

V. M. C. NEWSLETTER

VOL. 9 No. 1

WINTER 1977

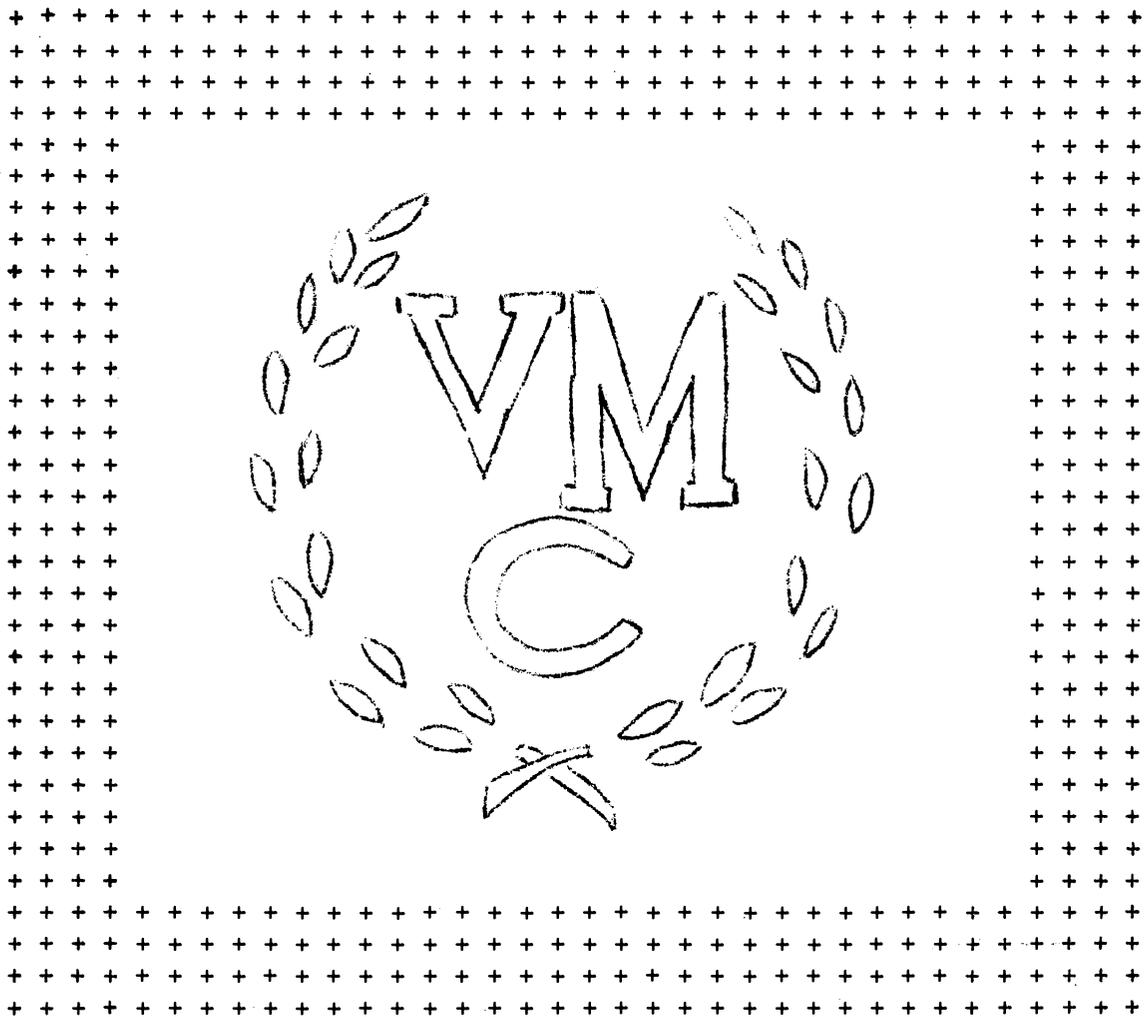
JUNE, 1977

V I C T O R I A N

M A R A T H O N

C L U B

PRICE - 40 cents



REGISTERED FOR POSTING AS A PERIODICAL - CATEGORY 'B'

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., CANBERRARY, 3126 VIC.

DEADLINE FOR COPY - 15th of February, May, August, November. All contributors are asked to aim for the 1st 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 60¢ Race Fee for each main event except \$1 for Marathon + E2 10,000m. Short events: 30¢ Race Fee.

FOR FURTHER INFORMATION - contact the Secretary of the V.M.C.:
David Craig, 45 Calodonia 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 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.

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

- June 12 (Sun.) VMC MARATHON & Mini-Marathon (10km.) Tyabb 1 p.m. (Slow Field 12.30)
DINNER-DANCE at Tyabb Motel.
 13 (Mon.) Wendouree Relays 6 x 3km. Ballarat.
 18 VAAA & VWAAA C.C. Relays. Dundoora. 2 p.m.
 25 VAAA MARATHON CHAMPIONSHIP. Point Cook. 1p.m.
- July 3 (Sun.) Latrobe Valley 25km. Traralgon Technical School. 1.30 p.m.
 9 VAAA & VWAAA 10km. Road Champ., Vets. 5km. Werribee Racecourse 2 p.m.
 10 VMC 2 Hours Track Run, Collingwood Track, Heidelberg Rd., Clifton Hill. 2p.m.
 17 (Sun.) VMC 20km. & 10km. Albert Pk. 10.30p.m.
 23 VAAA & VWAAA 12000, C.C.C. & U/19 5000m. C.C.C. Dundoora. 2p.m.
 30 "Malcolm Hill" 10m. Morwell. 1.30p.m. Vic. S'boys C.C.C. Banyule High School.
 31 (Sun.) VMC 50 miles, Princes Park, 9a.m. - Bendigo 25km. from Bendigo YMCA.
- Aug. 6 MARATHON CHAMPIONSHIP OF AUSTRALIA - Longford, Tasmania.
 6 VAAA Open 16000 C.C.C. & U/19 8000m. C.C.C. Sunbury. 2 p.m.
 14 (Sun.) TRARALGON MARATHON, Table Tennis Pavilion. 1p.m. (VMC Supported)
 20 VAAA & VWAAA 15km. Road Champ. Fishermens Bend. 2p.m.
 27 VICTORIAN COUNTRY MARATHON. Air Force Base, Ballarat. 1.30 p.m.
 27 AUSTRALIAN 12,000 METRES CROSS COUNTRY CHAMPIONSHIP. BRISBANE.
- Sept. 3 VMC 30km. & 15km. 'King of Mountains', Point Leo-Arthur's Seat. 1.30p.m.
 10 VAAA 25km. Road Championships. Cranbourne. 3 p.m.
 3 S.S.H. 6km. Hill Climb. Warburton. 3p.m.
 11 (Sun.) "Geoff Watt" Half-Marathon. Warragul. (VMC supported)
 17 Monash University A.A.C. 10km. Road Run.
 18 (Sun.) Latrobe Valley Mount Tassie 20 Miles. 1.30p.m. from Traralgon P.O.
- Oct. 9 VMC 1 Hour Run & Teams Races. Sandringham Track. 1.30p.m.

NOTES FROM THE U.S.A.BRIAN CHAPMAN

To preface the contribution from the U.S.A. which we can always rely on to come from BRIAN CHAPMAN, who attends University of Oregon, one of the strongholds of U.S. athletics, I would like to inform readers that Brian is now the Editor of the Oregon Track Club Newsletter. Brian has over the years been a regular contributor to every athletic journal in Australia and is a vital link in the exchange of information within our sport, the lively presentation of which is so essential in firing and maintaining enthusiasm.

After having another look at it, it may be better to quote excerpts as the Oregon Track Club Newsletter is so jam-packed that it would be a pity to cut it up for editing. So here go the quotes:

...Washington State appear to have exhausted the Kenyan resources and are now scouring the North Seas and the Antipodes. So far they have caught a whale in DUXTON (Scotland) -- around 200' (61m.) in Discus and mid-60's (20m.) in shot--together with a 54' (16.50m.) Australian triple jumper in CAMPBELL...

...RANDALL MARKEY has early season wins of 1:51.27 and 3:43.38...

...Sitting in the stand reserved seat section at the UO-UW meet, I heard one fan comment "You know, there's not one of them who looks like she shouldn't be out there". Comments like that and the general enthusiasm with which the crowd reacted to the women's performances was enough to convince me that Oregon's women's Track & Field has arrived. Two weeks later there was more evidence. KUGN was giving a series of reports over the air concerning the UO-WSU duel with coverage predominantly directed at the performances of the men. That lasted about 30 minutes before the station was inundated with phone calls demanding a more detailed report on the women's fortunes...

...928 runners aged 8 to 80 charged off in the 8th edition of the classic TRAILS END MARATHON. The lead pack was only split up after 13 miles when John BRAMLEY took off and only Ron WAYNE and Brian MAXWELL could respond. At 18, on a hill, Wayne was dropped by BRAMLEY'S punishing 5:10-ish pace. However, at 26, it was BRAMLEY who had to finally give way as MAXWELL charged home a narrow victor in Course record time. Meanwhile back in the field, sensations were occurring as Clancy DEVERY (17, 5'7", 120), a South Salem HS Junior, overcame a 1st mile "Wall" to break Mitch KINGERY'S national HS best with 2:23:05 - 42 seconds under the old record and 10 minutes faster than he ran last year!

1. Brian Maxwell 2:14:43, 2. John Bramley 2:14:46, 3. Ron Wayne 2:17:59,
 4. Terence Zerzan 2:22:23 ... his first Marathon.

Cliv DAVIES set a 65 year old record with 2:50:54 and Julie MULLIN, an incredible 10 year old, clocked 2:58:01. Irene GRIFFITH (16) 2:55:34 was first woman, Julie was second and Penny DeMOSS was third in 3:02:35...

...In 1976 2081 athletes registered with the Oregon AAU, 882 of these were under 17...

VICTORIAN MARATHON CLUB.

