



Summer 1979
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VICTORIAN MARATHON CLUB NEWSLETTER

TREVOR A. VINCENT
30 BOYANNA ROAD
GLEN WAVERLEY, VIC., 3150

DECEMBER 1979
PRICE 40c



Australian Crosscountry Championships 1979 placegetters ANNE LORD left
(third) LYNNE WILLIAMS, centre (first) and RHONDA TAYLOR right, (second)

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 editors 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 age or sex,are invited to contribute letters,results, comments,etc.,to the Editor,V.M.C.NEWSLETTER,1 Golding St,CANTERBURY,3126,Victoria.

PLEASE NOTE that material submitted for publication SHOULD be on single-spaced,typed foolscap or A4,irrespective of length,to facilitate laying-out.It is suggested that articles should not exceed one and a half pages of foolscap.Preferably half that !! Articles for publication MUST be accompanied by the name and address of the contributor, together with his or her signature.The writer of the article shall retain full responsibility for the content of the item submitted.

THE VICTORIAN MARATHON CLUB IS :

OPEN FOR MEMBERSHIP for any registered amateur athlete.

COSTS \$4 per year (1st of April to 31st of March) for Seniors;\$2 for Juniors(u.19).

CHARGES RACE FEES : Marathon \$1 - Emil Zatopek 10,000m \$1 - All other feature races 60¢, non-prize carrying minor events 20¢.

RACE ENTRIES : Marathon closes three (3) weeks before the date of the event.

E.Z.10,000m closes three weeks before the date of the event.

Other major track events also three weeks before the date of the event.

All these entries must reach the COMPETITION SECRETARY,Fred Lester,1 Golding St, CANTERBURY,3126,as set out above. NO FEES ARE TO BE SENT THROUGH THE MAIL,you pay as you check in for the race itself.

ALL OTHER RACE ENTRIES are taken 1 hour before advertised starting time with your fee.
FOR FURTHER INFORMATION - contact the General Secretary of the V.M.C. -

Pam TURNEY,35 Churchill Park Drive,ENDEAVOUR HILLS,3802(ph.796 8690)

MEMBERSHIP DUES and other moneys should be sent to the General Treasurer of the V.M.C.

George WILSON,48 Argyll Street,CHADSTONE,3148.

ENQUIRIES ABOUT TROPHIES should be sent to the Asst.Treasurer (Trophies) of the V.M.C.
Vic ANDERSON,12 Wright Street,CLIFTON HILL,3068.

<u>LOCATION OF VENUES</u>	<u>MELWAY REFERENCE</u>
ALBERT PARK,Robinson Hall at rear of Basketball Stadium,Albert Road	57 J 3
PRINCES PARK,Walker St.Pavilion,near Carlton F.C.Royal Parade	29 G 12
POINT LEO,200m up from Pt.Leo Beach turn-off in Flinders Road	196 G 9
COLLINGWOOD TRACK,Heidelberg Road,CLIFTON HILL,500m from Overpass	30 G 12
MURRUMBEENA TRACK,North Road/Murrumbeena Road	68 K 9
SANDRINGHAM TRACK,Thomas Street,HAMPTON,1km from station	76 K 6
TWO BRIDGES,opposite Botanis Gardens entrance at Morell Bridge	44 B 12

INTERSTATE LINES OF COMMUNICATION :

AMATEUR ATHLETIC UNION OF AUSTRALIA:Rick Pannell,377 Lit.Collins St,Melb.3000.

NEW SOUTH WALES:Clive Lee,AAA of NSW,P.O.Box N 101,Grosvenor St,Sydney,2000.

QUEENSLAND : John Bailey,Q'land AAA,33 Wighton St,NASHVILLE,4017.

SOUTH AUSTRALIA:Brian Chapman,SA AAA,P.O.Box 231,ADELAIDE,5001.

TASMANIA:Noel Ruddock,Tas AAA ,10 Reynolds Court,DYNNRYNE,7005.

WESTERN AUSTRALIA:Jeff Joyce,46 Kurrajong Place,GREENWOOD,6024.

VICTORIA:John Bruce,VAAA,103 Pelham St,CARLTON,3053.

R.R.C. of NSW:Fred Howe,5/30 Hooper St,RANDWICK,2031.

D.R.C. of SA:Don Dohnt,31 First Avenue,NAILSWORTH,5083.

A.C.T. C.C.C.:Bryan McCarthy,P.O.Box 252,CANBERRA,2601.

W.A.MARATHON CLUB:Geoff Wall,26 Kveda Way,NOLLAMARA,6061.

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EDITORIAL :

IT'S IN YOUR HANDS !!

The present issue of VMC Newsletter, in front of you, is possibly one of the most significant issues produced so far. Not only should it be in your hands and thoroughly read, but it should be in the hands of every aspiring distance runner, young or old, man or woman, throughout Australia. This issue is very close to what we ideally want it to be : Written by active runners for active runners and many of the contributions are from people who have come right through the game.

Not only is this a very special issue by the fact that it is almost double thickness, but I have no hesitation in saying that it is virtually a Collector's Edition worth the whole of your \$4 VMC membership fee for the quality of the information on many aspects of marathon and general distance running.

If there is one aspect we, in the VMC, are still falling down on it is the inability to popularise our activities as reflected in the low figure of sales of our Newsletter. We need to vastly improve on this aspect by selling the magazine at every sporting venue, be it track venue, crosscountry paddock, fun run or wherever runners gather to join in friendly rivalry or just to jog in pleasant company. We have a membership well in excess of 550, yet we fail to sell more than about 800 copies of the most informative and knowledgeable publication available to distance running enthusiasts.

TURNING TO ANOTHER MATTER OF CONCERN, I wince every time when I come across a reference to our fellow women athletes as "girls", more so when it comes from people who should know better, people who would not dream of referring to men as "boys". Let's face it, it is a way of downgrading mature and responsible people whose contribution to community activities and interests, including sport, is in no way inferior to their male fellows. To some extent our women athletes and supporters themselves fall for this way of playing down their own contributions; I am thinking of a headline only recently, prefacing an article on Dr.Jean Roberts, our National Director of Coaching, with ...the right girl for a man-sized job... What a put-down !!

It is good to see people like Peggy Smith taking up such point as in the case of the absence of proper recognition of women runners in the Coca-Cola Fun Run by taking the matter up with the Commissioner for Equal Opportunity. She elicited a reply from the Marketing Manager, Mr Fletcher, that ...irrespective of other decisions, there will be a medallion presented to the first woman...in March, 1980 !

Now, this is not simply just a matter for women, it is just as much the concern of men that we all together ensure proper respect and concern for each other in a spirit of fair opportunity for all, irrespective of sex or age. It pre-supposes the ability to listen to other person's point of view, to accept other people's ways of doing things and to restrain urges to simply walk in and take over because "we know best".

Best wishes for good holiday reading and running and don't forget to send material for the next Newsletter early enough, preferably by January 31st !

Please note: Owing to the shortage of space in this issue, winter fixtures are listed in the previous issue, Vol.11 No.2 (the yellow one) and a repeat is printed on the special membership loose sheet. At the time of going to print, no final confirmation has been obtained.

	<u>FIXTURES</u>	<u>FIXTURES</u>	<u>FIXTURES</u>
DEC 5(Wed)	VMC 8km & 2km, Two Bridges, 6.30pm.		
DEC 17(Mon)	EZ 10,000m "E"(39:00 & 18:30) - "F"(non limit) Qualifying times must have		
DEC 18(Tue)	EZ 10,000m "B"(33:00 & 15:30) - Women(no limit) been set <u>on track</u> !		
DEC 19(Wed)	EZ 10,000m "C"(35:00 & 16:30) - "D"(37:00 & 17:30)- <u>Add-1 min to Road time.</u>		
DEC 20(Thu)	EZ 10,000m "A"(30:30 & 14:30) - Masters, Women Vets, Women Open Miles.		
	By the time you read this, entries for the above will have closed. All EZ races		
	are on the Olympic Park Track, starting 6.30pm except for "A".		
	There will also be the Victorian 100y and 1 mile Championships and a women Heptathlon		
	combined with the EZ races and special invitation events on the program.		
DEC 30(Sun)	Peninsula HRC 13km, Main Ridge.		
DEC 31(Mon)	VMC Midnite Run, 12 midnight, Two Bridges.		
JAN 5(Sat)	VAAA P.B.Meeting, Olympic Park		
JAN 8(Tue)	VMC Run-for-your-Supper, Collingwood, 6.00pm (BBQ facilities, BYO)		
JAN 17(Thu)	Top-6 Meeting, Olympic Park		
JAN 20(Sun)	VMC 4 laps Princes Park, 8.00am		
JAN 22(Tue)	VAAA P.B.Meeting, Aberfeldie.		
JAN 26/27	Vic Country Champs, Ballarat	JAN 28(Mon)	Highland Games, Terang.
JAN 31(Thu)	AAAV Invitation Meeting, Olympic Park.	FEB 1	Vic vs SA vs Tas in Adelaide
FEB 3(Sun)	Vic Relay Champs & 10,000m "B"	FEB 5	Vic Relay Champs
FEB 6(Wed)	Melbourne Games & 10,000m Championship.		
FEB 10(Sun)	VMC-Richmond 16km, Lower Boulevard, rear Burnley Hort. Coll., 8.00am.		
FEB 10, 16, 17, 23 & 24	Victorian, New South Wales, South Aust. T&F Championships.		
FEB 21(Thu)	VAAA P.B.Meeting	FEB 26(Tue)	VAAA P.B.Meeting, Aberfeldie.
FEB 28(Thu)	AAAV Invitation Meeting	MAR 2, 3, 4,	Tas T&F Champs, Hobart.
MAR 2(Sat)	Peninsula HRC 10km, Devil's Bend / City vs Country, Warragul		
MAR 6(Wed)	AAU of A Special Meeting, Olympic Park.	MAR 9	WORLD CCC, Paris.
MAR 11(Tue)	VAAA P.B.Meeting, Olympic Park	MAR 13(Thu)	AAAV Invitation Meeting.
MAR 15	Kalparrin 8km Fun Run, Greensborough	12 noon.	MAR 13 VMC AGM, Albert Park!!!
MAR 17(Mon)	Moomba Handicap Meeting.	MAR 16	Essone Marathon, France
MAR 22	VMC 50 Miles Track Run, Frankston, 5am./P.B.Meeting		Olympic Park.
MAR 20-23	Australian Track & Field Championships, Sydney.		
MAR 30(Sun)	VMC Once-around-the-Tan, Domain, 10.30am.		

ABOUT THE STRAINS CAUSED BY A MARATHON RACE TO FITNESS JOGGERS. Sakari Orava.

(from the Sport Clinic of Deaconnes Institute, Oulu, Finland) Summary only.

94 middle-aged runners of the II Classical Marathon Race of Athens (referred to as the Popular International Non-competitive Marathon by the AAU of Greece, SEGAS, Ed.) in October 1973 were asked about their strains caused by the marathon race. All of the runners were fitness joggers. Their average age was over 40 years, average height 174cm and weight 66kg. The anthropometric features exceeded those of a top marathon runner clearly.

During the year before the marathon race they had trained on an average 2500 km. 75% of the runners had trained regularly for more than two years and 50% of them for more than five years. The time taken by the marathon run varied between 3 and 6 hours (mean 4½ hours).

110 cases of different leg troubles and 98 other symptoms were observed. The most important ones were leg muscle cramps, pains in muscles and joints, numbness and heaviness of lower extremities and beside these thirst, heat and general fatigue. The most difficult phase of the run was at about 30km distance. The runners consumed on an average 13 l of fluid during the marathon.

After the run, 59 men experienced subjective troubles of more than one week duration. These symptoms, however, disappeared and did not disturb their running after that time. Because of the hot and humid weather, fluid balance disturbances, body temperature control system disturbances and fatigue, eight runners out of the 94 men examined dropped out of the race. One of them was hospitalised for 24 hours due to "heat stroke".

In order to be able to run a marathon, a fitness jogger must be physically healthy and he must have strong mental endurance. If he, in addition to this, trains sufficiently it is not any miraculous deed to run a marathon.

(Reprint from J.Sport Med, 17, 1977)

Some salient points from the full article for additional information:

Shade temperature during the race was 32 C at noon and 29 C at 4 pm. For two hours, the sun was shining from a cloudless sky, then through a thin cloud cover.

Humidity was high : 70 to 80%.

In Finland, the temperature had been around 5° for a while, it was snowing just prior to departure.

Dropping out in this race was not caused by any cardiovascular or respiratory reason.

VMC 25 km
STARTERS: 69
FINISHERS: 68

14-7-1979 WERRIBEE
Fine and clear.

NAME		TIME	H/CAP		H/CAP PLACE
			MIN	SC	
1 CUFFE	PHIL	25	81:12	0: 0	52
2 BYRNES	DAVID	28	83:30	8:23	11
3 PETERSON	BILL	29	85:56	18:49	2
4 POTTS	DAVID	21	87: 0	14:34	6
5 BOTH	STEPHEN	19	87: 9	12:15	10
6 SIMPSON	DON	33	87:27	10:15	21
7 HARRY	RON	31	87:37	11: 7	17
8 JAMIESON	ROB	29	89: 8	9:47	42
9 PRITCHARD	KERRY	34	90:31	11:54	35 EQ
10 BERRY	TONY	43	90:50	15:36	12
11 CLARKE	JOHN	35	93:12	13:18	44
12 MCVEIGH	BRENDAN	37	93:26	10:11	59
13 HARRY	IVAN	38	95:55	15:48	47
14 PAYTON	MIKE	29	95:58	17:42	25
15 CAMPBELL	DON		96: 1	17:42	27
16 GORDON	PAT	23	96: 2	21:51	8
17 LYNCH	BARRY	32	96:31	18:53	22
18 CARROLL	BOB		96:48	19:28	28
19 STANWAY	ROY	45	96:50	22: 0	9
20 PAYNE	TERRY	37	96:56	20: 3	19
21 HART	GERALD	40	97:22	15:20	54
22 THOMPSON	WAYNE	26	97:47	17:29	48
23 LUDDER	STEVE	29	98:15	18:32	43
24 HILL	ROB	24	98:50	19:59	39
25 YOUNG	RON	48	98:58	20:56	24
26 BUNNING	KEN	37	99: 3	23:25	14
27 O'BRIEN	VIN	51	99: 4	17:13	53
28 ENTWISTLE	PAUL	35	99: 9	20:47	29
29 POWELL	MIKE	27	100: 4	21:37	30
30 DOWRICK	KEN	36	100:16	26:34	7
31 FULTON	BILL	44	100:36	25:12	13
32 BECK	NORM	27	100:49	20:52	45
33 RILEY	GERRY	48	100:57	20:56	46
34 PEARCE	IAN	25	100:58	13:37	67
35 RAYSON	RON	34	101: 2	29:42	5
36 WOODS	BILL	44	101:29	23:44	23
37 GAULD	ROD	37	101:52	22:33	41
38 SHERWELL	BARRY	29	102: 2	23:34	31
39 REDGRAVE	TREVOR	39	102:56	21:51	51
40 EVANS	JOHN	42	103:33	33:23	4
41 CAYLEY	PETER	38	103:48	25:17	32
42 CRAIG	DAVE	35	103:53	21:10	57
43 CASH	TERRY	46	104: 8	27: 0	20
44 JEFFERY	RICHARD	44	104:29	22: 0	56
45 O'CONNOR	FRANK	32	104:42	26: 8	33
46 CALLAGHAN	RAY	46	104:51	21: 5	60
47 TASSELL	JOHN	30	106: 2	27:26	34
48 ANSELL	DAVID	38	106:10	22: 0	62
49 HARVEY	RICHARD	33	106:35	21:56	64
50 ANDERSON	MARG	50	106:52	72: 0	1
51 SPARKS	ARNOLD		107: 8	28:30	37
52 DEPLLER	ALAN	42	107:18	28:41	35 EQ
53 MCINTOSH	FRED	28	107:27	25:12	55
54 ZAHARIAS	PETER	21	107:55	24: 3	61
55 WOODGATE	MERV	50	107:59	29:42	26
56 RUSSELL	ROGER	16	108:17	29:36	38
57 SHARPE	JEFF	31	109:12	28: 8	50
58 ROBOTHAM	IVAN	37	110: 7	41:21	3
59 NEVE	ED	25	112: 3	27:42	63
60 HOWARD	JOHN	37	113:41	36:54	18
61 MCLEISH	NORM	48	114:47	38:22	16
62 HUMPHREYS	GLENDAA	VW	115:54	39:53	15
63 ESDALE	PETER	28	119:16	40: 8	40
64 YOUNG	SHIRLEY	VW	122:14	39:11	58
65 RULE	KEVIN	37	124:41	38:57	65
66 CARMACK	MARY ANN	28	125: 8	44:18	49
67 CALLAGHAN	ANNE	42	125:38	39:25	66
68 RILEY	JERALDIN	15	128:30	37:54	68

