



# VMC ROAD RUNNERS NEWSLETTER

SPRING 1984  
Vol. 16 No. 2

SEPTEMBER 1984  
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BARBARA FAY

Sub 3 hour Veteran Marathoner and regular V.M.C.R.R. pace setter enjoying pre-race atmosphere around Melbourne's "Tan" circuit.

THE VMC ROAD RUNNERS NEWSLETTER is published for the information of members of the VMC ROAD RUNNERS CLUB and is covered by payment of the Annual Membership Fee. It is issued four times a year: SPRING (September) SUMMER (December) AUTUMN (March) WINTER (June). All athletes, irrespective of age or sex, are invited to contribute letters, results, comments, criticisms, etc., to the Editor, 1 Golding St, CANTERBURY, Vic. 3126.

PLEASE NOTE that material submitted for publication should be on single-spaced, typed A4 sheets, irrespective of length, to facilitate layout. 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 controbutors to aim for the 1st day of that month to make editing less rushed.

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QAAA: Ron BRANDIS, Q.E.II Stadium, Kessels Rd, NATHAN 4111	(07)	343 56 53
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AA of WA: Gordon MELSOM , PO Box 208, WEMBLEY, WA 6014	(09)	387 55 99
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MARATHON AND ROAD RUNNING INFORMATION :

QLD MARATHON & ROAD RUNNERS CLUB: Andrew SEMPLE, PO Box 192 EVERTON PARK 4053		
WA MARATHON CLUB: Laurie PIGGOTT, 121 Salisbury St, BEDFORD 6052	(09)	272 37 09
SARRC: Chris ACTON, PO Box 163, GOODWOOD, 5034	(08)	261 65 40
NEW ENGLAND: John STANLEY, 'Wood Park' RMB 410, Old Inverell Rd, ARMIDALE, NSW 2350		
NORTHERN NSW: Angelo JONES, PO Box 1, ALSTONVILLE, NSW 2477		
ACT CC CLUB: Dave CUNDY, 33 Lawrence Cres, KAMBAH, ACT 2902		
VIC FUN RUN CALENDAR: 'AUSTRALIAN RUNNER' PO Box 396, S.YARRA, 3141	(03)	209 91 97
ROAD RUNNERS ASSOC.(Sydney):John JESTON, PO Box A438,SYDNEY SOUTH 2000		

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VICTORIAN VENUES

MELWAY REFERENCE

OLYMPIC PARK: Swan St & Batman Ave, trams from Princes Bridge & Richmond Station	44 B 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.Pavilion, near Carlton FG, Royal Pde, trams pass	29 G 12
BOULEVARD: Richmond side of Yarra, behind Burnley Gardens	45 B 12
CRIB POINT ROAD COURSE: Park Rd, 500m north of Naval Depot, Football Ground	195 B 1
POINT LEO ROAD COURSE: 200m up from Pt Leo Beach turn-off, Flinders-Hastings Rd	196 G 2
DOMAIN: Birdwood Avenue, rear of Shrine of Remembrance, 1.5km from Flinders St	43 K 12
LATROBE UNIVERSITY: Car Park No.6, off Ring Road	19 H 7
WERRIBEE SOUTH:Primary School, Cnr White & O'Connors Rds, W'BEE SOUTH	201 H 10
MURRUMBEENA TRACK: North Rd/Murrumbeena Rd, 1.5km from M'beena Station	68 K 9
SANDRINGHAM TRACK: Thomas St, HAMPTON, 1km from Hampton Station	76 K 56
MENTONE TRACK: Opp.Lr Dandenong Rd/Nepean H'way Cnr, Second St,MENTONE	87 B 7
COBURG TRACK: Outlook Rd, EAST COBURG, off Murray Rd Swimming Pool	18 A 10
ABERFELDIE TRACK: Corio St, ESSENDON	28 D 6
HEIDELBERG TRACK: Liberty Parade, WEST HEIDELBERG	19 D 12
COLLINGWOOD TRACK: Heidelberg Rd, CLIFTON HILL. Crosscountry course opposite	30 G 12
RINGWOOD TRACK: New St & Sylvia Rd, 1.5km from Ringwood Station	49 F 11
DONCASTER TRACK: George St, DONCASTER	33 J 11
BOX HILL TRACK: Elgar Rd, 2km from Box Hill Station	47 C 7
WESTERFOLDS PARK: off Porter Street, TEMPLESTOWE	33 E 1/2

LET'S KEEP A SENSE OF PROPORTION !

I am sure the casual observer of the athletic scene must come away with the impression that runners are a very gullible people as well as being unable to look more than one step ahead. Stunned by taking in an overdose of incessantly repetitive magazine articles, some of it utterly useless information, incapable of sifting and analysing the two or three per cent which may possibly apply to their own personal benefit, some attitudes are developing which threaten the well being of our sport, not to speak of any progress.

Drinking lots of water (liquid) is IN. No question is asked whether this is really good under all circumstances, regardless of distance, weather, intensity, etc. Some wiseacres even put all kinds of concoctions into pure water, proclaiming all kinds of benefits from high sounding labels attached to these, not entirely without profit in some form or another trickling back.

Mind you, all this is done in the name of National Fitness, Public Health and promotion of sport. The question that needs to be asked of your self is : What am I in this race for ? or: What are these races organised for ? and further: Is it to be a scenic outing like a walk in the open air or a ramble in the bush or do I do it to improve the level of my fitness and running ability ? The point is that all these things can be of some benefit, but do we need to have a separate kind of activity for each without using an actual race to do all these things in one ?

Stop expecting featherbedding if you are going into a running event, whether Fun Run or Race, they all are competition of one kind or another, even if only as a test of your own ability to achieve a particular objective. Having a refreshment stop every 2km is about on a par with a pub crawl, you just are kidding yourself if it is your running you want to improve.

This matter becomes even more serious a delusion when it comes to road races, because if you do not intend to race don't expect to take up the roads and disrupt traffic, but stick to the footpaths and obey pedestrian traffic regulations. There is definitely some good to be derived from that, but don't call it a race and expect the rest of the community to fall in with that, they have the same right to road safety. This can be catered for separately and adequately by different criteria such as Walk Against Want, Rogaining and similar types of event.

We are dealing with a specific activity when it comes to Road Racing, watering it down anywhere along the line creates a different character. That does not necessarily mean that we have to be absolutely rigid, on excessively hot days we need to provide for more cooling and drinks, on cold days it is advisable to have warm drinks available after conclusion. Above all, learn to lend a hand in organising your own events so that you can more adequately understand the problems involved in ensuring competitors' comfort and safety so that we can all enjoy our running.

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CONTENTS

2.Communications, Venues	13.English Jogger cont./Bona Fidos
2A.E.Z.Program and Entry Form	14.Poem / Ultra Distance Notes
3.Editorial / Contents	15.Traralgon Marathon
4.Running Groups / Notices	16.Pre-Race Diet
5.VMC Marathon/10km C.P./Austr.Marathon	17.London Marathon/6 foot track Marathon
6.Vic Women & VMC 25km & 13.6km Werribee	18. cont. / Manly 100 Miler
7.VMC-LASER Half Marathon	19.Olympic Women's Marathon
8.VMC 20km Albert Park	20.Training Notes
9.VMC 10km A.P./ 50 Miler,Box Hill	21.Marathon Pace Chart
10.Olympic Gleanings	22.What do you make of it ?
11.X-country New York	23.Fixtures / Membership Form
12. cont. / English Jogger	24.Club Information

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RUNNING GROUPS (Any regular local running groups are invited to join this list)

GREENSBOROUGH Regula Runners Women's Running Group - all ages and abilities. Contact Kate Robotham 435-7936 or ring the VMC Office 80-1033

Groups meet on Wednesdays at 9.30am at Willinda Park, Greensborough. Beginners welcome, child minding provided.

Thursdays at 9.00am at rear of Woolworth's Supermarket, Greensborough (1½ hour run)

Other groups run at different times and places and distances and pace vary considerably so contact the above numbers if you are interested.

WATTLE PARK Women over-40 group, contact Marg Anderson 288-1894

Group meets Mondays at 10 am near chalet and clock tower, top of park driveway.

YARRA VALLEY RAMBLERS men and women, mixed standards, contact David Bland 88-2749.

Group meets Sundays at 8.30am at Kew-Camberwell Athletic Track, Burke & Harp Roads Cnr, Kew. Yarra Valley courses, Eastern Parklands rambles.

COBURG FUN RUNNERS train at Harold Stevens Athletic Field (Melways Ref: 18-A-9/10) every Tuesday and Thursday night at 6.15pm.

Don't miss their 3-day Bluestone Classic Team Event over the weekend of September 7, 8 and 9.

Friday 7th - 9.00pm - 5000m Track Fun Run

Sat 8th - 6.00pm - 1 hour Track Fun Run

Sun 9th - 10.00am - 6km/12km Fun Run

For further information contact Coburg Fun Runners, 55 Woodland Avenue, Pascoe Vale Sth  
Tel: 386-9251 3044.

BALLARAT - Mt. Helen Community Fitness Trails - events start at the Ballarat College of Advanced Education at the Mt. Helen Campus, Gear Avenue, at 9.30am.

Oct. 7: St. Martins in Pines Trail 16km, 5km/Nov. 4: Trail of the Whispering Pines, 8k, 5k

Dec. 9: Trail of the Wise Men, 12.3km, 6km.

For further information contact : 917 Health Club, Sturt St, Ballarat (053)31-4477  
Laurie Prosser, BCAE (053)30-1800  
Newell Barrett, Shire of Buninyong (053)41-3501

For those of you holidaying in Northern NSW, Lismore District Harriers conduct various events and training runs. Contact is John Gradwell on (066) 87-7209. A group of long distance runners meet Sunday mornings at his home in Lennox Head, running various distances up to 34 km. The course which winds through a national park includes mainly dirt road and hard sand surfaces.

30K MT. TASSIE RACE - Sunday 23rd September, starting at 12 noon at the Traralgon P.O., Franklin Street, Traralgon. The race has an 11 year history, and is a point to point course. The first 10 miles are undulating - the rest is uphill to Mt. Tassie (approx. 2,500 ft) The view is magnificent. Enquiries to Race Manager Keith Tomholt (051)74-9146.

ANA RUNNING RETREAT This women-only running weekend in September at Hall's Gap is now over-subscribed and there is a long waiting list. Plans are being made for a second weekend camp on the same lines, probably in April next year. Contact Peg Smith, 435-6743.

COBURG RAILWAY CENTENARY 100KM FUN RUN - Sunday 9th September 1984, 7.00am start

Location : Coburg Shopping Centre Car Park. Track: 500m Asphalt circuit round car park (200 laps) Entry fee: \$6.00, payable to : Mr. K. Nippard, 265 O'Hea's Road, Pascoe Vale. Phone: 354-7486 3044.

CITY BATHS SPORTS MEDICINE CENTRE - Open Mon-Fri 8.00am - 6.00pm: Saturday 2.00pm - 5.00pm  
420 Swanston St., Melbourne. Sunday 9.00am - 12.00 noon Tel: 347-6466

The Sports Medicine Centre is a non-profit organisation administered by the Australian Sports Medicine Federation (Victorian Branch) Ltd. Members of ASMF will supplement the full-time staff in providing general and specialised treatment to patients who may attend the centre without referral.

The City Baths Sports Medicine Centre provides the following facilities for the prevention and treatment of injury : Medical - Physiotherapy - Occupational Therapy - Podiatry - Fitness Testing - Radiology - Sports Psychology - Othortic - Dietetics.



VICTORIAN A.A. WOMEN'S 25km ROAD CHAMPIONSHIP. WERRIBEE SOUTH 24-6-1984. 15 Starters.

Windy, intermittent rain, cold.

1.Sally PIERSON, Doncaster	21	90:03	9.Jean ALBURY, Vic Vets	54	1:53:59
2.Megan SLOANE, Box Hill	30	94:30	10.Nanette GAGE, Malvern	43	1:56:45
3.Barbara McKERRROW, Malvern	25	99:11	11.Shirley YOUNG, Vic Vets	54	1:59:08
4.Jenny HOGAN, Invitation	26	100:35	12.Judy WINES, Vic Vets	45	2:01:16
5.Lisa-Jane MILLER, Donc	25	104:25	13.Margaret BROWN, Vic Vets	47	2:07:35
6.Barbara FAY, Malvern	42	105:14	14.Connie DAVY, Oakleigh	31	2:11:59
7.Petrina TROWBRIDGE, Inv.	37	105:23	15.Sue SMITH, Malvern	24	2:18:36
8.Heather WELLARD, Eaglehawk	20	107:33			

TEAMS: 1.MALVERN 29 points, 2.VIC VETERANS 37 points.

VMC RR 25km, WERRIBEE SOUTH 24-6-1984 . Windy, intermittent rain, cold. 93 Starters all up.