VICTORIAN MARATHON CLUB.													
DATE: 11/4/77			DISTANCE: 16 KM.			VENUE: Princes Park			WEATHER: Fine, Mild				
NUMBER OF STARTERS: 90			NUMBER OF FINISHERS: 79										
Order of Finish	Call-name	Sur-name	Fin-ish Time	Han-dicap	Han-dicap Place	Vet. Jnr. Wm.	Order of Finish	Call-name	Sur-name	Fin-ish Time	Han-dicap	Han-dicap Place	Vet. Jnr. Wm.
1.	Paul O'HARE		51.29	0.00	40		41.	Ray CALLAGHAN		60.40	11.19	13	V
2.	Col O'BRIEN		52.15	0.00	47		42.	Neil COUTTS		60.41	12.34	4	
3.	Andy COCHRANE		52.54	0.36	49		43.	Dave HYSEN		60.41			
4.	Arthur KINGS-						44.	Des ROCK		61.36	7.00	63	
	LAND		53.22	7.43	1	X	45.	Tom GROENERT		61.42	6.52	65	
5.	Bob GUTHRIE		53.26	4.52	7		46.	Newell BARRETT		61.43			V
6.	Martin O'MALLEY		53.33	4.52	9		47.	Dave LYNCH		61.46	8.48	57	V
7.	Ron BROOKES		53.37	3.00	29		48.	Paul PATTON		62.02	11.35	27	
8.	Donis ANDREW		53.45	3.33	22		49.	Peter LOGAN		62.20	10.38	E41	
9.	Grant HARDY		54.02	5.04	11		50.	Rob MEISELDACH		62.38	12.34	20	
10.	Peter NOORDHOFF		54.58	1.16	59		51.	Jim KAEHNE		62.50	11.50	33	
11.	Don SIMPSON		55.17	5.51	14		52.	Bruce WALKER		63.06	8.35	61	
12.	Rob JAMIESON		55.20	4.34	31		53.	Des MIDDLETON		63.46	12.04	E41	
13.	Brian BIRD		55.45	4.18	39		54.	Noel ANDERSON		64.00	12.49	36	V
14.	Phil LEAR		55.56	6.16	17		55.	Brian RYCROFT		64.05	11.35	52	V
15.	Terry COLLIE		56.16	3.55	51		56.	Ben DUNTMAN		64.16	13.04	37	
16.	John KINDNESS		56.27	8.50	3	X	57.	Kevin SOLOMON		64.46	7.30	73	
17.	Ron HARRY		56.30	5.51	30		58.	Nick McGUIGAN		65.20			
18.	Peter BETHERAS		56.37	3.55	54		59.	Lindsay BEATON		65.46	11.20	60	
19.	Henk VAN WIJN-		56.52	3.55	56	V	60.	Joe GOBEL		66.00	13.19	53	
	GARTEN						61.	John JOHNSON		66.21	19.00	2	+1st V
20.	Robin YOUNG		57.02	8.45	5		62.	John ZELEZNIKOW		66.22	17.59	6	
21.	Gerry HART		57.04	6.40	26		63.	John BENCZE		67.28	15.43	43	V
22.	John STAUNTON		57.28	4.18	58		64.	Fred McINTOSH		68.01	13.19	64	
23.	Norm DUFF		57.33	5.16	43	V	65.	Laurie McMAHON		68.09	15.59	46	V
24.	Dick BATCHE-		57.42	8.09	15		66.	Mal RICHARDS		68.09	16.16	44	
	LOR						67.	Peter BATTRICK		68.53	18.35	23	
25.	John CLARKE		57.49	7.43	21		68.	Peter RAMSAY		68.58	13.35	66	
26.	Matt RYAN		57.53	2.07	67		69.	Richard DAVIS		69.32	18.35	32	
27.	Randy HOBBS		57.58	5.04	55	1st J.	70.	Bob MOORE		69.56	17.36	50	
28.	Mike GOERKE		58.01	6.03	45		71.	John GRAHAM		71.54	15.43	70	
29.	Bob SCHICKERT		58.07	9.28	8		72.	Bob LAUGHTON		72.03	22.26	16	
30.	Bruce WATT		58.18	7.43	28		73.	Alan FAIRDANKS		72.31	17.59	62	V
31.	Ivan HARRY		58.27	9.42	10		74.	Hans MEISELDACH		73.42	16.50	72	V
32.	Garry HARRIS		58.30	9.15	12		75.	Ron FARNHILL		74.32	18.35	68	V
33.	John McDONNELL		58.32	8.48	18	V	76.	Bert DE FUCHE		75.12			
34.	Chris COUGHLIN		58.37	8.50	19		77.	Allan JONES		77.12	20.26	71	
35.	Gracme SMITH		58.46	7.43	34		78.	Ian BRAY		78.11	13.19	75	
36.	Robin ALGIE		59.28	8.22	35		79.	Norm McLEISH		82.59	20.26	74	V
37.	Bill HARRISON		59.51	9.28	25								
38.	John GILL		60.16	9.00	38								
39.	Ian WRIGHT		60.28	4.18	69								
40.	Gerry RILEY		60.29	10.10	24	V							

VICTORIAN MARATHON CLUB.													
DATE: 11/4/77			DISTANCE: 4 miles			VENUE: Princes Park			WEATHER: Fine, Mild				
NUMBER OF STARTERS: 12			NUMBER OF FINISHERS: 11										
1.	Doug GREENALL		24.00				7.	Ilse SCHNEIDER		28.05			1st V
2.	Frank BIFFI		24.06				8.	Ron AUST		28.05			V(B1
3.	Tony LYON		26.26				9.	Anne CALLAGHAN		28.42			2nd V
4.	Adrian McDON-		26.31				10.	Greg HART		30.13			
	ALD						11.	Geraldine RILEY		34.41			
E4.	Peter SCHYLOW		26.31										
6.	Mathew HART		26.33										

BOOK REVIEWS

"The Running Body" - E.C. Frederick (Runners World Magazine) \$1.95

This is a somewhat technical book on the physiological aspects of running and one would need a degree in medicine or science to understand fully all the bodily processes described. However, although the discussions are complex, the author's conclusions are presented in simple language. The book is copiously illustrated with photographs, charts and tables and is good value.

Dick Batchelor

VICTORIAN MARATHON CLUB.

DATE: 25/4/77 DISTANCE: 12 km. VENUE: Domain WEATHER: Cool & Fine.
 NUMBER OF STARTERS: 162 NUMBER OF FINISHERS: 151

Order of Finish	NAME Call-name Sur-name	Fin- ish Time	Han- dicap	Han- dicap Place	Vet. Jnr. Wom.	Order of Finish	NAME Call-name Sur-name	Fin- ish Time	Han- dicap	Han- dicap Place	Vet. Jnr. Wom.
1.	Andy COCHRANE	37.23	2.00	25		61.	Steve BARRALET	42.39	6.28	53	
2.	Paul O'HARE	37.34	0.55	72		62.	George KUTZ	42.42	5.43	80	
3.	Ray WILSON	37.47	3:20	8		63.	Ivan HARRY	42.43	8.17	7	
4.	Bob WILSON	37.53	3:42	3		64.	Bill HUGHES	42.45	3.45	9	1st V
5.	Arthur KINGSLAND	38.03	2.22	E33		65.	Robin ALGIE	42.47	6.40	52	
6.	Peter FULLER	38.04	0.00	103		66.	Robin YOUNG	42.52	5.00	98	
7.	Graham KENNEDY	38.08	1.34	70		67.	Luke McCAIG	42.58	5.34	E85	
8.	Brian McLENNAN	38.14	0.25	96		68.	Dennis SMITH	43.03	3.15	119	
9.	Dave GAZLEY	38.27	2.07	E59		69.	Rod HEATH	43.13	7.27	E39	
10.	Tony TRENKNER	38.31	2.07	63		70.	Frank McNAMARA	43.16	9.00	4	
11.	Dave BYRNES	38.33	1.52	73		71.	Bill HARRISON	43.31	7.00	69	
12.	Rob WALLACE	38.42	0.00	112		72.	Dick HUTTON	43.35	7.57	E31	
13.	Bob GUTHRIE	38.45	2.22	62		73.	Charles AITKEN	43.38	7.57	E33	
14.	Martin O'MALLEY	38.50	2.30	E59		74.	Andrew CRON	43.50	-	-	
15.	Rod PITT	38.53	4.00	13		75.	Rob MEISELDACH	43.52	7.27	64	
16.	Matt RYAN	38.54	3.42	E19		76.	Tony BEDWELL	43.56	-	-	
17.	Ken DUXMURY	38.54	3:08	E39		77.	Barry JONES	44.00	8.17	37	
18.	Bill JOYCE	38.58	1.34	E85		78.	Paul CANNY	44.01	6.10	97	
19.	Dennis ANDREW	38.59	2.30	66		79.	Bruce WALKER	44.03	9.20	12	
20.	Robert GEEVES	39.02	-	-		80.	Graeme QUICK	44.04	8.20	38	
21.	Keith HYLAND	39.07	3.11	49		81.	Ian PEARCE	44.06	-	-	
22.	Peter NORDHOFF	39.17	3.26	E44		82.	Bill O'LOUGHLIN	44.11	6.40	88	V
23.	Rob JAMIESON	39.34	3.42	46		83.	Peter BUNWORTH	44.24	-	-	
24.	Hugh WILSON	39.37	2.54	E74		84.	Pat McMAHON	44.31	-	-	
25.	Silvio RADOSLOVIC	39.40	3.10	E67		85.	John GILL	44.42	7.20	83	
26.	Brendan McVEIGH	39.43	4.14	27		86.	Geoff ALFORD	44.51	9.00	E44	
27.	John AXSENTIEFF	39.48	0.25	116		87.	Jim KAEHNE	44.56	9.10	E39	
28.	Norm McLENNAN	39.51	2.15	92		88.	Richard HARVEY	45.18	6.00	115	
29.	John SHANAHAN	39.58	5.34	6		89.	Julian SHARRAD	45.19	10.14	17	
30.	Gerry PLOEG	39.59	4.47	E19		90.	Alan CLOSE	45.30	7.20	E105	
31.	Geoff PRATT	40.02	6.09	1		91.	Nick McGUIGAN	45.34	11.00	9	
32.	Charles MACEK	40.05	2.54	82		92.	David HYSEN	45.35	7.37	100	
33.	Ron HARRY	40.10	4.32	E31		93.	John DRESLIN	45.37	9.20	E57	
34.	Tom KELLY	40.13	5.17	15		94.	Murray HUNTER	45.51	6.40	114	J
35.	Jim SEYMON	40.23	3.47	71		95.	Ron BALDWIN	46.02	10.02	51	
36.	John STAUNTON	40.28	5.16	E19		96.	Ray CALLAGHAN	46.04	7.37	111	V
37.	Len JOHNSON	40.32	2.22	E105		97.	Frank RUTHERFORD	46.12	-	-	
38.	Phil COOK	40.34	-	-		98.	Stephen FISHER	46.22	8.20	102	
39.	Peter BETHERAS	40.35	4.14	61		99.	Phil MORTON	46.26	10.14	54	J
40.	Phil LEAR	40.37	4.23	55		100.	Mike PIRITIDIS	46.37	-	-	
41.	Randy HOBBS	40.40	5.34	18	1st J	101.	Joe GOBEL	46.43	11.23	24	
42.	John KNEEN	40.42	2.22	109		102.	Ken CARTER	46.45	10.48	50	
43.	Rob MANDILE	40.49	5.07	E35		103.	Keith McINTOSH	46.46	8.38	104	
44.	Ron BROOKES	40.51	2.30	110		104.	Rob FALLOON	46.46	5.52	122	
45.	Bruce MEAKIN	40.53	6.17	11		105.	Doug LEE	47.03	9.10	99	
46.	Arthur DREDGE	41.01	6.00	16		106.	Brett BARBER	47.15	-	-	V
47.	Dick DATCHELOR	41.01	5.25	30		107.	John VISSER	47.19	10.25	78	V
48.	Neil HARRINGTON	41.08	1.22	118		108.	Roy JENNINGS	47.20	9.10	E105	V
49.	Norm DUFF	41.15	5.25	E47		109.	Tony PYE	47.28	9.10	108	
50.	John CURRY	41.22	6.47	29		110.	Merv BROWN	47.34	9.50	95	
51.	Stephen THOMAS	41.22	0.35	121		111.	David FARNSWORTH	47.35	12.00	29	
52.	Eero KERANEN	41.22	3.42	94		112.	Stephen PEAK	47.38	-	-	
53.	Graeme SMITH	41.25	6.09	23		113.	John ZELEZNIKOW	47.41	11.46	48	
54.	Dave POTTS	41.27	5.10	E57	J	114.	Noel ANDERSON	47.41	10.03	93	V
55.	Mike GOERKE	41.30	5.00	E67		115.	John JOHNSTON	48.02	11.46	56	V
56.	Mike O'RYAN	41.42	3.42	101		116.	Grant THORSON	48.18	-	-	J
57.	John CLARKE	42.21	5.25	79		117.	Tom DAVISON	48.22	10.50	E89	V
58.	Wal ROBINSON	42.23	-	-		118.	Merv WOODGATE	48.23	-	-	V
59.	Gary HARRIS	42.26	6.00	65		119.	Ian SMITH	48.26	13.12	22	
60.	Wayne ESSING	42.33	-	-		120.	John BENCZE	48.31	11.47	76	V