VAAA 25km Road Champs
18-8-1979 LARA
Cool and showery

227 Finishers.

Jeff COOLE	79:18
Joe MURPHY	79:45
Rob GILFILLAN	79:56
Nick DECASTELLA	80:39
Ross SHILSTON	80:54
Peter MOORDEHOFF	81:18
Steve McCUALEY	81:28
T ADAMS	81:54
Ross HAYWOOD	81:54
Steve POULTON	82:22
G ADAMS	82:45
Graeme KENNEDY	83:01
Phil CUFFE	83:01
K O'SULLIVAN	84:01
C VODDEN	84:09
A WELLS	84:28
Paul DRINKWATER	84:34
Bob GUTHRIE	84:51
Steve O'CONNOR	85:48
Peter HANNAFORD	86:08

VMC 15km Point Leo K.o.M.
15-9-1979 , Warm & windy
STARTERS: 12

1.Arthur BOTTERILL	55:27
2.Roger PREECE	59:30
3.David P.JONES	62:11
4.Keith GRAHAM	64:13(45)
5.Clive DAVIES	64:26
6.Jackie TURNER	66:22
7.Fred LESTER	68:52(56)
8.Paul HALLO	69:15(11)
9.Greg SIMPSON	75:20(11)
10.Brian BRADFIELD	75:47(45)
11.Virginia LAGLER	75:51
12.Stephen PREECE	78:21(9)

RON CLARKE 10 000m Glenhuntly
13-10-1979 , Wet and miserable.

1.John NOLAN	30:46
2.Col O'BRIEN	31:17
3.Arthur BOTTERILL	31:35
4.Colin DONALD	31:42
5.Chris KEARNEY	31:55
6.Steve STERN	32:45
7.Denis ANDREW	32:56
8.Phil LEAR	32:58
9.Joe CAMPISI	33:56
10.John CLARKE	34:40
11.John STAFFORD	34:46
12.Ted HAYES	34:53
13.Rob MEISELBACH	34:58
14.Tom GRAY	35:38
15.John BLACKETT	35:56
16.Hank PEPLINKHOUSE	36:50
17.Graham NICHOLLS	37:19
18.Geoff WEAVER	39:27
19.Trevor ROBBINS	39:38(V)
20.Hans MEISELBACH	39:49(V)
21.John HOWARD	40:17
22.Stan NICHOLLS	40:18(V)
23.Peter COLTHUP	41:42(V)

VMC 30 km King-of-the-Mountains Point Leo - Arthur's Seat , 15-9-1979.

STARTERS: 64 FINISHERS: 56 WEATHER: Warm & windy.

	NAME		TIME	H/CAP	H/CAP
			MIN SC	MIN SC	PLACE
1	NOLAN	JOHN	22	105:20	0:16 13
2	RANDS	IAN	34	107: 3	4:19 2
3	BOTH	STEPHEN	19	110: 6	4:23 16
4	HARRY	RON	31	111:11	4:53 17
5	ARMISTEAD	PETER	33	112: 2	3:54 21
6	MCMAHON	PETER	30	115:51	12:24 3
7	MCMAHON	GREG	19	119:20	1:59 41
8	CARNOA	GABRIEL	37	118:46	11:45 18
9	THOMPSON	WAYNE	26	119:30	13:50 15
10	KINDNESS	JOHN	NF	121: 1	8:39 34
11	TURNEY	BOB	NF	121:20	8:16 36
12	HYSEN	DAVE	24	121:55	17:17 12
13	CROKER	NEIL		122:10	0: 0 50
14	ATTKEN	GRAHAM	17J	122:46	15:13 19
15	BUNNING	KEN	37	123:46	19:26 8
16	IRWIN	ALAN	NF	125:40	9: 2 42
17	THOMAS	GEORGE	NF	126: 0	14: 5 32 EQ
18	LATIMORE	STEPHEN	NF	127: 5	15:45 31
19	EDWARDS	GLEN	NF	127:25	31:43 1
20	DOWRICK	KEN	36	127:47	17:44 25
21	POCK	HAROLD	NF	128:37	24:52 4
22	REDGRAVE	TREVOR	39	129:16	20:29 23
23	HILDITCH	SAM	44	129:45	19:31 26
24	COUTTS	NEIL	NF	130:55	16:33 40
25	HARVEY	RICHARD	33	131: 6	19:18 35
26	CLARKE	ALAN	44	131:50	22:41 24
27	ANSELL	DAVID	38	132:20	19: 8 37
28	FULTON	BILL	44	132:24	21:52 28
29	GRANDER	JARKER	46	133:25	29:27 5 EQ
30	LOGAN	PETER	30	133:50	19:37 39
31	SCHICKERT	BOB	37	133:50	12:39 48
32	ELLIOTT	ERNIE	38	133:50	9: 2 52
33	DEPPLER	ALAN	43	134: 7	23:49 27
34	CORNELL	R	NF	134:50	30:52 5 EQ
35	FEWSTER	BOB	35	136:12	17:50 45
36	ANDREWS	MIKE	39	136:42	28:52 20
37	SCOTT	MAL	42	137:45	25:50 32 EQ
38	MORRIS	PETER	35	139:37	21:40 44
39	SPILLER	JOHN	NF	140:15	36: 4 7
40	BATTRICK	PETER	36	140:21	26:56 39
41	FARNILL	RON	52	140:32	29:55 30
42	CLIVER	DOUG	42	141: 3	21:10 46
43	TURTLE	TONY	42V	141:22	15:34 53
44	CRAIG	DAVE	36	141:59	17:22 51
45	REED	BOB	36	142:35	34:14 22
46	DUXBURY	KEN	25	144:10	1:19 55
47	ROUTLEY	KEITH	55V	145:15	19: 1 54
48	DAVIDSON	TOM	46V	145:30	27:37 43
49	THIES	NEIL	NF	147:25	42:57 9
50	SIMPSON	CHUCK	NF	148:18	43:43 10 EQ
51	TURNER	ROGER	NF	148:18	43:43 10 EQ
52	HUTCHINSON	MURRAY	NF	158:51	53:43 14
53	ANSELL	MIRIAM	30	159:54	49:20 29
54	BIVIANO	FRANK	35	161: 2	39:41 49
55	RULE	KEVIN	37	162:40	41:53 47
56	BEATON	LINDSAY	29	163:35	18:46 56

XXX

XXX

XXX

THE RAFFERTY-PERDON slanging match is on again. The fellows were going hammer and tongues on the relativs merits of the two, speed potential of long distance runners, etc. Quipped one: "They are always on about fast-twitch fibres in sprinters and slow-twitch fibres in distance runners. I reckon that Rafferty has both, all the fast-twitch fibres must have left his legs and ended up in his mouth!"

BIG "M" MELBOURNE MARATHON , FRANKSTON-MELBOURNE , 21-10-1979 .

	<u>TIME</u>	<u>SURNAME,INIT.</u>	<u>AGE</u>	20 km	25 km	30 km	35 km	40 km
1	2:26:44	LLOYD, A L	20	68:07	85:56	1:42:50	1:59:58	2:18:22
2	2:31:20	WEGNER, H W	33	67:50	85:41	1:43:50	2:03:03	2:22:38
3	2:32:09	MORGAN, B D	23	68:07	85:56	1:43:36	2:02:52	2:23:02
4	2:34:14	GUTHRIE, R F G	36	70:30	88:39	1:47:12	2:06:16	2:26:15
5	2:35:30	HANNAFORD, P	40	70:31	89:24	1:48:16	2:07:20	2:26:44
6	2:37:09	SHILSTON, R J	25	70:31	89:00	1:47:12	2:06:15	2:26:40
7	2:37:38	HEARNSHAW, J N	32	72:30	91:15	1:50:00	2:09:12	2:28:45
8	2:37:43	NULAN, J G	22	68:15	87:10	1:46:12	2:06:13	2:28:53
9	2:38:35	MCINERNEY, B F	29			1:55:18	2:13:00	2:30:40
10	2:39:13	SIGMONT, E R	31	69:16	87:48	1:47:51	2:08:36	2:30:01
11	2:39:39	ROCK, K W	30	71:32	90:23	1:49:29	2:09:12	2:30:18
12	2:41:01	ABELL, P	33	73:32	92:24	1:51:44	2:11:30	2:31:41
13	2:41:54	MCMAHON, P J	28	73:29	92:24	1:51:43	2:11:15	2:32:16
14	2:42:19	DUCK, P J	28	74:13	93:45	1:52:50	2:13:01	2:33:32
15	2:42:55	VOGEL, A C	29		94:35	1:54:24	2:14:20	2:34:20
16	2:43:05	TAYLOR, K E	39	74:13	93:45	1:53:16	2:13:16	2:33:50
17	2:43:14	NIKOLIC, V	34					
18	2:44:07	HOLDSWORTH, D	29	75:34	95:50	1:54:58	2:16:31	2:35:09
19	2:44:27	JONES, C M	25	73:55		1:53:11	2:13:30	2:34:48
20	2:44:33	MINTER, I J	29	68:16	86:57	1:46:37	2:10:37	2:35:17
21	2:44:39	PAULIN, E A	41	73:07	92:45	1:52:48	2:14:09	2:35:37
22	2:44:48	BURNETT, R W	39	74:35	94:35	1:54:24	2:14:40	2:35:37
23	2:45:08	LUCKYER, P L	26	74:30	93:45	1:52:49	2:12:46	2:34:39
24	2:45:49	POLLARD, S J	29	74:30	93:45	1:53:34	2:14:31	2:36:08
25	2:46:00	WELLS, L G	40	76:52		1:57:12	2:17:16	2:37:15
26	2:46:26	JAMIESON, R J	29	75:06	95:00	1:54:57	2:15:33	2:37:09
27	2:46:30	STEVENSUN, C J	34	75:06	95:00	1:55:21	2:16:56	2:37:44
28	2:46:36	FINLAYSON, P D	36					2:33:15
29	2:46:38	HENNESSY, J	37	72:51	91:57	1:51:54	2:13:17	2:36:16
30	2:47:25	HAND, G W	34	71:06	91:08	1:51:33		2:36:56
31	2:47:38	BREWER, G F	33	77:44			2:17:24	2:37:59
32	2:47:48	ANDERSON, V R A	32	70:21	89:45	1:50:32	2:14:20	2:38:00
33	2:48:06	H. VAN WIJNGAARDEN	45	76:32	96:50	1:56:40	2:16:53	2:38:17
34	2:48:11	WADDINGTON, J N	26	77:19		1:56:48	2:16:43	2:38:14
35	2:48:22	MICHELSSON, L E	38	76:47	96:13	1:56:02	2:16:48	
36	2:48:30	BROOKS, B G	39		94:24	1:54:34		2:38:36
37	2:48:37	CLINGAN, B	36					2:39:27
38	2:49:08	DRINKWATER, P	31	70:30	89:55	1:52:13		2:39:17
39	2:49:22	KEYS, D W	35	75:28	96:14	1:57:18	2:18:15	2:39:55
40	2:49:27	HANDASYDE, S C	27	73:33	94:10	1:54:54	2:15:33	2:39:11
41	2:49:57	ARMISTEAD, P	33	74:13	93:57	1:54:01	2:15:05	2:39:08
42	2:50:03	LEE, J R	33			1:56:56	2:17:18	2:39:40
43	2:50:34	SEYMON, T J	42		95:26	1:57:00	2:19:04	2:41:10
44	2:51:14	THOMAS, B W	38			1:57:54	2:19:10	2:41:13
45	2:51:35	GRIBBLE, R	43	73:54	93:45	1:54:30	2:16:50	2:40:45
46	2:52:05	OSBORNE, R J	24			1:58:30		2:41:25
47	2:52:08	RUYG, K W	35					2:41:32
48	2:52:44	GIRDWOOD, M J	34			2:01:20		
49	2:52:59	ANDERSON, D R	33			2:01:05		2:43:06
50	2:53:03	SIMPSON, D B S	33	74:31	95:00	1:56:47	2:18:36	2:42:32
51	2:53:17	COUTTS, N R	36			1:58:47		2:43:06
52	2:53:24	AFFORD, L P	42	77:10		1:59:25		2:43:50
53	2:53:28	MCNEILL, S R	33	74:25	96:16	1:58:15		2:43:00

Before continuing the results, it may be useful to point out some of the problems which arise in trying to obtain an accurate progress timing chart.

The most obvious necessity is for every competitor to have his/her number displayed prominently at all times, preferably on the chest and firmly affixed at all four corners at least, the place where it is hardest to obscure or distort the number.

Where large numbers of competitors are concerned runners tend to obscure one another in the early stages but from the half-way stage the spread becomes such that almost every runner can be identified, particularly from 30km onwards.

For the early points (5km & 10km) we can only establish that the leaders went through in 16:50 & 33:30 approximately, give or take 10 seconds.

BIG "M" MELBOURNE MARATHON RESULTS: (cont.)

