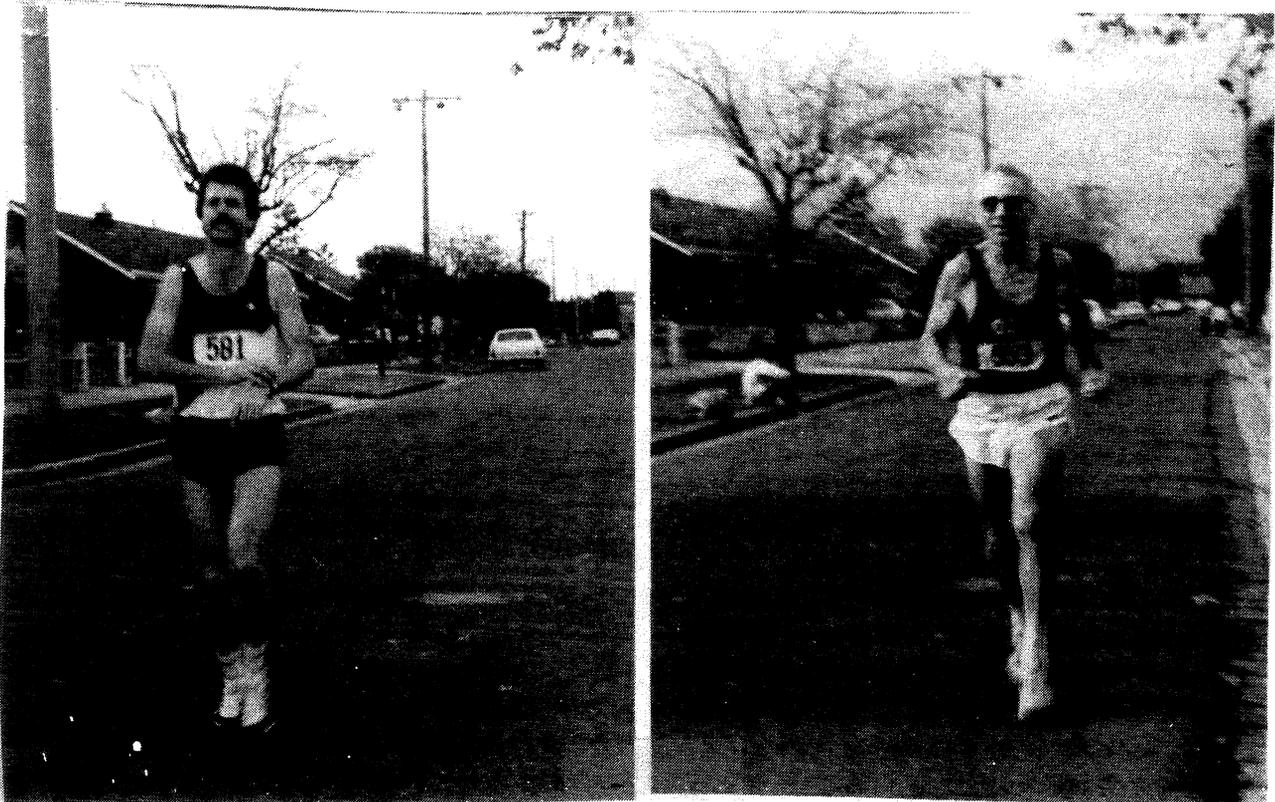




VICTORIAN MARATHON CLUB  
**NEWSLETTER**

SUMMER 1987  
Vol.19 No.4  
DECEMBER 1987  
PRICE: \$2.00  
ISSN 0813-7870



VETERANS TO THE FORE !!

Two long-running members of the V.M.C. finishing the Club's 1987 Marathon Championships in style. On the left is TERRY PHELAN, a former Victorian Schools Champion and later member of Victorian & Australian teams. On the right RAY CALLAGHAN, organiser of this year's Veterans World Championships, and no slouch when it comes to having a run himself.

RUNNING GROUPS. Any regular local running groups are invited to join the list. Please send details to: VMC Office, 598 High Street, EAST KEW 3102.

The VMC gets numerous requests from our members for training advice and running contacts. In order to provide this service to our members, FRED LESTER, VMC General Secretary and an AFTCA Accredited Coach Grade 2, is available from 10.00am Sundays (other than race days) at the Stradbroke Park Athletic Track, cnr. Burke & Harp Roads, East Kew. Club Members wishing to assist are welcome to come along and run with groups of varying standards, to encourage beginners and establish a 'Helping Hand' group and foster a greater club spirit. BBQ and tot'd playground at venue.

REGULA RUNNERS, GREENSBOROUGH Women's Running Group - all ages & abilities. Group meets on Wednesday at 9.30am at Willinda Park, Greensborough. Beginners welcome, child minding provided. Distances and routes vary weekly. A Thursday group meets at 9.00am at the rear of Sports Fair in Greensborough to run for 1 - 1½ hours. For other runs at various times please ring the VMC Office, 817 10 33, for information.

WATTLE PARK Women's Over-40 Group. Contact Marg Anderson, 288 18 94. The group meets on Mondays 10.00am near the chalet and clock tower, top of Wattle Park driveway.

YARRA VALLEY RAMBLERS Men & Women, mixed standards, contact David Bland, (B)509-19 52. This group meets on Sundays at 8.30am at Kew-Camberwell Athletic Track, Stradbroke Park, cnr. Burke & Harp Roads, East Kew. Yarra Valley courses, Eastern Parklands rambles.

COBURG FUN RUNNERS Train at Harold Stevens Athletic Track (Melway Map 18 A9/10) every Tuesday & Thursday night at 6.15. Contact mail to 55 Woodlands Ave, PASCOE VALE, 3044. Tel: 386 9251.

PENINSULA ROAD RUNNERS have runs over various distances in the Mornington Peninsula area. Contact Kon Butko 787 13 09; Ray & Mark Lewis 789 61 09; Gordon Loughnan (059)77 4892; Tony McMahon 786 51 54.

BALLARAT Mount Helen Fitness Trail Runs start at 9.30am at the Ballarat College of Advanced Education, 8km from Ballarat on the Midland H'way to Geelong. For information ring Laurie Prosser, BCAE, (053)30 1800, or Newell Barrett, Shire of Buninyong (053)41 3501.

FERNY CREEK meet at the cafe in Ferny Creek, near the corner of Mt. Dandenong Toursit Rd and Mast Gully Rd (Melway 75 C4), Sunday mornings from 8.00-9.00am for long runs (8, 15, 17, 21 mile circuits) in magnificent bush surroundings, a combination of road running and Sherbrooke Forest tracks. Back to the Cafe for breakfast. Dozens of runners for company.

GARDINER CREEK group meets near Blind Institute, opposite Kooyong Tennis Courts, 8.30am Sundays. Mixed standards, men and women.

CITY LOCATION Diamond Valley & Melbourne Tri-Club, Men & Women. Contact Grant Fraser (B) 67 61 93. Group meets for run Robs Restaurant, Albert Park, Tuesdays 7.00pm.

SOUTH YARRA Women's group early morning runs Tuesday & Thursday 7.00am, Football oval cnr. Swan Street and Punt Road. Contact Sharon De Saily 813 26 08.

\* A WORD OF ADVICE\* If you decide to run with any of these groups, please spend a minute or two of your time BEFORE YOU START to find out the DISTANCE and PACE of any group of runners. There is probably nothing worse for a beginner than to be left behind after the first 500 metres or so and struggle on to run beyond what is sensible for your present level of training. If in doubt, start by running with the slowest group available. You can always graduate to longer/faster runs as your fitness improves.

CONVERSELY, regular members of any group need to be aware of newcomers and assist them to find their most suitable level within the group.

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#### VMC ROAD RUNNERS T-SHIRTS AND SINGLET

One of the most popular 'swappable' garments on the running scene, these are always available at \$8.00 each, plus \$1 postage & packing. Colours are white with navy logo. Order by mail from VMC Office, 598 High Street, East Kew 3102 (phone 817 10 33), Also sold at any of our runs.

\* SPECIAL \* There are still a few special Zatopek 25th anniversary T-shirts (size 16, 18) for sale at only \$6 plus \$1 P & P.

Also 1986 Zatopek T-shirts @ \$5, large sizes only - 20, 22, 24.

VICTORIAN MARATHON MELBOURNE INC. - MEMBERSHIP RENEWAL NOTICE

MEMBERSHIP FEES FOR 1988 BECOME DUE AT THE END OF THIS MONTH , DECEMBER 31st.

\$12 Seniors : \$6 Juniors , includes your quarterly Newsletter.

TO RENEW YOUR MEMBERSHIP and maintain advantages of continuous membership follow the instructions on pages 23 & 24,complete the form at bottom of the pages and either send it in or present it at the next VMC race or function, together with the appropriate fee.To make certain,do it while it's in your hand.

REMEMBER TO FILL IN THE SET OF FOUR SELF-STICK LABELS,USE BLOCK LETTERS,with your CALL NAME (Bill,Jack,Joe or whatever),SURNAME,ADDRESS and POST CODE and return them with your renewal form and membership fee,so that you will receive quarterly Newsletter.

PLEASE NOTE:If you did not receive this Newsletter through the mail,you are NOT FINANCIAL for 1987.

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RACE ENTRY FORM VIC MARATHON CLUB-598 High St.,E.KEW 3102.(ONLY for races giving actual closing dates on Fixture List Others enter onday at venue.)

BLOCK LETTERS,Please!

Please enter me for the following race.....on Date.../.../.....

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

ADDRESS.....POST CODE.....

PHONE(Home).....(Work).....

BEST TIME OVER THIS OR NEAREST DISTANCE.....DATE OF SAME.../.../.....  
(last 2 years,if available)

PLACE WHERE HELD.....NAME OF RACE.....

DATE OF BIRTH.....MALE/FEMALE(Cross out inapplicable)

CORRECT AMOUNT ENCLOSED \$.....

SIGNATURE OF ENTRANT.....DATE.../.../.....

NOW TURN FORM OVER AND SIGN DECLARATION AT BACK after checking the correctness of your information.Don't forget to enclose the SSAE and RACE FEE for return of race information.

NOTE:Any additional copies of this form must also carry copies of the Declaration on the reverse side or cannot be accepted.

Please make out all entry details in BLOCK LETTERS and enclose a SSAE(Samped,Self-Addressed Envelope),preferably size 235mm x 120mm,for return of information on the appropriate event.ALWAYS check closing dates on the fixture list on page 23.

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DECLARATION

1. I, the undersigned, in consideration of and as a condition of acceptance of my entry in the VICTORIAN MARATHON CLUB & ROAD RUNNERS event named on this Entry Form, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
2. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved and otherwise engaged in promoting or staging the event and the servants, agents, representatives and officers of any of them, and includes but is not limited to Commonwealth and State Departments and Instrumentalities, medical and paramedical practitioners and personnel, and shall so operate whether or not the loss, injury or damage is attributable to the act or neglect of any or more of them.
3. I have read the rules and conditions of the event as stated in the declaration above and upon literature and other material distributed in connection with the event and agree to abide by them.

SIGNED.....DATE.....

\*I certify that I am the parent/guardian of.....  
and that he/she has my consent to participate in this event.

SIGNED.....DATE.....

(\*Complete if applicable)

SO,WHAT HAS CHANGED SINCE LAST YEAR ???

Looking at our Newsletter editorial in the December 1986 issue,'Whither Australian Distance Running?',it would only be wishful thinking that there has been any basic and thorough thinking through of the problems and ways and means of getting on top of the decline.It is part of the malaise which has affected the whole of the athletic scene,a complete inability to break with outworn ideas and practices,a sheep like trot along well worn paths which are crumbling beneath our feet.Plenty of bleating but no fresh pastures !!

Atleast there have been a number of distance runners who have raised our hopes and who are young enough to improve further in spite of obstacles such as lack of money and planning.Yet,on the other hand,the commercial interest and sponsorships are in a decline,the running calendar is in a hopeless state of confusion and the school term reorganisation is undercutting systematic athletic development at a very important stage for our next crop of champions.This is partly responsible for the decline in numbers of registered athletes as well as the drop in participation almost right across the board.

The only way out of the dilemma is for the various bodies,i.e. clubs,running groups, schools,etc.,to take up the initiative themselves in developing newer and more varied types of competition,experiment to some extent and then put into practice the methods which are proving themselves.The World Veterans Championships should be studied for the way that they have aroused interest and grown in stature and popular appeal,there are lessons for all of us.The independent groups,and not all of them have been without growing pains,have adjusted their athletic pursuits in line with local preferences and,also in some ways,have been ahead of centralised practices.

We are all aware of the lack of consistent government policy in relation to practical aid at grass roots level,while there has been a tendency on the part of various departments charged with responsibility for sport to justify their existence by the issue of reams of papers.When there has been an odd exception,it has been in the way of several courses on coaching and administration,which are helpful to a limited degree.Efforts need to be much greater to ensure provisions of adequate facilities and their maintenance in a planned fashion,both outdoors and indoors,incentive for participator sports rather than passive spectator and betting sports,closer consultation with the active sports bodies and in particular the Olympic main sports and that for starters.

