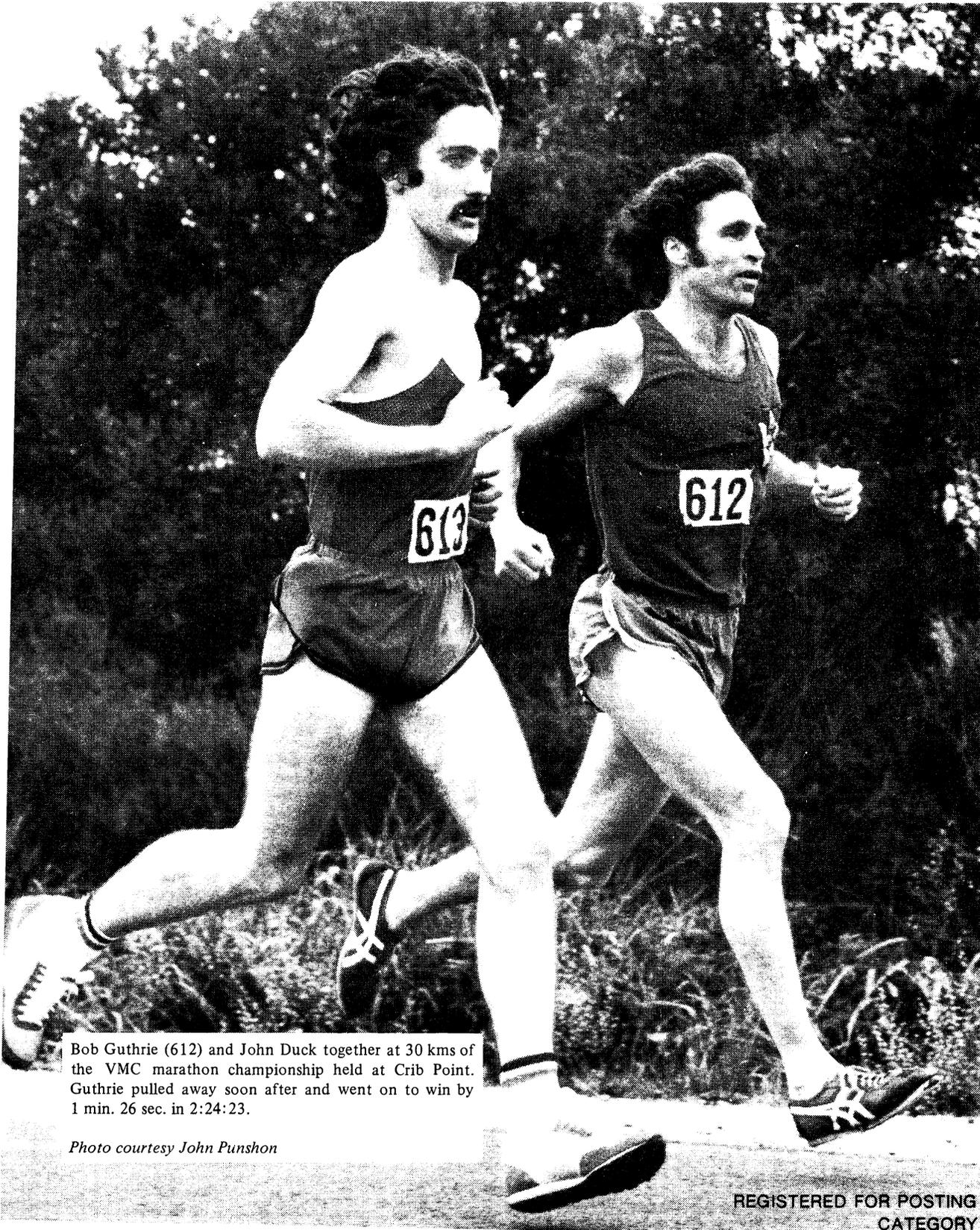


Summer 1980
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VICTORIAN MARATHON CLUB
NEWSLETTER

DECEMBER 1980
PRICE 80c



Bob Guthrie (612) and John Duck together at 30 kms of the VMC marathon championship held at Crib Point. Guthrie pulled away soon after and went on to win by 1 min. 26 sec. in 2:24:23.

Photo courtesy John Punshon

REGISTERED FOR POSTING AS A PERIODICAL
CATEGORY B.

The VICTORIAN MARATHON CLUB NEWSLETTER is published for the information of members of the V.M.C. and is covered by the payment of the Annual Membership Fee. It is issued four times a year : 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, 1 Golding St., CANTERBURY, 3126, Victoria.

PLEASE NOTE that material submitted for publication SHOULD be on single-spaced, typed A4 sheets, irrespective of length, to facilitate lay-out. Articles should not exceed one and a half pages of A4, preferably half that ! Articles for publication MUST be accompanied by the name and address of the contributor, together with his or her signature. The author of the article shall retain full responsibility for the content of such article.

DEADLINE for copy is the 10th day of the month preceding the month of publication, but we ask contributors to aim for the 1st day of that month to make editing less rushed.

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VICTORIAN VENUES :

No.13 MELWAY REFERENCE

Table with 2 columns: Venue Name and Melway Reference. Includes entries like OLYMPIC PARK - Batman Ave & Swan st, MURRUMBEENA TRACK - North Road/Murrumbeena Road, SANDRINGHAM TRACK - Thomas Street, HAMPTON, etc.

MEMBERSHIP OF THE V.M.C. is open to all registered amateur athletes. People desiring to join may do so by paying their Annual Membership Fee. Under the rules of the Amateur Athletic Union, all runners wishing to compete regularly need to become registered with their State Association. For this purpose they need to pay a Registration Fee in addition. For those not interested in other but VMC events, there is a lower rate. However, that does not allow them to participate in Victorian Interclub & Championship events unless they pay full registration rates.

DO YOUR OWN THING , BUT DON'T MUCK IT UP FOR OTHERS , CO-OPERATE IN SPORT !

The recent Big M Melbourne Marathon once again highlighted to what ridiculous lengths some people will go in pushing in regardless of the disruption they may cause to the satisfactory outcome of the event for the vast majority of participants. Some are just incorrigible noto riety seekers motivated by a sense of inadequacy which they hope to overcome by obtaining a paper certificate at the end. They appear somewhere along the route of any run and act as if they had gone all the way. In the end, they only cheat themselves and only earn the contempt of those who find out.

There are the ones who apparently don't think things through although they've been in the running, and racing, scene for quite a while, unfortunately some are top runners who would be the first to complain if someone else mucked it up for them. They have failed to enter and observe the same conditions as the race entrants and then proceed to simply also run along. What they don't take into account is that by this action they disrupt the sequence of recording and times can not be matched with the order of passing key points along the route or the finish. In the end, the competitors who have done the right thing are deprived of their correct information.

Another aspect is the sharing of officiating tasks during the year. If it is good enough for someone else to stand out there in bitter cold, driving rain, broiling sun or on a perfect day when they also would sooner have a run, so that we can have and enjoy our running, it is also good enough for everyone to take a turn. Whose thing is it ???

It is pleasing to note that there has been quite an improvement within the V.M.C., but don't leave it at that. There are still some 'free loaders', both within our ranks and around the athletic scene in general.

There is another aspect to participating in either an official or administrative task. It brings us into closer contact with that part of our sport which is unspectacular, yet absolutely indispensable to the satisfactory conduct of it. By carrying out one or other of these necessary tasks, we are taken behind the scenes as it were, and come out of it with a better understanding of the complexity present in all sport. In a similar way, a greater understanding of what our activity is all about can be derived from attending one or the other of the different coaching courses conducted by the Athletic Associations or the Dept. of Youth, Sport & Recreation (or its equivalent in other states).

Just as with having to work at conditioning and technique for better performance, we need to work at being aware of our sport as a whole, aware of other people and in the end ourselves. These things are not separate in the reality of life, hence ignoring the interdependence of what happens around us makes it hard for us to find our own balance.

The next issue of the Newsletter, and Annual Report, will have to go out early, so will all readers and contributors note that we would like to have all copy in early, by the end of January preferably. Also, hopefully, we will be back on computer for the handicaps and catch up on previous omissions. Write in, it's the variety in contributions that makes your Newsletter a mirror of all our activities.

Fred Lester.

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NEW MARATHON ORGANISATION: SYDNEY MARATHON CLINIC, c/11 Rossiter Street , GRANVILLE , N.S.W. 2142 Tel: 637 29 84

ORGANISATIONALLY SPEAKING.

A V.M.C.Committee meeting was held at the end of September and a number of decisions were taken following discussion.

One of these which is going to affect efficiency in regard to the keeping of membership records is the use of a computer to list all members alphabetically and eventually run out address labels from these lists. This makes it most essential for all membership slips to be filled in correctly(and in a legible manner)and for members to let us know when they change their address as soon as possible.

V.M.C.T-shirts have been obtained and these, as well as badges, are available from Peggy Smith, who is in charge of stock, and Fred Lester, at \$5 a shirt and \$1 a badge.

Owing to a change in the computer set-up available to us, and a position not likely to be resolved before the end of the year, we ask our members to be patient for a little while longer before we can work out the handicap placings.

The 35th Annual General Meeting has been fixed for March 19, 1981, at the Olympic Park Administration Building, Olympic Park and a special sub-committe is working out a program for the night.

Probably the most important decision taken was to set up a Sponsorship sub-committee under the chairmanship of Bruce Walker to work in closely with the VAAA in obtaining sponsors for athletic activities in Victoria and to which we invite suggestions and help from all athletically interested people.

COST ESTIMATE FOR SPONSORSHIPS OF VICTORIAN ATHLETIC EVENTS AND ACTIVITIES.

<u>Activity</u>	<u>Date</u>	<u>Basic Cost</u>	<u>Admin.Fees</u>	<u>Assoo/Club Disbursemt.</u>	<u>Total</u>
Competition Numbers	Year	2000(single)	400	2500	4900
Zatopek 10,000m	Dec	300(basic)	300	400	1000
100y, 1 mile Ch'ship		500(w.fares)			
Vic. T&F Titles	Feb	1000	500	2000	3500
Cerutty Easter Runs	Apr	1500 *	1500	1000	4000
V.A.A.A. Marathon	May	300	100	200	600
River Fun Run	May	2000 *	300	500	2800
Road Relays(Sandown)	May	100	150	200	450
15km Road Ch'ship	Jun	100	150	200	450
V.M.C.Marathon	Jun	200	200	200	600
12km Crosscountry	Jun	100	150	200	450
50 miles track	Jul	300	300	200	800
10km Road Ch'ship	Jul	100	150	200	450
16km Crosscountry	Jul	100	150	200	450
25km Road Ch'ship	Aug	100	150	200	450
King of the Mountains	Sep	100	150	100	350
		<u>8300</u>	<u>4650</u>	<u>8300</u>	<u>21,250</u>

* denotes greater printing costs involved.

These sponsorships are all available, singly and in different combinations. They are designed to assist in developing the sport of athletics and make funds available in areas such as coaching, travel exchanges, administration and developmental expenses in a period of ever-rising costs.

The administration segment provides for liaison and administration on behalf of the sponsors. There is much untapped support within the community and it is only through personal contact that we can achieve the mobilisation of this support. Spread the word among your family, friends, business and work contacts, without asking you will never find out.

Sponsorship is of benefit to business and industry by giving saturation exposure and promoting an image to the widest group of any sports followers in the case of athletics. At the same time it helps to promote the health of the general community through family participation.

V.M.C. 30km KING-OF-THE-MOUNTAINS, POINT LEO, 20-9-1980, Windy, chiefly fine. 97 Starters.

