

VICTORIAN MARATHON CLUB

# NEWSLETTER

SEPTEMBER 1981  
PRICE \$1.00



*FRED LESTER, King of the Kids, lays down the law.  
Photo courtesy John Punshon.*

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, we ask contributors to aim for the 1st day of that month to make editing less rushed.

\*\*\*\*\*

INTERSTATE LINES OF COMMUNICATIONS :

- A.A.U. of AUSTRALIA: Rick PANNELL, 377 Lit.Collins St, MELBOURNE 3000, (03) 67 13 19.
- A.A.A. of NSW: Clive LEE, P.O.Box N101, Grosvenor St, SYDNEY 2001, (02) 241 35 38.
- NSW W.A.A.A.: Flo WRIGHTER, 37 Berith St, KINGSGROVE, NSW 2208, (02) 50 54 73.
- V.A.A.A.: Ms ROBINSON, 103 Pelham St, CARLTON, Vic 3053, (03) 347 04 86 .
- V.W.A.A.A.: Maisie McQUISTON, 1 Hunter St, KEILOR, Vic 3036, (336 43 67.
- Q.A.A.A.: John BAILEY, 33 Wighton St, NASHVILLE, Q'land 4017, (07) 269 63 07.
- Q.W.A.A.A.: Joyce BONWICK, 10 Leamington St, WOOLONGABRA, Q'land 4102, (07) 391 20 20.
- A.A.A. of S.A.: Brian CHAPMAN, G.P.O.Box 57, KENSINGTON PARK 5068, (08) 332 83 52.
- A.A.A. of W.A.: Mrs W.SHERIDAN, P.O.Box 208, WEMBLEY, W.A.6014, (09) 387 1050.
- T.A.A.A.: Noel RUDDOCK, 10 Reynolds Court, DYNHRYNE, Tas 7005, (002) 23 19 76.
- T.W.A.A.A.: Mavis EBZERY, 12 Church St, NORTH HOBART, Tas 7008, (002) 43 80 22.
- A.C.T.A.A.A.: Joan CROSS, G.P.O.Box 63, CANBERRA, A.C.T.2601, (062) 73 23 11.
- N.T.A.A.A.: Klaus ROTH, 13 Marrakai St, TIWI, Northern Territory, 5792.
- R.R.C. of NSW: Fred HOWE, 5/30 Hooper St, RANDWICK, NSW 2031.
- A.C.T.C.C.C.: Bryan McCARTHY, P.O.Box 252, CANBERRA, A.C.T.2601.
- R.R.C. of S.A.: Bruce ABRAHAMS, Sports Admin.Centre, Box 163, GOODWOOD, S.A.5034.
- W.A.Marathon Club: Rod EASDOWN, Box 13, GREENWOOD, W.A.6024
- Q'land MARATHON CLINIC: Andrew SEMPLE, 576 South Pine Road, EVERTON PARK, 4053.

\*\*\*\*\*

VICTORIAN VENUES :

No.13 MELWAY REFERENCE

OLYMPIC PARK-	Batman Ave & Swan St, trams from Princes Bridge & Richmond Stn.	44 B 11
MURRUMBEENA TRACK-	North Rd/Murrumbeena Rd, 1.5km from M'beena Stn.	68 K 9
SANDRINGHAM TRACK-	Thomas St, HAMPTON, 1km from Hampton Stn.	76 K 6
MENTONE TRACK-	Opp.Lr.Dandenong Rd/Nepean N'way corner, Second Street	87 B 7
COBURG TRACK-	Outlook Road, EAST COBURG, off Murray Road Swimming Pool	18 A 10
PRESTON TRACK-	EDWARDES LAKE 18 E 5/. ABERFELDIE TRACK-Corio St, ESSENDON	28 D 6
HEIDELBERG TRACK-	Liberty Parade, across creek from Northland	19 D 12
COLLINGWOOD TRACK-	Heidelberg Rd, CLIFTON HILL, Crosscountry course opposite	30 G 12
DONCASTER TRACK-	George St 33 J 11/. BOX HILL TRACK- Elgar Road	47 C 7
RINGWOOD TRACK-	New St and Sylvia Rd, 1.5km from Ringwood Stn.	49 F 11
TWO BRIDGES COURSE-	Opposite Botanic Gardens, near Morell Bridge, Alexandra Ave.	44 B 12
ALBERT PARK COURSE-	Robinson Hall, at rear of Basketball Stadium, facing lake	57 J 3
PRINCES PARK COURSE-	Walker St.Pavillon, near Carlton F.G., Royal Parade	29 G 12
BOULEVARD-	Richmond side of Yarra, behind Burnley Gardens	45 B 12
TULLAMARINE-	Reserve in Melrose Drive, 800m north of Mickleham Rd corner	5 G 11
CRIB POINT ROAD COURSE-	Park Road, 500m north of Naval Depot	195 B 1
POINT LEO ROAD COURSE-	200m up from Pt.Leo Beach turn-off in Flinders Rd	196 G 2
SORRENTO-	R.S.L.Hall Ocean Beach Road	157 A 7

ENTRY FORM EMIL ZATOPEK 10 000m , 1981.

**NOTE** "W" division is for Women Runners only and is open to all women athletes. It is also the Victorian Women's 10 000m Championship under the auspices of the VWAAA. Registered women athletes entering the Victorian Championship section must send their entry (\$2) to: Eileen Watt, 5 Morgan Street, GLENHUNTLY, 3163, by Nov 27th. Women entrants for the Heptathlon (all sections) send to Eileen Eatt also.

Program for the series: (Starting times are approximate)

- DEC 14(Mon) "E" division, VMC financial members only. 39:00 & 18:30 qualifying. 6.30pm.  
 "F" " VMC " " " " No limit. 7.30pm.
- DEC 15(Tue) VAAA 100 yards 'Hector Hogan Trophy', heats. 6.20pm. Championship.  
 VAAA 1 mile "John Landy Trophy" heats. 6.15pm. Championship.  
 "W" division & Victorian Womens 10 000m Championship. 6.40pm.  
 VAAA 100yards Championship 2nd round (if required). 7.20pm.  
 "D" division, VMC financial members only, 37:00 & 17:30 qualifying. 7.40pm.  
 VAAA 1 mile Championship semi-finals (if required). 8.20pm.
- DEC 16(Wed) Decathlon Trials, first event. 5.00pm.  
 Heptathlon Trials, first event. 5.15pm.  
 "B" division, VMC financial members only. 33:00 & 15:30 qualifying. 6.30pm.  
 "C" division, VMC " " " " 35:00 & 16:30 qualifying. 7.15pm.
- DEC 17(Thu) Decathlon Trials, sixth event. 5.00pm.  
 Heptathlon Trials, fifth event. 6.00pm.  
 MASTERS MILE , Veterans over 40 only, 4:50 qualifying since March 1, 1981. 7.10pm.  
 Women Open Mile. 7.20pm.  
 VAAA "H.H." 100y Championship semi-finals. 7.20pm.  
 Junior Men 3000m. 7.30pm. Schools 4x 200m Relay. 7.45pm.  
 VAAA "H.H." 100y Championship FINAL. 8.00pm.  
 VAAA "J.L." 1 mile Championship FINAL. 8.20pm.  
 Schools 4 x 800m Relay. 8.50pm.  
 "A" division EMIL ZATOPEK, VMC financial members 30:30 & 14:40 qual. } 9.00pm.  
 non-members 30:00 & 14:00 qual. }

Qualifying times must have been achieved on the track since April 1st, 1980, in either 10 000m or 5000m. Entries for the 10,000m events must reach the General Secretary, VMC, 1 Golding Street, CANTERBURY, 3126, together with the \$2 race fee, by November 30, 1981.

PROFESSIONAL OR COMMERCIAL ?

In this day and age there is little doubt that to achieve proficiency requires a genuine professional approach, whether you are an 'Amateur' or 'Professional' according to the anachronistic labels still hung onto the practicing sportsman and woman. A professional approach is the hallmark of a person who deeply involved in their particular pursuit seeks the satisfaction of a task well done, if possible even right up to their personal limit in ability of the moment.

The time when the old labels merely served as a means of privilege vs. prejudice has well and truly died by now, especially in view of the earnings which can be commanded by the 'Amateurs' in some sports. That there still should be a residue of antagonism between practicing athletes is to be regretted, although the upsurge in public interest and the Fun Run boom have obliterated most of the differences.

The new, and in some ways more devious, cleavage in sport is posed by the increased influence of commercial interests which is threatening to reduce sport to a marketable commodity, an adjunct to advertising and gaining popular favour. The threat emerges in the player or athlete becoming a performer solely motivated by immediate personal gain and then becoming dependent on his or her skill and proficiency, beset by the fear of diminishing ability, remaining a saleable commodity.

Organisations of sportsmen and women in their turn are then expected to provide all kinds of assistance and, of necessity, have to look to sponsorship or government support in meeting mounting financial obligations just in order to keep their sport viable. At the moment, sponsorships from private and semi-government sources are forthcoming, but changes in policy by any sponsor can occur at any time and so an atmosphere of uncertainty hampers systematic and long-range planning in many sports.

Governments, Federal and State, are the only ones which can ensure a certain level of assistance and continuity and to a limited degree they are still doing so. However, the course of Government policy at these levels has been one of severe cutting back in all spheres of public spending. Consequently, departments charged with responsibility for sport have been endeavouring to shift the burden into the direction of private funding and sponsorship.

Even the "Life Be In It" campaign, which has done more than any other campaign before it to lift the awareness of the community of health and fitness, has been allowed to drift into the vagaries of the open market, whose only consideration is: What's in it for me? Brian Dixon, no matter what other differences people may have with him, has been one of the very few politicians to display an active interest in sport and work for it in the most vigorous way. But it doesn't seem to matter what results are produced, and there is no doubt as to the effectiveness of the L.B.I.I. campaign and its influence on similar schemes in other States - even in parts of the U.S.A. -, Australian Governments don't really give a damn for sport as a community benefit.

There are sponsors who have a genuine interest in sport, but no matter what their intentions they have to balance the books. They, by themselves cannot guarantee continuity of involvement and funds, sport appears as another item in the ledger under sponsorship and advertising. All we can hope for is that we are allowed to manage our own affairs in the best interest of our sport.

Anyone for politics ?!

\*\*\*\*\*

- |   |   |
|---|---|
| 2.Communications , Venues                 | 13.Australian Marathoners Conference        |
| 2A.E.Z.Program & Entry Form               | 14. " " " "                                 |
| 3. Professional or Commercial ?           | 15.The Middle East Marathon                 |
| 4.Bits & pieces of interest               | 16. " " " "                                 |
| 5.VMC Marathon & 10km                     | 17.The M.E.Mar/ Downtrodden in Central Park |
| 6.VMC 20km & 10km                         | 18.VMC 50 Miler / West Austr. Notes         |
| 7.VMC 25km & 10km/VAAA & VMC Mar.Comment  | 19.Book & Film Reviews                      |
| 8.Medical Jogger at Boston                | 20.At the Top of the World/Stawell Marathon |
| 9.Marathon's All Downhill                 | 21.Marathon Pace Chart                      |
| 10.Mahomed and the Mountain/Bits & pieces | 22.What do you make of it ?                 |
| 11.Avon Adventure                         | 23.Fixture List/Membership Form             |
| 12.Australian Marathon Titles             | 24.VMC Membership Information               |

"RUNNING FREE"

Book Review (more on page 19)

Diok Batohelor.

