



VICTORIAN MARATHON CLUB.  
**NEWSLETTER**

WINTER 1988  
Vol.20 No.2

JUNE 1988  
Price \$ 2-

ISSN 1030-8717



MARATHON TIME IS HERE AGAIN !!

ABOVE: FISHERMENS BEND IN 1987

Registered by Australia Post  
Publication No.VBH 0488

RUNNING GROUPS. Any regular local running groups are invited to list where and when in our page. Send details to: VMC Office, 598 High St., E.KEW 3102.

The VMC gets numerous requests from our members for training advice and running contacts. Person to assist with your requests is FRED LESTER, VMC General Sec., an A.F.T.C.A. Accredited Coach Grade 2.

**NOTE:** A runner is any person who moves faster than their walking pace, for what purpose is immaterial !

**CONCERNING ALL WOMEN RUNNERS - REGULAR OR BEGINNERS:**

The V.M.C. has a Special Women's Task Force to assist in the development of Women's Distance Running, for mutual enjoyment, encouragement and good health. They are endeavouring to foster the development of locality groups for running and training together, for getting to know similar groups in different areas and to develop a positive and independent attitude in their pursuit of sport.

If you are having a problem in making contact with running groups or feel that you are not getting the satisfaction you are looking for, you can drop us a line for advice and assistance, together with a Stamped Self Addressed Envelope for a reply, to : 598 High Street, E. KEW 3102.

REGULA RUNNERS, GREENSBOROUGH is a Women's Running Group - all ages & abilities. Group meets on Wednesday 9.00am at Willinda Park, G'borough. Beginners welcome, child minding provided. Distances and routes vary weekly. A Thursday group meets 9.00am at the rear of Sports Fair in G'borough to run for 1 - 1.5 hours.

COBURG FUN RUNNERS. Meet for training at Harold Stevens Athletic Track, rear Basketball Stadium (Melway 18 A 9/10), Tuesday & Thursday 6.15pm. Fun runs most Sunday mornings 9.00am. Mail enquiries to 55 Woodlands Ave. PASCOE VALE 3044, or ring 386 9251.

PENINSULA ROAD RUNNERS. For people living in Mornington Peninsula area. Contact Kon Butko 787 1309; Ray & Mark Lewis 789 6109; Gordon Loughnan (059) 77 4892.

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

FERNY CREEK. Several groups meet at the cafe Mt. Dandenong Tourist & Mast Gully Roads corner (Melway 75 C 4) Sunday mornings from 8.00 to 9.00am for long runs, (13, 24, 27, 33km circuits) - with some oldtimers who still think in Miles - in magnificent bush surroundings, a combination of road and forest tracks. Back to the the cafe for breakfast and post mortems with the rest of the mob.

GARDINERS CREEK. Group meets near Blind Institute, opposite Kooyong Tennis Courts, 8.30am Sundays. Mixed standards, men & women.

CITY LOCATION. Diamond Valley & Melbourne Tri-Club, men & women. Contact Grant Fraser (B) 67 6193. Meet for run at Robs Restaurant, Albert Park, Tuesday 7.00pm.

**\* A WORD OF ADVICE \*** If you decide to run with any group, 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 nothing worse for a beginner than to be left behind after the first 500m and struggle on to run beyond what is sensible for his/her level of fitness. If in doubt, start by running with the slowest group available available. CONVERSELY, regular members of any group need to be aware of newcomers and assist them to find their most suitable level within the group.

Among the most swappable garments around the running scene.

VMC LOGO T-SHIRTS & SINGLETS, are available at \$8 each, plus \$1 pack & post. Send order with correct money to VMC Office (address above), or buy at our runs.

Also 1986 ZATOPEK T-shirts, sizes 20,22,24 only, at special price of \$5.

**PRE-RACE ENTRY FORMS:** Your attention is drawn to the CORRECT USE of the **PRE-RACE ENTRY FORMS** as below. They are to be used only for races on our fixture list which specifically ask for entries to be sent prior to race day and when **SPECIAL RACE ENTRY FORMS ARE NOT AVAILABLE.**

**DO NOT** submit such forms and moneys beforehand for ordinary races where no such requirement is asked for, it would only create confusion and extra work !!

These are the races requiring Pre-Entry: (Check for more details on Fixture List)

JUNE 12 (Sun) VMC "DAVID WARD FINANCIAL SERVICES / NATIONAL MUTUAL" HALF-MARATHON

JUNE 18 (Sat) VMC "HI-TEC SPORTS" 50 MILES AUSTRALIAN CHAMPIONSHIP (Track).  
19 (Sun) VMC "HI-TEC SPORTS" 50 MILES ROAD CHAMPIONSHIP.

JULY 17 (Sun) VMC "SPORTSCRAFT QUEEN OF THE LAKE" WOMEN'S 10km.

AUG 28 (Sun) VMC "COAST ROAD CHALLENGE" 32.2km.

DEC 12-15 VMC "EMIL ZATOPEK" 10,000M SERIES AND ASSOCIATED EVENTS.

IT IS MOST IMPORTANT that all enquiries, entries and membership applications are filled in properly and accompanied by A STAMPED SELF ADDRESSED ENVELOPE as requested as it becomes most time-consuming, apart from the additional cost, and prevents the office staff from devoting sufficient time towards urgent organisational tasks.

It is in the interest of all runners and members to minimise routine matters so that the Club can function efficiently and to the satisfaction of all concerned.

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**MAIL RACE ENTRY FORM-VICTORIAN MARATHON CLUB MELBOURNE INC.-598 High St. E.KEW 3102.**

ONLY for races SHOWING CLOSING DATES on VMC Fixture List!! Use BLOCK LETTERS Please !

Other Races enter ON DAY at venue 30mins prior to Start Time.

PLEASE ENTER ME FOR THE FOLLOOWING RACE .....

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

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

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

BEST TIME(last 3 years, nearest distance) ..... DATE OF SAME ....//....//.....

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

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

CORRECT AMOUNT ENCLOSED \$ .....

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

NOW TURN OVER AND SIGN DECLARATION AT BACK after checking correctness of above form. Don't forget to enclose Stamped Self Addressed Envelope (230mm x 120mm , same size as VMC Newsletter Envelope) for return of race information with cheque or money order payable to VMC.

NOTE: Any additional copies of this Entry Form must also carry the declaration on the reverse side, or cannot be accepted.

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DECLARATION.

1. I, the undersigned, in consideration of and as condition of acceptance of my entry in the VICTORIAN MARATHON CLUB MELBOURNE INC event named on this Entry Form, for myself, my heirs, executors and administrators hereby waive all and 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)

A CLUB FUNCTIONS AS WELL AS ITS MEMBERS WILL MAKE IT.

As many of our readers will recognise, the V.M.C. has been functioning more or less satisfactorily since its inception, but there have been weaknesses from time to time which prevented the Club from reaching out further due to a lack of consistent support from its rank and file members to maintain a more even quality in organisation and conduct of its affairs.

The one weakness which is probably the easiest to remedy is to ensure that your key people are given more time to attend to organisation, promotion and publicity, rather than being over-loaded with routine matters which can easily be carried out by each member with very little effort.

I am referring to such a small matter as filling out membership forms and race entry forms correctly as asked for and make sure that it is accompanied by the Stamped Self Addressed Envelope of maximum postal standard size.