As for road running,it is an absolute disgrace that a city the size of Melbourne has no safe road circuit of 10km(or as a minimum 5km) or more,especially when there are a number of places - Albert Park is the most obvious one - where traffic-free periods can easily be arranged.It is not so long ago when the Albert Park authorities closed the road to charge car parking when the'Swans' (late of South Melbourne) had their VFL home matches.Now we face the excuse that it would impede the traffic!!Sydney has Centennial Park,New York has Central Park and Prospect Park with restricted traffic for sporting and recreational use. What's wrong with us ?!

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The VMC NEWSLETTER is published for the information of members of the VICTORIAN MARATHON CLUB MELBOURNE INC. and is part of the Annual Membership Fee. It is issued quarterly: AUTUMN(March)-WINTER(June)- SPRING(September)- SUMMER(December). All runners are invited to contribute letters, results, photos, comments, criticisms. etc. to the EDITOR, 1 Golding Street, CANTERBURY 3126, Victoria.

PLEASE NOTE that material submitted for publication is preferred to be typed single-spaced and not exceeding 1½ pages of A4 sheets, ideally less than 1 page. Articles for publication MUST BE accompanied by name and address of the contributor, together with his or her signature. The Author of such article shall retain full responsibility for its contents.

DEADLINE FOR COPY is the 5th day of the month preceding the month of publication. Earlier copy is preferred to ease pressure on editing and print schedules.

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INTERSTATE LINES OF COMMUNICATIONS.

VICTORIAN MARATHON CLUB MELBOURNE INC. 598 High St. E. KEW 3102, (03)817-1033: Tu, We, Th )  
 AAU: Rick PANNELL, P.O. Box 254, MOONEE PONDS, Vic 3039 (03)370-7555 (12noon-2pm)  
 NSW AA: Clive LEE, P.O. Box N101, Grosvenor St., SYDNEY, NSW 2001 (02) 241-3538  
 VAA: Greg MASON, Olympic Park No.1, Swan Street, MELBOURNE 3002 (03)428-8195; 428-8049  
 QAA: Reg BRANDIS, QE2 Stadium, Kessels Road, NATHAN, Q'land 4111 (07) 343-5653  
 AA of SA: , P.O. Box 57, KENSINGTON PARK, S.A. 5068 (08) 332-8352  
 AA WA: John BAGULEY, P.O. Box 208, WEMBLEY, W.A. 6014 (09) 387-5599  
 AAA of TAS: Noel RUDDOCK, 10 Reynolds Court, DYNRRYNE, Tas. 7005 (002) 23-1976  
 ACT AA: Bill BAILEY, P.O. Box 351, BELCONNEN, A.C.T. 2616 (062) 47-4171 H  
 NT AA: Anne GENDERS, 1 Brookes Place, MILLNER, N.T. 5792 (089) 81-4833 H  
 VIC VETS AC: Peter COLTHUP, 14 Bakers Road, N. DANDENONG, Vic. 3175 (03) 795-1169  
 QLD MARATHON & RR CLUB: Andrew Semple, P.O. Box 192, EVERTON PARK, Q'ld 4053  
 WA MARATHON CLUB P.O. Box 260, MT. LAWLEY, WA 6050  
 SA RRC: Marilyn DAVIS, G.P.O. Box 591, ADELAIDE, S.A. 5001(1 Sturt St.) (08) 212-6115  
 ACT CC CLUB: Dave CUNDY, 33 Lawrence Cres, KAMBAH, ACT 2902, P.O. Box 144 (062) 31-8422 H  
 SYDNEY STRIDERS: Phil CALDWELL, P.O. Box N110, Grosvenor St., SYDNEY, NSW 2001 (2) 427-6350

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VICTORIAN VENUES

Melway Reference Map

OLYMPIC PARK: Swan St. & Batman Ave, Trams Princes Bridge & Richmond Stn	44 B 11
TWO BRIDGES: Alexandra Ave, opp. Botanic Gardens, near Morell Bridge	44 B 12
ALBERT PARK: Robinson Hall, rear of Basketball Stadium, facing lake	57 J 3
PRINCES PARK: Walker St. Pavilion, near Carlton FG, Royal Pde, trams pass	29 G 12
BURNLEY BOULEVARD: Kevin Bartlett Res, near Burnley Gardens, Richmond	45 B 12
POINT LEO: 200m up from Pt. Leo turn-off at Flinders-Hastings Road	196 G 2
FISHERMENS BEND COMM. YOUTH CENTRE: opp. Bus Terminus & shops Garden City	56 H 2
DOMAIN: Birdwood Ave, near Shrine of Remembrance, 1.5km from Flinders St.	43 K 12
LATROBE UNIVERSITY: Car Park 6, off Ring Road, 500m east Waterdale Rd entrance	19 H 7
WERRIBEE SOUTH: St. Mary's Primary School, cnr White & O'Connor Rds.	201 H 10
WESTERFOLDS PARK: Porter St. TEMPLESTOWE <u>33 E 1/2</u> ###BUNDOORA PARK: Plenty Rd	19 F 4
COBURG TRACK: Outlook Rd, E. COBURG, off Murray Rd Swimming Pool	18 A 9
COLLINGWOOD TRACK: Heidelberg Rd, CLIFTON HILL; Crosscountry Course opposite	30 G 12
DONCASTER TRACK: George St. <u>33 J 11</u> ####BOX HILL TRACK: Elgar Rd/Barwon St	47 C 7
CROYDON TRACK: Norton Rd <u>50 K 4</u> ####NUNAWADING TRACK: Burwood H'way, E. BURWOOD	62 B 7
MURRUMBEENA TRACK: North & Murrumbeena Rds <u>68 K 9</u> ###MENTONE TRACK: Second Str.	87 B 7
SANDRINGHAM TRACK: Thomas St, HAMPTON <u>76 K 6</u> ###KNOX TRACK: Rushdale St. SCORESBY	73 D 7
FRANKSTON TRACK: Ballam Park <u>103 B 4</u> ###SPRINGVALE TRACK: Ross Reserve, NOBLE PK	80 E 12
ABERFELDIE TRACK: Corio St. ESSENDON <u>28 D 6</u> ###DEVIL BEND RESERVOIR, Moorooduc	152 J 3
BRIMBANK PARK: Keilor, enter from Calder Highway	15 B 8

This page is a SPECIAL SERVICE to all runners to facilitate their contacting athletic organisations at home and interstate. All interstate addresses receive VMC NEWSLETTERS and are invite to let us have full information on their events so that we can keep our members and other runners informed in turn for their benefit.

## VMC "PUMA COAST ROAD CHALLENGE" 32.2km.30-8-1987.Cool to mild,sunny.412 Starters.

1.Maurice HEARN 30	1:51:56	51.Doug LUKE 44	2:12:05	101.Ralph KENT 27	2:18:38
2.Tony DIDONATO 29	1:53:20	52.Peter EMMERSON 32	2:12:12	102.Trevor HAND 29	2:19:00
3.John GUERIN 29	1:53:59	53.Bob TAYLOR 42	2:12:38	103.Rex BROADBENT 44	2:19:04
4.Paul MUNDAY 29	1:54:33	54.Mike GLASGOW 33	2:12:53	104.Killer BOLAND 27	2:19:06
5.Lew HARVEY 38	1:54:51	55.David McINTOSH 38	2:12:59	105.Gerry RILEY %&	2:19:08
6.George EDMOND 35	1:56:17	56.Darryl CREBBIN 37	2:12:59	106.Andrew RODDA 27	2:19:16
7.Grant LEPP 31	1:57:26	57.Chris McGUINNESS 25	2:13:17	107.Murray McLEAN 29	2:19:19
8.Andrew THOMAS 28	1:58:38	58.David NIAP 28	2:13:21	108.Tom GORMAN 48	2:19:22
9.Gary RICHARDSON 31	1:58:38	59.John SMITH 52	2:13:32	109.Phil BADMAN 25	2:19:23
10.Ian CORNTHWAITE 25	1:59:02	60.Bill JARMAN 35	2:13:34	110.Klaus SIMDINS 42	2:19:24
11.Gerard DONNELLY 28	2:00:19	61.Steve FOSKEY 33	2:13:42	111.Barry McMAHON 50	2:19:32
12.Laurie BRIMACOMBE 44	2:00:21	62.Mike SCOTT 31	2:13:43	112.David ELLIOTT 39	2:19:39
13.Saul BAKAITIS 43	2:00:47	63.Nigel THURSFIELD 40	2:13:48	113.John MAHER 37	2:19:50
14.John CASTLE 41	2:00:50	64. ??? ???	2:13:50	114.Peter MADDIGAN 46	2:19:55
15.Peter RACE 26	2:01:16	65.Bruce KOEPKE 23	2:14:00	115.Gra HUNTINGTON 51	2:19:55
16.Russ JOHNSON 35	2:02:15	66.Steve MURPHY 26	2:14:02	116.Gordon STEPHEN 33	2:20:10
17.Frank DONNELLY 31	2:02:16	67.Steve DUCKWORTH	2:14:06	117.Mark BATESON 20	2:20:14
18.Clinton PAFFETT 31	2:02:33	68.Chris WOOLGAR 43	2:14:27	118.C PAFFETT 33	2:20:35
19.Tony BERRY 51	2:04:25	69.Mel BROWN 46	2:14:56	119.Rob DANAHAR 37	2:20:16
20.Jim INGHAM 41	2:05:10	70.John SCALLY 40	2:15:00	120.Dave McCORMACK36	2:20:17
21.Mick DRENNAN 36	2:05:50	71.Paul McCLOSKEY 39	2:15:01	121.Vin O'BRIEN	2:20:26
22.Quentin VALENTINE 37	2:05:50	72.Stuart NICOL 36	2:15:05	122.Frank ALLCHIN	2:20:45
23.Bob DAVIDSON 42	2:06:31	73.Craig BLITZ 19	2:15:06	123.Max ALLCHIN	2:20:46
24.Noel NEWELL 29	2:06:43	74.Marc BONACCURSO 30	2:15:06	124.Janet HAYES W	2:20:48
25.Murray RANKIN 34	2:07:01	75.John BRETT 30	2:15:06	125.Jim INHHAM	2:20:56
26.Roger NEWHAM 38	2:07:03	76.Paul DONAGHY 31	2:15:24	126.Rick PEMBERTON	2:20:56
27.Joe CARUANA 44	2:07:16	77.Tony vENGELEN 40	2:15:34	127.Trevor ABBOTT	2:21:03
28.John WAITE 46	2:07:32	78.Ian McDONALD 38	2:15:40	128.Stuart BAKER	2:21:09
29.John GRANT 32	2:07:45	79.Brendan KENNEDY 41	2:15:41	129.Doug HEGATY	2:21:14
30.Mark EDWARDS 30	2:07:54	80.John PATON 38	2:15:44	130.Barry DOBYN	2:21:14
31.NormBECK 36	2:07:56	81Trev MILDENHALL 31	2:15:54	131.John GERRARD	2;21:40
32.Jack FREDRICKSON 48	2:07:57	82.Mick RYAN 39	2:15:56	132.Scott ARNOLD	2:21:46
33.Dave SINGLETON 24	2:07:59	83.P.TROWBRIDGE 40W	2:16:03	133.Jim HICKSON	2:22:15
34.Robert FUGA 44	2:08:06	84.Gary HYDE 43	2:16:05	134.Mike KENEALY	2:22:35
35.Ian DUTHIE 43	2:08:07	85.Vicky THOMPSON 23	2:16:30	135.Tony HARRIS	2:22:40
36.Alan SINCLAIR 37	2:08:35	86.Geoff WEAVER 38	2:16:37	136.Murray McLEAN	2:22:45
37.Mick SWIFT 30	2:08:57	87.Erice M-JEANNE 39	2:16:58	137.Graeme McLEAN	2:22:51
38.Tony RHODES 23	2:09:08	88.Phil CHINNOCK 27	2:16:58	138.Euan NICHOL	2:22:59
39.Ken COPPLEMAN 38	2:09:15	89.Ian STEVENS 39	2:17:10	139.Terry ROBINSON	2:23:08
40.Ric MICHALOWSKI 23	2:09:44	90.Lee CASSIDY 39	2:17:20	140.Ernie JEFFS	2:23:11
41.Trevor NOLAN 35	2:10:05	91.Sam MACCARONI 33	2:17:32	141.Andy TROUSDALE	2:23:26
42.Greg LOVEJOY 45	2:10:14	92.Kev HADINGHAM 39	2:17:33	142 Laurie WATSON	2:23:16
43.Bob SCHICKERT 45	2:10:17	93.Geoff PILLEY 32	2:17:34	143.Jim DUGGAN	2:23:39
44.Laurence GLOVER 33	2:10:27	94.Peter ROWLAND 39	2:17:36	144.Mario MERNONE	2:23:37
45.Mick COLGAN 36	2:10:41	95.Mike SMITH 31	2:17:36	145.John MORRIS	2:23:44
46.Paul CAHIR 39	2:11:08	96.Don McNAUGHTON 37	2:17:50	146.Noel McCREA	2:23:45
47.Deny MARTIN 39	2:11:29	97.Roger WEINSTEIN 37	2:17:51	147.Michael NOUGHTON	2:23:51
48.Bill HANCOCK 43	2:11:33	98.Greg WISHART 49	2:18:07	148.John MANNING	2:23:53
49.Julie BRAAKHUS 41	2:11:50	99.Col ROBINSON 39	2:18:26	149.Don ARMSTRONG	2:24:07
50.Brian SMITH 37	2:12:05	100.Chris HARVEY 27	2:18:38	150.Jim GOOK	2:24:24

394 runners finished the course, but just before 150 placings became more and more unreliable as runners failed to line up in finishing order. However, all finishers received a time slip with their personal finishing time and most would have picked up their Finish Certificates. There also were some special prizes for section winners by PUMA INDUSTRIES, as well as quite a number of spot prizes down the line.