54	2:53:31	MINOGUE, D P T
55	2:53:33	KALLIO, P
56	2:53:38	KINGSLAND, A J
57	2:53:40	JEFFERY, J R
58	2:53:54	RAND, P F
59	2:54:00	WELSH, K C
60	2:54:12	SMITH, P A
61	2:54:39	POINTER, F P
62	2:54:50	JAMES, J R
63	2:55:07	SLOANE, I
64	2:55:17	WILLIAMS, J H
65	2:55:22	ORR, R L
66	2:55:26	KING, G R K
67	2:55:52	ASHMORE, A L
68	2:56:09	HOLMES, M R
69	2:56:16	YOUNG, K H
70	2:56:18	BLAND, D A
71	2:56:20	WILSON, H M
72	2:56:36	DANOS, T F
73	2:56:45	BIRD, B B
74	2:56:49	BANKS, L H
75	2:56:58	BALCHIN, P F
76	2:56:59	GOBEL, J
77	2:57:00	DEKKER, R G A
78	2:57:00	PRICE, P J
79	2:57:04	MILVAIN, A H

80	2:57:06	HALL, I N
81	2:57:07	CUNDY, D B
82	2:57:15	SMALL, G R
83	2:57:17	TOOHEY, J T
84	2:57:29	GREEN, K L
85	2:57:34	ELLIOTT, E W
86	2:57:46	SMITH, J L
87	2:57:55	LONGMORE, R J
88	2:58:12	KRENKELS, E
89	2:58:20	DYER, W C
90	2:58:38	NEILL, F J
91	2:59:08	HARRIS, J A
92	2:59:09	CONNELLAN, J G
93	2:59:14	THOMPSON, W S
94	2:59:16	HEINECKE, K B
95	2:59:25	FISHER, R E
96	3:00:01	GARDNER, N H
97	3:00:05	RAMSEY, A
98	3:00:10	CARMONA, G
99	3:00:21	GORDON, P D
100	3:00:34	SALTER, A G
101	3:00:35	FRANZE, J C F
102	3:00:37	SIMPSON, D J
103	3:00:41	WHITTAKER, P R
104	3:00:43	BECK, N D
105	3:00:49	HEWITT, G R
106	3:01:02	O'BRIEN, G F

WOMEN :

		30 km	40 km	
1.	3:12:35	KUCHINS, J C	2:11:36	13. 3:32:29 MEADOWS, L
2.	3:15:28	CAMERON, J F	2:15:49	14. 3:33:08 DALTON, H H D
3.	3:19:36	CLARK, S J	2:21:36	15. 3:35:54 MAIN, M H
4.	3:24:28	SMITH, M A	2:23:08	16. 3:40:18 SCHUWALOW, C J
5.	3:25:52	HALLS, C A	2:20:44	17. 3:40:31 YOUNG, S G
6.	3:26:03	PYE, M L	2:21:32	18. 3:40:43 HALL, S A
7.	3:26:39	CHRISTENSEN, T M	2:21:30	19. 3:45:35 BRISTY, V S
8.	3:26:48	COOK, I	2:24:16	20. 3:47:53 LOVETT, M M
9.	3:27:56	ANDERSON, S M A	2:23:09	21. 3:50:24 COOK, A M
10.	3:28:51	PAY, B M	2:22:12	22. 3:54:26 DRAKE, N A
11.	3:31:24	VAUGHAN, C H	2:19:59	23. 3:59:16 GILMOUR, J M
12.	3:31:53	BROWNE, D M	2:27:28	24. 3:59:24 HUMPHREYS, G M
				25. 3:59:32 EVANS, L J

164 women were recorded at the finish out of a total of 3233.

3204 runners were inside the 6:00:00 hours limit, and almost half (47.50%) in the period between 3:50:00 and 4:50:00 out of these.

The temperature reached a searing 29 C and the sun shone mercilessly all the way. There was no let-up for all the voluntary workers who attended to all the necessary duties for making the organisation function smoothly and who numbered close to 800. In addition, there were 213 members of Victoria Police on traffic duty as well as a large number of staff of the Frankston and Melbourne City Councils.

Among the outstanding performances were, of course, the winner, ANDREW LLOYD, whose steady rating of just over 17 minutes for every 5km in the closing stages shook off all opposition.

Para-plegic, FRED POINTER, 61st in 2:54:39 (30 km in 1:59:36, 20 km in 76:44) reached 40km in 2:45:00 and came up with an average of 4:07.5 min per km.

It says much for the sensible approach to the race and the sort of weather on the day by most of the participants that two thirds of the estimated 4800 starters made it to the Melbourne Town Hall. The outstanding example must surely be the squad of youngsters from OUYEN HIGH SCHOOL.

Four 14 year olds, 3 girls and 1 boy and 1 adult in the team finished in 5 consecutive placings commencing with 2679 and all within 6 seconds after 5:04:51, having stayed together at a comfortable pace all the way. In the meantime, three more experienced runners from their school had gone on to score third placing in the government and semi-government teams division, 2 adults and 1 boy of 15, R.J.ROBERTS who timed 3:27:05 for 411'th.

WOMEN RUNNERS SAY: AVON INTERNATIONAL WOMEN'S MARATHON, Waldniel, 22-9-1979.

Australia was placed third in the teams' result at the Women's Marathon in Waldniel, West Germany. More than 260 women started the race, representing 24 nations, the largest international women's marathon field ever assembled and 186 finished.

Australia was represented by three women from NSW : Elizabeth Hassall, 4th in 2:42:04, Susan Hill 19th in a p.b. 2:52:01 and Therese Bell, 33rd in 2:57:20.

The race was won by Joyce Smith of Great Britain, a 41 year old running in only her second marathon. Joyce recorded a new British and Commonwealth best for the distance with 2:36:27. That was the sixth best marathon time ever run by a woman.

Other placings were: 2.Kim MERRETT(US) 2:39:43 - 3.Carol GOULD(GB) 2:40:37 - 5.Beth GUERIN(US) 2:42:44 - 6.Gayle OLINEK(Can) 2:44:04 - 7.Gillian FILE(NZ) 2:45:21 - 8.Heide BRENNER(WG) 2:45:46 - 9.Vreni FORSTER(Swi) 2:46:17 - 10.Karen DOPPES(US) 2:46:38.

More than 10 000 spectators lined the course which ran flatly through the potato and sugar beet fields that surround the 1000 year old city. Although the sun was shining at the start and the temperature was a cool 16 C, by the midway point it had clouded over and a gusty wind developed to drop the temperature down to 10 0.

The order of the teams were: 1.Great Britain 8:06:06 - 2.U.S.A. 8:09:05
3.Australia 8:31:25 - 4.West Germany 8:34:47 - 5.Canada 8:50:24 - 6.Belgium -
7.France - 8.Holland.

It is interesting to note that Elizabeth Hassall since winning the trip to Boston for her first place in the 1978 Big "M" Melbourne Marathon, has received and accepted invitations to run in Winnipeg (Canada), Waldniel (WG), as well as competing in the Boston Marathon. She has since received further invitations to compete in Japan. Surely this is an indication of the rewards there are for the talented women who are prepared to adapt themselves to quality marathon training.

* * * * * Peggy Smith.

RUTH ANDERSON is a radiochemist from California, USA. Now 50 years, she is a former US national women's marathon title holder; she has run more than 30 marathons, which includes three 'Boston's'. She is also a pioneer in women's ultra distance events and capped her accomplishments in that field in July 1978 by running a 100 miles track race in a time of 16:50:47. - Below is her letter to Peggy.

My View Of The Road From London To Brighton .

The London to Brighton was a long wished for dream race for me. Something anticipated with such ardour is always "over" too soon. Of course, 54 miles seems "forever" during the actual running. The South Down hills were really there from 40 miles on, not that it was completely flat prior to these last 14 miles.

The traffic was as bad as it had been forecast, but the stiff breezes were not as stiff as they could have been. Foremost the weather was truly ideal: cool and overcast the entire way. The start was thrilling as Big Ben began tolling at 7 am. I was glad for my white cotton gloves and ski-type headband to ward off the early morning chill. The light fog afforded views of the Thames as we crossed Westminster Bridge.

Ralph Pfeffenbayer and Lyn Hillington were my first running companions. Brixton Church at 3 miles was reached very quickly, but Hazel Rider was there on schedule with my sweetened tea with lemon and E.R.G. mix, which I was glad to share with Pfeffie.

The next four miles seemed twice as far due to the heavy London traffic, which we thought would asphyxiate us, if nothing ran us over first. The scenery was non-existent so no diversion from that ! It became most important to have our aid every 3-4 miles in addition to the regular sponging stations provided by the race organisation.

Much to my great pleasure friends from Stafford-on-Avon were there to run along some way for company. My British "Pit crew"- the whole Rider family - really did the work of feeding as well as members keeping me company running also. My success was very much due to their efforts.

My scheduled clothes and shoe change at 33 miles took a bit of time but was such a lift I'm sure it was a good idea. Nothing serious was bothering me by then. The Nike Bermudas I had started the race with had been very comfortable past the 24 mile mark (3:10) with only a slight indication of soreness on the ball of my left foot, where the road surface was rough or sloped too much. Still, by 34½ (4:10) it was no worse, but changing to the Tailwinds at 33 miles felt so good my rate picked up (or so it seemed) making it to 40 miles by 6:14, and finishing in 7:46:16.

(cont. p.10)

London-Brighton cont.

Somewhere about 35 miles Lydia Kirk, a pretty slight young blond woman (looked 15) in her early 20's went sailing by me (having started 4 minutes late) looking so strong, it would not have surprised me if she could come close to catching Leslie Watson, the other British woman. Leslie was quite a way ahead, having given up her walk routine . (I had passed her at 4 miles to be re-passed by her a couple of miles further on - never to be seen again until the finish) This participation of women was the first allowed in the 29 years of this race. Dale Grieg had run over the course in 1976 unofficially, so I don't know what kind of time she did.

Five of us women started but the other British woman, Lyn Billington, was unsure how far she'd continue and Lyn Harris (US) felt she might not go the whole way either, which as it turned out she didn't. Lyn Billington completed nearly 30 miles. None of the British women had run further than the marathon distance until this race, making all their efforts outstanding, as this was a difficult course for a first "ultra". The more remarkable was Leslie Watson's time of 6:55:11 as just the weekend before she had run back to back (Sat & Sun that is !) marathons in 2:58 and 3:18. Lydia Kirk has been running about a year with a 3:06 p.b. marathon and 7:29:43 in this L. to B.

Of course, I was very happy with my 7:46:16 for 3rd place woman, but most of all to be so well under the cut-off time of 8:23 for an official time and certificate. It is my best ultra rate (the distance is listed as 55 miles 460 yds) as compared with the Marysville 50 miles time of 7:25.

So much attention to one's footplant was necessary due to the narrow space for running (only between the curb and a white line !) and the ever present fast moving traffic, much of the really pretty sights along the way were barely noticed. However the beautiful woodsey area near Pyacombe (Tailgate Forest) was appreciated and the gorgeous flowers and shrubbery all through Brighton. The "ocean" breezes from the straits of Dover were a fitting welcome to the coast, but the wharf itself and the arch marking the end of the race was the most thrilling of all I've ever experienced. The crowds had thinned out by then (the winner A.Kirik(US) having crossed in 5:32) but they made up for it in enthusiasm.

Tales of the men's competition filtered back to me. Tom O'Reilly had made a spurt of speed trying to shake the lead pack of 6 or so somewhere around 30 miles and only Kirik had kept his own pace. This may have been the cause of Don Ritchie's dropping out, although I'm not sure where that happened, but Tom paid the price for his tactic (or strategy) ending up some 18 men behind Kirik at the finish.

A record 141 started this 1979 race, 106 made it under the 8:23 time limit. The best part of the awards at the Old Ship Hotel was getting to meet more of the competitors' friends, support crews and organisers.

The most favourable receptions from everyone present to the women competitors was a marvellous finale to this historic event. All had evolved so well from the first exciting gathering at the Cheshire Cheese Pub on the Friday before the race. The atmosphere there had been one of such comraderie and good spirits in the traditional manner of the British, we all had to finish in the same grand manner.

The only part lacking was the nearly non-existent media coverage in Great Britain of this marvellous traditional event.

* * * * *

IN THE NEW YORK MARATHON the magnificent GRETE WAITZ had no problem in winning the women's race and becoming the first woman to dip under the magic 2:30, and by a great margin at that. She clocked 2:27:33 to clip almost 5 minutes off her old mark of 2:32:30 which she had established as a world best in the 1978 New York event.

You may not believe it, but this was her second marathon only, 1978 was her first !!

She did manage a visit to New York in between when she won a women's 10 000m Mini-Marathon from 5000 others in Central Park with a blistering 31:15.4

* * * * *

PEGGY AND JOHN SMITH are wondering if there is something special about one of the beds in their house. Last year Elizabeth Hassall slept in it on the eve of the "Big M" marathon and the next day was the first woman to finish.

This year's winner, Jane Kuchins, slept there the night before. John and Peggy will consider all offers for renting it out next year to any aspiring young woman, with view to winning the marathon.

* * * * *

When the name of the first woman to finish the "Big M" marathon was announced, most people asked: "Jane, who...?" The following interview will fill in some details. Jane rang me 3 months before the marathon looking for someone to go on some long runs with. Naturally, I was worried that she mightn't be able to keep up with the speedy 8 minute mile pace I train at. Somehow she managed, although it was somewhat disconcerting having her race ahead all the time and do stretching exercises whilst waiting for me to catch up.

Briefly: Name-JANE KUCHINS, Age-26, resident in Melbourne for 3 years, VMC member.

P: WHAT WAS YOUR RUNNING BACKGROUND BEFORE COMING TO AUSTRALIA FROM SAN FRANCISCO ?

J: About 4 years ago I was in the physiology and exercise class and we had to do a running program where the instructor tested us to see how fit we were, and then for 8 weeks we ran a 4 mile course. During the 8 weeks we recorded our pulses and times and that is what started me because I saw my heart rate go down and my times improve and I was one of the fastest ones in the class.

P: AFTER THIS, DID YOU RUN COMPETITIVELY ?

J: No.

P: DID YOU MEET ANY WELL KNOWN RUNNERS WHILE AT UNIVERSITY ?

J: At one time I did. It was unexpected. While on my 4 mile run I noticed this young woman and man running. I thought she is keeping a good pace, I should be able to keep up with her. About 20 minutes later I staggered in behind them when fortunately they had stopped. They came over and introduced themselves and I discovered I had been pacing myself behind Francie Larrieu. Francie was just coming back from a lay-off, so we did about a month's training together. She suggested that I meet her coach at U.C.L.A. but unfortunately pressure of study and work prevented me taking up the offer.

P: SINCE COMING TO AUSTRALIA HAVE YOU RUN COMPETITIVELY ?

J: I have just run in the Coke fun run and last year's "Big M", but only for fun with friends. I haven't run with any club or anything like that.

P: WHAT KIND OF TRAINING WERE YOU DOING AT THAT TIME ?

J: I was averaging about 30 miles per week by running every other day and played basketball and squash.

P: WHAT MADE YOU DECIDE TO START TRAINING SERIOUSLY FOR THIS YEAR'S "BIG M" ?

J: I always had a feeling I could do well as a runner, but I have never had the self-discipline to put enough training in. This time I decided that it would be a good time to train properly for a marathon, and I was fortunate enough to find people to run with.

P: WHEN DID YOU MAKE THIS DECISION ?

J: Late July.

P: WHAT DISTANCE DID YOU GET UP TO OVER THAT PERIOD ?

J: I gradually worked up to 70 miles for the last 4 weeks before the marathon.

P: DID YOU HAVE ANY PARTICULAR GOAL IN MIND THE DAY OF THE RACE ?

J: On the day I had hoped to do under 3 hours, but I would have been happy with just over that, because I realised that I haven't a very good endurance base yet. Once I got running and really felt the heat I didn't worry too much about my time, I just wanted to keep up a consistent pace and finish the race.

P: WILL YOU BE COMPETING IN INTERCLUB OR SOME OF THE VMC EVENTS IN THE NEW YEAR ?

J: Oh ! Definitely, I'm looking forward to it, now that I know I'm going to Boston I want to sharpen up with more competition. I've had one success and it makes me want to do even better.

P: HOW LONG DO YOU THINK YOU WILL BE STAYING IN AUSTRALIA ?

J: If you had asked me that question 3 years ago I would have said 16 months. I just take it year by year, as time goes on it gets harder and harder to leave, because I'm quite happy in Australia.