1.Darren O'FLAHERTY 18	84:53	26.Brian MEE 46	99:04	51.Ted McDONALD 65	112:07
2.John McCRYSTAL 31	85:08	27.John WHITE 26	99:39	52.David FARNSWORTH 46	112:19
3.Ron HARRY 37	85:56	28.Bruce BADDELAY 22	100:18	53.Peter BRYAR 32	112:23
4.Alan FRANZKE 37	87:52	29.Gary HARRIS 44	100:58	54.Danny MARTIN 36	113:16
5.Gabriel CARMONA 41	88:44	30.Leo JONES 43	101:42	55.Tom LEONG 53	113:41
6.Ken COPPLEMAN 35	90:13	31.Graeme HUNTINGTON 48	101:42	56.Stan CHIECHI 20	113:48
7.Anton OBERSCHIEDER 44	90:34	32.Tom DAVISON 51	102:17	57.Ian HEAFIELD 36	113:59
8.Andrew ROSS 32	90:44	33.Kevin RUGG 33	102:25	58.Philip EDGE 43	114:29
9.Mark O'BRIEN 24	90:51	34.Brian ELKNER 42	102:47	59.Tony BEAR 29	114:37
10.Max CARSON 35	91:38	35.Tom FAIR 41	102:48	60.Brian DELANEY 31	114:39
11.Peter BETHERAS 44	92:15	36.Ross LETSON 36	102:59	61.Richard DAVIS 38	115:00
12.John KNOTT 40	92:45	37.Klaus SCHNIBBE 40	104:21	62.Kerry RYAN 25	115:17
13.Patrick McMAHON 33	93:07	38.Wolf VOIGT 47	104:26n	63.Paul McGARRITY 15	115:24
14.Lawrie GLOVER 29	93:15	39.Dave CRAIG 40	104:30	64.Marie O'BRIEN 24W	116:20
15.John CASTLE 38	93:16	40.David HOWLETT 23	105:28	65.Mike HOARE 48	118:19
16.John PRYOR 47	93:22	41.Gerry TORPY 36	106:30	66.Peter COLTHUP 63	118:23
17.Phillip HARRIS 38	93:44	42.Albert VERDUIA 39	106:43	67.Robert LORD 17	2:01:00 F
18.Bob BROWN 28	95:04	43.Adriaan BUUSEN 42	108:40	68.Chris CIAPPARA 17	2:01:00 F
19.Graeme SALTHOUSE 46	95:34	44.Danny JACKLIN 31	109:20	69.Jim McLEAN 50	2:04:01
20.Glen SOWTER 22	96:27	45.John MAHONEY 44	109:24	70.Chris KING 40	2:05:08
21.Greg ORCHARD 39	96:34	46.Dennis KEARNEY 41	109:25	71.Doug ORR 61	2:06:11
22.Ron YOUNG 53	98:01	47.Bob MUIRHEAD 49	109:40	72.Norman SALTER 32	2:08:22
23.John MARSHALL 44	98:04	48.Robert YOUNG 35	110:38	73.Harold STEVENS 56	2:11:36
24.Steve HOCKING 24	98:21	49.Merv WOODGATE 55	111:34		
25.Vin O'BRIEN 56	98:44	50.Doug HOWEY 39	111:37		

n = non-financial, paid \$1 short

Note: The F stands for Freeloaders, no entry money was paid. Any repetition and they will be marked with P for Parasites and other running bodies notified accordingly !!

VMC RR 13.6km (A long 10km !!) WERRIBEE SOUTH 24-6-1984. 14 Starters.

1.Rosemary LUCAS 28W	58:23	6.Kelly WALLIS 11	61:40	11.Joanne BUTLER 24	69:52
2.Ted SMITH 25	58:35	7.Brad KING 15	63:33	12.David VOIGT 12	71:20
3.Monica MONSOUR 30W	60:16	8.Bill NAGEL 29	65:37	13.Wendy ORCHARD 41W	72:48
4.Tim ORCHARD 13	61:24	9.Debbie ARDLEY 12W	67:57	14.Diane MACKEN	100:46
5.Paul JAMES 14	61:39	10.Judy DAVISON 47	69:52		

Race Manager GERRY HART was assisted by Peter Nelson, Gerry & Maureen RILEY, Kevin Macken, Janet & Don O'Dell, Graeme Burroughs, Mal Cother, Fred Lester and one or two other last moment volunteer officials. Clyde Riddoch represented the VAA, Vin Bunworth was VAA Chief Timekeeper and assisted by his wife and Fred Archer. Thanks for a good job done in somewhat miserable conditions.

Thanks are also due to the ladies of the St.Mary's school auxiliary who provided warm drinks and sandwiches. They indicated that they would be prepared to provide the same again, but would appreciate a rough number of people likely to turn up.

Apologies to the 10km runners for the laxness on the part of the marshal who failed to turn them into Diggers Road. It goes to show how important every task is in making a race function properly, everyone should appreciate the need for a duty race roster.

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V.M. HASSER, EARL MARRATON	Richmond Boulevard	10-6-1984,	345 Starters.	
1. Andrew GARNNEY 24	64:18	79:42	111. Andrew JEWELL 20	84:39
2. Peter GATNEY 30	67:27	79:54	112. John ANDERSON 45	84:50
3. Maurice HEANEY 27	67:37	80:04	113. Richard HOPE 13	84:58
4. John MCCREY 31	68:53	80:05	114. Nigel CHADWICK 27	85:15
5. Nick BRIDEAU 24	69:00	80:11	115. Andy ARMSTRONG 36	85:17
6. Geoff MOLLOY 42	69:03	80:15	116. William MILLER 31	85:19
7. Ulrich KUHLMANN 24	69:05	80:23	117. John HOLMES 32	85:20
8. Ron HARRY 36	69:08	80:34	118. Brian SCOTT 42	85:23
9. Ian CLIBBERT 35	71:21	80:45	119. P. CAEY 39	85:28
10. Allan SIMPSON 38	71:22	80:55	120. M. WALLACE 33	85:29
11. John FRANZKE 38	71:29	80:55	121. Alan WITHERS 34	85:34
12. Gabriel GARMONA 41	71:37	81:00	122. A. TORIS 33	85:40
13. Quentin VALENTINE 34	71:54	81:03	123. T. COLE 37	85:41
14. Sully PIERSON 21W	72:50	81:06	124. Mervyn LATTER 40	85:49
15. Ken COPPLEMAN 35	73:04	81:14	125. Patricia THORPEDGE 37W	85:52
16. Silvio RADOSLOVIC 33	73:30	81:17	126. Brian MEEHAN 18	85:53
17. Graeme GARDNER 28	73:46	81:19	127. Steve McIntosh 28	86:04
18. John PALMER 32	73:55	81:23	128. John WALKER 47	86:16
19. Leon HAUPFRAN 33	74:26	81:23	129. Brian NICHOLS 31	86:20
20. Max CARSON 35	74:28	81:23	130. M. WALTERS 32	86:25
21. Bob LAYRENCE 37	74:32	81:33	131. G. TURNER 39	86:38
22. Tom KERR 39	75:25	81:44	132. G. TURNER 39	86:42
23. Terry WILSON 40	76:08	81:44	133. John LEWIS 35	86:44
24. Robert GROOM 23	76:44	81:50	134. Trevor WESTERMAN 38	86:50
25. Alan STINGLAIR 31	76:48	81:55	135. Sharon HIGGINS 25W	86:54
26. Bruce PETERS 44	76:58	82:04	136. David DANSON 27	86:58
27. Nigel THOMSTED 37	76:59	82:04	137. Cliff WHITESIDE 30	86:59
28. James TYACK 16	77:04	82:15	138. John KELLY 37	87:06
29. Mal GRANE 39	77:14	82:25	139. Allan PATCOTT 36	87:12
30. Mark McPHERSON 28	77:15	82:28	140. Stephen PIERCE 34	87:19
31. G. RIGGARDSON 27	77:20	82:44	141. James GIBSON 36	87:20
32. Ken BUNNING 42	77:21	82:45	142. Trevor TYERS 38	87:20
33. Phil WESPALE 27	77:25	82:47	143. Chris WOOLGAR 40	87:37
34. Robert WILLIAMS 42	77:26	82:51	144. Douglas TAUPIN 24	87:40
35. Peter FARLAN 37	77:27	83:03	145. Ken COOPER 32	87:41
36. Alan CROCKETT 26	77:28	83:05	146. Rod OLSEN 36	87:42
37. Gary BARNES 33	77:30	83:13	147. Richard HISCOCK 24	87:44
38. Steve TELKELI 31	77:32	83:20	148. Steven PEAK 29	87:50
39. Russell FAIR 33	77:40	83:20	149. John BASKAS 36	87:50
40. David OLNEY 37	77:42	83:27	150. Sid DELMAR 47	87:53
41. Greg ORCHARD 39	77:44	83:27	151. Michael BAKER 32	87:55
42. Laurence GLOVER 29	77:45	83:32	152. Craig MADDELEY 16	87:57
43. John WHITE 43	77:52	83:43	153. Harry WATTS 38	88:00
44. Jamie JACK 19	78:00	83:47	154. Jim GOOK 45	88:10
45. Michael SCHEIDT 38	78:10	83:49	155. Chris LEDIEU 44	88:11
46. Dave CRAIG 40	78:21	83:52	156. Zlatko CARPATI 24	88:13
47. Ray O'CONNOR 46	78:22	83:59	157. John GAPES 25	88:17
48. John SMITH 49	78:56	84:00	158. Phil LANIGAN 33	88:18
49. Ross SHARPE 36	79:02	84:00	159. Robert SMITH 41	88:19
50. Tom JOLLIFFE 44	79:07	84:09	160. Margaret SMITH 45W	88:26
51. Peter LARKINS 29	79:11	84:09	161. Jean ALBERT 54W	88:29
52. Paul DELANY 27	79:12	84:17	162. Peter MORRIS 40	88:30
53. James McAFFERTY 24	79:13	84:19	163. Stephen TUNNICLIFFE 36	88:31
54. Richard MATTISON 16	79:36	84:20	164. Greg THOMAS 28	88:37
			165. David FOSKEY 37	88:38

Jo GELB, 50, was registered at 83:08 but finished too early.

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166. Stephen SLATER 37	88:39	219. John EDWARDS 46	93:43	272. David HOPKINS 36	101:36
167. John MASON 44	89:40	220. Richard TODD 36	93:44	273. Frank DURACK 43	101:43
168. Fernando KNEZE 35	88:45	221. Alan PHILIPS 31	93:45	274. Jackie SMITH 24W	101:46
169. Bernard CROSSIE 30	88:50	222. Deryn MARTIN 36	93:51	275. Greg BLANCH 29	102:47
170. Tom LEONG 42	89:04	223. Robert RUFFLES 36	93:52	276. Frank CLANCY 37	103:08
171. John GOLEMAN 40	89:07	224. W. VAN DERBURGT 27	93:54	277. Mark CARTER 27	103:42
172. William KEENE 38	89:10	225. Dipali CUNNINGHAM	93:55	278. Barry CHAPPLE 36	103:44
173. Gary MELVER 40	89:14	226. M. REDDY 31	94:00	279. Leychoo LIM 29	103:50
174. Richard WERREN 35	89:17	227. Stephen FOLKERS 30	94:01	280. Linda MALMBERG 33W	104:53
175. Mick MASTERS 34	89:25	228. Mike HOARE 48	94:16	281. Trevor BOBONE 32	104:55
176. John McBRIDE 38	89:29	229. P. FREEMAN 47	94:34	282. Ian BOBONE 26	104:55
177. John SHARP 37	89:32	230. Colin BONES 42	94:37	283. Simon YELLO 15	105:05
178. Alan BURGOME 69	89:37	231. Kevin BOWNE 47	94:37	284. Brian YOUNG 50	105:18
179. Ken CHALMERS 32	89:40	232. Bill O'GRADY 41	94:45	285. Brian TRESSIDDER 39	105:19
180. Tim REDMOND 28	89:41	233. Ian RICKETTS 54	95:00	286. Doug FUTNER 32	105:20
181. Peter SIMPSON 28	89:42	234. John HINE 24	95:09	287. Norbert WICKHAM 32	105:58
182. Don LYON 29	89:44	235. Kevin J KELLY 50	95:16	288. Bev DAVY 41W	106:04
183. David BERNAN 26	89:54	236. Robert BEARD 30	95:21	289. Mal MALMBERG 50	106:37
184. Nick WITKAMP 49	90:05	237. John PETERS 28	95:33	290. Peter GANON 16	107:04
185. Ian DENOVAN 44	90:11	238. Bruce PHILLIPS 30	95:43	291. Gary PERTIGAN 31	107:06
186. Chris CALHMAN 36	90:12	239. Robert BENNETT 45	96:07	292. Sue SMITH 24W	107:19
187. Keith INGRAM 42	90:14	240. Andy COLEMAN 34	96:42	293. H. TWOWORTH 19	107:45
188. Danny JACKLIN 41	90:22	241. Terry HANGGEM 33	96:46	294. Judi th TWOWORTH 20W	107:45
189. Michael RICE 33	90:26	242. Alfred SMITH 53	96:47	295. Judi th WARD 41	107:46
190. John MORRIS 42	90:27	243. Peter MOLAN 40	97:01	296. Ray ASHCROFT 29	108:16
191. John BATTEN 43	90:31	244. James SHOERIDGE 34	97:04	297. M. SHEPPARD 44	108:45
192. George CORR 43	90:39	245. Bob MOSS 58	97:11	298. P. MORREY 55	108:45
193. Andrew SMITH 33	90:57	246. Ian MORGAN 38	97:19	299. P. NICOLL 40	108:50
194. Colin BROWNE 51	91:02	247. Drew BANTOCK 15	97:42	300. Mary WOODGATE 55	109:32
195. Marianne CRAWFORD	32W	248. Barry FERGUSON 37	97:23	301. K. RUIJANLOCH 34	109:55
196. Frank MANNIX 29	91:05	249. Marcus TRAYLOR 53	97:34	302. P. VYLLIS GOSSELL 46W	109:59
197. Chris THORP 40	91:13	250. Judy PETERS 41W	97:42	303. B. GANNON 44	110:29
198. Gavin MARTIN 34	91:24	251. Peter BATTYCK 40	97:47	304. K. GAYLARD 43	110:45
199. Mal GRIFFITHS 39	91:29	252. Bob PEOPLES 29	97:54	305. A. BUTTERWORTH 49	110:55
200. Ian HENFIELD 36	91:35	253. Ross ANDERSON 46	98:02	306. P. HAWKINS 47	110:55
201. Andy OSTRADOMOFF 31	91:36	254. Dave MICKLETON 43	98:14	307. A. KELLY 34	110:59
202. Tom FAIR 41	91:48	255. Jim SARKAS 25	98:17	308. J. MATERS 38	110:59
203. Harry JUDAS 39	92:10	256. Peter JAFFE 35	98:18	309. N. MOORE 36W	111:15
204. Claire WERREN 35W	92:13	257. Phil CAMERON 30	98:18	310. Peg SMITH 47W	111:18
205. Michael DALY 54	92:13	258. Mike KINMENKO 36	98:41	311. Julie ELLERMAN 34W	111:41
206. Roger THORPEDGE 45	92:25	259. Adri LEENING 39	98:41	312. A. PELICHA 30	111:45
207. Fred McINTOSH 30	92:30	260. Eddie STACK 50	98:46	313. G. CLARKE 47	111:46
208. John KERR 55	92:42	261. Gilbert FLORENT 27	98:49	314. H. VANDERBAGEL 27	112:08
209. Bill CORRETT 31	92:47	262. Scott WALLACE 14	99:00	315. Wendy ORCHARD 41W	112:24
210. M. ORELLI 40	92:50	263. Alan COWAN 56	99:12	316. N. BOSSER 58	113:15
211. Spiro MORATITS 51	92:54	264. Jim McLEAN 51	99:15	317. G. ROBERTSON 35	118:23
212. K. KING 32	93:03	265. Barry GRANTIDGE 44	99:16	318. K. ROBERTSON 40	118:29
213. I. RABANT 40	93:09	266. George WILSON 34	100:10	319. M. YORCHIMER 33	118:59
214. R. BROWN 34	93:10	267. Judy WINES 46W	100:22	320. Kate ROBTYAM 41W	120:31
215. I. CAMERON 38	93:13	268. Diane BURKE 37W	101:35	321. Mariene DICKINSON 42W	121:43
216. Shirley YOUNG 54W	93:15	269. Geoff BLUNDIE 53	101:43	322. Lynne SCHICKERT 42W	124:07
217. Ant McCAVANEY 30	93:22	270. John VANDERPOW 34	101:53		
218. Alex LONEL 18	93:42	271. Leisi MORREY 21	102:28		