1. Colind DONALD 23	1:45:23	32. Peter SCHUWALOW 16	2:08:13	63. Brian COUGHLIN 39	2:23:50
2. Ken DUXBURY 26	1:46:45	33. Gerry HART 42	2:08:15	64. Paul HALLO 12	2:24:30
e3. Ross SHILLSTON 26	1:48:24	34. Jim FOLEY 42	2:08:24	65. Geoff WHITE 34	2:25:17
e3. Gary BRIGGS 22	1:48:24	35. Alan CLARK 45	2:08:29	66. Matthew HART 15	2:25:33
5. Bill PETERSON 30	1:50:38	36. Gary CUSSENS 27	2:09:25	67. Mike KEEGHAN 45	2:25:35
e6. Bruce COOK 24	1:53:28	37. Gerry RILEY 49	2:09:40	68. Mur. HUTCHINSON 31	2:25:48
e6. Hugh WILSON 32	1:53:28	38. Peter MORRIS 36	2:09:55	69. Trevor ABBOTT 29	2:27:40
8. Norm BECK 29	1:54:39	39. Robert CORNALL 34	2:11:18	70. Peter BATTRICK 37	2:28:45
9. Gabriel CARMONA 38	1:55:23	40. Geoff LAW 22	2:11:49	71. John HARDISTY 23	2:29:50
10. David GAZLEY 36	1:56:32	41. Peter LOGAN 26	2:13:03	72. Tony NEWSOME 33	2:29:53
11. Peter McMAHON 31	1:56:56	41. Nigel ROYCE 27	2:13:03	73. John CONNELLAN 25+	1:58:21
12. Tony McMAHON 16	1:57:17	43. Ade VALLANCE 28	2:13:42	74. Rick LARRY 28	2:32:45
13. Bob SCHICKERT 38	1:57:45	44. Kevin MACKEN 35	2:13:44	75. Mike PORTER 33	2:33:25
14. Alan IRWIN 39	1:58:26	45. Wayne TAYLOR 33	2:13:57	76. Tony CASS 53	2:33:32
15. Tony COOK 43	1:58:27	46. Ross BARNET 32	2:15:39	77. Lesley JOHNS 36	2:34:05
16. Ernie ELLIOTT 39	1:58:28	47. Ken EMERY 33	2:16:38	78. Frank SEED 38	2:34:27
17. David LYNCH 44	1:58:35	48. Ron FARNILL 53	2:16:47	79. John JENNINGS 41	2:34:28
18. Rich HUTCHINSON 31	1:58:50	49. Kevin HERMAN 38	2:17:53	80. Bill LUKE 32+	2:02:37
19. Bruce HUMPHREYS 35	1:58:59	50. Peter NELSON 39	2:18:54	81. Adam PAGE 16	2:35:32
20. Ian BARRY 29	2:00:55	51. John STAUNTON 24*	2:04:26	82. Laurie McMAHON 49	2:35:48
21. Brian RYCROFT 48	2:01:24	52. David ANSELL 39	2:19:49	83. Kevin RULE 38	2:35:51
22. Paul PATTON 34	2:01:30	52. Keith MAUGHAN 42	2:19:49	84. Tony TURTLE 43	2:36:18
23. John WRIGHT 37	2:02:34	54. Tom DONOVAN 49	2:20:18	85. Miriam ANSELL 31W	2:37:55
24. Wayne THOMPSON 27	2:03:20	55. Chris WOOLGAR 36	2:20:35	86. Tim HASLETT 36	2:39:43
25. Vin NIKOLIC 35	2:03:46	56. Graeme BURKE 34	2:20:56	87. Geraldine RILEY 16W	2:45:06
26. Tony BERRY 45	2:04:36	57. Geoff BURVILL 35	2:22:07	88. Darren MILLS 11	2:47:09
27. Roger PREECE 32	2:04:59	58. Ken WHITE 34	2:22:15	89. Greg SIMPSON 12	2:49:55
28. Ross MARSHALL 32	2:05:19	59. Chuck SIMPSON 35	2:22:31	90. Mike PORTER 55	2:54:21
29. Bob COCHRANE 37	2:05:35	60. Doug OLIVER 43	2:22:31	91. John NEVE 38	2:54:22
30. David JONES 29	2:07:19	61. Roger TURNER	2:22:50	92. Jim PATON 63	2:56:12
31. Ian STORY 34	2:07:39	62. Roger HALL 33	2:23:47	93. Norm McLEISH 49	3:23:34

* started 15 mins late; + started 32:15 late

V.M.C. 15km QUEEN -OF-THE-MOUNTAINS, POINT LEO (Part of Runners World Triple, 2nd leg)

1. Bob GUTHRIE 37	53:33	5. Jen KUCHINS 27W	61:49	9. Clare McKERR 50W	87:04
2. Peter ANDERSON 28	58:58	6. Fred LESTER 57	68:10	10. Ann LYNCH 43W	87:04
3. Joan CAMERON 24W	60:42	7. Greg HART 12	71:17	11. Pat O'DONNELL *	78:18
4. Gary BAILLIE 41	61:27	8. Mike HOARE 45	71:48	* late start, corrected time	

The 'R.W. Triple' is a points scoring competition for VMC women members. The third and final leg is the Two Bridges 12km on November 19th.

=====
AVON WOMEN'S MARATHON for 1981 is to be held at Manly, Sydney, on Sunday 24th May. Women marathoners are to be invited from all over Australia. The course will be the same as the previous two years - a 2km loop, then out and back over undulating terrain.

The first 3 placed will go to Ottawa, Canada, to represent Australia in the International Avon Marathon. There will be awards for the 1st, 2nd and 3rd in each of the following categories: u.20, u.30, u.40, u.50 and 50+. Also there will be an 8km run with the same age awards plus an u.10 and a 3km run.

The hospitality and encouragement given to women runners by Avon is to be congratulated and it would be great to give them every bit of support we can. Economic considerations make it necessary that the events be held in Sydney each year.

To give women marathoners a chance to compete there, we are organising a mini-bus and a special rate for overnight accommodation. At this stage the cost would be about \$50 all inclusive for the weekend. As the numbers will be limited it will be a case of first in first served.

If you are interested, please forward \$10 deposit with name and address to Peg Smith, 13 Yando Street, Greensborough, 3088, to confirm your booking and have an entry form forwarded to you.

BIG M - MELBOURNE MARATHON - 1980 ** OFFICIAL RESULTS **

PLACE	TIME	SURNAME, INIT.	AGE	20 km	25 km	30 km	35 km	40 km
1	2:17:37	LLOYD, A L	21	65:05	81:00	97:25	114:05	2:10:20
2	2:19:26	SCOTT, W S	28	65:05	81:00	97:26	114:06	2:11:02
3	2:22:03	MORGAN, B	24	65:05	81:00	97:27	116:24	2:14:05
4	2:22:47	NEYLON, R B	22	65:05	81:20	98:10	116:01	2:14:35
5	2:24:01	KENNEDY, G A	22	65:05	81:00	98:18	117:02	2:15:11
6	2:24:20	OHARE, P B	31	66:40	84:22	101:04	119:02	2:16:30
7	2:24:27	BYRNES, D H	29	67:30	83:29	100:44	118:54	2:16:37
8	2:25:26	SHILSTON, R J	26	68:20	84:55	102:02	120:32	2:17:20
9	2:25:44	WADDINGTON, J N	27	66:40	83:29	100:44	118:54	2:17:53
10	2:27:04	ADAMS, T P	22	65:05	81:54	99:41	118:58	2:18:42
11	2:28:17	DUXBURY, K A	26	66:40	83:40	101:24	120:48	2:19:47
12	2:28:35	GUTHRIE, R F	37	65:15	81:54	100:17	120:22	2:20:21
13	2:29:26	DONALD, C R	23	66:25	82:55	100:25	121:40	2:20:52
14	2:30:28	PULLINGER, M R	25	68:30	85:30	103:08	121:50	2:21:32
15	2:30:29	KINGSLAND, A J	24	65:20	82:18	101:19	121:24	2:21:41
16	2:31:11	MINTER, I J	30	70:30	87:45	105:15	121:54	2:22:55
17	2:31:12	MCLENNAN, N A	27	70:30	87:45	105:15	121:54	2:22:55
18	2:32:31	ROCK, K W	31	69:00	86:08	104:35	121:54	2:23:48
19	2:32:40	STEVENSON, C J	35	70:10	87:45	105:30	122:15	2:24:18
20	2:32:52	PAULIN, E A	42	70:30	87:45	105:38	121:57	2:24:20
21	2:33:04	HANNAFORD, P	41	70:30	87:49	106:32	124:28	2:24:50
22	2:33:21	BLAND, D A	33	70:40	88:28	106:40	124:18	2:25:00
23	2:33:59	RYDER, B J	37	71:05	89:06	107:22	125:23	2:25:31
24	2:33:59	CLINGAN, B	37	71:00	88:08	106:32	124:18	2:25:11
25	2:34:27	O'CONNOR, R C	20		91:54	109:26	127:25	2:26:46
26	2:34:44	PETERSON, W M	30	74:00	91:54	109:39	127:06	2:26:47
27	2:35:17	HEELEY, M J	27	73:30	91:35	108:33	126:56	2:27:04
28	2:35:31	SLOANE, I	26	71:20	89:06	106:45	126:09	2:26:46
29	2:35:41	KEATING, T J	26	71:50	89:39	107:29	126:36	2:27:20
30	2:35:45	MICHELSSON, L	39	73:02	91:15	108:32	127:00	2:27:27
31	2:35:58	DEVERS, G W	16	70:10	88:02	106:32	126:04	2:27:05
32	2:36:07	PRICE, P J	28	71:45	89:45	107:29	126:10	2:27:45
33	2:36:25	BIRD, B	25	74:00	91:54	109:59	128:42	2:28:04
34	2:37:08	DEHR, T J G	29		93:28	110:40	128:56	2:28:43
35	2:37:27	BARNARD, R G	27	68:20	85:12	103:37	125:03	2:28:38
36	2:37:33	MCINERNEY, B F	30		92:40	110:29	128:42	2:29:09
37	2:37:43	LEE, J L	34		92:50			2:29:31
38	2:37:57	MINGUE, D P T	31			110:40	128:42	2:29:25
39	2:38:04	CARROLL, B J	29		94:08	111:56	130:11	2:29:39
40	2:38:10	BEST, R	34	73:50		110:03	130:11	2:29:30
41	2:38:19	YUNCKEN, T F	33			110:56	130:11	2:29:57
42	2:38:31	CONNELLAN, J G	25		92:10	110:40	130:11	2:29:36
43	2:38:36	GRIBBLE, R	44	72:40	91:15	109:55		2:29:35
44	2:38:38	BECK, N D	29			110:30	128:56	2:29:36
45	2:38:44	ANDREW, D J	31			110:40	130:11	2:29:37
46	2:38:56	JENNINGS, A	37		92:40	110:23	129:31	2:29:38
47	2:38:59	SOCKHILL, G	22		92:05	110:10	130:11	2:30:10
48	2:39:07	TWINING, R J	27	72:02	90:44	109:55	130:11	2:30:05
49	2:39:21	ANDERSON, D R	34		93:31	111:28	130:11	2:30:38
50	2:39:48	GREEN, K L	33			113:15	131:42	2:31:50
51	2:40:13	BURNETT, R W	40			110:40	130:11	2:31:10
52	2:40:33	BROOKS, B G	40		94:14	112:30	131:28	2:31:56
53	2:40:50	BUNNING, K I	38			113:12	131:50	2:32:33
54	2:40:50	LEAR, P G	36			110:40	130:14	2:32:07
55	2:41:23	ANDERSON, P W	28		92:54	111:28	131:02	2:31:58
56	2:41:55	NORDEN, B C	22		92:19	110:50	131:14	2:32:24
57	2:42:01	TOOHEY, J T J	17		93:45	112:53	132:01	2:33:10
58	2:42:04	LE BAS, D L	39			114:49	134:33	2:34:04
59	2:42:10	VINCENT, T A	42		95:35	114:33	134:26	2:33:36
60	2:42:16	WHITTAKER, P R	32			113:00	131:41	2:32:48

