

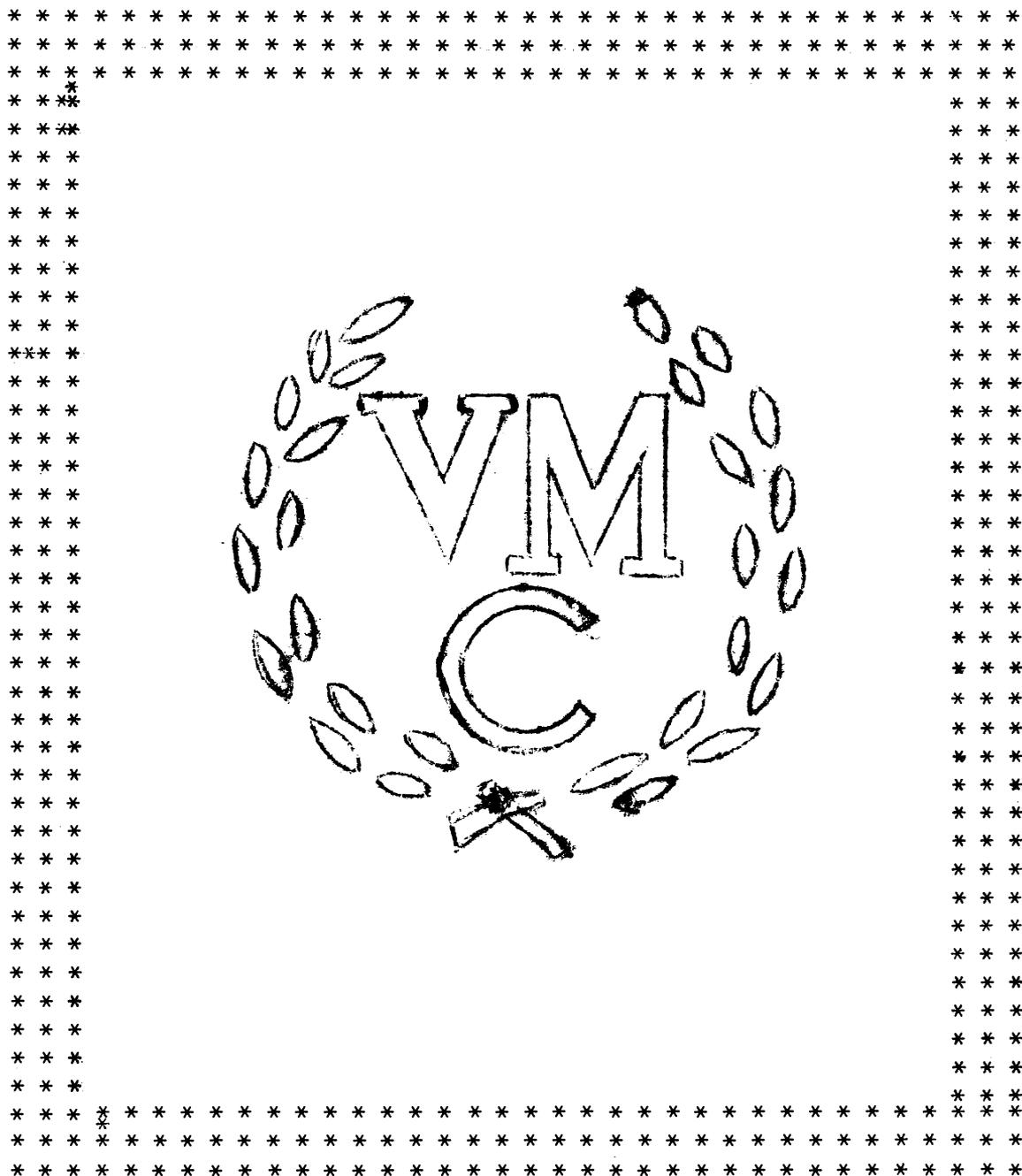
V. M. C. NEWSLETTER

SUMMER, 1977

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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) 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 February, May, August, November. All contributors are asked to aim for the 1st day of 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 Crescent., Mulgrave, 3170.

MEMBERSHIP AND MONIES should be sent to the Treasurer of the V.M.C.:
David Gazley, 50 Stett 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
ASSISTANT SECRETARY (Competition):
Fred Lester, 1 Golding Street, Canterbury, 3126.

ENQUIRIES ABOUT TROPHIES - should be sent to the ASSISTANT TREASURER (Trophies):
Vic. Anderson, 11/14 The Esplanade, Clifton Hill, 3068.

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 -

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

If you can talk, you can write, and a lot of VMC members are beginning to realise that fact. Literacy, or the ability to read or write, to communicate by the written word, just like being able to run, is a question of practice, and wanting to do it. The present issue of the Newsletter is a proof of having things to say and saying them in a way that we can all understand. But even more important is the fact that what has been written has been written with an eye to further thought and discussion, so that we can understand ourselves and our sport better.

This VMC Newsletter of ours is a forum through which we express ourselves, without giving or taking offence, no matter what, to develop ourselves as people with the aim of finishing up in better accord with people and the world around us. We do our own thing, and recognise and respect other people doing their own thing, without adhering to any preconceived ideas or rules of conduct.

A specialist club, such as the VMC for distance runners, or the Sprinters Club, or the Throwers Club, or the Walkers Club, etc., exist precisely because there is a need for it among a group of people, and because the existing forms of competition cannot cater for the people involved in such specialist clubs. It is just as well to recognise at the same time that a system such as interclub fills a basic need, but is also limited in its scope to cater adequately for all.

One of the great failings in our sport is the inability of many people involved, and that is not just the old-timers, to adopt a flexible attitude with the main aim of maximum participation and enjoyment for everyone always firmly in mind. One of the break-throughs achieved over the outdated ideas of yesterday is the combination of the Women's and Junior Men's 3000m track race at interclub, a great boost to all competitors. Similarly, the VMC policy of a long race and a short race on each competitive day has made for greater participation and better competition. It really does not matter whether we have 4 or 400, if 4 want to do one thing and 400 want to do something else, there is stillroom for two events, if we have the time and goodwill. It is only one or two years ago since the VMC had only very few starters among the women and the junior men, but we provided for them and their numbers are growing.

Growth is a good thing in away, but it is not just a matter of growing bigger. We grow as people and athletes through achieving a better knowledge of ourselves, through appreciating each other and sharing experiences of many different kinds. We also grow by accepting responsibility for our own affairs, by making decisions for ourselves. Finally, growth is seeking new ways and adopting new forms and habits of doing things, whether on the track or off the track.

The new rosters we are introducing is a case in point. If someone can do the job for you, such as scoring your laps, clocking your time, recording your placing, ensuring your safety on the road, etc., etc., you are morally obliged to do the same also for that person, and so enable her or him to also take part in running in our events. To do a job of officiating once a year surely is not too great a sacrifice to make it work for you!! Just in case any of our readers are suffering under some kind of delusion: This is not just an appeal, it is simply a statement of facts of what is necessary to keep your sport on an even keel, whether you are a champion, or way back in the ruck; you either take it into your own hands, or leave it to people who are not really as involved as you are. Quite frankly, if you want to be a Drone, don't join the VMC, because we are not prepared to put up with it - our aim is: Everyone a runner!

Fred Lester

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NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN TO ALL FINANCIAL MEMBERS OF THE VICTORIAN MARATHON CLUB THAT THE 32ND ANNUAL GENERAL MEETING WILL BE HELD ON TUESDAY, 7TH OF MARCH, 1978, AT 8.00 p.m. AT ROBINSON HALL, ALBERT PARK LAKE.

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

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LIFE CAN START AT 45

Clare McKerr, now 47, first started running two years ago. Last March she won the Australian Veteran titles in the 1500, 3000 and 10,000m in Perth, W.A. Now she has returned from Gothenburg, Sweden, after a series of outstanding performances, capped by a silver medal in the 1500m. Her diary for the week in Gothenburg would read something like this.

Monday - came 4th in the 3000m.

Tuesday - 7th in the 10,000 cross country.

Wednesday - 4th in the "long sprint" 400m.

Thursday - a P.B. to finish 2nd in the 1500m.

Friday - rest day.

Saturday - 6th place in the Marathon, another P.B.

Clare feels that without the help of clubs like the Veterans and the V.M.C. she would not have built up the stamina to have achieved so much in such a short time.

V.M.C. FIXTURE LIST - SUMMER 1977-78

Dec. 12	(Mon)	Emil Zatopek 10,000m "D" division, Olympic Park, 6.30 p.m.
13	(Tue)	E.Z. 10,000m "C", Women 3000m. Olympic Park, 6.30 p.m.
14	(Wed)	E.Z. 10,000m "B", Olympic Park, 9.00 p.m.
15	(Thu)	E.Z. 10,000m "A" (9.30) Masters Mile (7.15) Olympic Park
31	(Sat)	MIDNIGHT RUN, Alexandra Ave, Two Bridges, 12 Midnight
Jan. 3	(Tue)	VMC "Run For Your Supper" Open events & Barbecue, Sandringham, 6.30 p.m.
Feb. 6	(Mon)	VMC 10,000m (Vict. 10,000m 2nd division), Losers Mile, Doncaster, 6.30 p.m.
7	(Tue)	VAAA 10,000m Chfship (Qualifiers only), 100y & 1 Mile Final

PLEASE NOTE: All competitors in track events must check in NO LATER than 30 min. before starting time for lap sheet allocation and/or number issue. You pay your race fee as you check in. You are further advised that it is in your own interest to bring someone along to assist.

PROPOSED V.M.C. WINTER FIXTURES FOR 1978 (To be ratified by VAAA)

Mar. 27	(Mon)	VMC 16 km and 4 miles, Princes Park, 2.30 p.m.
Apr. 8	(Sat)	VMC Half-Marathon & 10km, Tullamarine, 2.30 p.m.
25	(Tue)	VMC FALLEN COMRADES 12km & 4km, Domain (Shrine Hill) 2.30 p.m.
30	(Sun)	Ballarat Harriers Half-Marathon, Bungaree, 11.00 a.m.
May 7	(Sun)	VMC 15km & 5 km, Albert Park, 10.30 a.m.
13		Commonwealth Games Trial Marathon
28	(Sun)	VMC 20km & 10km, Albert Park, 10.30 a.m.
Jun 11	(Sun)	VMC MARATHON & Mini-Marathon, Tyabb, 12.30 Dinner Dance
17	(Sat)	VAAA MARATHON, Point Cook
Jul 8	(Sat)	VMC 25km & 10 km, Werribee, 2.00 p.m.
Aug 6	(Sat)	AAU MARATHON, Coboolture, Queensland
Sep 9	(Sat)	VMC 30km & 15 km King of the Mountains, Point Leo, 1.30 p.m.
Oct 8	(Sun)	VMC 1 Hour Run, Teams Races and open events

Applications are invited for any club to make their ground available for next season's hour run, "Run for your Supper" evening and the 2nd division Vic. 10,000m.

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VMC MEMBERS DUTY ROSTER

Rob Jamieson

Response to the Roster so far has been disappointing, with only a few of the selected members bothering to take their turn at the Two Bridges races. It is appreciated that some members would not be able to attend when rostered because of other commitments, but surely these persons could arrange for a substitute.

One of the VMC feature events, the Emil Zatopek, will be held in December, and it is most important that the races are well organised. Several changes to the Rosters as printed in the last Newsletter have been made.

"D" DIVISION, Monday, December 12, Olympic Park, 6.30 p.m.

Keith ROUPLY, Bob SCHICKERT, Mike SHARKEY, Graeme SMALL, Peggy SMITH, Harry SUMMERS, Stephen THOMAS, Mark WALL, Bob WELSH, Ray WILSON, John ZELEZNIKOW, John BARRETT, Mark BOUCHER, Anne CALLAGHAN, Jim CONWAY, Andrew CRON, Tom DAVISON, Brian ELKNER, Ron FARELL, Robert GREEVES

"C" DIVISION Tuesday, December 13, Olympic Park, 6.30 p.m.