Sebastian Coe's book is written in collaboration with sports journalist David Miller. When Coe was still at school his father and self-taught coach privately predicted that seven years later (in 1980) his son would run 1500m five seconds faster than the then world record. Coe's brilliant career and riveting confrontation with fellow Englishman Steve Ovett (whom he clearly dislikes) at the Moscow Olympics is well covered.

The book understandably overlooks the fact that these days Coe can command huge sums whenever he sets foot on the track, and his father (!) is a client of the Mark McCormack organisation. In Boston last year one of Bill Rodgers' employees told me his boss had passed the millionaire mark "a long time ago" and, no doubt, Seb. Coe is well on his way to becoming Britain's first millionaire runner.

What a contrast to Derek Clayton, busting his guts ten years ago for the honour and glory of it !

Seb. should change the title of his book to "Running to the Bank"...Seriously, though, it is worth reading if you are not deterred by the high UK cover price of £ 6.95. Write to me at 18 West Place, Wimbledon, Surrey, England, if you can't get a copy in Australia.

x - x - x - x - x - x - x - x - x - x - x - x - x - x - x - x - x  
 PROPOSED WINTER FIXTURES WINTER SEASON 1982 - VICTORIA. (Earlier dates see page 23)

- JUN 13 (Sun) VMC 20km & 10km, Crib Point or Albert Park (JUN 5 SA AAA Marathon
- JUN 19 (Sat) VAAA 25km, VWAAA 10km/Aust.CCC, Tasmania (JUN 6 Perth Peoples Marathon)
- JUL 3 Vict.Schools CCC JUL 10 VMC 25km & 10km, Werribee South, 2.00pm
- JUL 17 VAAA 10km Road Champ
- JUL 18 Ballarat MARATHON / Sri Chinmoy ½ Marathon
- JUL 24 VMC 50 Miler, University track / Australian MARATHON & C.G.Trial, Brisbane(25th ?)
- JUL 31 VAAA 16,000m CCC / Australian Schools CCC, Adelaide
- AUG 1 (Sun) Malvern Mini-Marathon / AUG 8 Sri Chinmoy MARATHON
- AUG 14 Vic Country MARATHON / Australian 25km & 10km, Sydney
- AUG 21 VAAA 15km, Fisherman's Bend / AUG 22 Williamstown ½ Marathon
- AUG 28 Vic Vets MARATHON / AUG 29 Festival City MARATHON, Adelaide (National Vets ?)
- SEP 4 VAAA CC Relays, Yarra Bend / SEP 4 & 5 C'wealth Games Trials, Brisbane
- SEP 5 Superun / SEP 11 Traralgon MARATHON, Monash Campus 10km
- SEP 18 VMC-FRRC King of the Mountains 30km & 15km, Point Leo, 1.30pm
- OCT 3 (Sun) Malvern 15km (SEP 30 - OCT 9 COMMONWEALTH GAMES, Brisbane)
- OCT 9 or 10 Morningsington International Relays.
- OCT 17 (Sun) Big "M" Melbourne MARATHON

\*-\*-\*-\*-\*  
 STOP PRESS CENTRAL HIGHLANDS (Balarat) MARATHON FUN RUN Results: 19-7-81

1. Peter WHITTAKER, 33	2:42:39	11. Peter BELL, 38	2:56:51	21. Peter JONES, 36	3:03:01
2. Peter MORRIS, 37	2:46:34	12. Jim CRAWFORD, 46	2:57:48	22. Nigel ROYCE, 28	3:03:07
3. Eddie SMITH, 44	2:49:45	13. Phillip BOWES, 25	2:59:03	23. Gary COSSENS, 27	3:04:13
4. Nigel THURSFIELD, 34	2:50:35	14. Russell SHIELL, 32	2:59:19	24. Ian BRADSHAW, 16	3:05:41
5. Paul McEWAN, 20	2:51:43	15. Roger WEINSTEIN, 31	2:59:21	25. Herbert SMITH, 40	3:06:43
6. Mike RUSSELL, 24	2:53:54	16. Peter WALSH, 27	3:00:00	26. John GOSBELL, 42	3:06:43
7. Lyle FLETCHER, 50	2:54:21	17. Ray BLANCHFIELD, 37	3:00:33	27. Ken LIVERSAGE, 32	3:07:05
8. Roger STODDART, 36	2:54:25	18. Alan THREADWELL, 26	3:00:35	28. Richard GILLES, 36	3:10:16
9. David BIRKS, 36	2:55:52	19. Andrew THOMAS, 22	3:01:48	29. Gary HARRIS, 41	3:11:29
10. John TASSELL, 32	2:56:25	20. Robert CROSATO, 24	3:02:31	30. Les BRADD, 29	3:13:17

W1. Roslyn BOWMAN, 35 3:19:49 W2. Bonnie BLACK, 39 4:03:26

MARATHON ORGANISERS TAKE NOTE: It is in your own and all Marathon Runners' interests that you put your central information contact in your own state on your regular mailing list for a start. Do not delay in notifying fixtures and results as soon as they become available. THEY ARE YOUR BEST PUBLIC AGENTS and they are also your most reliable source of information given the support which is needed to make them function effectively.  
 Add to list on Page 2: ACT Dave CUNDY, 33 Lawrence Cres, KAMBAH, ACT, 2902  
 New England: John STANLEY, "Wood Park", RMB 410, Old Inverell Rd, ARMIDALE, 2350  
 North NSW: Angelo JONES, P.O. Box 1, ALSTON VILLE, NSW, 3477

VMC MARATHON CRIB POINT, 7-6-1981. Cool, fine, sunny, 15C, 107 Starters, 89 Finishers.

1. John DUCK 28	2:29:32	31. Andrew WALKER 29	2:58:48	61. Maree STANWAY 20W	3:19:01
2. Greg KING 31	2:34:53	32. Don O'DELL 44	2:59:08	62. Chris TROTTER 37	3:21:18
3. Robin YOUNG 33	2:38:53	33. John SMITH 46	2:59:09	63. Geoff HOOK 36	3:21:37
4. Hugh CREAMER 34	2:39:35	34. Paul PATTON 34	2:59:59	64. Richard GILLIS 36	3:21:48
5. Rob LAWRENCE 34	2:41:14	35. Alan FOSTER 36	3:00:01	65. Reg DOBSON	3:22:36
6. Ian RANDS 36	2:41:37	36. Greg ORCHARD 36	3:01:20	66. Roger TOWNSEND 29	3:26:42
7. Frank DWYER 30	2:43:34	37. Keith HUMPHREYS 30	3:02:28	67. Paul FLANAGAN 36	3:27:23
8. Phil LEAR 37	2:44:22	38. Bob FEWSTER 37	3:04:16	68. Bernie BRENNAN 54	3:29:22
9. Ken COPPLEMAN 32	2:44:33	39. Steve TELEKI 28	3:05:04	69. Tom HANCY 44	3:30:25
10. Bill HALL 27	2:46:57	40. Charlie HOLDEN 34	3:05:23	70. Tom PEACH 43	3:31:10
11. Roy TAYLOR 36	2:48:14	41. Bruce PETERS 41	3:05:34	71. John GOSLING 32	3:31:10
12. Ian WILLIAMS 42	2:51:40	42. Keith GRAHAM 47	3:05:48	72. Maurie HEARN 39	3:34:42
13. John BARRIE 36	2:51:52	43. Bob BIRRELL 44	3:06:00	73. Dick ELLERTON 50	3:35:17
14. Ian DUNN 32	2:52:21	44. Andrew THOMAS 21	3:06:54	74. Phillip STERN 46	3:36:12
15. Kon BUTKO 34	2:53:10	45. Peter LAING 26	3:07:08	75. Bill LONG 24	3:39:24
16. Geoff PAYNE 37	2:53:10	46. Tom DAVISON 48	3:07:35	76. Mike HOARE 45	3:40:23
17. Mal SCOTT 43	2:53:17	47. John GOSBELL 42	3:09:16	77. Judy WINES 43W	3:40:49
18. Bill FULTON 46	2:53:39	48. Frank SOPER 39	3:09:26	78. Merv WOODGATE 52	3:40:49
19. Nigel THURSFIELD 34	2:53:43	49. Tom DONOVAN 50	3:10:41	79. Annette BIRD 31W	3:41:31
20. Max CARSON 32	2:54:05	50. Bill BROADLEY 32	3:12:59	80. Ray CALLAGHAN 47	3:41:31
21. Ray FOX 45	2:54:43	51. Terry SHANLEY 28	3:13:19	81. Jeff SHARPE 32	3:41:53
22. John DRIVER 43	2:56:36	52. Pete SCHUWALOW 17	3:15:06	82. Mike PALMER 34	3:45:06
23. Ken FRASER 45	2:56:59	53. Roger WEINSTEIN 31	3:15:15	83. Arthur ELLIS 53	3:46:33
24. Graeme SALTHOUSE 43	2:57:10	54. Reg WILLIAMS 30	3:15:16	84. Peter WHEELER 39	3:48:20
25. Ian CORNTHWAITE 20	2:57:20	55. Ken WHYTE 35	3:15:16	85. Frank BIVIANO 37	3:52:10
26. Gary COSENS 27	2:57:31	56. Eric MARIE-JEANNE 33	3:15:39	86. Danny JACKLIN 28	3:52:11
27. Peter SLATTER 26	2:58:05	57. Sam HILDITCH 47	3:16:57	87. Anne CALLAGHAN 43W	3:57:24
28. Peter MORRIS 36	2:58:05	58. Tony CARROL 47	3:17:17	88. Stan MISKIN 55	3:57:24
29. Mike WHITEOAK 36	2:58:39	59. Richard JEFFERY 46	3:18:29	89. Bob COLE 36	4:02:21
30. Jim CRAWFORD 46	2:58:45	60. Duncan CROCKETT 39	3:18:52		

VMC 10km, CRIB POINT, 7-6-1981. 73 Starters, 71 Finishers.