WOMEN: 1. Petrina TROWBRIDGE 2:16:03; 2. Vicky THOMPSON 2:16:30; 3. Janet HAYES 2:20:48; 4. Julia BABARCZY 2:25:38; 5. Mary EDWARDS 2:27:18; 6. Jan BRIMACOMBE 2:27:45; 7. Jane HEWITT 2:28:13; 8. Barb HAILWOOD 2:28:38; 9. Shirley GELLAM 2:31:21; 10. Shirley KELLY 2:31:42; 11. Dot BROWNE 2:31:54. - Wheelchair athlete Ian GAINNEY took 1:47:30.

VMC 4km BRIGHTON BATHS-SOUTH RD and return(with PUMA 32km)30-8-1987.19 Starters.

1.Frank MARTINEZ 31	14:56	8.Trevor McNAMARA 20	21:09	15.Rebekah BLACK 12w	27:18
2.Fortius MEHMET 27	15:05	9.Gavin BLACK 8	21:37	16.Lynne SCHICKERT 45w	28:50
3.Rod BRUTON 22	15:45	10.Cathy LEWIS 40w	22:22	17.Bill JONES 33	30:00
4.Robert BROOKS 19	17:16	11.George TURNER 41	22:22	18.Kerrie JONES 27w	30:00
5.Shaun GRIMSON 26	17:30	12.Karin SODOLI 40	22:24	19.Dorothy HICK 46w	30:30
6.Greg GRIFFETT 29	17:52	13.Melva BLACK 40w	27:18		
7.Ron AUST 61	18:30	14.Sophie MADDIGAN 41	24:22		

Joint Race Managers NEIL RYAN & MAL COTHER were assisted by Gordon LOUGHNAN, Bob ROLLS, George TURNER, Peter DUGGAN, Stuart BAKER, Ian BARTHOLOMEW, Ray CHADWICK, James HUME, Peter SELIG, Warrick ERWIN, Laurie & Jan BRIMACOMBE, Melva, Rebekah & Gavin BLACK, Howard BROWN, Dot BROWNE, Fred LESTER, Mike HOARE and Glenda PETERS. There were also some onlookers who jumped in and helped, but we didn't get their names. It was a big job and we could have done with a few more. Thank you all for making it a success.

VMC 30km KING OF THE MOUNTAIN, 19-9-1987, Pt. LEO. Warm, Fine. 37 Starters.

1.David POTTS 29	1:45:17	14.Barry SAWYER 53	2:09:06	27.Jim CRAWFORD 52	2:22:34
2.Tony BIRD 37	1:49:20	15.Mick WHITEOAK 42	2:12:09	28.Laurie WATSON 37	2:22:56
3.Andrew THOMAS 28	1:50:44	16.Paul McCLOSKEY 39	2:08:55	29.Colin BROWNE 54	2:27:41
4.Doug LeBAS 46	1:51:55	17.Wayne DYBALL 30	2:14:00	30.Keith MANDER 66	2:30:09
5.Gary POLLARD 34	1:54:28	e18.Peter MADDIGAN 45	2:14:32	31.Eddie SWAN 49	2:33:55
6.Charlie MALLIA 38	1:54:29	e18.Gra HUNTINGTON 51	2:14:32	32.Kevin ARMSTRONG 52	2:33:59
7.Paul BOEHM 40	1:56:53	20.Phil LEAR 43	2:17:24	33.Nadine DOBELL 20w	2:43:36
8.Rod ALAQUA 31	1:57:20	21.Bob FREEMAN 40	2:17:52	34.Phil BARNES 42	2:43:36
9.Ian RANDS 42	1:59:12	22.Geoff WOMERSLEY 45	2:18:24	35.Fred MILLS 42	2:44:59
10.Murray RANKIN 34	2:01:35	23.Bill FULTON 52	2:18:41	36.Rog WEINSTEIN 37	2:46:44
11.Ken WILSON 33	2:04:42	24.Brian USHER 38	2:19:23	37.Peter QUINN 37	2:46:44
12.Jim INGHAM 41	2:05:36	25.Sam HILDITCH 53	2:21:28		
13.Kev HADINGHAM 39	2:08:55	26.Grant HODGETTS 23	2:21:38		

VMC 15km QUEEN OF THE MOUNTAIN, 19-9-1987, Pt. LEO. 24 Starters.

1.Brian JHON SON 36	54:18	W9.Dot BROWNE 46	69:20	17.Shannon SMITH 12	77:45
2.Kel COX 38	59:18	10.Ian STANSFIELD 44	70:30	W18.Louise WHITE 20	78:14
3.David LOCKE 46	59:56	11.Alan KILLEEN 28	71:33	19.Mike HOARE 52	79:02
4.Ken EMERY 40	60:58	W12.Heather SAVAGE 18	71:38	W20.Tracey NEWTON 11	80:08
5.Peter LOGAN 39	63:05	W13.Karen MOIR 20	71:41	W21.Melinda BRYCE 19	80:45
W6.Joan LOGAN 31	65:56	W14.Jan MORREY 47	72:04	W22.Stephanie ARMSTRONG 26**	
7.Bob KRUGER 39	66:20	W15.Eleanor GAYNER 17	72:23	23.Jacques GAILLARD 41	86:54
W8.Leanne KENNEDY 21	66:27	W16.Sadie BOLTON 20	72:47	24.Tony CASS 60	90:19

\*\* time:81:44

Race Manager DOT BROWNE was assisted by Harry LOGAN, Fred LESTER, Mal COTHER, Mal BROWN, Terry & Margaret VALLENCE, Robin ANDERSON, Grant ALDOUS, Dorothy HICK, Irene HOARE, Eric MARIE-JEANNE, Tim VALLENCE, Vicky THOMPSON and Fritz FENNING & daughter.

As in past years the LOGAN & OLIVER families created a social atmosphere with after-race refreshment and the Club thought it was time to recognise their enthusiasm in making this event one of the most pleasant on our calendar. So, Dot Browne presented them with several small tokens of our appreciation.

Another feature of the day was the participation of the Melbourne University women. This was the second year now that they have found the Queen of the Mountain 15km an ideal work-out race for the International Ekiden Women's Road Relay in Japan. We wish them luck in their quest!

Dear Fred, I have enjoyed my association with the V.M.C. Road Runners over the last four years. V.M.C. has provided me with quality competition comprising a variety of distances and courses.

Finishing my first marathon at Fishermens Bend remains a highlight of my running career.

Thank you and all club members for making the V.M.C. Road runners such a positive and pleasurable experience.

Sincerely

M.J.WALSH (moving to U.S.)

VMC 'PUMA DAYLIGHT SAVING 10',25-10-1987.Cool, strong wind. 111 Starters.

1.Noel GRACE 41	54:42	37.Phil LARNACH 39	67:17	75.Robert MILLER 33	75:42
2.Ken COPPLEMAN 38	56:51	38.Ed NEVE 33	67:19	76.Mal MACKENZIE 46	77:33
3.Peter ARMISTEAD 41	57:09	39.John NEVE 33	67:29	77.Mike CUMMINS 43	77:46
4.Don SIMPSON 41	57:41	40.Geoff WHITEHALL 38	67:36	78.Jo OATES 36W	78:01
5.Anthony MANDILE 31	58:12	41.Ian DENOVAN 47	67:36	79.Bernie GOGGIN 50	78:02
6.Bill DONALD 27	58:13	42.Laurie GLOVER 33	67:40	80.Pheid.GOLDENBERG 41	78:56
7.Andrew HOLMES 32	58:15	43.Paul CAREY 47	67:41	81.John MAHONY 47	79:11
8.Greg MANDILE 26	58:44	44.Gary HARRIS 47	67:48	82.Richard LAW 24	79:30
9.Russell WEAVERS 33	59:13	45.Stuart BAKER 35	67:48	83.John BACON 62	79:57
10.Bob DAVIDSON 42	59:22	46.Doug HOPKINS 28	68:59	84.Dave J. JONES 61	80:02
11.Phil MARRIOTT 32	59:49	47.John GOSBELL 48	69:21	85.Brendan GULLIFER 27	80:33
12.Ross MARSHALL 39	60:21	48.Charlie BEATTY 25	69:33	86.Colin HOCKLEY 43	80:33
13.Russell PARSONS 43	60:28	49.David HOLMES 29	69:28	87.Miriam DEMAJO 38W	81:38
14.Joe CARUANA 44	60:34	50.Peter BLACK 42	69:33	88.Ian WALKER 54	82:55
15.Alan BALLARD 41	61:20	51.John BRAITHWAITE 31	69:41	89.Jeremy COOK 37	82:59
16.Ken EMERY 40	61:42	52.Anthony PAYNE 32	69:48	90. ??? ???	83:05
17. ??? ???	62:00	53.Chris SETTERFIELD 40W	70:09	91.Toni ELPHICK 37W	83:08
18.Pet.TROWBRIDGE 40W	62:07	54.Eddie SWAN 49	70:15	92.Frank DEAN 43	84:40
19.Greg LOVEJOY 45	62:22	55.Santo CONSOLINO 46	70:36	93.Bruce TALBOT 15	84:43
20.Mario CORDEDDA 27	62:29	56.Michael MARDEN 14	70:48	94.Carl CRAVING 14	84:43
21.Peter MADDIGAN 45	62:43	57.John PEARCE 38	70:57	95.Albertine DeRU 44	84:48
22.David ANSELL 46	63:41	58.Iain SEDGMAN 32	71:01	96.Lindsay HENRY 49	84:48
23.Peter SLATTER 43	63:51	59.Peter ROWLAND 45	71:07	97.Jeff GRIFFITHS 42	85:23
24.Andy TROUSDALE 31	64:29	60.Harry WAX 45	71:10	98. ??? ???	85:38
25.Peter ROWLAND 33	64:40	61.Les SPENCER 52	71:23	99.Phyllis GOSBELL 49W	85:39
26. not in race		62.Alan BURGOYNE 73	72:08	100. ??? ???	85:50
27. " " "		63.David CAMPBELL 32	72:19	101.Judy DAVISON 51W	87:19
28. " " "		64.Michael GRAYLING 31	72:35	102.Heather DUNN 35W	89:02
29.Peter DUGGAN 47	65:16	65.Noel RYAN 28	73:30	103.Graham HOLDAWAY 34	89:03
30.Trevor ABBOTT 37	65:43	66.Oswell GOULTER 35	73:35	104.Bruce PIGDON 42	89:31
31.Keven BEECH 26	66:13	67.Peter DOGGETT 29	73:54	105.Nick SKINNER 14	90:20
32.Harry WATTS 42	66:44	68.Gerald BURKE 47	74:07	106.Jan VANZANEN 55	90:54
33.Jim GOOK 49	66:56	69.Ian BRITAIN 53	74:31	107.David WARD 44	91:11
34.Gordon STEPHEN 33	66:58	70.Len HALLETT 38	74:34	108.Lisa MYERS 29W	91:19
35.Ken MUNRO 56	67:05	71.Ben MORREY 58	74:45	109.Merv BECKETT 56	92:42
36.Barry DOBYN 49	67:16	72.Dennis RIGNEY 45	74:55	110.Ricky BEWLEY 41w	100:01
		73.Terry CHEVERTON 40	75:33	111.Jenny COPELAND 44W	100:04
		74.Marcus TRAYLEN 56	76:34	112.Brian TIERNEY 54	104:20
				113.Michelle PEPYAT 22W	108:-

Frank FURLAN checked in out of order,time uncertain. At least 3 runners are suspected NON-PAYING "BANDITS".Others did not check-in in order which messes up correct placings and times,which is rather unfair on all runners!

VMC 'DAYLIGHT SAVING 4k',25-10-1987. 9 Starters.(We suspect closer to 4.5k!).

1.Bruce MERCHANT 23	14:37	4.Robert BROOKS 20	17:16	7.Kathy LEWIS 40W	21:18
2.Larry BROWN 28	15:21	5.Brian EVANS 20	18:10	8.George TURNER 42	21:18
3.Gavan MUCKIAN 13	16:12	6.Gavin BLACK 9	21:03	9.Diane SLATTER 41	27:25

Race Manager FRED LESTER was assisted by Bill LUKE & Terry O'HALLORAN(Traffic cones), Noel PHILPOTT,Graeme DAWS,Brian JOHNSON,Greg ANAN,Keven BROWNE,Peter CAMPBELL,Susan VOSSEN,Rod ALACQUA,Nick BYRON,Mick COLGAN,Gavin BLACK and a couple of others.THANK YOU!