Race Manager NEIL RYAN was assisted by Terry VALENTINE, Sophie MADDIGAN, Bob & Lynn SCHICKERT, Betty & Andrew LEIGH, Barbie GRAHAM, Alan FARRINSON, Paul TELICKY, Mal COYNER, Peter MOORE, Barry LYNGE, Moose O'CALLAGHAN, Janet O'DELL, Murray DICKINSON, Peter MADDIGAN, Gerry BEALIN, Di SLATTERY, Rita THINGTIBOB, hope we didn't miss out anyone. THANKS, Great JOB by ALL!!

VMC 20km, ALBERT PARK, 8-7-1984. Fine, cold, windy. 190 Starters.	
1. Gabriel CARMONA 41	70:53
2. Pavelka ZBYNEK ??	72:58
3. Peter BETHERAS 44	73:30
4. Barry SAWYER 50	73:39
5. Malcolm CRANE 39	74:22
6. Mike BOYLEN 44	75:32
7. Steve TELEKI 31	75:41
8. KEN BUNNING 42	75:59
9. Ian COLE 36	76:05
10. Greg ORCHARD 39	76:11
11. Peter MOORE 36	77:02
12. Tom FAIR 41	77:35
13. David McCORMACK 32	77:41
14. Bill BROADLEY 35	77:57
15. Kel COX 35	78:13
16. Bob McLEOD 33	78:24
17. Graeme SALTHOUSE 46	78:29
18. Eric FAIRBANK 39	78:48
19. John FAY 44	78:55
20. Brian MEE 46	79:07
21. Gray SUMMERS 39	79:19
22. Tom DAVISON 51	79:29
23. Peter STEWART 28	79:34
24. Hernando MUNOZ 35	79:36
25. Graeme HUNTINGTON 48	79:39
26. Leo JONES 43	79:39
27. Terry STOKES 29	79:47
28. Robert ALLINGHAM 37	79:49
29. Ron CLARKE 36	79:49
30. Paul HAGEN 23	80:35
31. Gerry HART 45	80:38
32. Brian ELKNER 42	80:42
33. Graham O'NEILL 32	80:47
34. Jim LANG 31	80:55
35. Robert FUGA 41	80:55
36. Mark SYNOTT 21	81:04
37. Damien O'BRIEN 32	81:04
38. Peter DEAR 28	81:08
39. Cliff WHITESIDE 30	81:11
40. Steve FOSKEY 30	81:13
41. Ray BLANCHFIELD 40	81:31
42. Helmut HAUSMANN 36	81:45
43. Bill MILLER 31	81:55
44. Buzz BORSITZKY 38	81:59
45. Graeme PINCHBECK 36	82:20
46. Geoff NIXON 26	82:20
47. Paul MARTIN 35	82:25
48. Dave CRAIG 40	82:42
49. Bruce BADDELEY 22	82:44
50. David McINTOSH 35	82:52
51. Petrina TROWBRIDGE 37W	83:07
52. Ian MATTHEWS 39	83:14
53. Martin CULKIN 34	83:34
54. Doug STOKES 32	83:37
55. Andy MOORE 31	83:38
56. Tony VanENGELEN 37	83:41
57. Don LYON 29	84:01
58. Jim McALPINE 33	84:17
59. David PYGALL 45	84:27
60. Geza BENKE 28	84:29
61. Fred HARRISON 41	84:34
62. Glen CARRIG 34	84:35
63. Ian ANDERSON 36	84:37
64. Klaus SCHNIBBE 41	84:45
65. Geoff HOOK 39	84:46
66. Andrew SMITH 32	84:49
67. Jack FILLING 54	84:49
68. Noel McCRAE 54	84:50
69. Peter NELSON 43	85:16
70. Ian DENOVAN 44	85:20
71. Tom LEONG 42	85:40
72. Fulvio PASTERELLO 32	85:44
73. John COLEMAN 40	85:48
74. Paul CACIOLI 27	85:53
75. Kevin GRIFFITHS 45	85:53
76. Frank MANNIX 29	85:57
77. John GAPE 25	86:01
78. Warren MOSLEY 32	86:13
79. Steven CAREY 29	86:26
80. Colin McDONOUGH 29	86:28
81. Mike SEWELL 28	86:28
82. Keith INGRAM 42	86:39
83. Bob ROLLS 37	86:41
84. Graham McFERRAN 30	86:48
85. Barbara FAY 42W	86:48
86. Ted DOWLAN 34	86:58
87. Geoff COLE 34	86:59
88. George CORR 43	87:09
89. Mal BROWN 43	87:45
90. Zlatko CAPARI 25	87:54
91. Stan CHIECHI 20	88:00
92. Alan PHILLIPS 31	88:10
93. Lawrie CARTER 38	88:12
94. Merv WOODGATE 55	88:13
95. Ben NOBLE 45	88:17
96. Marianne GRAWFORD 32W	88:22
97. Jack LESTER 35	88:56
98. Trevor TYERS 38	89:05
99. Dean JACKSON 25	89:16
100. Andrew McLENNAN 23	89:16
101. Sid BONE 26	89:30
102. Mal DAVEY 30	89:38
103. Michael KELLY 33	89:41
104. Rob RUFFELS 36	89:44
105. Alan FAWCETT 36	90:09
106. Chris CASEY 22	90:09
107. Terry VINES 42	90:15
108. Lawrie BLACK 47	90:15
109. Brendan LOVELOCK 28	90:29
110. Stephen FOULKES 30	90:32
111. Tony HARRIS 32	90:32+
112. Fritz FENNING 48	90:34
113. Tony DEAR 29	90:34
114. Tony BOWMAN 31	91:12
115. Kentor JOHANSEN 13	91:14
116. Ian FORSTER 46	91:21
117. Kevin ARMSTRONG 48	91:30
118. Gerry RILEY 53	91:30
119. Ray CALLGHAN 51	91:44
120. Bernie GOGGIN 47	91:44
121. Gerry CLARKE 47	92:25
122. Kevin BROWNE 48	92:29
123. Jocelyn ROFFEY 35W	92:31
124. Ian CAIRNS 44	92:36
125. Chris TROTTER 40	92:58
126. Ted SYKES 43	93:10
127. Greg MANNIX 27	93:14
128. Ian RICKETTS 54	93:37
129. Brian MACDONALD 46	93:47
130. Kel ROBERTSON 99	93:55
131. John STUART 42	94:10
132. Anthony WOOD 21	94:19
133. Neil EGAN 35	94:31 +
134. Shirley YOUNG 54W	94:35
135. Graeme TROTT 45	94:40
136. Bill PETTIGROVE 37	95:09
137. Ken BRAY 45	95:09
138. John VANDERTOOUW 34	95:16
139. Eddy STACK 50	95:28
140. Judy WINES 46W	95:37
141. Peter COLTHUP 63	95:53
142. Geoff ARNOTT 35	96:19
143. Chris BARTON 34	96:40
144. Gary VERTIGAN 31	96:57
145. Bob PEOPLES 30	97:14
146. Sue ATKINS 20W	97:35
147. Jason WALTERS 15	98:08
148. Greg CATTERALL 15	98:18
149. Noel GABLE 29	98:50
150. Peter McFADZEN 24	99:12
151. Vern GERLACH 59	99:56
152. Joan GUNN 45W	100:12
153. Richard GAULT 34	100:42
154. Chris ELDRIDGE 42	100:42
155. Barry CHAPPLE 38	101:11
156. Ian WALKER 50	101:27
157. Barry GARRON 44	101:33
158. Bill CRAPNELL 28	102:05
159. Dennis ARDLEY 37	102:44
160. Jenny McINNES 30W	103:18
161. Robyn SUTTER 18W	103:40
162. Les DOUGLAS 36	103:51
163. Mal OWER 46	103:52
164. Rob ALEXANDER 31	104:14
165. Anne CALLAGHAN 46W	105:33
166. Carol ROBERTSON 36W	106:00
167. Stan MISKIN 58	106:00
168. Refide FENNING 34W	108:16
169. Marsha VANMENS 31W	108:19
170. Noreen MOORE 37W	108:30
171. Graeme McMASTER 40	109:25
172. Joanne OATES 32W	110:57
173. Jenny WILLIAMS 23W	112:06
174. Anne MARLEY 45W	112:23
175. Wendy ORCHARD 41W	112:27
176. Dennis GALLAGHER 57	112:34
177. Joe CURRAN 57	120:49
178. Amy DOUGLAS 33W	122:04
179. Max VORCHHEIMER 33	122:04

+ = Lucky Spot

V.M.C. 10km, ALBERT PARK, 8-7-1984. Fine, cold, windy. 65 Starters.

1.Alan FRANZKE 37	33:41	22.Anthony McAVANEY 31	42:54	43.Stephen PEARCE 20	48:59
2.Russell JOHNSON 32	34:24	23.James BOTT 27	42:55	44.Gaye SPALVIERO 29	49:19
3.Andrew THOMAS 25	35:23	24.Nrom ANNAL 38	42:57	45.Selwyn GEORGE 32	49:19
4.Peter FEBEN 26	36:15	25.Bill CORBETT 31	43:05	46.Andrea WALTER 20W	50:14
5.Pierre TONILOLO 28	36:42	26.Tony HASLER 34	43:07	47.Tim STEVENS 38	50:27F
6.Gerard TORPY 35	36:56	27.Alan BURGOYNE 70	43:20	48.Rhonda POCKWEE 32W	50:27
7.Richard PIESSE 41	36:57	28.Kevin MOLOONEY 47	43:33	49.John BETTS 40	50:37
8.Bill FIRMAN 24	37:34	29.Darren ANNAL 14	44:08	50.Ron ORELLI 45	50:44
9.Keith LODGE 53	37:48	30.Mike BEVAN 34	44:34	51.Paul McALPINE 12	50:48
10.Peter APPELT 33	38:52	31.Howard TUXWORTH 19	44:50	52.Margaret PINCHBECK 36W	50:53
11.Trevor BABORE 32	39:18F	32.David YEAMAN 48	44:52	53.Bruce HEATH 44	50:53
12.Jim FOLEY 45	39:20	33.Andrew YEAMAN 10	44:52+	54.Judith TUXWORTH 20W	51:04
13.Simon VELLA 15	39:37	34.Ian OCCLESHAW 56	54:02	55.Julie BARTON 36	51:09
14.Richard HOPE 13	39:37	35.Wal MALMBERG 50	46:00	56.Roy SUDHOLTZ 52	52:07
15.Terry CASH 46	40:37	36.Greg HALL 25	46:58	57.Barbara ADAMS 36	53:14
16.Vic MASTERS 34	41:06	37.Michael ORELLI 40	47:36	58.Tony KEEGHAN 26	53:23
17.George TURNER 38	41:45	38.Doug MOSS 19	47:42	59.Peggy KNIGHT 39W	54:55
18.Brian DICKSON 36	41:54	39.MaryLou THOMPSON 30W	47:49	60.Bernadette FRANZKE 35W	54:55
19.John KERR 55	42:11	40.Phil BOUCHER 27	47:49	61.John RIMHEVICUS 27	56:32
20.Doug PETROFF 42	42:22	41.Andrew BARAK 16	48:04	62.Ian FRANZKE 8	59:08
21.Linda MALMBERG 33W	42:39	42.Margaret FAIRBANK 40W	48:19	63.Rita KERR 35W	65:51

Race Manager Neil RYAN was assisted by Brian FAUX, Greg BYRNE, Ray & Anne CALLAGHAN, Maureen RILEY and several others who came forward at the last moment to make up a serious shortage of rostered people.