PLACE	TIME	SURNAME,INIT.	AGE	PLACE	TIME	SURNAME,INIT.	AGE
61	2:42:19	THOMPSON, W S	27	121	2:47:02	GOLDIE, N	40
62	2:42:21	FORD, G R	27	122	2:47:04	PATTON, P D	
63	2:42:26	DANOS, T F	33	123	2:47:07	HANLEY, S C	38
64	2:42:42	FRASER, K C	45	124	2:47:07	WILSON, J L	22
65	2:42:48	MANNIX, L S	35	125	2:47:15	WAITE, J R	39
66	2:43:14	JOHNSON, R D	28	126	2:47:16	WALKER, J R	33
67	2:43:15	PARK, A W	30	127	2:47:17	MOORE, P K	32
68	2:43:20	SMITH, T F	41	128	2:47:19	LYONS, K M	27
69	2:43:23	THOMAS, G N	41	129	2:47:26	TAYLOR, R G	40
70	2:43:25	SIMPSON, D J	40	130	2:47:27	AMEY, P F	29
71	2:43:35	COLEMAN, D J	31	131	2:47:28	ROHRIG, R E	31
72	2:43:36	OLSEN, G J	25	132	2:47:29	FACEY, S G	29
73	2:43:40	BARRY, I M	29	133	2:47:30	BOLESTA, F A	24
74	2:43:48	METTS, T	26	134	2:47:30	WILSON, W S	34
75	2:43:49	TOZER, J D	35	135	2:47:31	HIBBERT, I J	29
76	2:43:50	TELFORD, R D	35	136	2:47:33	LUKE, W H	32
77	2:44:05	WISMART, J C	37	137	2:47:35	HANLON, D W	31
78	2:44:09	DWYER, P R	34	138	2:47:42	THURSFIELD, N S	33
79	2:44:11	MOLLOY, G M	38	139	2:47:42	CAVANAGH, C J	24
80	2:44:13	GILL, J J P	32	140	2:47:50	HOOPER, N	21
81	2:44:14	SIGMONT, E R	32	141	2:47:51	LYNCH, D A	44
82	2:44:17	MOLLARD, L E	26	142	2:47:59	MCINTYRE, L B	35
83	2:44:18	MCTACKETT, P I	25	143	2:48:00	WEBSTER, R J	27
84	2:44:19	COOK, B W	24	144	2:48:00	GRAHAM, R I	29
85	2:44:19	WATT, B S	29	145	2:48:03	BURCHETT, J D	29
86	2:44:20	CREAMER, H L	33	146	2:48:07	LUCAS, N B	35
87	2:44:22	KOVESS, M	26	147	2:48:15	DODS, A R	31
88	2:44:30	CONRICK, K J	22	148	2:48:22	COUTTS, N R	37
89	2:44:33	VALENTINE, O L	30	149	2:48:23	SMITH, J L	45
90	2:44:35	ELLIOTT, E W	39	150	2:48:23	BROWN, R F	38
91	2:44:35	GIRDWOOD, M J	35	151	2:48:24	MCVEIGH, B A	38
92	2:44:36	JAMIESON, R J	30	152	2:48:25	BUCKLEY, P	31
93	2:44:40	CRON, C A	21	153	2:48:29	MACKEN, K M	35
94	2:44:43	BERRY, T	45	154	2:48:30	WALSH, P	20
95	2:44:51	KENNY, P A	27	155	2:48:33	WALKER, A L	29
96	2:44:53	CARROLL, R A	27	156	2:48:36	MORRIS, P A	32
97	2:44:58	COOK, A	44	157	2:48:42	PALAZZO, R A	22
98	2:45:06	LEE, G P	26	158	2:48:48	TROUSDALE, A R	24
99	2:45:11	FRITZE, P A	28	159	2:48:49	OLNEY, D J	33
100	2:45:22	CROWLEY, M C	32	160	2:49:01	MCALLISTER, G D A	19
101	2:45:38	PETERS, B N	41	161	2:49:01	POLLARD, G J	27
102	2:45:48	IRWIN, A C	39	162	2:49:07	ISMAILOVIC, U J M	32
103	2:45:54	KNOTT, J A	36	163	2:49:10	CORMACK, J R	18
104	2:45:55	H. VAN WIJNGAARDEN	46	164	2:49:29	PEMBERTON, R	33
105	2:46:01	MARKS, W M	30	165	2:49:29	COOK, M G	21
106	2:46:06	HEATH, R A	26	166	2:49:31	DOOLAN, L	
107	2:46:09	MCCARTHY, T M	31	167	2:49:42	MARTIN, R E	29
108	2:46:15	TOLEMAN, K B	28	168	2:49:45	FOLEY, J D	42
109 F	2:46:15	LONGSTAFF, R A	29	169	2:49:45	SCHICKERT, R M	38
110	2:46:17	WHITEOAK, M J	35	170	2:49:46	RICHARDSON, J F	35
111	2:46:36	HUTCHINSON, R J	31	171	2:49:48	BROOKS, F F	43
112	2:46:38	ELLENBY, R	26	172	2:49:48	NOLAN, R P	25
113	2:46:39	PRIEST, M J	32	173	2:49:49	QUINN, M J	29
114	2:46:41	HILTON, C K	30	174 F	2:49:50	KUCHINS, J C	27
115	2:46:43	TOWNSEND, R J	35	175	2:49:50	HENDY, R J	35
116	2:46:52	FLANAGAN, C W	20	176	2:49:58	POWELL, M J	28
117	2:46:54	MOODY, D L	35	177	2:49:59	MCGUIRE, R J	35
118	2:46:56	GIBBINS, D B	21	178	2:50:07	GARDNER, N H	36
119	2:46:57	ARGALL, A F	43	179	2:50:11	SUMNER, J L	40
120	2:47:01	THOMAS, M J	37	180	2:50:13	WITHERS, E R	33

BIG M -MELBOURNE MARATHON - 1980 ** FEMALE COMPETITORS **

PLACE	TIME	SURNAME, INIT.	AGE
109	2:46:15	LONGSTAFF, R A	29
174	2:49:50	KUCHINS, J C	27
360	2:59:00	FAY, B M	38
556	3:07:43	SMITH, M A	45
591	3:09:28	PRATTEN, J M	26
635	3:10:52	RICHARDSON, K M	28
719	3:14:12	MADDRELL, J I	27
809	3:17:05	CATHCART, S J	25
824	3:17:29	TINDALE, M R	35
903	3:19:34	CRANAGE, C	27
939	3:21:04	SLOANE, M L	26
961	3:21:07	HAMILTON, L M	36
967	3:21:24	YOUNG, S G	30
1024	3:22:52	BARKER, C A	21
1154	3:26:43	COCHRAN, W E	24
1183	3:27:35	RYAN, K R	24
1196	3:27:56	MITCHELL, M J	37
1307	3:30:38	MOORE, C M	15
1385	3:32:29	TOMLINS, L A	28
1432	3:33:35	JOHNS, L F	36
1451	3:34:00	GAGE, N	39
1471	3:34:28	GOJKOVIC, M L	10
1506	3:35:18	BARKER, M R	48
1514	3:35:26	LOVETT, M M	26
1552	3:36:28	SARMAS, L	15
1637	3:39:04	ANSELL, M A	31
1678	3:39:43	BOWMAN, R J	35
1693	3:40:05	DAVIDSON, W M	36
1696	3:40:08	RIETHOF, A M	36
1706	3:40:25	GILMOUR, J M	11
1737	3:40:57	MANNIX, L P	31
1749	3:41:10	MCKIE, J G M	20
1779	3:42:18	FLANASAN, J M	13
1794	3:42:47	WINES, J L	42
1840	3:44:19	HORLOCK, A L	18
1989	3:48:09	MORRISH, G F	36
2017	3:48:46	GRIGG, J M	30
2031	3:49:09	SMITH, M E	44
2032	3:49:12	MCKINNA, C	35
2061	3:49:54	CALLAGHAN, A	43
2107	3:51:08	CAMERON, C G	38
2140	3:52:21	SPLATT, E	45
2166	3:53:11	WITHERS, M L	38
2170	3:53:18	DOWRICK, B R	34
2184	3:53:43	PARMENTER, G R	32
2239	3:55:21	LARKING, R L	34
2319	3:56:29	BURGOINE, A M	20
2339	3:56:59	ST GEORGE, F K	24
2381	3:57:54	PETRZELKA, V M	34
2394	3:58:13	JAMES, D E	33
2422	3:59:12	DOWLING, M	40
2463	4:00:57	YOUNG, L A	27
2486	4:01:47	MCDONALD, A L	36

STATISTICS OF THE BIG M :

ENTRIES: Male	5155	95.06%
Female	268	4.94%
Total	5423	
Male Finishers	3554	68.94%
Female Finishers	154	57.46%
Total Finishers	3708	68.38%

There is no reliable figure available for the actual number of registered starters, but it is estimated that between 4500 and 4800 were at the starting line.

FIRST MARATHON:	2669	49.22%
TRAIN USERS :	3404	62.77%
AGE GROUPS:	under 25 - 1318	- 24.30%
	25 to 39 - 3148	- 58.05%
	over 40 - 896	- 16.52%
	largest group '33'	- 291
	almost half were between 25 and 36	- 49.64%
INTERSTATE COMPETITORS:	325	5.99%

TIME GROUPS AT FINISH:
 371 - 10.35% were under 3:00:00
 606 - 16.34% were under 3:10:00
 1836 - 49.51% were between 3:10:00 and 4:00:00
 1854 - 50.00% finished under 3:44:46, fully 34 minutes faster than at the similar stage in 1979, when only 22.80% were below that time.

Somewhat up of 1100 personnel were involved in the organisation on the day: Refreshment, Medical, Police, Marshals, Processing and Recording, ~~XXXXXXXXXX~~ and many other aspects.

It also required a large supply of equipment and some of that is still outstanding. As there is a considerable amount of cost involved, as well as goodwill from the people who willingly lent us the equipment, we appeal to anyone who can return some of the missing items.

BLANKETS were used by some finishers while waiting for their clothes, 13 blankets are so far not accounted for.

MARSHAL jackets also have still not been returned and we are urgently in need of these as we loan these to other Fun Run organisers.

BUCKETS and BINS are another item that still requires chasing up and anyone who can help to return equipment will be most welcome.

The intermediate results are, as far as we can ascertain, correct times, particularly in the earlier stages it was difficult to record fast and accurately enough.

W.M.C. members played a vital part in the success of the marathon, in the despatch of numbers and pre-race information, in the availability of key personnel and in a number of individual ways. This is as it should be if our sport is to prosper and gain adherents.