CONTD.		DATE: 25/4/77		VENUE: Domain									
Order of Finish	Call-name	Sur-name	Fin- ish Time	Han- dicap	Han- dicap Place	Vet. Jrn. Wom.	Order of Finish	Call-name	Sur-name	Fin- ish Time	Han- dicap	Han- dicap Place	Vet. Jrn. Wom.
121.	Joan CAMERON		48.23	10.48	91	W	137.	Norm McLEISH		52.02	7.00	125	V
122.	Hans MEISELACH		48.42	13.00	E35	V	138.	Anne CALLAGHAN		52.07	16.20	42	W
123.	Peter GOLTHUP		48.43	11.11	E89	V	139.	John GRAHAM		52.46	15.23	84	
124.	Roy THOMAS		48.47	3.52	14	V	140.	Ron FARNILL		52.48	16.05	E74	V
125.	Peter EMBLIN		48.57	-	-	J	141.	Jim CONWAY		53.00	12.00	123	
126.	Greg MANDILE		49.02	13.37	26		142.	Clare McKERR		53.05	17.16	43	1st W
127.	Russ BOURKE		49.16	-	-		143.	Bert DUPUCHE		53.32	18.00	28	
128.	Peter DATCHELOR		49.26	-	-	J	144.	?		53.44	-	-	
129.	Max CARTER		49.36	-	-	V	145.	Wal RILEY		54.02	17.00	81	
130.	Alan CLARKE		49.41	10.14	117	V	146.	Allan JONES		54.22	15.22	113	V
131.	Robert LAUGHTON		50.09	15.50	5		147.	Joe TENNANT		54.24	-	-	V
132.	?		51.02	-	-		148.	John BROWN		55.04	18.16	77	V
133.	?		51.05	-	-		149.	Nathan FINK		55.34	-	-	V
134.	Mike PORTER		51.18	13.50	87	V	150.	Greg ORCHARD		56.23	12.50	124	
135.	Rob LISTER		51.18	11.11	120		151.	Mike GRIFFIN		61.26	-	-	
136.	Peter HATTRICK		51.19	15.26	E47								

DATE: 25/4/77 VENUE: Domain DISTANCE: 4 KM. WEATHER: Cool & Fine
 NUMBER OF STARTERS: 31 NUMBER OF FINISHERS: 30

1.	Colin RAMAGE	12.41		J	16.	Bill HUGHES (W.A.)	17.21	V
2.	Trevor ELSEY	12.50		1st U/17	17.	Ilse SCHNEIDER	17.26	W
3.	Stan GALLAGER	12.55		J	18.	Mark WALSH	17.36	S
4.	Andrew CUSSONS	13.04		U/17	19.	Sandra ROCHE	17.40	W
5.	Mark THOMAS	13.35		J	20.	Sandra BROWN	17.51	W
6.	Alex KUTZ	13.37		J	21.	Gary HUTTON	18.21	
7.	Nick BIDDAU	13.41		U/17	22.	David SCOTT	18.34	
8.	Richard KING	14.23		J	23.	Maree PAYNE	18.49	W
9.	Arthur KUTZ	14.49		J	24.	Kathy HUTTON	19.00	W
10.	Reno TOLLOY	15.08		U/17	25.	Steven HARRIS	20.37	
11.	Kym PISCOPO	15.31		S	26.	Bev MUNIS	20.37	W
12.	Sandra MIDDLETON	15.32		1st W	27.	George WILSON	22.07	V
13.	Ken ELDRIDGE	15.33		S	28.	David HARRIS	22.37	
14.	?	15.55		?	29.	Marg ANDERSON	23.17	W
15.	Jacqui SMITH	17.07		W	30.	Marg COLTHUP	23.17	W

THE OCEAN STATE MARATHON - NEWPORT, RHODE ISLAND, U.S.A. (Courtesy Bruce Watt)

Two characters well-known to many VMC members, in the persons of MARY & BILL McNULTY seem to have been mainly responsible for getting this big event going. Held in October last year as the inaugural annual race, it had 550 starters and established high standards straightaway. Open winner Bobby Doyle 2:20:36; 1st Woman Patricia Latoro 2:53:40, 1st Veteran Ken Mueller 2:27:55. It was cold and wet on the day.

1.	Robert Doyle	2:20:36	10.	John Cedarholm	2:28:43	19.	Paul Roche	2:36:23
2.	Ray Currier	2:21:44	11.	Rich Giannini	2:29:09	20.	Jake Sullivan	2:36:29
3.	Chris Chambers	2:22:58	12.	Brian Reinhold	2:30:02	21.	George Schobel	2:36:35
4.	Joe Suggs	2:26:11	13.	William Kohn	2:31:22	22.	Richard Cronin	2:36:51
5.	Amby Burfoot	2:27:31	14.	Terry Gallagher	2:32:00	23.	James Butler	2:37:07
6.	Ken Mueller	2:27:55	15.	Mike Baxter	2:32:59	24.	Richard Collard	2:38:32
7.	Tim Smith	2:28:04	16.	Rusty Lamade	2:33:25			
8.	Larry Olsen	2:28:14	17.	Brian Devin	2:35:16	53.	BRUCE WATT	2:45:09
9.	Fred Doyle	2:28:27	18.	Hollie Walton	2:35:27			

The 100th finisher was timed in 2:51:31.

In the prospectus for the second race, the organisers are hopeful of maintaining the objectives set out for the inaugural event, to quote:-

"We wanted to provide all contestants with a scenic, fair and accurately measured course, time-split readings at various intervals, mile markers at every mile, adequate numbers of aid stations, post-race refreshments, T-shirts to all entrants and a quality selection of merchandise prizes and trophies."

This year's race will be held on Sunday, October 30th, 11a.m. Entry fees of \$3 must be in the hands of BILL McNULTY, 44 Lawnwood Road, North Kingstown, R.I. 02852 by 6th October, 1977. The race will incorporate an Open Marathon, New England; New England Masters, New England Womens and the Rhode Island Marathon Championships. All age categories will be catered for in placings with trophies for the first in each. There will also be special trophies for Rhode Island competitors doing well on their home ground, for instance the MARY McNULTY trophy for the first Newport City female finisher. (I knew it couldn't go on without Mary urging in the background!! - Editor).

DISTANCE RUNNING IN AUSTRALIA.

The A.C.T. Cross-Country Club will be producing a 200 foolscap page publication 'Distance Running in Australia' which will be available in February, 1978. It will contain about 60 profiles on athletes from all over Australia, and about 20 general articles on distance running. The profiles will be a cross-section ranging from club to State, National and International class runners. The project is a service by the club to foster greater communication amongst distance runners in Australia, and also raise funds for the Australian Cross Country team for the next World Championships. It will cost \$400 to produce 200 copies of the book (i.e. paper, stencils, duplicating fluid, etc.). The publication will sell for \$4 (plus 80¢ for postage). This means we will need to sell 100 copies to cover costs and if the remaining 100 are sold, the Australian Cross Country Team funds will benefit by \$400. Potential contributors will be contacted during May and June and the deadline for copy will be 31st August. All contributors are asked to co-operate by please ensuring that profiles, reports and articles are submitted by the due date. This is an entirely voluntary publication with everyone (including contributors) supplying their service gratis. Last year the club produced the 1976 Yearbook (150 pages) which contained articles (10), interviews and talks by 'top' runners (10) and mainly profiles of Canberra runners (30). If anyone has any material on distance running which they would like to submit, please contact Brian Lenton, 134 Dixon Drive, Holder, A.C.T. 2611.

EDITOR'S NOTE: I have in my possession the ACT Crosscountry Club Yearbook 1976 which is a collection of 150 pages of typed foolscap containing a mixed bag of profiles, interviews and articles of general interest to most distance runners. I had no hesitation to send off my \$4 to cover the cost of the review copy mailed to me by the co-ordinator, Brian LENTON. Things that stick out are the obvious enjoyment in their sport by most contributors, the healthy balance sheet of the ACT Cross Country Club with only a small cash surplus (Money in the bank is only good for the bank, it does not work for your sport while it is lying there!!) the good cross section of athletic opinion. A special mention is deserved for using CALL NAMES throughout. Initial-happy bureaucrats in other magazines, local result sheet compilers and State Association officials please copy!!!

NOTES FROM QUEENSLAND.

Paul Circosta.

The main race of our season so far has been the Queensland 25km. Road Championship. The race drew a good field of 42 starters despite the 8a.m. start to beat the heat.

From the gun, Gerrard Barrett went straight to the lead and proceeded to knock out near five minutes mile pace through the hilly first six miles of the quiet carrying country. Gerrard continued to power his way from the rest of the field to reach 10 miles in 50:33 and 15 miles in 75:21. Second and third places went to Toowoong teammates Rob Stenes and Ron Irwin and the great improvement in Queensland distances running over recent years was underlined by 11 runners bettering 90 min.

QUEENSLAND 25km. ROAD CHAMPIONSHIP. 1/5/1977.

1. Gerrard BARRETT (Twg)	78:03	10. Peter CUMMINS (Uni)	88:10
2. Rob STONES (Twg)	84:41	11. Chris HEARLE (Nun)	88:27
3. Ron IRWIN (Twg)	85:24	12. Angelo JONES (Lismore)	90:24
4. Richie BOURNE (Scuths)	85:45	13. Greg WRIGHT (A.R.)	90:26
5. Steve COLBOURNE (T'ville)	85:59	14. Lindsay COLBOURNE (Nun.)	91:39
6. Don GRAY (Nun.)	86:34	15. Paul CIRCOSTA (A.R.)	95:42
7. Frank BUCKLEY (Mt.G.)	86:38	16. Rob WALKER (M.G.)	96:08
8. Joe PATTERSON (G.C.)	86:44	17. M. MILLS (W.R.)	97:16
9. Mike PULLINGER (Nun.)	88:07	18. Peter GLOVER (Uni.)	97:20

37 runners finished the race.

There is some talk of Queensland putting in to get the National Marathon Championship next year. If we did I think we'd have to get ourselves a new course as I don't think the one we are using at present is up to National Championship standard. I'll send down more results as the season gets into full swing.

Spare a thought for unlucky DAVE ONETTLE who has been the victim of Glandular Fever for some time. Apparently, it is the kind of disease that creeps up on you over a period and that could explain some of the lapses in form suffered by Dave.

NOTES FROM SOUTH AUSTRALIAS.A. Winter Fixtures 1977

May	21	D.R.C. 20 miles & 10,000m, $\frac{1}{2}$ Mile past Sandy Ck, Lyndoch Road. 2p.m.
	25	D.R.C. Night Runs. Olympic Sportsfield. 7.30p.m. 5000 & 10,000.
	28	Gawler Relays.
June	4	S.A.A.A.A. Road Champs. Open 10 miles & Junior 5 miles.
	11	Adelaide Harriers. Barossa Lodge Cross Country. Whyalla Half Marathon.
	13	Adelaide Harriers Handicaps, South Terrace.
	15	D.R.C. Night Runs. Olympic Sportsfield. 7.30. 3000 and 5000.
	18	S.A.A.A.A. MARATHON. Roseworthy. 1 p.m.
	25	D.R.C. Cross Country Handicaps.
July	2	S.A.A.A.A. C.C.C. Open 15,000, Jun. 10,000, S.J. 5000.
	6	D.R.C. Night Runs. Olympic Sports Field. 5000 and 10,000.
	9	D.R.C. Open 10,000, Vet. $2\frac{1}{2}$ mile. Blackwood Youth Centre.
	16	D.R.C. Open 8 miles and 2 miles, Jun. 2 miles. Sandy Creek.
	23	S.A.A.A.A. Open 12,000m., Jun. 8000m., S.J. 4000m C.C.C. Minda Home Farm.
	27	D.R.C. Night Runs. Olympic Sportsfield. 3000 and 5000.
Aug.	6	Whyalla Marathon. Civic Centre. 1 p.m.
	7	S.A.A.A.A. Schoolboys' C.C.C. St. Mary's.
	13	Whyalla C.C. Carnival.
	17	D.R.C. One Hour Run. Olympic Sportsfield. 7.30.
	20	Central Districts 10 miles. Carisbrook Reserve, Main North Road.
	27	D.R.C. Open 15 miles and 5 miles. Kuitpo Hall (Stn. of Meadows).
	31	D.R.C. Night Runs. Olympic Sportsfield. 5000 and 10,000.
Sept.	3	S.A.A.A. Victor Harbour Relay 10 x 4 miles. 11 a.m.
	4	Adelaide Harriers Hundreds. 25 Miles Track. 10.30 a.m.
	10	D.R.C. 8 Miles "King of the Mountains". Flagstaff Hill, Darlington.
	18	"The News" City to Bay. 12 Km. Fun Run.
	21	D.R.C. Paarlauf Relays. Olympic Sportsfield. 7.30. (4 runners team)
	24	Veterans 10,000m. All classes.