GLENROWAN HALF-MARATHON,13-9-1987.Overcast,windy,cool. 67 Starters.

1.Robin RISHWORTH 74:31	2.2.B.AUSTIN 77:40	3.M.O'DWYER 79:20	4.E.REA 79:51
5.Bruce POVEY 80:09	6.B.HARRINGTON 80:17	7.Russell WEAVERS 81:52	8.C.CHEER 82:05
9.A.CHEER 82:23	10.P.BINGHAM 83:25		
WOMEN 1.D.YUILLE 99:42	2.J.RYAN 100:45	3.R.O'DONOGHUE 110:06	4.S.BUCKINGHAM 110:34
5.L.GAWN 118:05			

VMC 16km TWO BRIDGES,4-11-1987.Fine,cool,slight breeze (2-3 knots) 40 Starters.

1.Tarquin OEHR 36	55:24	14.Kevin CASSIDY 27	62:20	27.Tim EVANS 27	68:51
2.Peter RUSH 34	56:49	15.Lawrie GLOVER 33	62:26	28.Merv LARTER 44	68:59
3.Des GARLAND 31	57:43	16.Adrian VALLANCE 35	62:35	29.Chris GREEN 26	70:22
4.Neil McLENNAN 46	57:59	17.Ed NEVE 33	63:29	30.Kevin BROWNE 51	72:20
5.Steve STERN 30	58:35	18.Harry WATTS 42	64:13	31.Bruce GOODMAN 50	72:35
6.Peter MOORE 39	58:50	19.Gordon KEENAN 47	65:28	32.Ken VERBYLA 31	73:50
7.Peter JACKSON 39	58:57	20.John CRISP 44	66:05	33.John EDMONDS 49	74:24
8.Jerry BLOORE 34	59:09	21.John BRAITHWAITE 31	66:59	34.Pheid GOLDENBERG41	77:20
9.Rex HARDMAN 59	59:21	22.Gordon STEPHEN 34	67:37	35.John BENCZE 55	77:47
10.Andrew HOLLAS 22	59:49	23.Peter O'DONNELL 36	67:50	36.Judy WINES 49W	79:11
11.James McARTHUR 28	61:22	24.Dave YEAMAN 51	67:56	37.Shirley YOUNG 57W	79:12
12.Ken ENERY 40	61:37	25.Karl FAUVRELLE 47	68:22	38.Lyn RICHARDS 26W	86:41
13.Ian DUFFY 45	61:43	26.Mike GRAYLING 31	68:50		

VMC 6km TWO BRIDGES,4-11-1987. 55 Starters.

1.Michael LINDSAY 24	18:53	16.Ken FRASER 52	22:38	31.Jeannette HARRISON	26:34
2.Terry HARRISON 41	18:53	17.Andrew BURGESS 21	22:58	32.Gaye GEORGE 33W	27:05
3.Brendan McARTHUR 27	18:58	18.Leanne KENNEDY 21W	23:12	33.Russell U'REN 8	27:12
4.Robin RISHWORTH 22	19:20	19.Andy TROUSDALE 31	23:13	34.Ian U'REN 36	27:15
5.Robert TURNLEY 25	19:48	20.Heather SAVAGE 18W	23:51	35.Brendan SAGGERS 27	27:46
6.Greg MORGAN 38	19:51	21.George TURNER 42	24:10	36.Joshua DAVIDSON 12	27:59
7.Paul BOAG 43	20:27	22.Chris WILMOTH 13	24:15	37.Andrew YEAMAN 14	27:59
8.Laurie CLARK 28	20:32	23.Michael HAYES 41	24:29	38.Trevor McNAMARA 21	29:51
9.Brian CASSIN 42	20:49	24.Sadie BOLTON 21W	24:32	39.Lisa MYERS 29W	31:15
10.Greg ANNAN 32	21:21	25.Eleanor GAYMER 18W	24:41	40.Jarl LARSEN 29	31:27
11.Nick BYRON 27	21:38	26.Susan VOSSEN 21W	24:45	41.Judy LEAHY 30W	33:29
12.Jon HOLMES 35	21:42	27.Graham HORSKINS 49	25:49	42.Bernadette LARSEN 25W	37:07
13.Sid BONE 30	21:56	28.Gordon DICKSON 38	25:51	43.Maureen RILEY 57W	39:30
14.Tony HARPER 28	22:25	29.Selwyn GEORGE 33	26:21		
15.Tony KING 39	22:26	30.Warwick FOOT 41	26:33		

Race Manager MAL COTHER was assisted by Fred LESTER,Mick COLGAN,Duncan CROCKETT, Peter SELIG,Peter DUGGAN,Gerry CLARKE,Warwick FOOT.

VMC WOMEN HOLD SUCCESSFUL PACK RUN AT ALBERT PARK.

Through the initiative of SUSIE PARKER,ANNE LYNCH and ANNE LORD,just on 20 women runners from all over the Metropolitan area got together on Sunday,November 8,1987. Cricling the Albert Park Lake once,twice or three times at their own pace and in groups,this was the first opportunity for many of them to discuss problems of making contact with other running women,find training partners for weekdays and achieve a better running environment for women.

Planning is now under way to organise lead-up runs to existing women's races,have more relaxed training get-togethers and look at other ways and means to cater specifically for the satisfaction of women who look to running as a pleasurable side to their lives.

Now that a start has been made to give intending women runners some solid contacts, it is up to all VMC members to pass on the message and encourage greater participation in our sport.Direct enquiries to either the VMC office or to any of the three women members above,we shall be in touch to assist wherever possible.

CAN YOU HELP ? DO YOU WANT THE V.M.C.TO IMPROVE SERVICE ?

We have plenty of fixture list and entry forms for special races which still don't reach a lot of people interested in running in the type of races we put on.

We urgently need VMC members who participate in other runs and at other venues to distribute these at those places and also at their own local shopping centres.Let us know when and where you can do that as part of helping our club management and we will make the necessary arrangements.

WHOEVER WANTS TO RUN, WILL RUN ANYWHERE AND EVERYWHERE ! from Deutsches Sportecho.

Interview with Dr.Hermann Buhl, former GDR Steeplechase Champion and Record Holder.

Q:What does a medico say to "Running from the front door"? - Anyone determined to take time regularly for "a bit of a run" can only be recommended to use his front door as the starting line.No great problem of changing or showering is present to put one off. Parks or bush nearby is an advantage, both for ease and nature appreciation.

Q:What about Crosscountry in this connection? - It sets special efforts for the bulk of mass participants, also in the way of running technique. There are unusual changes over country creating difficulties in ever-changing running rhythm.

Q:A lot of training and racing takes place on roads. To maintain healthy joints, particularly over longer runs, what advice is available? - One needs to always seek the right compromise between regular training and existing conditions. Whoever wants to run will run everywhere. Where you have good park tracks, make use of them. If you have only the streets available, you will just have to put up with for better or worse.

Under such conditions it is decisive what footwear you use. A shoe with the right shock absorption, support and foot placement will minimise considerably the dangers to skeletal system and supporting tissues.

Q:How do preparations for Road runs differ from Crosscountry? - Basically not at all. However, anyone who has not trained on roads for a lengthy period will hardly be able to avoid sore muscles after a Road race. Organisers should be appealed to not to put forward road courses which include parts containing cobblestone surface.

Q:Does the effort require the same energy output whether over road or country? - Primarily, the amount of energy used depends on the ability to adjust on the part of the runner and only secondly on the efficacy of training. One can observe that road races are faster and use more energy and that with a similarly high input of energy over the country times are considerably slower.

Q:There also is popularity for running laps on the track, for instance the "Hour with Music" has great appeal. - As a means of fitness test, to aid performance diagnosis, 'Lap running' is quite acceptable. Training on the track should only be done if the aim is to achieve relatively fast times over 5 or 10km.

Q:Holiday time is approaching. How do you evaluate Beach runs as health benefit? - There is nothing to object to a light beach run of 3 - 5 kilometres. Long or intensive running training, and especially in bare feet, must however be rejected. If hard and flat beach is available it is quite suitable for training with stable footwear.

Editor's Comment: While most of the above has been said in different form in running publications over the years the reader's attention is drawn to the following points:

1. Crosscountry is a most useful all round strengthener precisely because of the ever-changing nature of the terrain traversed and forced changes of rhythm. As a road runner I used to hate them until I became convinced of their usefulness and derived improved times on track and road subsequently.
2. Good crosscountry running often becomes a matter of mental attitude. It builds mental toughness, the greater demand on energy is resisted by the body, it "hurts". To some degree there is a similar factor in running racing lap after lap (10,000m !!).
3. I assume Dr. Buhl's limitations on track training are based on the common use of hard all-weather tracks in Europe and most competition stadia. Grass tracks, if not let set too firmly in dry weather, are much more kind to ligaments and muscles.
4. With the nearness of beach weather and holiday time the last paragraph of the above interview is very timely advice. It is important to differentiate between soft dunes and hard strand, the latter is a trap for the over-enthusiastic distance hog. Shin soreness and achilles strains are the most common outcome of work-outs on hard sand and parallel hazards on hard all-weather tracks.

LETTER FROM TASMANIA.

Ric COYLE.

Thank you for your letter and caring about my progress back to fitness. Apologies for the late reply but I am still sorting myself out after spending a beautiful holiday on the Gold Coast with my children and parents.

I have enclosed a couple of newspaperclippings which I feel tell my story over the past 1½ years. My first race following my injury was the City to Casino Run for Fun. I managed a 3rd. Wow! It was completely unexpected, almost as if I had stepped out of a dream or maybe into one. Our world is full of miracles, just existing is one, and by believing in oneself and by giving love to everyone these miracles form an endless stream. Love has replaced fear, laughter has replaced tears, abundance has replaced loss. My healing came from within and from my friends. What is any person really capable of if they believe fully in their own ability? How much strength or growth can we give each other?

Enough of my growth. The local scene?

Well, Russ Foley and Rhonda Bushby have just about won everything in sight between them. Russ suffered a couple of losses last month in a couple of unimportant races, I understand he was suffering from a virus. Now gaining strength again, Russ ran a solo 29:49.6 10,000m for his first race of the track season last week (Oct 24?). Rhonda has been running exceptionally well, the best performance being 9th in the Australian 15km road titles. I am sure that with a bit more local competition she would have even improved on that.

Others running well are Dean Giblin, running second to Russ in just about every race, managed to knock him off once, and ran a boomer in the Bernie 10. Michael Dalton, 30:50 last week, Dawan Castle, King of the Mountain in just over 50 minutes (the 50min barrier only been broken 4 times to my knowledge). Mathew Lennon has been running rings around everyone in the Junior ranks and even beat Russ in one race also.

In the Vets category, Bruce Longmore is training very well and should start one of the favourites in the Marathon in Melbourne in his age group, 55-60 I think. And Greg Foot, 45-50 group I think, is also hard at it and keen to do well in the Marathon. Greg ran really well in the Otway Classic a couple of years ago. I have not been in touch with the other vets recently, but you can be assured of a big contingent from Tassie.

EDITOR'S NOTE: It was really great to hear of Ric's comeback and then get his letter in answer to our enquiry. Despite wearing a helmet and bright clothing, Ric got "cleaned up" by a car on Sandy Bay Road while cycling to work, early in 1986. That was about May, and Ric finished in Hobart Hospital with a fractured vertebrae. A month on his back and three more months wearing a neck brace, stepping up from walking to swimming and jogging over that period and working up to get back into running in a race again took on 12 months of persevering by Ric. Now, at the age of 37, Ric is looking forward to more of the fellowship of racing over the track, road and country.

ANOTHER GREAT COMEBACK.

Another member of the VMC over the years, Jack Stevens, had a similar experience to Ric. Jack got skittled by a reckless driver while training around Albert Park in October 1984, which left him with a compound fracture of the left leg. A series of bonegrafts and associated surgery followed until January this year, leaving Jack without possibility of resuming a regular fitness program. But since January Jack has persevered with his attempt to be back in shape for the World Veterans Championships at the age of 70. Jack was the first Australian 880y and 1 Mile National Champion when Australian Athletic Championships resumed after World War 2 and continued into the Veterans with the same keenness, collecting countless gold, silver and bronze medals at State, National and International levels as well as a succession of World Age Records.

FOLLOWING BY EXAMPLE.

submitted by a sharp-eyed reader.  
TONY MCKNIGHT, the organiser of the Belfast Marathon who was in the lead car last year when Andy Holden was twice led astray, was taking no chances in Ballyclare last month. Ken Mays, athletics correspondent of the Daily Telegraph, spotted him in the lead car again, but this time driving behind the leading bunch !!

(from May issue - UK Athletics Today)

A false sense of security pervaded the start of the 3rd Ballarat 50 Mile road race.

