available to them, particularly in areas where distance to be travelled and hence problems in arranging adequate competition impose severe handicaps. On the other hand, in long distance events there is only little additional effort required in catering for 120 instead of 60 on the actual course. Having to find additional accommodation seems to be more difficult, but any draw-backs are more than fully compensated for by a much greater lift to the competitive atmosphere. The biggest gain would be to Australian distance running as a whole.

FOOD FOR THOUGHT is provided by the following (pre-Budget) article in the 'Australian' of 9/8/1977 by Greg Hartung, headed "Sportmen Strike Gold In The Federal Lobby Game". Some quotes:....the new Confederation of Australian Sport has fought its way through the Canberra wilderness and is about to score its first political goal....The million dollar bonanza may have come a bit late to bring us a pot of gold at the 1980 Moscow Olympics....The Confederation's report estimated that sport contributes about \$100 millions to Government revenue each year (at 3.5 million sportsmen and women that is \$28.57 per head! F.L.) but receives a pittance in return....The money finds its way into government coffers through sales tax and excise duty and in return the first Fraser Budget allocated only \$36,000 to competitive sport. A mere drop in the economic bucket compared to the \$1.8 million set aside in the last Budget by the Whitlam Government.....The Confederation's delegates said they needed longterm financial help for sport of up to \$12.5 million.....

An inset box in the article quoted above compares other countries' contribution to their Olympic efforts in the sporting sphere: CANADA \$8.5 m; UNITED STATES, inbuilt into college structure; EAST GERMANY, cost fully met by State; WEST GERMANY \$15 m; U.K. \$6 m; U.S.S.R., costs fully met by State; NEW ZEALAND \$3 millions. Incidentally, we do not have a Federal Minister for Sport, Mr. Newman has the portfolio as Minister for Environment, Housing and Community Development with Sport thrown in as an aside! As inmates of a Zoo athletes would receive better consideration!

MARATHON RUNNERS are supposed to be introverts, according to Sports Psychology textbooks, but if the number of ear-bashings I get are any indication, the textbooks are due for very thorough revision indeed. I only wish that some of these earbashers, and they do come forward with ideas and comments of interest to all our readers, would sit down and write down what is on their minds and send it to the VMC Newsletter. After all, it's quite easy, just picture an image of your Editor nailed to the floor in front of you and away you go!!

A typical instance of the above is the account given to me by an athlete recently returned from Europe. It never fails to amaze them to be told that our athletes not travelling as a team have paid their own expenses to get there. Their first comment often is: "It's nice for you to be sent over here, we hope to get a trip like that sometime, so far we've only been around Europe." After that, our man sheepishly explains his position, depleted bank account, scratching for meals and lodging, etc., to incredulous stares by the locals. It's a wonder they don't ask for another story such as about the mosquitoes in the Northern Territory who swoop down to pick up lambs!!

CONTRIBUTORS to the VMC Newsletter will assist greatly if they send material as soon as possible for inclusion in the forthcoming issue. Don't forget, your magazine is brought out by voluntary labour who can make their time available in bits and pieces only.