This is a matter of 10 to 15 minutes only for each member, but when you multiply that by just 60 (we have over 600 members), it means 10 to 15 hours that your Secretary, Membership Director or Race Director cannot devote to activities of greater benefit to the Club.

Everyone realises that it is sometimes difficult to make a decision at the beginning of the year when completing the membership form, which days one may be available to take a turn at assisting to conduct one of our races. However, there is nothing to prevent anyone from letting us know a few weeks later or even simply coming along when he or she does not intend to race for whatever reason.

It is a matter of being aware that everyone's time is as valuable as our own and that we need to co-operate in making our Club work for us.

We are short of help in a number of directions where we would like to improve and expand the activities of the Club to give better service to our members and the community as a whole.

We would welcome members who can make themselves available for a couple of hours during the day to assist in our office at East Kew.

We would like to hear from members who have an interest in Publicity, Promotion, Race organisation, Statistics, Fund raising, etc.

This does not imply that anyone prepared to assist in any aspect of Club activities needs to be a member of the Committee or will be committed to attending extra meetings. Rather is it the Club's objective to establish working groups in various activities vital to Club life.

The objectives of the VMC are the development of participation in distance running as a healthy and enjoyable outdoor experience, as a relief from daily cares and pressures, as a means of developing one's ability to the extent of one's own choosing and without expectations by anyone else. This may be for any one of a multitude of reasons for anyone participating, doing it together we can help each other.

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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 1.5 pages of of A4 sheets, ideally less than 1 page. Articles 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 printing schedules.

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INTERSTATE LINES OF COMMUNICATIONS.

	Tu,We,Th 12-2pm
VICTORIAN MARATHON CLUB MELBOURNE INC. 598 High St E.KEW 3102	(03) 817-1033
AAU: Rick PANNELL, P.O.Box 254, MOONEE PONDS 3039	(03) 370-7555
NSW AA: Clive LEE, P.O.Box N101, Grosvenor St, SYDNEY 2001	(02) 241-3538
VAA: Greg MASON, Olympic Park No.1, Swan St, MELBOURNE 3002	(03)428 8195/8049
QAA: Reg BRANDIS, QE2 Stadium, Kessels Rd, NATHAN 4111	(07) 343-5653
AA-SA: Kath EDWARDS, P.O.Box 57, KENSINGTON PARK 5068	(08) 332-8352
AA-WA: Tony RICE, P.O.Box 208, WEMBLEY 6014	(09) 387-5599
AAA-TAS: Noel RUDDOCK, 10 Reynolds Court, DYNNRYNE 7005	(002) 23-1976
ACT AA:Bill BAILEY,P.O.Box 351, BELCONNEN 2616	(062) 47-4171 H
NT AA: Anne GENDERS, 1 Brookes Pl, MILLNER 5792	(089) 81-4833 H
VIC VETS: Peter COLTHUP, 14 Bakers Rd, N. DANDENONG 3175	(03) 795-1169
SYDNEY STRIDERS: Phil CALDWELL, P.O.Box N110,Grosvenor St 2001	(02) 427 6350
Q'ld MAR & RR CLUB: Andrew SEMPLE,P.O.Box 192, EVERTON PARK 4053	
SA RRC: Marilyn DAVIS,1 Sturt St, G.P.O.Box 591, ADELAIDE 5001	(08) 212-6115
WA MAR CLUB: P.O.Box 260, MT LAWLEY 6050	
ACT CC CLUB: Dave CUNDY, 33 Lawrence Cres,P.O.Box 144,KAMBAH 2902	(062) 3i-8422 H
A.I.S.: P.O.Box 176, BELCONNEN 2616	(062) 52-1111

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VICTORIAN VENUES

Melway Ref. Map

<u>OLYMPIC PARK</u> : Swan St & Batman Av, Trams Princes Bridge, Trains Richmond	44 B 11
<u>TWO BRIDGES</u> : Alexandra Av, opp. Botanic Gardens, near Morell Bridge	44 B 12
<u>ALBERT PARK</u> : Robinson Hall (Walkers) rear Basketball Stad., facing lake	57 J 3
<u>PRINCES PARK</u> : Walker St. Pavilion, near Carlton FG, Royal Pde, trams pass	29 G 12
<u>BURNLEY BOULEVARD</u> : K.Bartlett Res.,rear Burnley Hort.Coll.,Swan St.R'MOND	45 B 12
<u>POINT LEO</u> : 200m up from Pt.Leo Beach turn-off, Flinders-Hastings Road	196 G 2
<u>FISHERMENS BEND COM. YOUTH CENTRE</u> : Opp. Bus Terminus & Shops,GARDEN CITY	56 H 2
<u>DOMAIN</u> : Birdwood Av, rear Shrine of Remembrance, 1.5km up St.Kilda Rd	43 K 12
<u>LATROBE UNIV</u> : Car Park 6, off Ring Road, 500m east Waterdale Rd entrance	19 H 7
<u>WERRIBEE Sth</u> : Price Reserve Map 209 G 11 /South of St. Mary's RC School	201 H 10
<u>WESTERFOLDS PARK</u> :Porter St,T'STOWE 33 E 1/2£££ <u>BUNDOORA PARK</u> :Plenty Road	19 F 4
<u>BRIMBANK PARK</u> :South of Keilor Park, enter from Calder H'way/Cemetery Rd	15 B 8
<u>DEVIL BEND RESERVOIR</u> : Graydens Rd, MOOROODUC	152 J 3
<u>COBURG TRACK</u> : Outlook Rd,off Murray Rd, rear Basketball Stadium	18 A 10
<u>COLLINGWOOD TR</u> :Heidelberg Rd,CLIFTON HILL; Crosscountry Course opposite	30 G 12
<u>DONCASTER TR</u> :George St.33 J 11 £££ <u>BOX HILL TR</u> : Elgar Rd/Barwon St	47 C 7
<u>CROYDON TR</u> :Norton Rd 50 K 4 £££ <u>NUNAWADING TR</u> :Burwood H'way,E.B'WOOD	62 B 7
<u>MURRUMBEENA TRACK</u> :North & M'beena Rds 68 K 9 £££ <u>MENTONE TRACK</u> : Second St	87 B 7
<u>FRANKSTON TR</u> :Ballam Park 103 B 4 £££ <u>SANDRINGHAM TR</u> :Thomas St,HAMPTON	76 K 6
<u>SPRINGVALE TR</u> :Ross Res.NOBLE PARK 80 E 12 £££ <u>KNOX TR</u> :Rushdale St.SCOREBY	73 D 7
<u>ABERFELDIE TR</u> :Corio St.ESSSENDON 28 D 6 £££ <u>MELB.UNIV.TR</u> : Top of 75A/ 2B D5/ 43 G3	

This page is a SPECIAL SERVICE to all runners to facilitate their contacting other athletic organisations at home and interstate. All interstate addresses receive VMC NEWSLETTERS and are invited 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 12km FALLEN COMRADES. DOMAIN. 20-3-1988. Fine, sunny, cool early. 60 Starters.**