Lindsay BEATON, Howard BEATON, Howard BOREHAM, George BRAIN, Barbara BYRNES, Ken CARTER, Earl COOK, Gary COZENS, Phillip CUFFE, Richard DAVIS, Chris DOUCOLIAGOS, David ELTRINGHAM, Rob FALLOON, Gary GALES, John GIFF, Roger GOULD, Bob GUTHRIE, John HARPER, Ron HARRY, Sam HILDITCH

"B" DIVISION Wednesday, December 14, Olympic Park, 8.30 p.m.

David GRANSDEN, Grant HARDY, Rodney HEATH, Bruce HOOLEY, Len JOHNSON, John KNEEN, Bill LUKE, Luke McCRAIG, Norm McLENNAN, Leif MICHELSON, Mike NOVAK, Paul PATTON, Cyril REDFERN, Malcolm ROMEO, Jim SCROGGIE, Allan SMITH, Mark STEWART, Gerry vdpLOEG, Tony WILLIAMS, Charles AITKEN

"A" DIVISION Thursday, December 15, Olympic Park, 8.30 p.m.

Nick McGUIGAN, Clare McKERR, Ian McQUADE, Des MIDDLETON, Joe MURPHY, Geoff O'BRIEN, Kevin O'SULLIVAN, Terry PHELAN, Peter RAMSAY, Trevor ROBBINS

A large range of interesting jobs have to be performed so those required to attend need not worry about being bored. It would be best to turn up at least 30 minutes before the scheduled start of the race.

(Competition Secretary's comment: THOSE WHO ARE ROSTERED on days when they are eligible to run can swop in the following manner: All "A" competitors turn up to help with "B" and "B" competitors turn up to help with "A"; all "C" competitors help with "D" and "D" competitors assist with "C". Report at dressing room and bring a PEN for writing.)

V.M.C. 10km Mini-Marathon, 12/6/77, Tyabb, 67 starters

1. Ray WILSON	31.12	Scr.	e23	35. Larry DONNELLAN	38.20	-	-
2. John	31.57	1:01	e;5	36. Greg CHAMBERS	38.20	-	-
3. Dennis ANDREW	32.16	1.01	25	37. John SHEARD	38.53	8.33	6
4. Bryce DUNKLEY	32.18	0.12	32	38. Brett BARBER	38.56	7.46	e21
5. John MARX	32.23	-	-	39. John CHARNLEY	38.56	-	-
6. Rob JAMIESON	32.39	1.27	23	40. Merv WOODGATE	39.12	8.33	e11
7. Geoff PRATT	32.58	3.38	2	41. Wal SHEPPARD	39.20	8.14	e19
8. Trevor SCOTT	32.59	-	-	42. Peter COTTHUP	39.20	8.04	26
9. Randy HOBBS	33.00	2.20	13	43. Peter SCHUWALAW	40.00	11.29	<u>1</u>
10. Tony Doherty	33.08	-	-	44. Hans MESSELBACH	40.03	8.53	e21
11. Jeff BEE	33.18	2.20	17	45. Andrew BANGER	40.32	9.53	e11
12. Robb MORGAN-MORRIS	33.18	-	-	46. Brian O'CALLAGHAN	40.37	8.53	28
13. Henk Wijngaarden	33.23	2.27	15V	47. Dennis WATTIE	41.07	4.39	40
14. Peter HANNAFORD	33.39	0.38	36	48. ? ?	41.12	-	-
15. John STAFFORD	33.46	2.41	18	49. ? ?	41.29	-	-
16. Ray BROWN	34.15	2.07	33	50. John BENCZE	41.31	8.43	35
17. Dave PALMER	34.33	2.41	29	51. Ray HILL	41.33	9.33	31
18. Kevin ROBINSON (NZ)	34.39	-	-	52. Neil PILLING	41.42	5.35	e38
19. Howard BOREHAM	34.47	4.01	14	53. Richard West	42.01	-	-
20. Andrew CION	34.50	4.16	9	54. Lance BERRYMAN	43.19	5.19	41
21. Andrew CUSSONS	35.06	-	-	55. Wal RILEY	43.59	12.26	27
22. Doug GREENALL	35.15	4.19	e19	56. Harry JONES	45.07	14.54	5
23. Mike SHARKEY	35.17	-	-	57. Tom Leong	45.18	-	-
24. Vas MIHALIC	36.30	-	-	58. Tony Pryer	45.37	-	-
25. Jack RYAN	36.34	4.39	30	59. Ian BAKER	45.48	-	-
26. Geoff GOYER	36.45	-	-	60. Carol TYLER	45.49	-	-
27. Col ROBSON	36.59	-	-	61. Roger Bluett	46.10	-	-
28. Richard KING	37.15	-	-	62. Frank BIFFI	46.46	7.19	42
29. Jeff CHAMBERS	37.17	-	-	63. Bill CHAMBERS	46.46	16.54	4
30. Tim DUCK	37.20	6.43	10	64. Belinda PLUKE	49.11	-	-
31. Barry Lynch	37.25	4.55	34	65. George WILSON	53.37	24.00	3
32. Peter DEVEREUX	37.46	-	-	66. Margaret ANDERSON	59.42	29.42	7
33. Noel ANDERSON	37.52	7.19	8	67. Marj COTTHUP	59.42	23.35	e38
34. Keith KOUTLEY	38.12	4.31	37				

VMC 20km 17.7.77 Albert Park 52 Starters

1. Rob WALLACE	63.17	0.00	13	27. Bruce WALKER	78.01	11.35	28
2. Neil GALE	64.13	0.50	15	28. Roy THOMAS	79.49	19.08	3
3. Bob GUTHRIE	65.58	1.15	24	29. Bob SCHIKENT	80.25	8.50	42
4. Dennis ANDREW	66.50	3.00	20	30. Michael GILDAY	80.36	8.25	43
5. Rob JAMIESEN	67.02	3.54	12	31. James BANNAN	80.54	-	-
6. Jim SEYMAN	68.42	4.35	21	32. Alan CLOSE	80.56	14.15	30
7. Don SIMPSON	68.56	4.35	22	33. Lindsay Beaton	81.04	17.23	17
8. Terry COLLIE	69.14	4.22	25	34. Alan CLARKE	81.16	21.35	<u>1</u>
9. Henk van WIN	69.26	5.48	16	35. Peter COLTHUP	81.26	18.05	14
10. Steve THOMAS	70.22	7.02	13	36. Clive Davies	81.39	20.30	5
11. Chris CLIFTON	71.24	-	-	37. Peter LOGAN	82.22	12.45	40
12. John CLARKE	72.00	8.03	19	38. Richard HARVEY	82.22	13.56	34
13. Geoff O'BRIEN	72.04	9.11	10	39. Neil TAYLOR	82.22	13.20	37
14. Colin DONALD	72.13	7.48	23	40. Greg MANDALE	82.38	20.30	8
15. John McDONNELL	72.40	8.50	18	41. Fred McINTOSH	82.48	16.26	27
16. ROB MANDALE	73.40	5.58	32	42. Roger GOULD	83.09	22.41	<u>2</u>
17. Eric SIGMONT	73.59	4.35	38	43. John GILL	83.21	21.35	6
18. Gerry HART	74.11	7.32	29	44. Ron FARNILL	85.41	23.00	9
19. John CURRY	74.27	7.02	31	45. Tom GRONEAT	87.33	10.45	45
20. Geoff HALL	74.47	13.56	<u>4</u>	46. John Curran	88.16	-	-
21. John STAUNTON	76.18	5.19	41	47. Anne CALLAGHAN	94.25	25.47	35
22. Robin ALGIE	76.30	8.35	33	48. Noel ANDERSON	94.26	15.10	47
23. Bill LUKE	76.43	-	-	49. Joan CAMERON	96.23	19.26	46
24. Bill WOODS	77.02	-	-	50. Claire McKERR	96.23	27.25	36
25. Joe GEBEL	77.19	15.30	7	51. Peter BATTRICK	96.23	22.41	44
26. Gerry RILEY	77.46	11.52	26	52. Bert DUPUCHE	98.43	28.15	39

VIC COUNTRY MARATHON - 27.8.77 - BALLARAT

1. Rob BROOKES	2:32.06	6. Evan WILSON	2:43.15
2. John DUCK	2:33.17	7. Dennis ANDREW	2:43.53
3. Peter FAULKNER	2:41.12	8. Ivon HARRY	2:51.03
4. Carl STEVENSON	2:41.21	9. P. WHITAKER	2:52.30
5. Barry BROOKS	2:43.11	10. G. SMITH	2:55.34

VMC 1 HOUR RUN, 9.10.77, SANDRINGHAM, MILD, HUMID, DRIZZLE - 16 STARTERS

1. Bob GUTHRIE			10,000m	15 km	10m
1. Bob GUTHRIE	18km	318.60m	32.23	48.56	52.41
2. Ross SHILSTON	17km	788m	33.27	50.19	54.09
3. Geoff O'BRIEN	16km	653.10m	35.41	53.56	58.01
4. Ian WRIGHT	16km	619.55m	35.44	54.05	58.00
5. Evan BUTLER	16km	436.15m	37.09	55.04	58.56
6. Tom HASSALL	16km	434.90m	37.09	55.02	58.56
7. Peter ARMISTEAD	16km	325.05m	36.09	55.11	59.13
8. Bruce WALKER	16km	246.30m	36.35	55.19	59.26
9. Phil LEAR	16km	63.15m	36.56	56.10	-
10. Gerry HART	15km	910.70m	37.54	57.00	-
11. Hoe GOBEL	15km	563.90m	38.15	57.53	-
12. Brian RYCROFT	15km	523.95m	39.03	58.10	-
13. Gerry RIDEY	15 km	185.70m	38.53	59.18	-
14. Trevor ROBBINS	14km	946.80m	39.48	-	-
15. Fred McINTOSH	14km	666.90m	41.57	-	-
16. Ian DUNN	14km	586.10m	40.33	-	-
20km - 12.43M	19km - 11.81M	18km - 11.18M	17km - 10.56M		
16km - 9.94M	15km - 9.32M	14km - 8.70M	13km - 8.07		

VMC WEIGHT FOR AGE 3000M

1. John MACDONNELL	9.59	+30	e.6	7. Merv WOODGATE	11.31	+43	8
2. Joe GOBEL	10.13	+11	2	8. Barbara BYRNES	11.50		
3. Gerry RILEY	10.24	+23	4	9. Carolyn Schuwalow	12.05		
4. Fred Lester	10.29	-17	1	10. Geraldine RILES	14.25		
5. Tony BERRY	10.36	-	-	11. Marj COLTHUP	15.23	+30	E 6
6. Peter COLTHUP	11.03	+14	3	12. Marg ANDERSON	15.45	+28	5

VMC 3000m JUNIOR TEAM RACE

1. Anthony DOHERTY, Ment.	9.11.8			6. Mark POLGLAISE, Spvle	10.00	5
2. Alex KUTZ, Springv.	9.23.6	1		7. Peter Batohelor, Sand.	10.20	
3. Richard King, Kew Camb.	9.43.7	2		8. Nicholas SHARMAN, K.Ca.	10.30	6
4. Stan GALLAGHER, Kew, Camb.	9.45	3		9. Peter SCHUWALOW, Frank.	11.17	
5. Ian PILLING, Springv.	9.50	4		10. David Scott, S'vale	11.38	7
1 Springvale	10 pts(1,4,5)			2 Kew-Camberwell	11 (2,3,6)	

VMC 5000m OPEN TEAMS RACE

1. Steve O'CONNOR	15.04.4	S/NP	1	13. Tony BEDWELL	16.43	md
2. Dave BYRNES	15.11	KCD	2	14. Ian RANDS	17.19	O'leigh 10
3. Matt RYAN	15.13	S'ham	3	15. Dick Hutton	17.21	SNP 11
4. Ken DUXBURY	15.39	KCD	4	16. Darc HYSEN	17.28	
5. Tim ADAMS	15.42	md		17. John Allan	17.30	O'leigh 12
6. Dave ELTRIN'm	15.44	S'ham	5	18. John SHEARD	17.33	KCD 13
7. Neil GRAY	15.59	SNP	6	19. Ron BALDWIN	17.48	
8. Rod BRUTON	16.07	md		20. Sam HILOITCH	18.14	
9. Arthur DREDGE	16.11	SNP	7	21. Andrew BANGER	18.19	
10. Phil LEAR	16.16	md		22. Peter BATTRICK	18.37	O'leigh 14
11. Ian Pearce	16.29	S'ham	8	23. John HERBERT	18.43	
12. John CLARKE	16.33	KCD	9			

BOHEMIA DAYS HALF MARATHON - July 16 (From the Oregon Track Club Newsletter)

Three hundred tried this new event which was held on a flat to slightly downhill course in 80+ tem. Thankfully there were aid stations and hoses. The course parallels Cottage Grove Reservoir and passes through some forested areas and farmlands, finishing in Cottage Grove at the junior high school.