P: THANK YOU , JANE. I'M SURE ALL YOUR FELLOW VMC MEMBERS WISH YOU EVERY SUCCESS IN THE FUTURE WITH YOUR NEW FOUND SPORT .

1st ANNUAL MEDE-REKI MARATHON , FIJI , OCTOBER 6, 1979.

Dick Batchelor

Gabrielle, Kristina and I happened to be in Fiji at the same time as the Meda-Reki Marathon. Had it not been for my recent operation I would probably have taken part, but had it not been for the operation I would not have been recuperating in Fiji in the first place!

There was considerable pre-race publicity with large posters on display in shops, etc. These announced that Steve Austin and Jack Foster would be taking part. In fact, Foster was not present and Austin became the main focus of attention in the press.

First prize was the now mandatory (or almost) award of a trip to the San Francisco "Bay to Breakers" mass stampede. The next five finalists were awarded trips to the Hawaii Marathon. The first woman received \$ 100 and in case Grete Waitz wishes to protest about this lady's amateur status, it might be noted that she endured 5 hours 17 minutes and 52 seconds of 29°C heat to truly earn her money!

The race started in Suva at 6.00 am and attracted 142 runners. Steve Austin was running in his first marathon and it must have been a rather lonely experience as he won by nearly 22 minutes, crossing the line in 2:30:46. This was only 11 seconds faster than New Caledonian Alain Lazare's winning time in the South Pacific Games on the same road. Former Auckland middle distance track rep., Wayne Madden, who works in Suva, was second in 2:52:09 with one of Fiji's large community of Indian origin, Shri Chand Mushroom, third in 2:55:30.

Austin said after the race that he had never run in such hot and humid conditions and that the heat emanating from the asphalt and concrete surfaces affected his performance. He felt he could have run ten minutes faster in cooler conditions, commenting that he would like to run in more marathons but his main aim is to make the Australian team for the 5000m and 10 000m in Moscow. Austin added that if he makes the team, he will try the marathon too if they let him.

Other placings: 4.Tony Millard 2:58:48 -eq.5.Tony Dalton & Jone Kila 3:06:54 -
7.Randy Thaman 3:17:13 -8.Rohan Prasad 3:30:33 -9.Phil Allen(Aust)3:38:46 -
10.Paul Williams 3:39:13. 61 finished the course, last one in timed 8:03:36.

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THE ANNUAL 1 Hour Run MEETING . 7-10-1979 , COLLINGWOOD.

Fred Lester.

This regular feature on the VMC calendar of some years has begun to fade in its appeal, partly due to the proliferation of more tracks and consequently more running opportunities around the state and partly due to the establishment of a regular competition mid-week schedule by the Victorian Veterans. It seems that the original aim of the VMC to encourage more competition outside the interclub set-up for those not adequately catered for by it has been achieved and we need to re-assess the position anew.

As it was, there were only 7 starters for a 3000m or 5000m and only 5 interested in the 1 Hour. Apart from that it did not help to encourage people that the weekend was plagued with rain storms and boisterous winds. The abundance of Fun Runs and proximity of the Big "M" Melbourne Marathon may also have had an influence on the poor response.

Bryce DUNKLEY battled hard into the elements to record 16km 570m (10 M 521 y)
Ray CALLAGHAN (46) 15km 751m - Adrian VALLANCE 15km 19m - Trevor ROBBINS (50) 14km 423m.
Stan NICHOLLS (68), as usual, had his mind on the Age Record and with 14km 390m(8 M 16.57y) appears to have beaten the old world best for a 68 year old by 1km 309m.
Congratulations , Stan !

The 5000m, run under most unpleasant conditions, resulted as follows:

1.Tom CARSON 16:13.2 - 2.John ALLAN 16:13.8 - 3.John CLARKE 17:21 - 4.Jeff SHARAM 17:36
5.Peter ZAHARIAS 17:37.

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FOOTNOTE: When measuring 1 hour or 2 hour runs, the method used is to have a "marker" trailing each competitor by a few meters. On the final gun this marker fixes the spot where his charge touched down last at that moment. To allow for any margin of error, after measuring to this spot, 2 meters is deducted from the distance to put the end result beyond dispute.

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ULTRA-DISTANCE RUNNERS will have a chance to circle the new track at Frankston for just over 200 times when the Victorian Ultra Marathon Committee, a sub-committee of the V.M.C., conducts a 50 miler, probably on April 12 next year. This will embrace distances of 25, 30, 40, 50, 60, 75 and 80 km as well as the intermediate Mile points, for which record recognition may be sought.

The Australian Apple & Pear Corporation will sponsor the event and DON RITCHIE, the top World and England "ultra" man has been invited.

TEAM RESULTS , BIG "M" MELBOURNE MARATHON , OCTOBER 21 , 1979 .

A) ATHLETIC CLUBS: 1. WESTERN SUBURBS AAC , N.S.W. 32 points.

2.H.W.WEGNER	No.45	2:31:20
7.J.N.HEARNSHAW	No.50	2:37:38
23.P.L.LOCKYER	No.48	2:45:08

Equal 2. GLENHUNTLY-3DB No.1 and P.C.C. No.1 54 points.

10.E.R.SIGMONT	No.25	2:39:13	11.K.W.ROCK	No.14	2:39:39
12.P.ABEL	No.254	2:41:01	21.E.A.PAULIN	No.11	2:44:39
32.V.R.ANDERSON	No.24	2:47:48	22.R.W.BURNETT	No.120	2:44:48

4. PENINSULA ROADRUNNERS. 97 points.

6.R.J.SHILSTON	No.146	2:37:09
41.P.ARMISTEAD	No.150	2:49:57
50.D.B.SIMPSON	No.147	2:53:03

5. ST. GEORGE AAC , NSW 103 points.

16.K.E.TAYLOR	No.337	2:43:05
42.J.R.LEE	No.338	2:50:03
45.R.GRIEBLE	No.42	2:51:35

B) SPORTING CLUBS: 1. TUCKONIE , Vic, 1001 points.

254.G.K.HARRISON (3171)	3:16:06	327.L.J.JONES (3170)	3:21:37
420.J.R.OLIVER (262)	3:27:33		

2. MELBOURNE UNIVERSITY BOAT CLUB 1438 points.

157.K.B.TOLEMAN (292)	3:07:02	630.F.W.RICKARDS (5367)	3:39:16
651.P.E.M.PHILP (5368)	3:40:11		

3. DIAMOND VALLEY RUNNERS 2139 points .

86.J.L.SMITH (129)	2:57:46	570.I.F.J.ROBOTHAM (1603)	3:36:09
1483P.P.SMITH (1605F)	4:13:21		

C) COMMUNITY CLUBS: 1. GOJOG NSW 142 points.

1.A.L.LLOYD (172)	2:26:44	53.S.R.MCNEILL (348)	2:53:28
88.E.KRENKELS (170)	2:58:12		

2. BOGONG BOGHOPPERS 1248 points.

178.T.J.CORR	392.K.J.DEACON	678.D.J.CONDON
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3. HIREBOARD DIGGERS 1332 points.

24.S.J.POLLARD	618.B.D.HAMILTON	690.R.WHITEMAN
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D) BUSINESS HOUSES - WORK: 1. ANSETT AIRLINES No.1 551 points.

159.A.J.PLUMSTEAD	163.M.CROWLEY	229.A.R.DODDS
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2. I C P O T A 964 points.

100.A.G.SALTER	372.A.J.BOYLE	492.P.B.MCINTOSH
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3. QANTAS JOGAROO'S 997 points.

160.J.A.J.SMIT	202.R.C.LAUGHTON	635.B.J.MANNIX
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E) GOVERNMENT & SEMI GOVERNMENT: 1. PTC OF N.S.W. No.1 547 points.

152.J.D.BURCHETT	184.W.FLANAGAN	211.A.V.VISLLI
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2.COMMONWEALTH BANK no.1 646 points.

94.K.B.HEINECKE	231.B.W.HANLON	321.R.FISHER
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3. LIFE BE IN IT 953 points.

26.R.J.JAMIESON	441.B.J.BANNISTER	486.B.W.HARVEY
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F) MOTHER & DAUGHTER: 1844.C.A.BARKER (1835F) 20, ELWOOD , 4:27:05 (Only Finishers)
2021.M.R.BARKER (1834F) 47, ELWOOD , 4:33:33

TEAM RESULTS, BIG "M" MELB.MAR. cont.:

- G) FATHER & SON: 65.R.L.ORR (267) 25 , RINGWOOD , 2:55:22 855 points.
 790.T.V.ORR (266) 55 , RINGWOOD , 3:46:42
 323.D.D.KENNEDY (3436) 14 , WHALAN , 3:21:18 1072 points.
 749.D.G.KENNEDY (3435) 36 , WHALAN , 3:45:09
 129.K.P.DAVIES (2877) 22 , BENDIGO , 3:04:07
 1515.J.W.DAVIES (2876) 47 , BENDIGO , 4:14:27 1644 points.
- H) HUSBAND & WIFE: 141.R.D.YOUNG (310) 48 , BLACKBURN , 3:05:09 798 points.
 657.S.G.YOUNG (3739F) 49 , BLACKBURN , 3:40:31
 408.I.COOK (3189F) 32 , LANGWARRIN , 3:26:48 817 points.
 409.A.COOK (264) 43 , LANGWARRIN , 3:26:52
 447.B.M.FAY (3030F) 38 , E.MALVERN , 3:28:51
 787.J.R.FAY (3031) 40 , E.MALVERN , 3:46:40 1234 points.

I) SET OF TWINS: No Finishers.

<u>40-44:</u>	<u>MEN</u>	<u>WOMEN</u>
5.P.HANNAFORD (36)	40 , 2:35:30	366.MA.SMITH (4826F) 44 , 3:24:28
21.E.A.PAULIN (11)	41 , 2:44:39	763.W.S.REISTY (3079P) 40 , 3:45:35
25.L.G.WELLS (362)	40 , 2:46:00	1126.G.M.HUMPHREYS(1496F)40 , 3:59:24
43.T.J.SEYMON (319)	42 , 2:50:34	1482.A.CALLAGHAN(1621F) 42 , 4:13:19
45.R.GRIBBLE (42)	43 , 2:51:35	1483.P.SMITH (1605F) 43 , 4:13:21
<u>45-49:</u>		
33.H.vWIJNGAARDEN(381)	45 , 2:48:06	657.S.G.YOUNG (3739F) 49 , 3:40:31
111.R.MORGAN-MORRIS(265)	46 , 3:01:47	2021.M.R.BARKER (1834F) 47 , 4:33:33
127.G.W.KENT (359)	47 , 3:03:55	2347.C.C.MCKERR (1227F) 49 , 4:48:31
128.B.B.RYCROFT (284)	47 , 3:03:56	
141.R.D.YOUNG (310)	48 , 3:05:09	
<u>50-54:</u>	<u>MEN</u>	<u>55-59:</u>
133.R.G.SUTCLIFFE(112)	50 , 3:04:26	138.G.PERDON (392) 3:04:59
149.R.H.CROSBIE (290)	50 , 3:06:07	329.A.E.C.YOUNG (1695)57 , 3:21:41
179.A.J.BRIERLEY (354)	52 , 3:09:29	342.R.F.DECASTELLA(3254)55, 3:22:30
333.R.F.GREEN (3845)	54, 3:22:01	605.K.T.M.ROUTLEY(4016) 55, 3:37:58
372.A.J.BOYLE (117)	51 , 3:24:45	790.T.V.ORR (266) 55 , 3:46:42
<u>60 & OVER:</u>	<u>MEN</u>	<u>WOMEN (and OLDEST FINISHER)</u>
410.E.W.MCDONALD (8048)	60 , 3:26:54	3213.E.H.HARRIS (4078F)60 , 6:05:18
619.A.J.TOVEY (4207)	67 , 3:38:39	
873.J.W.BENNETT (4647)	64 , 3:50:17	
1000.R.A.SINGER (4085)	66 , 3:55:06	
1210.D.G.GAIRN (4218)	61 , 4:02:17	
<u>FIRST PARAPLEGIC:</u> 61.F.P.POINTER (3660) 34 , 2:54:39.		

* * * * *

BILL RODGERS had his fourth straight victory in New York, over a field of 14,000 runners and in front of an estimated three million spectators. He was "swamped" at the start and was in about 150th place coming off the Venaspano Bridge. At 7.4 miles Kirk PFEFFER, a product of Frank Chorter's Colorado 'stable', took the lead and by ten miles was a whole minute ahead of Gunther MIELKE(WG).Pfeffer hit the half-way mark in 63:52 and still led at 20 mile(1:38:10), but by now Rodgers was winding up and had closed to within 74 sec from the leader. Rodgers finally took the lead at 23 $\frac{1}{2}$ miles and won in 2:11:42, Pfeffer hanging on for second in 2:13:08, followed by GB's Steve KENYON (2:13:29) & Ian THOMPSON (2:13:42), Benji DURDEN (2:13:48) and Jukka TAIVOLA (2:13:59). Frank SHORTER, returning to form after operations, ran a steady 2:16:15 for 7th. -- (On Aug 25, Pfeffer won the Enschede, Holland, international marathon in 2:11:50.)

R.R.C.'s(G.B.) OVERSEAS EDITOR, JOHN JEWELL, writes that he reads our newsletter with great interest each time and had the following items for us in exchange:
 You may be interested to know that J.Record, who came from Australia to compete in our 24 hour track race at Crystl Palace, covered 142 miles 1614 yards, to be 2nd out of 17. Winner was D.Jones of Blackburn Harriers with 153 m 1143 y. Our press has an amusing story he told when he was presented with the Percy Cerutty Cup (presented to the RRC by Percy). He had been to Portsea from this country hoping that Percy would turn him into another Herb Elliott, but Cerutty had refused him !

TABLE 1. - Descriptive Statistics of Competitors in Victorian Marathon, Club Marathon, 1979*.

Variable	Mean	Min.	Max.
Final time (min:sec)	195:0	152:53	236:35
Age	35.7	15	52
Height (in.)	69.3	65	74
(cm.)	176.0	165	188
Weight (lb.)	149.3	118.5	196
(kg.)	67.6	54	90
Ponderal Index (non metric)	13.1	11.8	14.
(metric)	43.1	39.0	46.5
No. completed marathons	5.9	0	73
Miles run in April, May, June	551	150	1250
Percent sedentary occupation	87		
Percent completing 1st marathon	8		
" " 2nd marathon	35		
" " 3rd marathon	13		
Non-loaders	16 (26%)		
Partial loaders	37 (61%)		
Full loaders	8 (13%)		
Time taken (as % of total time) for last 5 km. (11.9%) of race.	Non-loaders Partial loaders Full loaders	15.0% 14.3% 13.3%	

*Temperature 11° C. Winds gale force. Conditions extremely poor.

Number competing (finishing) = 74

" responding = 65 → 62 finishers

→ 3 non-finishers.