The runs were followed by a running clinic on footwear through the courtesy of ADIDAS. Hot coffee and tea with biscuits were available freely to all runners, a very welcome warmer-down in the cold conditions.

Our hosts, the Victorian Amateur Walkers Club, sold soft drinks to those who wanted it as part of their efforts to raise funds for the maintenance of their club rooms.

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AN APPRECIATION. Stan Misikin.

May I, through the Newsletter, congratulate the organisers and thank all officials, seconds and supporters at the VMC RR 5th Annual 50 Mile Track Run ?

Although I ran a P.W., I believe it was the best organised and conducted 50 Miler to date.

From the pre-event literature to the pre-race briefing and the (almost) on time start, through the accurate lap scoring and timekeeping and lots of encouragement, to the finish and subsequent presentation of certificates, medals and T-shirts, this event was superior to its forerunners.

Whilst it is always risky to single out a person, I hope that no one is offended by my expressing special appreciation to Michael Whiteoak who worked very hard to ensure the success of this event.

Again - a very big 'Thank You' to everyone who contributed (particularly the lap scorers) for without so many willing helpers such a run could not take place. We runners are indeed fortunate and privileged to have the voluntary and cheerful support of so many wonderful people !

RESULTS: Weather fine & cool, strong to steady North wind. 34 Starters.

1.Keith SWIFT NSW	5:42:45	9.Gerry HART	7:23:50	17.John CHAMPNESS	8:02:16
2.Brian BLOOMER	6:07:23	10.Bruce COOK	7:24:05	18.Geoff HOOK	8:02:21
3.Mick WHITEOAK	6:24:31	11.Joe GOBEL	7:29:04	19.David WILLIAMS NSW	8:02:21
4.Peter LOGAN	6:31:47	12.Dawn PARRIS W	7:31:18	20.Bob MOORE	8:06:04
5.Paul SHARP	6:46:55	13.Gerry RILEY	7:32:21	21.Anne CALLAGHAN 2W	8:09:02
6.George PERDON	6:55:38	14.Steve BENTLEIGH	7:45:11	22.Sue WORLEY SA 3W	8:36:45
7.Bob MARDEN NSW	7:06:28	15.Colin SILCOCK	7:50:16	23.John DEAN	8:43:02
8.Barry ALLEN	7:22:10	16.Stan MISKIN	7:52:40		

THE LOS ANGELES OLYMPICS, SPORT AND BALLYHOO. Gleanings from T.V., Radio and Press.

It wasn't the fault of the athletes, the performers or the pigeons out on the arena that the Opening Ceremony of the Games was a monumental exhibition of Schmalz and Bad Taste in the worst tradition of Hollywood's pandering to self-conscious Yankee Nationalism. It was hours of boring display, inane and un-informed commentary, patronising remarks on smaller contingents of several countries, in short, it set the tone for what was to come over the next days.

"He who pays the piper calls the tune", all that money can buy neither good taste nor true sportsmanship, free of nationalist overtones. However, there were plenty of times when the sportsmen and women themselves ignored these pressures put on them and shared freely in their common experiences. After all, the Olympic idea is to bring people together through the enjoyment of sport.

Fortunately, there were many positive achievements to outweigh the bad points, During the athletic competitions we witnessed some outstanding feats which highlighted all the different aspects involved in achieving top performances. Naturally, Carl Lewis showed the finer points of sprinting at their best, his smooth acceleration is worth studying, based as it is on controlled relaxation under high pressure.

However, the middle and long distances provided the most absorbing battles between the competitors. In hindsight, it looks as if Sebastian Coe's earlier participation served as a good sharpener for the 1500m, Cruz was simply too good for everyone in the 800m, yet Coe ran a very clever positional race to be a threat right up to the home straight. Steve Cram also ran a good tactical race in the semis of the 1500, yet in the final was running very wide for long stretches and was left without an answer to Coe's finishing burst. That also was Michael Hillardt's undoing in his semi, he must have given the field at least 15m.

Aouita of Morocco and Cova of Italy won the war of attrition in the 5000m and 10,000m respectively, we were left wondering how much greater their (and other runners') performances would have been, given cooler and clearer weather conditions. The time is overdue when the Olympic organisers have to re-think in the interest of the athletes and deliberately work towards obtaining the best conditions precisely when we have a top meet such as the Olympics. Once again we had the sad spectacle of the long walks and runs held under extremely hot conditions with the excuse of 'prime viewing time'. For competition such as the Olympics, wny time is prime viewing time !

Turning to the Men's Marathon, much has been said and written. This was the strongest field of marathoners to be assembled, only Czierpinsky was a notable absentee, and there may have been one or two more 'dark horses' from countries not taking part. It became obvious soon after the start that the heat was not to be a deterrent to the determination of competitors in setting a fast pace. This became the undoing of several top runners even before half-way, but the pack had been so large that it was not until the 35km that the last half dozen broke up.

It must have been a wave of anxiety sweeping over Australian viewers as 'Deek' grabbed a drink while the remainder of the pack started to move away and the gap gradually grew. Carlos Lopez was the driving force as one after the other dropped off. Last ones to go were Ireland's John Treacy, ex World CCC Champion, and Britain's Charlie Spedding, who still managed to have a ding-dong virtually to the finish line, John snatching 2nd spot.

All credit to Deek who stuck it out and picked up tiring Juma Ikangaa to slug it out with him for 5th place by 1 bare second. Takishi So had secured 4th place a little earlier.

Results: 1.Carlos LOPES(Port) 2:09:21, 2.John TREACY(Ire) 2:09:56,3.Charlie SPEDDING (Brit) 2:09:58, 4.Takishi SO(Jap) 2:10:55, 5.Rob deCASTELLA 2:11:09, 6.Juma IKANGAA (Tanz) 2:11:10, 7.Joseph NZAU(Ken)2:11:28, 8.Djama ROBLEH(Dji) 2:11:39  
9.Jerry KIERNAN(Ire) 2:12:20, 10.Rod DIXON(NZ) 2:12:57, 11.Peter PFITZINGER(US)2:13:53  
12.Hugh JONES(Bri) 2:13:57, 13.Jorge GONZALEZ(Puerto Rico) 2:14:00  
14.Toshihiko SAKO(Jap) 2:14:13, 15.Alberto SALAZAR(US) 2:14:19, 17.Shigero SO 2:14:38  
28.Alain LAZARE(France) 2:17:52, 28.Derek FROUDE(NZ) 2:19:44.

CROSS-COUNTRY, NEW YORK STYLE

The New York Road Runners Club added another feather to its cap with the World Cross-country Championships in March. Here are some excerpts from an article by Andy Etchells in 'RUNNING' magazine.

New York - or strictly speaking, New Jersey's Meadowlands Racetrack - was the host in March to the World Cross-country Championships. This was the 12th time they have had the 'World' tag and the 70th as an international championship, but the first time that they have been held outside Europe or Africa. The elaborate course was constructed around and about the infield of the horse race track, including a man-made 'plywood mountain' about 20 feet high. It was predicted that if Pat Porter, the American Champion, were to win then every self-respecting American would rush out and buy a 'plywood mountain' for their backyard, just as half the nation took to the roads in the wake of Frank Shorter's Olympic Marathon victory in 1972.

It was not to be, however. Not only did Porter fail - just - to get into the medals, but the race failed to catch the imagination of the natives. In stark contrast to the week when the marathon hits town, it was hard to catch a reference to the event in the New York papers and magazines in the days leading up to it. There were some recorded highlights on TV later in the day, true, but the official attendance figure of over 17,000 was hard to reconcile with the empty car park.

Numbers aside, however, the public appeal of the marathon is well documented and this appeal comes largely from the meeting of the runners and the public. There was no such meeting for the World Cross-country; once at the venue, the spectators were for the most part contained, hermetically sealed, in the vast glass-covered grandstand, with access to the course itself (apart from the home straight) banned to all including team officials. This made life lonely for the athletes.

The Meadowlands announcer frequently informed spectators that the occasional bale of hay and the plywood mountain - dubbed 'Hollywood Hill' by the personable and uninhibited American champion Pat Porter - were to recreate the origins of the sport 'over hill and dale'. It was not an altogether convincing explanation to those used to real cross-country conditions such as the slag-heaps in Gateshead in 1983.

When asked whether she's like to see the women's race extended to something closer to her best distance, Grete Waitz was typically unselfish ; as constituted, she pointed out, the World XC Champs attract a wide cross-section of world class stars from the middle distance events. But, while that is good for the reputation of the event, it perhaps epitomises the dilemma of cross-country as a sport with a separate identity. Much local interest simply evaporated once it was known that Alberto Salazar, suffering from anaemia, had pulled out of the American team he had only scraped into; in post-race interviews, questioning, especially from Americans, moved as quickly as possible away from the race just witnessed to 'what will you run in Los Angeles ?' By the same token, there were furrowed brows over Robert de Castella's 21st place: if you're world champ at the marathon, shouldn't you be able to polish off a bunch of wimpish cross-country runners ..... ?

The Americans like records and one they were able to claim at Meadowlands was the size of the entry. Nearly 60 countries registered, more than a third of the IAAF's membership, of whom 40 turned up with a total of 452 runners. 37 countries were represented in the senior men's race ranging from China to Colombia and from Hong Kong to Iceland. Norway only sent a women's team (question: given Waitz and Kristiansen, is someone slipping something into the tea of Norway's male population?), while the Soviet Union's senior men stayed home 'preparing for the Olympics' ??????

The big talking point as the races got under way at Meadowlands was not so much 'Will the Ethiopians take the rest to the cleaners again?' but more 'How much will they win by - and which unknown will pop up at the front this time?' The team theory was right, the individual one drastically wrong. For, in addition to the Africans' individual unpredictability, cross-country is a remarkably volatile sport. Last year Bekele Debele, newly graduated from the junior ranks, was the name of everyone's lips and he came up with the goods in the race; but this year's Ethiopian champion, Hailu Wolde-Tesadik,

Cross-country, New York Style (continued)

could only manage 97th, one place behind another fancied Ethiopian, 1983 world junior champion Fisha Abebe. But that did not really matter as there were six other Ethiopians ahead of these two, despite a start in which the whole team seemed to get left behind in their pen. Debele recovered to eighth place, a step ahead of yet another 'unknown' Aduigna Lema, and Ethiopia had closed in by 46th place.

Up front, Pat Porter, the ski-jumper turned runner, cut out the pace and ultimately paid for his inexperience and lack of economy around the twisting, sometimes rutted trail. The first mile was completed in a swift 4.19, before settling around the 4.40 mark. Soon after two miles, the permanent leading group had established itself with Tim Hutchings (GB) monitoring Porter's every move along with Steve Jones (Wales) and latterly Carlos Lopes of Portugal, the man who won this event back in 1976 and who last year, at the age of 36, was outleaned for the title by the young Ethiopian.

Had it stayed that way, the smart money was on Hutchings' speed over the last few hundred metres, but Lopes, showing the skill and maturity which was so lacking in his dismal 10,000m performance in Helsinki last summer, made a decisive move just short of 10km and built up a commanding lead. His seventh mile was run in an incredible 4.31; even so, Hutchings closed the gap to five seconds at the end, outsprinting Porter, who was also caught on the run-in by Steve Jones.

The US team were all home by 65th position and were 27 points down on Ethiopia with Portugal third. Kenya were on the heels of the Portuguese.

The womens' race also proved a champion-toppling exercise. Grete Waitz decided to return to cross-country as part of her speedwork for the Olympic Marathon, despite vowing that her fifth victory in this event last year was definitely her last appearance in the mud. Even though an American record was at stake - Doris Brown's five wins in the earlier, less competitive days of the event - one could really be forgiven for thinking that Grete Waitz was really a home runner thanks to the many pictures of her adorning the grandstand. But if the pictures were on the wall, so was the writing, for back in form after missing last year's race with a broken leg (incurred during a basketball game) was Romania's Maricica Puica, champion in 1982 and the first woman to inflict a cross-country defeat on the Norwegian star.