Kenny Moore shared the lead at the mile in 5.15 and eventually drew away to win in 1.07.46 from Bill McChesney (1.08.57) and Tom Heinonen (1.09.45), Danny Bondeson (1.11.13), Larry Hurst (1.02.27), Bill Lindesmith (1.12.36, Ken Martin (1.12.39) and George Oja (1.02.50). Don Wimber paced the vets at 1.23.01, while Harvey Speck led the over 50 group at 1.43.28.

The best performance of the day came from out-of-towner Carol Fridley (Pennsylvania) who clocked a swift 1.17.43, taking 21st place with her 5.57/mile average. Marathoner Marilyn Paul was second in the women's division with 1.32.46, while Janet Heinonen moved from tenth to third place in the last five miles, running 1.35.29. Margaret Nussbaum had a PR 1.35.55 for fourth. Jeanette Sullivan was fifth (1.36.50) and Connie Manley 7th with a 1.38.59 PR.

VMC 30KM Point Leo, COLD, WINDY, ISOLATED LIGHT SHOWERS INCREASING TOWARDS THE END, 3.9.77, STARTERS 34, FINISHERS 32

1.	Stewart H'syde	104.50	5.50	1	*	17. Phil LEAR	127.00	14.00	21	
2.	Ken DUXBURY	106.00	4.30	5		18. Gerry HART	127.15	13.36	25	
3.	Ross SHILSTON	111.30	5.09	11		19. Gerry RILEY	128.07	20.20	16	V46
4.	Vic ANDERSON	113.14	0.00	22		20. Roger GOULD	132.52	31.05	6	
5.	Steve THOMAS	117.53	11.16	15		21. Steve McCauley	136.17	12.38	31	
6.	Bob MACARTNEY	118.14	17.43	4		22. Richard HARVEY	137.24	23.33	26	
7.	John KINDNESS	118.47	12.25	12		23. Peter LOGAN	138.50	21.42	28	
8.	Bernie CARROLL	118.47	19.00	2		24. Roy THOMAS	138.56	25.28	24	V46
9.	Geoff HALL	120.36	18.10	7		25. Alan CLARKE	140.13	28.27	19	
10.	Keith McINTOSH	123.27	23.33	3		26. Ron FARNILL	141.27	24.34	14	V50
11.	John CURRY	124.08	13.00	18		27. Mike PORTER	147.28	37.47	17	V52
12.	Neil COUTTS	124.42	20.47	9		28. Mike CUMMINS	147.36	27.27	30	
13.	Tony COOK	125.06	19.53	10	V40	29. Anne CALL'HAN	156.35	42.02	27	W40
14.	Joe GOBEL	125.28	21.42	8	1st V40	30. Ray CALL'HAN	156.45	20.47	32	V44
* 15.	Bruce WATT	125.44	12.25	23		31. Peter BATTRICK	156.45	37.12	29	
16.	Bruce WALKER	126.24	19.53	13		32. Dennis CO'LOU	156.45	45.10	20	V54

* Late start by 2 minutes, now adjusted

VMC 15KM - 3.9.77 - Point Leo Starters 20, Finishers 19

1.	JOHN BRUCE	54.50				11. Merv WOODGATE	65.27	11.05	e6	V48
2.	Arthur KINGSLAND	54.50	0.00	10		12. Reno TOLLOI	65.55			J14
3.	Colin EATON	56.13	2.37	5		13. Tom DAVISON	67.10	12.31	9	V44
4.	Richard KING	61.41	9.15	3	1st J16	14. Fred LESTER	67.30	19.05	13	V54
5.	Stan GALLAGHER	61.52	6.43	11	J16	15. Noel McLELLAN	68.04			J15
6.	Ian SMITH	63.04	13.17	1		16. Mark THOMAS	75.48	19.23	12	J14
7.	John VISSER	63.23	11.33	2	V42	17. Mark WALSH	76.48			J13
8.	Des MID'TON	64.15	9.53	e6		18. BAKER, Ian	80.33			V42
9.	Lindsay BEATON	64.15	11.19	4		19. John ZELE'KOW	81.07	12.17	14	
10.	Kevin ESMORE	64.40	10.09	8						

TWO BRIDGES 16 KM AND 6KM - WED. NOVEMBER 2, 1977.

Fred Lester was hard to spot in his new knaki badgeless cap. The chin strap of the old slouch hat has broken after many years of service, and can only be replaced by a quick purchase from a Disposal Store.

Apart from the young stars who won both races, there were men and women runners who didn't know what veterans were. And there was one young lady who ran after becoming a mother only three months ago. Another of the women veterans was given an encouraging slap on the backside by one of the passing males.

But there is always someone who knows everything, and ready to instruct the official timekeeper. Pat Cooper finished in 77.37. "Yes", Kno Awl told Neil Ryan. "She is the last one." So Neil walked back to talk with his friends, when a lonely chap in red shorts, red T-shirt appears running around the police van which obstructed the footpath at the barbecue.

"Hey! Neil! Here's the last one coming now," Kno Awl yells out. Neil ran up to the finishing line. "88.25 for Lionel Evans", he called out. And turning to Kno Awl he smiled and said "It's a good job I kept the watch going."

TRARALGON A GOOD PLACE TO RUN

Martin O'Malley

Towards the end of the season, Traralgon conducts two major races, the Marathon and the 20 Miles hill climb. I went up for the hill climb and found the locals to be very friendly from the word go and trying to help the athletes in every way. Times were given every mile for the first 8 miles, feeding stations were provided and they even had a car following the race ready with warm clothing for any sudden changes in the weather.

The finish of the race is on the peak of Mt. Tassie and provides a breath taking view of the Latrobe Valley. If you weren't so busy running, you could enjoy a lot of scenery all the way up too! Afternoon tea capped off a very enjoyable day. The Traralgon people take also a lot of trouble with their Marathon to do everything possible for participants to give of their best, and organisation is excellent. Traralgon is only two hours drive from Melbourne, and makes a good day out, especially if you can take some company. So, what about a few more runners patronising their events next year. Rob Jamieson (winner of the Marathon) and I will be there.

(Once again, this was received well after the deadline, and in longhand, so it had to be cut severely. Ed.

VMC 10KM - ALBERT PARK - 17.6.77

1. Greg McNAY	32.39			21. John HERBERT	40.51		
2. Goe CAMPISI	33.51	0.07	E13	22. Trevor JUPP	40.51		
3. Andrew GARNHAM	34.27	0.50	12	23. Shane SMITH	40.53		
4. Steve SZIGD	34.50	1.20	11	24. Bob MOORE	41.58	6.31	22
5. Rob WALCZCK	34.58	0.00	21	25. John JOHNSON	41.00	5.15	24 V
6. Stan CALLAGHER	35.36	-	23 J16	26. Dave BASSERTHAM	41.52		
7. Ron YOUNG	36.35	3.11	10 V	27. Ted McDONALD	42.30		
8. Lauinia PETRIE	37.05	3.10	18 W	28. Joe TENNANT	43.00	10.56	2 V
9. Fred HARRISON	37.53	4.38	7	29. Dennis COLECLOUGH	44.40	9.56	20 V
10. Tony PYE	38.00	3.53	19	30. John BROWN	44.42	11.20	8
11. Mike CUMMINS	38.18	5.33	3	31. Vincent BUNWORTH	45.30		
12. Merv WOODGATE	38.26	5.23	6 V	32. Mark THOMAS	45.30	9.56	25
13. Brett BARBER	38.49	5.05	e13	33. June PETRIE	46.35		JW
14. Paul BOAG	38.56	-	-	34. Wal RILEY	48.24	9.45	26 V
15. John ALLAN	38.59	-	-	35. Carolyn SIGMONT	48.32		W
16. Alan MEISELSACH	39.00	6.12	4 V	36. Graeme SCOTT	48.40		
17. Lindsay BURGOYNE	39.39	-	-	37. Betty NEWMAN	49.39	16.43	5 1stW
18. Ray HILL	39.48	7.46	1	38. Shirley YOUNG	62.35	28.48	e15 VW
19. Max COOTES	40.00	6.13	e15	39. Lorraine YOUNG	62.35	28.48	e15 W
20. Richard WEST	40.36	7.13	9				

ADELAIDE HARRIERS "100" 4.9.77 (25 MILES)

This, the longest track race in the country was very poorly supported. Only four people finished the race. Probably the poor programming did not help much. This year the race was changed from early to late in the season. It is hoped that Adelaide Harriers continue to run the race, as it is quite unique, and deserves better support.

1. A.H. G. JEWISS	2.43.34	3. D. MALLETT	3.10.24
2. VET B. WEATHERLEY	3.08.07	4. P. JENKINS	3.35.36

DRC 1 HOUR RUN 17.8.77

A huge field of 57 cluttered the track for this increasingly popular run. Divisions are essential in future. David Miller and Peter Faulkner shared the lead the entire way, with David running out a comfortable winner, covering over 50 years ahead of Peter.

1. D. MILLER	5. D. GRATTON	9. A. BOTH
2. P. FAULKNER	6. P. AFFORD	10. A. Hanley
3. R. FRISBY	7. S. BOTH	
4. R. GORRINGE	8. I. LEET	

DRC KUITPO 15 MILES 27.8.77

Grenville Wood won a relaxed race here from rapidly improving Ian Hamilton, the runner to watch next year. Michael Butler showed a flash of his old form, running third to Hanley and Jewiss, both enjoying a good winter season and steadily improving.

1. G. WOOD	1.24.19	4. A. HANLEY	1.28.35	7. A. SMITH	1.36.03
2. I. HAMILTON	1.26.43	5. G. JEWISS	1.29.43	8. R. MUNZBERG	1.37.55
3. M. BUTLER	1.27.02	6. M. GRANT	1.31.12	9. R. BURGESS	1.38.58

NOTE: A crying shame Kent Rayner missed selection for Canberra

The Ballarat people sent in their Marathon results.
 The Traralgon people sent in their Marathon results.
 Why is it such a hardship for VMC members to send in the complete results of the Hamilton Marathon?
 Why have we not received full results of the Glenhuntly Ron Clarke 10,000m, or the Sandringham 10,000m?
 How are we going to keep adequate ranking and qualification lists unless EVERYONE sees to it that we have the essential results to work with!?
 You certainly cannot blame the VAAA for that; this is your own show!!!
 When are you going to do something about it? Tomorrow, the day after, or never!??

SECOND WORLD MASTERS T & F CHAMPIONSHIPS - GOTHENBURG, SWEDEN (John Macdonnell)

Unless the incidental local press references to performances in Gothenburg from August 8 to 13 may have misled you as to the scope and performances at the meeting, I welcome the opportunity of presenting a few observations.

The gathering of 3000 athletes from 45 countries, principally European and North American, assured the week of competition being characterised by fellowship and camaraderie. Besides, the numbers involved made it the largest athletic meeting ever staged.

The Australian contingent of 75 included some well known names such as Alby Thomas, Tony Blue, Noel Clough and John Gilmour. We were comfortably housed in a university hostel about 8 km from Slottsskogsvallen, the principal and best venue of the three used for the competition.