FESTIVAL CITY MARATHON RESULTS • GAWLER - ADELAIDE 7-10-1979

1.Grenville WOOD	24	2:30:08	18.Tony WEAVER	28	2:56:54
2.Alan HANLEY	22	2:33:34	19.Henry EARLY	31	2:57:20
3.Robert BARNARD	26	2:33:51	20.William SMITH	35	2:58:15
4.Adrian WELLINGTON	29	2:42:00	21.John BANNON	36	2:59:11
5.Joe PETKOVIC	29	2:43:10	22.Michael GRANT	31	2:59:35
6.Dave MARTIN	33	2:44:32	23.Mark COOMBE	28	2:59:47
7.Iain DOBBIE	40	2:45:23	24.Roy SUTCLIFFE	50	2:59:57
8.Andrew BOTH	18	2:45:44	25.Jim STAMMERS	28	3:00:06
9.Trevor MITCHELL	35	2:48:20	26.Brian JONES	51	3:00:08
10.Tom MARSHALL	31	2:48:40	27.David COOKE	43	3:00:20
11.Peter JENNER	22	2:50:09	28.Craig MCPHEE	17	3:00:31
12.Phil AFFORD	42	2:50:12	29.Stephen GUY	25	3:00:45
13.David WALKER	25	2:50:38	<u>WOMEN</u>		
14.Lionel ROHRLACH	20	2:52:05	1.Robyn BROWN	26	3:28:24
15.Peter SPEHR	17	2:52:53	2.Anne MANN	24	3:41:15
16.Frank MOLONEY	35	2:53:26	3.Jennifer TREGASKIS	28	3:51:33
17.Phillip WALSH	29	2:54:42	4.Helen MORRIS	27	3:52:19
There were 695 entries, appr. 525 started, 164 recorded finishers.			5.Penelope DEMPSTER	26	3:59:45

There were 695 entries, appr. 525 started,
464 recorded finishers.

Weather fine, strong headwinds most of the way.

TABLE 3. - Averages for Six Categories of Final Time of Competitors in Victorian Marathon Club Marathon, 1979.

Final time category	2.30-2.45	2.45-3.00	3.00-3.15	3.15-3.30	3.30-3.45	3.45-4.00	Did not finish
Variable n	6	10	14	18	8	6	3
Percentage responding to survey	67	100	78	91	80	100	-
Final time (h:min.)	2:36	2:54	3:09	3:22	3:38	3:54	-
No. completed marathons	7.1	8.4	11.9	3.5	1.8	3.6	0
% completing 1st or 2nd marathon	16	20	35	50	75	83	100
Miles run in April	372	278	223	189	196	141	144
" " " May	417	292	227	201	215	160	147
" " " June (to June 17th)	195	138	104	113	114	115	75
Total miles April, May, June	984	708	554	503	525	416	366
Ponderal index (non metric)	13.34	13.19	13.05	13.03	12.92	12.96	13.65
" " (metric)	43.8	43.4	43.1	43.0	42.5	42.8	45.0
Height (in.)	70.5	69.5	68.9	69.3	68.4	70.1	71.6
(cm.)	178.3	176.0	174.5	175.9	173.3	178.3	181.6
Weight (lb.)	148.3	147.2	146.8	151.3	149.3	160.2	146.3
(kg.)	67.0	67.0	66.8	68.9	67.5	72.8	66.6
Age (y.)	28.5	33.8	37.2	37.3	32.2	42.1	37.6
Time (as % of total) taken for last 5 km. of race.	11.8	13.2	14.3	14.3	15.4	16.4	-

FOOTNOTE by Dr. John SUMNER : Thanks for answering the survey. I enclose the data for both VMC and VAAA marathons.

I've expressed P.I. (Ponderal Index) in metric and non-metric terms, it tells how lean you are. --- Regarding diet, I consider :

Partial-loaders take in high carbohydrate voer last few days - Full-loaders do the same after a 3-day depletion cycle

Non-loaders don't take on any extra carbohydrates.

TABLE 2. - Descriptive Statistics of Competitors in Victoria AAA Marathon, 1979*

Variable	Mean	Min.	Max.
Final time (min:sec)	182:55	134:44	258:12
Age	33.6	18	68
Height (in.)	68.8	63	75
(cm.)	174	160	191
Weight (lb.)	145.5	112	196
(kg.)	66	51	90
Ponderal Index (non metric)	13.1	12.3	13.9
(metric)	43.1	40.7	45.9
No. completed marathons	6.5	0	74
Miles run in April, May, June	702	180	1351
Percent sedentary occupation	89		
% completing 1st marathon	18		
% " 2nd "	15		
% " 3rd "	16		
Non-loaders	20 (24%)		
Partial loaders	43 (53%)		
Full loaders	19 (23%)		
Increased time (%) taken for 2nd half of race.	Non loaders Partial loaders Full loaders	14.3% 11.1% 7.2%	

*Temperature 14°C. Winds light. Conditions perfect.

Number finishing = 136

" responding = 96 → 94 finishers

→ 2 non-finishers.

NEW SOUTH WALES 50 Miles 7-10-1979 51 Starters. 42 Finishers Fine and windy.

1.Ziggy FERDERBAR	5:41:58	15.Laurie RYAN	6:55:01	29.Alan STAPLES	7:29:04
2.Bryce MELHAM	6:03:03	16.Robert JACKSON	6:55:01	30.Jim HENDERSON	7:32:10
3.Kerry HEINECKE	6:03:31	17.Ernie ELLIOTT(VMC)	6:56:02	31.Ashley WARNER	7:38:10
4.Gary BEALE	6:07:10	17.Bob SCHICKERT(VMC)	6:56:02	32.Bill LEWIS	7:42:15
5.Steve ANNUS	6:10:31	19.Mark McKEOWN	6:58:25	33.Keith BOIDIN	7:44:55
6.Don KEYSSECKER	6:20:08	20.Barry MASSINGHAM	7:01:24	34.Howard JONES	7:46:35
7.Peter BERRIG	6:24:04	21.Andrew ELKIN	7:04:02	35.Kerry DOWLING	7:50:00
8.Bob TELFER	6:38:54	22.Len WILSON	7:05:23	35.Eddie LYNCH	7:50:00
9.Peter GOULDING	6:39:59	23.Les HAYLEY	7:10:46	37.Russell BOND	7:54:40
10.Drago MARKULIN	6:40:41	24.Keith SWIFT	7:11:12	38.Ian HUTCHINSON	8:00:37
11.Tony VISALI	6:43:30	25.Brian WESTWOOD	7:19:30	39.Bruce BENNETT	8:02:23
12.Peter LOGAN(VMC)	6:47:23	26.Ron GRANT(Q'land)	7:20:05	40.Steel EVERIDGE	8:24:30
13.Robert MARDEN	6:53:00	27.Bob GOULD	7:27:50	41.John WALLACE	8:57:54
14.George JACKSON	6:54:10	28.A. POWYS	7:28:05	42.Bob MORGAN	9:01:18

From a letter to Peter Logan by Tom Gillis: "It was nice having you, Ernie and Bob up for our 50 miler. You all gave it a new life, not just with your running but with your sportsmanship and your friendliness. As you can see you won the teams' race, great work, mate!"

TABLE 4. - Averages for Seven Categories of Final Time of Competitors in Victorian AAA Marathon, 1979.

Final time category	<2.30	2.30-2.45	2.45-3.00	3.00-3.15	3.15-3.30	3.30-3.45	3.45-4.00	4.15-4.30	Did not finish
Variable n	12	16	35	17	11	3	0	1	2
Percentage responding to survey	92	59	74	59	65	75	-	100	-
Final time (h:min.)	2:23	2:41	2:50	3:07	3:20	3:43	-	4:18	-
No. completed marathons	8.4	9	5.3	8.4	3.4	3.6	-	0	8
% completing 1st or 2nd marathon	33	19	22	47	54	33	-	100	0
Miles run in April	366	319	288	209	198	170	-	160	83
" " " May	383	356	246	235	206	198	-	90	85
" " " June	272	245	187	164	150	178	-	115	120
Total miles (April-June)	1,021	920	721	608	554	546	-	365	288
Pohdernal index (non metric) (metric)	13.38	13.32	13.23	13.04	13.21	13.05	-	12.59	12.80
Height (in.)	70.4	69.4	69.7	69.4	69.6	68	-	41.7	42.5
(cm.)	178	176	177	176	177	171	-	174	173
Weight (lb.) (kg.)	146	142	147	152	147	144	-	161	150
Age (y.)	28.8	32.1	37.5	38.5	32.8	40.3	-	73	68.5
Time taken for 2nd half of race (% increase compared with 1st half time)	6.2	7.3	7.9	14.5	18.6	26.9	-	17	32.5

FOUNTAIN CITY MARATHON, HAMILTON, N.Z. 21-10-1979.

Lavinia Petrie.

Thursday October 18th, Ken Duxbury and I, winners of the VMC and VMAAA Marathons 1979, the latter incorporating the VMC's women's section in support of the first ever women's marathon championship, left for Hamilton at the expense of the VMC.

We were met at Auckland airport by Ken Wyatt, who was to be Ken's host, and driven to Hamilton where I was billeted with Diane & David Roger. Diane, as I subsequently found out, had been married for only six months and was formerly Diane Zorn who ran for N.Z. in Montreal, was in the World Cup team (Dusseldorf) and World CCC (Morocco). When we compared notes on Morocco we found that we had met in the market place there !

On Friday evening we attended a marathon clinic with one of N.Z.'s sorts medico's and Kevin Ryan (N.Z.'s top marathon runner until Dick Quax came up with a 2:09 in the US early October). The doctor wasn't very interesting but Kevin Ryan was very amusing. Those of you who know Kevin will also know what I mean when I say he was very natural and quite spontaneous. For example, when someone asked him if he did the carbohydrate loading he explained that he only did the good part - the last two days ! He has also done very well for himself during recent visits to the US when he was appointed N.Z. agent for New Balance running shoes. He is to take up a position in April in Boston promoting New Balance shoes and talking in schools, etc.

Well, the day of the race (Saturday) came and it was fine but windy. There were about 2½ thousand entries with about 50 of them women. The start had been moved from Porritt Stadium to Winstone Avenue and everyone lined up (supposedly) according to expected time -under 2:30-2:30 to 3:00-3:30-4:00 and over 4:00.

The leading group soon detached themselves from the field and waged their own private battle. Pre-race favourite, Fred Smith, from Owairaka, couldn't handle the pressure and faded to 3rd place in 2:19:59 behind Gerald Dravitski, New Plymouth, 2:18:05 and Chris Pilone, Lyndale, 2:18:32. The first woman was Judith Hine, New Plymouth, 3:01:54. Ken Duxbury was unfortunate to suffer an intense bout of Hayfever, forcing him to withdraw at 15km. (Apparently it was that stretch through the horticultural college which brought on the attack.) I was the fourth woman in 3:05:45 and was quite pleased with my performance as I had not been able to do the miles I had hoped to do beforehand. Unfortunately in the previous twelve weeks I could manage an average of only 42 miles per week. (I was cheered somewhat when I arrived home and found that no woman in the Big M ran faster. Admittedly the conditions were rather worse for them, but who records weather conditions when marathon times are quoted ?)

At the conclusion of the race, at Porritt Stadium, we were channelled into a huge army tent, smothered in a blanket and then given a T-shirt and hot and cold drinks, all of which were much appreciated. Presentations were made at a special presentation ceremony later that evening. They catered for 700 people ! The hospitality at Hamilton is really good and the atmosphere before and after the race is something different.

I would like to thank the VMC for the opportunity to run there and hope that one day, who knows, I may get the opportunity to go back again. - Further placings:

4.D.CURRIE 2:21:20 - 5.L.WALKER 2:21:57 - 6.J.GIBSON 2:23:04 - 7.S.BRENT 2:23:31 -
8.R.EDWARDS 2:24:29 - 9.B.BLACKMAN 2:24:33 - 10.S.THOMPSON 2:25:23.
First Aussie: 16.John GILBERT(Can) 2:27:38

I am still waiting for official results and other information to come in the mail.

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N.Z.WOMEN'S 4km ROAD CHAMPIONSHIP, Wanganui, 13-10-1979.

1.Lorraine MOLLER 12:48 - 2.Alison DEED 12:52 - 3.Mary O'CONNOR 13:02 - 4.Glenys QUICK 13:07 - 5.Diane RODGER (ZORN) 13:15 - 6.Debbie ELSMORE 13:26.

45 Starters, the first 10 were under 14 mins, only 5 were slower than 16 mins !

NAME TO PASTE IN YOUR HAT is June PETRIE, 3rd in the Vic High Schools u.16 800 & 1500m. 2:21.8 and 4:49.4 were her times. Somebody better get her skates on !

GOOD IDEA - Return trip to N.Z. for the winner of the 10km. I was unable to find out if they even run 10km on the track in N.Z., so would suggest that you find out more about this. I would also like to recommend that the winner would have to run faster than 34:30 to justify anyone going to compete, or at least some sort of qualification as a 37:00 or 37:30 is not fast enough to warrant international competition.

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FROM A BIG "M" MARATHON COMMITTEE post-race discussion: A: Maybe we should run the race back to front, next year ! - B: Gee, that'll be a bit hard, training for THAT !!

THE ULTRA-MARATHON COMMITTEE PLANS FOR the 50 Miles Track Race early next year are well advanced. The projected date is now either Saturday March 22nd or Sunday March 23rd. The venue will be the new all-weather track at Frankston.

Sponsorship has been sought to give the race publicity and pay for a visit by World top runner DON RITCHIE, who holds the present record of 4 hrs 53 min 28 sec in addition to the 100km (6:10:20) and 100 miles (11:30:51) world records. Australians invited to have a go are BOB BRUNER, GEORGE PERDON, TONY RAFFERTY and MARTIN THOMPSON.

Martin Thompson and his wife Linda are back from Britain after competing in ultra long distance events and Martin is negotiating with Don Ritchie for his proposed visit. Martin and Linda will be starters in the event themselves, both having very good times to their credit in runs of this nature. Martin has a 7:41:52 for 100km.

Bob Schickert and Peter Logan, members of the V.M.C. Ultra-distance sub committee, and Ernie Elliott recently took the team honours in a similar run in NSW (see elsewhere this issue). Bill Luke, Jim Crawford and Geoff Eldridge are also on the committee and making arrangements for sponsorship and invitations. Because of the limitations to a run on track the field will be kept to about 20 runners.

The aim of the 50 miler is to make up a strong field to give Ritchie and Thompson good competition, so all you experienced marathoners who find the distance a little short and commonplace are invited to taste a new experience. It sure is a different 'ball game'.

Contact PETER LOGAN on 697 66 25 or (home) 690 51 80.

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SYDNEY - MELBOURNE COAST RACE No.1

Bill Luke.

The event of my life is now past but indelibly engraved in my mind.

Not for one moment when I agreed to assist the Sydney runners in their challenge race to Melbourne did I foresee the mammoth task entailed.

Sponsorship by the Australian Apple & Pear Corporation and Carroll & Richardson "Hot Spa Tubs" to the total value of \$ 2000 and their eager support (worth another \$ 2000) was the first difficult duty. It took over 150 proposals in eight weeks to get results.

Media coverage for the runners was good considering the Football season. This response was assisted by the sponsors' activeness and extra advertising expenditure with 3DB.

The runners: Tom GILLIS(39), Don KEYSSECKER(37), Buck DILLON(53) and Wal McCrorie(49) all set out from Sydney on the 1059km Pacific Highway route ill equipped and without much concept of the mental tortures ahead.

Gillis, Keyssecker and Dillon failed to make the Victorian Border, leaving McCrorie on the 6th day with only a personal challenge to complete the course.

After 5 days of competitiveness and tension between all crews, McCrorie out of his hire car looked to me for further support and provisions which we secured from friends in Melbourne. McCrorie's run was nothing short of a miracle and I do not use the word lightly. I saw him close to utter exhaustion at Cann River at 2am miserably cold and wet. After 5 hours sleep in a minus-5 star hotel he rose to face another slow jog walk to Nowa Nowa. He pleaded with his 2 man crew for 100% concentration on his efforts to mend his wounds and help gain mental and physical strength.