TRARALGON MARATHON - Saturday 13-9-1980 Cool. 118 Starters 109 Finishers

	20 km	FINISH		20 km	FINISH
1. C. Stevenson	1.10.49	2.30.29	55. T. Shanley	1.25.46	3.09.06
2. Geoff Moore	1.10.49	2.35.44	56. K. Butko	1.19.19	3.09.27
3. M. Thompson	1.11.44	2.36.49	57. S. White	1.27.42	3.09.28
4. J. Seymon	1.10.49	2.41.00	58. A. Sanchez	1.24.39	3.10.55
5. D. Andrew	1.18.08	2.42.01	59. I. Storey	1.21.25	3.10.57
6. J. Wilson	1.17.24	2.43.25	60. R. Fewster	1.26.18	3.11.06
7. R. Hutchinson	1.18.07	2.43.43	61. M. Kirkwood	1.25.46	3.11.15
8. P. Patton	1.18.42	2.45.07	62. H. Birch	1.22.15	3.11.28
9. K. Hill	1.15.44	2.45.47	63. D. Davis	1.24.25	3.11.32
10. K. Macken	1.20.00	2.45.58	64. C. Woolgar	1.25.46	3.11.50
11. N. Thursfield	1.18.42	2.46.16	65. P. Shone	1.26.29	3.12.10
12. T. McCarthy	1.18.42	2.46.52	66. S. Hildritch	1.24.25	3.12.44
13. L. Keene	1.15.17	2.46.58	67. D. Bubb	1.18.42	3.12.52
14. J. Tozer	1.17.24	2.47.20	68. R. Gillis	1.32.37	3.13.14
15. I. Barry	1.20.23	2.48.23	69. I. Cornthwaite	1.22.41	3.13.24
16. G. Salthouse	1.19.23	2.51.26	70. P. Nelson	1.29.49	3.15.00
17. K. O'Brien	1.18.04	2.52.45	71. T. McGregor	1.25.18	3.15.31
18. P. Logan	1.20.26	2.53.26	72. B. Hargreaves	1.20.02	3.15.45
19. M. Whiteoak	1.21.46	2.53.52	73. A. Threadwell	1.24.59	3.15.45
20. G. Elston	1.20.02	2.54.42	74. G. Carmona	1.33.01	3.15.45
21. T. Davis	1.20.26	2.54.56	75. B. Ford	1.31.29	3.16.32
22. R. Preston	1.26.56	2.55.34	76. G. Butt	1.31.29	3.18.09
23. J. Timmer-Arends	1.18.50	2.55.39	77. T. Jacobs	1.35.57	3.20.50
24. L. Burgess	1.24.22	2.56.07	78. C. Ward	1.26.29	3.21.10
25. S. Nicol	1.23.00	2.56.32	79. K. Emery	1.31.29	3.23.03
26. D. Birks	1.24.22	2.58.11	80. K. Whyte	1.35.09	3.24.36
27. G. Hart	1.25.51	2.58.23	81. R. Barnett	1.35.07	3.24.36
28. G. Wilson	1.22.15	2.58.29	82. K. Houghton	1.35.58	3.25.16
29. R. Jeffery	1.22.15	2.58.43	83. A. Cole	1.35.05	3.27.42
30. P. Mahony	1.18.52	2.58.47	84. J. Gosbell	1.28.11	3.27.50
31. B. Smith	1.26.20	2.59.08	85. R. Harvey	1.34.48	3.28.26
32. R. Collins	1.15.36	2.59.13	86. K. Titterell	1.39.12	3.28.40
33. G. Sheppard	1.25.13	2.59.23	87. S. Miskin	1.41.01	3.31.28
34. G. Orchard	1.20.24	2.59.24	88. J. Toyne	1.33.24	3.37.54
35. G. Davis	1.26.56	2.59.40	89. J. Gosling	1.31.29	3.38.00
36. V. Ismailovic	1.24.59	3.01.00	90. R. Williams	1.31.29	3.38.00
37. George Moore	1.15.44	3.01.14	91. G. Vernal	1.25.46	3.38.19
38. P. LeBusque	1.20.24	3.01.19	92. C. Lampez	1.42.49	3.38.41
39. L. Edmondston	1.21.25	3.01.46	93. G. Wigg	1.35.05	3.38.46
40. G. Thomas	1.18.08	3.02.28	94. P. Searl	1.41.01	3.38.56
41. J. Crawford	1.27.04	3.02.33	95. B. Larkin	1.32.37	3.38.56
42. C. Collins	1.26.56	3.03.43	96. L. Thompson	1.24.03	3.42.11
43. N. Coutts	1.22.15	3.03.48	97. J. Sinclair	1.36.02	3.42.25
44. S. Lattimore	1.26.16	3.03.57	98. F. Tomholt	1.36.59	3.43.28
45. I. Robotham	1.24.25	3.04.18	99. B. Brennan	1.39.12	3.45.45
46. P. McLennan	1.30.41	3.04.42	100. S. Drummond	1.31.47	3.47.30
47. J. Norton	1.30.12	3.04.42	101. D. Mildenhall	1.42.49	3.49.35
48. P. Slatter	1.26.16	3.05.02	102. A. Bird	1.41.01	3.50.10
49. G. Riley	1.23.32	3.05.08	103. S. Wigg	1.36.02	3.58.34
50. G. Rice	1.26.00	3.05.23	104. V. McCartin	1.55.00	4.02.30
51. P. Limbrick	1.20.23	3.05.43	105. R. Lewis	1.44.41	4.04.40
52. J. Hill	1.24.25	3.06.05	106. M. Hollander	1.44.05	4.10.23
53. L. Bradd	1.30.00	3.07.57	107. L. Waddington	1.54.08	4.46.04
54. N. Royce	1.26.56	3.08.32			

1st. Team: Traralgon Harriers, 2.36.49, 2.55.59, 2.58.29

1st. Veteran(40-49): Jim Seymon, Old Paradians, 2.41.00

1st. Veteran(50+): Bill Ford, Traralgon Harriers, 3.16.32

1st. Woman: Fay Tomholt, Traralgon Harriers, 3.43.28

V.M.C. 16km, TWO BRIDGES, 86 Starters, Overcast and drizzle, little wind. 5-11-1980.

1. Andrew COCHRANE 25	52:35	28. Graeme SALTHOUSE 43	60:41	55. Barbara FAY W39	64:59
2. Neil RYAN 38	52:50	29. Derek BOWDEN 31	60:45	56. John IRVINE 44	65:06
3. Peter SHARE 32	53:34	30. Peter MOORE 32	60:55	57. Peter NELSON 39	65:47
4. Les MOLLARD 26	55:42	31. Ron YOUNG 49	61:16	58. Greg PARSONS 24	66:17
5. Ron HARRY 32	56:01	32. Stuart NICOL 30	61:26	59. Arnold SPARKS 34	66:32
6. John CONNELLAN 25	56:16	33. Dave COLEMAN 31	61:31	60. Jane KUTCHINS W27	66:37
7. Graham SMITH 24	56:18	34. Bill MITCHELL 28	61:35	61. Bryan KELLY 32	66:37
8. John KNOTT 24	56:34	35. Garry CLARIDGE 25	61:36	62. Robert LOVE 13	66:38
9. Ken FRASER 45	56:51	36. Mike KELLEHER 17	61:52	63. Ross BARNETT 32	66:50
10. David BLAND 33	56:56	37. Mike HUBBERT 37	61:56	64. Ken EMERY 33	67:05
11. Peter ANDERSON 28	57:19	38. Jim HOPKINS 31	62:00	65. Ken WHITE 34	67:10
12. David W JONES 29	57:23	39. Terry CUMMINS 41	62:05	66. John RICE 34	67:16
13. Andrew KOVECS 26	57:29	40. Peter MORRIS 36	62:22	67. Colin MACKENZIE 46	68:29
14. Geoff ELSTON 33	57:34	41. Noel MAXWELL 39	62:51	68. Peter KEPPEL 25	69:10
15. David HOWLETT 20	57:56	42. Bob LAUGHTON 42	62:52	69. John FREARSON 30	69:32
16. Steven TAYLOR 20	58:00	43. Gary HYDE 36	62:58	70. John McBRIDE 30	69:33
17. Paul PATTON 34	58:00	44. Bruce GRAYLING 29	63:37	71. Sue KEY W24	70:02
18. Warren KEY 21	59:04	45. Robert McCONNEL 17	63:50	72. John EDMONDS 42	71:48
19. Graham DAVIS 31	59:22	46. Robert COMBE 18	63:55	72. Ed NEAVE 25	71:48
20. Ken COPPLEMAN 31	59:23	47. Tom HANCY 43	63:55	74. Kevin RULE 38	71:48
21. Bob SCHICKERT 39	59:24	48. Lindsay BEATON 30	64:09	75. Shirley YOUNG W50	72:21
21. Ernie ELLIOTT 39	59:24	49. John HOLSCHIER 24	64:10	76. Garry SWAIN 38	72:35
23. Gabriel CARMONA 38	59:32	50. Jim CRAWFORD 45	64:16	77. Mike KELLY 28	72:37
24. Tony BERRY 45	59:44	51. Allan THREADWELL 25	64:16	78. Bill PAGE 33	74:38
25. Ian GILBERT 32	59:58	52. Gary COSSENS 27	64:25	79. Anne CALLAGHAN W43	76:47
26. Brian RYCROFT 48	60:12	53. Terry LIA 23	64:34	79. Judy WINES W42	76:47
27. Ron PRESTON 33	60:25	54. Ray CALLAGHAN 47	64:46		

V.M.C. 6km, TWO BRIDGES, 21 Starters, 5-11-1980.

1. Gerry SOFIANOS 28	19:38	8. Fred LESTER 57	23:42	15. Kerrieanne KNOTT W12	29:58
2. Peter KEHOE 25	20:07	9. Rod OPIE 31	23:56	16. Andrew LAUGHTON 12	32:30
3. Tom DANOS 33	20:31	10. Merv LARTER 37	24:47	17. John ANDERSON 35	32:33
4. Frank DWYER 29	21:24	11. Alice BISITS W23	25:28	18. Lynne SCHICKERT W39	32:48
5. Keith LODGE 49	21:30	12. Miriam ANSELL W31	25:57	19. Karen KNOTT W11	35:52
6. James van BEEK 16	23:06	13. Jane ANDERSON W21	26:36	20. Joyce KNOTT W40	36:03
7. Mike CUMMINS 36	23:33	14. Marg ALLMAND W33	29:30	21. Lynette LAUGHTON W	41:18

BALLARAT 'SHADOW OF THE MOUNT HALF MARATHON' Fun Run. 28-9-1980. 55 Starters, 53 Finish.

1. Ron BROOKES 25	74:02	13. C. BUNWORTH 19	88:07	25. Stan NICHOLLS 69	96:39
2. Rob BROOKES 26	74:41	14. R. HARRIS 25	89:07	26. D. BAINBRIDGE 30	97:57
3. Barry BROOKS 40	76:04	15. P. BELL 37	89:17	27. I. HALL 21	100:11
4. Fred BROOKS 43	78:15	16. D. FARNSWORTH 42	89:48	28. C. FLYNN 33	100:40
5. I. BLACK 41	78:21	17. T. CONNELLAN 35	91:09	29. R. TANN 45	101:03
6. R. PRIDDLE 37	80:14	18. P. HOWLEY 31	92:00	30. J. MAYNE 23	101:55
7. D. BORYS 24	85:48	19. D. MOSS 33	92:20	31. A. HIBBERD 33	103:04
8. E. SMITH 43	85:52	20. B. BROWN 37	93:06	32. Bonnie BLACK W39	104:26
9. C. WISDOM 20	86:18	21. R. CRAWLEY 46	93:22	33. B. SMITH 39	104:41
10. L. FLETCHER 49	86:27	22. J. HEIDEM 32	94:02	34. E. CAMBELL 35	105:44
11. L. PROSSER 35	87:14	23. P. DUGGAN 25	94:14	35. D. BURT 35	105:47
12. N. BARRETT 53	87:26	24. J. ROGERS 28	96:00	36. J. BURT 31	105:51

Four groups at Ballarat got together to put on this fun run and promote community health and fitness for men and women, as well as provide a lead-up to the Big M Marathon. They were: Dr. Don Moss of Aust. Sports Medicine (Ball. Branch), Mr. Newell Barrett of Bunninyong Shire and its Engineer, Mr. Peter Howley of Ballarat Early Morning Fitness Group and Dr. Laurie Prosser of Ballarat Coll. of Advanced Education, the place for the start and finish of this rather hilly event through scenic bushland over the sides of Green Hill and Mount Bunninyong. The perfect weather and efficient organisation, as well as plenty of free refreshment donated by the local business people, was enjoyed by all. The Committee feels encouraged to conduct similar, and shorter, events in the near future.