Comment.- Peter Faulkner.

I thoroughly enjoyed my run in the Emil Zatopek 10,000s. I thought them well run and the atmosphere terrific. Do it again brothers, do it again.

Heated Comment. Due to the inevitably low standard of the finishers (barring Fitzi) and sheer stupidity of running the event in century+ heat, there is embarrassingly - no State 10,000 metres track Championship report.

A REAL FUN-RUN? THE ADELAIDE ORIGINAL CITY-BAY FUN RUN

I feel I must in faith, write an addendum to the article on fun runs, biased perhaps a little toward our less fortunate east coast cousins.

Yes, Cousins, your original true blue fun run was in Adelaide! And I am positively delighted to be able to inform you that its successor is the genuine article. No trips overseas for the winner, just a gilded trophy and a good view of the sea at Glenelg Town Hall. Some good runners have been here since 1973 - Derek Clayton, Brenton Norman, David Fitzsimons, Kerry O'Brien and Tony Bart to name a few. And 2000 other old real triers including me! Its a good course on a wide flat road. No hassle at the start or finish. Plenty of room for all. Police obligingly hold the lights from city to coast for the first 100! There are of course medallions for many, thanks to Coke and The News; so you don't have to be an expert to win a prize. Everyone gets a certificate at the end - of course! A crafty note - athletes must get 3 non-athletes to form a team if they wish to enter a team category! No interclub here! The original run was over 50 years ago from City Hall (Adelaide) to City Hall (Glenelg). Of course the road is better now - and the attractive girls from the CAE's administer water en route - so prettily; it seems uncouth to sweat so!

Now, if you are at a loose end and want a really high class 12k. run, come over. A medallion, a hangover and bit of Adelaide's best might be well worth a weekend.

7th May, 1977 - Stn. Dists. - 10 miles - Cloudy, 17°, N. Westerly 15m.p.h.

Roy Sutcliffe, the outstanding distance veteran in the State, led a field of 71 off to a cracking start. As the race unfolded down the undulating coast road, Grenville Wood forced the pace and quickly established a strong lead over John Williams. Maintaining steady distance were Peter Faulkner, Bob Clark and Billy James. Wayne Chettle came, challenged, and dropped back again.

The turn came with Grenville clearly in command after five miles downwind. John surprisingly dropped out, leaving Peter, Bob and Billy fighting for second place. These three fought neck and neck throughout the return distance into the wind. Behind them Michael Portman ran strongly to establish a handy lead over the rapidly improving George Tallis.

Bob Clark hung on grimly to Peter and Billy and finally exploded into 2nd place, one and a half miles from home. Billy drew clear of a tiring Peter and so they finished with Grenville a commanding winner, three quarters of a minute faster than last year despite the wind.

MELBOURNE FUN RUN

11.3 kms. (7 miles) 9.00a.m. 13/3/77 Weather: warm
 Approx. 5,000 starters - 4,020 finished.

1. W. Scott	34.12	35. B.F. McInerney	37.17	69. G. Hardy	38.60
2. J. Lane	34.28	36. A.P. Williams	37.20	70. J.R. Chambers	39.05
3. G. Kipp	34.34	37. (P. Cook	37.22	71. R.K. Coyle	39.06
4. D. McInnes	34.40	(H. Wilson	37.22	72. R.R. Hutcheon	39.07
5. G. Sefianes	34.41	39. A.H. McRae	37.24	73. A.L. Ashmore	39.14
6. R. Wilson	34.48	40. J.R. Brown	37.27	74. S. McCauley	39.22
7. R. Haywood	34.50	41. (P.J. Duck	37.29	75. C.J. Stevenson	39.23
8. V. Anderson	34.57	(G.J. Freestone	37.29	76. S.T. Roach	39.25
9. K. O'Sullivan	35.17	43. W.A. Butler	37.40	77. J. O'Brien	39.31
10. D. Clayton	35.24	44. E. Wilson	37.44	78. M.C. Ryan	39.39
11. W.R. Gilfillan	25.25	45. J.F. Matthews	37.45	79. M. Shillit	39.40
12. R.J. Wilson	35.32	46. R.A. Mandile	37.51	80. G. Wise	39.41
13. A. Cochrane	35.38	47. C.J. O'Brien	37.57	81. (R.J. Hedding	39.44
14. A.J. Kingsland	35.43	48. M. Clarke	38.04	(B.D. Hutchesson	39.44
15. K.W. Rock	35.45	49. R.H. Hooper	38.05	83. R. Batchelor	39.45
16. R.J. Riordan	35.50	50. K. Duxbury	38.06	84. T.R. Hassall	39.47
17. (P.G. Cuffe	36.11	51. D.S. Watt	38.10	85. (J.D. Chisholm	39.48
(P.D. O'Hare	36.11	52. J.J. Staunton	38.12	(R.A. Heath	39.48
19. C.D. Steck	36.16	53. R. Jamieson	38.13	87. A. Secher-Jensen	39.53
20. G.A. Kennedy	36.19	54. (H. Kirkman	38.16	88. N. Gray	39.54
21. B.K. Share	36.27	(P.J. Share	38.16	89. I.K. Jones	39.55
22. J. Glover	36.28	56. T.J. Seymon	38.19	90. (G.R. Comber	39.56
23. E.A. Paulin	36.30	57. M.J. Halverson	38.20	(P.S. Vines	39.56
24. P.R. Durgess	36.31	58. S. Handasyde	38.23	92. G. Hart	39.57
25. J. Duck	36.32	59. G.A. Noble	38.30	93. A. Dredge	40.00
26. D.H. Lyrnes	36.38	60. (J.N. Waddington	38.40	94. (H. Bercham	40.02
27. E. Keranen	36.49	(M.R. Watson	38.40	(T.C. Kelly	40.02
28. (M.J. Kennedy	36.59	62. (J. Knoen	38.43	96. G. Aitken	40.07
(R.G. Wyatt	36.59	(G. Holpen	38.43	97. (S.C. Hanley	40.10
30. G.D. Harper	37.00	64. N.A. McLennan	38.45	(M.F. Hudson	40.10
31. J.J. Ecc	37.07	65. J.J. Rocke	38.46	99. J.D. Clarke	40.11
32. B.D. Riordan	37.08	66. J. Lynn	38.51	100. (T.M. Collie	40.14
33. B.C. Dunkloy	37.12	67. A. Kutz	38.54	(G.W. Govan	40.14
34. R. Clarke	37.16	68. G.P. Mullaly	38.58		

LETTER FROM ROBERT WALLACE - 17th March, 1977.

Once again I am disappointed to find our 3 best Marathons limited to an eight week season. Any runner looking for quality competition in this event can see that such scheduling is nothing short of pure stupidity. It exemplifies the complete lack of co-operation and communication between the A.A.U. of A., V.A.A.A. and V.M.C. that undermines progress towards developing distance running in Australia.

Why you three groups cannot get together and schedule your Marathons, for example, in April, June and September is beyond me.

Let's face facts - distance running will not advance until the hierarchy of your organisation starts thinking of the athletes it purports to represent.

Your response on this matter would be appreciated.

ROBERT WALLACE.

BOOK REVIEWS.

The Runner's Diet (Runners World Magazine) \$1.95.

Proper diet can take runners further than they ever imagined they could go when eating and drinking habits were sloppy. The book deals at length with four factors which have a measurable effect on running performance: Body Weight, Digestive Disturbances, Water-Salt Balance and Pre-Race Diet.

The book draws equally on the experiments of nutritional scientists and the experiences of runners. Once again - good value.

Dick Batchelor.

+ CONTINUED FROM PAGE 9.

Further back David Miller pulled his socks up and blew past Wayne Chettle and Darryl Turner. Roy Sutcliffe improved by nearly a minute to be the first veteran home from Phil Afford, despite their reversal in class groups.

1. Grenville Wood	50.43	5. Mike Portman	53.30	9. Wayne Chettle	55.01
2. Bob Clark	52.30	6. George Tallis	54.08	10. M. Allen	55.29
3. Billy James	52.42	7. Dave Miller	54.30	1st Vet.	
4. Peter Faulkner	53.03	8. Darryl Turner	54.32	Roy Sutcliffe	55.47

'Athletics Weekly' 12/2/77.

POSSIBLE DANGERS OF VIRAL ILLNESSES

Two articles by Chris Brasher, published in 'The Observer' in December, have drawn attention to the possible danger to sportsmen who exert themselves while suffering from a viral infection. He instanced the extreme cases of Mike Wells-Cole, one of Britain's foremost orienteers, who died of a heart infection within hours of training while experiencing the after-effects of flu; Dave Menzies, Edinburgh University's leading orienteer, who ran in a club event just after suffering from a very heavy cold and died that evening; and Alan Lew, another flu victim, who collapsed while playing hockey and was dead before the ambulance arrived. A pathologist said at the inquest that the heart was sound but his examination showed a lung inflammation similar to viral pneumonia. Chris Brasher also wrote about the experience of Ian Thompson, who was laid low by a viral infection less than a fortnight before the Olympic Marathon trial last May. Thompson noticed that after 5 miles of the race at Retorham his skin seemed to be dry whereas everyone else was sweating profusely in the sticky conditions. At around the same time he felt a painful tightness in his upper thighs, which he has never experienced before or since.

Sir Roger Bannister feels that Thompson's failure to sweat indicated a disturbance of heat regulation which could have been the result of the earlier viral infection. Dr. Griffith Pugh's interpretation was that Thompson came close to experiencing a circulatory collapse, his body's protective mechanism shutting off the blood flow to the skin to preserve the flow to the brain.

The well known veteran distance runner Colin Simpson (Small Heath) wrote to Chris Brasher (with a copy to 'A.W.') following the appearance of the first article.

"Although I am not attempting to compare my abilities as a runner with those of Ian Thompson," he wrote, "my experience in a 10 mile race at Kettering in April corresponds exactly with his. Running in almost identical circumstances, i.e. some days after suffering a severe bout of flu, I had the same symptoms, i.e. dry skin, 'heavy' thighs, etc., and finished with a final time of over 59 minutes, some 6 minutes slower than I had accomplished the previous year on the same course. I have been a competing athlete for some 32 years and can honestly say that I have never before experienced anything similar, the symptoms being far worse than those of normal race exhaustion."

"The ordinary individual," commented Sir Roger Bannister in 'The Observer', "knows when he is feeling unwell and does not have the capacity or will-power to drive himself to exhaustion. But the athlete has trained himself to ignore and overcome pain over many years and therein lies the possible danger to him. As in all training and medical matters, it is common sense to understand when it may be dangerous. And one must remember that it takes as much courage to stop training as to go out when you're not feeling up to it."

"Athletics Weekly" asked Dr. Peter Sperryn, Honorary Medical Adviser to the BAAB and a former miler himself, for his views on the matter. He replied: "It has to be said that with wisdom and hindsight many sporting deaths are preventable but that as the only absolutely safe guide line would be simply not to exert yourself at all when feeling unwell, one has to be more realistic. I apply one or two absolute guide lines as follows. Firstly, if an athlete is feeling unwell and has a fever (an abnormally raised temperature) then he should not exert athletically. Secondly, if he has a cold or flu-like illness without a fever but with aches and pains then he should definitely not exert himself either. It is thought that people with muscular aches have a higher chance of heart muscle inflammation and hence of sudden death through myocarditis. Beyond these very clear guide lines comes a mixture of common sense and experience. Some athletes simply will not listen to advice anyway, others realise that an athlete who feels ill (rather than scared!), simply isn't going to perform effectively anyway. Glandular fever and certain of the other virus illnesses are notorious in their after-effects which include a long spell of depression or staleness and, incidentally may cause inflammation of the heart during the acute part of the illness.