On the two days prior to the Masters Championships, the Europa Cup semi-finals between eight European nations were contested on the Slottsskogsvallen track. Before a standing-room only crowd, the well-presented meeting with plenty of colour and atmosphere was an eye-opener to anyone accustomed to our track meetings. World record Anders Garderud - steeplechase (Sweden) and Miklos Nemeth - javelin (Hungary) were competing with other big names such as the flamboyant Swede, Ricky Bruch in the discus.

The second venue, Ullevi, is a multi-functional stadium seating 45,000. It is primarily a football stadium, but its cinders track is also used for speedway-bikes and speed-skating as well as athletics. It is here that the 10,000 m were staged with some justifiable complaint re track condition, considering that ten consecutive 10,000m events were contested here on one day.

One would be hard pressed to find fault with Slottsskogsvallen's synthetic track which saw a multitude of fine performances put up during the week. Some notable performances that readily come to mind from the Australians - Noel Clough 49.5 (400m); Tony Blue beating Noel Clough in the 1A 800m in 1.54.8 (also a world-best); George McGrath easily won the 10km cross-country (2B) in 34.56; Henk van Wijngaarden finished 7th in the marathon in 2.33.23.

There were just so many great performances and familiar names from the past. On the first evening while Gaston Roelants (Belgium) - Tokyo Olympic steeplechase winner, was winning the 5000m in 14.02 (and later the steeplechase in 8.56.6); the discus title was a contest between Olympic gold-medallists, Al Oerter (US) and Ludvik Danek (Czechoslovakia). Oerter won with 60.36m.

A few random comments on the distance events I contested. To cope with the large number of entries (e.g., 100+ in the 1A 5000m), athletes were graded according to previous best performances - a system which apart from a couple of obvious anomalies, worked well. The fastest three times irrespective of the heat, were the place-getters.

In the 5000 and 10000m track events, it was no surprise to run p.b.'s with ideal conditions, weather, graded competition and a tremendous atmosphere - running was very much an emotional as well as a physical experience.

The 10km cross-country event was held in a huge parkland area which surrounded the main stadium. It was a two-lap course - very fast and picturesque and catered well for spectators. The course continually changed direction, surface and terrain - cycling paths, grassland, gravel-tracks through woods, around lakes, etc.

For the marathon, 721 starters including dozens of women, lined up at 9 a.m. on a cool, pleasant Saturday morning. After a couple of miles the field strung out and the course switched from a road to a cycling track, some 4-5 metres wide, built over an old railway line which crossed fields, meandered through woods and rocky cuttings, followed a beach front for a couple of miles; all well away from any traffic, but the entire course was lined with spectators, mostly partisan Swedes. The experience of running in a field of this size was in itself an exhilarating and stimulating experience, apart from the aesthetic appeal of the landscape being traversed. The absence of traffic was a welcome change, although it proved difficult for those who dropped out to obtain a lift back to the finish. The winner was Eric Austin of England in 2.25.57 (2A H. Hinderks WG in 2.40.11, 2B E. Ostbye, Sweden in 2.38.38, 3A W. McMinnis, England in 3.00.29) first woman Japanese-American Micky Gorman in 2.57.05).

The program for distance runners with 5km, 10km CC and 10km on three consecutive days meant a demanding program. I would have preferred the C.C. to have been held over till the Saturday, so that 5000 and 10000m runners could have had a choice of cross-country or marathon to finish up the week.

Press coverage in the national dailies ran to at least one full page each day. The organisation was generally good, although one could be critical of many aspects which would not be tolerated at our meetings, such as the lack of crowd control on the oval which allowed enthusiastic supporters and timekeepers to crowd the back straight during the 5000m - however this certainly provided plenty of atmosphere.

You have probably heard comments made about how zealous the Scandinavians are about physical fitness and the outdoor life, or of how the universality of the sporting life makes it an area rare in its dedication to vigorous activity. When one sees the facilities available to the Swedes for their physical well-being, which is encouraged by both government and employers, it is small wonder that there is such vitality among club athletes who, of course, have traditions to uphold as well. At Skatas, an area of about ten square miles of virgin wilderness about 4 miles from the heart of Gothenburg, at least 1000 persons per day make use of the sawdust training tracks which meander through forests, up and down slopes, around lakes in circuits of 3.5, 5, 8, 10 and 18 km designated by coloured discs. The area which is free from commercialization, is lit at night and is also used for cross-country skiing, hiking, orienteering. The reception centre has a sauna and pool and is surrounded by many lodges run by local firms (S.K.F., SAAB, Scandia etc. for their employees. Gothenburg (pop. 450,000) has six such centres. Running in such an environment is truly exhilarating. Likewise in Stockholm, wilderness areas are preserved adjoining residential areas, so that the Swedes can abandon themselves to nature while keeping fit.

En route to Gothenburg, competitive runs were arranged in London and Copenhagen. The day after competing in Copenhagen, the Danes were anxious to try us out over their Eremitageløbet course of 14km through a magnificent Royal Deer Park at Klampenborg. Only Henk managed to stay with their fast group. The area of forest and lakes contains quaint, picturesque taverns, mills and bridges and is interlaced by paved and gravel tracks prohibited to motor traffic. It was a hunting place for Dutch royalty in bygone years and is the venue for a race each September which attracts many thousands from all over Europe. They have a system of age-group standards which they use in this race - those attaining the standard are presented with a commemorative medallion. We visited the park on a week-day and scores of people were to be seen running. Running in such an environment was a memorable experience.

John MacDonnell

WOMEN IN GOTHENBURG

Six women from Australia went to Gothenburg, Sweden, to compete in the World Masters Championships. Three V.M.C. members, Margaret Anderson, Clare McKerr and Peggy Smith, together with Nora Sutcliffe (SAO, Kath Holland (WA) and Verma Le Rossignol (Vic.) made up the contingent.

We found the organisation fantastic. Three venues had to be arranged to cope with all the track events. An ice hockey stadium was converted to a combined reception centre, cafeteria, and meeting centre to deal with the 400 women and 2,000 men from 44 countries. Over 20 events had to be organised with most events multiplied by 12 (6 classes for women and 6 classes for men).

Results

- 100m: 1A: T. Rautanem (Fin) from our Kath Holland (12.1 to 12.5).
2A won by Maev Kyle (Nth I) (13.1).
- 400m: Kath Holland ran away from E. Osterberg (Sw) (56.5 to 58.5).
2A: Clare McKerr 4th (71.0); Margaret Anderson (73.3).
- 1,500m: 1A: won by T. Syrajala (Fin) (4:39.5); K. Holland 9th (5:28).
1B: M. Smith 13th (5:58). 2A: C. McKerr 2nd (5:23.7);
N. Sutcliffe 8th (6:18); M. Anderson 9th (6:36).
- 3,000m: 1A won by S. Larsson (Sw) from T. Syrajala (Fin) (9:49.1 to 9:49.6).
1B won by womens No. 1 marathon runner MIKI GORMAN (US) (10:15).
2A C. McKerr 6th (12:09); N. Sutcliffe 11th (13:51).

The 10,000m cross country was on a 5K course run twice. The start was on lawn in the centre of a park next to a lake with flamingos on an island in the centre. The terrain soon changed to a steep bush paths to thick, smooth lawn. There was little level terrain, apart from around the lake. First woman was Mikie Gorman (UA) in 35.28, Clare finished in 43.07, Peggy 44.34, and Nora in 53.44. Oldest woman aged J. Baucher of W. Germany, finished in 61.05 - not bad for a woman aged 68.

On Saturday, the last day of competition, the Marathon was held. About 120 women and over 1,000 men lined up at 9 a.m. There was a clear blue sky, slight breeze and temp. about 20° c. The course headed out along the road from the stadium; after 2K we ran along a bicycle path. Spectators lined the course most of the way. We gradually left the suburbs behind as we came to the seaside. Yachts were sailing on the bay and we were still all fresh enough to appreciate the scenery as we continued along to the halfway mark. Residents had put out unofficial feeding stations in their front gardens. As the heat gradually built up more than one runner appreciated the hospitality. Which reminds me, I heard a rumour that one Aussie (male) managed to collapse in one garden, and after being taken inside, spent the rest of his stay in Gothenburg being wined and dined by his rescuers.

As we headed back, what had seemed like a slightly undulating course became a very hilly journey, especially for those who had gone out too fast. Clare ran an even speed and although she had competed in four other tough events during the previous week, she managed to better her Tyabb marathon by 11 minutes in 3 hrs 32.41. For Peggy it was another story. At about 30K, although feeling tired, she felt that the last 12K could still be completed to give a total time of less than 3½ hours. It was over the next kilometre something happened; her legs would no longer respond, there was no way she could keep going. Gradually the other competitors behind passed, one after the other, but always with an encouraging word to keep going. Finally she saw the stadium flags waving in the distance, after running and walking from one lamp-post to another. Only 2K to go! At that stage it felt like another 20.

There at the gates friends and fellow competitors clapped and cheered as the last 385 metres were completed around the track. Peggy managed to stagger in at 4hrs 02.46, swearing never to run another marathon, (how often have we heard that).

Mickie Gorman won her 4th gold medal at the games in 2hrs 57.05. Oldest woman, aged 63, was M. Lynnerup of Denmark in 4 hrs 1.37.

In conclusion; the thing that stands out in memory is the encouragement from fellow competitors, and whatever your standard, male or female, you can go on running and adding quality to your life until you reach 92 - like Suncan MacLean of Scotland, who can still cover 100 metres in 20 secs.

NOTES FROM QUEENSLAND - NATIONAL CHAMPIONSHIP NUDGE COLLEGE, 27TH AUGUST, 1977

The 77 National Cross Country Title was held on the three lap flat course at Nudgee College, north of Brisbane.

In the SENIOR 12km, a field of about 60 competitors faced the gun. Home town favourite Gerrard Barrett led the field for the first 400m, before they disappeared into the bush. At the 2km mark Dave Chettle had moved to the lead, and at the end of the first 4k led from teammate Steve Austin, with Gerrard Barrett in third position. At the end of the second lap (8k app.) Chettle still led from Austin with Barrett narrowing to Austin. Dave Chettle continued to pull away on the final lap to reach 10 km in 29.55 and the finish in 35.56.8. Gerrard Barrett picked up Steve Austin to take second place, while Matt Centrowity of the United States came from nowhere to take fourth place. Victoria easily took the teams title, while New South Wales nudged Queensland out of the silver on a countback.

The Junior 8km race was completely dominated by N.S.W.'s Laurie Whitty, and Queensland Warwicks Horsey. These two quickly separated with Laurie leading narrowly at the end of the first lap, but going on to open up a 12 second lead during the second lap. K. Davies of Victoria picked up the bronze.

CABOOLTURE SIX MILE ROADRACE - 24TH SEPTEMBER

The last race on the Q.A.A.A. programme drew a good field to Caboolture, a town about 40 miles north of Brisbane. In hot windy conditions, Ron Irwin powered away from last year's winner, Mike Pullinger, to win in a good time of 30.21. Third place went to Mike's Nundah teammate, Bruce Cook.

1. Ron IRWIN (TWG)	30.21	6. Phil McLURE (CAB)	34.16
2. Mike PULLINGER (NUN)	31.31	7. Bob HILL "	34.17
3. Bruce COOK "	32.07	8. Ron DOYLE (M.T.G.)	34.27
4. Graham BARRALETT (A.R.)	33.38	9. A. LENNOX (TWG)	34.36
5. Bob VIDLER (NUN)	33.47	10. Peter GLOVER (UNI)	35.02

BROADBEACH TO BURLEIGH FUN RUN, OCTOBER 2ND, 8k.

The Surf Life Saving Association organized a highly successful Fun Run on the Esplanade, between the Gold Coast beaches of Broadbeach and Burleigh Heads. On the flat traffic free course, Gerrard Barrett (23.49) led home. Ron Irwin (25.18) and junior Warwicks Horsey (25.26) with another junior, Jock Given (25.34) fourth.