I saw magic take place.

The caravan replaced his hire car, he was given food every 10 minutes, then 20, then 30, then 60 and as his body used up the energy giving food he gained strength, he decided to jog and use all his energy on curing his raw foot pads. This all worked because of his POSITIVE MENTAL ATTITUDE and the slow trip into Melbourne gave McCrorie and his crew the chance to rest before facing the media, giving the sponsors a return for their investment.

This run highlights what I have regarded as an adventurous life, it has given me a totally new look at life and if anyone gets the opportunity to meet McCrorie and gets through his Scotch bulsh they will find a Mr. Magic.

McCrorie started with a drinking problem in 1975, fun runs in 1976, 3 marathons in 1977-78, 100 miles race in 1979, but his amazing survival comes perhaps through past hardships, a police career and army training and discipline.

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BITS N' PIECES: N.S.W. served notice that it is no spent force in distance running by taking the first three places in the "Big M". Although the top Vics pulled out due to the heat (and the proximity of Fukuoka), the field contained some classy performers such as recent National titleholders Jim Langford & Vic Anderson. Other NSW runners to perform well in recent months were Rob McDonald and John Stanley, the latter placing well in several overseas marathons.

TRAINNING NOTES:CONTROL, THAT'S THE NAME OF THE GAME!

Fred Lester.

From time to time, and in the past two issues in particular, the VMC Newsletter has carried articles based on scientific research and personal experiences in relation to conditioning for marathon running and effects derived from participation in running hard over long distances. In addition, there have been detailed result lists of major races throughout Australia from which anyone interested could trace individual case histories in the ups and downs of the figures obtained.

Now, the recent Big M Marathon makes a particularly good example because of the extreme conditions that prevailed and so put the question of adequate preparation in conjunction with controlled running into much sharper relief than is possible under more average circumstances. The important thing to realise is the interplay of the many factors at work no matter how much or how little they may make themselves felt.

The most important (and decisive) factor for the rate of the individual's progress during a race is his/her physical (running in this case) fitness and correct assessment of its level. Wishful thinking, illusions of grandeur, status ambitions and exhibitionism must be thoroughly relegated into the background or they will seriously undermine your judgment with consequent loss of control as the pressure mounts.

Next you must consider the purpose of your race, the actual aim you are pursuing in taking part. Is it seen as a conditioning race, as a time trial, as a match against some particular opposition or just a run without any aims? Without having any purpose in mind you will certainly lose concentration and determination when the pressure is beginning to mount, say approximately two thirds through your race, and the longer the race the more persistent that pressure becomes.

The outside factor of weather conditions, cold, heat, wind, rain, etc., must also enter calculations to help your assessment in how to tackle the race before you and often even necessitates re-assessment during the race. If you have set a schedule for one set of circumstances it is foolish in the extreme to persist with such schedule when circumstances are changed from the expected, you commence your race without a chance of retaining control. The experienced campaigners in the Big M wisely set themselves a much lower target in the face of the hot conditions and strong sunshine, on the average times were 10 to 12 minutes slower. Those who tried to ignore the conditions faded badly.

Possibly the most difficult of all to obtain, it may take years of constant attention, is an economy of action to suit your own individual requirements. There are such matters as stride length, stride frequency, posture, co-ordination of arm swing, foot plant, breathing and some others, all of which go into making up what is generally referred to as 'style', the composite action that is best for YOU.

There are quite a number of other ingredients which fulfill a purpose in rounding out your ability to function as an efficient runner, but they are mainly derivative from basic features already mentioned.

The one feature which tops it off for getting close to your ultimate in achievement is the development of a sense of timing, the rhythm at which everything comes together best for the particular task in hand, or shall I say foot (?). Everyone has their own particular and individual rhythm for optimum efficiency at any given speed or, if you like, intensity of effort. The important thing to understand is that for every different event, according to the speed and effort required, each individual must adapt to the own personal rhythm best suited to the event in which he/she competes.

This may seem an awful lot of considerations to put in front of anybody at the one time. Don't despair, just pick out those aspects which you feel are lagging behind in your overall development and try to improve them. After that, re-examine your progress as a whole and sort out those aspects which may need more attention then and bring them up to a better standard. Just working at the one or the other haphazardly without having a thorough look at where you are overall, while not altogether a waste of time, is a most inefficient and slow way to make progress.

You must realise that to a large extent each movement, each action, does not operate in isolation from the rest of your body. There is an interdependence of all parts and actions where excessive weakness relative to other parts of the body will not allow you to develop any further until you at least partially remedy that imbalance.

There are differences and there are similarities between all the distances we tackle, whether track, road or crosscountry. We need to develop and use our faculties and rhythms (I use the plural advisedly!) for each and everyone of these events if we want to do well, assess our fitness and prevailing conditions and control our running accordingly.

FALLS CREEK . I LIKE IT !

Marcus Clarke.

Distance runners have always sought a "magic" training formula to improve their times and enable them to compete with the best. Many formulae have been tried with success : L.S.D., intervals, the hard-easy method, fartlek and hill running. But for every one champion who succeeded under a particular system there have been thousands who have not.

In recent years, high altitude training has emerged as a formula tried with considerable success. High altitude born Kenyans have been impressive in the Mexico and Munich Olympics. Europeans Lasse Viren, Juha Vaatainen and Gaston Roelants have trained at altitude prior to their successes on the track. In the U.S., Frank Shorter has spent years training at altitude in the Colorado Mountains.

I first experienced running at altitude in 1968 at the French training camp at Font Romeau in the Pyrenees, 7000 plus feet (2100m+) above sea level. My father spent some weeks there preparing for the Mexico Olympics to race against a few who had spent their lives at that altitude.

Recently, I have taken to Falls Creek with some other athletes who have experienced recent success from altitude training. Steve Foley with a 3:37 1500m and Swiss runners Markus Ryffel (13:13 5000m) and "Bruno" (8:26 Steeple). At first exposure to rarified atmosphere you experience considerable tiredness. A run takes more out of you than it does at sea level. But there is something in the air that makes you want to run. At the first few steps you feel fresh and eager to quicken the pace. A few minutes into a hill and you are gasping for air.

Athletes can profit from the benefits related to the increased efficiency of the blood. The stress of running in conditions of less oxygen re-makes the red corpuscles, causing them to be replaced by more efficient ones. The effect persists on return to sea level. There is a danger of over-exerting yourself at altitude. The result is what is referred to as "altitude sickness", a feeling of fatigue, weakness, headaches, nausea & diarrhea.

Each day includes two training sessions: one recovery run of 5 miles(8km) and another longer run of between 8 and 18 miles (13-30km). Nevertheless, ample time remains for eating and sleeping. For Steve this is time to tuck away his six bowls of muesli and spaghetti.

There are benefits to be gained from altitude training. However, the exact effects of altitude training remain uncertain. What is the optimum level ? How long should one train at altitude ? How long do the effects last ?

Whatever the benefits, Falls Creek has a good running atmosphere : clear air, scenic views and quiet mountain sides without the unbearable heat of the Australian summer.

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THE FIRST EVER WOMEN's 10km AUSTRALIAN CHAMPIONSHIP went to Lynne Williams only one week after she made a successful bid for the Crosscountry Title which had eluded her for 7 years. Lynne is undoubtedly very fit and her win in the 10km in Perth was only to be expected. A gallant effort by Joan Cameron brought second place 1 minute behind Lynne, and Jenny Ganzevoort, a 12 year old from NSW beat Vic's 'Old Lady' Lavinia Petrie(36) by 25 secs.

Lavinia, incidentally, not being selected in the Vic team for the 10km, decided to get herself over there. So she drove, accompanied by her 3 children, the 7 000km round trip from Melbourne to Perth and back. The trip took 5 days on the way over - June and Lavinia ran the National Crosscountry 2 days later, where June placed 11th in the Juniors and Lavinia ran 26th in the Open. They had a week's holiday in the caravan park and then took 6 days for the return journey. The car, a Mazda 808, behaved perfectly, no problems whatsoever. They arrived home on the Friday evening. Sunday morning went to hop into the car to drive to the Superun and guess what - flat battery ! Had to be replaced on Monday. Lucky !

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MORE BITS N' PIECES: The MONTREAL INTERNATIONAL MARATHON on August 26 also saw some great running. Former European & Commonwealth Champion, Ian Thompson(GB) led for 25km until passed by Dave Chettle and two Ethiopians. At this stage, Bill Rodgers was fifth but shortly afterwards was passed by Chris Wardlaw. After 32km it became a two-man race between Kebebe Balcha(Eth) and Chettle, with Wardlaw easing into third place ahead of a galaxy of talent : Kevin Ryan(NZ), Rodgers, Thompson, Tony Simmons(GB), Brian Maxwell(Can), Richard Mabuza(Swaz), Tom Fleming(US), Jack Fultz(US), etc.,etc. Balcha eventually shaded Chettle by six seconds with Wardlaw a great third. Chettle finally disposed the notion that he can't run fast in the heat and also provided a memorable quote. Asked had he heard of Balha before, Chettle replies: "No, but I've heard of Ethiopia !"

1.Balcha 2:11:35-2.Chettle 2:11:41-3.Wardlaw 2:13:52-4.Ryan 2:14:56-5.Szekeres(Hun)2:15:13
6.Thompson 2:15:24 - - - 16.Len Johnson 2:22:28.

ROBERT BE CASTELLA - AN INTERVIEW

Nick McGuigan.

(Editor's preface: It is rare to be faced by a quandary such as posed by this outstanding interview, both in depth and in quality, when deciding how best to fit it into the limited space of our Newsletter. In the end, after a lot of thought and discussion, I have taken the step to issue it as a whole in spite of the extra cost involved as I feel that not publishing it in this way would seriously detract from its impact and importance. Nick and Rob have done a great service to the distance running community by giving us this transcript of their recorded interview.)

N: How old are you ?

R: 22.

N: Height ?

R: 5' 11". (1m80)

N: Weight ?

R: Fluctuates a little bit - around $11\frac{1}{4}$ stone or thereabouts (71kg). It gets down to 11 (69kg) and is sometimes $11\frac{1}{2}$ stones(73kg).

N: That's a bit heavy, isn't it ?

R: It's pretty heavy for a distance runner, yes. I've noticed in the last year or so, I've fined down a bit. I seem to have lost a bit of body fat and muscles have become more defined, but I haven't lost any weight at all.

N: When did you start running ?

R: I started running at school back in about Grade 6. I suppose I would have played football and the other normal sports if I were any good at them, because I wasn't sensational, struggling, and so I didn't really enjoy them. I started running early in the morning with the old man. He used to drag us out of bed.

N: He was a keen runner ?

R: Well, he was just starting to get involved in it himself then. He used to do those 5BX exercises. He used to go out on a 2 mile circuit in the mornings. He's always been conscious of physical fitness and he really started me running. I suppose even before I started doing it at school. I used to jog in the morning with him and that's probably where I started to get involved. Because I started that little bit earlier I was always that little bit ahead of the other kids at school and therefore ran pretty well in some of the school races, and because I got a little bit of success out of it I kept it up.

N: And you went on from there to run in school races ?

R: We ran inter-school Crosscountry races, which in those days were probably my best races. I was always finishing in the middle of the field in the late sixties. I think my best race was when I finished 36th or 37th.

N: What age were you about this time ?

R: I would have been about 14 Or 15. That continued through to about Form 2. That was at Xavier Preparatory School. Then, at Form 3 level I went over to Xavier Senior School, where I got in with Pat Clohessy and started to do running with his group. In those days the group consisted of Tim O'Shaughnessy and Tim Kelly and a few runners who have now disappeared from the scene. Pat had a very motivated group of runners in those days and still has at school. I persisted, training with them on a regular basis, just training after school and doing the type of things Pat would have us do. Runs ranging from 10 miles down to about 4 or 5 every day of the week.

N: 10 miles(16km) is quite a long way for a young kid ?

R: That would be the longest run we'd do, but that would be just once a week.

N: On average, how far would you have been running each week ?

R: I suppose I would have been running 45-50 miles (72-80km) per week.

N: Did you do any other form of sport ?

R: Not really. At that stage I still might have played the occasional game of football at school, but nothing serious. I'm not sure, I think I might have been too scared to play footy. You've always got to go in hard and I think I may have been a little too cautious.

N: How did you go on from there ?

R: Well, I suppose when I first started running with Pat I would still have been finishing in the middle of the field, not running sensationally, always just plodding along. Mainly because I was pretty consistent with my training in those days was one of the reasons why I improved. I started to place a little bit higher. My big improvements came in the winter season. I think I've always enjoyed Crosscountry, more so than track. During one winter I think I improved running from 10's and 20's

Robert De Castella(Cont:)

to winning races or coming second. That started to happen pretty quickly. The transition was quite rapid over a winter season. Then, as the seasons progressed, I was always winning the school Crosscountries. It got to the stage when I was winning them by over a minute from the second placegetter.

N: At what age were you at this time ?

R: That would have been during the under 16 competition to Open competition, because there were no intermediate age groups. I was about 16 or 17.

N: The age groups in these school fields - what did they range from ?

R: Under 13 is the lowest grade which has become very popular during the last few years - 11,12 year olds. Then there is the under 16 grade, which is everybody up to 15. The senior group consists of athletes from the age of 16 to about 18 or 19.

N: So, for a 15 or 16 year old there was a good deal of tough competition ?

H: Yes, there was, but not so much in the APS competition as in the higher more competitive All Schools and the Victorian Championships. It was very competitive. At times I noticed that I'd go from winning school races fairly comfortably and easily but really had to battle out the more open races.

N: At what stage did you start to run open competition ? What was your first major non-school event ?

R: Pat's always encouraged his runners to not only look at the small pond of schoolboy athletics but also the much larger field of Victorian athletics, even national athletics. It's probably a mistake of most coaches that they tend to get their kids to peak for just the school competition and once they leave the school there's nothing for them. Pat's always highlighted the importance of open running and the stages through the schoolboy season when there was a clash between a school race and a Victorian Championship, he'd always encourage his good runners to run in the latter even though the school might suffer. Another interesting thing is that a lot of the runners I used to run against in the Victorian Championships in those days have just disappeared from the scenes now. Fellows who used to beat me quite convincingly , really beautiful runners.

N: Is there any reason for this ? Did you meet any of them subsequently ?

R: I've met a couple of them since. One in particular who I tried to get back into running, get him enthusiastic again because he had incredible potential, Gus McDonald. I mentioned how I enjoyed my training and he said "What ? You enjoy it ?" He'd never enjoyed a training run in his life ! He always had the feeling that if you were not pushing yourself as hard as you could, you couldn't get any benefit from it. He couldn't comprehend. He held the old principle 'To train without pain is to train without gain", which is absolute nonsense, I think.

N: You think this just finished him ?

R: I think that's probably one of the reasons. Once you get out of it it's very hard to make up lost ground and a lot of them, after experiencing the taste of victory and the pleasures of winning, realise that for a couple of years they may have to be satisfied with mediocrity. I'm always happy that I have been through the mediocre performances, finishing in the middle of the fields, running pretty hard and not getting anywhere, having people fly past you over the last couple of metres. I can always relate to that.

N: What sort of track events were you doing at the time ? You say you didn't like track.