Perhaps to keep things in perspective, one should realise that the chance of dying in sport is extremely small and also that a few days off training never hurt anybody. There is evidence that active sport during the incubation of illness may make it worse and if in doubt it is always safer to rest. One rarely needs more than a day to decide whether one is actually getting seriously ill or not!"

VICTORIAN VETERANS NEWS.

At the Sandown Relays the Women's Veterans had two teams racing. And they did rather well. Urged on and encouraged by other male runners, both young and old, Marj Colthup (51) and Marg Anderson (48), battled around the Sandown Motor Track in 16:12 and 16:03 respectively. All the women who ran wish to thank the men who encouraged them, and some of the women spectators too.

THE LATE ALF ROBINSON. A PERSONAL LOSS TO ALL VICTORIAN ATHLETES. Fred Lester.

The Council of the V.A.A.A. saw fit to print the following in its Minutes - 'That the following short history of Alf Robinson's services to athletics be known:

"Member of the Association since 1923. Member of the Metropolitan A.A.C. 1923-1939, Secretary 1927-1938. Member of the VAWC 1923 to present time, Secretary 6 years, President 37 years, elected Life-Member 1938. President Federation of Walking Clubs of Australia 1947-1973.

Member of the Executive Committee of the V.A.A.A. 1952-1959, Secretary 1959-1967, Competition Executive Officer 1969 to present time, elected Life-member in 1968. Served on a number of Committees and Victorian delegate to 5 Union Conferences. Member of the Walking, Rules, Standards and Points and Technical Committees of the A.A.U. of Australia. Received the Merit Award of the Union in 1963.

In 1962 Alf was Manager of the Athletic Section of the Australian team to the Commonwealth Games in Perth and he managed the Road Events for the Olympic Games in Melbourne in 1956."

As many of you may be aware, the VMC has had a very close association with Alf Robinson over the years, particularly in relation to the production of our regular Newsletter, a team effort between him and your Editor spanning many years. There was also close liaison in establishing winter and summer competition programmes which dove-tailed as much as possible between Metropolitan, Country and VMC fixtures to maximise opportunities for all athletes concerned.

On a personal note, I can still recall the first occasion when I became aware of Alf in action, when he ceased to be just a name to me. That was the time when the V.A.A.A. organised a 24 hour relay around the Olympic Park complex just prior to the 1956 Olympics. It was a huge success, with Alf doing the bulk of the organising and during the actual relay keeping control of timing and recording without a hitch. Since that time I have had many opportunities to work together with Alf on many different tasks so necessary to keep our sport going, and while we did not always agree as to details, we always co-operated on a basis of a deep and mutual personal respect to further the sport we both enjoyed.

Anything further for me to add would only sound trite. We, of the V.M.C., can only express our heartfelt sympathy at his loss to Mabel Robinson, who was his partner in life for many years and participated just as fully for the well being of athletics. We are looking forward to continuing our association with her.

THE "FLETCHER" MARATHON, ROTORUA, N.Z. 30/4/1977. Bob Laughton.

There was a big batch of entries for the now famous Rotorua annual event, as apart from 400 in the Open section, there were over 60 in the 40-44, nearly 50 in the 45-49, just on 20 in the 50-54, another 8 in the 55-59 and a further 9 in the over 60 age groups. The greatest upsurge was in the women's section where 21 had declared their intention to face the starter for the big race.

On the day itself, 563 runners turned out in overcast conditions and a stiff wind, which blew head on for the last 13km. Organisation was excellent and a credit to the people responsible as well as the sponsors.

Results: 1. G. STRUTHERS (Massey) 2:22:44, 2. D. MCKENZIE (Greymouth) 2:24:14; yes! the N.Z. Olympic Rep., 3. G. DRAVITZKI (New Plymouth) 2:25:33, 4. K. FRANCIS (Napier) 2:25:48, 5. J. JULIAN (Owairaka) 2:26:18, the 1960 and 1968 N.Z. Olympian and now a Veteran, 6. L. WALKER (Manurewa) 2:27:35.

First woman: Lulwina MELCHERS (Masterton) 3:22:44. Blind runner J. STRATFORD 3:30. 102 runners were under 3 hours. The author of this information was 232nd in 3:24:50.

ATTENTION ALL CHRISTMAS-NEW YEAR HOLIDAYERS. THE ST. SYLVESTER ROAD RACE IS ON AGAIN!!

Location: Noumea, New Caledonia. Distance: 4 miles. Date: New Year's Eve..

Classes: Open, Juniors, Girls.

Anyone interested in making up a group of approximately 40 strong for travel concession for further details contact:

ROBIE MORGAN-MORRIS, 120 Back Beach Road, FORTSEA. 3944. Tel. (059) 84 1565.

An idea worked by the Walkers' Club may be worth a thought too. They are encouraging interstate exchanges with their opposite numbers to achieve more competition, particularly below the very top level and among Juniors to help gain experience.

AUSTRALIAN TEAM'S TRIP TO THE WORLD CROSS COUNTRY CHAMPIONSHIPS, DUSSELDORF.Pat Clohessy.

The Australian Cross Country team's recent European tour was a significant success, not only for the team but also for the A.A.U. Officials who initiated this ambitious endeavour, especially Dr. Frank Larkins, Secretary Lee Morrison and Committeeman Chris Wardlaw. Certainly, the excellent tour arrangements in Europe were the direct result of close investigation by the Secretary -- and this warrants special recognition. And, of course, this tour was one in which so many Victorian athletes, officials and supporters were involved in contributing to the team through the Supporters' Club, the Jones TV Bonanza, and the various functions (e.g. the O'Shaughnessy family functions). This demonstrated perhaps a unique spirit of good-will, co-operation and self-help! Certainly, the Government spokesmen who proclaim and preach fitness for the general community welfare are made to appear very short sighted -- they were conspicuous by the virtual absence of their support in any significant measure (except Tasmania) for a youthful team on a European mission which promoted and advertised youth, fitness and good-will. (Here I exclude Mr. Roger Shipton, M.H.R. for Higgins, from this criticism. His concern, interest and assistance was extensive and much appreciated.)

A few observations on the European Cross Country scene:

Firstly, European courses involved multiple of some route -- at the German Championships, at the I.A.A.F. World Cross Country Championships -- the Dusseldorf Racecourse, in Belgium and at the Italian Cinque Mulin classic, at least five laps were run.

This involved the spectators to an intense degree as the crowd "roared" from close quarters at the big meetings. Twenty thousand attended at Dusseldorf, while over 25,000 roared for Franco Fava at the Cinque Mulin and 15,000 yelled for Yifta, Dayi, Wardlaw, Chettle, Boit and most of the others.

True, I see some disadvantage in the respective routes for the athletes but consider the potential supporters also; the wives, families, friends and good sport fans as well as sponsors and television. Then again, the athletes would be motivated by larger crowds and cross country could become a much wider attraction.

Secondly, 'middle' distance races were also arranged at major cross country meets -- e.g. races over 4000m. were offered to 400/300m. runners who clearly appreciated the drop in intensity and distance. These serve to encourage more middle distance runners to compete at cross country meets. The late Belgian star, Ivo van Damm, regularly ran in these races as part of his annual build-up. (Incidentally, what a tragic loss, from all reports he was an outstanding young man in every way.) These restricted races would probably make the long winter season more attractive -- and less gruelling -- for middle distance specialists and perhaps some interested in the longer sprints would also find the shorter races beneficial.

Thirdly, overseas facilities were very attractive indeed, especially for field games athletes and sprinters. (However, I believe that our general weather conditions are better) These were centrally heated and are quite spectacular, from Dortmund and Duisburg to Cologne, Mainz and Munich! Sports halls, indoor Tartan tracks, throwing circles and net, etc., etc., and extensive gymnasium equipment.

However, my qualified opinion is that we are still better off as far as conditions are concerned in Australia. I have two important qualifications here -- 1.) Field games facilities need improvement in Australia; and 2.) We must send our top athletes overseas (arranging compensation for lost time at studies and wages in employment.)

Our climate enables us to train all the year under reasonable conditions in the open, most European athletes are denied this advantage. Sure, there are a few who travel to Spain, Kenya, Mexico and/or Australia, but what about the many who battle the European winter?

Besides, I didn't notice a Distance Programme, or Marathon Club with a programme, as extensive and encouraging to the average athlete as the V.M.C.!!!

Finally, I would like to publicly compliment the Australian Team. Their performances rated from superb to disappointing, largely due to illness, but every single one gave his utmost support to the Team and promoted much good-will within the group and among the diverse nationalities they met.

VICTORIAN VETERAN NEWS. A Note from Ann Callaghan.

Sportswoman Peggy Smith in every sense of the word.

I would like to publicly thank Peggy for what she did for me in the VMC 20 Miler on Saturday, 7th May. Peggy stopped for a pit stop. We had already completed ten miles. I kept going, but unfortunately the wrong way. Peggy striving to catch me up finally hailed a TAA van, caught up to me, and turned me back. Having done this she had to retire from the race after nearly killing herself for my benefit. I wonder how many people in Peg's position would have just carried on running, and hang anyone else. Peggy's action is what our sport is all about. A true winner, Peggy Smith.

THE CARBOHYDRATE LOADING DIET.

Bruce Watt.

The recent survey I conducted on the use of the carbohydrate loading diet revealed that many runners did not know anything about the theory of the diet. In this article, I will outline this theory and summarise the current opinion on the diet's efficacy.

BACKGROUND.

Firstly it is worthwhile to review the early experiments that led physiologists to investigate muscle glycogen. It probably started as far back as 1939, when Christensen and Hansen found that their subjects were able to perform heavy work about three times as long as normal after three days on a very high fat diet. The next piece of research, and the most significant one, came in the late sixties when a team of noted Swedish exercise physiologists (including Bergstrom and Saltin) investigated the role of glycogen in endurance activities using a bicycle ergometer. The tests were carried out on trained athletes (mostly skiers) and untrained subjects. Studies of muscle tissue ascertained the normal content of glycogen in the muscles and the contents after exercise and after various diet regimens. Briefly, they found that the best results were achieved if the subject first of all worked hard enough to empty his glycogen reserves, then went on a low carbohydrate diet, did further exercise to ensure the absence of glycogen and finally, went on a high carbohydrate diet for three days. This resulted in a glycogen content in the muscles $2\frac{1}{2}$ to 3 times normal. It has been concluded that after being deprived of glycogen, the body "super compensates" when it is re-supplied.

These results have been tested many times. In 1967, the Swedish Olympic cyclists tried it but it failed because they couldn't resist steaks in the carbohydrate phase. In 1968, ten top British walkers covered 30K. on two occasions with half on the diet and half not. On each occasion, the half on the diet covered the last 10K. significantly faster. Karlsson and Saltin tested ten distance runners of varying ability over 30K. on two occasions (3 weeks apart) with similar results. They found that every runner ran better on the occasion they followed the diet with a mean improvement of 7.7 minutes (range 2 to 16). Significantly, the improvement came in the second half of the run. In 1969, Ron Hill successfully tried the diet, prior to the 1969 European championships.

During 1970 and 1971 a series of experiments was carried out with British distance runner Bruce Tulloh. On each trial Tulloh ran for three hours. Using the diet, he invariably ran tougher (up to 2%) and felt better.

In 1973 and 1974, a survey was conducted on finishers in the Trails End Marathon. After modifying the results to take account of varying abilities (diet users tended to be more experienced athletes) it was found that the diet users averaged 6 to 11.5 minutes faster than non-users.