RUNNING IN THE PHILIPPINES.

Brian Morgan.

With two weeks notice from the Philippines, the AAU had to find two marathon runners and a manager to accept an all expenses paid trip to Manila to compete in a marathon. John Stanley, Norm Osborne and myself accepted the invitation. John and I started preparing for what was to be a real challenge, that is, running a marathon in the tropics.

For the next ten days both of us ran in track suits to try and get our bodies used to the idea of being heated. After quite a few hassels with tickets and flight changes, we finally got away on the Wednesday, the race being on Saturday morning. My baggage didn't make the flight. Luckily, I had a small Tiger Track bag as hand luggage which included my racing shoes, so I'd be right if my baggage became lost in transit. It arrived on the Friday evening. What a relief to be able to change my clothes ! We were met at the airport, driven at high speed through heavy Manila traffic with sirens blazing, to our hotel.

After a short jog on Wednesday, Thursday was going to be a real test. We were going to run for 30-40 minutes at 11 am while the sun was out. John handled the 35 minute run fairly well. It took me the rest of the day to recover. We both agreed that running a marathon was going to be a real challenge.

One interesting experience the three of us had occurred while shopping. We were quite used to the idea of seeing security guards at various points throughout Manila; but it was hard to accept the presence of a security off-duty officer guarding the toy department with a shot gun ! After seeing this we decided to call it a day and returned to the safety of our hotel to watch the riot squad in action across the road.

Race day was fine, cloudless and hot, even at 7 am. The invited runners came from Malaysia, Indonesia and Australia. The Americans, Japanese and South Koreans couldn't send runners on such short notice.

After 5km, John and I hit the lead and had dropped all other runners by the eighth km. We then increased our lead trying all the time to conserve our energy because of the heat. We stopped at every sponge station situated 5km apart and every feed station also 5km apart. Thus refreshments were available every 2.5km and they were certainly needed. At these points of the race John and I certainly appreciated the job Norm was doing. He was always there with words of encouragement and with our drinks ready.

John and I stayed together until just before the 25km mark. At this stage the heat was starting to take effect on me. While John continued on strongly toward the finish I was struggling on. Quite a few times in that last 12km I thought of pulling out, but considering that these people had gone to so much expense as well as hospitality I knew that I must finish. I was passed at 39km. At the end of our journey on the road we had to do 4 laps of the stadium, of which 250m was covered in water. This was disheartening at the end of a marathon. I had visions of tripping over in the backstraight to land face down in the water and drowning ! Imagine reading in the newspapers the next day : "Man drowns at the end of Marathon" !

My time wouldn't count in a training run under normal conditions, but then again the challenge was to finish. Times were meaningless, although John's 2:30:00 was excellent.

After the marathon, Norm flew back to Australia while John and I travelled up to Baguio which is where national coach Tony Benson (ex-Australia) has his national training squad. He has an ideal setting for such a venture and his athletes are certainly impressive, thus Tony is looked upon with a great deal of respect. Another instance where a top Australian sportsman has had to move overseas to get due recognition.

On arrival at Manila airport we found that our tickets were open dated and had not been confirmed for the return flight. All the flights until the 14th of October had been booked out. It looked pretty grim for a while. The next flight was on Sunday evening. Some friends assured us that we would get on that flight. What to do in the meantime ? Run another marathon ? Why not says John, it'd be an interesting experiment ! I've had my experiment say I. A 20km race for me. John ran and won another marathon, this time in 2:27:00 and I won my race. We both felt much better having been somewhat acclimatised.

The races were to commemorate President Marcos' birthday. A total of 15,000 competed in four races: 5km, 10km, 20km and marathon. Only one shot to start all four races together and everyone got off to a good start. The organisation was excellent.

RUNNING REALLY HIGH.

Grant Aldous

Running at 11,000 ft (3350m) literally takes your breath away. Gulping air as the weary body lifts the tired legs. This was the feeling I experienced running in the Himalayas.

It was a beautiful spring day and the country was rugged and beautiful. The chartered bus I and 10 fellow Australians were on stopped in the little village of Mahri.

The slow, snaking switch-back climb to Mahri in the small bus had cramped my body. I needed to shake the dust and stretch out. So I donned my running shoes and strode out on the dirt road. To the amusement of the locals, I found the going tough.

Huff and puff past a sign declaring "DON'T PIZZ HERE" (sic) - and little wonder, for on the other side of the ridge of earthworks were mud-brick houses. After a short while I was exhausted but exalted with the feeling that I had been running towards the top of the world.

A cup of sickly sweet tea - milk, sugar and tea brewed together - and the bus went on to cross the Rohtang Pass, one of the world's high road passes at 13,000' (4000m), and on to the little village of Darcha, the end of the road.

The previous day I had been for a run at Manali, a pretty town nestling in the mountains some 4000' (1200m) high and more than 240km north of sweltering New Delhi. I left my hotel cabin and climbed up a steep road and then ran through an apple orchard past people bent over carrying wicker baskets full of gleaming, crisp, juice apples. Then down the twisting narrow road and through the town and back to the cabin. After 25 mins running in the rarified air I was weary. This was only my fourth day in India and my first run on the sub-continent. Several months before I had run a 2:51:11 marathon and maintained my training in preparation for my trek in the Himalayas.

After reaching Darcha, the group walked for 11 days following an ancient trade route between India and Tibet. The walk, in the Ladakh district of Kashmir - known as Little Tibet and the last Shangri-la - was over moonscape country. The trekkers encountered rock after rock, unstable glacial scree and crossed rushing, almost sub-zero rivers.

Some were stricken by altitude sickness. They suffered headaches and nausea. Some vomited. The face of one - a policeman and also an Army reserve commando - ballooned. A Nepalese rafter with the group had to turn around after becoming violently ill. The local pony men combatted altitude sickness by drinking hot water and crushed garlic. Some of their animals had nose bleeds as they crossed the Shringo La Pass, more than 17,000' (5200m) high. Fortunately, my fitness enabled me to tackle the hard walk with no problems.

After reaching Padam, a dust bowl village with significance for Buddhists (the Dali Lama was there only days before we arrived), we put three inflatable rafts in the Zaskar River. For seven days we encountered patches of white water and saw stunning country. The journey ended at Nemo, near the confluence of the great Indus River and the Zaskar, about 40km from Leh, the capital of Ladakh.

Several weeks later I was home in Melbourne, days before the Big M Marathon. I thought that running at sea level would be like taking gulps of liquid oxygen. Alas, although fit, I did not have the running miles in my legs to compete satisfactorily.

FOOTNOTE: A warning to people considering running in India: On the plains, watch out for traffic and expect to be laughed at if in shorts. The leg is sexual to Hindus and never exposed.

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NEW PUBLICATIONS It was a pleasure to open up a bulky envelope and discover therein the first three issues of WEST AUSTRALIAN MARATHON CLUB NEWSLETTER. The enthusiastic Editor, Rod EASDOWN, not dampened by 10 years with the Daily News, is at P.O.Box 13 (No omen!) GREENWOOD 6024. That's the other side of the rabbit-proof fence!

After prising loose the staples holding No.1 together (shades of Rob Jamieson stapling VMC Newsletter!) and re-stapling to get at the placings I found the publication a worth while effort. Some excellent articles such as Di Hopper's comments on stretching, she is highly qualified, Rosemary Langford on starting running and regular reports by various club members give the WAMC good coverage of their activities.

Congratulations, W.A.M.C.! We are looking forward to more fruitful exchanges and co-operation for the benefit of Australian distance running.

RUNNING....WHEN YOU ARE ALL AT SEA.

Martin O'Malley.

With Fun Runs spreading across the world, taking many shapes and sizes, it was only a matter of time before one was run on water. The race was not for promising Messiahs, rather for the U.S. 7th Fleet, which certainly bears no resemblance to the Almighty. The race in question was run on one of the U.S.Navy's super-carriers, a ship which is over a $\frac{1}{4}$ mile (400m) long. The event followed closely on the heels of an article in 'Runners World' magazine titled "Running at Sea", where the author concluded it was a bad joke, unless posted to a carrier. I beg to differ.

After 4 months at sea, I managed a 2:29 Marathon and a 2:50 was run by a sailor off a large ore carrier out of Whyalla. A few details about myself may assist this tale. I am a Hydrographic Surveyor, posted to HMAS Moresby, a 2500 ton Survey Ship which is roughly 100m long and 15m wide. Moresby was deployed to the Southern Ocean in January of this year and returned to its home port of Perth late in April. In that period only seven days werespent alongside.

The course was twelve laps to the mile on a 3 inch thick Teak deck. If I was going to get dizzy going around in circles, at least the deck was going to have some cushioning effect. The Teak deck also had the unusual characteristic of not being slippery when wet, something to prove of great value later on. The main obstacles which affected continuous running were helicopters, weather, doors opening in your face and duties.

Moresby is equipped with a Bell 206 Helicopter and it lands on the ship's stern. When it is used, no personnel are permitted near the flight deck for the obvious reason that the rotors would slice you up. The most frustrating part of a long run was to hear the general broadcast system blare out half-way through your run:"No smoking, no smoking, no smoking. No smoking upperdeck abaft the funnel, no smoking quarterdeck, no unauthorised personnel abaft the funnel, flying operations in progress !"This horrific chorus meant the aft section of the ship was out of bounds for at least the next 20 minutes, depending on what the helicopter was up to. This left me the alternative of coming back when flying restrictions were relaxed or running around the forward superstructure. At 30 laps to the mile it was a tough decision, the latter usually won though.

Weather as you can imagine had an over-riding influence. It did provide the novel effect that you never knew whether you would be doing hill work that evening or not. Hill work usually coincided with an 8 metre swell, which made the ship pitch (rock fore and aft) in that amount of time it roughly took me to run a length of the ship. Subsequently, one length would be sharply uphill and the other just as bad downhill. In such a big swell running was only possible if the ship was sailing into or with the sea. Things did get rather sloppy when the ship turned, fortunately that only occurred twice during long runs. The state of the sea usually varied from 4 to 8 metre swells, which was comfortable to run in. I only missed four days through rough seas, amazing when you consider that the Mariners ' Handbook warns of 35m swells in that piece of ocean. It never ceased to amaze me how, even on relatively calm days, a rogue wave would inevitably hit the ship and send spray all over me just as I was going into day-dreams of Ferny Creek !

Doors opening in your facesuch are the joys of life at sea. Duties usually meant every fourth day was difficult to train, so a short 12 laps had to suffice then.