After an impetuous early rush from Wales' Angela Tooby, the race was taken over by Puica, Waitz and Galina Zakharova of the USSR, with Jane Furniss (GB) and Ingrid Kristiansen (Norway) also in close attendance. With 1,000 of the 5,000 to go, Waitz had not made the move which gave her such a decisive victory last year and she was easily disposed of in the home straight by Puica, with Zakharova also slipping past the world marathon champion into second place.

Waitz still has a refreshing attitude to her sport after all this time; 'I enjoyed the race,' she said. 'There were no surprises. I was too slow !' Maricica Puica, aged 33, is somewhat sterner in her approach to the sport according to her husband and coach. 'She beats the younger girls because she leads a healthy life,' he revealed. 'She goes to bed at 8.30 every night, and only stays up late at Christmas and New Year. And then she is in bed at 12.05.'

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LIFE AND TIMES OF AN ENGLISH JOGGER

Reuter report, London, 14th June 1984

The English, affronted by an American's suggestion that they are just as stuffy when jogging as when doing anything else, have taken the ultimate recourse. They are writing to the 'Times' of London about it.

The famed columns of the 'Times' letters page, a haven for statesmen, rural clergymen and dotty peers for almost 200 years. are stirring to a defence of British reserve, even on a jog.

The debate began in the 'Times' with William Reilly, vice-president of Crocker National Bank, in San Francisco, telling sadly of running with his wife in London's Hyde Park and having his cheery salutes to British joggers snubbed and ignored.

'It is the habit of joggers in San Francisco,' he wrote, 'to run head up, make eye contact when another jogger approaches and to utter some word, grunt or sign of recognition.

continued next page

Life and Times of An English Jogger (continued)

'I felt as if I had intruded upon a club sworn to the loneliness of the long-distance runner,' he wrote.

Times' readers were dumbfounded by Mr. Reilly's ignorance of British ways.

'On shanks' pony, as on other means of transport,' wrote one, 'the English man or woman has the usual British reserve of not wishing to make conversation, however brief, especially before breakfast and especially before he has read the 'Times'.'

Mr. Ian Callow, of Westbury-on-Trym, told Mr. Reilly plainly that the English jogger ran with head bowed out of shame for joining 'what is surely, sir, a singularly un-English pursuit.'

Perhaps if Mr. Reilly reflected upon his nation's awesome responsibility for the proliferation of such unsavoury fads, he, too, would hang his head in shame while jogging, wrote Mr. Callow.

Another said joggers in every London park presented a 'ghastly sight' not seen since severed heads were displayed on pikes at the Tower of London: 'Heads with lolling tongues, eyes protruding in terminal agony ...'

'Could not some treadmills be provided deep within the Tower so that those so inclined may jog to their doom in seclusion ?'

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BONA FIDOS (Running Dogs and Fellow Travellers)

Advice on choosing and caring for your dog as a running mate. (Riddle: When does a dog become a vet ?)

Choosing a Dog

\*The ideal weight for a running dog is 30-70 lbs. and not fat.

\*Go easy on the dog until around 18 months old - it is still growing mentally and physically. That means that a puppy won't be able to help you straight away so you might want to look for an adult dog from RSPCA or the Lost Dog's Home. If someone buys a pedigree dog they can't keep, the breed club will usually rescue it and sell it for a nominal sum providing you promise not to breed from it. But check why the dog was discarded in the first place !

\*Take the dog to the vet for a comprehensive check-up, especially of its heart and of its hips. Some breeds are prone to hip deformity (dysplasia) which would rule them out as runners.

\*Check the dog's tendency to nervousness or aggressiveness.

\*If you do buy a puppy, start young on the dog's obedience training so that by the time it is old enough to run it responds immediately to short commands. A disobedient dog is a danger to other footpath users and an embarrassment to you.

\*Don't start running with a dog that is more than 10 years old.

\*Opinion is equally divided on the choice of a dog or a bitch.

Care of Your Dog

\*Treat your dog as you would treat yourself. Build up its mileage gently; allow rest days; keep to a regular routine; and don't drag the dog out if it is clearly tired or under the weather.

\*Make running fun - as much running off the lead as possible, with emphasis on park and grassland. Roads are as tough on a dog's paws as they are on human feet.

\*Inspect the paws after each run for cuts, claws bruised at the nail bed, or wear on the pads. If the paws are bleeding after a long run, clean them, cover and let the dog rest for a few days.

\* If it has been raining, rub the dog down after the run, especially if it has a long coat. Keep the coat well groomed and always comb out burrs and twigs.

\* Take care of your dog in crowds. Don't take it on competitive events where you could upset other runners, infuriate the race organiser and frighten the dog.

\* Don't run with your dog on a very hot day. It doesn't perspire as you do and will quickly run into problems.

\* Make sure your dog has enough to drink - lukewarm water is better than ice-cold.

\* The dog's diet should include a fair amount of carbohydrate (eg bread, potatoes, porridge) especially if it is running more than 30 miles per week.

\* Don't take your bitch out if she is on heat, unless you want to feel like the canine equivalent of the Pied Piper of Hamelin !

\* Don't give up on your dog. They all need plenty of regular exercise and your intention to run with them mustn't be short-lived.

Further on the subject of running with your dog; in Eugene, Oregon, one of the running capitals of the world, Shelley Reecher has launched a rent-a-dog scheme called 'Project Safe Run' - a sort of canine protection racket. Ms Reecher, once a rape victim, began running with her Dobermann and then found other women asking to borrow the dog. She bought a 'fleet' of the dogs and now hires them out regularly. Each carries a small backpack with emergency telephone numbers and change for the 'phone - but none of the dogs has yet been called on to protect its temporary mistress. 'That's the whole point,' says Shelley Reecher. 'When you run with a Dobermann people just part like the Red Sea.'

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THE SONG OF THE UNGIRT RUNNERS

A poem by Charles Hamilton Sorley (1895 -1915)

We swing ungirded hips,  
And lighten'd are our eyes,  
The rain is on our lips,  
We do not run for prize.  
We know not whom we trust  
Nor whitherward we fare,  
But we run because we must  
    Through the great wide air.

Haven't we all felt like this at one time or another?

The poem epitomises the great enjoyment derived from running even in adverse conditions.

The waters of the seas  
Are troubled as by storm.  
The tempest strips the trees  
And does not leave them warm.  
Does the tearing tempest pause ?  
Do the tree-tops ask it why ?  
So we run without a cause  
    'Neath the big bare sky.

The rain is on our lips,  
We do not run for prize.  
But the storm the water whips  
And the wave howls to the skies.  
The winds arise and strike it  
And scatter it like sand,  
And we run because we like it  
    Through the broad bright land.

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ULTRA DISTANCE EVENTS

For those of you interested after reading the article elsewhere in this issue on the inaugural Six Foot Track Marathon, the second annual Blue Mountains Six Foot Track Marathon is to be held on Saturday 23rd March 1985. The course from Jenolan Caves to Katoomba provides some spectacular scenery; over the distance there is a total rise of 1382m and a total fall of 1100m.

For further information contact : Ian Hutchison, 18 Oaklands Rd., Hazelbrook, NSW 2779 Tel: (W) 219-5230 (Mon-Fri) or (H) 047 588050.

4TH ANNUAL MANLY 100 MILE TRACK MARATHON - EASTER 1985

This event will start at 7.00pm on Saturday 6th April 1985 at Manly Oval. There is a time limit of 24 hours. Entry fee : \$10

For further information contact Ian Hutchison at the above address and phone number.

The Colac Six Day Race will be held in November and this year there is a possibility of a 100 mile Melbourne to Colac Race as a subsidiary event.

The Sri Chimnony 24-Hour Race will be held in Adelaide on November 3rd and 4th, 1984.

VMC RR 150KM ULTRA DISTANCE MARATHON

This will be a special event to celebrate Victoria's Sesquicentenary. It will be held on Sunday 10th March 1985 at the Aberfeldie Track, starting at 9.00 am. Field will be limited to 40 runners and the entry fee will be \$25.00.

For further information contact Geoff Hook, tel: 288-9739.

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TRARALGON MARATHON - Sunday June 10th, 1984

by Ian Bray

Pre-race favourite, 31-year-old Latrobe Valley marathon runner John Duck, of Yallourn-Newborough Club, won the 17th annual Traralgon Marathon, held on Sunday June 10th.

The event, again generously supported by Nubrik, drew 145 starters including 13 women, and incorporated both the Victorian Mens' and Womens' Country Marathon Championship. The field included over 50 Gippsland runners, easily a record, and the womens' entry was over double that for 1983, a tribute to the organising club, Traralgon Harriers AAC's active encouragement of distance running in the area over recent years. 132 runners completed the course, of whom 48 recorded personal best times, outstanding considering the strong headwinds on the return journey and undoubtedly a reflection of the strong roadside support provided to all competitors.

John, and second seed, 19-year-old Glen Devers of Stawell, ran shoulder to shoulder for most of the race, and it was only at the 37 kilometre mark that Duck, the more experienced tactician, broke away to win comfortably in 2 hours 27 minutes 6 seconds, with Devers second in 2:28:43. Traralgon Harriers' David Laws took out third place in 2:30:04.

Devers, Laws and Moe's David Birks took out the placings in the Country title.

The Womens' event was won by Georgann Peterson of Traralgon Harriers in 3:09:16, with the minor placings going to Christine Setterfield in 3:13:26 and Mary Edwards of Frankston in 3:15:48. Georgann, competing in her first marathon, also collected the Country Womens' Marathon title, this event being held for the first time. Minor placings went to Julie Duffell (3:56:25) and Anne Wilson (3:57:53), both also of Traralgon Harriers.

Winners of the Veterans' sections were Brian Bloomer (40-49 age group) in 2:48:09, Bert Gaudion (50 and over) in 2:53:52, and Shirley Kelly of Maffra with 3:27:40.

The teams prize went to the Traralgon Harriers team of David Laws, Bruce Inglis (7th overall, 2:41:14) and Wayne Kelb (9th overall, 2:41:44).

Next year's event will again be held on Sunday of the Queen's Birthday long weekend, again starting from the Tyers Recreation Reserve. Enquiries to Geoff Duffell, phone (051)222-871.

RESULTSMENWOMEN

1. John DUCK	2.27.06	26. Mick WHITEOAK	2.56.55	1. Georgann PETERSON	3.09.16
2. Glen DEVERS	2.28.43	27. Richard JEFFERY	2.57.55	2. C. SETTERFIELD	3.13.36
3. David LAWS	2.30.04	28. Gordon McKEOWN	2.58.11	3. Mary EDWARDS	3.15.48
4. Bernie KELLY	2.32.28	29. Sandy DRUMMOND	2.58.40	4. Lee BRIDLE	3.20.25
5. Keith GREEN	2.38.42	30. Tim CROSBY	2.59.05	5. Dawn PARRIS	3.26.07
6. Peter ARMISTEAD	2.39.24	31. Lionel BURGESS	2.59.43	6. Shirley KELLY	3.27.40
7. Bruce INGLIS	2.41.14	32. Bruce COOK	2.59.47	7. Julie DUFFELL	3.56.25
8. David BIRKS	2.41.20	33. George MOIR	2.59.49	8. Anne CALLAGHAN	3.56.49
9. Wayne KELB	2.41.44	34. Gary SUMMERS	3.00.56	9. Anne WILSON	3.57.53
10. Graeme HEWITT	2.44.20	35. Kerry BEATTIE	3.01.16	10. Lucy DREWETT	4.08.22
11. Peter SHONE	2.45.27	36. George MOORE	3.01.16		
12. J. TIMMER-ARENDS	2.46.18	37. Tom DAVIDSON	3.01.23		
13. Brian BLOOMER	2.48.39	38. Peter APPELT	3.02.48		
14. Stephen VOSTI	2.50.30	39. Peter LEE	3.03.43		
15. Geoff WILSON	2.52.18	40. R. BLANCHFIELD	3.04.05		
16. Matt ALEXANDER	2.53.08	41. Ron SKINNER	3.04.15		
17. Bert GAUDION	2.53.52	42. Gary COSSENS	3.04.18		
18. John CASTLE	2.54.11	43. Frank ALLCHIN	3.04.24		
19. Anton CANDIR	2.55.00	44. Geoff NIXON	3.05.06		
20. Russell NEEDHAM	2.55.04	45. Bruce CHESSMAN	3.05.24		
21. L. BRIMACOMBE	2.55.52	46. C. ROBERTSON	3.07.27		
22. Ray CALLAGHAN	2.55.44	47. Paul McFARLANE	3.07.27		
23. Terry NUGENT	2.55.50	48. David ROBINSON	3.08.51		
24. Tony COONEY	2.56.05	49. G. PETERSON (F)	3.09.16		
25. G. SALTHOUSE	2.56.18	50. Colin SILCOCK	3.09.16		

THE PROGRESSION TOWARDS A SUCCESSFUL PRE-RACE DIET - AS EXPERIENCED BY DOT BROWNE

As observed and shared by Tony Bradshaw - Easter 1984

1. 1983 LONDON MARATHON

Follow original Carbohydrate Loading Diet explicitly. 1st Long Depletion Run - Three days high protein. 2nd Long Depletion Run - three days high carbohydrates with lots of pure fluid - then race.