1.Peter NOORDHOFF 31	38:55	20.John McBRIDE 38	47:23	39.Harry WATTS 42	51:42
2.Graeme SMITH 32	38:59	21.Michael AUST 28	47:26	40.Jim McGOVERN 35	52:36
3.George EDMONDS 35	39:35	22.John RASKAS 40	47:44	41.Jack ROSENDALE 47	52:59
4.Martin STOCK 31	39:39	*23.Kevin HADINGHAM 39	47:48	42.Michael BONE 51	54:27
5.Andy COCHRANE	39:52	24.Ken MUNRO 56	47:56	43.Peter WILLS 30	54:55
6.Lew HARVEY 38	39:53	25.Barry SAWYER 54	48:02	44.Scott BIRNIE 42	55:13
7.Tarquin OEHR 37	40:57	26.Gerry RILEY 57	48:22	45.Bernie GOGGIN 50	55:28
8.Edward WHITE 34	41:48	27.Andy MOORE 29	48:23	*46.Peter GROMOTKA 48	56:14
9.Peter LE BUSQUE 28	42:54	28.Barry DOBYN 49	49:07	47.Hans ZIERKE 42	56:28
10.Jason BETHERAS 18	42:57	29.Kielely NACAID 25	49:25	48.Graham ARCHER 42	58:22
11.Joan LOGAN 31W	43:29	30.Abdul AL HAULI	49:30	49.Helen vdnAGEL 31W	59:23
12.Phil MARRIOTT 32 W/C	43:43	31.Barry WATSON 52	49:30	50.Gill ROBERTSON 26W	62:15
13.Greg ANNAN 33	44:02	32.Robert ANDREW 28	49:33	51.Chris GRIFFITHS 39W	62:29
14.John GRANT 33	44:31	33.Tom FAIR 45	49:35	52.Bill McGLAULIN 35	65:56
15.Sunirmal SYMONS 28	44:48	34.Col JERRAM 43	49:59	53.Jean SHAW 57W	71:53
16.Terry STOKES 33	46:12	35.David WOOLLARD 19	50:27	54.Joan JERRAM 41W	74:10
17.Mark FOLEY 23	46:29	36.Peter GAVIN 39	50:29	55.Les CATIONS 30	76:54
18.Ian GAINNEY 35 W/C	46:42	37.Carolyn IMLACH 25	51:13	56.Merv BECKETT 57	77:19
19.Ray POWLEY 31	46:52	38.Noel McCRAE 58	51:33	* = Lucky Spots	

**VMC 4km FALLEN COMRADES, DOMAIN, 20-3-1988. 10 Starters.**

1.Andrew CUTHBERTSON 31	13:17	5.Greg HADINGHAM 13	17:04	9.Fiona CORR 14W	22:54
2.Andrew HOLMES 32	13:22	6.Vicky THOMPSON 42	19:53	10.Anne JERRAM 16W	26:18
3.George TURNER 42	15:26	7.Cathryn MARTINSON 27W	21:13		
4.George CORR 47	15:32	8.Geoff RATHBONE 29	21:14		

Race Manager FRED LESTER was assisted by FRITZ FENNING & Daughter, PETER McDONALD, PETER SHONE, JIM DUGGAN, VICKI THOMPSON, VIN O'BRIEN, ROD ALAQUA, STEVE TELEKI, MAUREEN RILEY and GORDON STEPHEN. Thank you all !

**VMC 10km TWO BRIDGES. 20-1-1988. Overcast, light wind. 100 Starters.**

1.LEW HARVEY 38	32:44	32.HARRY WATTS 42	39:42	63.KEVIN BROWNE 51	43:20
2.KEITH WASHINGTON 29	33:16	33. ?? McMILLAN 30	39:50	64.IAN McKAY 42	43:30
3.GREG MANDILE 26	33:36	34.KEN ALLENDER 38	39:52	65.ROD WILSON 34	43:35
4.TRAQUIN OEHR 36	34:01	35.FRANK LYNCH 40	39:54	66.RICK BLISZCZYK 29	43:42
5.THOMAS LANE 33	34:22	36.ROB ANDREW 28	39:55	67.GERRY SMITH 36	43:53
6.A EDWARDS 28	34:25	37.GORDON KEENAN 47	40:04	68.PAUL DAVIS 38	44:08
7.STEVE McMAHON 21	36:30	38.J CHAPMAN 39	40:08	69.M DUFF 27	44:12
8.KEL COX 38	36:39	39.STUART BAKER 35	40:28	70.G ROBERTSON 26	44:12
9.GREG ANNAN 32	36:44	40.BILL O'GRADY 44	40:34	71.GRAEME HORSKINS	49 44:30
10.STEVE REID 19	36:49	41.MIKE CVETANOVIC 31	40:43	72.BRIAN HAWLEY 43	44:38
11.MIKE BEVAN 37	37:04	42.JOHN BURTON 38	40:47	73.NANETTE GAGE 46W	45:00
12.G HEWITT 42	37:10	43.DANA LINDSLEY 27W	40:49	74.BOB NEWBOLD 46	45:38
13.JENNIE DOWIE 28W	37:15	44.GEOFF WILSON 30	40:49	75.BARBARA FAY 46W	45:43
14.TOM REMFRY 16	37:59	45.JOHN MORRIS 46	40:52	76.?? CARTWRIGHT 34	45:57
15.NICK BYRON 27	38:00	46.?? SMILEY 26	41:07	77.ASHLEY BRYGEL 20	46:13
16.IAN DIXON 38	38:01	47.SUE HANCOCK 37W	41:14	78.G DICKSON 38	46:19
17.ANDREW BURGESS 21	38:07	48.?? BRESLIN 32	41:21	79.MARK WATERS 20	46:23
18.ELIAS SAHELY 33	38:20	49.MARTIN GERAGHTY 18	41:25	80.ROBIN McKEAND 34	46:36
19.KEN FRASER 52	38:22	50.MIKE DOMINGUEZ 41	41:38	81.B HAYMAN 21	46:43
20.MAX BALCHIN 44	38:28	51.A DOWNS 29	41:43	82.HELEN vdnAGEL 31W	47:04
21.KEVIN HADINGHAM 39	38:33	52.GEOFF PARK 44	41:58	83.DAVID JONES 50	47:05
22.MARK BONACCURSO 30	38:34	53.WARWICK ERWIN 27	42:29	84.DAVID WARREN 20	47:59
23.KEN EMERY 40	38:48	54.LIZ HONE 20W	42:35	85.JOHN BENCZE 55	48:22
24.MIKE GRAYLING 31	39:05	55.PETER HONE 51	42:35	86.KEN RATTRAY 49	48:47
25.N PILLING 28	39:09	56.?? LINDSAY 29	42:35	87.BILL WALSH 48	48:47
26.ANDY MOORE 35	39:16	57.ANN ZIOGOS 31W	42:44	88.?? PETROVICH 31	49:10
27.BRENDAN SCHWAB 19	39:16	58.D ASHTON 41	42:59	89.FRED BRUNER 26	49:12
28.T. KING 39	39:20	59.RICHARD TODD 40	43:09	90.RITA RAIZIS 27W	51:33
29.DOUG SANDERFORD 30	39:24	60.MADEL.MALONEY ??W	43:15	91.// FREEDMAN 38	52:20
30.IAN PIGGIN 43	39:29	61.SHARON DESAILLY 31W	43:16	92.BILL GEORGE 42	55:37
31.AUSTIN PATTERSON 35	39:41	62.RICK PEMBERTON 35	43:20		

**VMC 2km TWO BRIDGES. 20-1-1988. 6 STARTERS.**

1.TONY HARPER 28	6:43	3.KERRYLEE HORSKINS 14	7:51	5.LAJOS MOLNAR 9	8:58
2.BRIAN RANKIN 25	7:13	4.GREG HADINGHAM 12	7:57	6.GYORGY MOLNAR 11	11:51

**MARATHONS**

S.A.: AUG 28 - TORRENS DISCOVERY. Also 10/15/21.1/30km (P.O.Box 279 GLENELG 5045)  
**INTERNATIONAL** AUG 13 HELSINKI; AUG 21 BOLTON(ENG) / JAKARTA; SEP 4 PENANG / GLASGOW  
 SEP 25 MEXICO; SEP 26 PORTLAND(US); OCT 9 BERLIN / BEIJING; NOV 6 NEW YORK  
 NOV 13 TOKYO WOMEN'S; NOV 30 TIBERIAS (ISR); DEC 4 FUKUOKA; DEC 11 HONOLULU  
 Intending competitors are advised to check for changes.