R: After running Crosscountry I would always look forward to the track, mainly because it was a different type of activity. I was running 1500's and 3000's on the track. I think I might have set a couple of school records. Later on in my schoolboy career I went on to set a couple of National Junior records, which were pretty satisfying. I'm not sure why I sort of disliked it, but just didn't get the satisfaction I got from Crosscountry. Maybe because I found it a little bit monotonous, running around a track as compared with running out in the fields, up and down hills. I found it more enjoyable.

N: What sort of tracks did you run on in those days ?

R: The Xavier track was a grass track with a cinders base. It was very well kept. We did a good deal of racing and training on it, and several races at Olympic Park which was a rubberised bitumen track.

N: That would be quite hard ?

R: Well, that used to be the ultimate - Olympic Park rubberised bitumen ! It was sensational ! Now we avoid them.

N: You eventually left school, and I imagine there was a period of adjustment going from the top of the pile to atleast, well, half-way down the pile.

R: Well, my last couple of years at school, I was running well in both Crosscountry and also on the track. Pat tried to get me more involved in the Victorian athletic

Robert De Castella(Cont:)

scene and he started training me with Chris Wardlaw and Hugh Wilson at the MCG a couple of times a week. It was a fairly gradual process which Pat had worked out. It was very well planned and worked out really well because instead of getting to the end of my schooling years and then nothing - a complete change, I almost already had one foot in the door. I knew a little bit about what to expect and it wasn't as great a shock to me. After I left school I went to Monash Uni and luckily Chris was there as well, with quite a few other athletes out there, and again I moved from one social scene, the schoolboys athletics at Xavier to the other one at Monash. We used to meet at lunchtimes, have lunch and talk athletics.

N: This was a social scene around athletics ?

R: Yes. The social side of athletics has always been a major part of my athletics career.

N: Now, perhaps you could tell something about the training you were doing at this stage ?

R: Well, at school our training mostly revolved around a long run on Sundays. We'd go up to Ferny Creek. Pat would pile us into his car and drive us up there.

N: Even at this stage you were going up into the hills, were you ?

R: In my last two or three years at school we were going up there on Sundays. We'd be doing about 13 miles(21km) through the hills, fairly comfortably, maybe running one or two hills strongly, but the rest at a nice leisurely pace. On Mondays we would follow it by a fairly relaxed run so that we could absorb the run we did the previous day. On Tuesday we'd often do a hills circuit, which was pretty close to Xavier. It would consist of about 3 or 4 miles(5-6km) warmup to get there, maybe 6 or 8 hills. The hills would have been about 150-200m long. The whole hills session would total about 2 miles(3km). Then there would be a run of a couple of miles back to school. That was a pretty solid session. The Wednesday run would be a fairly relaxed one to absorb the hills session. On Thursdays we'd start easing down for the coming Saturday when quite often we would be competing. We might just do a track session, a sharp short track session, a couple of 200's or 150's, walking about the first 100, recovering jogging into the 150, running the track pretty hard. Then we might do six repetitions of that and a two or three mile warm up and down before and after. Fridays would just be four miles(6km), if at all. Quite often we'd take Friday off altogether and compete on Saturday.

N: Did you compete every Saturday ?

R: Almost every Saturday, yes. The schoolboy season seems pretty well structured for competition every week.

N: Did you find yourself very tired at the end of the individual season ?

R: Well, not really. Quite often I'd find that as the season progressed I was getting fitter and fitter and I think the races contributed a fair bit to my training in general. I would be able to absorb the races themselves and therefore be able to build on them for the following week, and I'd always be running better and better as the season wore on.

N: At this stage you started moving away from school. You joined a club ?

R: Yes, I joined Glenhuntly when I was about 18 or 19. Before that I was always running with Old Xaverians, a schoolboy club just competing in B Grade. It wasn't until I was 18 that I thought an A Grade club would benefit me athletically.

N: You were running B Grade each week, doing quite well ?

R: Well, during the Crosscountry season it doesn't really matter who you're running for because everybody is in the same race. During the track season it is a little bit different because you're at different venues and you can only compete against your equivalent Grade. Because my track season needed something to develop it, we decided to join Glenhuntly and get some A Grade competition, which probably helped quite a bit.

N: And you've been running A Grade ever since ?

R: Yes, except when there's 800's on. I can get into C Grade only then.

N: When did you start inter-state competition ?

R: My first inter-state Crosscountry was in Perth, I think it was in 1974. In that race I finished second in a Junior race to Tony Bart and I was a year younger. I was 17 then running in an under 19 competition. The following season I was in Melbourne and I was sick. I came down with the flu during the week of the Crosscountry and was unable to compete. The following year I competed in the Junior Crosscountry and I won that quite comfortably from a couple of other Queenslanders, Gerard Barrett was third or fourth. That was one of my very good runs for that year. The Crosscountry course in Adelaide was very hilly. The next year was the Tasmanian Selection Trial for the World Crosscountry in Germany. I finished third in that which was my first

Robert De Castella(Cont:)

senior Crosscountry competition, and this heralded my progression from Junior to Senior. I was very pleased to be able to do so well, from being a winning Junior to placing as a Senior.

N: What year was that ?

R: That was 1977.

N: Did you go to Germany ?

R: Yes, I flew off to Dusseldorf. It was my first international trip. I might have been a little bit young to appreciate all the things that were happening. I appreciated a lot more just recently in Ireland. It was very eye-opening, all the aura that surrounds going through a new country, where language is different and everybody's different, and also competing against the best runners in the world. All that might have been a bit much at that age. I still absorbed a lot from it.

N: How did you do ? How do you rate your performance ?

R: I was a little bit concerned before I went away, because I wasn't running that well, but once we got over there, I ran pretty well. I finished 37th in the World CCC and I was very pleased with that. Although I was as crook as a dog after it, while all the others were out socialising. I couldn't even celebrate. It was one of the worst experiences of my athletic career. Some German doctor tried to give me a suppository and Pat was trying to tell me you had to swallow it ! A great big thing about this size ! Pat was our manager over there, which was really good because it made the transition from Australian athletics to international athletics very comfortable.

N: Pat did a great deal for you all ?

R: He's very good with the whole team. He understands open athletics and many things that athletes experience, which I think other managers could learn from, especially Olympic managers. They don't seem to realise how mature an attitude you have to have just to be able to get to the stage where you're competing in the Olympics or competing internationally. They take it upon themselves as their own crusade to make sure that you perform well, when really they should just be there as someone to help you if you need help, and more of a steady influence rather than an instructing influence which many of them try to be. Pat's always there when you need him. He's always the same - very stable.

N: When you returned, did you find any difference in your performance ? Due to the overseas trip ? Did you go on to bigger and better things ?

R: One of the big things that we did notice after competing overseas was how fast everybody ran at the start of races. Quite often in Australia we'd start our races at a fairly leisurely pace and pick it up until you're running flat out over the last bit. Whereas over there, as soon as the gun goes they're racing at about 60 sec 400m pace and half the time they don't even slow down. They just keep on going at that pace, which was an incredible experience really because you get to the World Crosscountry and it's just different from any race in Australia. That was one of the reasons why I was so crook afterwards. I went out so fast and ran so hard all the way that by the time I got to the finish I was completely knackered. I'd had it !

N: Did you try out these tactics ? Did you bring this style of racing back ?

R: Yes, in quite a few of the races that we had locally, the Victorian Championships and Crosscountries we'd always go out a lot faster, competing with each other for the whole race rather than just the last half mile or mile.

N: I've noticed the starts of lots of Crosscountry races have speeded up an awful lot. Well, this is good as it brings us in line with the rest of the world.

R: You also get to know what to expect the next time. As soon as the gun goes, you're not sort of jogging off, while everybody else is half-way round the course.

N: Courses: They're different, I think, from courses out here. Do we just naturally run over different courses because of the difference in our terrain, or is it a different choice of courses ?

R: Well, in Australia we have quite a deal of variety in Crosscountry courses. The first World CCC in Germany was run on a race course. It was very fast. It was about a three or four lap course with a couple of jumps, small jumps, each lap, a section of about 20 or 30m of sand. It also had a lot of sharp corners and had very few hills at all which made it a very fast course, and a very hard course because the very sharp corners mean that you have to slow down going into them and accelerate going out of them. The variation in pace makes it pretty tough. The latest one in Ireland was on a race course again, except it poured for 48 hours prior to the race. As a result it was just a complete quagmire; running in ankle deep mud was a new experience completely, which I never want to experience again. It was just misery. They're two completely

Robert De Castella(Cont:)

different types of courses and it's still one race. It's still the World CCC. What are you supposed to aim for in Australia? I really feel we should have a greater variety of races. We should have some out and back type races on fast courses, other out and back on fast, hilly courses. Also four or five lap courses fast. Also very hard ones.

N: There's one thing I've noticed. The courses have diversified somewhat. This year with Warragul, which I thought was a brilliant course. Has anybody been making suggestions in quarters?

R: As we become more experienced in international competition, we are becoming more aware of the types of races in which our athletes will compete and want to prepare them adequately to compete well over there. It is natural that we want to adapt our courses to suit, but as you say, the courses this year have been good. The Crosscountry trial was, for instance, out at Sandown Race Course over a fast and pretty flat course and then again you had the Crosscountry out at Warragul, which was very muddy and fun. (laughter) I can say that because I won it. (laughter)

N: You didn't end up in the last ditch like I did!?

R: No. I was lucky.

N: I think in the same way, the same attention should be paid to tracks, the low quality tracks in Australia.

R: It's improving gradually. I think when you realise that they cost so much to set up - something like a quarter of a million Dollars or thereabouts - it's pretty hard to finance.

N: When you came back from Germany, what sort of racing were you into then? Were you still doing a lot of inter-club?

R: Yes, we would have come back at the end of March or April and we would have been just getting into the Crosscountry season over here. So we would have come from Crosscountry season to a Crosscountry season. I think that was when we put into practice much of the racing technique, like going out hard, sustaining a pace in the races here. The Crosscountry season led onto the track season which, to me was not really successful. I was running fairly well, but not up to my potential.

N: Do you feel that being slightly out of phase with Europe had something to do with it?

R: I don't think so. I don't know what it was, whether it was a hangover from all the blisters and things I used to suffer.

N: You suffered a lot from blisters?

R: Yes, a couple of years back it was very painful. I'd go into races and after the race my feet would be a mass of great blisters.

N: Have you got a cure?

R: Yes, you don't run. (laughter) Actually, that probably is the best cure, because once your feet get badly blistered and you're racing every week or every second week, they just don't get a chance to recover. You're always running on very sensitive skin, and as a result they just do it again. It's not until you have a period of a month or two when you give your feet a good chance to recover.

N: You still train but don't race?

R: Yes. In those after I'd raced on the Saturday, I'd hardly be able to walk on Sunday and Monday. I'd go out for a run, a shuffle, out on the ovals at Xavier's, running around on grass. The first couple of miles would be pretty painful and then after that, they'd just sort of go numb and I could run on them. I think I might have been a little bit cautious about track races in those days.

N: What sort of training were you doing at this stage?

R: Pretty much the same type of training that I'd been doing all through the winter. It didn't vary greatly. We'd tend to keep much the same type of thing going all through the year. One track session. During the track season we might step it up to two track sessions a week. Always a long run at Ferny on Sundays. A fairly long run midweek on a Wednesday.

N: So you've been doing virtually the same since you left school?

R: Yes. Except I've been increasing the mileage and increasing the intensity.

N: What sort of average mileage are you doing each week?

R: Now, I'm doing about 130 miles (210km) a week. After the German Crosscountry I would have been doing maybe 100 or 90 (160 or 145km). In the schoolboy days I would have been doing about 50 miles (80km) a week.

Robert De Castella(Cont:)

N: So proportionately you're doing the same, but you've just expended the mileage ?
R: Yes.

N: So you didn't have a very good season when you came back from Germany ?

R: It wasn't as satisfying as I thought it could have been. For instance I haven't run a PB on track since I was a Junior, since I was 18. A set Junior records at 10 000m, 5000m and 3000m and , at present, they're still my best times.

N: You virtually haven't improved on the track since those days ?

R: Yes, that's right. During the winter season I've been improving and placing higher and higher, getting better and better, but it might be because my Crosscountry in the winter has been very intensive and when the track season comes I take it as a bit of a break, I tend to just participate. I really don't know why it happens.

N: After a couple of years you went over to Ireland, in 1979. Could you tell us about it?

R: In the 1978 winter I was starting to run well. I won a couple of good Crosscountry and road races - City to Surf, a couple of fun runs and peaked by the National CCC in 1978 up in Sydney. I ran very well up there and was very pleased. I beat everyone else who I had been following for quite a while. After that we had another track season,(laughter-pour another wine, Nick!) which was followed by a Crosscountry Selection Trial at Sandown. I finished high enough there to get into the WORLD CCC for the second time. We went over to Ireland this time. I think the trip to Ireland affected me a lot more than the previous one to Germany. In a couple of ways - I was very much more aware of the international athletics scene and who was running well. We got over there and the first couple of races we had were really non-races. The first one was down at Waterford, Ireland. This was just a local race and it virtually turned out to be a race against the Australian team, which was still very competitive with the top 9 distance runners in Australia. It was just like an Australian Championship. That led up to the World CCC which was in Limerick, that terrible quagmire of a race I'd mentioned earlier. I didn't run very well. I finished 62nd, which was a little bit disappointing. I think I should have finished a fair bit higher than that, just unfitness.

N: The conditions beat you?

R: I think I'd have to put it down to conditions really, because for the couple of weeks preceding the World CCC I was a little tired in training and wasn't really flowing and firing. I was a little bit flat. After the Crosscountry I started to train well, I was starting to run really good track sessions. We went down to Italy for the Cinque Mulini, a big race they have down there. We stayed there a few days before the race and we did a track session and I was running very well. In all of the training runs there I was really flying and firing and I was looking forward to the race on the Saturday. On the Saturday I ran really well. I was the second Australian home, behind Gerard.(Barrett).Gerard finished fourth and I finished about sixth, and Scottie was just behind me, seventh, and that was probably the best international race I've ever run. I was just outsprinted by Mike McLeod and Steve Ovett over the last couple of hundred meters. I passed them with half a mile to go and I thought how the heck am I going to outsprint these guys ? - the fastest finishers in the world virtually. Just coming back from that trip to Australia and knowing that I did have the ability and the potential to race against these fellows was really quite stimulating. After talking to a few of them, you realise that the only thing that differentiates them from us is that they may be a little more dedicated and motivated towards their athletics and training and put in a little bit more work than we put in over here. Since then I've increased my mileage by about a third, increasing it from about 90 miles(145km)a week to 130-140 miles(210-225km)a week. I've been trying to get a lot more rest, getting into bed early, getting 8 or 9 hours sleep at least a night, just trying to straighten out my life style a little bit and become a little bit more serious in my athletics and it's starting to pay dividends now. After that, the last winter Crosscountry and road season, I ran incredibly well.

N: Just getting back to your lifestyle, your father has always kept, has always been keen on health food I understand ? If not radically health food, then at least good food ?

R: Since Dad had a couple of coronaries, quite a few years ago, about four or five now, he's become incredibly dedicated towards his diet. He's modified it to an incredible degree. He virtually doesn't eat that an average person eats. He eats very specialised food. He's also taken on marathon running. He ran his first marathon after his heart trouble. He ran about 3:34 in the Victorian Marathon and was just a couple of minutes outside the standard of 3½ hours. Since then he's improved his time to about 3:19 and just recently in the Big M, he ran 3:22, which was quite an incredible feat under those conditions. His lifestyle or his diet seems to be paying dividends.