1. Nick SHARMAN 17	32:14	26. Colin BROWNE 48	39:30	51. Jim PATON 64	45:46
2. Neil CROKER 26	32:29	27. Judy POLLOCK 40W	39:35	52. Jane ANDERSON 22W	46:36
3. Tom DANOS 34	34:12	28. Doug OLIVER 44	39:42	53. Prashanta CUNNINGHAM	27 46:55
4. Anthony BERRY 37	35:20	29. Ron FARNILL 54	39:53	54. John BROWN 71	47:13
5. Ted McCOY 41	35:28	29. Robert MARTIN 26	39:53	55. Rae MORAN 31W	47:49
6. Norm DUFF 50	35:32	31. Merv LARTER 37	40:14	56. Geoff HILL 34	48:08
7. John EVANS 44	35:57	32. Tony BARBIN 19	40:25	57. Richard DAVIS 35	48:15
8. Mark PHILLIPS 29	36:05	33. Graham BURKE 34	40:45	58. Bev MUNIS 33W	48:26
9. Bill HUGHES 48	36:06	34. Tony FEDER 29	40:50	59. Betty NEWMAN 57	48:26
10. Peter MADDIGAN 39	36:21	35. Ashley PARKER 19	41:05	60. Trevor GOSBELL 13	50:04
11. Bruce WATT 41	36:43	36. Fritz FENNING 46	41:09	61. Judy PARKER 24W	50:35
12. Jim WILLIS 49	36:54	37. Michael RICE 30	41:10	62. Scott ORCHARD 8	51:15
13. Kishore CUNNINGHAM 29	37:02	38. John VISSER 46	41:13	63. Refide FENNING 31W	51:36
14. Colin DISSELDORP 26	37:28	39. Rob FREEMAN 34	41:21	64. Sophie MADDIGAN 35W	52:48
15. Graeme HUMPHRIES 41	37:32	40. Clyth MACLEOD 47	41:25	65. Judy DAVISON 44W	53:09
16. Kevin DELANEY 18	37:37	41. Peter KEPPEL 26	42:14	66. Clare McKERR 51W	55:22
17. Roy COMERFORD 37	37:46	42. Ron AUST 55	42:33	67. Carol LOGAN 32W	56:17
18. Bernie MARSHALL 25	37:51	43. Peter COLTHUP 60	42:37	68. Lynne SCHICKERT 39W	56:35
19. Richard MARTIN 27	37:53	44. David WAITE 10	43:26	69. Adele TAYLOR 35W	58:26
20. Dot BROWNE 40W	38:03	45. Ilse SCHNEIDER 39W	43:56	70. Maureen RILEY 50W	63:02
21. Fred HARRISON 38	38:20	46. Tim ORCHARD 10	44:26	71. Harry LOGAN 63	64:16
22. Gerard MAGUIRE 16	38:30	47. Vern GERLACH 56	44:59		
23. Mal COTHER 39	38:40	48. Ronald FISHER 27	44:59		
24. John RICE 34	39:29	49. Trish MACLEOD 37W	45:17		
25. Rob MITHEN 37	39:30	50. Peter BERRY 45	45:20		

V.M.C. 20km, Albert Park, 28-6-1981, Fine & windy. 94 Starters (?).

1.Ian MINTER 30	66:38	33.Ron FARNILL 54	83:08	65.Frank DONOVAN 46	89:59
2.Trevor VINCENT 43	67:41	34.Fred HARRISON 38	83:11	66.Duncan CROCKETT 39	91:13
3.Glen DEVERS 16	68:37	35.Alan MORRISON 33	83:23	67.Rob FREEMAN 34	91:28
4.Don SIMPSON 35	71:30	36.Graeme DAVIS 31	83:36	68.Alan BALLARD 34	91:36
5.Max CARSON 32	71:47	37.Trevor ABBOTT 30	83:37	69.Malcolm MACMILLAN 52	91:39
6.Rob MANDILE 28	72:34	38.Brian ELKNER 39	84:07	70.Peter COLTHUP 60	91:56
7.Kevin MACKEN 36	73:49	39.Trevor MCGREGOR 37	84:23	71.Bob COLE 36	92:15
8.Henk WILJNGAARDEN 47	74:00	40.Martin CULKIN 31	84:28	72.Jim DUGGAN 38	92:43
9.Ross MARSHAL 32	74:48	41.Peter CLARK 26	84:43	73.Peter BATTISTE 39	92:54
10.John CLARKE 37	74:57	42.Anton MAHONEY 34	85:10	74.Andrew TUNNE 22	93:09
11.David HOWLETT 20	76:03	43.Ken EMERY 33	85:22	75.George CORR 40	93:11
12.Peter MOORE 33	76:30	44.Dave YEAMAN 45	85:24	76.Maurie HEARN 39	93:42
13.Phil LEAR 37	77:10	45.Graham WINZOR 32	85:26	77.Peter WHEELER 39	94:01
14.Ken BUNNING 39	77:10	46.Fred McINTOSH 30	85:36	78.Harold MOORE 38	94:03
15.John SMITH 46	78:29	47.Steven WHITE 26	85:39	79.Synthia CAMERON 39W	94:24
16.Graeme SALTHOUSE 43	78:38	48.Ian UREN 30	85:49	80.Ken HOUGH 36	94:24
17.Roy COMMERFORD 37	79:04	49.Jim MCGREGOR 35	86:45	81.John MANGAN 42	94:47
18.Steve TELEKI 28	79:07	50.Gary RAMSEY 28	87:06	82.John KEER 52	94:49
19.Jim FOLEY 42	79:46	51.Tony DOYLE 37	87:09	83.Peter KEPPEL 26	95:04
20.Peter MADDIGAN 39	79:49	52.Barbara FAY 39W	87:37	84.Leslie SCHWAB 33	96:03
21.Roger WEINSTEIN 31	79:52	53.Merv WOODGATE 52	88:08	85.Shirley YOUNG 51W	96:18
22.Julian WALSH 30	79:56	54.Hans MEISELBACH 52	88:20	86.Dave HEBBERT 40	96:49
23.Peter LAING 26	80:02	55.Mike KELLEHER 18	88:35	87.Colin BROWNE 48	98:16
24.Ron YOUNG 50	80:13	56.Phillip STERN 46	88:49	88.Leif BUTTON 41	102:10
25.John KNOTT 37	80:22	57.Arnold SPARKS 35	88:53	89.Norm MACLEISH 49	105:51
26.Ray FOX 46	80:24	58.Bill LONG 24	89:03	90.David JACKSON 48	108:34
27.Leo JONES 40	81:45	59.Rob MITTEN 37	89:23	91.Neil ROSSEY 55	108:34
28.Roger TOWNSEND 29	81:51	60.Adam SMITH 40	89:24	92.Norman KEETON 48	110:02
29.David ANSELL 39	81:53	61.Bob McLOUD 30	89:26	93.Trevor RUSH 43	110:06
30.Tom DAVISON 48	82:13	62.Tom DONOVAN 50	89:35	94.Judy PARKER 24W	113:33
31.Peter COLLINS 20	82:27	63.Rod HERON 51	89:44		
32.Malcolm BOULTER 34	82:53	64.Dick ELLERTON 50	89:49		

V.M.C. 10km, Albert Park, 28-6-1981. 43 Starters.

1.Neil HUPCHINS 20	33:33	16.John RICE 34	41:41	31.Gunter NEUHOFER 37	46:22
2.Tom DANOS 34	34:12	17.Col MACKENZIE 46	42:40	32.Geoff HILL 34	47:20
3.Jose MINGO 16	34:47	18.Rob BELLEVILLE 31	43:20	33.Bron JOHNSTON 20W	47:35
4.Mick HORAN 21	36:03	19.Rick SWINARD 33	43:34	34 John JOHNSTON 58	47:36
5.Malcolm SMITH 38	37:02	20.Mike HOARE 45	44:21	35.Rae MORAN 31W	48:34
6.Dave COLEMAN 31	37:45	21.Bob MUR 40	44:23	36.Janet O'DELL 42W	48:42
7.Martin THOMAS 38	37:53	22.Kathy EDMONDS 19W	44:24	37.Jenny BYRNES 27W	49:11
8.Andrew THOMAS 22	38:58	23.Jack ANDERSON 31	44:34	38.Clare McKERR 51W	53:48
9.Mal COTHER 39	39:55	24.Mitch SMITH 40	44:37	39.Gary REID 40	55:04
10.Peter NELSON 40	40:16	25.Mike BRENNAN 29	45:03	40.Sue FREEMAN 29W	55:05
11.Jim KAERNE 31	40:44	26.Walter SOSSI 25	45:23	41.Jane SAWYER 24W	57:58
12.Bruce NICHOLS 41	40:50	27.Tony MARTIN 31	45:26	42.Marg WEYL-WILLET 37W	59:14
13.Bruce WALKER 38	41:04	28.Brude CROSSLEY 37	45:44	43.Bernadette McGRATH 40W	63:48
14.Bryan KELLY 33	41:16	29.Else SCHNEIDER 39W	46:11		
15.Danny JACKLIN 28	41:16	30.Ron AUST 55	46:12		

\*\*\*\*\*

BRIGHT ALPINE CLIMB is on again, Melbourne Cup weekend at Bright.

Sat Oct.31 Mt.Porepunkah, 1194m, 6.4km Send entries (\$2 adults each day,\$7 4 days)  
 Sun Nov. 1 Mt.Feathertop, 1922m, 8.5km to: (\$1 juniors " " , \$3.50 4 days)  
 Mon Nov. 2 Mt.Hotham, 1860m, 14.0km R.SPLATT, 54 Mountbatten Ave, Bright  
 Tue Nov. 3 Mt.Buffalo, 1200m, 10.0km Tel: 057-55 14 67

Sections: u.13, u.16, u.19; 19-34, 35-49, 50+ ; For Accomodation Tel: 057-55 10 05.

We suggest interested people send to Reg Splatt, enclosing stamped, addressed envelope.

V.M.C. 25km , Werribee South 12-7-1981. Cold & windy. 56 Starters

1.Peter ARMISTEAD 35	1:30:46	19.John GOSBELL 42	1:43:21	37.Steven KENNY 30	1:58:41
2.Robin YOUNG 33	1:30:46	20.Trevor McGREGOR 37	1:44:14	38.Peter WHEELER 39	1:59:26
3.Peter SHONE 35	1:32:24	21.Ivor ROBOTHAM 39	1:44:26	39.Shirley YOUNG 51W	1:59:35
4.Ron YOUNG 50	1:34:51	22.Peter COLLINS 20	1:44:41	40.Andrew TUNNE 22	2:00:14
5.Damien COOK 27	1:35:57	23.Nigel ROYCE 28	1:44:43	41.Judy WINES 43W	2:01:06
6.Grech DALLI 30	1:36:00	24.Fred HARRISON 38	1:45:31	42.Jean ALBURY 51W	2:01:06
7.Mal SCOTT 43	1:36:05	25.Bill LOTHERINGTON 48	1:45:34	43.Vern GERLACH 56	2:02:07
8.Leo JONES 40	1:36:52	26.Ian UREN 30	1:46:00	44.Annette BIRD 32W	2:03:12
9.Graeme SALTHOUSE 43	1:37:06	27.Tony DOYLE 37	1:46:03	45.George CODD 40	2:04:27
10.Roger WEINSTEIN 31	1:37:34	28.David YOMAN 45	1:46:54	46.Norm MACLEISH 50	2:04:38
11.Jim HOPKINS 31	1:37:54	29.Bill LONG 24	1:48:06	47.Anne CALLAGHAN 43W	2:06:07
12.Graeme DAVIS 31	1:39:48	30.Norm ELLIS 34	1:48:40	48.Bronwin JOHNSTON 20W	2:07:17
13.Ray FOX 46	1:39:52	31.Barbara FAY 39W	1:49:33	49.John JOHNSTON 58	2:07:17
14.Keith McINTOSH 29	1:40:32	32.Chris WOOLGAR 37	1:49:55	50.Jeff NORMAN 30	2:07:26
15.Tom DAVISON 48	1:41:34	33.David WHIFFIN 23	1:50:19	51.Jane ANDERSON 22W	2:08:10
16.Kevin RUGG 30	1:41:43	34.Mike HOARE 45	1:50:49	52.Jeff MANN 33	2:08:49
17.Ray CALLAGHAN 48	1:42:10	35.Merv WOODGATE 52	1:55:03	53.Dennis CROWLEY 32	2:13:59
18.Terry SHANLEY 28	1:43:18	36.Alan BALLARD 34	1:56:33		

V.M.C. 10km , Werribee South 12-7-1981. 19 Starters

1.David FYRIE 17	34:21	8.Andre THOMAS 22	36:59	15.Jackie McINTOSH 24W	49:38
2.John CLARKE 37	35:02	9.Roger ABBOTT 44	37:13	16.Joy HODGSON 47W	49:49
3.Paul BREARLEY 15	35:13	10.John FAY 41	38:34	17.Len TAYLOR 46	51:18
4.Peter LEBUSQUE 21	35:19	11.John RICE 35	38:39	18.Judy DAVISON 44W	52:39
5.Glenn SOWTER 19	35:32	12.Graham WINZER 32	39:17	19.Nathan DOWLING 9	54:04
6.Andrew FAY 16	35:33	13.Brian HODGSON 48	40:35		
7.Dave COLEMAN 31	36:40	14.Bob ROBINSON 34	49:38		

V.A.A.A. Marathon results have already been published in other magazines, the final list was not ready prior to our last deadline (May 10th). Except for Jeff COOLE, who set an unnecessarily fast pace and later hit 'The Wall', it was a fairly evenly run event, top contenders in the race had shown in earlier races over varying distances that there was little between them. What was surprising was the number of well performed runners who started the race, but finished on the sidelines: Jeff COOLE, David BYRNES, Paul O'HARE, Max LITTLE (did intend to run only 25km) ~~and~~ Phil CUFFE and John DUCK. Veteran Jim SEYMON (43) ran a PB 2:34:49 for 9th place and must have been very happy.