Result - P.B. 2 hours 41 minutes 24 seconds

2. 1984 OLYMPIC QUALIFYING TRIALS - CANBERRA NIKE MARATHON

From two weeks prior to event commence total alcohol abstinence - normal diet and training (excellent form) until final three days which consist of little exercise (freshening up) and high carbohydrate intake.

Result - 2 hours 47 minutes 47 seconds - Ratshit !

3. 1984 NATIONAL VETERANS CHAMPIONSHIPS CANBERRA 5K TRACK

Two weeks after the Nike Marathon. Continue training - resume normal diet. Two days before race, travel by bus overnight without sleep. Alight from bus and run 10k track race in 37½ minutes. Next day, attack cross country course in solid training run. That evening, join fellow revueists to plan entertainment over 2½ bottles of sweet sherry. Adjourn to German Club and consume 17 midis of local brew. Return to motel and sweeten palate with one tumbler of Browns (not related) Vintage Port. Retire to bed and sleep fitfully - awake on floor - sudden impact.

Unlike the effect of the traditional method which produces a feeling of heaviness in the limbs - particularly the legs, this new method's effect is felt higher up in the region of the head.

A coating of axle grease on the tongue, an inability to stand up, severe nausea, and an over-active pulse are experienced, but all these should be ignored as they may disappear or increase in intensity.

Avoid breakfast and only warm up if balance is restored. You are now ready for your race !

Result - 1st Place All Women Oceania Games  
1st Place All Women National Vets Championships  
1st Place 40-44 Age Group

Time - 17 minutes 26 seconds

CONCLUSION - She's not bad !!

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THE SLOWEST MARATHON ?

Overcome with heat exhaustion during the Stock holm Marathon of 1912, Shizo Kanakuri was tottering past a villa on the outskirts of Tureberg when he noticed people in the garden with tall glasses of orange squash. Kanakuri begged a sip, then a glass, then another glass, and ended up taking the train back to Stockholm. But shame overcame him and he did not, like some others, rejoin the runners; instead he spent a night in a hotel, and slipped away without telling anyone what had happened. He took the first boat back to Japan. His disappearance was a mystery at the time.

In 1962, a Swedish journalist tracked Kanakuri to Tamana in Southern Japan, and Kanakuri decided to go back to Sweden and finish the race, revisiting the villa where he had stopped. A tardy marathon (54 years, 8 months, 6 days, 8 hours, 32 minutes and 20.3 seconds), but as Kanakuri pointed out, he had acquired en route a wife, 6 children, and 10 grandchildren, all of which takes time !

from 'Famous Sporting Fiascos' by Stephen Winkworth

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LONDON MARATHON - GATESHEAD'S GRAND SLAM

From Dick Batchelor

After watching the first half of the race on TV, I took the train to Waterloo to catch the action at the 38 and 42 kilometre marks. When I left home Juma Ikangaa appeared to have the race in his control. After an opening mile in 5:10, he ran a 5:00 and then a string of miles in the 4:40s to drop a number of top athletes including Grenville Wood. (Incidentally, the BBC commentator Brendan Foster expressed his incredulity that Wood had been unable to make Australia's Olympic team despite winning the trial in 2:15 !)

At the 38km mark on the Embankment I awaited my first sighting of Ikangaa. Instead a white man in the colours of Gateshead strode into view with an empty road behind him. It was Charlie Spedding - Brendan Foster's 'training hack' of the 1970's, who has blossomed latterly as a 10,000 metre runner and more recently picked up a first prize of \$20,000 or thereabouts from winning his first marathon in Houston. London was the 31-year-old Spedding's second outing over the 42.195 kms. and L.A. will be his third.

Over a minute behind came another Gateshead runner, Kevin Forster, followed by Ikangaa. I jogged a short cut to the finish line on Westminster Bridge where Spedding had his first 'spot of bother', looking a bit rubbery in the legs as he negotiated the incline into a strong headwind. Forster was a tenacious second and three other runners passed Ikangaa in the last couple of kilometres. It seems the little Tanzanian was only running for the money and it cannot have helped his preparation for L.A.

Ingrid Kristiansen of Norway was a magnificent winner of the women's race, running the second fastest women's marathon ever, only ten months after giving birth to a son.

John Duck ran his usual consistent race to finish around the 2:20 mark, but Grenville Wood was nowhere to be seen. I look forward to reading John's 'inside' report on this race.

RESULTS (GB unless stated):-		<u>MEN</u>		<u>WOMEN</u>
1.	C. Spedding	2:09.57	I. Kristiansen (Norway)	2:24.26
2.	K. Forster	2:11.41	P. Welch	2:30.36
3.	D. Fowles	2:12.12	S. Rowell	2:31.28
4.	O. Dahl (Norway)	2:12.17	V. Marot	2:33.52
5.	J. Lauenborg (Denmark)	2:12.20	K. Jacobsen (Norway)	2:34.53
6.	J. Ikangaa (Tanzania)	2:12.33	B. Moe (Norway)	2:35.28

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BLUE MOUNTAINS SIX FOOT TRACK MARATHON - Saturday 24th March 1984

Ian Hutchison, Race Organiser and Founder

The Six Foot Track was constructed in 1884 by Mr. W. M. Cooper, Surveyor of Public Parks, who was given the task of building a bridle track from Katoomba to Jenolan Caves, a distance of 26 miles, across the Megalong and Cox's river valleys.

Parliament granted 2,500 Pounds for the construction of this six foot wide track which was afterwards maintained by two men with a wheelbarrow, pick and shovel.

The track received excellent publicity in the Sydney newspapers when Lord and Lady Carrington paid a visit to Katoomba in 1887. Lord Carrington decided to visit the Jenolan Caves which he had heard contained an endless variety of enchanting and beautiful limestone formations. As they wished to see the country through the Megalong Valley, they decided to travel by horseback across the six foot track and over the Black Range. Leaving Katoomba, the party travelled towards the Explorer's Marked Tree and descended into the valley below via Nellie's Glen. After crossing the Cox's River they climbed a steep mountainside, for which they had to dismount and lead their horses. The trip took seven hours and Lord Carrington said he was delighted with the scenery along the track.

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Blue Mountains Six Foot Track Marathon (continued)

100 years later, Mr. Peter Quirk, Blue Mountains City Mayor, started 7 marathoners from the Marked Tree to run one of the toughest marathon courses in the world. Each runner was fully aware of the changing climatic conditions during this cross-mountain run.

The first 2 km saw the runners down Nellie's Glen, a 500 metre drop to the valley floor below. The next 6 km along a fire trail - beautiful smog-free running. Across Megalong Valley road and past the Megalong Cemetery the track narrowed over undulating land. At 15 km the runners were at the Cox's River (300 metres above sea level) in 1 hour 50 mins. From here Bob, Max and Chris picked up the pace and left 4 of us to climb Mini-Mini Saddle to the Murdering Creek Junction. From here we were uplifted to know that the next 15 km were uphill. Actually we were quite relieved as our quads had ceased to function after the 1000 metre drop from the start to the Cox's River. Perfect weather conditions prevailed, cool, cloudy and misty rain helped us on the climb to the Pluviometer (3200 feet above sea level). This section of uphill grade of 10 km had taken nearly 2 hours and a climb of 2200 feet.

We covered the next 9 km along the Black Range in 1 hour of very gradual uphill running, passed through the pine forests and on reaching Jenolan Caves road, the 35 km mark, our support vehicle, after supplying us with bananas, remarked that the other 3 runners were only 20 minutes ahead but were racing hard.

At this point we were 4000 feet above sea level and knew that a drop of 1300 feet over the remaining 7 km awaited us. First to Jenolan Caves was Bob Marden in 5:26.00, followed by Chris Stevenson, 5:35.00, Max Boganhuber, 5:35.40, Ian Taylor 6:05.31, George Fitzgerald 6:19.33, Ian Hutchison 6:19.33 and Bill Miller 6:26.18.

The management and staff of Caves House welcomed the 7 tired and wet runners with tea and coffee and a much welcomed shower. Councillor Lance Armstrong, Shire President of Oberon Shire, presented the Blue Mountains Echo Newspaper Silver Plate to Bob Marden.

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MANLY 100 MILE TRACK MARATHON - Saturday 21st April 1984 By Ian Hutchison

The third annual Manly 100 Miler attracted a field of 28 ultra-marathoners at Manly Oval. 8 seasoned runners from Melbourne included Laurie Brimacombe, winner of the 1983 VMC 50 Mile Track Run. Andy Docherty from Adelaide and Trevor Harris from Brisbane made up the other interstate competitors for this Australian Championship. NSW was represented by 1981 winner, Anyce Melham and 1981 VMC 50 Mile Track winner, Keith Swift.

From the gun at 7.00 pm it was obvious a three-way battle between Anyce, Keith and Laurie would develop. Geoff Hook from Melbourne led the runners through 10 miles in 1:18.07 followed by Ernie Cattle, Anyce, Graham Light and Laurie. Keith was taking it easy and cruised through in 1:21.04. 20 miles saw Anyce take the lead with a time of 2:35.00, followed by Laurie, Geoff and Keith. At the 30 mile mark Keith took the lead in 3:52.43 and Anyce followed a close 16 seconds behind with Laurie a further five laps back. At 40 miles the positions remained unchanged with Keith maintaining a 9 second lead over Anyce.

At 46 miles Laurie withdrew from the race with foot problems and this left Anyce and Keith to battle out the lead; by the 50 mile mark Keith forged three minutes ahead of Anyce with a time of 6:36.56.

Over the next 10 miles Keith slowed considerably to allow Anyce to gain a 20 minute advantage. From this point Anyce held his lead and was never in any danger from a late surge from Keith, and finished with a time of 14:55.37 which was 18 minutes outside the record set by Cliff Young in 1983 of 14:37.54.

An Australian record was set by Melbourne competitor, Margaret Smith, with a time of 16:01.43, bettering the previous record by 6 hours.

<u>Results:</u>	1.	Anyce Melham	14.55.37	6.	Gerry Riley	19.11.57
	2.	Keith Swift	15.10.52	7.	Gerry Hart	21.02.51
	3.	Chris Stephenson	15.50.46	8.	Graham Light	21.35.35
	4.	Margaret Smith	16.01.43	9.	Andy Docherty	21.51.12
	5.	Bob Marden	17.43.00	10.	Bob Little	23.18.07

1984 OLYMPIC WOMEN'S MARATHON - Sunday August 5, 1984 - Los Angeles

American Joan Benoit overcame the heat and smog of a calm Los Angeles morning to win the first Olympic womens' marathon medal. Running all but three miles of the distance alone, she clocked 2 hours 24 minutes to beat Norway's Grete Waitz by almost a lap of the Coliseum track. Rosa Mota of Portugal won the bronze medal ahead of Ingrid Kristiansen of Norway. New Zealand's Lorraine Moller was fifth. Australia's Lisa Martin ran the race of her life to finish seventh after Priscilla Welch (GB). Her time of 2.29.03 was more than three minutes inside her personal best. It was only her third marathon; before the race she looked at the start list and saw there were 16 others who had faster times. Afterwards she said, 'I still wanted to finish in the first 10 and I have. I'm happy.' It concerns her that she is not fast enough to be a top 10,000m runner. 'Unfortunately I think I'm a better marathon runner than anything else,' she said. 'I wish I could run 10,000 metres, but unhappily it seems I'm better at the marathon,' she added, as if she had just been sentenced to a long prison term. Halfway through yesterday's race, Martin, 24, said she was scared knowing she was running a 2.26 pace. 'It was warm and getting hotter and I was worried,' she said. 'I thought, well, I've got a great race going here and I'm either going to keep going or crash.'

Joan Benoit, who usually runs alone, certainly did it in style, taking off on her own after the first four kilometres and leaving behind the best women's marathon field ever assembled (it was not affected by the Soviet boycott). Grete Waitz, Ingrid Kristiansen and Rosa Mota were unable to make an impression on her. Joan had been attracting so much attention while training in Santa Monica a week before the opening of the Games that she had to retreat to Eugene, Oregon. 'It was very hot in Santa Monica, and I was wearing myself down,' she said. 'Not only that, but people recognised me. People wanted to race me down San Vincente Boulevard, and I was wearing myself out.' She was once again the centre of attention when she was the first woman to emerge from the tunnel at the west end of the Coliseum on her way to winning the first womens' Olympic marathon. She is not known as one of the most outgoing athletes, but she made the most of her moment. She ran the final 500 metres of the 42.195km course around the Coliseum alone. In the back straight she waved to the crowd, then took off her cap and waved it above her head. She was given a standing ovation that lasted through her victory lap. Everyone wanted to share this victory with Joan. 'The cheers of the crowd were very uplifting when I entered the stadium,' she said. 'I don't know how to express it. It's something very, very special, something I've dreamed about, something that hasn't hit me yet. I can't believe I've won the marathon.'

Joan's world best time of 2.22.42 she set in the 1983 Boston marathon certainly established her as one of the favourites, but it appeared that all might be lost when she injured her knee earlier this year. On doctor's advice she tried to train through the pain, but that only made it worse. On 25 April she underwent knee surgery. Seventeen days later, she won the US marathon trial in one of the most courageous performances of this or any other Olympic year. However, congratulation must go to all who took part in this historic event.