**VMC 10km TWO BRIDGES. 24-2-1988** Fine, warm. 59 Starters.

1. Jeff SHARAM 28	32:30	19. Tony KING 39	39:09	37. Richard TODD 40	42:47
2. Joe CHAWKE 22	32:42	20. Gordon KEENAN 47	39:15	38. Tony LATIMER 40	43:29
3. Greg MORGAN 38	33:38	21. Michael GRAYLING 31	39:15	39. Jim McGOVERN 34	43:42
4. Mark SEYMOUR 31	33:49	22. Tony GUTTMANN 42	39:15	40. Warwick ERWIN 27	44:14
5. Tarquin OEHR 36	34:12	23. Michael AUST 28	39:18	41. Graeme HORSKINS 49	44:30
6. Manuel ZACHARIAS 30	36:16	24. Phil KELLY 30	39:47	42. Colin HOCKLEY 43	44:39
7. Elias ZAHELY 33	37:00	25. Ken MUNRO 56	39:55	43. Phei GOLDENBERG 42	44:39
8. Peter JACKSON 40	37:23	26. Jim DUGGAN 45	39:58	44. Kieley nacard 25	46:49
9. Peter RISK 31	37:32	27. Alistair BOWDEN 24	40:52	45. Peter GROMOTICA 48	46:52
10. Chris PUGH 22	37:36	28. Steve AVEYARD 30	41:21	46. Chris HUGHES 41	47:04
11. Nick BYRON 27	37:39	29. Geoff PARK 45	41:23	47. John KING 38	47:12
12. Ian DIXON 38	37:46	30. Peter GAVIN 38	41:41	48. Dave HENDRIE 38	47:12
13. Max BALCHIN 44	37:52	31. Wayne ABRAHAM 28	42:14	49. Robert HANSEN 26	48:52
14. Marc COLLISTER 28	37:53	32. Arthur ADAMS 46	42:15	50. John HERBERT 47	49:43
15. Mike BEVAN 37	38:23	33. John NEVE 34	42:20	51. Rohan DUNCAN 18	51:33
16. Craig McGARRY 25	38:45	34. Peter RICHARDSON 29	42:22	52. Geoff HILL 41	51:33
17. Andrew BURGESS 21	38:47	35. Peretz SHAND 16	42:26	53. Emil ZYHAJLO 41	51:57
18. Barry MOORE 38	38:58	36. George TURNER 42	42:42	54. Peter GRIFFITHS 30	51:57

**VMC 2km TWO BRIDGES. 24-2-1988. 7 Starters.**

1. Andrew HOLMES 32	6:18	4. Kerrilee HORSKINS 14W	7:58	7. John BENCZE 55	12:31
2. Maureen MATTHEWS 18W	6:35	5. Sue COLLISTER 27W	10:38		
3. Ken FRASER 52	6:59	6. Karola BENCZE 59W	12:31		

Race Manager MAL COTHER was assisted by PHYLLIS & JOHN GOSBELL, SUE COLLISTER, MARK CONNOLLY FRED LESTER, MIKE O'DONNELL, JOHN PILKINGTON and VIN MARTIN. Thank you all !!

**VMC "RUNNERS WORLD" MIDNITE RUN. 31-12-1987. TWO BRIDGES. Cool, damp. 100 Starters.**

1. Dean LIVINGSTONE 18	25:24	34. Daryl SEGRAVE 29	31:10	67. Tom DONOVAN 56	36:05
2. Scott SLOANE 30	25:50	35. Sid DELLER 51	31:18	68. Kevin CASSIDY 27	36:20
3. Ian CORNTHWAITE 25	25:54	36. Ian DENOVAN 47	31:19	69. Russell BOURKE 39	36:29
4. Phil MASON 16	26:04	37. Tony GIROLANI 28	31:41	70. Doug ORR 64	36:51
5. Andrew THOMAS 28	26:11	38. Brian SEGRAVE 22	31:48	71. Shirley YOUNG 58W	37:00
6. A. STYANT-BROWNE 41	26:29	39. Annette PELGRIM 33W	31:49	72. Peter DAWSON 32	37:17
7. Cameron HAYES 18	26:48	40. Mike GRAYLING 31	31:50	73. Cynthia CAMERON 45W	37:22
8. Cameron WYATT 24	27:14	41. Tim HANNAN 28	31:59	74. David HERBERT 47	37:22
9. Tom GORRINGE 38	27:20	42. Trevor JUPP 47	32:13	75. Jeff SUMMERS 43	37:30
10. Tom KERR 43	27:58	43. David STAVELY 28	32:14	76. Margaret PAWLIK 32	37:34
11. Peter STEWART 26	28:25	44. Roger SAKER 39	32:16	77. Mal OWEN 49	37:51
12. Brendan PEEL 20	28:58	45. Graeme McKIMMIE 40	32:18	78. Jack PILGRIM 55	38:39
13. Rob PAUL 49	29:02	46. Richard BATHMAN 18	32:37	79. Linda GALE 30W	38:47
14. Keith BOYLE 36	29:11	47. Lawrie GLOVER 33	32:41	80. David FINLAY 44	38:57
15. Trevor VINCENT 49	29:21	48. John STAUNTON 32	32:42	81. Sharon SAYERS 17	38:58
16. Wayne THOMPSON 35	29:45	49. Gordon STEPHEN 34	33:10	82. Bernie LAFFEY 59	39:11
17. Harvey SCOTT 28	29:48	50. Ray BLANCHFIELD 44	33:13	83. Mark HAWKEN 32	39:36
18. Greg O'DONOVAN 31	29:49	51. Gerry RILEY 57	33:21	84. Joy HAWKEN 29W	39:36
19. Doug PETROFF 46	30:05	52. John MARSHALL 48	33:24	85. Gay WARREN 29W	39:42
20. Peter MALUREK 24	30:10	53. Ian STANSFIELD 44	33:30	86. Sandra M-HILL 34W	40:11
21. Garry GALE 32	30:15	54. Gaye GEORGE 33W	33:43	87. Colin NASH 43	40:54
22. Frank FOGARTY 32	30:28	55. Ryan GOOK 15	33:53	88. Noela MARSHALL 46W	41:18
23. George TELFORD 28	30:30	56. Mike HOARE 52	34:04	89. Peter TREVENA 22	41:32
24. Greg SANDERSON 39	30:30	57. Bob SAYERS 45	34:09	90. Phyllis GOSBELL 49W	41:36
25. Steve GORDON 26	30:33	58. Oliver KYSELA 14	34:12	91. John HAYES 40	41:40
26. Alan IRWIN 46	30:41	59. Roger PEVERILL 29	34:18	92. Oliver ST-BROWNE 12	42:03
27. Ron YOUNG 56	30:46	60. Lisa KENNEDY 24W	34:47	93. Julie JAMES 41	43:21
28. Alan ROWAN 24	30:50	61. Phei GOLDENBERG 41	34:49	94. Trevor MEAD 15	44:36
29. John GOSBELL 49	30:52	62. David KITT 41	34:57	95. Simone SAYERS 25W	44:47
30. Peter MADDIGAN 45	31:01	63. Zack MESARITIS 31	35:24	96. Neil ROBINSON 16	44:51
31. Jim GOOK 49	31:02	64. John KERR 58	35:38	97. Sandra KERR 42W	49:14
32. Tony KING 39	31:04	65. Stanley WENHOLZ 36	35:53	98. Ann CALLAGHAN 50W	49:14
33. Doug HOPKINS 28	31:07	66. Peter BLACK 42	36:03	99. Ray CALLAGHAN 54	49:15