The Victorian Women's Title was at stake at the same time, but due to the clash with the Avon race in Sydney only three women took to the road. Megan SLOANE's 2:52:38 was an even effort, the ever-threatening Lavinia PETRIE ran a solid 2:58:00 and Shirley YOUNG with her 3:29:58 must be one of the most consistent over 50 marathoners.

The course leaves much to be desired, the roads are narrow in part, soil dragged out of market gardens by trucks and turned into greasy mud spots by rain littered the road, the ignorant and inconsiderate attitude by athletic followers in cluttering up the course by car, bike and on foot created traffic hazards, the timekeepers failed to compare the watches and used one that showed 9 - 12 seconds faster times than most anybody else's, plus one or two other points can be improved to make this event more attractive to all concerned. A lot of work and effort is put into major events such as this by officials, runners and their supporters, it is irritating that such efforts can be nullified by lack of thought and planning.

The VMC Marathon had attracted a greater number of starters, and for a change conditions were in the runners' favour. John DUCK went out on his own right from the start and made it, although he slowed a lot towards the end. The 10km lap course, which gives everyone a chance to see the runners eight times plus start and finish, all within 300m, eliminated the need for anyone to crowd the course and, except for a 'secret' 5km mark, the competitors knew how they were placed at all times. 17 PB's were scored among the first 30 to finish.

A VISIT TO THE BOSTON MARATHON WITH THE A.M.J.A.  
(American Medical Joggers Association)

Dr. Andrew Semple

Having been a veteran (over 40) jogger since 1968, and a marathoner since my debut at TRARALGON, Vic, in 1976, when aged 49 (I did 2:58), it has been my ambition to run at Boston. I joined the A.M.J.A. in 1977, since its ideal of active participation in running suited me better than the broader fields of the Sports Medicine Association, to which I still belong however. Their system of having a medical seminar devoted to running as a prelude to the most important marathons in the U.S. (Boston, New York, Honolulu, etc.) encouraged me to arrange a tour of stree testing and cardiac rehabilitation centres as well as running in the Boston Marathon. A list of such places in the U.S. was published some time ago in the "Physician and Sportsmedicine" journal which I find invaluable for reference.

I arrived in Boston eight days before the marathon, and stayed at the hotel where the A.M.J.A. conference was to be held, right near the Prudential Centre, the hub of the race.

While out running the next morning, I was directed to the Charles River circuits, where one can run along bicycle and jogging paths beside the river, and do a 4 mile (6.4km) to 17 miles (27.4km) circuit depending upon which of the numerous bridges one uses to cross the river. I met Dr. Kent Smith who showed me over his stress testing facilities and life styling courses at "Medical Care Affiliates", quite near the Prudential Centre. He later took me for a run towards Harvard and ran some interesting circuits round a few lakes. The next morning, a friend took me out to Newton and we ran back over Hea rtbreak Hill which in our fresh state seemed quite innocuous.

In the afternoon, I attended a Sports Medicine Clinic at Massachusetts General Hospital, where a few patients had overuse injuries from unaccustomed running. The following day, I attended a lecture on "Exercise and Leisure For the Aging", where the emphasis was on participation throughout life to prepare ourselves for the aging process - this after all is what Veteran's running is all about (or swimming or cycling or tennis, etc.). North Eastern University have interesting programs on Cardiovascular Health and Exercise, and I attended one of their early morning exercise sessions in their cardiac rehabilitation program, which was supervised by a cardiologist, an exercise physiologist and cardiac-care nurses, most impressive.

The A.M.J.A. Conference then lasted 1½ days, and consisted of lectures on "running and the mind", biochemical findings, bone scan and injuries, plasma lipoproteins, exercise prescriptions, heat stress, anaerobic threshold, high altitude climbing, amenorrhoea, prevention of coronary artery disease, elevated enzymes in marathon runners after competition, the high risk jogger and diet for exercise. The speakers were mostly well known researchers and marathon runners, and included Ron Lawrence, Noel Nequin, Arthur Siegel, Terry Kavanagh and Tom Bassler, to name just a few.

The next day was the Boston Marathon Sports Medicine Running Seminar, where we heard from such diverse personalities as Will Cloney, Kathy Switzer, George Sheehan, Peter Kavanagh and others.

Monday, April 20, was the marathon, a beaut day of heavy cloud and a low temperature, 10,000 runners and hundreds of thousands of spectators, with plenty of offerings of ice and water. Starting with the veterans, it took 1½ minutes to cross the starting line, but even so I managed a PB of 2:55:10, due to ideal conditions, a downhill course and the latest in new running shoes, worn without needing to be run in!

After the race I was at a party and found Arthur Siegel and a team from Boston Medical School, doing muscle biopsies and blood tests to further knowledge of blood and muscle enzymes present after strenuous exercise, which could simulate enzymes in blood after heart attacks. So I volunteered and had a sore gastrocnemius for 48 hours!

Dallas was my next stop, and I visited Ken Cooper's Aerobics Centre, and was very impressed with their system of cardiac evaluation and cancer screening (available at a price) their research activities, their exercise and jogging programs, and cardiac rehabilitation. They have three outdoor tartan tracks, 440, 880 & mile circuits, each about 4 feet wide!

(cont. page 10)

MARATHON'S ALL DOWNHILL !

Clive J.Davies.

(After reading Ian Williams' article in the last VMC Newsletter, I fear an influx of Australians for Boston '82. To stem the flow the following article in the Boston Globe of April 17 should put the race into perspective.)

Have we no sense of decency ? Must we continue to mistreat visitors to our city ?  
Can we not ban the Boston Marathon ?

The Boston Marathon, for anyone fortunate enough to have missed the first 84 occurrences, is a long-distance running event in which athletes attempt to make it from the town of Hopkinton to the city of Boston without being seriously injured along the way. Even though the race is essentially downhill, it is hard. The people who administer the marathon make it even harder. It is one of the few legalised sporting events less humane than Bull-fighting.

The marathon used to be a very small race administered by unskilled young gentlemen from the Boston Athletic Assn. It has evolved into a very large race administered by unskilled old gentlemen from the Boston Athletic Assn. For marathon runners the real Heart-break Hill is the stair-case leading to Jock Semple's office.

It is not known why the marathon has not died from the cumulative effects of institutionalised incompetence, Oscar Miranda and Rosie Ruiz. Nor is it known why Amnesty International does not send an observer team to document the outrages. We can only surmise that marathon runners are so desperate for attention that they will participate in anything that Paul Newman or the staff of "Good Morning, America" is willing to photograph.

Terrible things happen every year, but the members of the BAA never notice. Rosie Ruiz cheated, nobody in the BAA saw it. Oscar Miranda cheated, nobody in the BAA saw it. The members of the BAA aren't qualified to be school crossing guards, let alone supervise 26 miles 385 yards of blacktop. This does not mean that the members of the BAA are not nice people. Will Cloney, who didn't always appear to be a nice person, is thought of as a nice person now. This often happens to Boston sports figures, as Carl Yastrzemski can attest. Even Semple seems to be getting nicer, although it may be that he's just getting older. If there are others involved in the administering of the Boston Marathon, they can not be identified, because Will and Jock won't let us know who they are.

Don't misunderstand. The Boston Marathon is not a bad race for everybody. If you happen to be a world-class marathon runner, a category made up of amateur athletes who own sporting good stores, the BAA provides you with special dressing rooms and special motorcycle escorts. If you are a world-class marathon runner, you will be surprised and delighted to find fluids still available when you pass the official watering stations, which brim like the wells surrounding Masada. When Jerome Drayton of Canada won Boston in 1977 and vowed never to return, he failed to comprehend that the thousands of runners who finished behind him were treated far worse than he.

If you are a mediocre marathon runner, a man or a woman who finishes the race in three to four hours, Boston is less a race than a survival course. You start your day by arriving in Hopkinton, the most inappropriate place to stage a major sports event since the David Cup challenge round was held in Cleveland, three or four hours early. If you delay, traffic will be so bad you may not get there at all. If you are fortunate, you will be able to sit in a corner of the Hopkinton High School gymnasium. There you can wait patiently while the muscles in your legs knot up. If you are less fortunate, the gymnasium will be filled and you will wander around in the rain.

The marathon begins at noon, a time chosen by the BAA to coincide with the heat of the day. If you are a mediocre marathoner, the time is academic. You will be standing, not running, when the race begins. So many thousands of runners are packed into the narrow street behind the starting line that you won't cross until 5 to 8 minutes after the race has officially begun. What a thrill it will be for you to have trained all winter for this race, only to arrive at the one-mile mark and hear your time announced as 11 minutes. For the next 25 miles, you will try in vain to match the pace you set the previous year in the Pueblo Holiday Marathon, where nobody was watching.

Another reason why you will fail to turn in a good time is that crowd control vanishes as soon as the escort motorcycles have passed. Spectators push closer and closer to the



## THE ADVENTURE OF THE 1981 'AVON'.

Elaine Splatt.

7 pm Saturday night, we arrive at our Manly hotel, in drizzling rains: John Smith, our driver of the mini bus, Peg Smith, Janet O'Dell, Dawn Parris, Jenny McInnes & I, to run the marathon; Kate Robotham, Margaret Kent & Joyce Hodgson to do the 8km Fun Run. After the traditional carbohydrate build-up, we sit around and discuss our split times for tomorrow. Any hope of finishing in the top bracket is wishful thinking, but we haven't travelled 900km not to finish at all !

The rain persists all night, but by morning it eases and we are treated to the promise of fine day, although wet underfoot. Joy, Kate & Margaret are up early to see us off and we promise to be back in time to see their start at 11 am. 3 hrs 50 min is our aim, 27 min 5km splits. John is there also and is to be our tower of strength for the next 4 hours.

7 am and 37 starters line up. The T.V. camera rolls as we set off.

By the time we have run 20 metres, the field is split and the front runners are moving away. Our group settles down to a steady pace behind. Dawn drops back a little, Jenny also, leaving Peg, Janet and I striding along and feeling good. 5km comes up in 24 mins. "We'll have to slow down", Peg says, "at this pace we will be doing a 3:30 marathon. 15km and I'm starting to drop behind, Jenny passes me. Running out along Pitwater Rd I see the front runners on their return, 8km ahead of me. Rosie Longstaff, who is to be the winner, strides along like poetry in motion.