Motivation. The first sight of Moresby's running area made me pleased that there was at least an opportunity to run, however the thought of 12 laps to the mile made the blood curl. It was here that I owe a vote of thanks to both the VMC Newsletter and a prisoner in Pentridge Gaol, Melbourne. The prisoner, Brian, wrote a description of how he ran a Marathon in the exercise yard of the gaol. Doors opening and pedestrian obstacles included. That story impressed me at the time and provided me with the stimulus necessary to push me around 120 laps a night. After a week I was convinced it just wasn't going to work, but my mind just kept repeating over and over again 'if he can do it in an exercise yard half the size of this deck, then this is easy'. It took three weeks to gain a rhythm, then 50 miles (80km) a week proved quite a comfortable mileage.

At this stage I must mention the ships company; they may have thought I was a lunatic, but never gave me anything but encouragement and support. The fitness and awareness of health by the sailors had surprisedme as they have the reputationof being dinkum "Norm" types. The P.T.Instructor, Leading Seaman McSweeney, motivated over half the ships company to exercise each evening. Weightlifting, callisthenics or running were the range of activities.Things slackened off a little mid survey when Mac broke his nose (common

RUNNING IN AUSTRALIA

Paul Ballinger (1980 NZ CC Rep.)

As this was my first stay in Australia, I was very interested to see just what the running scene was like. The reason for me being here in Melbourne was as part of a 17 strong team to compete in the Australian Cross Country Championships.

I was very fortunate to be billeted with John and Peg Smith who live only two miles from the national cross country course and good running areas. The weather during the week here was ideal for running and like New Zealand, I feel we are lucky and it is the main reason why running is so popular. I felt very much at home in Melbourne as everything is much alike except, maybe, here some American ways and ideas are seen more. Being more isolated, N.Z. has always been further behind the times in development. Also the small population (app. 3 million) has a bearing on this.

A few things surprised me with the running organisation in Australia. Firstly, on Friday the 5th, the day before the Australian CCC, we were taken around the course by a leading official. Even at that late stage he hadn't decided just exactly where the course would be and asked me for advice. I didn't mind, but it seemed unusual as in N.Z. we decide months before the race.

The most alarming thing I discovered while here was the crazy way the women athletes are organised. Separate clubs !! That's just so old fashioned and I am sure is the main reason why Australian women distance running is so weak today. The men are very strong now, ahead of N.Z., and there's no reason why the women shouldn't be also. The women by being separate won't learn from the men and certainly won't have so much fun. So, as I see it, and I know others in the N.Z.team agree, there must be a change here to bring together both men and women running. How, I'm not sure, but if there are enough to agree there has to be a way.

The N.Z. team were also very fortunate to be able to take part in the Sun Superun. This huge event was for me the best organised fun run I have ever taken part in. In comparison to a similar fun run in N.Z. we have the 'Round The Bay' (app.6 miles) during the summer in Auckland. Auckland's population is almost 1 million and last year 40,000 ran in that race. So, you can see this type of run is very popular also in N.Z.

This trip was very enjoyable and educational for me and I hope N.Z. and Australian cross country will endeavour to make this an annual event, now that N.Z. has made the first step.

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RUNNING AT SEA (cont. from page 13)

(common ailment amongst sailors who drink in waterside bars) during a short visit to Albany. While the task master was away only the runners would get out of an evening and run with me.

I hope this article has shown another aspect of athletics where the best is made of available resources to keep those miles being logged in the diary. Even though sailors have run 2:50 and 2:29 Marathons, I still feel it would be a little adventurous to suggest we may find Leading Seaman DeCastella, Petty Officer Barrett and Bosun's Mate Wardlaw using the upper deck of Moresby for their 1982 Commonwealth Games preparation.

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A NEW PERIODICAL - AUSTRALIAN RUNNER - Publisher: Terry O'Halloran - Price \$1.95.

We have received Vol.1 No.1 of the Australian Runner and found it readable even if it wasn't altogether unforgettable. Chris Wardlaw features with a well balanced report on the Moscow Olympics and the surrounding political and media machinations (No, he didn't call them 'mal-practices'!). An interview with Tony Benson, now National Coach of Philippines Athletics, gives some interesting sidelights on practices over there. It's refreshing to have someone inject humour without labouring at it as Len Johnson does with his sketch of Ferny Creek and its weird habitues. But for a magazine trying to be national it is far too heavily Victoria orientated, even the one interstate tale on the Sydney City-to-Surf features Victorians in the fotos, and it will have to widen its scope.

BASIC TRAINING : GRETE WAITZ .

(Clipping sent in by a keen reader, no source given.)

New runners of all ages often ask me how to train. Some are just beginning and others have been running for a year or so and want to know how to proceed beyond a certain stage. Running has been part of my life since I was 12, and I recommend it to everyone. However, it is one thing for a teenager to start running and quite another for an adult to get involved in the sport. A patient, thoughtful approach is a must. To try and help any and all new runners, I've jotted down a few of the basic points of a beginning running regimen:

1. Weekly Schedule: I don't think that new runners should run every day. It is important to have rest days, even two or three per week in the beginning. Run four or five days a week for a long while before going on to six or seven running days per week. The rest in the early stages is good for you mentally and physically.

2. Daily Schedule: Training twice a day can be hard even for first-class runners, so I don't recommend it for beginners. One can be a very good runner without running twice a day. I had almost five years of training once a day before I started double workouts. You have to be at a high level of conditioning before you can profit from it.

3. Time of Day: This is a matter of personal preference, of course. Some runners feel tired in the morning and run later in the day. In the States lunch-hour running is common, but in Norway most people only have a half-hour for lunch, which makes running then almost impossible. I feel good in the morning and run then. Remember to avoid running close to traffic because of the exhaust fumes. That may help you decide when you should run.

4. Stretching: This is very important for runners because if you don't stretch, your muscles will be stiff and after awhile you may feel pain. I have heard people endorse stretching before and after running, but I don't believe so much in stretching before training. Your muscles are cold and stiff then and it can be painful to stretch them. The muscles are like a sponge: A dry sponge is hard to bend and so are your muscles when they are cold; after training they are like a wet sponge, flexible enough to be stretched. And even after you've run, don't stretch your muscles too hard.



■ World champion Grete Waitz

5. Partners: It is my experience that a training partner makes your running easier. You tend to run slower by yourself than in the company of others. Try to run with someone of your ability sometimes, but it is also good once in awhile to run with a better runner so you will be forced to push yourself a little harder. A mixture is ideal—sometimes by yourself to think and relax and

take it easy, and sometimes with a companion, to talk and to run hard.

6. Where to Run: The best thing about running, compared to other activities, is that you can do it almost anywhere. But some surfaces are better than others. I feel the best surfaces are grass or dirt paths, not asphalt. Still, it is a good idea to change your running site simply for variety. Even running on a track, at times, is of value—perhaps a necessity for speedwork. I run on soft ground a lot and, I think, that is one reason why I rarely get injured.

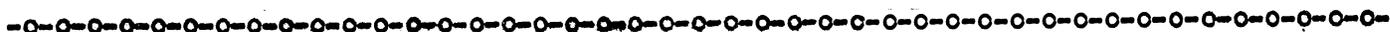
7. Diet: I know that many American runners are very concerned about diet. I am concerned too, but I do not have a "magic" diet to report. I believe in a well-rounded diet of fish, meat, vegetables, fruit, eggs, cheese and dark bread (with lots of fibers). I try to stay away from pizza, hamburgers, hot dogs, cakes and other junk food. I eat a "normal" Norwegian diet, which may be a little bit better than the U.S. diet because we don't have McDonald's and delis here to influence us. There is no super-diet that can make you run faster, no short cuts to improved running.

8. Mileage: I agree with those who say that a gradual increase in mileage is the proper way to train. I suggest you pick one or two days in your running week and add miles on those days rather than add mileage to every one of your days. Do this for awhile before increasing the distance of the other days.

9. Speedwork: The best way to develop speed for competition is to do speedwork, such as fartlek, intervals or short fast runs. One kind of quality workout is composed of a one-mile warm-up, two to three miles of fast running, and a one-mile warm down.

10. Competition: It is important—and not so easy—to know when you are ready for competition. Don't be too hasty to get into races. You have to reach a certain level of fitness before your body can take the rigors of competition. For each person, this level, and the time it takes to reach it, is different. And when you do compete, make sure your goals are realistic.

Editor's Note: The article appeared in 'The Runner' earlier this year I am told.



ULTRA-MARATHON: A small group of Tasmanian distance runners are planning to run through the Cradle Mountain Reserve. This is almost exactly fifty miles (80km) of muddy walking trail. It has been run before; there is an unofficial record of approx. 11½ hours. The run is planned for a week-end in mid-February, when the track is driest. Anyone interested contact Nick Goldie, 15 West Tamar Rd., Launceston, Tas.7250 (003-31 82 60).

Also, for Xmas holidayers, there is the Fiesta Fifteen Fun Run over 15km in Launceston, on Sunday, December 28, 9.00 am.

MANILA INVITATIONAL FREEDOM MARATHON. 30-8-1980.

Norm Osborne

(The runners' version has already been given on page 11, this is the manager's view.)

After arriving in Manila at the invitation of the Philippine AA and the Mayor of San Juan, a district of Manila, Brian Morgan, John Stanley and myself were met at the airport by a welcoming committee and driven in one of the Mayoral cars, with siren continually blaring, to the Holiday Inn Hotel. This drive was one of the most hair raising experiences as it appeared that all drivers on the road in the never ending trail of Jeepneys and Toyota Corona's in various stages of bent panels, seemed hell bent on destroying each other and belching exhaust fumes everywhere.....

....The day prior to the race all the International athletes and coaches were taken over the course in a Mini Bus. Because of the traffic this journey took three and a half hours. It seemed as if it would be impossible for the runners to get through, let alone the escorts and officials unless a dramatic change took place on the day of the race.

At four a.m. on race day we were up preparing for the 7 a.m. start. Even at this time outside of the air conditioned hotel it was hot and sticky. We were driven to the start where utter chaos reigned supreme. There was no provision for the coaches/managers to follow the race. The timekeepers all climbed into a Jeepney to be transported to various stages along the route never to be seen again until the finish. A couple of feeding stations near the end of the race just did not appear at the sign-posts. I found an obliging Electrical Contractor at the first feeding station acting as a communications man, who had no idea of what marathon running was all about. He drove me to the next feeding station and then with a little persuasion drove on around the rest of the course. I thus followed the race until John Stanley was turned too soon towards the finish and had to be sent back along the correct route to run out an easy winner.

The two Australians went to the lead with a Malaysian soon after the start, with the sun peeping out from behind the clouds to make the temperature about 36 C. This played havoc with the field which was reduced from 500 starters to some 78 finishers. John and Brian were running comfortably together until app. 20km when on a downhill slope John moved away from Brian who, being the bigger of the two, was suffering more from the heat. The sun went behind the clouds about this time and reduced the temperature to 30 C, but the road surface was scalding hot by this time and heat exhaustion was setting in.

Police and escort vehicles managed to clear a path through the traffic and council workers, men and women dressed in red and yellow uniforms, stepped from the footpath as the runners came along and blocked off the roadway to the traffic. Occasionally, runners appeared from nowhere to be up with the leaders for a while and had to be ordered off the course by the army officers helping with the conduct of the event. One wonders what these people, even those who cheat and join into races along the way as in Australia, are trying to prove.

The race was along a twisting, turning, undulating course trying to follow the course of the war between the U.S. and the Spanish, hence the name of the race. It finished at the PIZAL MEMORIAL STADIUM which is a large sporting complex.....

....The temperatures endured here and the effects on the athletes again highlight the need for Marathons to be conducted, preferably, in the early morning to minimise the effects of heat exhaustion and there is a need for continuing studies in this area.

Notwithstanding the lack of experience by the organisers, they will improve as they have enthusiasm and are willing to learn. We would accept an invitation to return as the Hospitality overall was magnificent.