1. Gerrard BARRETT	23.49	7. Richard BOURNE	26.20
2. Ron IRWIN	25.18	8. Mike WEIBA	26.29
3. Warwicks HORSEY	25.26	9. Chris BLENKEIN	26.35
4. Jock GIVEN	25.34	10. Dennis FERRIS	27.01
5. Mick Pullinger	35.39	11. Des TODD	27.08
6. Joe Patterson	26.00	12. Don GRAY	27.11

2. If you are 1.70/58kg. and have marathon aspirations, take heart. Cierpinski is the product of a sophisticated, scientifically-based, talent spotting and development program. His 1.70m/58kg. measurements have been statistically and biomechanically proven by East German sports scientists (!) to be an ideal height/weight for the longer distances.
3. Note that at age 26, Cierpinski is a "sports student". This means that he attends college classes on a profitable "scholarship", which of course allows him plenty of training time. How is your average 26 year old Australian marathoner paying his way?
4. The anti-coaching set might notice that Cierpinski does have a coach. This coach must have earned a four year, university level degree in coaching (!) in order to be qualified to deal with an elite athlete. Such coaches have to study courses such as biomechanics, physiology of exercise, kinesiology, sports psychology, nutrition and motivation.
5. Note also the respect and recognition that is given the men who fostered the champion's development, e.g., Conrad (who spotted the kid at 12!), Bringezu (his first club coach), Ramlow and Schmidt. Hell, any Australian who had gone through that many coaches would have been tabbed "uncoachable". Incidentally, these gentlemen not only receive respect and recognition, but also monetary bonuses (if their proteges succeed). Of course don't try that in Australia unless you want to be accused of "pushing" kids and "burnin' 'em out too young".
6. The continuous and not too discrete insertion of socialist philosophy into the article hardly needs to be pointed out. Sickening you say? Perhaps. But note that the article is more than simple propoganda. It's a genuine commentary on East German society. Sport and socialism ARE closely tied. Athletes ARE encouraged to develop their talents to the full under the most favourable conditions. If you think that's bad, then you're a depe. At the highest level of competition, all this extra support naturally adds incentive. The East Germans are actually competing for stakes higher than just themselves or even money. And let's face it, when the chips are down, the value of money quickly evaporates and even victory for oneself takes second priority to the idea that you want the pain to stop. On the other hand, people, including East Germans, will kill themselves for their country. Strong stuff for the average okker? A bit corney? Yeah mate, I guess so.
7. Note the critical role assigned to sport as a mold of worthy individuals. Try and convince Australian educators of that and you'll be laughed out of the room. The powers-that-be seem determined to subordinate these "trivial", "time-washing" "jock" activities to a lowly position where they cannot threaten the prized academic pursuits.
8. Sportsman of the Year - a marathoner! And elected by the fans! I wonder if our Australian sports fans really know anyone beyond the Tommy Smiths, the Ian Chappells and other football stars (now I'm showing my ignorance.) But then again, East Germany has no horse racing or cricket and the GDR media covers only Olympic sports.
9. You will note that Cierpinski competed in the 1970 Childrens' and Youth Spartakiad, a type of multi-sport National Junior Games. Try and organize something like that in Australia and you know what you'll get ... "Tut, tut, catering for the elite. Spending money on the few instead of the many", or "You're a bloody dreamer mate. 'Ere, 'ave another beer".

Extra Notes

East Germany's marathon squad is accompanied on long runs by a "mobile laboratory", sports scientists in attendance take regular pulse checks, blood samples and other tests during these runs. The data is then fed into the computer at the Leipzig Sports University and a printout reaches the marathoner's coach the following day. The coach then uses this information to plan the length and intensity of the training session later in the day. Robots? Inhumane? Think again. Wouldn't you like to know when to hammer a 15 miler in training without risking a possible breakdown?

No, I'm not a Communist. I disagree with the motives of our D.D.R. colleagues. But I do think that a lot of what they are doing is right and good for the athlete. If Australians can only throw off the rubbish fed to them by the media as a "copout" for the mediocre Montreal Olympic results and start stealing from East Germany that which is good in their system, then I think an athletics "renaissance" is possible. Or perhaps it is easier to perpetuate the "copout" and simply "ave another beer, mate".

FROM THE OREGON TRACK CLUB NEWSLETTERJuly 4: Butte to Butte Explodes - 1,000+ Starters

Meet director Clark Meinert - realized he had a gusher on his hands the morning of July 4 when more than 1,000 runners showed up at Spencer's Butte JHS. With just 500 t-shirts available at the end, it was going to be interesting.

Up the hill to the mile mark, the field immediately spread out behind Ed Spinney and George Conefrey with many walking after half a mile. It took 77 seconds for the last starter to cross the starting line. Spinney flew by the mile in a quick 5.12 with a horde of talent about 24 meters back. At three miles ahead pack of five clocked 14.47; the group included favourites Bill McChesney and Pat Halleran (Notre Dame), the surprising Damien Koch (OTC) and two unknowns. It turned out that one of the "unknowns" was John Rogers (runner-up to Kelly Britz in the OSAA mile two years ago) who is now attending the U of Florida at Gainesville. The other was Jim Hurt who arrived from Notre Dames for an extended stay in Eugene. Spinney had been passed and dropped back at this point, while the next one through three miles was Ken Norton. Halleran was the one to make a winning move when he cut loose by South Eugene H.S., just as the leaders began the long final haul down High St. He maintained the pressure for an excellent win in 30.26, not far off Paul Geis' course record of 30.05 set last year.

Only 70 seconds separated the first five women as Track City's Toni Taber and Teresa Barrios were one-two, Taber timed in 40.31.

- | | |
|-----------------------------|------------------------------|
| 1. Pat Halleran, OTC, 30.26 | 9. Mike Devecka, 31.45 |
| 2. John Rogers, 30.49 | 10. Mike Merrell, OTC, 31.54 |
| 3. Damien Koch, OTC, 30.50 | 11. Bob Williams, OTC, 31.58 |
| 4. Jim Hurt, 31.03 | 12. Ed Spinney, OTC, 31.59 |
| 5. Bill McChesney, 31.10 | 13. Dan Norton, 32.13 |
| 6. Larry Hurst, 31.19 | 14. Tom McChesney, 32.15 |
| 7. Ken Norton, OTC, 31.19 | 15. Chris Nielsen, 32.25 |
| 8. Tom Heinonen, OTC, 31.37 | 16. Bruce Nelson, 32,31 |

- | |
|-----------------------------------|
| 250 Toni Taber, TC, 40.31 |
| 291 Jeanette Sullivan, OTC, 41.39 |
| 292 Janet Heinonen, OTC, 41.40 |
| 293 Lili Ledbetter, OTC, 41.41 |
| 388 Jill Suttles, OTC, 43.37 |

TRARALGON HARRIERS - MT. TASSIE, KING OF THE MOUNTAIN - 19.2 MILE 18.9.77

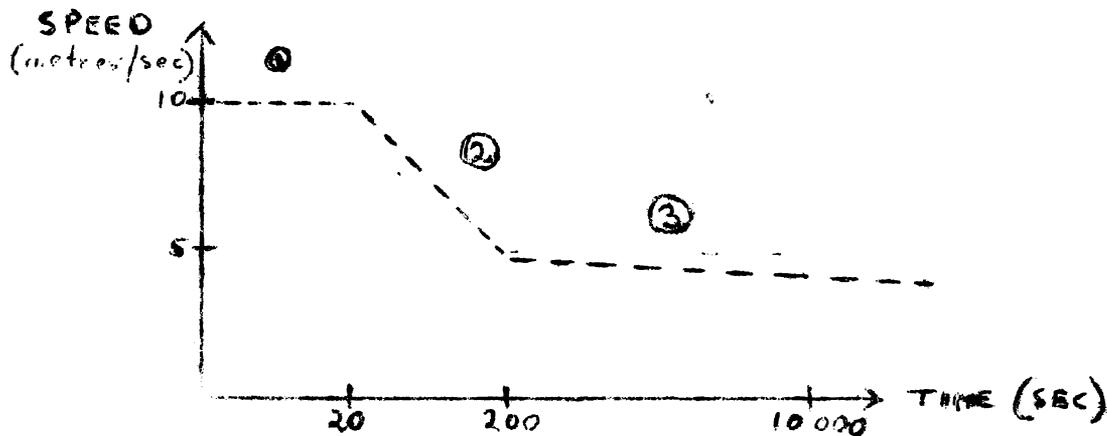
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|--------------------|---------|-----------------|---------|
| 1. Martin O'MALLEY | 2.04.39 | 5. Ian MEMBREY | 2.18.32 |
| 2. Brian Bird | 2.08.24 | 6. Geoff WILSON | 2.19.02 |
| 3. Geoff DUTBELL | 2.14.26 | 7. Jim WILLIS | 2.22.28 |
| 4. Richard JEFFERY | 2.16.45 | 8. Red LINEHAM | 2.31.18 |

Warm below, very windy and cold on the top (700m app.)

SOME CARBOHYDRATE COMMENTS

By Mark Stewart

I have followed with interest the articles on the carbohydrate loading diet in the last two newsletters. May I be permitted to say that I am not entirely convinced of its benefit and further, that the explanation of any benefits derived contains flaws. Perhaps I should start with the following diagram - which should be of interest to all - showing the running speeds for world record performances against total running time: (The



While not getting too carried away with the accuracy of reproduction of this diagram, let's examine phases 1, 2 and 3.

Phase 1: This is of course the sprinting phase. The requirement is an explosive burst of energy, an energy source that gives a quick release of its stored energy, often referred to as the "anaerobic" process. Anaerobic means "in the absence of oxygen". The energy is derived not from anaerobic breakdown of glucose, but from a high energy phosphorous compound called phosphocreatine. There is absolutely no role for oxygen in this process. The energy comes simply from the removal of the phosphate attached to this molecule. It is quick and simple - hence giving the initial rapid burst of energy required.

Phase 2: By the end of phase 1, the process called glycolysis comes into play. This is a multi-step sequence which requires several enzymes (proteins) to make sure that each step occurs. These enzymes are great catalysts and virtually every chemical reaction in the body must be catalyzed by an enzyme. It takes more time to get all the enzymes "into gear" (for want of a better expression) for glycolysis than it does for the one enzyme needed to act on phosphocreatine. That is why there is a wait for glycolysis to start. This is the true anaerobic process. Energy is derived from glucose without the need for oxygen. The glucose itself comes from the carbohydrate stored in the body, e.g., glycogen. This anaerobic breakdown of glucose is itself relatively quick and simple (compared to other bodily functions) and the amount of energy released is only a small fraction of the total available in glucose. To put it simply, energy is obtained by splitting the glucose molecule into two smaller molecules.

Phase 3: This is the "aerobic" phase in which oxygen is used. It is called respiration. This is the phase all distance runners persist in once they have gone through 1 and 2. It is also the area in which matters become a bit more confused - and the one that has prompted me to query the basic logic of the carbohydrate loading diet.

If we follow a single glucose molecule through glycolysis (phase 2) and into respiration (phase 3) we find that it now enters the Krebs cycle. This is where the oxygen is actually used to finally degrade glucose to plain old carbon dioxide and water. It is a more involved process, requiring many more enzymes and a pool of organic acids. However, the complete aerobic breakdown of glucose yields 18 times more energy than does the anaerobic process of glycolysis. But it is not as simple as it seems.

The glycolytic sequence splits glucose into two smaller molecules, as mentioned earlier, of an organic acid called pyruvate. Pyruvate has two fates open to it - one, it can be further broken down into the organic acid acetate, or lactate - two, it can be reconverted into glucose at the expense of energy produced elsewhere.