Just before the halfway mark and Janet is on her return, she'll make it under 4 hours. But not Peg. She is resting at the drink station, suffering from stomach cramps. We both set out together, but my legs don't want to go, my pace becomes slower and Peg moves away once again. Dawn passes me. A drink and a couple of tablets from John and I revive a little. Then it strikes, leg cramps ! I fall down on the footpath and think 'This is the End'. I've run in 3 marathons. This has never happened to me before. Where did I go wrong? Smoothing hands come to my rescue and I open my eyes to see one of those big blond Sydney Surfies massaging my knotted muscles. The girls won't believe me when I tell them about this. He picks me up and tells me to take it easy and I'll be alright. I hobble off, too scared to jog. If I cramp again I'll never make it. The 30km check point looms up as it starts to rain. An Avon car pulls up beside me and asks if I want a lift. I refuse their kind offer, determined to finish before the cut-off time of 5 hours.

The last drink station. They are packing things up. I haven't seen another runner for an hour or so. I must be last. They assure me I'm not. 40km, 2km to go ! Turn left, turn right and there's the beach front. The promenade is alive with runners. A 3km Fun Run has started 8 minutes ago. Runners are going in both directions as I head for the finish 1km away. I'm moving at half their pace. "Keep going", "Not much further", "You're nearly there" are the encouraging words I receive as runners dodge and pass around me. The last 100m. I try to run like a runner. So what, if I cramp again ! I'll crawl the rest of the way. 26 minutes to the cut-off time. I'VE MADE IT !

Janet is in, 3 hrs 5 min ? Peg, Jenny & Dawn, running in her first marathon, finished inside 4 hours ?

We all agree that the Avon organisation of this event was second to none. From start to finish we are treated like royalty. The North Manly Children's Home staff who gave their facilities and services is much appreciated by the runners, hot baths and hot drinks being the order of the day.

Half an hour later we are back in the mini bus heading for Melbourne. But that's another story !!

\*\*\*\*\*  
RESULTS: 1.Rosie LONGSTAFF 2:49:07 2.Bev SHINGLES(NZ) 2:50:29 3.Barb BYRNES 2:53:36  
4.Tess BELL 2:55:55 37 Starters, 32 Finishers.

8km Fun Run: 1. Pam AITKEN 29:09.1 2.Jenny GANZEVOORT 29:10.4 3.Kerryn HINDMARSH 29:20.5  
251 Starters.

3km Fun Run: 1.Sharon DALTON 10:29.8 2.Karen TONER 10:56.9 3.Jane FLANAGAN 11:33.7  
132 Starters.

AUSTRALIAN NATIONAL MARATHON CHAMPIONSHIP, 25-7-1981. Cold, partly overcast, strong wind.

1. Gary BENTLEY V 2:16:58	15. Ian GRAVES N 2:30:43	29. Geoff MOORE A 2:39:42
2. John STANLEY N 2:17:22	16. Colin DONALD V 2:31:23	30. Leif MICHELSSON V 2:41:11
3. Yoshizo MORITA J 2:17:48	17. Tony LUYENDYK A 2:31:25	31. Gary BEALE N 2:41:29
4. Lawrie WHITTY N 2:20:19	18. Gis ZWOLEN A 2:32:43	32. Alan WILSON A 2:42:00
5. Gary HAND A 2:21:42	19. Horst WEGNER N 2:33:07	33. Peter LIEBELT S 2:42:30
6. Norio GOTTO J 2:22:41	20. Ken SWEENEY A 2:33:31	34. Greg KING V 2:42:42
7. Colin NEAVE A 2:23:28	21. Brian JOHNSON V 2:35:35	35. Robin BEST Q 2:43:40
8. David BYRNES V 2:24:19	22. Rod RAHL Q 2:38:13	36. Ron YOUNG V 2:43:48
9. Ken DUXBURY V 2:26:18	23. Kev ANDERSON W 2:38:21	37. Mike PULLINGER Q 2:44:43
10. Paul O'HARE V 2:28:23	24. Jim SEYMON V 2:38:30	38. Neil VAUGHAN N 2:44:49
11. John DUCK V 2:28:47	25. Hans VISCH N 2:38:41	39. Mineteru SAKAMOTO J 2:45:30
12. Carl STEVENSON V 2:28:50	26. Trevor VINCENT V 2:39:12	40. Terry MAGEE N 2:45:45
13. John BELL A 2:28:59	27. John CARLTON S 2:39:20	41. Bryan THOMAS A 2:46:45
14. Ian MINTER V 2:30:34	28. Rob ROJAS 2:39:32	42. Ian BLACK V 3:00:25

Teams: Vic 1,6,7 - 14; NSW 2,3,11 - 16; ACT 4,5,9 - 18. (Nos. 3,6,10 & 12 count independent)

1. Rosie LONGSTAFF A 2:46:48	5. Alison COLMAN Q 3:11:45	9. Pat SEDMAN NT 3:23:22
2. Penny WATERS N 2:48:37	6. Sue GRAY S 3:18:21	10. Sue DALRYMPLE NT 3:25:03
3. Jackie TURNEY V 2:49:25	7. Helen ALDERSON S 3:18:45	Teams: S.A. 4,6,7, - 17
4. Desiree LETHERBY S 2:54:57	8. Anne MANN S 3:19:28	

There were a number of differences between this year's National Marathons and 1980. The most apparent difference was the weather: Last year competitors got soaked to the skin before they even started, the cold and strong wind were the same. West Lakes was much superior for road surface as against Werribee South 1981. The afternoon start does suit the runners better than an early morning (as in 1980) in the Southern states. Information in South Australia, 1980, was better in regard to the course lay-out.

The race itself got away virtually on time and quickly grouped its participants into the approximate order of strength. The rather boisterous wind made for a somewhat cautious approach to the task and the first 10km saw the leading bunch through in just over 33:30. Apart from the 3 Japanese visitors (Sakomoto with a 2:13 and Morita with a 2:15 mark) there were Stanley, Wegner & Whitty from NSW, Minter, Bentley & Coole from Vic, Hand, Neave & Zwolen from ACT and Rod Lyons from Q'ld in close formation. The second bunch trailed about 1 minute down and was dominated by the Victorian quartet of Byrnes, Duxbury, Guthrie & Duck. Rosie Longstaff was leading the women with about 1 minute to Waters and another to Turney. ACT's Jill Pratten looked good, but Desiree Letherby was making hard weather of it. Seeing the tanned Northern Territorians come up through the perishing cold made you feel shiver in sympathy.

The second lap of the 7.8km (?) circuit and approaching half-way saw some pressure up front. Zwolen had been dropped off altogether, Lyons was trailing, Minter was losing contact, Byrnes and Co. were working along steadily, Eric Sigmont(V) in No-mans land, Pullinger & Briggs(Q) keeping each other company, and then a bunch dominated by Bowers (1st Vet at this stage), Graves & Beale of NSW with Stevenson and Sweeney, the rest were stringing well out. No change had taken place in the order of the women.

Approaching the 25km, the pace had picked up, as Bentley kept pushing closely watched by Stanley & Whitty; Coole, Goto & Morita were hanging on; Hand was slipping, Sakomoto began to struggle, Lyons and Neave trailing, Wegner and O'Hare were dropping down through the field, Minter was only concerned to finish for team points, but Byrnes, Duxbury & Duck kept to their steady pace and picking up places. The women's race had livened up as Turney was chasing Longstaff and had passed Waters, while further back Letherby had passed Pratten, who was struggling.

At 32km, Bentley & Stanley were pushing it as Morita hung on, Whitty had been dropped as well as Goto, Hand, Neave, then Sakomoto barely moving along, Byrnes, Duxbury, Duck, Minter & O'Hare determined to hold their placings. Jackie Turney now was right up on Longstaff, but was not able to build on that as Rosie began to surge away, while Penny Waters gained another life to pull up again in a dramatic race. Bowers had dropped out, leaving the veterans result wide open as Vincent(V) was chasing Harris(T) and Seymon still in contention. However, Trevor Vincent faded badly over the last few km's to finish third. John Harris timed 2:35:18.

AUSTRALIAN MARATHONERS CONFERENCE , 26-7-1981 , Olympic Park , Melbourne .

Under the auspices of the Victorian Marathon Club upwards of 50 invitations were sent out to active Marathon runners, coaches and organisers for the first National Marathoners Conference to be held while most of the key participants would be together in the one place for the 1981 Australian Marathon Championship. The response was very good, showing the need for such periodical get-togethers in our far-flung country. Air transport problems which arose at the last moment unfortunately caused several acceptors in more far distance states to miss the conference in order to reach home on time.

Apologies, almost invariably accompanied by good wishes for the Conference, were sent by: W.A.-Rod Easdown, Jim Langford; N.S.W.-Libby Hassall, Angy Cook, Steve Paulton, Brian Morgan; Q'Id-Andrew Semple; A.C.T.-Brian Lenton; Vic-Pam Turney, Megan & Ian Sloane.

Present at the Conference were:

A.C.T. Dave Cundy, ACT CCC, Nike Marathon organiser; Rosie Longstaff, ACT CCC, Australian Marathon Champion 1981; Colin Neave, ACT CCC, Marathon organiser & team member; Ken Sweenby, Weston Creek; Garry Hand, Weston Creek, ACT Marathon Champion.  
 N.S.W. Con Hadjikakis, coach; Lawrie Whitty, Australian Marathon Champion 1980; Graham Ryan, Randwick/Botany, team manager.  
 S.A. John Carlton, Adelaide Harriers; Peter Liebelt, S.A.Veterans.  
 Vic. Fred Lester, Kew/Camberwell, Gen.Sec.VMC, Race Director Big M Melb.Marathon ; Pat Clohessy, Glenhuntly, National Distance Coach, Team Coach 1980 Olympics ; Len Johnson, Glenhuntly, 'Australian Runner' Marathon Dpt; Joan Cameron, East.Sub's/C'well, 1980 Avon International Austr.team; Jackie Turney, Knox/Sherbrooke; Russell Bourke, Ballarat Harriers, Marathon organiser; Janet O'Dell, VMC Competition Secretary; Bruce Walker, VMC Vice-President Competition Dpt, Kew/C'well; Graeme Salthouse, Ringwood, VMC Treasurer; David Byrnes, Kew/C'well, VMC Marathon Champion 1976 & 77; Barbara Byrnes, East.Sub's/C'well, VMC Marathon Champion 1980; Garry Bentley, SSH, Australian Marathon Champion 1981, Aust, World CCC team 1981.

After some introductory remarks from the chair, taken by Fred Lester, outlining the need to seize every opportunity for Marathon devotees to co-ordinate and synchronise as much as possible their aims as a specialised group within athletics with demands and requirements peculiar to this speciality, Pat Clohessy opened the discussion.