**VMC "RUNNERS WORLD MIDNITE RUN" 2km TWO BRIDGES. 31-12-1987 27 Starters.**

1. Paul MARR 23	6:19	10. Carl SLATTERY 12	8:49	19. Marg GORRINGE 38W	12:22
2. Wayne CHRISTOPHER 33	6:45	11. Susan STEPHENS 13W	9:33	20. Rita KERR 38W	13:07
3. Jason BARRY 14	6:59	12. Cath MARTINSON 27W	10:17	21. Jane HAYES 38W	14:39
4. Peretz SHAND 16	7:01	13. Ken MATCHETT 66	11:40	22. Maye SLATTERY 6	14:39
5. Selwyn GEORGE 33	7:18	14. Alan THOMSON 41	11:44	23. Brian HINTON 40	14:39
6. Russell BULMAN 32	7:30	15. Rodney THOMSON 14	11:45	24. Olwen COLINSON 48	17:36
7. Serena PETERS 13W	8:10	16. Judy THOMSON 36W	11:46	25. Sophie MADDIGAN 41W	17:36
8. Judy PETERS 44W	8:36	17. Rebecca BLACK 12W	12:06	26. David CALLEJA 24	2 laps
9. Gavin BLACK 9	8:36	18. Melva BLACK 40W	12:19	27. Jos MULLALY 21W	2 laps

Race Manager NEIL RYAN was assisted by JOHN BRUNTON, MAL COTHER, FRANK BRENNAN and some last-minute volunteers, who braved the early rain which, luckily, eased just before the start and stopped soon after. However the wet sheets delayed publication of results.

**VMC 16km EASTER CHAMPIONSHIP, 4-4-1988 LATROBE CAMPUS.** Mild, cloudy. 103 Starters.

01. Tony BIRD 37	53:01	33. Graeme LETICQ 33	64:39	65. Jim McGOVERN 35	72:22
02. Peter NOORDHOFF 31	54:04	34. Les BRADD 36	65:06	66. Barry PALMER 45	72:25
03. Craig WARE 19	54:31	35. Gary SIMMONDS 40	65:36	67. Graeme CROWLEY 46	72:32
04. David GIBNEY 24	54:55	36. Peter GAVIN 39	65:56	68. John CUNNINGHAM 43	73:11
05. Allan LONG 31	55:50	37. Mike O'DONNELL 31	65:58	69. Charles OLSEN 43	73:42
06. Paul GIBNEY 29	56:11	38. Ken MUNRO 56	66:49	70. Mike KENNEDY 34	73:43
07. Terry WILSON 43	56:32	39. John GOSBELL 49	66:55	71. Kevin CASSIDY 27	74:00
08. Mark PURVIS 30	56:53	40. John RASKAS 40	67:16	72. Bob BENNETT 24	74:09
09. John PHILLPOTTS 39	57:08	41. Doug WHEELER 29	67:19	73. cott BENNETT 24	74:14
10. Rayphe COLLINS 29 ?	57:51?	42. Robert ANDREW 28	67:30	74. Ken CHALMERS 35	74:15
11. Greg MANDILE 26	58:24	43. Jim WOLSTENCROFT 33	67:31	75. Santo CONSOLINO 47	75:27
12. Phil MOSES 21	59:16	44. Harry WATTS 42	67:34	76. Dennis ARDLEY 41	75:50
13. Mario CORDEDA 28	59:27	45. David ELLIOT 38	67:43	77. Bernie GOGGIN 50	76:01
14. Reg MARTIN 33	59:47	46. John PATON 39	67:53	78. Harry HOPKINS 32	76:29
15. Geoff WHEELER 31	60:06	47. Gerry RILEY 57	68:05	79. Pauline KEENAN 20W	76:45
16. Peter JACKSON 40	60:28	48. Andrew TUNNE 29	68:19	80. Ross ANDERSON 50	78:21
17. Rob SUTTON 26	60:33	49. Gerry GIBNEY 58	68:34	81. Ray WALKER 64	78:45
18. Phillip MARRIOTT 32	60:46	50. Peter BLACK 42	69:15	82. Neville FARMER 46	78:46
19. Robert BROWN 32	60:48	51. John MORRIS 46	69:19	83. Tim SPURDENS 45	78:52
20. Lawrence GLOVER 33	61:00	52. Merv LARTER 44	69:20	84. Brian TOOMEY 48	81:54
21. Andrew CLARKSON 25	61:32	53. Paul DODD 16	69:26	85. Sam PERRY 37	83:21
22. Richard HEDDING 28	62:02	54. Trevor WESTERMAN 42	69:59	86. Marg BURROUGHS 44W	84:44
23. Stephen POYSER 29	62:14	55. Glenys JARDINE 31W	70:02	87. Norman FALKINER 44	86:37
24. Jon HOLMES 36	62:21	56. John JARDINE 41	70:02	88. Gordon BURROWES 55	86:37
25. Mal BROWN 47	62:27	57. David SKIPWORTH 48	70:07	89. Phyllis GOSBELL 49W	88:50
26. Peter SLATTER 43	62:48	58. Barry WATSON 52	70:43	90. Rikki BEWLEY 41W	96:44
27. Steve FAHEY 25	63:00	59. Col JERRAM 44	70:53	91. Jean SHAW 57W	97:53
28. Terry CHESSELLS 36	63:47	60. Mike LETCH 39 W/C	71:23	92. Joan JERRAM 41W	98:24
29. Mark FOLEY 23	64:01	61. John BUCKINGHAM 43	71:25	93. Stan KOFOED 40 ?	102:18?
30. Barry SAWYER 54	64:10	62. Bill NOONAN 45	71:47	94. Mervyn BECKETT 57	103:13
31. Adrian VALLANCE 36	64:15	63. Doug STOKES 35	71:47	? R. Collins & S. Kofoed not ?	
32. Peter DUGGAN 47	64:17	64. Alan BURGOYNE 73	72:20	listed as entered and paid up!	

These runners are requested to remedy this oversight or they will be regarded as runners in bad standing.