Under normal circumstances, the most likely outcome is two. This may seem wasteful, but it is necessary for the body for the one very good reason that the brain must have glucose for its energy, and it uses glycolysis and the Krebs cycle

to get the energy out of glucose. As the brain is the body's most important organ, it is simply the "boss" - what it says goes. The simple fact is that if you deprive the body of glucose in the diet, the brain will control the bodily functions to produce its necessary glucose. In fact, in the resting state, 20% of the body's oxygen is required by the brain. To get this glucose, the stores of glycogen (starch) will first be depleted. Once these are gone, glucose is then produced by the breakdown of body protein. This is not an easy job, but it will be done if it must. In extreme cases of persistence of no-glucose, the brain will switch to using other substances for energy called ketone bodies. This is what happens in diabetics when they run out of glucose and the brain resorts to ketones. A coma is often the result. Forcing the brain to do without glucose is no fun!

To sum up on this point then - do without the carbohydrate if you like, but remember that the brain is master of your body, and it will turn around and make glucose whether you like it or not.

There is a further point to consider, however. What happens to the acetate that may be produced? Quite simple, it goes into the Krebs's cycle and is then "finished off". But the supply of acetate that feeds the cycle doesn't only come from glucose. In fact, most of it comes from the lipids (oils, fats, fatty acids, tri-glycerols, etc.) The lipids themselves are built up from any excess food taken in - both carbohydrate and protein. Once the bodily requirements of these two have been met, any that is immediately in excess is converted to lipids. From here there is a constant trickle of acetate produced to feed the Krebs's cycle in the respiration process. For the technically minded, this breakdown of lipid into acetate is called beta-oxidation. In prolonged, heavy exercise the rate of beta-oxidation has to be increased, and once this has been achieved, it maintains the supply of energy for the body. It is worth remembering that not all of this energy is used to keep your legs moving - some of it is used to rebuild glucose for the brain.

Thus, when you fill yourself with carbohydrate on this diet, some of the excess will be kept as muscle glycogen - but only as much as the body feels it should. The rest is converted to lipid and stored ready for use. Bruce Watt touched on this aspect in his opening paragraph of the issue before last. It is actually the fats (or lipids) that supply the prolonged energy, the carbohydrates only contributing directly for a short time and indirectly in a more subtle way in the long term. The body actually prefers to store energy in lipids rather than glycogen for reasons of economy. While lipids are relatively "water-hating", glycogen tends to coak up water. Thus, when considering glycogen in the body, you must consider how it actually occurs, i.e., hydrated. When this is taken into consideration, the comparison between lipid and glycogen is such that 2.5kg of lipid contains the same energy as 13 kg of glycogen. Which would you prefer to carry?

I have queried our biochemistry lecturer as to the reasons for starting this diet by depleting all carbohydrate and sticking mostly to protein. He says that there seems to be no reason for doing this at all. It seems that all that would be necessary would be to build up plenty of lipids in the day or two prior to the race. That can be done by eating plenty of just about anything.

Finally, for those who are interested and can understand the language of chemistry, I suggest that the book by A. L. Lehninger, titled "Biochemistry" is a most fascinating and useful text. It is about 1000 pages long, designed for study purposes, but contains a wealth of information that I find I am continually referring to.

ANIT-INFLAMMATORY AGENTS IN SPORTS INJURIES

A recent issue of "Medical Progress (May, 1977)", which circulates to the medical profession, discusses the use of anti-inflammatory agents (drugs such as Indocid) in the use of soft tissue injuries. The Author, Dr. D.S.

Muckle says that if drugs of this type are prescribed, they should be administered immediately after the injury when the local biochemical changes are being initiated. His own personal experience has shown that these agents are of not much use when the symptoms are subsiding or when the injuries are fairly severe. "They are also not effective, he says, in late-presenting injuries (such as chronic groin strain). In general, this sports medicine doctor feels that anti-inflammatory drugs can play a part in the immediate and also the early treatment of a sports injury when used as a supplement to the usual therapy of strapping, short wave diathermy and ultrasound. What do VMC members think?"

LETTER FROM QUEENSLAND AAA SECRETARY

John D. Bailey

I have today read your latest newsletter, which incidently is an exoellent publication for the distance running fraternity, and whilst all articles and comments contained therein are not necessarily those of the Editorial staff, I take exception to remarks by Fred Lester, whoever he may be, regarding what my Association should do in relation to the Townsville Marathon Club.

Fred, like a lot of people, listen to one side of a story and make no endeavour to ascertain true facts relating to a matter.

There are many reasons why this Association will not allow the Townsville Marathon Club to accept members who are not already members of an existing A.A. Club and this Association considers such reasons legitimate and to the benefit of the sport in Townsville. We are not going to be dictated to by a minority to the detriment of the majority.

The Townsville Marathon Club will have to put its own house in order smartly or there will be no such Marathon Club. Ask Fred Lester what the V.A.A.A. would do to your Marathon Club if it found that your club appointed a professional athlete as its President.

I personally went to Townsville recently and was advised that the existing clubs in Townsville were willing, and in fact had offered, to provide the type of competition that the Marathon Club members required. The offer was not accepted as the group in question wanted to do their own thing. An athletic club is for athletes regardless of creed or colour, sprinter, distance runner or thrower. There are more than enough such clubs in Townsville now to cater for the athletes in the area. We are not going to forsake those clubs

1977 12,000 METRES CROSS COUNTRY CHAMPIONSHIP OF AUSTRALIA

1. CHEITLE, D.	Vic.	35-56.8'	11. RAYNER, K.	Tas.	37.41
22. BARRETT, G.	Q'ld	36-17.6	12. KENNDY, G.	Vic.AC	37-49
3. AUSTIN, S.	Vic.	36-40.4	13. McINNES, D.	N.S.W.	37-55
4. CENTROWITZ, M.	USA	36-49	14. McDONALD, R.	N.S.W.	37-59
5. LEWRY, B.	Vic.	36-54	15. POULTON, S.	N.S.W.	38-27
6. BEESON, D.	N.S.W.	36-59	16. STONES, J.R.	Q'ld	38-32
7. LYONS, R.	Vic. AC	36-59.8	17. FEWTRELL, G.	Q'ld AC	38-34
8. IRWIN, R.	Q'ld	37-08	18. SEALY, E.	Vic.AC	38-34
9. de CASTELLA, R.	Vic.	37-18	19. HARDWICK, R.	S.A.	38-51
10. HAYWOOD, R.	Vic.	37-35	20. WILLIAMS, J.	S.A.	39-03
	1. VICTORIA			15 points	
	2. NEW SOUTH WALES			35 points	
	3. QUEENSLAND			35 points	
	4. TASMANIA			61 points	
	5. SOUTH AUSTRALIA			64 points	

1977 8000 METRES JUNIOR CROSS COUNTRY CHAMPIONSHIP OF AUSTRALIA

1. WHIPPY, L.	N.S.W.	24-29.8	11. deCASTELLA, N.	Vic.	26-22.0
2. HORSEY, W.	Q'ld	24-42.6	12. NICOL, B.	Q'ld	26-15.0
3. DAVIES, K.	Vic.	25-11.4	13. NOBBS, S.	N.S.W.	26-26.0
4. SCOTT, T.	Vic.	25-22.0	14. GILLILAND, S.	Q'ld	26.31.0
5. GIVEN, J.	Q'ld	25-24.0	15. TUCKER, P.	Vic.AC	26-32.0
6. HAWTHORNE, N.	Q'ld	25-40.0	16. NEILSON, J.	Vic.	26-45
7. HAYNES, P.	S.A.	25-46.0	17. DOHERTY, A.	Vic. AC	26-47.0
8. HAYNES, L.	Tas.	25-57.0	18. WINTER, B.	Q'ld AC	26-51
9. HINWOOD, A.	Q'ld	26-06.0	19. GODWIN, S.	N.S.W.	27-14.0
10. RYAN, B.	Vic.	26-08.0	20. PHILLIPS, S.	Tas.	27-15.0
	1. QUEENSLAND			13 points	
	2. VICTORIA			15 points	
	3. NEW SOUTH WALES			20 points	
	4. SOUTH AUSTRALIA			32 points	

HOW TO DEAL WITH SPORTING INJURIES

Many members of the medical profession know virtually nothing about successfully treating sporting injuries. Cork thighs, pulled thigh muscles and knots in falf muscles have always been well understood by the men with the real "magic fingers", that stalwart band of football trainers and masseurs. A Tasmanian medico has now recognised the need for a handy guide to treating injuries inflicted by sport. It's called "Sports Injuries", by Dr. Russell Gibbs (Sun Books), \$2.95. This book should gain a wide audience among athletes. It is hoped that it also becomes a standard reference for general practitioners.

A KIWI REFLECTS ON AN AUSSIE TIME

By Jan Cameron

Prospects of a year in Australia were too good to miss, especially on a scholarship with fares paid - heck, a free trip to VMC Marathon! (In case someone from Kellogs reads this, the university experience has been great too - you know how running boosts the mental faculties) So we packed our trunks, mainly with shorts, T-shirts, running shoes and a few other bare essentials like knives and forks and kids' toys, and came to Armidale where Dave was to do a course in tertiary education administration at UNE. We were quickly and smoothly integrated into the running scene which, after the experience of Hamilton Harriers, was pretty small fry. But what advantages - a cohesion and camaraderie not possible in a large club. Armidale runners set out to show us the countryside on foot - what better way to enjoy exotic bird life (all sorts), cascading waterfalls, mountain peaks and beautiful forest? Mileage increased on much more demanding terrain than we were used to at home in New Zealand. Thoughts turned to the VMC marathon.

So, for an initial reflection, some VMC memories:

- first an 18 hour bus trip from Armidale (if you went that far by bus in N.Z. you'd fall off the edge!)
- great hospitality from all sorts of people
- spending more money than we had at a shop in East Kew
- renewing old friendships and hearing Dick Dowling again
- catching up on news from home from fellow Hamilton Harriers
- miserable weather and foul colds
- an even more miserable marathon - viz., two DNFs
- a great post-race "do", where son Jason (5) set a record for nonstop dancing
- an 18 hour trip home again

Some other thoughts about VMC have already been stated. But to add some emphasis to Freddy's comments - in Hamilton we consider that there needs to be approx. one official per runner in an efficiently organised marathon. And we usually get them. Sure, you'd rather watch the race, but you wouldn't like to run in a badly officialled marathon, would you? Freddy does a great job. Don't take him for granted VMC, and lend a hand when you can, not just when you want to.

Following on from VMC thoughts come thoughts on women. Naturally. What a great turn out of ladies at Tyabb (sorry I let the side down, girls). Marathons are a great challenge to anyone, but even more so to women because even less people think they can "do it". Distance running for women, as I see it, needs a good kick in the pants in Australia. By distance, I really mean anything beyond 3km. I competed in the Inter-University cross-country at Newcastle, a member of the UNE team (who won - no prizes for skiting). This was an all-Australian Unis competition, and there were 10 (read "ten") starters! Sure, Australia has some pretty good distance women, and they're a great incentive - to other champs. But where are the masses, who get their satisfaction just from competing and completing the course? Victoria is lucky indeed with its small band of enthusiastic women.

Cross-country courses, at least in New South Wales, have a peculiarity too. I wonder how many Aussies think they've gone the wrong way when they meet a creek or fence. I haven't seen either yet on any of the courses I've seen (I don't doubt that some courses are genuine cross-country, but some even stretch to pieces of sealed highway midcourse!)

Perhaps our greatest running joys have been the fun runs. First was Griffith - the idea of combining running and wine would please anyone. How about holding a relay through the Hunter Valley, each leg from one winery to the next? No worries about refreshment stops! We've also had the Glen Innes and Tamworth Fun Runs. But perhaps the supreme thrill was being part of the mass at City to Surf which, incidentally, is not the biggest fun run in the world (come to Auckland for Round the Bays ...). Fun runs are a great boost to the sport; they must proliferate and grow and then perhaps more people will recognise the huge benefits of fitness and outdoor activity. But some are so race-orientated they might deter a lot of round-the-block fun runners. Organisers will have to decide who fun runs are catering for - if they really want participation first, competition second, emphasis must shift from winners to runners (age groups, business house teams, family groups, etc.)

These are some, but by no means all, of the memories of running in Australia that we will cherish. These are the highlights. None of this would have meant anything without the help of a vast number of people who have made Australia, and particularly New England, our running home for a year. Some who deserve special mention, for what they have contributed to us, are these:

- Dave Gazely and Neil Ryan, for great hospitality and friendship. Along with Freddy they form a public relations team any organisation would envy.