"It's always cold in Ballarat", so goes the saying of everyone who visits the city in winter. So weather conditions of 3oC and moderate strength cold wind seemed normal at the start of the race. The organisers might have had no starters if we had have known how the the weather was to have developed later. After a few hours into the race, a cold front moved across bringing high winds, driving rain and a temperature drop to zero. Even snow was observed to fall on the hapless runners and their stoic support crews.

We all expected super-vet Barry Brooks to win since he went so close to winning this event last year and his rival, who pulled away from him over the last few miles, Ray Rauelli, was on the sidelines this year. True to form, Barry was in the lead group with Peter Whitakker and Len loveless reeling off laps of the 1 mile circuit at a consistently good pace. Geoff Boase, who took it easy at the start and ran quite a few miles with me, pulled away and eventually caught the lead bunch. When he made a break on the bunch, still looking fresh, I though he had the race sewn up. However, the cold winds and driving rain made life out front unbearable so he soon slipped back to the pack to share the lead. Geoff had run a PB marathon of 2:40 just 2 weeks before this race so I guess this could well be the reason why he lacked the stamina to go with Peter Whitakker when Peter made his break after 40 odd miles had been completed. Sadly, Barry struck trouble around 30 miles and was out of the race after 34 miles.

The two ladies had a great tussle with a "nice to see you again" return to racing form by Maragaret Smith taking an early lead. The indomitable spirit of the highly successful ultra runner, Cynthia Cameron, followed in steady pursuit. The "anything can happen" in an ultra syndrome was active with Margaret succumbing to hypothermia. Sadly again, Margaret was reduced to walking the last few miles so it was pleasing to see such resolute determination to finish. Cynthia, being such a great competitor, was able to finish in an excellent time under such arduous conditions.

Surprisingly, with such shocking conditions, one would expect a low finish rate and the tailenders struggling in close to 9 hours. This was not the case and shows the quality field (or was it a desire to finish quickly to get out of the cold?) with 18 finishers out of 23 starters and all times under 8 hours.

Max Carson ran steadily to overtake the luckless Loveless towards the end of the race. Kevin Cassidy and Peter Richardson both ran excellent PB's. Billy "Mrs Brown you have a lovely daughter" Beauchamp annoyed all by running the whole race in just shorts and singlet while other runners rugged up at some stage. Greg Wishart fortunately didn't lose a place due to an error. His handler missed recording a lap so Greg thought he had finished after 49 laps. Minutes later the organisers broke the excruciating news but as undaunted as ever, Greg happily reeled off another lap. Big Chris is making a great comeback after foot surgery and battled through for a respectable time. The irrepressible Cliff Young in singlet but with his traditional long pants was determined to finish, which says a lot for the spirit of this great man. Young Trevor Playdell improved on his last year's performance.

BALLARAT 50 MILE RESULTS:

1. Peter Whitakker	5:57:59	10. Bryan Smith	7:10:30
2. Geoff Boase	6:13:25	11. Margaret Smith	7:24:21
3. Max Carson	6:16:54	12. Greg Wishart	7:36:00
4. Len Loveless	6:21:50	13. John Champness	7:38:53
5. Ron King	6:34:17	14. Chris Stephenson	7:42:27
6. Kevin Cassidy	6:36:33	15. Peter Gray	7:42:28
7. Peter Richardson	6:39:17	16. Cliff Young	7:43:40
8. Bill Beauchamp	6:41:56	17. M Bryce	7:46:20
9. Cynthia Cameron	7:07:23	18. Trevor Playdell	7:57:46
dnf. Barry Brooks	34 miles	5:28:22	
dnf. Peter Logan	40 miles	5:29:51	
dnf. Geoff Hook	35 miles	5:40:35	
dnf. Dave Taylor	35 miles	5:44:54	
dnf. Stephen Foulkes	40 miles	7:02:12	

OPPORTUNITY ON THE GOLD COAST'. By Maurice Hearn.

When you mention the Gold Coast most people think of warm sunshine, bronzed bodies and beautiful beaches, but the marathon runner thinks of a 'PB' (Personal Best).

The Gold Coast International Marathon offers a flat, sheltered, traffic free and easy to pace double out and back course with ideal weather conditions making it one of the fastest in Australia.

After several Victorians ran fast times in the 1986 event, my training partner and fellow Malvern Harrier, Grant Lepp, and I decided to run the 1987 event.

It wasn't hard to talk our wives Jenny and Jan (mine) into making the trip north for a week's holiday in the sunshine. They were keen to run in the Half Marathon event as a lead-up to this year's Melbourne Marathon.

After a gruelling 10 week training program of running 160km a week, Grant and I felt confident we had done the hard work to run our best; Grant hoping to run the Marathon in under 2hr 35min and myself in under 2hr 20min.

Race morning was perfect, only about 7 degree C. with not a breath of wind. Grant and I were a little nervy but other wise felt good and eager to attack this tough 42km race.

The atmosphere on the startline was electric; the gun fired and we were off. last half strongly.

I settled into fourth position behind local runner, Laurie Adams (PB 2hr 15min), and two very fast Japanese runners, Takehi Kaneda and Yasuhiro Shimizu, both capable of running well under 2hr 15min.

Jan and Jenny started with 1200 other athletes in the Half Marathon 10 minutes after us. They would finish before us and be able to give the moral support we would need at the end of our race.

At about the 25km mark I pulled in one of the Japanese much to the delight of the crowd, then disaster struck - I needed a 'pitstop' and, you guessed it - no toilet paper!

After a brief trip to the bushes, and feeling much the better for it, I took off after the leader. I caught the other Japanese runner but was unable to catch Laurie

Adams, who won by 32 seconds. I finished second in 2hr 18min 56sec, followed in by two very weary Japanese. Grant finished eighth 2hr 30min 2sec, a huge PB of 14 minutes - look out Deeks!

The girls had terrific runs in the Half Marathon - Jan running 90min and Jenny 117 minues.

Feeling very please with ourselves, our holiday was off to a great but weary start.

ENCOURAGING DISTANCE SCENE BEST SINCE 1980.

by Pat Clohessy.

Distance running in Australia is really on the rise again after a quiet period since 1980. True, Rob deCastella and Lisa Martin have kept us very prominent in World Ranking Lists (Marathon) in recent years, but our results in other distance events have certainly not matched our opportunity nor our proud tradition.

Steve Moneghetti has given Australian distance running a tremendous boost. His inspiring running in Warsaw (great 11th) and eye-catching 4th in Rome has encouraged others in his peer group and set the pace and the scene for the long awaited breakthrough at 10,000m.

And now, just at the time of writing, the great news from China - Brad Camp's superb run in Beijing, a stunning third place in fast 2:12:52. This follows Danny Boltz's impressive 2:13:24 at Twin Cities Marathon. And remember, Danny had previously placed second behind New Zealander Peter Renner in the Australian Marathon in Sydney in June. The talented Sydney-sider is on the rise and should also run well at 10,000 (he has a best of 28:13).

The two Victorians' backgrounds are similar, impressive and reassuring. They have developed in the nursery of Australian distance running - the Victorian winter scene: schools and VAA under age CC, graduating to VMC and Open Victorian CC and road races. Each has great commitment, quiet confidence, coaching stability, significant consistency and superb reliability with Mona the dominant figure and Brad ominously consistent at a high level at only 22! They follow faithfully the path of deCastella and earlier Olympic finalists: Bill Scott, Chris Wardlaw and, earlier again, Clarke, Vincent, Coyle...

A third reason for optimism is the ominous 'winter of content' of Malcolm Norwood. Our Kiwi friends such as John Davies, NZ coach in Rome, were demoralised when news reached the Eternal City that a young Aussie had won the coveted NZ CC Title (and Bernard Bourke the Junior!), and then Mal returned and convincingly won the Australian Title, albeit in the absence of fellow country runner Moneghetti. I believe Mal Norwood's very good winter will make "all the difference" in 1987-88 track season and see Australia at least have multiple qualifiers at 5000 and 10,000.

Meanwhile other talent is encouraging too and progressing - remember the great depth in the 1986 Zatopek - Andrew Lloyd, Peter Brett, Danny Boltz, Jamie Harrison, Gerard Barrett all inside the IAAF Olympic Qualifier, with Adam Hoyle and Laurie Whitty close behind. All, except for Peter Brett, have made significant progress since last year's Zatopek; and Peter showed his mettle, is working hard and will recapture his best by December; and currently Mark Boucher and Pat Carroll are closing on the above leaders.

The determination and single mindedness of the above group will be enhanced by the knowledge that the easier path - if not the only path? - to the Olympics will be at 10,000 with the marathon door now tightly closed - if not locked!

THE WOMEN'S DISTANCE SCENE is even more healthy than the men's with the best group ever and greater depth across the nation. We have world class stand-outs in Lisa Martin, Krishna Wood and Jackie Perkins and further outstanding prospects in WA newcomer Sue Malaxos, dual National Champion, and Carolyn Schuwalow. In addition we have accomplished and promising runners in every state and it is this national development that is most encouraging.

Victoria, led by Jackie Perkins, remains the strongest with Maree McDonagh, Anne Lord, Tania & Jackie Turney (Melbourne Marathon winner), Julie McKie, junior star Lindy Tresize and others.

Full credit to NSW, winners of National CC teams race. Talented triathlete Annette Dwyer, second Australian to Sue Malaxos, led NSW with Kerryn Hindmarsh (4th Australian) and Kerith Duncanson (AIS/NSW 5th Australian). NSW has additional distance strength in National Marathon Champion Tami Ruckle and under age winner Susy Walsham.

To support the contention about national development I believe Queensland will challenge all states in the near future. Kerry Jukes, Carole Connolly and Rena Bradshaw, all Geoff Walker coached, are progressing quickly. Significantly they have performed very well on important occasions (Kerry led Australia in Lisbon 15km, Carole was second in Nat. Unis 3km and impressed in NZ placing 5th while Rena Bradshaw was second in under 20 CC). Add young Katie Watts, Australian under age winner and 3rd in NZ Junior CC and national ranked Margaret Reddan and Jenny Lund.

cont.next page

Encouraging Distance Scene(cont.)

W.A. has dual National Champion Sue Malaxos who also ran 33:18 on the track to become a Zatopek and Olympic 10,000m contender.

South Australia has two rising stars:Yolanda Budich,second in NZ under 20 CC and under 20 1500m champion Lisa Tregenza.

A.C.T. is well represented in the field with residents Krishna Wood,whose fourth in World Indoor and eighth in World CC indicates her great class;Carolyn Schuwalow on the rise again and seemingly more poised this time;and under 20 CC champion Joy Terry.

I believe our Australian women will do well in coming months in IAAF World teams races in Monaco,Adelaide and Auckland and could emerge as our strongest area in track and field even by 1988.

xxx

xxx  
OTHER PEOPLES' FIXTURES.

xxx

COBURG FUN RUNS 1988, Sundays 9.00am,\$2 p. person,Tea & Coffee provided,4km lap course, choose your own number of laps,all ages welcome.Melway Map18 A9) Athletic Track )

COBURG SPECIAL EVENTS at \$4 p.person on following dates:

MAR 13 9.00am Coburg QUEEN OF THE NORTH 12km (2 laps of 6km)

JUN 19 9.00am Coburg BIATHLON - 5km Run,25km Bike Ride,5km Run.

JUL 10 9.00am Coburg HALF-MARATHON

AUG 7 10.00am Coburg 15km BLUESTONE CLASSIC (3k Track,4k Road,8k Crosscountry)

(Sat) AUG 28 9.30am Coburg Schoolboys/girls CCC,from u.9 to u.15 plus Open.

SEP 18 10.00am Special Women's 8km Fun Run

OCT 2 7.00am 100k Track Championship of Australia

10.00am 12km Fun Run

DEC 4 9.00am Coburg 'Lake to Lake' 10km Fun Run

Enquiries to  
55 Woodlands Ave  
Pascoe Vale South 3044

MELBOURNE MARATHON INC. APR 24 'SUSSAN' Women's 10km OCT 9 'BUDGET' Melbourne MARATHON. Enquiries to:Olympic Park No.1,Swan St.,MELBOURNE 3002; Tel.428 7808

MAR 20 Eaglehawk Dahlia Festival HALF-MARATHON,8.30am  
Contact J.Wellard 054-469 620 or M.CARSON 054-366 215

VICTORIAN CROSS COUNTRY LEAGUE Monday Night "SUMMER SERIES" on Tan Track around Domain and Botanic Gardens. Estimated distance 3.25km. \$2 p. person.

NOV 2,9,16,23 & 30 DEC 7 & 14

START 6.00pm sharp,report in by 5.45pm

Enquiries to: Bruce Duncan,48 Brewer Rd,Bentleigh 3204

VICTORIAN ATHLETIC ASSOCIATION "P.B." Meets:Tuesdays DEC 8;JAN 26;FEB 16;MAR 15.

V.A.A. WINTER FIXTURES:APRIL 24 COUNTRY MARATHON,Halls Gap-Stawell

APR 30 Sandown Relays

MAY 14 8km CCC,BENDIGO. MAY 28 10km Road Champs,CAULFIELD

JUN 18 Vic Schools CCC,BUNDOORA JUN 25 12km CCC,BUNDOORA

JUL 23 15km Road Champs,FISHERMENS BEND(?)