**VMC EASTER FAMILY RUN, 3.1km.** 4-4-1988, Latrobe Campus. Mild and sunny. 54 Starters.

01. David EVANS 18 Ind	9:40	19. Simon FAIR 12S	14:26	37. Daniel BRADD 8S	20:38
02. Bruce PETERS 48F	10:39	20. Tom FAIR 46F	14:27	38. Sean LANDER 7S	21:03
03. Ryan GOOK 15S	11:16	21. Kath GIBNEY 12 Ind	15:17	39. Julia HOLMES 6D	21:13
04. Jim GOOK 49F	11:19	22. Margaret CASSIDY 44M	15:38	40. Janet HOLMES 34M	21:13
05. Kevin HADDINGHAM 39F	11:27	23. Tamie SODOLI 11D	15:39	41. Steven MILLS 5S	21:25
06. Peter MADDIGAN 45F	11:35	24. Kevin CASSIDY 27S	15:39	42. Kerrie MORE 8D	21:40
07. George CORR 47F	12:04	25. Karin SODOLI 40M	16:16	43. Bruce MORE 40F	21:40
08. Greg HADDINGHAM 13S	12:33	26. Carly PHILLPOTTS 14D	16:45	44. Mia WHITEOAK 9D	22:16
09. Paul MADDIGAN 19	12:37	27. Fiona CORR 14D	17:02	45. Mick WHITEOAK 43F	22:17
10. Serena PETERS 13D	12:48	28. Rebekah BLACK 12D	17:10	46. Matthew McGOVERN 5S	22:34
11. Rachel GIBNEY 15D	13:10	29. Peter BLACK 42F	17:10	47. Jim McGOVERN 35F	22:34
12. Gilbert DAVIES 9S	13:19	30. Melva BLACK 40M	17:20	48. Diane WILSON 37M	22:41
13. Gil DAVIES 46F	13:36	31. Col JERRAM 44F	17:29	49. Tineke WILSON 6D	22:41
14. Jay PHILLPOTTS 8S	13:49	32. Anne JERRAM 16D	17:30	50. Hanna MILLS 6D	23:33
15. Judy PETERS 45 Ind	13:56	33. Beverley GIBNEY 56M	17:45	51. Les BRADD 36F	23:33
16. Scott POWELL 10 Ind	14:04	34. Julian SIMMONDS 9S	18:45	52. Kane LANDER	26:53
17. Steve SALMON 11 Ind	14:06	35. Gary SIMMONDS 40F	18:45	53. Kevin MILLS 33F	26:53
18. Gavin BLACK 9S	14:19	36. Bianca WHITEOAK 11D	20:36	54. ?? ??	26:57

Race Manager FRED LESTER was assisted by JIM GOOK, GEORGE & FIONA CORR, PHIL BOWES, MERV LARTER, JIM WOLSTENCROFT, GERRY RILEY, FAMILY BLACK and a heap of young helpers who kept the runners refreshed at the water station. You did a great job!!

Not so good was the 'Easter Bunny' (called Fred we believe) who had left the eggs in the nest. He was spoken to severely and promises to make up for it. He better !!

**CANBERRA MAR. RESULTS MEN:** 1. G. BARRETT 2:15:07; 2. C. NEAVE 2:18:27;  
 3. B. MORGAN(N) 2:24:26; 4. DAMIEN COOK(V) 2:25:06; 5. BERNIE KELLY(V) 2:26:08;  
 6. I. KENT(Q) 2:29:17; 7. A. MURRAY (1 40+) 2:29:50; 8. G. NICHOLSON(N) 2:31:49;  
 9. T. LUYENDYK 2:32:46; 10. MATTHEW KEMP(V) 2:43:48.  
**WOMEN:** 1. A. McNEILL 2:48:18; 2. M. JUSTIN(Mau) 2:48:41; 3. C. STEFFEN 2:48:59;  
 4. L. WALTON(N) 3:02:24; 5. M. LIPU(PNG) 3:11:11; 6. J. KRISTENSEN(N, 1 40+) 3:15:48;  
 7. M. SILVER 3:16:48; 8. J. SUTTON(N) 3:18:01; 9. M. O'DONOVAN(N) 3:18:50; 10. I. FREAN 3:21

BIG APPLE NISSAN BICENTENNIAL 48/24 hour ULTRA TRACK RUNS-JANUARY 1988.

OFFICIAL RESULTS - BIG APPLE NISSAN BICENTENNIAL 48/24 HOUR

ULTRA TRACKRUNS, 23rd - 25th JANUARY 1988

SPLITS

	<u>48 HOUR RACE</u>	<u>KM</u>	<u>50 KM</u>	<u>100 KM</u>	<u>100 KM</u>	<u>200 KM</u>	<u>300 KM</u>	<u>200 MILE</u>
1	GRAEME WOODS * NEW AUSTRALIAN RECORD	367.838	04:08:23	08:55:12	15:28:27	20:51:25	36:03:57	39:39:59
2	BRYAN SMITH MALE	358.938	04:50:46	10:34:02	18:06:42	25:09:00	40:06:58	42:56:05
3	BILL BEAUCHAMP	347.547	05:09:48	11:51:38	21:22:26	26:30:18	40:55:39	44:23:28
4	RON HILL	330.134	04:32:13	10:30:11	19:32:43	25:44:18	42:50:11	47:01:55
5	BARRY BROOKS	315.645	04:41:25	10:12:39	18:11:44	24:57:33	46:11:00	
6	JOHN BREIT	293.966	04:31:46	10:39:38	19:28:30	30:24:04		
7	GREG NISHART	290.983	04:30:28	12:42:39	22:58:37	29:47:18		
8	JOHN CHAMPNESS	277.234	05:12:05	11:59:07	22:47:21	28:54:09		
9	PETER RICHARDSON	268.109	05:32:03	15:54:26	26:42:11	34:32:42		
10	BOB BRUNER	251.970	04:47:13	10:35:20	19:18:53	27:01:59		
11	TONY RAFFERTY	245.796	05:25:37	14:40:48	26:26:48	35:41:24		
12	STAN MISKIN	241.317	06:33:06	14:06:10	26:01:12	33:21:47		
13	EILLEEN LUSH	238.224	07:57:11	18:07:37	31:35:55	41:10:05		* NEW AUSTRALIAN RECORD FEMALE
14	STEPHEN DUNN	219.612	04:30:55	11:26:18	29:34:56	44:02:50		
15	GREG HILLIER	216.117	04:51:28	11:56:29	23:29:58	42:26:56		
16	JAMES HUME	214.508	06:31:20	18:24:25	33:20:27	44:28:56		
17	PATRICK FARMER	210.997	05:36:55	15:56:35	31:07:57	45:56:55		
	GEOFF BOASE (RETIRED)	112.800	04:51:45	12:40:32				
	KEVIN CASSIDY (RETIRED)	88.000	05:14:28					
<u>24 HOUR RACE</u>								
1	CLAUDE MARTIN	165.498	04:45:02	11:42:32	23:07:19			
2	VALERIE CASE	139.886	06:46:43	15:33:41				
	PETER MOURAS (RETIRED)	70.400	06:52:22					

The aim was for each runner to cover at least 200km for the Bicentennial. A 24 hrs race was included for the second day.

The race was in the hands of Race Convenor Stephen Foulkes and Co-directors Tony Tripp & Greg Cowan. 19 runners from age 21 - 62 faced the starter 12.30pm on the day, George Perdon, the well known pioneer of ultra distance running in Australia.

Luckily it was overcast and no more than 20°C at the start, after a week of high temperatures. Sunday (2nd day) it rained and turned cold, but Monday was mild again like at the start.

The lead runners went for the 345.2km record, set by Joe Record during the 6 day race at Colac in 1987, as well as the vacant Australian record for women.