- Sylvia Radoslovik, for helping entertain two kids while their Mum and Dad ran.
- John and Eileen Graham of Ballarat, for taking us home from Tyabb and showing us the beauty of Melbourne. Without them we may have had to walk ...
- Gordon and "mardi" Stanley, of Melbourne, for putting up with our pre-Marathon nerves and youngsters for a whole week. (Gordon, along with Percy Cerutti, was a co-founder of VMC and also won the first VMC marathon).
- Lavinia, Joan, Claire, Peggy and Ann, for flying the flag.
- Angelo Jones, of Lismore, for his efforts to foster interclub communication.
- Brian, of Pentridge, for inspiration.
- Terry Wall, of Newcastle, for making a difficult time a great deal easier - he transported the whole UNE team twixt town and campus several times, enabling us to save our energy for running.

All the Armidale runners, for making us at home, and especially to John Stanley (Freddy's VMC Stalwart), without whom our stay in Australia would have been a lot less exciting.

Thank you to all these; thank you Aussie runners. Dave and I hope you can enjoy some Kiwi hospitality one day before long (how about next Eclipse Marathon?). Our Australian time proves the bond among runners does cross national barriers. We hope it stays that way.

A PERSONAL VIEW

By Peter Faulkner

For the last four weeks I had not been 100%. A particularly severe long run one Sunday had knocked me down and left me open to any winter virus around. However, determined to run under two and a half hours, I set up the hardest carbohydrate diet to date and prayed for the right weather. The proposed venue, Ballarat. Thursday and Friday in Adelaide were hot, 28°; but as my family and I drove across, a cool change came through and all augered well for the race.

Saturday was cold with a biting south easterly wind. Driving around the course, it became obvious that P.B.'s were out of the question. Two uphill stretches into the wind with the last 9 miles into the wind, the final 5 rising 140 feet altogether, meant a really hard marathon.

Very nervously we set off, downhill and wind behind us. After a steady first 2 when I shared the lead, the bunch caught us and pushed the pace up. The 5 went by quickly, too fast for the conditions and me, so I dropped off and ran alone to the 10, still 1 minute up on my schedule and feeling very comfy.

The next 3 to the turn slightly uphill and into the wind, spelt a hint of things to come. So far sweat had been abundant, as well as the expertly handled refreshments. Times had been clearly called and gratefully received. The cold wind was hard. The turn came on schedule and the group ahead had started to split. Even running downwind the pace didn't pick up much. Nine miles to go. On schedule but all the rest into the wind. Down into the valley, picked up two runners and one passed me. Very bad. Seemed all alone. Thighs like lead and very slow motion. Concentrated on survival. Into the hills and cursing myself to stop myself quitting. Times very slow, no sponges now. Freezing. Something wrong, I shouldn't be as slow as this. The suspected virus? My family urging me on. Hopes of finishing with only 4 to go. Another runner comes past, tuck in and - magic - off we go. Like you turned a switch. We sweep past two more of the leading group climbing the last hills and sight the other runner who had overtaken me. Feeling immensely grateful to this tall bearded stranger, I said, "Come on, we'll catch that bugger in black" and took over. We raced toward him, still into the wind and before the last turn for home, swept past. Half a mile to go and my 'partner' hammered on. I'd always dreaded a finish like this in a marathon. We steadily accelerated until there were some 300 yards to go. Shit or bust, everything went in. I thought he was on my shoulder and nearly died before I crossed the line. A fantastic finish to the hardest marathon I have run and finished.

I learned something. The marathon is the race. You must finish. Despite the slow time, I was tremendously pleased with the mental victory. Only praise for a beautifully organised race.

To me the marathon is as much an adventure as climbing a mountain. And in that respect one is extremely lucky. All you need is a bit of road, a bit of time - and the discipline of preparation. But then, that is another adventure . . .

TRARALGON HARRIERS - MT. TASSIE, KING OF THE MOUNTAIN - 19.2 mile - Bruce Inglis

1. Martin O'MALLEY	2.04.39	5. Ian MEMBREY	2.18.32
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3. Geoff OUTBELL	2.14.26	7. JIM WILLIS	2.22.28
4. Richard JEFFERY	2.16.45	8. Red LINEHAM	2.31.18

Warm below, very windy and cold on the top (700 m app.)

WHY DON'T WE HAVE A BOSTON?

By Richard Harvey

The sight of hundreds (or thousands) of runners of all stages of ability running in a single race would encourage anyone with a slight yen for exercise to take part themselves. What the Fun Run does by way of boosting jogging, so a big Boston-type marathon would do for long distance running. More people in long distance running would lead to more road races through the year, so we wouldn't have to stoop each summer to treadmill type racing around the track over distances that scarcely qualify to be called that. Not to mention being destroyed by someone who doesn't even run all year round, but who by some accident has been blessed with that elusive commodity called speed; I mean they don't come back at all in a 5000-metre race do they?

So how do we get more people running long? Having made the transition myself, I know how much the joys of jogging pale into insignificance compared with the euphoric delights of marathoning. But we actually discourage people from coming into marathons by imposing arbitrary standards on their entry. For instance: "runners whose time exceeds 3½ hours will not be included in official results." What's so special about 3:30 anyway? Or 2.40 for that matter? If he didn't have to worry about qualifying, a first-timer would be able to relax and enjoy his run without knacker himself to get his certificate; and as one who had to do some mighty fast walking to get under 3.30 in his first marathon, I know how much that first certificate means. So let's drop all the time limits like our enlightened friends at Traralgon and like we do at Tyabb.

More runners should also eradicate that strange sight of people starting an hour or so before the race even begins, presumably so they won't look like a dill coming in on their own 4 hours after the start. Many of these "early packs" end up running around 3 hours anyway and finish with the winners, confusing everyone, probably including themselves. And then it's the bloke who does 3.15 who looks the dill, coming in at the tail of the field and copping the cold shower. So next time he slips off with the early bunch and the whole thing gets even more confused. If necessary the race could start at 12 or 11 or even 10 o'clock so no-one finishes in the dark. Officials would only have to be out later instead of earlier, so what's the difference?

I reckon that these two simple changes to all marathons would go a long way towards getting us some of those tremendous marathons we read about in Runner's World, with 450 finishers (75 under 3 hours just like ours), but including grandmothers in 6.15, octogenarians in 5 hours, 10-year-old girls in 4 hours; all running along within their capabilities and having a fine time. And the top-liners still do their 2.15 or so, so there's no detrimental effect on anyone by having to run in a big field. We might even end up having to limit the field to 3000 like in New York!

I've seen a national championship and an Olympic trial, and I didn't see much evidence of too many people enjoying themselves that might encourage anyone to want to run marathons...desperation and that popular press quality of "the pain, and suffering, and the agony" were all too apparent.

But luckily I've also seen a marathon field of 700 trotting past, all shapes and sizes, smiling and laughing and waving, and I know how this stirs people to get into running and become part of it themselves. I know, because I started the next day.

NORTHERN TERRITORY NEWS

By Trevor Miller

I recently travelled to Darwin on holiday and had the fortune of starting in the Northern Territory Marathon.

Without much preparation I lined up at the Post Office, Darwin in the small hours of 5 a.m., Sunday, September 4. The number of starters is a hit and miss affair, no nominations, just those who turn up get a start.

Six runners faced the starter in very humid and hot conditions, the temperature around 25°C. I managed to complete 10 miles of the out and back course, but had to give away to the heat and humidity. I was saturated with perspiration after only 5 miles of the run. If you required a drink (no drinking stations provided) you had to get someone to follow you with the refreshments. I might also add that we started in the dark, and it was difficult to see where one was going in the early stages of the race.

Three starters managed to finish the gruelling race,

- 1st - Marcus Hirsiger, 2 hr. 56 min. (City to Surf 62nd placing)
- 2nd - Dave Reader, 3 hr. 28 min.
- 3rd - Bob Harwood, 3 hr. 35 min.

Incidentally it was Dave Readers and Bob Harwood first attempt.

NOTES FROM A.C.T. NOEL JAGO MEMORIAL - 16 km Road, Sept. 3 By Brian Lenton

Steve Foley 51.40, Gisbert Zwolen 51.51, John Gilbert 52.11, Dave Hobson 53.21, Ted Blazejak 53.25, Paul Rudkin 53.35, Julian Scott 53.37, Phil McGuinness 53.44, Brian Lenton 54.02, John Fraser 54.26, Paul Nicoll 54.53, Geoff Moore 55.23, Pat Fisher 55.45, Sebastian Marcuccio 55.56, Alan Wilson 56.06, Gavin Jones 56.43, John Morris 56.56, Bryan McCarthy 56.57, Keith Ferguson 57.15, C. R. Denis O'Brian 51.36
(37 finishers)

REX FAULKES MEMORIAL $\frac{1}{2}$ Marathon - September 24th

Gisbert Zwolen 69.16, Alan Wilson 70.22, John Gilbert 70.52, Dave Preston 73.03, Dave Ellis 75.34, Arthur Brown 76.06, Mel Self 76.13, Charlie Robinson 76.26, Graeme Small 77.24

(25 finishers. Previous record:- Terry Jorgenson 69.27)

'THREDBO 12' FUN RUN - Sunday, December 18, 1977

A 12,000m road run from Thredbo Village to Dead Horse Gap and return. The race will start at the Thredbo Valley Chairlift Terminal at 1 p.m. Entry fee is \$1 per head and entries will be taken on the day from 11 a.m. The event is sponsored by Kosciusko-Thredbo Pty. Ltd. and all awards will be merchandise. There are 12 individual awards categories; 3 special and two teams categories. Course record - Denis Smith, 41.45.

DISTANCE RUNNING IN AUSTRALIA

I would like to thank the following contributors to "Distance Running in Australia" - Phil Lear, Ian Sinfield, Rob de Castella, Nick Hearnshaw, Tim O'Shaughnessy, Georgina Moor, Steve Foley, Bob Welsh, Gordon Weigand, Fred Lester, Syd Hesketh, Hugh Dearnley, Theo Orr, Jess Jarver, Jack Lane, Martin O'Maley, Bill Rust, Dave Gazely, Dave Chettle, Dave Power, Steve Manuel, Dave and Nigel Beeson, Geoff Wall, Col Junner, Steve Austin, Arthur Kingsland, Eric Coyle, Frank McCaffrey, Andrew Cochrane, Brian Morgan, John Williams, Ron Grant, Brian Marsland, Keith Mayhew, George Wilson, Rob Wallace, Gerard Barrett, Bruce Jones, John Bermingham, Jack Pennington, Jim, Sue and Mike Beisty, Neil Gale, Angela Cook, Peter Faulkner, John Stanley, Chris and Dan Ringuet, Graham Ryan, Dick Batchelor, Steve Poulton, Bruce Watt, Brian Chanman, Dave Edwards, Kent Rayner, Laurie Whitty, Chris Wardlaw, Dick Dowling, Pat Clohessy, Trevor Vincent, Brenton Norman, George McGrath and Wally Seames.

"Distance Running in Australia" will be a 250 page duplicated publication which will have over 100 profiles, articles, interviews and talks.

The publication will be available after 27th February, 1978, from Brian Lenton, 134 Dixon Dr., Holder, A.C.T., 2611. The cost is \$4 plus 80c postage (total \$4.80). Cheques or money orders should be made out to "Distance Running in Australia". All contributors are reminded that sufficient copies will be reserved so that they may purchase a copy any time after the publication date.

NOTES FROM S.A. WHYALLA MARATHON, 6.8.77

Peter Faulkner

For the third year, the organisers of this country race showed just how it should be done, with terrific publicity, magnificent prizes and a well organised race. Next year I believe the course will be better and the date has been brought forward to April.

This year, race favourite and course record holder Peter Wyman led from gun with a fine exhibition of controlled distance running, to break up the leading group between the ten and fifteen mile mark, and finish 15 minutes in front of the second man.