RESULTS

1. Joan Benoit (USA) 2.24.52	16. C. Teske (FRG) 2.35.56	31. Ng Lai-chu (HK) 2.42.38
2. Grete Waitz (NOR) 2.26.18	17. A. Malone (CAN) 2.36.33	32. M. Regonesi (CHI) 2.44.44
3. Rosa Mota (POR) 2.26.57	18. A. Hamrin (SWE) 2.36.41	33. N. Nazano (PR) 2.45.49
4. I. Kristiansen (NOR) 2.27.34	19. N. Sasaki (JAP) 2.37.04	34. Y. Gordon (HK) 2.46.12
5. L. Moller (NZ) 2.28.34	20. P. Moro (ITA) 2.37.06	35. E. Guevara (PERU) 2.46.50
6. P. Welch (GB) 2.28.54	21. R v Landeghem (BE) 2.37.11	36. J. Brown (USA) 2.47.33
7. L. Martin (AUS) 2.29.03	22. C. Buerskens (HOL) 2.37.51	37. G. Anderson (SWI) 2.48.42
8. S. Ruegger (CAN) 2.29.09	23. R. Joyce (IRE) 2.37.57	38. R Boralto (POR) 2.50.58
9. L. Fogli (ITA) 2.29.28	24. M. Deurbrock (BEL) 2.38.01	39. M. Ferrera (POR) 2.50.58
10. T. Towanen (FIN) 2.32.07	25. M. Truillo (MEX) 2.38.50	40. M. Cardenas (MEX) 2.51.03
11. J. Smith (GB) 2.32.48	26. B. Moe (NOR) 2.40.52	41. M. Ranuilla (MEX) 2.51.04
12. A. Milana (ITA) 2.33.01	27. M O'Connor (NZ) 2.41.22	42. N. Wright (BOL) 2.51.35
13. D Rasmussen (DEN) 2.33.40	28. C. May (IRE) 2.41.27	43. M. Wagaki (KEN) 2.52.00
14. S. Rowell (GB) 2.34.08	29. F. Peeters (BEL) 2.42.22	44. E Mendonica (BRA) 2.52.19
15. S Keskitato (FIN) 2.35.15	30. Z. Schmueli (IS) 2.42.27	

DNF: I. Mbanugo (NIG); A. Masuda (JAP); J. Gareau (CAN); J. Isphording (USA);  
A. Audain (NZ); L. D. De Cano (HON)

TRAINING NOTES

Fred Lester.

Many of you will have watched the Olympic Games athletics, some of you will have taped segments or even whole races, so let's discuss how much use we can make of these top displays by the world's leading exponents.

The one thing that sticks out more than anything else at first glance at the competitors is the impression of superb fitness. Muscles are generally well defined, there is a lean look indicating lack of any unnecessary fat, there is an air of vitality mixed with a certain amount of underlying tension, a controlled nervousness. You get the feeling that each one has done all the necessary amount of fitness preparation.

In the technical events on the track, such as hurdles and steeplechase, the result of honing the technique becomes a decisive factor allied with personal fitness. Glynis Nunn and Daley Thompson added much to their multi-event scores by excellent hurdling technique. If you have a tape of them, it's well worth a second look.

It was a pity that the commentator on the Steeplechase kept harping about waterjump clearances as if it were a long jump event. The essence of steeplechasing is to maintain as much running form at a constant level as can be achieved, not to make it a succession of prodigious leaps. Actually landing with one foot in the water gives a small degree of cushioning, minimising the jarring on landing.

Basically, the object of economic waterjump technique is a low roll over the bar and reaching out for a firm landing while bringing the trailing leg around and forward for a quick one-two rythm to be back into a running stride. Extra height and length calls for a greater expenditure of energy while every extra moment off the ground dissipates forward speed. That, in turn, calls for extra energy to build up speed to its former level. If you have that much extra strength than your opponents you can get away with it, but that is a risky business, especially as it does not improve your technique.

The middle distances, 800m and 1500m, held interest right from the first rounds, particularly in regard to tactical appreciation by the individual runners. Cruz took no chances of being boxed in as he was very conscious of being the best performed athlete in the 800. Cram ran a model of a positional race in the 1500m semi-final, moving up a little and settling in, moving up again and settling in and again being in perfect position for the bell lap. Michael Hillardt moved up somewhat impatiently early in his 1500m semi-final and then found himself unable to get back onto the inside soon enough, leading to covering a lot of extra ground in company where you can ill afford to give extra meters to your opponents.

The 5000m and 10,000m top runners made sure that the pace stayed on all the way and let attrition take its toll. The one chance of a lifetime, no messing about. The depth at the top had to be seen to appreciate the performances, there was no let-up of pressure at the business end of the races. Form under pressure was decisive.

The Marathon was in much the same category. It was often very much a case of avoiding collision, the attempts to obtain drinks were risky at times. It would appear that the idea of having special drink requirements, only to miss out later on, is fraught with danger. The sooner competitors get used to just using basic liquid replenishment, water, the sooner will they avoid risky situation as well as disappointment and lack of concentration.

The general conclusions that can be drawn for the average competitor, who wishes to improve but has no Olympic or similar aspirations, is to develop a relaxed attitude to their training, but be consistent. In races, practice maintaining a good rythm and form under pressure, don't let yourself be upset by anything unusual. Avoid becoming much dependent on regular time calls, regular water stops or special concoctions. It was hairy enough at the Olympic Marathon, it is a good deal worse with thousands in a Fun Run. The organisers are usually aware of the problems and are doing their level best, but the sheer numbers defeat the best of plans. If the weather is extreme, they usually provide extra assistance, this is not really necessary under normal conditions.

An analytical assessment, a critical appreciation of whatever you see, be they the very top or just the average competitor, is part of learning more about yourself. There are strong points and weak points, draw parallels with your own experience and sift out what may apply to you.

V.M.C. ROAD RUNNERS

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



MARATHON	Mile	Km	5 Km		10 Km		15 Km		20 Km		25 Km		30 Km		35 Km		40 Km	
			18m	3m	37m	6m	56m	9m	12m	15m	18m	21m	24m	27m	30m	33m	36m	39m
2 10	4 57	2 51	14 13	28 26	42 40	56 53	1 11	6 6	1 25	19 1	1 32	26 1	1 47	50 2	1 56	57 2	1 53	45 2
2 11	5 0	3 21	16 15	31 31	46 34	61 50	1 17	7 37	1 33	8 1	1 48	40 2	1 56	57 2	1 53	45 2	1 53	45 2
2 12	5 2	3 3	17 15	33 31	47 35	62 51	1 18	8 42	1 34	9 1	1 49	41 2	1 57	58 2	1 54	46 2	1 54	46 2
2 13	5 4	3 5	18 16	35 33	50 38	64 53	1 19	9 47	1 35	10 2	1 50	42 2	1 58	59 2	1 55	47 2	1 55	47 2
2 14	5 6	3 7	19 17	37 35	53 41	66 55	1 20	10 52	1 36	11 3	1 51	43 2	1 59	60 2	1 56	48 2	1 56	48 2
2 15	5 8	3 9	20 18	39 37	56 44	68 57	1 21	11 57	1 37	12 4	1 52	44 2	1 60	61 2	1 57	49 2	1 57	49 2
2 16	5 10	3 11	21 19	41 39	59 46	70 59	1 22	12 52	1 38	13 5	1 53	45 2	1 61	62 2	1 58	50 2	1 58	50 2
2 17	5 12	3 13	22 20	43 41	62 48	72 61	1 23	13 57	1 39	14 6	1 54	46 2	1 62	63 2	1 59	51 2	1 59	51 2
2 18	5 14	3 15	23 21	45 43	65 50	74 63	1 24	14 52	1 40	15 7	1 55	47 2	1 63	64 2	1 60	52 2	1 60	52 2
2 19	5 16	3 17	24 22	47 45	68 52	76 65	1 25	15 57	1 41	16 8	1 56	48 2	1 64	65 2	1 61	53 2	1 61	53 2
2 20	5 18	3 19	25 23	49 47	71 54	78 67	1 26	16 52	1 42	17 9	1 57	49 2	1 65	66 2	1 62	54 2	1 62	54 2
2 21	5 20	3 21	26 24	51 49	74 56	80 69	1 27	17 57	1 43	18 10	1 58	50 2	1 66	67 2	1 63	55 2	1 63	55 2
2 22	5 22	3 23	27 25	53 51	77 58	82 71	1 28	18 52	1 44	19 11	1 59	51 2	1 67	68 2	1 64	56 2	1 64	56 2
2 23	5 24	3 25	28 26	55 53	80 60	84 73	1 29	19 57	1 45	20 12	1 60	52 2	1 68	69 2	1 65	57 2	1 65	57 2
2 24	5 26	3 27	29 27	57 55	83 62	86 75	1 30	20 52	1 46	21 13	1 61	53 2	1 69	70 2	1 66	58 2	1 66	58 2
2 25	5 28	3 29	30 28	59 57	86 64	88 77	1 31	21 57	1 47	22 14	1 62	54 2	1 70	71 2	1 67	59 2	1 67	59 2
2 26	5 30	3 31	31 29	61 59	89 66	90 79	1 32	22 52	1 48	23 15	1 63	55 2	1 71	72 2	1 68	60 2	1 68	60 2
2 27	5 32	3 33	32 30	63 61	92 68	92 81	1 33	23 57	1 49	24 16	1 64	56 2	1 72	73 2	1 69	61 2	1 69	61 2
2 28	5 34	3 35	33 31	65 63	95 70	94 83	1 34	24 52	1 50	25 17	1 65	57 2	1 73	74 2	1 70	62 2	1 70	62 2
2 29	5 36	3 37	34 32	67 65	98 72	96 85	1 35	25 57	1 51	26 18	1 66	58 2	1 74	75 2	1 71	63 2	1 71	63 2
2 30	5 38	3 39	35 33	69 67	101 74	98 87	1 36	26 52	1 52	27 19	1 67	59 2	1 75	76 2	1 72	64 2	1 72	64 2
2 31	5 40	3 41	36 34	71 69	104 76	100 89	1 37	27 57	1 53	28 20	1 68	60 2	1 76	77 2	1 73	65 2	1 73	65 2
2 32	5 42	3 43	37 35	73 71	107 78	102 91	1 38	28 52	1 54	29 21	1 69	61 2	1 77	78 2	1 74	66 2	1 74	66 2
2 33	5 44	3 45	38 36	75 73	110 80	104 93	1 39	29 57	1 55	30 22	1 70	62 2	1 78	79 2	1 75	67 2	1 75	67 2
2 34	5 46	3 47	39 37	77 75	113 82	106 95	1 40	30 52	1 56	31 23	1 71	63 2	1 79	80 2	1 76	68 2	1 76	68 2
2 35	5 48	3 49	40 38	79 77	116 84	108 97	1 41	31 57	1 57	32 24	1 72	64 2	1 80	81 2	1 77	69 2	1 77	69 2
2 36	5 50	3 51	41 39	81 79	119 86	110 99	1 42	32 52	1 58	33 25	1 73	65 2	1 81	82 2	1 78	70 2	1 78	70 2
2 37	5 52	3 53	42 40	83 81	122 88	112 101	1 43	33 57	1 59	34 26	1 74	66 2	1 82	83 2	1 79	71 2	1 79	71 2
2 38	5 54	3 55	43 41	85 83	125 90	114 103	1 44	34 52	1 60	35 27	1 75	67 2	1 83	84 2	1 80	72 2	1 80	72 2
2 39	5 56	3 57	44 42	87 85	128 92	116 105	1 45	35 57	1 61	36 28	1 76	68 2	1 84	85 2	1 81	73 2	1 81	73 2
2 40	5 58	3 59	45 43	89 87	131 94	118 107	1 46	36 52	1 62	37 29	1 77	69 2	1 85	86 2	1 82	74 2	1 82	74 2
2 41	5 60	4 0	46 44	91 89	134 96	120 109	1 47	37 57	1 63	38 30	1 78	70 2	1 86	87 2	1 83	75 2	1 83	75 2
2 42	5 62	4 2	47 45	93 91	137 98	122 111	1 48	38 52	1 64	39 31	1 79	71 2	1 87	88 2	1 84	76 2	1 84	76 2
2 43	5 64	4 4	48 46	95 93	140 100	124 113	1 49	39 57	1 65	40 32	1 80	72 2	1 88	89 2	1 85	77 2	1 85	77 2
2 44	5 66	4 6	49 47	97 95	143 102	126 115	1 50	40 52	1 66	41 33	1 81	73 2	1 89	90 2	1 86	78 2	1 86	78 2
2 45	5 68	4 8	50 48	99 97	146 104	128 117	1 51	41 57	1 67	42 34	1 82	74 2	1 90	91 2	1 87	79 2	1 87	79 2
2 46	5 70	4 10	51 49	101 99	149 106	130 119	1 52	42 52	1 68	43 35	1 83	75 2	1 91	92 2	1 88	80 2	1 88	80 2
2 47	5 72	4 12	52 50	103 101	152 108	132 121	1 53	43 57	1 69	44 36	1 84	76 2	1 92	93 2	1 89	81 2	1 89	81 2
2 48	5 74	4 14	53 51	105 103	155 110	134 123	1 54	44 52	1 70	45 37	1 85	77 2	1 93	94 2	1 90	82 2	1 90	82 2
2 49	5 76	4 16	54 52	107 105	158 112	136 125	1 55	45 57	1 71	46 38	1 86	78 2	1 94	95 2	1 91	83 2	1 91	83 2
2 50	5 78	4 18	55 53	109 107	161 114	138 127	1 56	46 52	1 72	47 39	1 87	79 2	1 95	96 2	1 92	84 2	1 92	84 2

Conversion Factors 0.439 for each Km & 0.740 for 3 miles

Example: 2:20:00 = 8400m div.by 0.740=961 = 16:01 for 3 mi

3:00:00 = 10 800m div.by 0.740 = 1235.69 = 20:36 for 3 mi

Smiles in 21:00 x 0.740 = 11012.44 = 3:03:32 for Marathon.