His contribution emphasised several of the most crucial points in furthering standards of Australian distance running, especially in the Marathon. The most crying need is for better co-ordination, the elimination of clashing dates of major Marathons in the national sphere and, where possible, also in international scheduling of events. Pat made a point of stressing that we, in Australia, are doing quite well in spite of a somewhat haphazard approach organisationally and we do not need to slavishly copy anything from overseas. The training conditions we encounter here, by & large, are second to none anywhere in the world. A fine example has been set in the past by people such as Les Perry, John Landy and others in cutting across parochial state barriers and club rivalries. We have strong groups in the various states to provide the nucleus in their own locality for promoting and fostering distance running. Marathoners are numerous and good enough for them to be heard so that their needs receive the attention they deserve. Although some progress has been made in recent years, Women's distance running needs to be given more attention and support to eliminate age-old prejudices and enable them to achieve the much higher standards that they are capable of, given the opportunity.

Discussion then followed freely, many points emphasised and numbers of suggestions put forward. Time and again, several of the points raised came back to the central theme, namely: Distance running events - Crosscountry and Road - and particularly the Marathon are a specialised group of athletic events which still have not been accepted as such by our athletic organisation as a whole. While several State Associations have recognised this fact to a limited degree in having a separate panel of selectors for these events, nationally we are still expecting the one panel of selectors to cope with the task of satisfactorily dealing with all athletic events. In view of the proliferation of long distance events and Marathons inside & outside Australia and the special considerations of scheduling and preparations weighing heavy on Marathon runners, changes on the national scene are urgently needed to maintain and develop this specialist group of events.

Aust. Marathon Conf. (cont.)

The Marathoner, because of the exhausting nature of the event, must of necessity pick and chose his or her races for satisfactory peaking. Being expected to and taking part in too many events within a given time span is a risky undertaking as it may easily lead to over-use injuries and/or loss of form at the critical moment. The various States would be well advised to focus on one main Marathon and attempt to dovetail dates across State borders, particularly in the case of neighbouring States. A similar approach would be helpful for key crosscountry & road races to develop more interchanges between runners Australia wide. This would improve competition and also give better comparative indications for consideration by selectors.

The choice of courses needs to be vastly improved. The just held National Marathon is a case in point, particularly in regard to the road surface encountered, other State Marathons had the same criticism levelled at them. The absence of traffic is only one of many considerations as also effective marking, stations for good public viewing, adequate recovery area facilities, etc.

Organisers of Marathons are interested in international invitees to attract sponsorship. The National body must be able to offer alternatives, such as sending teams with a paid manager. A good example are the two last participations by Japanese teams who sent a group of mixed standards plus a manager each time. There needs to be a much better system of distributing invitations without too much pressure on individual top performers. An extension of the National Squad idea solely applicable to Marathoners graded into 'A', 'B', Women & possibly even a 'C' squads available for team selection on overseas invitations and championships and administered by a special panel would be a move in the right direction. The British Marathon Club has already instituted a scheme on these lines with regular participation of at least 4 teams each year. The project also envisages such things as: A National Marathon organiser; liaison with Sports Medicine groups and individuals; a National fixture list; dissemination of up dated technical information; publicising of Marathons; development of a high standard of race organisation; a register of active runners, coaches and organisers; etc.

The Australian Marathoners Conference then adopted the following resolutions:

That this meeting urges State Amateur Athletic Associations to encourage the Amateur Athletic Union of Australia to adopt the following recommendations:

- 1) That a panel of three national selectors for road running and crosscountry events be instituted, with one member being the national distance event coach.
- 2) That all invitations received by the AAUA for Australian athletes to compete in international crosscountry and road events be immediately forwarded to the national distance event coach who will convene the selection panel.
- 3) That athletes be no longer required to nominate in writing for international events as invitations are received. Instead, all athletes who have completed an appropriate crosscountry or road event in the previous eighteen months, the official results of which have been forwarded to the AAUA, be considered and their availability be determined by the selection panel.
- 4) That the AAUA establish a calendar of international events to which teams of Australian Marathoners be sent annually and, further to that, that the AAUA seek sponsorship specifically for this purpose.
- 5) That Australian Championship programs contain more information such as personal details on runners, the system of scoring to be used, previous national results for the most recent period, a map of the course which gives distances between points, etc.

The conference also agreed that there should be central Marathon information points established in each state to which Australia wide proposed dates and subsequent results should be circulated. It will be up to the people responsible for each information point to pass on such information to other established points so that Australia wide information will be readily available in all major centres. The contacts will be continually updated in similar manner as on Page 2 of the VMC Newsletter, following State AAA offices.

THE MIDDLE EAST MARATHON.

Andy Smith.

Most of us know the story of the original marathon in Greece and have a fair knowledge of the results of the marathons run in the modern Olympiads, but how many of us realise there have been other marathons run throughout the centuries ?

Recent research into middle east history had revealed a striking, but little known, example of such a race. The year was 1190 A.D. and the venue some 20 miles inland from the Mediterranean coast, in what is now southern Lebanon. It was the time of the Crusades, a series of wars between the local Saracens and the Crusaders from Europe.

At that particular period the Saracens were led by Saladin and the Crusaders by the English King Richard. The Crusaders were occupying a castle they had built, "Beaufort Castle", on the high ground overlooking the Litani river, and the Saracens were astride the supply route to the castle from the coast. A stalemate had been reached at that time and neither side was anxious to resume hostilities. Richard was waiting on supplies and reinforcements by sea from Europe and Saladin had recruiting teams in all countries of the middle east to make up the numbers he had lost from sickness, desertion and battle casualties.

Saladin sent an emissary to Richard suggesting a contest between representatives of the two armies, a contest in which weapons were banned. Finally, the two leaders met outside the castle and, after a lengthy discussion agreed that ten men from each army would contest a marathon race, the winner to be the team which first had three men across the finish line which was to be outside the castle.

To Richard's surprise, Saladin said he had so much faith in the fitness and ability of all his troops, that he was prepared to let Richard select the Saracen team as well as his own, the only proviso being that they were front line troops. (Known today as "cannon fodder", then called "arrow appetisers") The reason for the proviso was the fact that both armies had large numbers of camp followers, non-combatants of both sexes, the Saracens had many houries (women) who tended - rather comprehensively - to the needs of the soldiers. Saladin was also content to let Richard select and signpost the course for the marathon. The only decisions Saladin insisted on making were the prize for the winners and the order of dress for the race, which he would announce the following day.

Richard was suspicious of such generous terms, although he didn't see how he could possibly lose. However, before signing the agreement, he called in his chief political adviser, an Englishman named Thomas Egbert Lawrence, who had lived in the holy land for twenty years. It appears that Lawrence had once been employed by Cooks of London, the well known travel firm of the last eight or nine centuries. When making a recce of Greece and the mediterranean for a future tour, he had turned left instead of right when he reached Cyprus, landed in the holy land and had been there ever since. Lawrence's knowledge of the languages and characteristics of the various tribes and peoples of the Saracen forces had been invaluable to Richard on many occasions.

The two men discussed the proposed terms of the race. Lawrence could only surmise that Saladin was a victim of his own propaganda and really believed his men were superior to the Crusaders. Nevertheless, Richard decided he would select the ten shortest Saracens he could find, on the principle that a good tall runner would defeat a good short runner. Lawrence suggested a detachment of the "Mexon" tribe, from the deserts of inland Arabia, were short in stature and used to moving in soft sand rather than the rocky terrain near the castle.

Next morning, Richard signed the agreement and selected the ten shortest of the Mexon warriors. He then triumphantly chose the Crusader team, ten of the tallest English Knights. He chose the English in preference to the French and the Knights of St. John from Malta - and were those Maltese cross ! The French knights didn't complain however, previous experience of the crosscountry season in earlier winters in Europe had shown them the English Knights were longer than the French !

Strange to say, Saladin didn't seem the least upset at the prospect of the 6 feet something English competing against the 5 feet nothing Saracens. Richard then called for some of his young "pages" (apprentice knights) and, after drawing a map of the proposed marathon route on the back of one of the pages, sent them off with the necessary sign posts and armed guard to mark the route along the escarpment above the river for some 10km, then left around a large depression in the hills and rejoin the route out about 2km from the castle.

## The M.E. Marathon (cont.)

To digress for a moment, those "pages" rather intrigue me. It seems the Crusaders had many pages (but very few books). Perhaps the brightest of these pages had something to do with the compilation of the illuminated manuscripts so popular in those days?

Then Saladin played his cards. He announced that the prizes were to be the handing over of Beaufort Castle to the Saracens if they won, and the withdrawal of the Saracens if the Crusaders won. Richard was rather shocked, but also elated, as the Crusaders looked a sure thing. But then came the real shock and the reason for Saladin's apparent easy going attitude. The order of dress for the race was to be full battle dress - less weapons.

Richard was absolutely dumbfounded, he had been well and truly outwitted. Battle dress for the Saracens meant a robe and a cloth turban, but for the Crusaders it meant chain mail, front and back, a metal breast plate, metal helmet and metal leg protectors and shoes. It would appear at this stage that the Saracens had everything going for them and the Crusaders had had the Richard!

But the selfsame Richard was a man of action. First he called for his armourers and had them make a duplicate set of keys for the castle and alter the originals so that they wouldn't turn in the locks. If he had to lose he would make it as difficult as possible for Saladin. You will notice there was no thought of going back on the agreement. In those "less civilised" times, agreements between leaders were always honoured. Then, after another talk with Lawrence, Richard again called in his pages, gave them fresh, detailed instructions and sent them around the course to make a few strategic alterations.

With only two days to the race both teams got down to training. The Saracens, understandably, didn't seem to be too worried, in fact their average training schedule the next afternoon was about 2 "houries" and 30 minutes. The knights didn't train until much later in the day; as we all know, in the middle east the nights never begin until after sunset.

Came the morning of the race. Timed to start at 10 am, the signal being the clash of two shields, and off they went, the Saracens darting ahead laughing and joking between themselves with the Crusaders grimly determined to do their best and still retaining faith in Richard to help them in some way.

Some 2km from the castle, and over a slight rise, the sign post indicated a very rooky steep descent to the river below. Slightly nonplussed, the Saracens, unused to such a terrain, talked among themselves and then, as the Crusaders came into view, gave a cheer and bolted down the hill. They got to the bottom alright, but at the cost of two broken legs. The team made the two comfortable, said they would send help after the race, and dashed to the river. Although not very wide at this spot, the river flowed extremely fast because of the melting snow from Mount Hermon.

The Saracens had never experienced anything like this before, within seconds they were swept off their feet and in great trouble. Six only made it to the other bank and, after a few minutes to recover, they set off along the bank towards the coast at a brisk rate. Some 10km downstream, the signs indicated a recrossing of the river. Gingerly stepping off the bank the Saracens were delighted to find the water only about 3 feet deep and quite calm. With relief and renewed enthusiasm they dashed for the far bank. The shock when they stepped into the faster flowing current over 5 feet deep in the middle of the river was too much. They were swept away, screaming, to their doom. However, they didn't all give up and finally, three staggered to the bank and collapsed.

Later, the team captain, who was one of the survivors, said he would push on and finish the race and tell Saladin what had happened. He told the other two to rest for a while, but make sure they left before the Crusaders attempted the river crossing.

Meanwhile, the Crusaders had their own problems. They too had trouble climbing down the escarpment, but their armour prevented any broken bones when they fell. To cross the river the first time, they joined hands and the weight of their armour prevented them being swept away. In future years, British military historians were to accept this feat as the first successful river crossing by British armour.

The Crusaders maintained a slow but steady pace along the bank, and when they reached the place to recross, they again formed a group. Their height enabled them to ford the current in the middle of the river.