THE METHOD

The method begins with a long run of $2\frac{1}{2}$ to 3 hours, five to six days before the marathon. This is aimed at exhausting the muscle glycogen reserves. For the rest of that day and the following two days, normal training is continued (but it becomes difficult to train) and the runner goes onto a diet of 90% protein and 10% carbohydrate. At the end of this phase there should be a $\frac{1}{2}$ to 1 hour run which "re-depletes" or ensures the total absence of glycogen. At this stage the athlete will feel exceedingly weak.

The third phase, for the final two to four days before the race, involves a switch to a 90% carbohydrate, 10% protein diet. Training should be avoided.

There have been a lot of misconceptions about the diet and there are many factors of which the athlete should be aware.

1. The diet is only of benefit in the latter stages of the race. That is, it does not make you run faster over the first ten miles but allows you to continue running over the last six to nine miles.
2. The additional glycogen in the muscles often results in a "heavy-legged" feeling on the day of the race. Don't worry about it as the stiffness will disappear once you begin running.
3. The longer you run on the initial depletion run and the longer the depletion is maintained, the greater the potential for the super compensation. There are, however, some dangers (see later).
4. Very few foods are totally protein or totally carbohydrate. For example, cheese contains carbohydrate and rice, spaghetti and bread all have some protein. This is not a problem, however, as a small amount of each is necessary in both phases of the diet (hence the 90/10 ratio).
5. Foods for Phase 1 (high protein) are meat, poultry, fish, eggs, cheese and butter, while green vegetables and tea/coffee are harmless and milk, unsweetened fruit juice and dry biscuits being okay in moderation. I find that steaks, fish and omelettes are the easiest meals.

Foods for Phase 2 (high carbohydrate) are sugar, glucose, bread, potatoes (not fried), cereals, fruit, jam, honey, spaghetti and other pasta, rice, fruit juices. As above, green vegetables, tea and coffee are harmless. Meat, eggs, milk and butter should be small amounts only.

I find this phase to be surprisingly difficult in terms of meal preparation. For example spaghetti usually is served with meat and sauce.

6. Do not overeat when on the high carbohydrate diet. Don't forget you will not be training so your normal quantities will be quite adequate. Many small meals are better than few large ones.
7. A lot of water is required to store the glycogen. If this is neglected dehydration and infection can result. It is possible to store about 1 Kg. ($3\frac{1}{2}$ to $4\frac{1}{2}$ litres) of water during super-compensation. A good indicator of water content in the body is the colour of the urine. Clear urine is okay but amber could indicate lack of water. Water (not with glucose) should be drunk during the race.
8. The peak varies by individual and is best determined by experiment. Personally, I find that at least 3 days on carbohydrates is necessary. The range is 2 to 4 days. A bloated feeling, loose bowels and excessive urination are signs that the body is burning up the excess stored glycogen.
9. There is no advantage, and there may be a disadvantage, in eating further carbohydrates in the hours before the race. Eat lightly.
10. An excellent way of building up glycogen is to eat fructose (fruit sugar). Unfortunately, it is not readily available in Australia. If any reader knows how to obtain fructose, I would appreciate details.

THE DANGERS

It has been said that after 30-35, we become less tolerant to dietary changes. The carbohydrate loading diet has been called "metabolic dynamite" so some caution is called for. It is advisable to experiment with the diet by just doing the last phase initially then adding the initial run, then the low protein, then the re-depletion run, in successive experiments. People prone to diabetes should avoid the diet. The risk of colds and other infections is very high in the middle stages. Dehydration is a risk already referred to. The depletion stage is the most dangerous from a side-effect point of view, the possible problems being ketosis (accumulation of ketone bodies and metabolic acidosis), hypoglycemia (low blood sugar), muscle breakdown and kidney failure.

Warning signs include irritability, headaches, depression and bad temper.

There have been no studies on long term effect and it is generally believed that the diet should not be used more than 2 to 4 times a year. There is one rumour that Ian Thompson has become "immune" to the good results of the diet due to excessive usage and hence adaptation by the body.

CONCLUSION

Frank Shorter, Ian Thompson and Ron Hill are followers of the diet. They also happen to be above average marathon runners. No study of diet users has revealed anything but better than expected times. Some readers will definitely obtain good results and personal best marathon times. Some will be disappointed. You will have to try it to find out.

REFERENCES

I include here only those references that readers are likely to find easy to obtain, ignoring the more esoteric scientific papers.

1. Pre-event Diet - Dr. Ben Londeree. "Runners World", July 1974 and "Modern Athlete and Coach", January 1975.

By far the best article I have read on the subject.

2. Effect of Diet on Performance in the Marathon - Paul Slovic. "Track Technique", March 1975.

Details of the 73/74 Trails End Marathon Study.

3. Glycogen Stores and Increased Stamina - Martin Hyman. "Track Technique", December 1972 and "The Athletics Coach", June 1972.

Written by a former British Olympian and 6 mile record holder.

4. Endurance and Nutrition - Michael Arnold. "Modern Athlete and Coach", October 1976.

Deals with fructose and swimmers.

5. The Case Against "Loading" - George Sheehan. A Personal Energy Crisis - Tom Martin. "Runners World", August 1976.

A weak case against.

6. Diet and Distance Running - Per-Olaf Astrand. "Modern Athlete and Coach", May 1972, "Track Technique", March 1975.

One of the original articles drawing attention to the basic research.

7. Dietary Manipulations As An Aid to Preparation for Competition - Eric Huttman. "Proceedings of XXth World Congress in Sports Medicine".

A highly technical paper, and lengthy.

8. Energy Metabolism in Skeletal Muscle Fibres of Man with Exercise - Bengt Saltin. "Proceedings of XXth World Congress in Sports Medicine".

A short, readable paper by one of the most famous of the researchers (the diet is often labelled the "Saltin Diet").

If readers wish to send a large stamped, addressed envelope to E.A. Watt, 4 Eric Street, East Brighton, I will send copies of Reference 1. I have all the other references but am not set up for large scale photocopying at my own expense.

THE OCEANIA TEAM FOR THE WORLD CUP AT DUESSELDORF.

<u>MEN:</u>	100, 200 & 4 x 100 relay:	Paul Narracett, Peter Fitzgerald, Darry Desanko, Colin McQueen (Aust.), Steve Erkkila, Garry Henley-Smith (N.S.)
	400 & 4 x 400 relay:	Rick Mitchell, John Higham, Peter Grant, Colin McQueen, Anthony Hodgins (Aust.), Devan Smith, Peter Pearlless, Steve Erkkila (N.Z.)
	800:	John Higham (Aust.)
	1500:	John Walker (N.Z.)
	5000:	David Fitzsimons (Aust.)
	10,000:	Gerard Barrett (Aust.)
	110 Hurdles:	Warren Parr (Aust.)
	3000 Steeplechase:	Euan Robertson (N.Z.)
	400 Hurdles:	Peter Grant (Aust.)
	Long Jump:	Kerry Hill (N.Z.)
	Triple Jump:	Don Commons (Aust.)
	High Jump:	Gordon Windeyer (Aust.)
	Pole Vault:	Don Baird (Aust.)
	Shot Put:	Keith Falle (N.Z.)
	Discus Throw:	Robin Tait (N.Z.)
	Javelin Throw:	Mike O'Rourke (N.Z.)
	Hammer Throw:	Peter Farmer (Aust.)
	Reserves:	Dick Quax, Murray Cheater (N.Z.)
<u>WOMEN:</u>	100, 200 & 4 x 100 relay:	Raelene Boyle, Denise Robertson, Debbie Wells, Barbara Wilson (Aust.), Wendy Brown (N.Z.)
	400 & 4 x 400 relay:	Verna Burnard, Marian Fisher, Bethanie Nail, Chris Dale (Aust.), Kim Robertson (N.Z.)
	800:	Penny Gray (Aust.)
	1500:	Anne Garrett (N.Z.)
	3000:	Angela Cook (Aust.)
	100 Hurdles:	Penny Gillies (Aust.)
	High Jump:	Chris Annison (Aust.)
	Shot Put:	Barbara Deable (N.Z.)
	Discus Throw:	Gail Mulhall (Aust.)
	Javelin Throw:	Pam Mathews (Aust.)
	Reserves:	Glynis Saunders (Aust.), Dianne Zorn (N.Z.)

PRESENT V.M.C. TROPHY ORDER SCALE IN \$.

Event	FASTEST			HANDICAP			JUNIOR		VETERAN		WOMAN
	1st	2nd	3rd	1st	2nd	3rd	1st	H and.	1st	Hand.	1st Hand.
1. 15km/10m.	5	3	2	5	3	2		3		3	3
2. 12km. F.C.	5	3	2	5	3	2		3		3	3
3. 30km. K.M.	6	4	2	6	4	2		4		4	4
4. 15km.	5	3	2	5	3	2		3		3	3
5. 20km.	5	3	2	5	3	2		3		3	3
6. 25km.	5	3	2	5	3	2		3		3	3
7. Marathon	10	6	3	3	5	3		-		5 (Fastest)	5
8. 8km.	5	3	2	5	3	2		3		3	3
9. 12km.	5	3	2	5	3	2		3		3	3
10. 16km.	5	3	2	5	3	2		3		3	3
11. 10,000m. E.Z.6	4	4	2	6	4	2		4 (Fastest)		-	3
Masters Mile	5	-	-	5	-	-		-		-	-

REPORT FROM A GLOBETROTTER.Colin O'Brien.

After a nine month pause I'm back to add my contribution to the newsletter again. This time, however, I am reporting from Melbourne and not Canada, having returned in February for what is intended to be permanent (maybe?). My wife and I did some ten months of globe-trotting commencing in April last year from Vancouver and gradually working our way down through the USA, Mexico, Central America and going as far south as Lake Titicaca and Lima, Peru. Public transport varied from first class trains and buses to self-imposed misery on the back of a beer truck in 100° temperatures. Highlights of the journey were two train rides, of which the first took us from the Ecuadorian highlands up to 11,300' before we literally plummeted down to the coast - all in the space of 12 hours. The cost for the journey was only \$1. (first class of course!). From Lima we took another train into the Andes and reached a height of 15,300'. Oxygen was available for those who needed it - and many did! The culmination of our travel in South America saw three of us tackle the Inca trail through the Peruvian Andes to Machu Pichu, lost city of the Incas. We commenced at 8,000' and during the five day hike reached an altitude of 13,300'. My wife, Kerrie, who only weighs 8 stone 5 lbs. started with a 40lb. pack which was a marathon effort. The peace and tranquility and sheer beauty of the towering Andes with ranges up to 21,000' combined with our own personal efforts resulted in much self-satisfaction as our reward. Early July we flew out of Lima to Nassau in the Bahamas to spend a relaxing 6 days in the Caribbean sunshine and give us time to lick our wounds (Kerrie had her wedding rings stolen, was struck on the head by a stone by an unfriendly 'native', during a civil riot in Lima was struck in the backside by a tear-gas canister, and I had my camera stolen in a slick piece of work but reacted quickly enough to pursue the thief and retrieve it).