Robert De Castelle(Cont:)

N: There are people who say we oversleep. Six hours is the maximum we really need. What do you think of that?

R: I think that sleep must be one of the most important things for an athletes when training hard. Individuals may vary to a great extent. Some people say they can get away with four hours sleep. Other people say they need ten or eleven. I believe that when I'm training hard I need 8 or 9 hours. If I don't I get very tired. I just can't absorb the mileage I'm doing and the training has a detrimental effect instead of a positive effect. I've noticed that quite a few years back when my lifestyle wasn't as settled as it is now. I used to go out with the boys and rage on a bit down the pub and at parties and get to bed at 3 Or 4o'clock in the morning. You're just so tired that you can't absorb the type of work you're doing. You might just as well not do it. It's just crazy.

N: You've recently got into marathon racing. In particular you started off with a very good run in the Victorian Championship. Can you tell us a bit about your training and subsequent run?

R: After coming back from the Ireland Crosscountry, Pat and I chatted about racing in general and decided to increase my mileage and workload. Pat's recently admitted that he's had this plan for the last four years. It's only over the last six months that he's told me about it. We've gone up to 120-130 miles(193-209km)a week as a maximum for the Victorian Marathon. I went into that marathon very relaxed and very calm, confident. I was just taking it very gradually, seeing how it goes. If I felt good, I'd run faster, if I didn't, I'd just jog along. It was more of an experience than a competitive race. I went into it and ran the first 16 or 18 miles(26-29km) very relaxed, just jogging along with a few of the other fellows. I felt really good, just flying along. I got to about the 20 mile(32km)mark, still feeling great. Then, Pat was just driving along in the car and we had a chat and I said to him "Do you think we should pick it up a bit now and run a bit faster and run the last 6 miles(10km)a bit faster?" Pat nodded and I picked up the pace a bit and ran the last 6 miles at about 5min pace and the last couple under 5min pace. For about the last four miles(6km) I kept waiting for this brick wall that's supposed to be jumping out from the gutter to hit me in the face and it just never came. I just felt good all the way. The last six mile was the only place I really got stuck into it and I was really running on. I was running faster and faster as the finish got closer and closer. As a result I ran 2:14:44, recovered pretty well after it, Just a little bit tired, but because I was running on, it still didn't knock me around that much. I was really surprised because all along people were telling me how really hard these marathons were, but I'm convinced that if you're properly prepared and rested up and you're running well, it's not such an ordeal at all.

N: What sort of preparation did you do?

R: I think it was a very long term preparation as Pat had planned out. For quite a few years we've been doing this 21 mile(33.8km)run at Ferny, up and down those hills, which is probably worth 24 or 25 miles(about 40km)on the flat in town. The hills, the forests, the sections we run faster. That takes us 2 hrs 20min to run 21 miles. So it's a pretty tough run. We run sections of it pretty fast and that's again what most of our training is structured around, a long run on Sundays. On the Wednesdays we've been doing an 18 mile(29km)run around town, starting from Olympic Park, going around the gardens, around the city, fitting in a track session on the Thursday and a hill session on Tuesday. A 12 mile(20km)hill session on Tuesday. The track session totals about 9 miles(15km) and a 5 mile(8km) morning session every morning, all through the week. Going into the marathon, I eased it down quite a bit. I started easing down probably two weeks before. The first week I eased down the intensity I was running. I was very relaxed in my training. Instead of running the hills fairly quickly, I just jogged them through. The week preceding the marathon, I started to drop down my mileage and going into the marathon I was still on 104 Or 105 miles(168km)per week. It would have dropped from 125 - 20miles(32km)less.

N: Your key before a marathon is rest?

R: Yes. Those last few days before the marathon, diet comes into it a little bit.

N: Did you try the infamous carbohydrate loading?

R: We concentrate a little bit on carbohydrate loading, without the depletion so all you end up doing is eating more complex carbohydrates instead of simple ones. The complex ones are things like rice, potatoes, zuchinis, this type of thing as opposed to the simple ones, which are simple sugars as in soft drink and so on.

N: Why the difference between the two?

R: Simple sugars are broken down very quickly by your body and it gets into medical physiology terms where your blood sugar goes up and your body secretes insulin, and

Robert De Castella(Cont:)

as a result your blood sugar drops down drastically and this happens pretty quickly and you end up having less blood sugar than you really need, whereas with the complex carbohydrates they're broken down a lot more slowly and as a result your blood sugar goes up much more gradually and your body doesn't become aware of the increasing blood sugar level, so it doesn't secrete any insulin, so you can absorb the sugar that's in your food for exercise. We don't follow the depletion stage at all.

N: That has been called physiological dynamite. Would you agree with that ?

R: There's been quite a bit of controversy about depletion and the carbo loading in general. A lot of people say that it does more harm than good. I tend to agree with that.

N: After the Victorian Marathon you went onto the Australian Championship ?

R: Yes. After the Victorian Marathon I recovered really quickly for the first couple of weeks. After that I stepped up my training a little too quickly and felt a little tired in about the third or fourth week. I was very cautious about recovery so I eased down my training as I had the National Marathon coming up soon. It was only about 6 weeks after the Vic Marathon, so I really emphasised the need to be fresh and even though I didn't drop below 105 miles(171km) for any week, I was still really absorbing the Vic Marathon. I went into the National a little bit tired from the Vic. The National was an incredible race. We had 3 or 4 Japanese come down for the race, which added a lot of colour and glamour. We started off and the Japanese went out pretty fast in the first stages along with a few Australians, Jim Langford and John Stanley. They weren't running incredibly fast but they were running quickly. I was about 300-400m behind them for most of the race and I wasn't feeling really good. I was struggling but trying to run as relaxed as I could, trying to make sure that I didn't expend any energy unnecessarily in the first 18 miles(29km) of the marathon.. After about half-way they were still about 60 sec in front. I started to become a little concerned, because I still wasn't feeling great, but settled down pretty well and slowly started to pick up my pace and as I started to run more quickly I found that I settled down quite a bit and I got into a really good, steady rhythm which got me really going and slowly started to pull them back. I ended up catching them with about 4 or 5 miles(6-8km) to go. I was running probably 30 sec faster than them per mile(18 sec p.km) and I went past them pretty quickly. They couldn't really pick up their pace drastically in that short a distance. One of them tried and only managed to do it for a couple of hundred meters and then packed up because he was changing pace which was too drastic for him and I went away to win by a comfortable margin in 2:13:23, which was really surprising because I didn't feel that comfortable in the early stages, but the last 6 or 8 miles(10-13km) I ran very quickly. I didn't experience any brick wall. I was running on and again, over the last 6 or 8 miles faster than any mile in the race.

N: Looking at the future, what plans have you ? In particular the Olympic Games ?

R: Yes. The Olympics are the main thing in my future. I haven't even looked past then in athletic terms or even in life terms, study or anything.

N: You plan to take a year off next year ?

R: Yes. Everything in my life at the moment is aimed at getting to the Games and at performing well over there. I think I've got the potential to get over there and perform well. I just really hope to give myself every opportunity. The marathon is pretty much the event that I'm really fired up to run in mainly because I reckon I've got most of my chances of performing as well as possible in the marathon. I think 10 000m internationally has come down to the type of race where it's very fast and it's pretty unusual for a virtual nobody to get up and place very highly because it is so competitive and also because it is very hard to run a heat and then a final. Also marathons have got an incredible atmosphere or charisma about them that really appeals to me. They're such a psychological thing.

N: You feel that the marathon's your big event ?

R: Yes. I've always considered myself a marathon runner but it's only in the last few months that I've stepped into the field and I really feel that I'll run well over there,

N: Perhaps two hours ?

R: Two hours ?! (laughter)

N: It's the big question mark for the future, I guess ?

R: Yes. It's a very big question mark. 2:08's the question mark at the moment.

N: Thank you very much.

R: Thank you very much. (VMC : Thank you very much!)

VICTORIAN MARATHON CLUB

Affiliated to the Amateur Athletic Association of Victoria

FOUNDED 1946

to promote and foster long distance running.

President: Neil RYAN

General Treasurer: George WILSON
48 Argyll Street
CHADSTONE 3148

Newsletter Editorial : 1 Golding St, CANTERBURY

MEMBERSHIP : Open for any registered amateur athlete.

FEES : \$4 per year (\$2 Juniors under 19) club fee, \$7 registration with VAAA for non-championship events only (an extra \$3 gives eligibility for ALL events), \$2 sports insurance.

RACE FEES : Marathon \$1 - Emil Zatopek 10 000m \$1 - All other feature races 60¢.
non-prize carrying events 20¢.

RACE ENTRIES : Marathon and Emil Zatopek close (3) weeks before set date of event.

Ordinary advertised events close 1 hour prior to starting time.

ALL race fees are payable on the day of the race as you check in.

Mail entries must reach the Competition Secretary as set out above.

MEMBERSHIP ENTRIES and MONEYs should be sent to the General Treasurer.

FOR FURTHER INFORMATION contact the General Sedretary and enclose a self-addressed, stamped envelope.

THE FINANCIAL YEAR of the V.M.C. is the same as for the A.A.A. : From April 1st until March 31st of the following year , irrespective of the date when your annual membership was actually paid. Only paid-up members may share in available prizes ; to qualify for subsidies towards state, national or international representation, members must be in-at least their second year of continuous membership. The Emil Zatopek 10 000m , except for athletes of international standard, is restricted to financial VMC members only.

IT IS IN THE INTEREST of all concerned, whether runners, officials, contributors,etc. that all communications are either typed or basic information such as names and addresses clearly printed in BLOCK LETTERS. It is important to use call names (the name your friends usually address you by)rather than bare initials to avoid confusinn and save a lot of time in checking results.

WHEN GIVING YOUR ENTRY, make it a habit to give your most recent best performance at the particular distance and your age on the date of the race to enable us to give accurate pre-race information for publicity purposes.

ON COMPLETION of your race, give your Call name, Sur name and Age to enable us to keep full and comparative records of all events for later reference.

The VICTORIAN MARATHON CLUB NEWSLETTER is published for the information of members of the V.M.C. and is covered by the payment of your Annual Membership Fee. It is issued four times a year : Spring, Summer, Autumn and Winter. All athletes, irrespective of age or sex, are invited to contribute letters, results, comments, etc. to the Editor, 1 Golding St, CANTERBURY, 3126.

ALL MEMBERS of the V.M.C. are expected to take their turn once during the year in taking on an official job for one of our races. We can only remain viable as a strong organisation while we are prepared to share the routine jobs necessary to the efficient conduct of our events. Notify the General Secretary of the day when you wish to take your turn and your preference as to what task and we can plan our duty roster accordingly.

You will find a fixture list and a detachable membership application form overleaf. Please pass on any information you wish to other people interested in taking part in or promoting distance running and let us know of other events elsewhere.

General Secretary: Pam TURNER

35 Churchill Park Drive
ENDEAVOUR HILLS 3802

Competition Secretary: Fred LESTER
1 Golding Street
CANTERBURY 3126

THE DISTANCE RUNNER'S FIXTURE LIST. From 1st of December, 1979.

DEC 5(Wed) VMC 8km & 2km, Two Bridges, 6.30pm. (Riverside, near Morell Bridge)
DEC 17 (Mon) EMIL ZATOPEK 10 000m track, E & F divisions, Olympic Park, 6.30pm. (Members only)
DEC 18(Tue) " " " " Women & B " " " 6.30pm (B Members only)
DEC 19(Wed) " " " " C & D " " " 6.30pm. (Members only)
DEC 20(Thu) " " " " A, Vet Men & Women 1 mile
No Post Entries, all entries are closed by November 26 !
DEC 30(Sun) 13km Peninsula HRC, Main Ridge
DEC 31(Mon) VMC Midnite Run, Tow Bridges, 12 midnite. Be early !
JAN 8(Tue) VMC 'Run for your Supper' track races, Collingwood, Heidelberg Rd, 6.00pm.
JAN 20(Sun) VMC 4 laps of Princes Park, near Walker St. Pavillon, 8.00am.
FEB 10(Sun) Richmond 16km 'Boulevard Bash', behind Burnley Hort. Coll., 8.00am.
FEB 24(Sun) VMC 6 laps of Princes Park (app. 19.5km), 8.00am./MAR 2(Sun) PRRC 10km, Devil's Bend
MAR 15(Sun) Kalparrin Fun Run, 8km, Greensborough, 12noon.
MAR 22(Sat) VMC 50 Miles Track Race, Frankston Track, 5am. (Entries 3 weeks ahead!)
MAR 30(Sun) VMC "Once-around-the-Tan", Top of Domain, 10.30am.
APR 5(Sat) Euroa Centenary 15km.
APR 6(Sun) Griffith(NSW) 12 000 - Austr.Olymp.Games Marathon Trial, Adelaide.
APR 7(Mon) VMC 16km & 4Miles, Princes Park, 2.30pm.
APR 13(Sun) VMC 15km & 5km, Albert Park, 10.30am - Nike Internat.Marathon, Canberra.
APR 20(Sun) VMC Fallen Comrades 12km & 4km, Top of Domain, 10.30am.
APR 26(Sat) Stawell Marathon, 1pm - Fletcher Marathon, Rotorua, N.Z.
APR 27(Sun) AAAV Cross Country Opening Run
MAY 3(Sat) VMC Half-Marathon & 10km, Tullamarine, 2.00pm. (Lancefield Road, reserve.)
MAY 10(Sat) VAAA 8km CCC
MAY 18(Sun) Ballarat Half-Marathon, Bungaree, 11.00am.
MAY 24(Sat) VAAA Marathon Championship, 1.00pm.
MAY 31(Sat) VAAA Sandown Relays.
JUN 15(Sun) VMC MARATHON & 10km, dinner-dance, 12 noon.
JUN 21(Sat) VAAA 15km Road Champs.
JUN 29(Sun) VMC 20km & 10km, Albert Park, 10.30am.
JUL 5(Sat) VAAA 16km CCC
JUL 12(Sat) VMC 25km & 10km, Werribee South, 2.00pm.
JUL 19(Sat) VAAA 10km Road Champs. Olympic Games commenoe: 24-10 000m Ht; 27- Fin.
JUL 27(Sun) Australian Marathon Champs, Adelaide / 28-5000m Ht; 30-Semi; Aug 1-Fin & Marathon.

All fixtures above are subject to change. As we are notified we shall add to next lists.
VMC Marathon entries CLOSE 3 WEEKS PRIOR to race. All other events entries are taken on
the day up to 1 hour before starting time. Please book in earlier than that to ensure
punctual starts.

VICTORIAN MARATHON CLUB - MEMBERSHIP FORM - (BLOCK LETTERS PLEASE !)

SURNAME.....CALL NAME.....

REG.NO.....CLUB.....

ADDRESS: No.....STREET.....

TOWN OR SUBURB.....POSTCODE.....

DATE OF BIRTH.....OCCUPATION.....

TELEPHONE: (Home).....(Work).....

My best performance in the LAST FIVE YEARS are (If no performance, leave blank !):

1500m.....	19	15km.....	19
3000m.....	19	20km.....	19
5000m.....	19	25km.....	19
10 000m.....	19	Marathon.....	19

Dated: / / 19 Signature.....

I CAN ASSIST THE CLUB OCCASIONALLY BY :

My preferred date to be on the roster is:.....

Timekeeping (own watch)....Scoring.....Recording.....Other.....

Contributing/distributing Newsletter.....Billet visitor(s).....