Graeme Woods led from start to finish and collected the trophies for First past 200km and 200 miles. Claude Martin ran 100 miles in the 24 hour event for a rare double, having covered the same distance in that time in a walking race.

The race was also a First in using personal computers in using anywhere in the world.

**VMC 15km ALBERT PARK, 25-4-1988.** Fine, warm, boisterous wind. 43 Starters.

01.Ian GAINNEY 35 W/C	50:03	15.Stephen POYSER 30	59:27	29.Bill NOONAN 45	66:42
02.Lew HARVEY 39	50:05	16.Rob LAWRENCE 41	59:33	30.Charles OLSEN43	67:26
03.Joe CHAWKE 23	50:17	17.John PATON 39	60:28	31.Kevin BROWNE 51	69:04
04.Tony BIRD 37	51:43	18.Bruce ABRAHAM 37	61:23	32.Steven SAKKAS 28	69:06
05.Stan CHIECHI 24	54:52	19.Robert ANDREW 28	61:46	33.Merv WOODGATE 58	71:44
06.Russell WEAVERS 33	55:13	20.Joe RASKAS 40	61:57	34.Leif BUTTON 48	71:58
07.Marc BONACCURSO 31	55:48	21.Geoff HOOK 43	63:50	35.John BENCZE 55	73:36
08.Mario SANTAMARIA 40	56:34	22.Peter GAVIN 39	63:57	36.John STEARNE 50	73:43
09.Kish CUNNINGHAM 35	58:06	23.Mike KENNEDY 34	64:06	37.Sandra KERR 42W	85:59
10.Mike LETCH 40 W/C	58:19	24.Barbara FAY 46W	64:19	38.Carol STOW 39W	87:52
11.Adrian VALLANCE 36	58:19	25.Doug WHEELER 29	64:36	39.Jean SHAW 57W	88:59
12.Rob SUTTON 26	58:25	26.David SKIPWORTH 47	64:41	40.Merv BECKETT 57	90:18
13.David McINTOSH 39	58:51	27.Noel O'DONNELL 42	65:24	41.Rikki BEWLEY 41W	90:26
14.Geoff WHEELER 31	59:23	28.John CUNNINGHAM 43	65:34		

**VMC 5km ALBERT PARK, 25-4-1988.** 16 Starters.

1.Nick SHARMAN 24	16:41	7.John HALL 41	19:11	13.Linda WEEKS 26W	24:30
2.Greg HARDING 24	16:56	8.Peter WEEKS 34	19:19	14.Karen SODOLI 40W	26:35
3.Raoul STEWARDSON 23	17:04	9.Ian MORGAN 42	20:05	15.Stella BARBER 27W	27:06
4.Richard EUSTACE 21	18:06	10.Helen BROWN 47W	23:08	16.Rita KERR 58W	29:26
5.Ross DekRETSER 18	18:19	11.Mal BROWN 47	23:08		
6.Mike BONACCI 32	18:54	12.Trevor McNAMARA 21	24:24		

Joint Race Managers JIM GOOK & FRED LESTER were assisted by MIKE CUMMINS, JOHN KERR, GORDON STEPHENS, JOHN FAY, PETER BLACK, JOHN BROWN, MAL COTHER and the FAMILY BIRD, who took on the drink station which was very much appreciated by all contestants.

There was no messing about as Joe CHAWKE went at it with a will in spite of a gusting wind down his throat up the 1km home straight. Lew HARVEY hung in there, with Ian GAINNEY in close attendance, but Joe was well clear the first time around. The pace eased a little and Ian was right on Joe's heels at the start of the 3rd and last lap, while Lew seemed to move slightly better than Joe although some 30 metres down which told in the end against Joe.

**EAGLEHAWK YMCA AAC, 5th Annual Dahlia & Arts Festival HALFMARATHON. 20-3-88.**

01.DAMIEN COOK	70:35	15.ROSS DAVIES	78:00	29.MICHAEL BOURKE	83:39
02.BRUCE PETTS	71:14	16.DAVID CAPUANO	78:08	30.SANDY MORRISON	84:05
03.TONY FITPATRICK	71:28	17.JOHN WELLARD	78:12	31.RICK ERMEL	84:06
04.KEITH WASHINGTON	72:50	18.PETER BINGHAM	78:35	32.BRETT ADAMSON	84:33
05.MARK FINDLAY	75:05	19.ALAN BUTLER	78:39	33.ROB KEMP	84:37
06.MARK STEVENS	75:11	20.ROGER MULLINS	79:02*	34.JOHN ROSE	85:03
07.MARK KIRSANOVA	75:54!	21.RAY WEBSTER	79:27	35.KEVIN BARTLETT	85:15
08.COLIN GREEN	76:09	22.FRANK MARTINEZ	80:47	36.GARY TELFORD	85:16
09.GRAHAM WILLIAMS	76:21	23.BRIAN McKAY	81:04	37.PETER HUNT	86:12
10.ANDREW THOMAS	76:34	24.GEOFF WEBB	81:07	38.GORDON KEENAN	86:47
11.ROSCOE SORENTI	77:04	25.DARYL KOWALEC	81:25	39.GARY CROUCH	86:56
12.MAX CARSON	77:05	26.GEOFF DALRYMPLE	81:55	40.GEOFF KEENAN	87:09
13.BRIAN McCARTHY	77:43	27.WAYNE UHE	82:44	! = 1ST U.20	
14.LEIGH PEARCE	77:56	28.JOHN BAILEY	83:10	* = 1ST 40+	

94 of the 106 starters finished the race on a hot and sunny day, which was a top effort in not very pleasant conditions. Damien Cook ran a gutsy race to take first place. Two time winner, Bruce Petts, finished strongly to fill second place in front of local runner Tony Fitzpatrick.

Peter Kirsanova ran the race of the day to win the under 20 men's section, Roger Mullins was victorious in the 40 plus vets, while Tom Davison had an easy win in the 50 plus vets section.

Ann Hunter was untroubled to win the Open Women's section with 95:47, with Anne Allen filling second place in 108:27.

All runners seemed to be happy with the new course and the race ran smoothly with no hiccups. A Thank-You must go to the local police and the local council for their support, along with the runners who participated in the event. Next year's event will be held on the 19th of March 1989.

JOHN WELLARD.

**ARTURO BARRIOS** is a name that will be cropping up in distance running results for some time to come. Happened to watch Arturo training at the AIS in Canberra earlier this year and have rarely seen a smoother acceleration by a distance runner, if at all. Not surprised to read that he moved right away from strong opposition in the San Francisco Bay to Breakers to win by 25 sec. BRAD CAMP must have got a good look at him while finishing a fine 4th himself, only 35 sec behind Arturo's 34:58. Same despatch features LISA MARTIN'S great win in the Women's section over Joan Samuelson (Benoit) and Lorraine Moller.

# FLASHBACK: RECIPE FOR GOLD

Twenty-five years ago last month, a bunch of New Zealanders stamped a mark on international running that has never been erased, producing what is unquestionably the finest period of triumph in New Zealand sport.

Peter Snell won the Olympic gold medal with a Games record 800 metre run; within the hour, Murray Halberg shattered the 5000 metres field for a second gold; then Barry Magee ran alone through the Roman night to take the marathon bronze behind the barefoot Abebe Bikila. All three were coached by Arthur Lydiard, who also had Jeff Julian and Ray Puckett in that Olympic team.