AUG 6 Vic Schools Road Relays,SANDOWN AUG 14 HALF-MARATHON,Frankston (?)

AUG 20 CC Relays,BRIMBANK Park AUG 27/28 National Road Champs,A.C.T.

SEP 10 16km CCC,BRIMBANK PARK

NOTE TO ALL INTENDING COMPETITORS:

Because of the increased costs and time involved to satisfy all participants, IT IS IN YOUR INTEREST to send all enquiries by mail and ENCLOSE A STAMPED SELF-ADDRESSED ENVELOPE for a reply, entry form and any other information. For a start,it will make the person receiving your SSAE more kindly inclined towards you as well as ensure an earlier reply than otherwise and in the end make for more efficient organisation at either end.

Acknowledgement to Barry Moore for article on BRINDABELLA CLASSIC,November 29.It was put up on our notice board for information of members and other runners.Newsletter would be too late for notification.

BUDGET MELBOURNE MARATHON & VICTORIAN CHAMPIONSHIP, 11-10-87. Cool, windy (provisional list)

1. Bob SAYRE (US) 24	2:14:16	39. P. McMAHON 38	2:32:07	77. G. POLLARD 34	2:39:56
2. J. SKARZYNSKI (POL)	2:25:14	40. Barry RYDER 44	2:32:16V	78. J. SIMPSON (NSW) 30	2:40:13
3. R. UMBERG (SWI) 37	2:15:26	41. Frank SHEVLIN 27	2:33:09	79. E. FITZMAURICE 30	2:40:17
4. M. BONNER (WA) 26	2:16:05	42. Andrew THOMAS 28	2:33:15	80. S. LINDFIELD (SA) 33	2:40:21
5. Y. SEGAMI (JAP) 25	2:17:09	43. S. BARLOW 26	2:33:24	81. D. GARLAND 31	2:40:30
6. Maurice HEARN 30	2:18:27	44. P. TUCCI 23	2:33:32	82. D. PRICE (NSW) 42	2:40:33V
7. Paul JAMES 27	2:21:16	45. P. FRANCIS (Q'ld) 31	2:33:53	83. D. BACKWELL 34	2:40:34
8. W. RATKOWSKI (POL)	2:22:07	46. W. HOLST 26	2:33:58	84. L. MUDFORD 36	2:40:35
9. Bernie KELLY 34	2:22:13	47. R. ZIMMERMAN (ACT) 20	2:34:30	85. J. COZENS 31	2:40:45
10. F. HARPER (SCOT)	2:22:53	48. I. MUIR 35	2:34:48	86. R. COWLEY 33	2:40:49
11. J. SHARAM 28	2:22:55	49. D. NICHOLSON 26	2:34:59	87. R. SMITH (NZ) 28	2:40:49
12. G. SURRIDGE 36	2:23:11	50. P. NOORDHOFF 30	2:35:05	88. M. HUGHES (NSW) 28	2:40:51
13. R. WALLIS 32	2:24:39	51. K. ASPINALL (NSW) 31	2:35:15	89. M. RYAN 37	2:40:55
14. Phil CUFFE 33	2:25:06	52. I. NASH 27	2:35:44	90. L. PHILLIPS (TAS) 38	2:40:57
15. Horst WEGNER (NSW)	2:25:42V	53. HUGH CREAMER (NSW)	2:35:45V	91. Bruce POVEY 38	2:41:08
16. G. EDMOND 35	2:25:51	54. P. STAFF 36	2:35:47	92. Pete SHONE 42	2:41:09V
17. Tony DIDONATO 30	2:26:05	55. P. NEIMANIS (Q'ld) 30	2:35:49	93. R. HAMILTON 38	2:41:13
18. M. DILLON 28	2:26:17	56. Rod ALACQUA 32	2:36:47	94. L. BRIMACOMBE 44	2:41:18V
19. P. GARVIN (ACT) 37	2:26:19	57. L. SCHUELER (WG) 38	2:36:53	95. J. WILLIAMS 32	2:41:38
20. P. RAKE (ACT) 35	2:26:24	58. J. CRAWLEY 28	2:36:54	96. TONY BERRY 52	2:41:46V
21. G. SMITH 31	2:26:42	59. Y. MOGLIA 42	2:37:10V	97. M. KEMP 23	2:42:01
22. G. RICHARDSON 31	2:27:27	60. Don SIMPSON 41	2:37:45V	98. R. MARTIN (CAN) 33	2:42:04
23. R. LEPP 31	2:27:28	61. G. RYAN 34	2:37:36	99. B. FABREGUETTE 38	2:42:09
24. J. ALLEN (NSW) 24	2:28:02	62. W. DONALD 27	2:37:46	100. I. GILBERT 38	2:42:12
25. P. BURKE 26	2:28:30	63. M. WALTERS 24	2:38:08	101. G. CONNOR 30	2:42:18
26. R. PALAZZO (ACT) 29	2:28:32	64. R. SIMONSON 31	2:38:09	101. K. PURDIE (Q'ld) 33	2:42:18
27. Eric SIGMONT 39	2:28:45	65. J. GRANT 32	2:38:26	103. Ken COPPLEMAN 38	2:42:29
28. J. BRENNAN 31	2:29:26	66. S. VOSTI 38	2:38:37	104. L. NORQUAY 34	2:42:42
29. Pat KAUFMAN 29	2:29:30	67. M. GUSTUS	2:38:40	105. F. DONNELLY 31	2:42:47
30. N. BERGER (NSW) 41	2:29:31V	68. G. SINCLAIR 28	2:38:58	106. D. COLES (TAS) 31	2:42:51
31. D. JURY (SA) 24	2:29:36	69. T. MOORE 41	2:39:10V	107. G. HEDRICK 33	2:43:02
32. L. HARVEY 38	2:29:58	70. R. KENNEDY (NSW) 33	2:39:17	108. J. SMITH 28	2:43:24
33. R. PESTELL 29	2:30:22	71. V. ROWE 24	2:39:25	<u>VICTORIAN CHAMPIONSHIP</u>	
34. T. JACOBS (ACT) 35	2:30:36	72. S. SOMERVILLE 37	2:39:33	1. Maurice HEARN	
35. M. SHIELDS (Q'ld) 37	2:30:57	73. N. BRAY (SA) 37	2:39:35	2. Paul JAMES	
36. B. KENNELLY (NZ) 35	2:30:59	74. M. MALLINDER 30	2:39:39	3. Bernie KELLY	
37. C. STEVENSON 42	2:31:40V	75. D. COOK 33	2:39:52		
38. P. BOURGAIZE (SA) 35	2:32:02	76. A. SCOTT (NSW) 25	2:39:54	<u>SUBJECT TO FINAL CHECKS !!</u>	

WOMEN:

1. JACKIE TURNEY 29	2:44:18	7. C. HENNESSY (SA) 28	3:02:32	13. J. HAYES 30	3:10:39
2. Marg REDDAN (Q'ld) 35	2:46:45	8. Niki SALTHOUSE 22	3:03:28	14. D. COWELL (NSW) 27	3:12:06
3. Trudy FENTON (SA) 27	2:51:16	9. C. HOFFMANN 24	3:06:27	15. J. BRIMACOMBE 36	3:13:04
4. Julie McKIE 27	2:52:12	10. A. CRAWFORD (SA) 27	3:08:14	16. SUSIE PARKER 24	3:13:38
5. J. McGILLIVRA	2:55:20	11. M. EDWARDS 38	3:08:24	17. A. MATCHETT 36	3:15:24
6. T. DOBIE (ACT) 28	2:56:47	12. C. LUDBROOK (SA) 27	3:09:45	18. S. GELLAM 42	3:17:44V

NEW YORK MARATHON, 1-11-87: 1. Ibrahim HUSSEIN (Ken) 2:11:01; 2. G. DeMadonna (Ita) 2:11:53;

3. P. Pfitzinger (US) 2:11:54; 4. P. Petersen (US) 2:12:03; 5. T. Ekblom (Fin) 2:12:31;

6. O. Pizzolato (Ita) 2:12:50; 7. B. Psulek (Pol) 2:13:38; 8. M. Vindic (Yug) 2:13:39;

9. H. Jones (UK) 2:14:05; 10. G. Meyer (US) 2:14:31.

WOMEN:

1. Priscilla Welsh (UK) 42! 2:30:17; 2. F. Bonnet (Fra) 2:31:22; 3. J. Villetton (Fra) 2:32:03;

4. R. vanLandeghem (Bel) 2:32:38; 5. K. Szabo (Hun) 2:34:58; 6. A. Sipka (Hun) 2:35:26;

7. L. Crisp (US) 2:36:01; 8. M. Schaefer (WG) 2:37:40; 9. R. Root (US) 2:37:57; 10. N. Aerts (Hol) 2:38:18.

THREE OUTSTANDING MARATHON PERFORMERS since the previous Newsletter deserve special acknowledgment: STEVE MONEGHETTI for his 4th place in a tough World Championship, then DANNY BOLTZ for his 3rd place (2:13:24) in the Minneapolis-St. Paul, just ahead of DEREK FROUDE, and BRAD CAMP for his brilliant debut in Beijing with a close-up third in 2:12:52. It is opportune to mention that all 4 runners also figured in past Emil Zatopek top 10,000m .

MANY TRIFLES MAKE PERFECTION. by Richard Amery.(Modern Athlete & Coach, July 1987)

(Qualities such as running efficiency, injury prevention and diet may be relatively minor factors in the total picture of endurance training. However, collectively they make a significant contribution to the competitive performance. As the author points out, "many trifles make perfection and perfection is no trifle".)

Let it be said at the outset that this is not an article about coaching in the generally accepted sense of the term, neither is it an article about physiology, as it applies to distance running training. Rather, it is meant to be a look at some of those aspects of endurance training that are either overlooked, not recognised or simply considered unimportant. This is not to mean that these aspects are of undue importance, but rather they are aspects that should be considered. They are also qualities that are present, in varying degrees, in all world-class runners.

The qualities that will be considered are running efficiency, injury prevention and diet. While each may be of relatively minor importance in the total picture of endurance training, collectively they can make a very significant contribution to the total competitive performance. Remember the old adage, "Many trifles make perfection and perfection is no trifle".

RUNNING ECONOMY. Over the last few years there has been a growing recognition that running efficiency can play a very real part in endurance performance. Were this not the case in distances beyond say 5000m, then there would be pretty well a direct relationship between maximal oxygen uptake and performance times. It has been demonstrated many times that this is clearly not the case. While high levels of oxygen uptake are required for high levels of endurance performance, just as obviously there are other factors involved.

For example, when running at or near their best, world-class marathon runners Clayton and Stahl had maximal oxygen uptake readings of "only" in the 66-70ml/kg/min range, a figure that would be exceeded by many club and state level athletes. As Sjodin and Svedenhog point out, "...it appears that a good running economy is an important characteristic of elite marathon runners."

There is also evidence that running economy is not merely a factor in the longest of races, such as the marathon. In a study looking at the physiological parameters required for success in both Jim Ryun and Steve Scott (the last two US mile record holders) some interesting factors come to light. When at their best, both had almost identical  $\dot{V}O_2^{\max}$  readings (around 80ml/kg/min). However, when running at a constant 6-minute mile pace Ryun was utilising 62% of his  $\dot{V}O_2^{\max}$ , while Scott was able to achieve the same result using a somewhat less 57%. It is of considerable significance that in the period of 1980-81 Scott was able to both raise his  $\dot{V}O_2^{\max}$  by 8% and lower his running economy by 5%.

While running economy does seem to have a genetic component (i.e. some athletes simply run more efficiently), it appears to be a factor that can be enhanced through training. Empirical evidence would seem to lend strong support to this thesis. Clearly, there have been many instances in recent years of athletes reaching their performance peak long after they should have reached their physiological peak.

Those that may consider this phenomenon limited to veteran athletes, that only took up the sport late in life, should perhaps consider such older top-class performers as Carlos Lopes, Miruts Yifter and Jack Foster. These athletes continued to improve well beyond a level that could be explained in purely physiological terms. The various physiological parameters normally reach their peak in the mid 20's and yet, athletes such as those above, continued to improve markedly into their 30's.

Running is a skill, albeit a rather natural and accepted one. This does not mean, however, that it cannot be improved upon. Since it is a skill, it should be subject to the same principles of skill learning as almost any other activity. The principles of specificity and regularity spring readily to mind. If there has been one change in training for endurance events over the last few years, it has been the move away from quantity towards quality. The top runners of today are, in the main, considerably faster over shorter distances than their counterparts of a few years ago. They are faster, almost certainly, because they practice running faster more often.

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RUNNING BOOKS FOR 1987/88 Holiday Season.

It is not only your Editor's experience that you have looked hopefully through books at your local newsagent or bookshop and ended up disappointed at the shallow, general or sensational approach to things athletic. It is a rare moment indeed that you light upon printed matter that gives you insight, understanding, a new approach and/or fresh stimulation towards the appreciation of your favourite sport.

In the month of October, three very different books, all worth perusing for all the above reasons, landed on your editor's desk.