1. "Running To The Top"

Derek Clayton's picture is on the cover - the handsome, lined features, the out-thrust jaw, the dark eyes that bore straight through you. This man looks as though he could run through anything. And he did. Derek Clayton was the quintessential marathoner - 6'2" (1.88) and strongly built he not only seemed superhuman, he looked it too. Those who ran against him will never forget the experience.

Controversy has raged since his 2:08:34 marathon world best at Antwerp, Belgium, on May 30, 1969. Since then nobody else has broken 2:09. In his book Clayton states that the course was carefully measured to the exact 42.195km but Track & Field News, the prestigious US journal, recently removed Clayton's name from the all-time list of fastest marathons, claiming the course was short.

Athletics Weekly, the respected UK publication, on the other hand still ranks Clayton as fastest of all time and bases this on the fact that he already held the world's fastest time prior to Antwerp - his 2:09:37 at Fukuoka, Japan, on December 3, 1967. Surely that course was the correct length? Not so, says top US marathoner Bill Rodgers in a recent interview in Runners World. Rodgers says the Fukuoka course used in 1967 was different from the present course and under-distance. Perhaps we will never know, unless some enthusiast decides to re-measure the old Antwerp course.

Clayton's book is not a true autobiography but does provide an insight into this incredibly determined individual, who combined an 8-9 hour working day with (when peaking) a succession of 260km training weeks, who suffered appalling injuries and illnesses and many disappointments in big races. It is well written - apparently not "ghosted" - and the author brings his considerable experience to bear on topics such as:

Diet - he prefers natural foods, including lots of potatoes.

Exercises - he did not do any, but now wishes he had.

Footwear - light, thin-soled shoes contributed to his many injuries.

Injuries - he had the lot, nine operations!

Coaches - he did not have one, but wishes he had.

Style - he looked bad, but was full of power.

Mental peaking, hot & cold weather running, physical peaking and training logs are among other topics covered. Through it all comes the philosophy of a truly "hard" man, one who set two world records and who thrashed his body in the rarified atmosphere of the Mexico Olympics to achieve 7th place with a swollen knee, the size of a grapefruit (and which required immediate surgery afterwards. Back to the Antwerp run:

"Those last six miles blended together in a nightmare of horns, shouts, bicycles, exhaustion, pain and fear. The last two miles added another impediment to my running. I began to retch violently... There was no letting up now... I entered the stadium as if someone was chasing me and was greeted by 40,000 screaming fans... Within a couple of hours the agony of a world record run would manifest itself. The elation would be replaced by fear. I would be urinating quantities of blood and vomiting black mucus. The race left me so totally spent that it took me six months to recover."

This book is strongly recommended, Paperback, app. \$ 5.00.

2. Chariots of Fire.

This film was the Royal Command Film in Britain this year and will surely come to Australia - perhaps it has already. See it.

Back in the 1920's Britain produced Olympic gold medallists in the 100m, 400m & 800m. "Chariots of Fire" is climaxed by a brilliant re-creation of the 1924 Paris Olympics, in which Harold Abrahams won the 100m and Eric Liddell the 400m. The film traces the fortunes of these two athletes in the preceding years - Abrahams the Cambridge student, striving to prove his worth against the anti-Semitic attitudes of his day; Liddell, the gentle Scottish missionary who refused to run the Olympic 200m (his best distance) because it was held on a Sunday, and who switched to the 400m and won a famous victory.

The film is beautifully made and acted. The slow motion sequences are superb. It is intensely patriotic and moving. The theme music is climbing the charts in Britain.

What more can I say? .... See it.

o o o o o o o o

"Well, I'm pleased it's over!" was the succinct comment by 59 year old cow-cocky cum cattedog Cliff Young on crossing the VMC 50 mile finish line in ninth place.

IMAGINE RUNNING AT THE TOP OF THE WORLD.

Grant Aldous

That is what a group of runners did last July. They ventured to Baffin Island, Canada, for the world's most northerly road race. Former Melbourne Barry Critchley, now a financial journalist ( is there such a thing, Grant ? ) in Canada, said this year's race was "great". The race is run annually between the Inuit community of Arctic Bay and Nanisivik, 720km (448 miles) north of the Arctic Circle. Air distances to Montreal and Toronto are more than 3200km (1988 miles).

The marathon is run over a rubble road amongst some of the world's most rugged terrain, a true test of endurance. The run consists of a number of distances: 84km (52.2 miles); the marathon distance; a novice distance of 30km (18.6 miles) and a junior race 10km(6.2m)

The course profile is interesting and challenging: 9km - slight decline/incline/decline 9-13km - steep incline 260m (853') in 4km; 13-15km - decline 57m(187') in 2km; 15-17km - steep incline 135m(443') in 2km; 17-30km - slight incline/decline/incline; 30 - 42km - decline/incline - down 300m(984') in 6km, up 300m in 6km; 42-84km -repeat the course.

The race was held on July 5. Being so far north there is no night between mid-May and early August. Not surprisingly. the race is called the Midnight Sun Marathon.

Some beds were provided for visitors. Others had to rough it on the gym floor in sleeping bags. Visitors were advised to "dress for fall-type weather. Definitely bring a windbreaker, heavy walking boots - and, of course, appropriate track clothes".

A pamphlet attached to the entry form said:"Early July is spring in Nanisivik and it can be beautiful with dry, cool Zero C weather, or grey and cool Zero C with blowing snow".

The race entry fee was C\$ 15. A five-day package tour by jet from Toronto via Montreal and Frobisher Bay cost C\$ 589.

XXXXX

XXXXX

HAPPENINGS DURING AND AFTER THE VMC 50 MILER.

Grant Aldous.

A Cheltenham runner, who watched the event, was so excited that he told race organiser Bill Luke to put him down as a definite starter for next year's race.

South Melbourne Harrier Phil Lear, who ran a very respectable second, was on a high the day after the race. He was not able to sit still. Little wonder after running 5:47:45.

Phil is expected to give Ultra-marathons away. Perhaps he heard one ultra-marathoner saying:"These races are the dividing line between marathoners and crazies".

Race favourite Tom Gillis, who had to retire, later rang Phil to try to get him to run in Sydney in October.

And, a big round of applause for the Sri Chinmoy running team who encouraged all participants as well as performing vital official duties.

\*\*\*\*\*

SECOND ANNUAL HALLS GAP - STAWELL MARATHON REPORT. 26-4-1981. Barry Sherwell.

280 starters set out in fine and sunny weather on the pictureque course, facing the cool wind on the return, which is slightly downhill. Tim ERICKSON "walked" away with the race, leading from go to whoa, and finish with a 7½ minute gap to the next runner home, Daryl ANDERSON, Bendigo. Rayphe COLLINS, Traralgon, was third again. Glen DEVERS, Murtoa, a 16 year old repeated his junior win with a time of 2:41:41. He also was first junior in the 1980 Big M. Barry BROOKS, Ballarat, was first 40+ (9. in 2:42:15) and Roy SUTCLIFFE Southern Districts, S.A., was first 50+ in 3:03:24. 53 runners completed the course in less than 3 hours.

Cheryl CRANAGE, 3:15:34) was the first of a small group of women to finish, Roslyn BOWMAN (3:18:31) was first woman veteran. South Melbourne repeated its 1980 team victory having 3 runners inside 2:44 and with a total of 8:07:01 ahead of Traralgon by 77 seconds. Third team was Malvern Harriers.

The number of entries was double the inaugural 1980 figures. A large contingent was over from South Australia and a few from W.A. All competitors and visitors were treated with typical Halls Gap-Stawell hospitality after the race.

The 1982 race will again be held on the last week-end of April, Saturday 24th, unless it is a long weekend, when it would be on Sunday, 25th.

VICTORIAN MARATHON CLUB Intermediate Times for even pace Marathons • 42.195 km , 26 miles 385 yards •