(The above has been slightly abridged where covered in Brian Morgan's description)

- 1. John STANLEY 2:30:05 - 2. Carlifo SOLIC(Phil) 2:45:07 - 3. Brian MORGAN 2:47:03 -
- 4. Nelson CADEVILLA(Phil) 2:54:17 - 5. SUBRAMANIAN(Mal) 2:56:01 - 6. Felix BERREDO(Phil) 2:59:42.

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TRARALGON MARATHON REPORT. (Results on page 9)

Carl Stevenson, together with Geoff Moore, John Seymon and Martin Thompson broke away early in the race, and by halfway the first three were still together. Carl was trailing Geoff by 10 sec at 30km, with Jim another 20 sec back, but from then on applied pressure to pass Geoff and go away steadily right up to the finish. Thompson completed his 100th race over a marathon or longer in third spot, helped by Jim Seymon taking a wrong turn near the end. However, although probably missing out on a P.B., Jim was first veteran over 40, while Bill Ford was first over 50 to finish.

TO STRETCH OR NOT TO STRETCH. (W.A.M.C.Newsletter) Di Hooper, M.Ed., B.App.Sci, M.A.P.A.

Imagine your muscles as a rubber band in its relaxed state. Stretch the rubber band until it reaches maximum tension. If even more pressure is applied beyond the extreme then the rubber band snaps. It's similar to what happens when a muscle is stretched.

WHY STRETCH ? Stretching is probably a concept which is misunderstood not only by runners, but also by researchers. During long distance running the body works by continually contracting certain muscle groups. The muscles in front of the hip perform most of the effort of lifting the leg forward, but most of the drive is derived from the strong contractions in the back of the leg with the achilles tendon and the hamstring muscles.

Ligaments, the non-elastic tissue that bind the bones together, are largely responsible for the stability of the joints. With running the ligaments shorten and they do not automatically lengthen, so joints compress as the surrounding ligaments shorten. To avoid narrowing of the joint space and impairing lubrication, stretching must be performed after a run.

NOW TO STRETCH. Many runners assume that they must stretch "until it hurts". Not so. If pain is used as the criteria for effective stretching the problem of over-stretching can occur. Over-stretching injures the muscle fibres and causes the activation of a stretch reflex mechanism, a protective mechanism of the joint. It has the opposite effect to stretching and actually restricts muscle movement. Much of the pain that runners feel from improper stretching is the pain of contracting muscles trying to be stretched, the result of over-stretching. It is also very important to remember that bouncing or jerking movements, when stretching, will activate the same mechanism as in over-stretching and hence can be potentially injurious to the muscle.

Think of stretching as the elongation of the muscle to its limit of tightness. That ideal tightness limit is reached before the onset of pain. The runner should gently and slowly feel out the muscle tension and hold it in that position for 10 to 15 seconds. This can be extended from 30 seconds to several minutes as an athlete becomes more used to stretching. The key point to remember is to feel the muscle tightness during the stretch. If the tightness decreases then the muscle is being properly "elongated", but if the tightness increases then the muscle is being over-stretched. Remember this kind of increased tightness comes from activation of the stretch reflex mechanism and is not the correct way to stretch.

Holding a stretch allows the muscle fibres to stretch out slowly and remain stretched for a period of time. The feeling of tightness should decrease the longer the stretch is held. Go into each stretch slowly and controlled so that the proper tight feeling can be found. Then come out of each stretch the same way - slowly and controlled. Learn to relax and breathe in deeply and rhythmically. Enjoy it !

WHEN TO STRETCH. Probably the most critical question. Many experts suggest that stretching should be done before a warm-up. However Ron Clarke supports the theory that stretching should be performed when the muscles are warm. In his book 'Ron Clarke's Running Book', published by Outback Press, he said: "I would never advocate stretching until after a morning run and in the evening between the warm-up and the harder portion of your training."

This poses an important question: how important is a warm-up to performance and the prevention of injury ? Research evidence supports the concept of a warm-up and some of the physiological benefits, briefly summarised:

- *Warm-up causes a shift in the pattern of blood flow from the skin and major organs to the working muscles.
- *Warm-up raises the body and muscle temperatures, facilitating speed and force in muscle contractions.
- *A warm-up, related to the specific activity to be started, improves co-ordination.
- *A warm-up helps prevent muscle, tendon and ligament injury.

Because of these physiological reasons I would recommend that runners warm up by jogging until the muscles are warm, or until perspiration is evident. Then stretch. Often this could be inconvenient, especially if you are running in a group. You can't call on the whole group to stop while you stretch, they wouldn't appreciate it. I'd suggest that you stretch when you finish your run. This is the ideal time, as the cardio-vascular function has increased, the muscles are warm and the joints and ligaments have shortened due to the repetitive movement. By stretching after every run, the areas of muscle tension are released in the body.

cont. page 19

LONDON TO BRIGHTON ROAD RACE 1980.

Ian Rands.

As Big Ben struck seven, heralding the start of the 1980 London to Brighton Road Race, 170 pairs of well shod feet set off across Westminster Bridge, carrying with them the hopes and aspirations that go with the many hours of long and hard training.

We often jest about the "good news and the bad news". My "bad news" was that a stomach upset on the morning of the race severely dented my hopes of doing justice to all the hours of training that had gone into my preparation for this event.

The "good news" is that I not only started the race but finished it also, due mostly to the untiring efforts of friends from Coventry, Colin and Ann Kirkham, who kept up a never ending supply of coke administered through a baby's drinking cup, and the encouragement of Leanne who kept watch over Colin and Ann's two children while their mum and dad played nursemaid to an "old crock".

The course which had lengthened twice since placing my entry finally stopped growing at 55 miles 460 yards. From the start to around the 30 mile mark the course was undulating, then becoming rather hilly, climbing to 47 miles, with the last 8 miles mercifully down hill all the way to the finish. The weather was mild and slightly humid with a pleasant following breeze making for almost ideal conditions.

The pace was on from the start and Ian Thompson of Great Britain, competing in his first ultra-distance event, put together two marathons, back to back, in 2 hrs 36 mins each, to take out the event from last year's winner from America.

My own performance was one which saw the first 10 miles covered in 62 mins and 20 miles in 2 hrs 14 mins, a pace which was too fast for my condition but based on the hope that I could only improve in how I felt. It was not to be, and by 24 miles I was considering calling it a day, and almost certainly would have if it hadn't been for the encouragement from my supporters and the local people who had got to know me as "Come on Aussie".

At 40 miles I had an unexpected high and although it only lasted for 7 miles or so I made the most of it. 8 miles from the finishing line, as I crested that last hill, I was joined by George McGrath, my veteran compatriot from Sydney. Together we dropped into "Angels Gear" and allowed ourselves to be swept along by the momentum of our free moving bodies, much to the surprise of one or two runners who had passed me earlier on in the race and had witnessed my painful efforts.

Although finishing 47th out of 170 in 7 hrs 3 mins, just a few seconds ahead of George, who graciously dropped behind me over the last $\frac{3}{4}$ mile, I would rate his performance high up on the list for "Run of the Day". It was a great run by a fine ambassador for Australian athletics. As to how well I would have run given better circumstances I can only surmise, but perhaps some day soon I shall get a second chance to find out.

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STRETCH (cont. from page 18) WHAT TO STRETCH. The main muscle groups involved for long distance runners are the calves (achilles tendons), hamstrings, quadriceps, groin and lower back. Runner's World magazine is currently presenting a six-part series on stretching for runners. The articles demonstrate some excellent exercises, although to do all of them properly a runner would need the flexibility of a top ballet dancer. For those who have not got the time or sufficient flexibility I will give a detailed resume of the essential stretching exercises in the next newsletter.

SUMMARY. 1. Stretching is important to maintain the length of muscles and ligaments and to prevent narrowing of the joint space and impairment of lubrication.

2. You should take it carefully, stretching slowly and gently until the limit of muscle tightness is reached.

3. Over-stretching, or stretching until it hurts, injures the muscle fibres and can cause the activation of the stretch reflex mechanism.

4. If there is pain during stretching your technique is incorrect. Correct it or you could bring on an injury.

5. A warm-up improves a runner's performance.

6. Stretch only after an extensive warm-up.

7. Stretch after every long distance run.

TRAINING NOTES:HOW MUCH ? HOW SOON ?

Fred Lester.

I have before me a letter sent to the Big "M" Marathon, via the Dpt. of Y, S & R, asking whether it is possible for someone to devise a minimum training schedule to encourage 'Scrubber Runners'. The letter came from a group of potential runners working for a large firm who felt somewhat frightened off by the suggested training, as outlined in the notes and tips supplied. They felt that the suggested mileage was more in keeping with a trained athlete, not a 9 min per mile or 4 hrs 30 min plus marathon competitor.

Being a group of 'Scrubber Runners', and having only a limited number of training sessions available, they designed their own program for the 1980 race, all finished with the best runner recording 5 hrs 16 mins. The program for 16 weeks, 3 sessions per week, was:

First 4 weeks 18 miles (30km) per week ; Second 4 weeks 24 miles (39km) per week ;
Third 4 weeks 32 miles (51km) per week ; Fourth 4 weeks 39 miles (63km) per week .

All this was done at 9:00 to 9:05 mins (5:35 to 5:39 per km) per mile pace.

What are the lessons to be learnt from this letter ? Or should we ask which kind of lesson is to be looked for ? Is it a question of whether we just want to finish the distance at a running or jogging pace or are we aiming to finish the distance in a particular time ?

Let's have some analysis first. The best runner averaged 12:04 p.m.(7:30 p.km) on this diet of 9:00 p.m.(5:35 p.km) training sessions. Unfortunately we have no intermediate check times which may tell us a little more, such as at what rate he covered the earlier part and what fluctuations, if any, took place.

At 3 sessions per week, the runners took on a distance of 6 miles (10km) right from the word go. Rule 2 in the booklet says: Ease yourself into training. Walk first, then run/walk until you can run for an hour. The problem that arises with the approach that was taken is to cause a combination of muscle fatigue and stiffness which works against gaining the relaxation and rhythm so necessary if the body is to perform a task for a length of time under stress. Why the limitation to three times per week ?

What becomes obvious as more and more questions pop up, there is no one answer in the preparation for distance running, or for any other athletic event. One can only generalise that a good deal of time must be spent in practicing the event, at least some aspects of it, and when the race is on it depends on how well we can judge our state of fitness and resources and then proceed to put this out as evenly as possible for the time and distance required. If we aim at a particular target, then we've got to be prepared to sit down and plan for it. Once we've planned we've also got to stick to it.

Turning to some other pressing problems, Keith Ollerenshaw, an ace Marathon man, sounded a timely warning in a letter to one of our regular athletic journals.

WHY THIS OBSESSION WITH RUNNING MARATHONS at too young an age. It constitutes a gross disregard for the importance of developing speed which is just as important to marathon runners as to any other runners. It's the long and hard pounding before the legs have the maturity to take the buffeting which actually delays the maturing. Conversely, after several seasons of competing at the somewhat shorter distances, longer races such as the marathon will add strength and improve the speed.

Instead of aiming at marathons within two or three seasons, athletes are well advised to tackle any distance that comes along, from the 800m upwards to 10km, for several seasons before attempting the occasional essay into the 20km plus range. It depends to some extent of course on the prior sporting activity of the athlete concerned and the age level at which he or she enters the distance running scene.