RUNS AROUND MELBOURNE, by Craig Horne & Gib Wettenhall (Footprint Publications, PB \$9.95) Two running fanatics and their friends collaborated in this simple and straight-forward book of 112 pages to give you information on 40 locations around the Metropolitan area of Melbourne to indulge in your fitness pursuit, find out about history of unexpected places, points of interest, scenic beauty spots, etc. and still giving you opportunity to log the kms covered in such pursuit in your diary.

Did you know that Gellibrand Hill Park with a 204m high peak gives you a panorama sweeping from The Dandenongs to Port Phillip Heads and over most of Melbourne? What do you know about the Merri Creek routes in Brunswick and Coburg? What about the newly laid out running tracks and bike tracks along the Yarra?

Text is informative and clear, locations are illustrated in two colours and give map references as well as showing paths and tracks as also access by road or public transport. Jog, walk, take the family for a picnic or just be a lonely long distance runner, the book is recommended for your fuller enjoyment outdoors.

REFLECTIONS OF A RUNNER, by Jim Kenny Beisty, self-published about 1986 (A 'steal' at \$12) Rarely has a book on running given me so much insight into the motivation and character building side of the sub-elite runner, the type of runner who is the backbone of our sport without whose existence there would be no Elite runners or Olympic Champions! That is not an idle evaluation as most who got to know Jim as a member of Glenhuntly and of the VMC will testify. Of course Jim, in his youthful eagerness, made all the mistakes that all runners are prone to in their early careers and it took years for self-realisation to eventuate. I would challenge anybody not able to see shades of him or herself in all the trials and tribulations that befell Jim in his running life.

Jim traces his life as a runner from his childhood days on the Merseyside through depression and World War 2, formative years in local athletics and inspired by the great Emil Zatopek, emigration to Canada in early sixties and finding out what running is about, return to Liverpool and getting started again by going to Australia in 1968, becoming part of the Australian scene in Melbourne and then Newcastle. Jim has been coaching successfully for some time now and is involved in Veterans Athletics. Some quotes may give a clue to his growing as a runner and coach.

Talking about a runner in Canada, Bob Fahy, who gave Jim some close battles, which changed after Paul Poce took over his training... "First he took him off distance running until he could break 2:00 for the half-mile, Then he put him back on a distance schedule and Bob was flying"... Jim for the first time in his life was prompted to ask someone to coach him, but Paul demurred, on the basis that at the age of 32 Jim knew all there was to know!... "I had missed the chance and paid the price. SELF TAUGHT RUNNERS OFTEN HAVE A FOOL FOR A COACH AND I WAS NO EXCEPTION"... Talking about meeting up with another experienced runner... "On one of our first runs together Geoff asked, 'Do you run as fast as this all the time?' to my affirmative he opined, 'You'll never run a hundred mile a week at this pace.'... He taught me the secret of allowing aerobic fitness to evolve naturally, with the training getting faster as the body got fitter rather than chasing the clock...."

The third book, CHALLENGING THE MEN, sub-titled The Social Biology of Female Sporting Achievement, caused me a good deal of hesitation before deciding to review it for our publication. The main reason for this hesitation is the fact that the bulk of athletes and lay followers and supporters are a very un-discriminating lot of readers who rarely progress beyond sporting results and shallow or sensational press and magazine stories. That could of course also be the reason for giving reading away due to such diet but unfortunately also means missing out on gaining more knowledge which would lead to better progress for themselves.

cont.next page

CHALLENGING THE MEN -WOMEN IN SPORT-, by K.F.Dyer, Univ. of Queensland Press, \$19.95(?). Published in 1982, this book's appearance co-incided with the spill-over of the Fun Run boom into women's running and much more evidence has accumulated since to confirm the general theme of the book. As a social biologist, Dr.Dyer marshals the known biological and sociocultural differences between the sexes, looks at their likely influence on sporting performance and changes occurring in many countries. The author admits to strong motivation on the subject due to "the stimulus, encouragement and opportunities which come from living with four convinced feminists", a wife and three daughters!

What lifts this book well above the average treatise is its clear language, tables and other data to support the text, as well as a more conversational style than found in most specialist publications. That does not preclude the book from being controversial on a number of aspects and therefore thought provoking. For instance the title itself - is Women's Sport about challenging the men ? - could be argued as being a male concept.

The book is recommended as a most useful addition to anyone's sports library if their interest is in the progress of sport; a better understanding of factors affecting coaching problems; physiological, psychological and social environmental influences and sporting participation as a natural life pursuit for everyone.

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 ORGANISATIONAL JOTTINGS

VMC COMMITTEE MEETING, September 23, 1987:

A letter was received from the Victorian Veterans suggesting discussions to examine feasibility of combined clubrooms and investigating sites. Interest in the project was notified to the Veterans and discussions suggested following the World Champs.

Letter from PUMA informing of change in sponsorship direction with regret.

Staffing of VMC office still a problem and any members welcome to assist, preferably during lunchtime once a week to deal with routine tasks.

Emil Zatopek series now includes VAL events and changes made to program. Sponsorship lagging and individual events still available for naming rights.

Daylight Saving 10 not to be conducted as a beach run after this year to ease pressure on traffic position.

Veterans World Championships appeal for assistance noted and several committee members added their names to the list for lap scoring .

AUSTRALIAN CHAMPIONSHIP DATES:

FEB 4 (Thu) Women 10,000m, Men 5000m, MELBOURNE

MAR 11 (Fri) Women 3000m, Men 10,000m, CANBERRA, also u.16/u.18 T&F 11-13th

MAR 24-27 u.20/Open T&F Men & Women, PERTH.

SPECIAL EVENTS SERIES

JAN 27 (Wed) A.I.S. Invitational, CANBERRA

MAR 13 (Sun) International T&F, BRISBANE

JAN 31 (Sun) International Meet. PERTH

MAR 17 (Thu) International T&F, MELBOURNE

MAR 20 (Sun) World Women 15km Ch. ADELAIDE

MAR 19 (Sat) International T&F, CANBERRA

MAR 26 (Sat) WORLD CROSSCOUNTRY CHAMPIONSHIPS, AUCKLAND, NZ

AUG 27 NATIONAL ROAD RUNS & WALKS CHAMPS, CANBERRA

??? AUSTRALIAN MARATHON CHAMPIONSHIP (?Canberra, ?Melbourne, ?ALICE SPRINGS)

AUSTRALIAN OLYMPIC QUALIFYING STANDARDS (from 1-4-87)

Event	Men	Women	Event	Men	Women
100m	10.34	11.44	200m	20.70	23.24
400m	45.74	52.14	800m	1:46.00	2:01.00
1500m	3:37.50	4:07.50	5,000m	13:30.00	8:58.00-3,000m
10000m	28:10.00	33:00.00	3000mSC	8:28.00	----
110m/100mH	13.90	13.34	400mH	50.04	57.04
20km Walk	1:25:00.0	----	50km Walk	4:05:00.0	----
Pole Vault	5.45m	----	Triple Jump	16.75m	----
High Jump	2.26m	1.90m	Long Jump	7.95m	6.55m
Shot Put	20.00m	18.00m	Discus Throw	63.00m	61.00m
Javelin Thr	77.50m	61.00m	Dec/Hept athlon	7,800 pts	5,950 pts
Hammer Throw	75.00m	----			

Many Trifles Make Perfection(cont. from p.16)

Technique or skill will fall apart under pressure unless such skill is firmly ingrained. It stands to reason that running efficiency will suffer, unless it is practiced often and at a concentrated level. For the top middle distance runners of today that means frequent sessions of very fast running, while even for marathon runners it is recognised that under-distance times of quality are almost a pre-requisite for the world-class performer.

Skill is not something that should be neglected for large parts of the year and "picked-up" as the racing season approaches. Rather, for maximum results, it should be practiced to varying degrees on a year-round basis. In simple terms this means that there should be some fast running done at virtually all times of the year. There are the top athletes of today that do have a high degree of race fitness throughout the whole year. One needs only to look at the world distance running calendar to witness the races that have sprung up to cater for such abilities.

The world-class athlete of today leads a vastly different lifestyle to his counterpart of 25 to 30 years ago. The indoor circuit, the lucrative series of international meets that comprise the European summer, the domestic season, and the various bid games such as the World Cup, World Championships, Commonwealth Games, European Championships and Olympic Games means that for the top athlete big meets, requiring their very highest level of performance, are always just around the corner. For the elite athlete, long gone are the days when they could afford long lay-offs and the accompanying loss of fitness. Most lay-offs as such are usually enforced ones caused by such factors as injury. Stated simply, for the elite athlete there are just too many competitions throughout the year to allow them much time away from serious training and competition.

The constant high level of competition means that the difference between a "competitive" and a "non-competitive" period is often little more than semantic. This concept, of course, is not confined to track and field athletics. One need only look at the world of tennis or soccer to realize that there is really nothing new in the virtual year-long season. In any sport or activity, it is generally agreed that constant practice helps to make perfect and one could argue that the best practice of all is competition.

The principles that apply to the elite athlete, as often as not, apply just as well to the club athlete. If the aim is to maximise physical potential the same broad principles apply across the board.

INJURY PREVENTION. An obvious statement frequently heard is that in championships the best athletes are often those not present. Although an exaggeration, there is nonetheless a grain of truth to it. Throughout almost any international season the attrition rate as a result of injury is usually quite high.

When talking of injury there are obviously some types that are more liable to prevention than others. Clearly, many injuries require the intervention of specialist personnel, but equally clearly, many injuries can be avoided by some relatively simple measures.

For the top athlete, in hard training, injury is an ever-present threat. However, such regular measures as correct and systematic warm-up, stretching and strengthening of various muscle groups, where necessary, can play a large part in helping to prevent injuries. Reading the body's warning signs can also be important. There is always a reason for injury whether it be over-use, biomechanical, poor footwear, weakness of a particular muscle group, or muscular imbalance - to mention perhaps only the most obvious.

All of the above are probably well recognised as causes of injury and yet how often are they neglected? How many endurance athletes regularly test for the strength and flexibility of various crucial muscle groups and then do something about the results? Most athletes and coaches are well aware of potential problems caused by the above and yet are not prepared, willing or motivated sufficiently to spend the few minutes required each week to actually do something about it.

Strengthening and stretching of muscle groups need not be a very time consuming affair. A few minutes each day, done regularly, is probably all that is required in most cases. Testing for muscle imbalance and the subsequent remedies need not be either time consuming or overly-complicated. This is not the place to go into specifics, there are numerous worthwhile books and articles covering the subject. Suffice it to say that a few minutes a day spent on stretching and strengthening is far better than to run the risk of injury and a subsequent lay-off.

cont. Page 20

Many Trifles Make Perfection(cont. from p. 19)

DIET. There has been considerable recognition of late of the importance of diet in relation to both health and fitness. The "average" diet, whatever that may be, has been recognised for some time as being in many cases overly high in saturated fats, salt, etc. The importance of complex carbohydrates in the diet is now recognised as a key-stone in diet, whether it be for improved health or physical performance.

The typical modern western diet is not the most conducive either to top athletic performance or simple good health. We also live in an age with no shortage of fadism and diet cranks. Books outlining the latest diet, whether it be to lose weight or to improve athletic performance, are frequently seen at the top of the best-selling lists.

Such books may range from the serious, factually correct and well written, through to what could only be termed the lunatic fringe. As in most of life, extremes of almost anything are undesirable. Suffice to say that the general rules of eating expounded by such organisations as the various heart associations and anti-cancer bodies apply equally as well to the serious athletes as to the person simply desirous of good health.

For the athlete aiming to truly maximise his/her potential, it is simply not good enough to neglect this aspect of the total training environment. For an athlete in heavy training the total caloric requirement can rise considerably. Failure to adequately meet this demand can markedly affect performance.

For the endurance athlete, this need is best met by increasing the intake of complex carbohydrates. While some athletes almost go to the point of bragging about existing on a "junk food" diet, such a regime can certainly not be recommended for either the athlete or the non-athlete.

A word about weight loss via dieting for the athlete. It appears all too simple to boost one's maximal oxygen uptake by losing body weight. Except in rather unusual circumstances this cannot really be recommended, especially for the younger female runner. While it is obviously desirable to lose unwanted weight, the problem with dieting is that one runs the risk of losing lean muscle tissue along with adipose (fat) tissue, undesirable for an athlete, or anyone else for that matter.

Females in particular should be wary of dieting as a means of bringing about weight loss. It does seem that females run a risk of incurring anorexia-type disorders if trying to achieve weight loss via dieting while in training.

The general rules to follow should be to exercise patience, do not expect to lose weight rapidly, and to follow the principle that it is probably better to lose weight via exercise rather than dietary manipulation. Remember, the aim of the endurance athlete is to perform to the best of one's ability, not just be the most emaciated competitor.

The importance of ingesting adequate calories, when either competing or training in endurance events, has been well documented. The carbohydrate loading regime, first popularised some years ago, is now either consciously or unconsciously followed by virtually all marathon runners of national or world class. Although not as many would now follow the original strict regime, notably the exhaustive glycogen depletion phase, the concept of easing training dramatically and eating a high carbohydrate diet is in common usage.