After nearly 3 months off from running, I started jogging in Nassau and found myself still reasonably fit. Carrying a 30-40lb. pack a few miles every couple of days at altitude (where most of our travelling was done) undoubtedly kept us both quite fit. From here we travelled up through the U.S. and back into Canada and to Montreal for the Olympics. For 14 days we were treated to the best competition in the world (except for some obvious omissions through politics) and it was quite an experience. We saw some seven different sports and became instant fans of hockey. Kerrie even sold (horror of horrors!) her 5,000 metres final ticket to watch the hockey final between Australia and New Zealand. Of the track and field competition, my most vivid memories are of the 5,000 metres which was one of the most exciting races I've ever seen. The chanting crowd during the race was in direct contrast to the best quality event of all in the women's 800 metres when the stadium was hushed with silence as if there was an interval. The girls appeared stunned after a race in which four of them had broken the world record. If the Games had been in Europe the reaction would have been overwhelming. Greg Joy gave the Canadians (and us) a big thrill in the final event when he secured a silver medal in the high jump in a close competition. It was Canada's only medal in track and field and while there were disappointments with some of the Canadian performances (women's 400, 800 and 1500, and men's 800, 5,000 and 10,000) the overall improvement since 1972 was very encouraging for the administrators concerned. There was some doubt after the Games as to continued Government support for track and field and their national programme, but thankfully everyone's fears were dispelled. It has been four years now since the programme started and while success on a scale of which both Germanies have achieved with their planning is a long way off, I think Canada's success as a track and field power is an inevitable conclusion. The 1978 Commonwealth Games in Edmonton will be a good testing ground.

After hitchhiking back across Canada to Vancouver after the Games, we both worked for a couple of months, said farewell to close friends and our home for 4½ years, and continued our wandering in Scotland, Wales and England. On our way back to Vancouver from Montreal, we stopped off for a few days in Edmonton, Alberta, staying with Morrie Aarbo. Morrie is still quite fit and looking forward to the Masters competition this year. He is responsible for the organisation of next year's Commonwealth Marathon and took us over the proposed course (subject to any change).

Apparently if any of the road surface on the course is sub-standard, Morrie passes on the information and the planning officials will arrange for it to be re-surfaced. As I saw it last August the Games facilities are progressing very well.

To cut a long story short mate, we toured the U.K. up until the end of January as well as taking a week's trip to beautiful snow-covered Switzerland, and flew out to Singapore. From there we went by ship to Perth and bus to Melbourne to finally make it for our first time around the globe. We were thankful to leave cloudy and dreary old London which they tell me is much better in spring and summer. During all this time I managed to get out every day for a 3-5 mile run so that I didn't completely go to seed.

As for athletic results from Canada, I haven't had much opportunity to renew full contact with friends over there so I only have a little information.

Canada sent a men's team to the World Cross Country titles but finished last - must start somewhere! 20 year old John Hill from Vancouver in his 3rd Marathon ran 2.22. Brian Maxwell from Ontario who is studying in California won the Seaside Marathon in Oregon (February) in 2.14, while eight runners from Vancouver were under 2.30. Other than that I have no more results. Hopefully come the next newsletter when I have more time to myself having been more settled, I will have up-to-date performances on the Canadian track season which will be in full stride. Until then, cheerio.

THE PENTRIDGE MARATHON - OR: THE LONELINESS OF THE LONG-SERVING PRISONER.

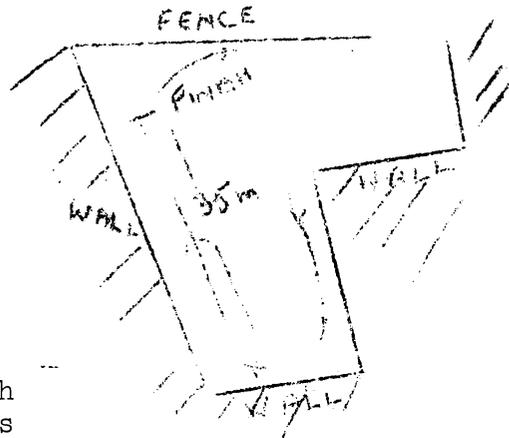
My running schedule, which I have kept religiously each day for some sixteen months, does not differ very much from that of the ordinary long distance runner: 2.250 miles logged in my first twelve months, including six Marathons, a weekly total growing to around seventy miles, with runs at varying speeds up to five, six, eight, ten, fifteen miles. The times are mediocre: 3.04 for the Marathon, 62.03 for ten miles, 29.16 for five..., and they are generally unremarkable, except for one feature, I am running them on a seventy-seven metre concrete circuit, in the heart of a maximum security prison.

I came to "G" Division, Pentridge, in 1974, after being sentenced to a maximum of ten years (with a merciful five year minimum) for a series of sex offences, which I now realise were part of a severe personality crisis. I was overweight (nearly twelve stone), physically and emotionally wrecked, not only by the period leading up to the trial, but also by the course of drugs (Melleril, Stilboestrol), with which my psychiatrist had hoped to cure to keep me going, apart from the tremendous support I still have from my wife and children, together with a few friends, who knew me better than did the average newspaper reader. My weight problem looked like getting worse (although I had at least stopped taking all drugs), given the high starch content of much of the food and the relative difficulty of prolonged exercise in a confined space, which I shared with sixty or seventy fellow prisoners. I played a little tennis and experimented with weight-training during my first year and then, at the end of 1975, I began to run.

The "track" (a dotted line) around the concrete exercise yard is ninety yards in perimeter, but its shape is such that the runner must cut certain corners, bringing the distance down to seventy-seven metres (eighty-four yards), with a "straight" of about thirty-five metres. The shape is almost that of a key-hole:

and the runner is obliged to check his stride at three main points, causing quite a lot of tendon/ankle/knee strain for the first few months.

Moreover, it is quite impossible to run in the usual (anti-clock-wise) direction, because the shape of the track and the slope of the yard causes the runner to risk hitting the wall on two of the turns. This means that one leg does tend to develop more muscular power than the other, and this can have repercussions...



I began running in late 1975, missing the mid-day meal and running as far as I could, using a stop-watch to record times for various distances. Monthly totals were poor at first, as were the times. In February, for instance, I managed to run 179 laps in an hour; last month (just over a year later) I could run 202. But the runs were giving me stamina and strength, and my weight was rapidly reducing; my monthly totals climbed past 200 from April on, and I began to dream of running the Marathon. Who knows why? Hillary summed up his reason for climbing Everest by saying: "Because it's there", and one of my main reasons for attempting the Marathon would be: because I'm here! I was about to turn thirty-five, and had never been interested in long distance running; now I was contemplating running, not only the Marathon, but a Marathon consisting (as I then thought) of 513 laps on a tightly turning concrete track!

In June '76, I ran not one but two "Marathons", the first in 3.24 and the second in 3.16, two weeks later. The attempt could only be made on week-ends, when the mid-day muster is dispensed with so prisoners can prepare for their visits, giving my three and a half hours of "free" time.

In July, I managed another two - 3.09 and then 3.03, and it was after this that I had the bright idea of measuring the track, not around the outside perimeter of the line, but around the inside, where I was actually running. I found, to my infinite horror, that my "Marathons" were 33 laps short, since the inside measurement gave twenty-one laps to the mile, saving a lap every ten miles (= 209 laps). The true Marathon distance was, in fact, 546 laps, and I wondered whether the effort was worth it.

Then, in August and September, I was plagued with minor injuries, first by what I guess was bursitis, then by achilles tendon soreness, then by a severe knee injury (strained ligaments?). Those longer distances looked even more beyond reach, as I was forced to reduce my monthly tally below 200 miles for the first time in six months. I jogged and hobbled, and exercised, still insisting on a daily run to preserve basic sanity, and in late September, only a few days after I felt fully recovered (some people never learn!), I ran a Marathon at the correct distance, struggling painfully to the end in 3.26, in muggy conditions. More injury/soreness/swelling followed, with further limitation in mileage, until I completed my second full Marathon on Christmas Eve, with a 3.12 time. I had run 2.246 miles in 1976, with two genuine Marathons and four phoney's.

So far this year I have covered over a thousand miles in four months, with a 3.09 Marathon in March and a 3.04 Marathon in early May. In the latter run, I was able to maintain better than seven minutes a mile right up to the twenty-four mile mark, and I am confident soon of breaking three hours. My progressive times in the May run were: 5m: 33.40; 10m : 67.30; 15m : 1.42.10; 20m : 2.17.30; Marathon distance: 3.04.00

Counting the laps may seem a problem to an "outsider", but it is in fact quite easy to fall into a pattern by using the stop-watch and counting in threes: three laps to the minute = seven minute mile pace, and you try to save as many seconds as possible in the first two-thirds, so as to have something up your sleeve when you reach the final horror stretch. I also use an alarm clock, standing on a bench, as a double-check. There are more important "hazards" involved than losing count of the laps: fellow prisoners using any one of the three doorways that open onto the yard, and people pacing the length of the yard, often bring about near-collisions. But on the whole my fellow inmates have accepted my eccentric behavior, and some even accompany me for part of the journey, although most complain of soreness or boredom before very long.

I am rarely, if ever, bored during a long run. In fact, the daily run is not a matter of routine, but of pleasure. I look forward to it, I spend time planning it, I analyse it when it is finished, and I carefully record the time, however poor. Running is symbolic freedom, and is more satisfying in a mental than in a physical sense. I see it as a form of structuring time, and of controlling the rate at which I pass through a time/space continuum. This notion is doubly important in prison, where one tends to get the impression of being caught up in time, dominated by the endless dripping of endless days. I tackle my runs as I tackle my sentence, and I do both of them "hard". The long run is in fact structured like a prison sentence: the beginning almost crushes you with the distance to be covered in front, and then you have a gradual sense of progress, with the surprised relief of making it to the half-way mark, followed by the painful joy of the long run home. An eventually, the run having taken on the qualities of a sentence, you find that the sentence begins to look like a run! For instance, in early May I had 272 days to go before parole, or, in other words, exactly thirteen "miles", with a "mile" off every 21 days.

I think of many things while I run, and achieve a kind of immunity from the depressing aspects of day-to-day life in here. My time is being filled in a meaningful and satisfying way, and my weight problem is no more (I am now a steady 9 st. 2-4 lbs.). On a recent fitness test conducted in here, I scored very well indeed on aerobic endurance and recovery rate, and I am certainly fitter, physically and mentally, than at any other stage in my life. Still, with all these advantages, I cannot help dreaming wistfully of what it must be like to run on a resistant surface, in a more-or-less straight line...

Brian

11TH COMMONWEALTH GAMES EDMONTON, CANADA 1978 - ATHLETICS PROGRAMME (Semis & Finals)

<u>Sun., 6th Aug.</u>	1430 hours	400m. W, SF - 100m. W, SF - 10,000m. M, F - 110m. HdL. M, SF - HT. M, F.-	
	1030 hours	400m. M, SF.	
	1600 hours	110m. HdL. M, F - 400m. W, F - 400m. M, F - 100m. M, SF - 3000m. SC M, F - 100m. W, F - 100m. M, F - 3000m. W, F.	
<u>Tues., 8th Aug.</u>	1515 hours	DT W, F.	
	1500 hours	200m. W, SF - 800m. W, SF - 400m. HdL. M, SF - SP W, F.	
<u>Thurs., 10th Aug.</u>	1700 hours	200m. M, SF - 800m. W, F - 800m. M, F - 400m. M, F - 200m. W, F - 200m. M, F - 100m. HdL. W, SF - 5000m. M, F.- Jav. W, F - HJ M, F - LJ M, F.	
	<u>Fri., 11th Aug.</u>	1700 hours	100m. W, F - Marathon - 4 x 400m. M, SF - 4 x 400m. W, SF.
		1730 hours	PV M, F - HJ W, F - DT M, F - LJ W, F.
<u>Sat. 12th Aug.</u>	1400 hours	4 x 100m. W, F - 4 x 100m. M, F - 1500m. W, F - 1500m. M, F - 4 x 400m. W, F - 4 x 400m. M, F.- SP M, F - TJ M, F - JT M, F.	

A.C.T. MARATHON CHAMPIONSHIP - CANBERRA 2/4/1977.

Through the pages of Distance Running News a number of us had heard of this event and six stalwart (Commercial South Melbourne Marathoners) VMC members set off via land, air and Peter Logan's Kombi along with a motley collection of hangers-on (although Rob Falloon preferred the title of Team Manager), wives and children.