The leading group of six runners lost one man by the ten mile mark, then W. Gibbons and Dave Mallett - Gerry Hicks, ex state rep, chased hard, but was 400 down by 15 miles with Peter Hendry in company, Ian Dobbie 200 metres further back. Meanwhile Anthony Smith leads a second group of Busch, Sam and Saunders. However, at 20 miles Anthony had bridged the gap to the first group well clear of Busch, whilst Saunders was in trouble, Sam being forced to retire.

- | | | |
|--|-----------------------|--------------------------|
| 1. P. WYMAN 2.40.52 | 6. P. Busch 3.12.0 | 12. F. Saunders 3.33.56 |
| 2. G. HICKS (v) 2.55.37 | 7. T. Read 3.14.10 | 13. D. Weatherly 3.36.26 |
| 3. I. Dobbie 3.01.10 | 8. D. Mallett 3.29.13 | 14. P. Jenkins 3.38.56 |
| 4. A. Smith 3.02.41 | 9. R. Ward 3.30.07 | 15. M. Zimmerman 3.40.41 |
| 5. P. Hendry ⁺ 3.08.17 | 10. T. Lamb 3.32.12 | 16. P. WILLIAMS 4.01.31 |
| + Maiden Marathon 11. K. Souness 3.33.23 | | |

NOTES FROM NORTH QUEENSLAND

By Allan McDonald

A few lines to let you know that in spite of the warmer weather, there are still a few of us running in the Far North. The 24 hour relay, conducted in Mackay on the 8th and 9th of October, 1977 was run on a cinder trotting track which was two laps to the mile.

As you can see, there were a couple of outstanding performances, in particular Trent Hall, 16 years old from Rockhampton, Trevor Baldock and Ralf Garnham, have only been running for the past three months. We were unlucky that Greg Sockhill had to drop out after running only 6 miles because he was suffering from shin splints.

As a measure of keenness, it is worthwhile pointing out that while I travelled 180 miles to run, Trent Hall came 250 miles, and the Gladstone runners 330 miles, and that is only one way.

There is talk of doing it again next year, but it will be run earlier, as October can be very hot when you are 250 miles north of the Tropic of Capricorn. Brian Fiegert and Dave Sedgman are organising a distance runners club in Mackay, so that there is some competition other than the track meets which cater mostly for school children.

RULES LAID DOWN BY "RUNNERS WORLD" FOR CONDUCTING A 24 RELAY

1. Relays may be run at any time in any location.
2. Any group of runners may form a team, minimum of 2, maximum of 10.
3. Before starting, each team must decide on the order its members will be running and this order must be kept.
4. The relay must be run on a track (any size - indoors or outdoors).
5. Each person must run exactly 1 mile each time it is their turn. If a runner drops out during a mile, none of that mile counts; they are out of the relay and the next runner starts.
6. Only the original runners may run. No substitutes.
7. If a runner drops out (either missing a turn or failing to complete the mile) then they are out for good, but the team may continue.
8. Only completed individual miles count except for the last mile at the end of the 24 hour period, when the exact yardage must be measured.
9. A baton must be carried and changed over within a reasonable distance of the starting line.
10. Total mileage along with individual totals to be reported as soon as possible to: "Runners World", Box 366, Mountain View, CALIFORNIA. 94042.

24HOUR RELAY RUN - 8/9 OCTOBER, 1977 - MACKAY - QUEENSLAND - AUSTRALIA
TOTAL DISTANCE 246 MILES 677 YARDS

Team Members	Age	Distance	Average Mile Time	Amateur Athletic Club
Ian Phillips	24	27 Miles	5:m 25S	Sarina
John Noort	42	27 miles	5:M 57S	Gladstone
Trent Hall	16	27 miles	5:M 23S	Rockhampton
Trevor Baldock	26	27 miles	5:M 53S	Slade Point
Hylton Sedgman	49	27 miles	5:M 53S	Sarina
Greg Sockhill	19	6 miles	5:M 46S	Sarina
Ralph Garnham	38	(retired) 27 miles	6:M 06S	Slade Point
Allan McDonald	40	26 miles 677 yards	5:N 52S	Townsville
Don Askew	26	26 miles	5:M 35S	Gladstone
Brian Fiegert	44	26 miles	6:M 34S	Pioneer Valley

Time keepers - Lap Counters: Eric DUCK, Warrick TORRENS, Gordon KANE, Don COX

ORGANISING VMC EVENTS - A BASIC CHECK LIST/GUIDE SHEET

<u>Minimum number of officials needed:</u>	<u>Desirable additional officials:</u>
1 Manager (also Referee/Starter)	1 Asst. Manager (also Referee/Controller)
2 Entry takers (1 long, 1 short race)	2 Entry takers (for rush period)
4 Recorders (2 time sheets, 2 name shts)	3 Finish stewards
3 Timekeepers	3 Time keepers/callers (6 extra for Mara.)
10 plus lap scorers (track days)	5 Course stewards for Marathon
1 Number steward (Marathon/Zatopek)	10 Feeding/water station attend. (Marathon)

RACE DAY PROCEDURES: Filling in sheets correctly (Printed BLOCKLETTERS!!)

<u>ENTRY</u>	<u>Callname</u>	<u>Surname</u>	<u>Race Fee</u>	<u>Membership</u>	<u>Category</u>	<u>Age</u>
					<u>V.J.W.</u>	<u>V.J.</u>
	Charlie	CHAN	60	/	V	69
	Chesty	BOND	60	-	J	18
	Enid	BLYTON	60	\$2	W	
	Clark	KENT	60	/		

<u>FINISH</u>	<u>Place</u>	<u>Callname</u>	<u>Surname</u>	<u>Act. Time</u>	<u>H'cap</u>	<u>Net Time</u>	<u>H'cap place</u>	<u>Category</u>	<u>Age</u>
								<u>V.J.W.</u>	<u>V.J.</u>
	1.	Clarke	KENT	43.11					
	2.	Charlie	CHAN	43.12				V	69
	3.	Enid	BLYTON	43.15				W	
	4.	Chesty	BOND	43.16				J	18

<u>CAP SHEETS</u>	24	23	22	21	20	19			13
Clarke KENT	75	2.30	3.45	5.00	6.15	7.30	.	.	15.00
Charlie CHAN	75	2.30	3.47	5.08	6.29	7.50	.	.	16.11
Chesty BOND	78	2.36	3.54	5.14	6.36	7.57	.	.	16.25
Enid BLYTON	82	2.45	4.06	5.28	6.54	8.16	.	.	17.10
	12	11	10	9	1 F
Clark KENT	16.15	17.30	18.45	20.00	30.00 31.05
Charlie CHAN	17.35	19.00	20.26	21.52	36.12 37.35
Chesty BOND	17.48	19.11	20.34	21.57	35.47 37.07
Enid BLYTON	18.39	20.08	21.38	23.08	38.11 39.40

All entry and finish sheets are pre-printed and laid out as above and all people concerned can help the smooth running of our events by following the instructions above. The same applies to our Lap sheets which are pre-printed and which need to be returned to the chief lap scorer or the manager immediately after the race. Those who wish to retain results are advised to either copy them immediately on their own spare bit of paper, or have a carbon handy to put underneath the original. Details as to Veterans, Women or Juniors and age, if given promptly each time, are a tremendous saving in time for the checking of results and eligibility for prizes.

NOTES FROM THE U.S.

By Brian Chapman

Brian has set me a quandary, as he sent me a wealth of material, mainly comprised of the Oregon Track Club Newsletter, of which he is the editor, and a lengthy article published in the Eugene Register-Guard, of almost two pages ("Age" size) on his visit and impressions of East Germany's sport, which he attended as an accredited journalist for that paper. Of necessity, these notes will be portions of Brian's writings. I have picked these on points of interest and application to us. (F.L.)

The August issue of the OTC lists the schedule of events for the next two months, and unlike our local scene, there is something on for almost every day and often two or three events to chose from at different venues, track, road or cross-country. Fun runs are there aplenty too, and in the whole of the month of August the only days without an athletic event announced are the 4th, 19th, 26th and 31st, 4 days out of 31 with nothing to do for the athletes!!

The tremendous upswing in participation by women is a further outstanding point worth noting. They are involved in everything, no matter what the distance, and are reaping success after success. In the NIKE-OTC Marathon on Sept. 11, a record 350 started, thanks to the promotion by the Nike people who had specially invited some 20 runners, flown in and billeted them. While the men had a great battle, the winner, Jeff Weel (Dallas) timed 2.13.15, and 9 more dipped under 2.18. The women also came up with great times. Kim Merritt (Wisconsin) was first with 2.37.57, Gayle Barron (Atlanta) 2.48.34 and three more under the 3 hours!

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

By Fred Lester

In the editorial we spoke of communicating. Maybe it is bad to use a five syllable word. The way some of our members handle it, I would like to use four letter words. The number who fancy their handwriting can get lost, as far as I, the Handi-capper and our typist are concerned, because they make it very hard to produce accurate lists or Newsletter reports. Come off it, you narcissists! PRINT those result sheets, TYPE your Newsletter contributions and NEVER make the assumption that if you can read it, everybody else can!!!

One of the greatest shocks in Marathon running of recent times was the much touted Auckland Marathon last month. It is inexcusable that a course of such difficulty as a Marathon should be under measure, even if it hadn't been some of the world's best men over this distance. As it happened, VMC member Dave Chettle was the main victim, being the winner, but it applies almost as much to everyone else who got robbed of a personal best. Maybe, if the organisers hadn't been so pre-occupied with Ballyhoe they might have paid more attention to the important "little" details. However, there is a lesson for all of us: don't leave it to someone else to do it for us; it is always easy to blame someone else if it is not to our satisfaction!!

This Newsletter is coming our late, and it is no pleasure to the editor or the members for that to happen. Now, if everyone who has something of interest to tell others would only send it in as it happens, and as importantly in easily legible form or put their ideas to paper as it occurs to them and send them off immediately, our task would be much easier to meet our deadlines. So, please, don't bury it in your drawer or your head: do something about it immediately; it always reads better that way in any case!

One of the issues in our sport that should receive much more examination and discussion is the question of sponsorship in sport. Some of the questions we need to look at are: Is our sport a commodity for sale to the highest bidder? What about the proverb: He who pays the piper calls the tune? Is this going around looking for sponsors and begging for funds not requiring a large amount of time and effort which would be better spent in organising and directly working for and within our sport? Is this way of going about it not really letting the government off the hook on something which is their responsibility as part of community health and recreation? Why should the sporting community be in a constant state of uncertainty in respect to meeting expenses and making sure that State and National representative sportsmen and women do not have to weigh up whether they can afford to be in our sporting teams?

Here are some items to whet our readers' appetites:

1. Find our Cierpinski's views on training.
2. Running is only one of six main aspects of the training of East German distance runners. Find out the other five.
3. East German sports scientists know more about Dave Chettle's recent blood problems than the average Australian athletic follower does. Find out how.
4. What have Urea, Phosphahinase and Lactic acid levels got to do with the number of kilometers or repetitions you should run tomorrow?
5. Why have a blood test before and after all your races?
6. What is inside the van that follows GDR distance runners on their long training runs?
7. Why did Cierpinski's coach refuse to allow him to wear the official East German uniform in the Olympic Marathon?
8. East German coaches know perhaps more about Chris Wardlaw's strengths and weaknesses than Gerard Barrett does. Find out how and why.
9. Find out about the Mile run that had 35,000 starters.

All the answers and more in "LONG DISTANCE RUNNING IN AUSTRALIA", edited by BRIAN LENTON 134 Dixon Drive, HOLDER, A.C.T. 2611.

(The above comes from Brian Chapman, as well as a footnote saying that S.A. will beat VIC in every AAU CCC after 1979.)

PUT THE DATE OF THE ANNUAL GENERAL MEETING IN YOUR NOTE BOOK !!

MAKE SURE YOU HAVE READ PAGES 2, 3 and 4 every time you get your Newsletter. All the most vital information regarding dates, conditions and contacts are there.