Stated simply - it does improve performance. Attention to pre-event nutrition is as important as in post-training and post-event nutrition. This is of crucial importance in major championships, where heats and/or semi-finals are conducted in distances up to 10,000m. For longer events, such as the marathon, failure to observe correct nutritional practices can prolong recovery and hence eat into training time.

This is not the place to go into detail. Suffice it to say that observance of correct nutrition, both during training and especially during the lead-up and recovery from major performance, can be significant.

CONCLUSION. The purpose of this article is not to give definitive answers to each of the three topics raised. Rather it is to draw attention to some often neglected aspects of training. The serious athlete and coach should leave no stone unturned in the quest for improved performance.

(EDITOR'S NOTE: This article from MODERN ATHLETE & COACH, official journal of the AUSTRALIAN TRACK & FIELD COACHES ASSOCIATION has been published as a timely analysis of present approaches to distance training and should be studied in depth.)

**DISTANCE RUNNERS' LOG - DAY/MONTH/YEAR SUMMARY**

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

SPONSORSHIPS HAVE BEEN IN THE MELTING POT for some time now and the latest Stock and Shares gyrations have made reliance on support from the commercial and manufacturing sectors even more hazardous than before October 1987. This applies across the whole spectrum of sports with only the ones that can throw up attention catching incidents and happenings, such as doping of participants (human or animal), fixing matches, free-for-all brawling and other assorted gross offences against good sportsmanship, being considered worth the extra advertising and media dollars.

As the very nature of sport, its uncertainty of outcome without artificial means, can not be regarded as either a regular profit making investment or a regular source of livelihood for the individual, people involved in sport will do well to re-evaluate their structure and methods to achieve self-reliance.

In some ways this may be a blessing in disguise as the situation where organisers of major athletic events (also in other sports) have not been able to fulfill sponsors' expectations, when athletes and their agents simply struck better bargains elsewhere, has meant heavy losses not only financially but also of Goodwill.

THE DRUG SAGA is always good for some sensational treatment in the media, the only definite conclusion that can be drawn is that there are individuals in sport, no matter what their political, national or other alignment, who become obsessed with the object of being top-dog. There are players and athletes, as well as their coaches and advisors, who would eat radio-active fallout or s..., as long as it got them to the top. They fool no-one by pointing at everybody else.

But even more serious is the gradual pollution of our environment on a much greater scale by exhaust fumes, toxic chemicals in air and water and tobacco inhalation. The increase of breathing disorders and various types of cancer is well documented and have affected countless promising sportsmen and women. Whatever happened to the promise of phasing out leaded petrol? Is having cigarette smoke blown into your breathing space and fouling your lungs making you a drug victim? Or is the defence of your health not compatible with "Freedom of the Individual"?

EVERYONE TO HIS/HER TASTE surely must apply to the FELL RUNNER. That is the type of person who pounds up and down mountains and gullies, up Mount Crackenback or Kosciusko and racing down again over precipitous slopes and over rocks and undergrowth. ROBIN RISHWORTH is the latest notable of this type, taking again the time honours over the 4 mountain peaks at Bright over the last Melbourne Cup weekend. He is part of that hardy breed, encouraged by the likes of Canberra's BRIAN LENTON, organiser of the Thredbo Week during the summer holidays. There is also the opportunity to run it rough over in Tassie on the dawn to dusk Cradle Mountain bash.

The Wildtrek Winter Classic fits into the same category: 18km Ski Crosscountry, 5km run over boggy roads and through forest and snow via five checkpoints, 48km by bike on muddy track and bitumen, 1km upstream-14km downstream by canoe to end the day. The next day was easier - no bikes - so they said! VMC member Colin Browne has the full story in November issue of Fun Runner, other members involved were Robin Rishworth (of course!) and member of the winning team - "Gadaffi's Guerillas", Ian Minter, Peter Larkins, Robin Anderson, Geoff Hook, Mick Whiteoak, Terry Vallence, Peter & Joan Logan, Dot Browne and daughter Jeanne.

TALKING WITH ONE OF OUR TOP WOMEN ATHLETES the other day the discussion veered around to the pre-occupation of having snide shots at women, who are prepared to concentrate their efforts onto what they want to achieve for their own personal satisfaction and ignore the stereotype allocated to them, on the part of the media. Adding political spite when it comes to "Eastern Bloc" women in sport, with which is grouped anyone living in a country with a different political system to ours, is cutting little ice with women who are determined to excel at their chosen sport. Especially is this so when our top women have had the opportunity to compete with and against women from those countries which are actually raising the standards of sporting achievement for women throughout the world.

This left us speculating what the reaction of Australian men would be if there were similar shots directed at them, coupled with advice at what to do and what is good for them.

VICTORIAN MARATHON CLUB MELBOURNE INC. - FIXTURE LIST - 598 High St., E.KEW 3102.

\* Indicates chngs from previous listings. Tel:(03)817 1033 Tue,Wed,Thu 12-2pm.

- \*NOV 25(Wed)8km & 2km TWO BRIDGES,6.30pm(Melway Map44 B12)Alexandra Ave.\$2,\$3;2k-\$1
\*\*DEC 2(Wed)6km & 2km INTERNATIONAL VETS & OPEN FUN RUNS and Barbecue,B.Y.O.
TWO BRIDGES,Alexandra Ave,6.30 races,\$2,spot prizes:7.30 BBQ.
DEC 9(Wed)EZ 10,000m "F" & "W2";3000m Women's Trophy,10:00-3000m/4:35 1500m qual.
10(Thu)EZ 10,000m"E" & "C",members only,ENTRIES CLOSE NOVEMBER 30.ALL EVENTS!!
11(Fri)EZ 10,000m "D" & "B", " " applies to F,E,D,C,B & A divisions,
12(Sat)EZ 10,000m"A" VMC members 29:30/14:20 qual;Non-members 29:00/14:00.
EZ 10,000m "W1" 38:00/18:00/11:00-3000m track qualifying.
"Rob deCastella"Trophy 3000m u.20 8:48/4:00-1500m qualifying.
"Wal Sheppard"Trophy MASTERS MILE 4:50/4:30-1500m qual. and other events.
13(Sun)"DAVID WARD"10k & 3k EMIL ZATOPEK FUN RUNS,Princes Park,9.00am. \$5;3k-\$3.
31(Thu)"RUNNERS WORLD" MIDNITE RUN 8k \$ 2k,TWO BRIDGES,Zero 1988.\$3.

1988

- JAN 17(Sun)4 laps(13km)Princes Park,8.00am(Melway Map29 G12)\$2.
20(Wed)10km TWO BRIDGES,6.30pm(Map44 B12)Alexandra Ave BBQ area.\$2;2k-\$1.
FEB 7(Sun)6laps(19km)Princes Park,8.00am(Map29 G12).\$2 & \$3;1 lap - \$1.
10(Wed)10km TWO BRIDGES,6.30pm(Map44 B12)Alexandra Ave BBQ area.\$2 & \$3;2k-\$1.
21(Sun)RICHMOND AC "CUBITT CLASSIC"10 Miles,Bartlett Res.,BURNLEY,8.00am(Map45 B12).
24(Wed)10km TWO BRIDGES,6.30pm(Map44 B12)Alexandra Ave BBQ area,\$2 & \$3;2k-\$1.
\*MAR 13(Sun)12km & 6km "QUEEN OF THE NORTH"runs,COBURG HARRIERS(Map18 A9)
20(Sun)12k & 4k "FALLEN COMRADES,DOMAIN 8.00am(Map43 K10)\$2 & \$3;4k - \$1.
APR 4(Mon)VMC 16km EASTER CHAMPIONSHIP Latrobe Uni,9.00.\$3 & \$4/3km Parent & Child 11am)
17(Sun)15k & 5k,ALBERT PARK,9.00am,\$3 & \$4;5k-\$2(Map57 J3). (Map19 H7)\$1 each )
MAY 29(Sun)VMC MARATHON CHAMPIONSHIP & 10k,FISHERMENS BEND,10am(Map56 H2)ENTRIES by MAY 16
\$6 members,\$8 non-members.After May 16 late fee \$15! 10km \$2,enter on day.
JUN 12(Sun)"DAVID WARD" HALF-MARATHON,Burnley 9.00am(Map45 B12)ENTRIES by MAY 30
\$4 members,\$5 non-members.After May 30 late fee \$12!
18(Sat)50 Miles AUSTRALIAN CHAMPIONSHIP(track),BOX HILL(Map47 C7)
19(Sun)50 Miles Road Qualifier,PRINCES PARK(Map29 G12).
\*JUL 2(Sat)VMC 20 or 25km,WERRIBEE SOUTH,12 noon(Map 201 H10)
24(Sun)VMC 10km WOMEN'S CHAMPIONSHIP,ALBERT PARK,9.00am,\$3 & \$4.5k-\$2.
AUG 28(Sun)VMC 32km COAST ROAD CHALLENGE & 4km,BRIGHTON BATHS,8.00am(Map67 C10)\$3,\$4;4k-\$1
SEP 17(Sat)30km & 15km KING & QUEEN OF THE MOUNTAIN.Point Leo,1.30pm(Map196 G2)\$3,\$4.
\*OCT 23(Sun)VMC "DAYLIGHT SAVING 10M". New venue to be notified.
NOV 2,16,30(Wed)VMC TWO BRIDGES RUNS.16 & 6/ 12 & 4/ 8 & 2km;6.30pm(Map44 B12).
DEC 11-17 E.Z.SERIES WEEK.

NOTE:Use Race Entry Forms ONLY where indicated! Other races entries on day,1/2 hour earlier.

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

SURNAME.....INITIALS.....CALL NAME.....
REG.NO.....CLUB.....
ADDRESS: No.....STREET.....
TOWN OR SUBURB.....POST CODE.....
TELEPHONE: HOME.....WORK.....
DATE OF BIRTH.../.../....MALE/FEMALE(delete inapplicable)
OCCUPATION.....I CAN HELP THE CLUB WITH.....
I CAN GO ON CLUB DUTY ROSTER 1).....2).....3).....
Check with dates on fixture list and give in order of preference 1,2 or 3.
CONTRIBUTE TO/DISTRIBUTE NEWSLETTERS.....DISTRIBUTE CLUB NOTICES.....
BILLET VISITOR(S).....HAVE ENDORSED DRIVERS LICENCE(Truck/Bus).....
HEREWITH \$12.....(Senior), \$6.....(Junior U-20) and SSAE for return of information.
Dated:.../.../.....SIGNATURE.....



VICTORIAN MARATHON CLUB  
MELBOURNE INC.  
598 High Street, East Kew 3102, Tel (03) 817 1033

WHAT IS THE V.M.C.

ABOUT ?

Australia's First Road Runners  
Founded 1946  
Affiliated to Vic Ath. Association

The VMC ROAD RUNNERS is a unique organisation within the world of athletics. It is a club which 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 approaches in competition, leaving it to the individual how much or how little pressure he/she wishes to apply.

The accent within the club is on enjoyment of running through whatever participants see as their own particular pleasure, thus achieving individually or jointly what they set out to do to their fullest personal satisfaction. 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 everyone's satisfaction. This mainly involves ensuring that runners do not lose their way, that everyone can find out his or her final place and time and how they compare with each other or their own previous performance.

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. Anyone can join the VMC RR at any of our events; if they wish to just have a run without becoming members, they may do so at a \$1 surcharge in the main race, except for special events.

These Special events: the VMC MARATHON, HALF-MARATHON, 50 MILER, EMIL ZATOPEK 10,000m SERIES and some other nominated events, because of their importance and the high degree of organisation, require EARLY PRE-RACE ENTRIES (2-3 weeks ahead or as advertised) and, in the case of the EMIL ZATOPEK SERIES, MEMBERSHIP AND TIME qualifications.

Variations in entry fees occur because of differing organisational costs, number and value of prizes, provision of refreshments and other facilities.

Basically, the VMC ROAD RUNNERS aim to keep organisational and technical details to the minimum essential to conducting their events satisfactorily for all. We like to stick to our Club Motto "WITH A MINIMUM OF FUSS"! We also aim to co-operate with all distance running organisations, local, regional and national.

MEMBERSHIP FEES are \$12 per year (senior), \$6 per year (Under 20), including insurance, and cover the Calendar Year. Your membership fee entitles you to receive our quarterly NEWSLETTER, carrying results, events ahead, information, articles and comments from our own members and other sources. Post the completed Membership Form (over leaf), together with correct fee, to the GENERAL SECRETARY, VMC ROAD RUNNERS, 598 High St, E. KEW 3102.

All Enquiries must be accompanied by a SSAE (Samped Self-Addressed Envelope) of maximum standard size (235mm x 120mm) for a reply and return of information.

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VMC NEWSLETTER is obtainable at most race fixtures as well as at:  
VAA OFFICE, Olympic Park No.1 ground, Swan Street, MELBOURNE 3002, 428 8195  
RUNNERS WORLD, 600 High St, E. KEW 3102, 8173503 / 340 Glenhuntly Rd, E WICK 523-8585  
ROCKY'S SPORTSPOWER, Cnr Warrigal Rd & Burwood H'way, BURWOOD, 288-8916