I flew up on the morning of the race which was scheduled for a 4p.m. start. We were somewhat dismayed when we were told that the race would finish, even for the leaders, in pitch darkness. Apparently this was the deliberate intention of the organisers.

The course was two laps, mostly flat, with each lap having two sections where the field doubled back on itself. A number of intersections, traffic lights and minor detours had to be negotiated. The weather was mild to warm, with some wind initially.

A field of 68 faced the starter. Ten of these only intended to complete one lap. There were some 20 participants from N.S.W., including strong representation from Western Suburbs (Collingwood colours). Tess Bell from Randwick-Lotany was the only female entrant. Apart from Jim Crawford, Richard Harvey, Peter Logan, Keith McIntosh and Bruce Watt from South Melbourne (another Commercial, Ed.). Dave Byrnes and Ken Duxbury of Kew-Camberwell (another Commercial, Ed.) made up the Victorian contingent.

There was, thankfully, no pre-race medical although a waiver had to be signed. There was a large group of runners from the Custom joggers who apparently are attempting to take control of mass running in the ACT.

The early pace was pretty slow until a group of four broke away at the front, this group consisted of Dave Byrnes, Ken Duxbury, John Harding (winner of the Newcastle and Canberra marathons last year) and Nick Hearnshaw from Sydney.

This group stayed together until the pace, and pit stops for John Harding, broke it up somewhat although there were still only a few minutes covering the four. Around 24 miles Dave Byrnes had the cramps and Hearnshaw, looking fresh, took the lead to finish strongly for a well judged win. Dave held on for second with a three minute gap to John Harding. Tess Bell ran very evenly for another fine Marathon in 2:59:48 only one second slower than her previous best. Western Suburbs easily won the teams prize with three in the first ten. Forty three finished, many in distress, and regurgitated water and staminade was ankle deep shortly after the finish.

Times generally were pretty poor with only the first ten under 2:50. Much post-race soul searching failed to pin down one common cause for bad times but the long drive, complicated course, early warmth and wind, 2000' altitude, lack of sleep, finishing in the dark and early season lack of Marathon fitness were variously blamed. My vote goes to the complicated course and small field (I was alone and out of sight of any other runner from 13 to 21 miles).

I do not wish to be rude to my Canberra hosts but I feel that it is time something was said on how to organise a Marathon. There is nothing as hard to please as a tired Marathon runner and misguided, inexperienced race officials do not help to calm his tattered nerves. Indistinct time calls, non-existent time-calls, dropped sponges, no officials at puzzling intersections, obviously incorrect mile markers, no time call at the finish and no clothes or drinks at the finish, all can contribute to an unhappy Marathon finish.

You can imagine the scene of an utterly exhausted athlete stag-gering across the line, having covered the last few miles in total darkness, to be greeted with a smattering of well meaning applause but no time (it was perhaps his worst for years) and worst of all: no cup of tea. In addition the so-called post-race function was B.Y.O. and a mile away and the interstate competitor had not had time to buy supplies nor a place to store them.

I appeal to all Marathon organisers to drill your Officials for hours in the days before the event and the instructor should be an experienced Marathoner. Organisers of last year's Victorian Country and Veterans Marathons please take note!

On the plus side, John Harding and Terry Jorgensen worked their butts off and thanks to them we had good sign posting, plenty of staminade, cups and sponges, and some lovely fruitcake and cheese cakes after the race. Unfortunately, only a few cast-iron stomachs like Richard Harvey and myself were able to eat after the race.

The day after the race I was surprisingly fit and went for an enjoyable run through the State pine forest throwing in sprints and surges I wasn't able to find the day before. John and Terry also took me to the new all-weather track and stadium which is in a natural bush setting and just about ready for the Pan-Pacific Games in December. It is a beautiful track, although for some strange reason appears vastly bigger than Olympic Park.

Anyway, Fellas, make it a simpler course, finish in daylight, give me time to get over the memory of the problems, and I'll be back next year!

1. Nick HEARNSHAW 2:31:10 2. Dave BYRNES 2:32:13 3. John HARDING 2:35:25
 4. Kevin SKELTON 2:37:00 5. Ken DUXBURY 2:27:56 4. Alan WILSON 2:40:40
 VMC Members: Bruce WATT 2:50:46 - Rich HARVEY 3:08:04 - Terry MCCARTHY 3:09:51 -
 Geoff O'BRIEN 3:11:15 - Tom GRONERT 3:12:41 - Jim CRAWFORD.
 (Also BYRNES & DUXBURY).

VICTORIAN MARATHON CLUB 31ST ANNUAL GEN. MEETING - 19/3/1977.

The 30th Annual Report was received and adopted and as members are aware, the last year was one of steady progress. The financial position of the Club continues to be healthy in spite of the inflationary spiral, membership stands at a record high of 422 and at present fees and trophy payouts we are balancing the books nicely. In view of the continuing inflation, the meeting adopted a motion that the Committee could recommend a rise in annual dues if it was felt necessary prior to the succeeding Annual General Meeting, provided it was ratified subsequently at such meeting. This was done to avoid the position recurring when notice could not be given in time of any change.

ROSTERS have been drawn up, as you will have seen in your last Newsletter and the Meeting agreed that ALL MEMBERS shall be rostered, so will you please indicate your preference as to the duties you prefer when you will in your membership form. You will be required to act only on one race day and you can swop with other members as long as you inform the MEMBERSHIP SECRETARY.

HAMILTON Marathon team will be subsidised with full Excursion Fare for the first VMC member to finish the VMC Marathon, and \$100 towards the fare for the next three VMC members as well towards the fare of the first woman competitor, provided she breaks the standard of 3 hrs. 30 min. (VMC members must be in at least their second year of continuous membership to qualify for any subsidies, either overseas or inter-state.)

RACE FEES will now be 60¢ for all events (30¢ for the short race) except for the Marathon and the Emil Zatopek 10,000m. which will be at \$1.

ELECTIONS for Office Bearers 1977/78 went as follows:

PRESIDENT:	Neil RYAN	SECRETARY:	Dave CRAIG
V. PRESIDENTS:	Bruce WATT	ASST. SEC. (Records):	Bruce WATT
	Ken FRASER	" (Membership):	Terry COLLIE
	Rob JAMIESON	" (Competition):	Fred LESTER
	Vic ANDERSON	TREASURER:	Dave GAZLEY
	Gerry HART	ASST. TREAS. (Trophies):	Vic ANDERSON
Handicappers:	Dave CRAIG	COMMITTEE:	Col EATON (Over-distance)
	Bruce WATT		George WILSON
Auditors:	Kevin SOLOMON		Brian McINERNEY
	Rob WALLACE		Terry HUNTER
CLUB CAPTAIN:	Dave BYRNES		

10TH TRARALGON MARATHON - SUNDAY, AUGUST 14TH, 1977.

To celebrate the 10th Traralgon Marathon we have done something special: Improved it.

We've acknowledged the criticisms of respect Marathon runners (and winners too) and eliminated the rough river pebble sections of the old course in favour of smoother, faster blue metal roads. The new course also includes more shelter and pleasant scenery. It's flat and fast.

The course is not the only thing that is changed. The new date last in the season, Sunday, August 14th, is ideal to plan ahead to run a personal best performance.

The usual features of the Marathon have still been retained. Progressive times are called at 1 and 2 miles, and called and recorded at 3, 5, 10, 13, 15, 20, 23 miles and finish. Feeding/watering stations are situated at 7, 10, 13, 16, 19 and 22 miles. Miles are marked conspicuously with large signs, easily visible from 500 yards.

Plenty of refreshments, showers and a chance to relax will be immediately adjacent to the finish line. Trophies awarded to outright places, veteran and teams. Certificates to all finishers. Copies of results will be circulated 10 minutes after the last runner finishes.

Whether you wish to run a PB of 2 hours or maybe 4 hours, or just finish a Marathon, paste August 14th into your running shoe as a date to remember.

NB: Interstate runners are especially welcome. In previous years runners from Queensland, N.S.W., Tasmania and the A.C.T. have competed. Arrangements can be made for billeting, etc.

TIME: Race starts at 1.00 p.m.

ENTRIES: \$1.00 Post-Entries or taken on the day.

VENUE: Traralgon Table Tennis Hall, Davidson Street (North end of Main St.), Traralgon.

FURTHER INFORMATION: Bruce Inglis, Secretary, Traralgon Harriers, 132 Prince's Street, Traralgon. Tel. (051) 74 1432.

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

The Sunday run on May 22nd around the Albert Park Lake was very successful, both in numbers and in performance. In spite of the cold and biting wind, many of the participants took advantage of the nearby barbecue and seating facilities to have their lunch in a social atmosphere, so it may well behove us to consider having a limited number of our events placed similarly on our regular calendar. One of the factors which has also helped to boost participation is the provision of a long event and a short event to everyone regardless of sex or age. The only sad spot is the lack of enough women athletes to help each other. It is high time they stopped pussyfooting around with their under-distance winter programme. Ask the people who went to the International CCC, they'll tell you what sort of running programmes American, German, Russian and other women get fit on.

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We'll be hosts to our friends from Hamilton, NZ, at our Marathon this month and in return will subsidise a squad to visit them and take part in what has become a major event late in October. It seems that NZ A.A.U. people tend to be somewhat highhanded, when they attempted to sanction an opposition Marathon in Auckland on the same date. Our information is that some pushers in the powerful Owairaka Club acted in a rather inconsiderate manner on the basis of having had an opposition sponsorship. As it happened, several overseas invitees were not suited by the time and the race has been postponed, but that does not excuse any of the people responsible for allowing ill-feeling to develop in the first place. Maybe these pushy officials and athletes ought to remember that it is the enthusiasm and work out of love for the sport by Clubs such as Hamilton Harriers which is the basis of athletic competition. Sponsors only care for selling their product, athletics is just a gimmick to hang their advertising on and fashions in gimmicks change!!

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In a somewhat belated issue of Distance Running News, Tom Gillis expresses what has been on our collective minds for some time. Isn't it ridiculous to have only 39 runners start in a National Marathon, due to the harsh qualifying time of 2:40:00, so that most competitors run long stretches without any close contact? Virtually all the top times in the world are achieved in fields numbering well in excess of that figure, many of them counting the starters in hundreds. Surely, it is no skin off anyone's nose to stretch the qualifying time to the point when we can ensure enough bodies to keep contact and help to develop experience in top competition. A qualifying standard of no less than 2:50:00 is needed at this stage, after all the extra participants will not cost either the States or the A.A.U. any extra in travel or accommodation expenses! I suspect that too many of our top officials, and administrators have forgotten what it is like to be a dedicated athlete (if they ever knew it in the first place!).

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If I've ever seen a piece of irresponsible reporting, it appeared in the Melbourne 'Herald' on May 23rd, 1977. Above the name of John G. Craven appeared the totally misleading (and mischievous) headline in bold letters: "Aths Cup Collison Looms". This was followed by the assertion: "Australia could be thrust into a head-on confrontation with the New Zealand-hating sports bodies of Africa in the near future". It is an absolute disgrace that such a thing should preface the announcement of the Oceania team for the World Athletics Cup. In the article, Mr. Craven states lower down that the A.A.U. of A. has nothing to say about this ("remained silent about the possibility" is the jargon used by him), the West Germans have assurances from the Africans that there will be no disruption. Some Australian Officials (un-named, mind you) fear privately that the Africans could swing a last-minute ban. What a load of S...!!!

Let's get the facts straight: The Africans don't hate the New Zealanders! The objection they raise is towards countries which support the Apartheid regime of South Africa, which refuses black Africans full and equal citizens rights with people of European origin. Countries who maintain and encourage sporting contacts with South Africa under existing conditions are giving such support and are offending the dignity and sensibilities of all the black people of Africa. The Australian Government (per Mr. Fraser) recently reiterated that it was opposed to South Africa's policy of Apartheid, so what are you trying to do, Mr. Craven?

Do you want to jeopardise our international participation!?

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