Two earlier articles in this Newsletter, the one on stretching and Grete Waitz's advice, have bearing on how to train properly. Grete Waitz in particular is well worth re-reading and projecting onto even the more advanced runners' program. I would like to add only the important part that rest plays in the overall conditioning program. We need to ask our body to perform at a very high level from time to time, and rightly so, without stimulation we cannot rise towards new goals. But, then again, stimulation without end deadens the response and regression sets in. Recovery becomes an over riding need to replenish our resources and give the body a chance to restore the equilibrium. This does not mean we do nothing, but we do shed any pressures that may be present. It is only a very short period in our build-up cycle, we ignore it at our own peril.

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

Fred Lester.

SPORTS TRAVEL CONCESSION (NON-CONCESSION ?) SAGA is still not played out. The howl by sporting bodies when the axe fell originally seems to have had some impact, as domestic airlines have now been allowed to offer 15% on groups of 15 or more. But it is good that to sports other than Rugby and Aussie Rules teams, whose teams are likely to reach double figures ?

XXX
 THAT THE BIG "M" MELBOURNE MARATHON has established itself so early, within three years, as a major fixture on the Australian sporting calendar can be attributed a great deal to the drive and enthusiasm of Des COOPER, Chairman of the Victorian Dairy Industry Authority, the major sponsor. Sponsorship and promotion is an important part of presenting a major sporting event, especially when there is a group of sponsors involved whose interests need to be dovetailed neatly if disharmony is to be avoided, the greatest danger to the success of any venture.

XXX
 FORWARD PLANNING is on the agenda of the V.A.A.A. A major conference has been planned for April 11th, 1981 (How is that for forward planning ?!) for all interested in the future of Victorian Athletics to take part without prejudice and put their ideas, criticisms and suggestions in front of everybody. No competitions are to take place that day so that full attention can be given to this particular problem without distraction.

If the general dissatisfaction expressed in a variety of ways on both the crosscountry scene and the track & field season is any indication it is high time that people got their heads together instead of just leaving it to a handful of sub-committee members. The worst aspect seems to be a whole host of rules and bylaws which have robbed the Association of the flexibility needed to cope with changing attitudes and demands. At the moment, it seems to be the summer track & field organisation which needs priority and nothing short of a complete rethink coupled with discarding the old structural limits will do the job. There are elements in the interclub system which are worth keeping but they must be re-arranged and adjusted where they no longer provide an incentive to the athletes.

XXX
 THE YEAR'S PRIZE FOR 'CRAPPOLOGY' surely must go for this paragraph culled from the Australian Track and Field Coaches Coaching Manual (Distance running section): 'Adolescent strength seems to be a characteristic in many primitive communities, notwithstanding a lower diet level than in some Western countries. It could be one reason for the rise of talented distance runners in emerging nations.'
 Actually, this kind of gobbledegook bereft of either meaning in general or application to distance running specifically, pervades the whole section on distance running in the said manual. If this is the kind of guidance to be offered under the aegis of the new Sports Institute in Canberra, it's going to be even worse than expected. It's about the same level as the John Daly's prize 'egg' of following wind aiding javelin throwers !!

XXX
 ON A BRIGHTER NOTE we have some practical help to offer to those likely to suffer from lower leg problems - ankles, achilles, calf. It is a special exercise board to provide mobility exercises for the lower leg region without requiring much muscular effort which would counteract the easy after-workout stretch actions required. It has been personally tested by the editor, he has become quite an addict in fact, and is prepared to make the device available at a reasonable cost.

XXX
 QUITE A LARGE NUMBER OF NEWSLETTER READERS took part in the Big "M" Melbourne Marathon. I hope that all those who received the questionnaire from the Australian Sports Medicine have done the right thing and filled it in, both the pre- and the post-sections. Hopefully they will also check with others who they know received the questionnaire and encourage them to do likewise. The effectiveness of all this kind of research relies heavily on the return of as much data as possible if findings are to point in any particular direction with a degree of reliability. The research group has put in a lot of work and expense to come up with findings designed to help all runners to do what is best for them, they can not do it without the runners' support.

XXX
 Just enough space left to wish you all a very happy and successful festive season.

THE DISTANCE RUNNERS' FIXTURE LIST . From 1st of December, 1980.

- PLEASE NOTE: For regular AAA fixtures and details on Fun Runs, see other side of page!
- DEC 3 (Wed) VMC 8km & 2km. Two Bridges, Alexandra Ave, close Morell Bridge. 6.30pm. Barbecue.
- DEC 7 (Sun) Sri Chinmoy MARATHON, 8.00am, Dromana Recreation Reserve, HONOLULU MARATHON.
- DEC 15 (Mon) VMC E.Z. 10 000m "W" & "F" (No limit, "F" VMC members only) Olympic Bk. 6.30 & 7.30.
- DEC 16 (Tue) VMC E.Z. 10 000m "D" (37:00/17:30) & "E" (39:00/18:30) VMC members only 6.40 & 7.40.
- DEC 17 (Wed) VMC E.Z. 10 000m "B" (33:00/15:30) & "C" (35:00/16:30) VMC members only 6.30 & 7.40.
- DEC 18 (Thu) VMC E.Z. 10 000m "A" (30:30/14:40) VMC members, (30:00/14:00) Non-members.
- E.Z. entries close November 30th, 1980, \$1 race fee and entry to 1 Godling St, Canterbury.
- DEC 31 (Wed) VMC MIDNITE RUN, Two Bridges, Alexandra Avenue, 12 midnite.
- JAN 11 (Sun) Rip to River Fun Run, 12.5km, 9.00am, Point Lonsdale Lighthouse to Barwon River.
- JAN 15 (Thu) VAAA 10 000m Championship (as part of Alcoa meet).
- JAN 18 (Sun) VMC 4 laps (13km) Princes Park, 8.00am. Fun Run, no prizes / Hongkong Marathon.
- JAN 25 (Sun) Inverloch Fun Run, 10km, 10.00am, / Williamstown F.R. 8km, 9.30am, Strand & North Rd.
- FEB 8 (Sun) VMC-Richmond Boulevard Bash, 16km, Burnley, 8.00am. No prizes!
- World Crosscountry Team Trials, Moonee Valley, 8.00am, / Vic. T & F Ch'ships heats.
- FEB 14 & 15. Victorian Championships Heats and Semis, Olympic Park.
- FEB 22 (Sun) VMC 6laps (19km) Princes Park, 8.00am. Fun Run, no prizes!
- FEB 21 & 22 Victorian Championships Finals, Olympic Park. (Feb 17 (Tue) 5000m heats !)
- MAR 1 (Sun) Exacto Team Trot, Riverside Ave start, Albert Park finish. 13km, 9.00am.
- MAR 8 (Sun) Nunawading Family F.R. 8km, 9.00am, Mitcham N.S. / Moomba F.R. 13km, 10.00am. Berwick.
- MAR 19 (Thu) VMC Run-For-Your-Supper, Olympic Park, 6.30pm, SUPPER, Annual General Meeting.
- MAR 19 to 22 Australian T & F Championships, Adelaide.

WINTER PROGRAM. (Still subject to changes).

- APR 5 (Sun) VMC Once-Around-The-Tan. Domain, 10.30am.
- APR 11 (Sat) V.A.A.A. Forward Planning Conference.
- APR 12 (Sun) VMC/Euroa 15km & 5km (William Neelands Memorial) Euroa, 1.00pm.
- APR 18 (Sat) VMC 50 mile Fun Run. Sorrento/Portsea. Limited Field. / VMC Midnite Run, Portsea.
- APR 19 (Sun) VMC Father & Son Fun Run, 8km, 11.00am, BSL Sorrento. Ocean Beach Road. \$1.
- APR 20 (Mon) VMC Mother & Daughter Fun Run, 10.00am, 5km, BSL Sorrento. " " \$1
- VMC 16km & 6km Opening Run, 2.00pm. Portsea.
- APR 25 (Sat) VAAA Opening Run. HALLS GAP to STAWELL MARATHON, 1 pm.
- APR 26 (Sun) VMC 12km & 4km Fallen Comrades, Domain, 10.30am.
- MAY 2 (Sat) VMC Half-Marathon & 10km, Tullamarine, 2.00pm.
- MAY 3 (Sun) RICHMOND RIVER RUN. 10km, Alexandra Avenue.

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 is (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: (Tick where applicable)

My preferred date for the once-a-year duty roster is:.....

TIMEKEEPING.....Scoring.....Recording.....Other.....

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

VICTORIAN MARATHON CLUB

Affiliated to the Amateur Athletic Association of Victoria

FOUNDED 1946

to promote and foster long distance running.

THE VICTORIAN MARATHON CLUB IS :

OPEN FOR MEMBERSHIP for any registered amateur athlete.

COSTS \$6 per year (1st of April to 31st of March) for Seniors; \$3 for Juniors (u.20).

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

RACE ENTRIES: Marathon closes three (3) weeks before the date of the event. EZ 10 000m and other special events also close three weeks before the date set.

All entries for these special events must reach the COMPETITION SECRETARY, Fred Lester, 1 Golding St., CANTERBURY, 3126, as set out above, full name, address, best performance for the event in the last 5 years (2 years for the 10 000m) and age on day of competition clearly stated. ENTRIES for special events must be accompanied by the RACE FEE.

ENTRIES FOR ALL OTHER RACES (except the ones mentioned above) are taken 1 hour before advertised starting time as you pay up.

FOR FURTHER INFORMATION send your enquiries, which must be accompanied by a STAMPED and SELF-ADDRESSED ENVELOPE to the GENERAL SECRETARY of the V.M.C. -

Pam TURNEY, 35 Churchill Park Drive, ENDEAVOUR HILLS, 3802.

MEMBERSHIP FEES and SLIPS and other moneys go to the GENERAL TREASURER of the V.M.C. - Graeme SALTHOUSE, 5 Coolooli Court, RINGWOOD EAST, 3135.

ENQUIRIES ABOUT TROPHIES should go to (with an SSAE) the ASST.TREASURER (Trophies) - Vic ANDERSON, 13 High Street, KEW, 3101.

AS A FINANCIAL MEMBER OF THE V.M.C. you receive the V.M.C.NEWSLETTER for the period of your membership, your subscription ceases on March 31 unless you complete renewal procedures for the following season, commencing April 1. More information, results, future events, reports and more articles of interest to all runners are printed in the Newsletter and contributions of this kind from our members and readers are always welcome.

ALL MEMBERS OF THE V.M.C. are expected to take their turn once during the year in acting on an official job for one of our races. Please indicate on your membership form your preference as to the date and the kind of job you would like to carry out.

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 and family usually address you by) rather than bare initials, to avoid confusion and save a lot of time in checking results; mis-prints & mis-spellings are most annoying !

V.M.C.NEWSLETTER is obtainable at most race fixtures as well as at the VAAA office, 103 Pelham Street, CARLTON. It is also obtainable at the following sports shops :

RUNNERS WORLD, 600 High St, E.KEW, 3102(803503) & 340 Glenhuntly Rd, E'WICK, 3185(5238585).

ROSS HAYWOOD SPORTS CENTRE, 434 Maroondah Highway, CROYDON, 3136, (870 5363).

SPORTS IMAGE, 132 Toorak Rd, SOUTH YARRA, 3141, (26 5110).

VITAL SPORTS CENTRE, 109 Little Collins St, MELBOURNE, 3000, (63 1671).

GREENSBOROUGH SPORTS STORE, Level 3, Greensborough Shopping Centre, 3088, (435 1094).

ROCKY'S, Corner Warrigal Rd & Burwood Highway, BURWOOD, 3125, (288 8916).

Regular athletic fixture information is obtainable from all State AAA offices.

More detailed Fun Run information is obtainable from Dpt.Youth, Sport & Recreation, 570 Bourke St, MELBOURNE, 3000, 602 15 66.