HARA- THON.	Mile H M S	Km S M S	5 Km		10 Km		15 Km		20 Km.		25 Km.		30 Km.		35 Km.		40 Km.		HARA- THON.	Mile H M S	Km S M S	5 Km		10 Km		15 Km		20 Km.		25 Km.		30 Km.		35 Km.		40 Km.									
			18 yd	6 M	376 S	376 S	564 S	564 S	12m750Y H M S	15m940Y H M S	18m Yd	1128 Yd	1316 Yd	1316 Yd	1504 Yd	1504 Yd	15m940Y H M S	18m Yd				1128 Yd	1316 Yd	1316 Yd	1504 Yd	1504 Yd																			
2 11	5 0	3 6	15	31	31	46	34	1	2	6	1	17	37	1	33	8	1	48	40	2	4	11	3	1	21	27	42	54	64	21	1	25	48	1	47	14	2	8	41	2	30	58	2	51	35
2 12	5 2	3 7	15	38	31	17	46	55	1	3	4	18	42	1	33	51	1	49	29	2	5	8	3	1	26	44	1	26	16	1	47	50	2	9	24	2	30	58	2	51	35				
2 13	5 4	3 9	16	50	33	33	50	29	1	7	18	1	24	44	1	40	58	1	58	37	2	15	34	1	31	29	1	31	29	1	52	45	2	16	31	2	30	58	2	51	35				
2 14	5 7	3 11	15	53	31	45	47	48	1	3	21	1	19	24	1	36	16	1	51	9	2	7	2	3	1	27	41	1	27	41	1	49	37	2	11	32	2	33	27	2	55	23			
2 15	5 9	3 12	16	6	32	14	48	21	1	4	28	1	20	35	1	36	42	1	52	49	2	8	5	3	1	28	42	1	28	42	1	50	48	2	12	15	2	34	17	2	56	19			
2 16	5 11	3 13	16	7	32	14	48	21	1	4	28	1	20	35	1	36	42	1	52	49	2	8	5	3	1	28	42	1	28	42	1	50	48	2	12	15	2	34	17	2	56	19			
2 17	5 13	3 14	16	14	32	28	48	42	1	4	56	1	21	10	1	37	24	1	53	38	2	9	5	2	1	29	43	1	29	43	1	51	23	2	13	40	2	35	57	2	58	13			
2 18	5 16	3 16	16	16	32	42	49	31	1	5	53	1	22	41	1	38	50	1	54	18	2	10	4	2	1	30	44	1	30	44	1	51	23	2	13	40	2	35	57	2	58	13			
2 19	5 18	3 18	16	28	32	52	49	25	1	5	53	1	22	41	1	38	50	1	54	18	2	10	4	2	1	30	44	1	30	44	1	51	23	2	13	40	2	35	57	2	58	13			
2 20	5 20	3 19	16	35	33	11	49	46	1	6	22	1	22	57	1	39	32	1	56	8	2	12	12	4	3	1	31	45	1	31	45	1	52	34	2	15	5	2	37	3	3	0	7		
2 21	5 23	3 21	16	42	33	25	50	7	1	6	50	1	23	32	1	40	15	1	56	57	2	13	40	1	30	32	1	30	32	1	53	10	2	15	46	2	38	26	3	1	4				
2 22	5 25	3 22	16	50	33	35	50	50	1	7	18	1	24	44	1	40	58	1	58	37	2	15	34	1	31	29	1	31	29	1	54	27	2	17	13	2	40	55	3	5	4				
2 23	5 27	3 23	16	57	33	44	53	50	1	7	47	1	25	45	1	41	60	1	59	46	3	16	35	1	32	30	1	32	30	1	55	32	2	18	39	2	41	45	3	4	5				
2 24	5 30	3 25	17	4	34	8	51	11	1	8	15	1	25	45	1	42	23	1	59	27	2	16	31	1	32	30	1	32	30	1	55	32	2	18	39	2	41	45	3	4	5				
2 25	5 32	3 26	17	11	34	22	51	32	1	8	44	1	25	45	1	43	3	1	7	2	17	17	2	3	1	32	31	1	32	31	1	56	8	2	19	21	2	42	33	3	4	5			
2 26	5 34	3 28	17	18	34	36	51	54	1	9	12	1	26	30	1	43	8	2	1	7	2	17	17	2	3	1	32	31	1	32	31	1	56	8	2	19	21	2	42	33	3	4	5		
2 27	5 36	3 29	17	25	34	50	52	15	1	9	41	1	27	41	1	44	31	2	1	5	6	2	1	33	32	1	33	32	1	56	4	3	2	20	4	2	43	24	3	4	5				
2 28	5 39	3 31	17	32	35	52	37	35	1	10	10	1	27	41	1	45	11	2	2	4	6	2	1	33	32	1	33	32	1	57	19	2	20	46	2	44	14	3	4	5					
2 29	5 41	3 32	17	39	35	19	52	58	1	10	37	1	28	41	1	45	56	2	3	3	6	2	1	34	33	1	34	33	1	57	54	2	21	22	2	45	14	3	4	5					
2 30	5 43	3 33	17	46	35	33	53	19	1	11	6	1	28	52	1	46	39	2	4	2	5	2	1	34	33	1	34	33	1	58	30	2	22	12	2	45	54	3	9	3	6				
2 31	5 46	3 35	17	54	35	47	53	41	1	11	34	1	29	28	1	47	22	2	5	15	2	2	3	1	35	34	1	35	34	1	59	5	2	22	54	2	46	44	3	10	3				
2 32	5 48	3 36	18	1	36	1	54	2	1	12	3	1	30	39	1	48	4	2	6	5	2	2	2	1	35	34	1	35	34	1	59	4	1	23	37	2	47	33	3	11	3				
2 33	5 50	3 37	18	8	36	16	54	23	1	12	31	1	30	39	1	48	47	2	6	5	2	2	2	1	36	35	1	36	35	1	60	13	2	24	40	2	48	23	3	12	2				
2 34	5 52	3 39	18	15	36	30	54	45	1	13	1	1	31	15	1	49	29	2	7	4	4	2	2	1	36	35	1	36	35	1	61	22	2	25	42	2	49	13	3	13	2				
2 35	5 55	3 41	18	22	36	44	55	6	1	13	28	1	32	26	1	50	12	2	8	4	2	2	2	1	37	36	1	37	36	1	62	31	2	26	45	2	50	13	3	14	2				
2 36	5 57	3 43	18	29	36	58	55	27	1	13	28	1	32	26	1	50	12	2	8	4	2	2	2	1	37	36	1	37	36	1	62	31	2	26	45	2	50	13	3	14	2				
2 37	5 59	3 43	18	36	37	12	55	49	1	14	25	1	33	1	51	37	1	9	2	4	2	2	2	1	38	35	1	38	35	1	63	40	2	27	47	2	51	17	3	15	1				
2 38	6 2	3 45	18	43	37	27	56	10	1	14	53	1	33	37	1	52	20	2	10	1	4	2	2	1	38	35	1	38	35	1	63	40	2	27	47	2	51	17	3	15	1				
2 39	6 4	3 46	18	50	37	41	56	10	1	15	22	1	34	42	1	53	4	2	11	3	2	2	2	1	39	32	1	39	32	1	64	49	2	28	50	2	52	18	4	1					
2 40	6 6	3 47	18	58	37	55	56	53	1	15	50	1	34	48	1	53	4	2	12	4	3	2	2	1	39	32	1	39	32	1	64	49	2	28	50	2	52	18	4	1					
2 41	6 8	3 49	19	12	38	24	57	14	1	16	19	1	35	23	1	54	28	2	13	3	3	2	2	1	40	43	1	40	43	1	65	57	2	29	53	2	53	19	4	1					
2 42	6 11	3 51	19	19	38	24	57	35	1	16	47	1	35	59	1	55	11	2	14	2	3	3	2	1	40	43	1	40	43	1	65	57	2	29	53	2	53	19	4	1					
2 43	6 13	3 52	19	19	38	24	57	35	1	17	16	1	36	35	1	55	11	2	15	12	2	3	2	1	40	43	1	40	43	1	65	57	2	29	53	2	53	19	4	1					
2 44	6 15	3 53	19	26	38	52	58	40	1	17	44	1	37	10	1	56	16	2	16	2	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 45	6 18	3 55	19	33	39	6	58	40	1	18	12	1	37	46	1	57	19	2	16	2	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 46	6 20	3 56	19	40	39	20	59	1	1	18	41	1	38	21	1	58	4	2	17	4	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 47	6 22	3 57	19	47	39	35	59	22	1	19	9	1	38	37	1	58	4	2	18	3	1	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 48	6 24	3 59	19	54	39	49	59	43	1	19	38	1	39	32	1	59	27	2	19	2	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 49	6 27	4 0	20	2	40	3	60	5	1	20	6	1	40	8	2	0	9	2	20	11	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56	2	54	20	4	1					
2 50	6 29	4 2	20	9	40	17	60	26	1	20	35	1	40	43	2	0	52	2	21	1	2	2	2	1	41	44	1	41	44	1	66	66	2	30	56										

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

Fred Lester.

THE POLITICAL DEVISIVENESS OF APARTHEID has become a more serious threat to harmony in sport as recent events in New Zealand and elsewhere have shown. The enshrinement of this policy in South Africa which decrees by law that people are unequal and must remain so is not only against the very fundamentals of the basic sporting principles of fair and equal competition, they are also unequalled in modern times since the demise of Hitler's Germany. We can point virtually to any country in the world and find injustices, poverty and discrimination which also in effect impede the full carrying out of fair and equal participation in every walk of life, but nowhere else but in South Africa is the very antithesis to these principles enshrined as a way of life by law and religion.

There is a concerted attempt by people solely motivated by financial gain, and encouraged by racial bigots, to gain respectability and acceptance through the manipulation of sport as its political spearhead. There is no shortage of international connection throughout the world of finance and industry, they are not concerned about social consciousness and sportsmanship which only weigh lightly on the other side of the scale to self-interest. The great pity of it is that there are also people in South Africa just as aware of the damaging effect of Apartheid on their life and sport, but any attempt of theirs to change this policy becomes a threat to their livelihood. They are aware that acceptance of official sport with South Africa implies acceptance of policies of South Africa, a coming to terms with Apartheid. They cannot afford to stand up and be counted in the same way sportspeople can do outside their country, they depend on their support for a genuine integration in sport by a change in South Africa's official policies.

IRISH NATIONAL MARATHON OPEN TO ALL is the head line to a par in Athletics Weekly 9/5/81.

For the first time ever, the Irish Marathon Championship, scheduled to be run in Cork City on June 7th, is to be an Open event. Under the rules of the IAAF that means that anybody can enter provided that he or she is over 18 on January 1st, 1981. Also, for the first time it will be a Women's and Vets Championship and a large entry from fun runners and joggers is expected.

Looks as if we, in Australia, are one step ahead and one step behind our Irish friends. There is an invitation to put the other foot forward too !

CAN THE COMPILERS OF THE 1981 NATIONAL MARATHON PROGRAM enlighten us why Cierpinski's name was dropped from the thumbnail history of the Marathon ? Surely, his efforts were just as meritorious as Bikila's. Further to that, space was obviously not the problem for wielding a heavy blue pencil on the author's manuscript. What was ??

MARATHONERS ALL OVER AUSTRALIA are by now aware that the columns of VMC Newsletter are open to all. However, don't sit on your ideas, facts and results. Send them in as soon as you've got them together, there is no way we can mess around with our deadline. Thanks to all the people who sent in their material early, we've got a reasonably wide cover but it can be much improved yet.

THE APPOINTMENT OF A FUN RUN CO-ORDINATOR in Victoria is good news indeed as this will enable far better rationalisation of resources and dates as well as guidance to the many organisations and people involved, whether as 'once only' or on a regular basis. The VAAA in providing office space and wide athletic contact is co-operating with the Dept. of Youth, Sport & Recreation to make it possible for a part-time appointee to function. This person will be available to contact interested parties, answer queries, give organisational guidance, consolidate a fixtures calendar and develop participation in general throughout the community.

PUBLICITY IS IN YOUR HANDS to some extent. It is impossible for organisers of events to gain the publicity that is demanded of them if runners themselves do not give them facts. There are two basic principles on which good publicity rests: 1. Fullest detailed personal data (Callname, surname, age, sex, occupation, best previous performances, specific data on achievements) and 2. Punctuality and strict observance of close of entries. (Earliest possible notification is the most help - you can always scratch later under unforeseen mishaps - as well as checking in on race day at least 1 hour before starting time). Only the race organisers can get the material together for journalists to save time in making up a story or article, time is the important factor.



# VICTORIAN MARATHON CLUB

Affiliated to the Amateur Athletic Association of Victoria

FOUNDED 1946

to promote and foster long distance running.

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.

COSTS: \$8 per year (1st of April to 31st of March) for Seniors; \$4 for Juniors (u.20).

RACE FEES: Marathon \$3 - Emil Zatopek 10,000m \$2 - All other feature races \$1.

Non-prize carrying events (minor races) 40¢.

RACE ENTRY DATES: Marathon & Emil Zatopek close three (3) weeks prior to the advertised date. All entries must reach the GENERAL SECRETARY of the V.M.C., 1 Golding Street, CANTERBURY, 3126, giving full name, address, best performance for the event in the last 5 years (2 years for the 10,000m) and age on the day of the competition clearly stated and accompanied by the correct race fee. A LATE FEE of \$10 will be charged up to 1 week prior to the event, after that date a Post Entry Fee of \$20 will apply.

RACE ENTRIES for all other races (except the ones mentioned above) are taken 1 hour before advertised starting time and your Race Fee received then.

FOR FURTHER INFORMATION send your enquiries, which must be accompanied by a STAMPED and SELF-ADDRESSED ENVELOPE (SSAE) to the GENERAL SECRETARY of the V.M.C. - Fred LESTER, 1 Golding Street, CANTERBURY, 3126.

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.

AS A FINANCIAL MEMBER OF THE V.M.C. you receive the VMC 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.

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 date and the kind of job you would like to carry out.

TO AVOID CONFUSION AND SAVE TIME please type or print in BLOCK LETTERS all communications and basic information, give your CALL NAME (the name your friends and family usually address you by) rather than bare initials and advise us early of any changes.

\*\*\*\*\*

VMC NEWSLETTER is obtainable at most race fixtures as well as at:  
VAAA office, 103 Pelham Street, CARLTON, 3053.

RUNNERS WORLD, 600 High St, KEW E., 3102 (803503) & 340 Glenhuntly Rd, E'WICK, 3185 (523 85 85).

SPORTS IMAGE, 132 Toorak Rd, S.YARRA, 3141 (265110) & 683 G'ferrie Rd, H'THORN (818 59 75).

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

GREENSBOROUGH SPORTS STORE, Level 3, G'borough Shopping Centre, 3088, (435 1094).

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

\*\*\*\*\*

Please note that except for the Emil Zatopek Races (which are restricted to financial members only) all VMC events are open to all runners irrespective of sex or age.