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

Fred Lester.

IT WAS GOOD TO SEE a tangible appreciation on the part of the many Australians who had witnessed the great contribution made to local middle distance running by STEVE OVETT. Steve was most unfortunate in striking a severe fitness problem just prior to the big event, but still tried valiantly only to find himself faken to hospital. It certainly gave him a boost to have so many unexpected well-wishers from Down Under when things were going against him.

IN CASE YOU THINK the Yanks had a monopoly on bad taste (see Olympic Gleanings inside), Channel 10's pre-Olympic celebration would have won the individual events section hands down. Maybe the athletes present were lucky not to get the perspective to which the TV audience was exposed, it was enough to make you squirm in your seat with embarrassment.

Alan Crawford in his TV column (Herald, July 30) gave some of the gory details. It was publicity chasing pitched at the lowest common denominator while some of Australian team members were sitting in the back ground to lend 'colour' to the proceedings.

ATHLETICS AS A SPORT, or any sport for that matter, is not a BUSINESS venture, but just the same requires BUSINESS LIKE conduct of its affairs if it is to survive, let alone prosper. As you are dealing throughout with voluntary assistance, except at top level if you can afford it, changing course or implementing new ideas becomes a slow and patient process which must be comprehensible to the members in the first place.

Running a sport for profit, and that is the essence of a BUSINESS, it becomes part of the entertainment industry and then increasingly comes into conflict with the divergent views of participants who have no desire to see their sport as a business venture but see it as an outlet from daily work routines and pressures.

The organisational principles of business are present and need competent handling with a feeling of personal accountability, but with the perspective of the whole. It is almost akin to being Team Captain at a higher level, you have to adopt a style according to the abilities and compatibilities of the people available and share the tasks as evenly as can be achieved under the circumstances of the moment.

THE OLYMPIC MOVEMENT is on the verge of becoming entertainment for profit, which is not necessarily professionalism. When it is all boiled down the only way to getting the best out of yourself is a systematic, some call it profesional, approach, which, in its turn, does not necessarily mean profitable in money (or goodies) terms. Hence the artificial division of Amateur and Professional has long died in actual practice.

THE RECOGNITION OF SCIENCE as an aid to progress in sport has been recognised for many years. It is only now as the participants are mushrooming into tens of thousands for some events and millions across countries that the role of science is appreciated. Unfortunately, that has not been accompanied by an understanding of the role of science in its application to particular sets of circumstances. It is bandied around much in the same way as 'Logic' as if it were a thing in itself, the key to all doors and 'secrets'.

Because of this lack of understanding there is a also a mushrooming of semi-baked ideas and straight-out charlatanism, battenning on the gullible ignorant. The way out for our athletes is to systematically study the basic fundamentals underlying athletic development, participation in basic coaching courses where they are available which will take the serious seeker for information along the best sequence of steps towards understanding the role of science. Indiscriminate general reading of all kinds of writing on athletics is more likely to result in a mistaken assessment of advice in relation to one's own needs. Overuse leading to injuries, premature pressure on slow developers, embedding basic bad habits of movement, etc. can only be overcome by correct analysis and consequent correction for each individual case.

THE MATTER OF ROAD COURSES offering adquate safety to all users, motor or pedestrian, is still a growing concern. Particularly is this so when an 'out and back' course is used and runners are moving in two opposite directions on the one strip of road. The advantages of starting and finishing in the same place are obvious to all organisers and runners, but it looks as if the eventual solution lies with loop courses which can be isolated from main through traffic. In the meantime, runners must exert utmost caution to retain as much of a safety margin as possible, if you are not in the race (or finished) keep right away from the course in use !!

VMC ROAD RUNNERS - DISTANCE RUNNERS' FIXTURE LIST (Melways Ref.)

- SEP 2(Sun)VMC PUMA 32km ALL-COMERS BEACH ROAD BASH & 4km, Brighton-Mordialloc & back. Middle Brighton Baths, 8.00am.(Melway 67 C 10) Volunteer Helpers needed !!
  - SEP 7-8-9- COBURG HARRIERS BLUESTONE CLASSIC and Fun Runs. (Melway 18 A 10)
  - SEP 15(Sat)VMC 30km & 15km KING of the MOUNTAINS,Point Leo,1.30pm (Map 196 G 2)
  - SEP 16(Sun)SUPERUN, Wellington Pde South, 9.45am. (CHURCHILL APEX FUN RUN, 9km, 12noon.
  - SEP 22(Sat)MONASH CAMPUS 10km
  - SEP 23(Sun)BIG M 20 Mile Warm Up, Elwood-Mentone and back.(Map 67 C 11)
  - SEP 30(Sun)MYER WOMEN 10km CLASSIC, Bourke St. Mall.
  - OCT 14(Sun)BIG M MELBOURNE MARATHON, Frankston 8, 8am.
  - NOV 3-4-5-6 "FOUR PEAKS" Bright Alpine Climb.
  - NOV 7(Wed)VMC 16km & 6km TWO BRIDGES, 6.30pm (Map 44 B 12).
  - NOV 11(Sun)MT.MACEDON CHALLENGE RUN, 14.5km, Stanley Park Reserve,Mt.Macedon, 11.00am.
  - NOV 18(Sun)AUSTRALIAN RUNNER ROUND THE TOWN,11.2km,Olympic Park,9.00am (Map 44 B 11)
  - !NOV 21(Wed)VMC 12km & 4km,TWO BRIDGES, 6.30pm /
  - NOV 25(Sun)'LIFESTYLE' SOUTH MELBOURNE MARATHON, 6.30am(Contact GRAEME DAVIS, 64 37 82)
  - DEC 5(Wed)VMC 8km & 2km, TWO BRIDGES, 6.30am
  - DEC 9(Sun)VMC EMIL ZATPEK 10km FUN RUN, 9.00am,Princes Park (Map 29 G 12).
  - DEC 10(Mon)VMC EZ 10,000m F & W divs - no qualifying, financial members in F only.
  - DEC 11(Tue)VMC EZ 10,000m E,39:00/19:00 qual. & C,35:00/17:00 qual.VMC Members only.
  - DEC 12(Wed)VMC EZ 10,000m D,37:00/18:00 qual. & B,33:00/16:00 qual.VMC Members only.
  - DEC 13(Thu)VMC EZ 10,000m A,30:00/14:30 qual. VMC MEMBERS ONLY; 29:30/14:00 others.  
 Incorporating AUSTRALIAN CHAMPIONSHIP and VMC RR CHAMPIONSHIP.(see Entry Form).  
 Also MASTERS' MILE and 'ROBERT deCASTELLA 3000m VMC RR JUNIOR TROPHY,8:50 qual.  
 EZ qualifying times 10,000m/5,000m count from April 1st 1983; road times add 1min.
  - DEC 31(Mon)VMC MIDNITE RUN,Two Bridges, Alexandra Ave. (Map 44 B 12)
- 1985 Dates
- JAN 13(Sun)VMC 4 LAPS PRINCES PARK,13km (Map 29 G 12)8.00am.
  - JAN 16(Wed)VMC 10km FUN RUN, TWO BRIDGES, 6.30pm (Map 44 B 12)
  - FEB 3(Sun)VMC-RICHMOND 'BURNLEY BOULEVARD BASH 10 Miles,Bartlett Reserve,8am(Map 45 B 12)
  - FEB 6(Wed)VMC 10km FUN RUN, TWO BRIDGES, 6.30pm (Map 44 B 12)
  - FEB 17(Sun)VMC 6 LAPS PRINCES PARK,19km,8.00am (Map 29 G 12).
  - !!FEB 20(Wed)VMC 10km FUN RUN,PRINCES PARK,6.30pm (Map 29 G 12) CHANGE due to CRICKET !!!
  - MAR 13(Wed)VMC 10km FUN RUN,TWO BRIDGES, 6.30pm(Map 44 B 12).
  - APR 8(Mon)VMC EASTER RUNS 16km Championship 9.00am; Father & Son/ Mother & Daughter  
 6.4km 11.00am; B.B.Q..
  - APR 14(Sun)VMC Once-Around-The-Tan Nominated Handicaps,Domain, 9.00am(Map 43 K 12).
  - APR 21(Sun)VMC 15km & 5km,ALBERT PARK,9.00am/ APR 28(Sun)VMC FALLEN COMRADES 12km & 4km.
  - MAY 26(Sun)VMC MARATHON,10kmCRIBPOINT, 12 noon (Map 195 B 1).

VMC ROAD RUNNERS - MEMBERSHIP FORM - ( BLOCK LETTERS PLEASE ! )

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

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

ADDRESS : NO ..... STREET .....

TOWN OR SUBURB ..... POST CODE .....

TELEPHONE : HOME ..... WORK .....

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

I HAVE THE FOLLOWING SKILLS OF POSSIBLE BENEFIT TO THE CLUB .....

.....

I CAN GO ON CLUB DUTY ROSTER 1)..... 2) ..... 3) .....

(Check with underlined dates of VMC events on fixture list and give preference 1, 2 or 3)

CONTRIBUTE TO/DISTRIBUTE NEWSLETTERS ..... BILLET VISITOR(S) .....

HEREWITH \$8 .... (Senior) \$4 .... (Junior U-20) and SSAE for return of information.

DATED: / /19 SIGNATURE .....

\*I wish to be a registered athlete with the Victorian Athletic Association as a full member. \$21 .... (includes insurance fee)



## V. M. C. ROAD RUNNERS

FOUNDED 1946 AS 'VICTORIAN MARATHON CLUB'  
TO PROMOTE AND FOSTER LONG DISTANCE RUNNING.

Affiliated to the Victorian Athletic Association.

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The VMC ROAD RUNNERS CLUB is open to all amateur athletes. It caters for the newcomer to running, the experienced regular athlete, the young and the old, men and women, boys and girls. It represents a bridge as it were between the highly organised and the more casual approached in competition, leaving it to the participating individual how much or how little pressure he or she wishes to apply.

The accent within the club is on enjoyment of running. We do not place expectations on anyone beyond asking runners to take a turn at performing some of the minimum chores required to conduct our events smoothly and for their own satisfaction. That mainly involves ensuring that runners do not lose their way, that everyone can find out what time they did and how they compare with either each other or their own previous runs. The CLUB MAINTAINS A PROGRAM throughout the year with the aim of enabling runners to test and improve their fitness at varying distances and, where possible, cater for different stages of fitness by offering a choice between a long or a short race on each date. Race entries are taken from 1 hour before advertised starting time.

Membership Fees are \$8 per year (adult), \$4 per year (under 20), and cover the Calendar Year and include the receipt of a quarterly Newsletter. Anyone can join up at any of our events or post the completed membership form together with the fee to the GENERAL SEC of the VMC RR, Fred Lester, 1 Golding Street, CANTERBURY 3126. ALL ENQUIRIES must be accompanied by a STAMPED and SELF-ADDRESSED ENVELOPE (SSAE) of maximum standard size, 235mm x 120mm, for a reply.

RACE FEES for members are \$1, non-members pay a \$1 surcharge, in the main race, EXCEPT for special events such as the VMC MARATHON, the VMC 50 MILER and the EMIL ZATOPEK 10,000m series. These special events, because of their importance and higher degree of organisation, require early pre-race entries (usually 3 weeks ahead or as advertised in the VMC NEWSLETTER) and, in the case of the EMIL ZATOPEK series, membership and time qualifications as well as Late Fee conditions apply to remain manageable.

Club singlets and T-shirts are available, either at races or from the office (80-1033) at a cost of \$7 each.

The VMC ROAD RUNNERS try to co-operate closely with other distance running bodies as well as the Victorian Athletic Association, whether local or national. To participate in Athletic Association events runners must be financially registered at Association Fee. Basically, the VMC ROAD RUNNERS aim to keep organisational and technical details to the barest minimum essential to conducting their events satisfactorily for all. We like to stay with our slogan "WITH A MINIMUM OF FUSS" !

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VMC NEWSLETTER is obtainable at most race fixtures as well as at:

VAA Office, Olympic Park No 1 Ground, Swan St, MELBOURNE, 3002. 428-8049 or 428-8195  
RUNNERS WORLD, 600 High St, KEW EAST 3102, 80-3503/340 Glenhuntly Rd, E'WICK. 523-8585  
SPORTS IMAGE, 132 Toorak Rd, S YARRA 3141, 26-5110, 683 Glenferrie Rd, HAWTHORN. 818-5975  
GREENSBOROUGH SPORTS STORE, Level 3, Greensborough Shopping Centre 3088. 435-1094  
ROCKY'S, Cnr Warrigal Rd & Burwood Hwy, BURWOOD 3125. 288-8916  
TOORAK SQUASH CENTRE, 26 Beatty Avenue, ARMADALE 3143. 20-5420

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