They won in Rome on a diet of wet, cold wintry nights pounding the streets and the Auckland Domain roadways because no lighted tracks were available for training. They dodged cars and pedestrians as they worked through their speed training sessions and sucked up fumes on their long-distance runs.

Almost always, it was raining and miserable.

A later Lydiard star, Dave Sirl, something of a collector of running memorabilia, holds a document that recalls that remarkable burst of brilliance — Halberg's original training schedule for the 12 weeks leading up to his gold medal.

It doesn't mention the appalling conditions but we reprint it here as a reminder of what it took then to make a champion and a suggestion that, followed today with Halbergian determination, it probably still would.

**Week from June 13, 1960**

Mon: 2m 9.50\*  
 Tue: 880 x 4 in 2.20; 100 x 3/4 effort x 2\*  
 Wed: 300 x 12; 880 in 2.10\*  
 Thu: 100 at 3/4 x 2; 6m in 33.30\*  
 Fri: 1m 5.5; 1m in 4.38\*  
**Sat: Long jog**

Sun: Light run (8m)  
 \* All on Domain road.  
**June 20**  
 Mon: 1 1/2m in 7.20  
 Tue: 3/4m in 3.30; 100 at 3/4 effort x 2  
 Wed: 440 in 58; 220 at 3/4 effort x 6; 440 at 7/8 effort (880 x 6 at lunchtime)  
 Thu: 6m in 33 (actual 30.55)  
 Fri: 440 at 1/2 effort x 20  
 Sat: Long run (Waiaatarua with Snell 2.20)  
 Sun: Rest  
**June 27**  
 Mon: 2m in 9.30  
 Tue: 880 x 6 at 2.20  
 Wed: 880 in 2.20; 1m in 4.45; 440 full  
 Thu: 6m in 32m  
 Fri: 1m in 5m x 2; 1m in 4.30  
 Sat: Long run  
 Sun: Rest or light jog  
**July 4**  
 Mon: 880 in 2.20 x 2; 1m in 4.38\*  
 Tue: Jogged 9m\*  
 Wed: Rest\*  
 Thu: 6m at 3/4 effort  
 Fri: Light run  
 Sat: 10-men teams' race  
 Sun: Long jog  
 \*Not well  
**July 11**  
 Mon: 10m jog  
 Tue: 3m  
 Wed: 2m of 50yd dashes  
 Thu: 6m in 30.30  
 Fri: 220 x 6 leg speed  
 Sat: 3m  
 Sun: Long jog  
**July 16**  
 Mon: 3m in 14.12  
 Tue: 220 at 3/4 effort x 20  
 Wed: 6m with 100yd sprints  
 Thu: 3m  
 Fri: 1m of 50yd dashes  
 Sat: 6m race  
 Sun: Long jog  
**July 23**  
 Mon: 440 in 60s x 6  
 Tue: 3m

Wed: 1m of 50yd dashes; 220 x 3 leg speed  
 Thu: 6m  
 Fri: 220 x 3 leg speed; 100 x 3 leg speed  
 Sat: 3m  
 Sun: Long jog  
**July 30**  
 Mon: 880 at 1/2 effort; 880 fast leg speed  
 Tue: 3m of 50yd dashes  
 Wed: 1m at 1/2 effort; 880 fast leg speed  
 Thu: 3m at 3/4 effort  
 Fri: 330 x 20 sprints  
 Sat: 2m fast  
 Sun: Jog 1 hour  
**August 6**  
 Mon: Jog 1 hour  
 Tue: Travel  
 Wed: Travel  
 Thu: Travel  
 Fri: Travel  
 Sat: Jog 1 hour  
 Sun: Jog 2 hours  
**August 13**  
 Mon: Jog  
 Tue: 880 x 1/2 speed x 2; 880 fast leg speed  
 Wed: 3m at 1/2 effort  
 Thu: 220 at 3/4 effort x 20  
 Fri: 6m at 3/4 effort  
 Sat: 3m of 50yd dashes  
 Sun: 3m at 3/4 effort  
**August 20**  
 Mon: 5m at 1/2 effort  
 Tue: 3/4m race  
 Wed: 440  
 Thu: 1m fast leg speed  
 Fri: 220 fast x 3  
 Sat: 1 hour jog  
 Sun: 1/2 hour jog  
**August 27**  
 Mon: Jog  
 Tue: Jog  
 Wed: 5000m heats  
 Thu: Jog  
 Fri: 5000m final — Gold Medal  
 Sat: REST!!!!

NEW ZEALAND RUNNER 55

**FREDDIE'S COMMENTS:** The above was published 3 years ago as a reminder to present day athletes of what constitutes a balanced program for an experienced top athlete at the height of the season. There are a number of points to be made in addition:

1. Murray Halberg had a long sporting background, including several solid years of build-up which included the Melbourne Olympics 4 years earlier. I can vouch for that as we often trained in the same places while in Melbourne.
2. When looking at the times of the repetitions remember that Murray was a sub-4 miler. He won the 5000m in 13:43 and was 5th in the 10,000m in 28:48 in Rome. His average lap time in the 5000m was 65.84 sec, much faster than his lap training.
3. Note the accent on short sharp leg speed drills and long slow runs and even rests for recovery after racing or fast work-outs.

=====  
**CLASSIFIEDS: ROOM, SHARE OTHER FACILITIES IN HOUSE WITH YOUNG WOMAN, NON-SMOKER, \$45 plus EXPENSES. RING CARMEL 484 6163 A.H.**

**AND: ROOM, SHARE OTHER FACILITIES IN HOUSE WITH 2 MEN, NON-SMOKERS, SUIT STUDENT, NEGOTIABLE. RING JACK 836 8327 A.H.**

NATIONAL RUNNING WEEK THREDBO 1988 - 16th JANUARY to 25th JANUARY

If you traditionally pack your beach umbrella, Bolls and UV +15 Blockout and head for your favourite Surfers Paradise, Merrimbula, Portsea or Vic'ta 'Arbour on an annual January pilgrimage, then please read on. We've discovered the perfect alternative. No more sand in your sandwiches except, when you spill it, and you will lose weight - but possibly add a few cms to the size of your thighs at the same time.

As apprehensive sceptics we (writer, child-bride and 2 male "garfields" 15 & 10) were coaxed and coerced into attending Brian Lenton's 8th National Running Week at Thredbo Village, NSW, by fellow Vic Veterans, Col & Dot Browne and Geoff Hook.

Having previously spent 2 weeks water skiing on the Gippsland Lakes we opted to drive up via the Victorian coast to Cann River and then North to Cooma, NSW. An excellent road with only 24kms of gravel which, when we return next year, as we most definitely are, will be reduced to about 16kms.

Our accommodation was arranged for us at Roslyn Lodge where we were fortunate to share the camaraderie with 10 other N.R.W. participant family members (see Tips for '89). A gentle jog around the village with our hosts on arrival soon confirmed that flat runs are unheard of at Thredbo

The National Running Week officially kicks off with the traditional 9k (2 laps) of Thredbo Village on the Sunday morn - and this is where the object of merely competing was firstly emphasised. Everybody, and I mean EVERYBODY, seemed to enter this "undulating" run, my two "garfields" included. Rob Spelling blitzed the field to set a new course record of 27:09 (by 31 sec) and was rewarded with a standing ovation at the presentations held later that day on the sunny balcony of the Alpine Hotel. But that's all he got. From then on it was the luck of the barrel draw that determined if a competitor was fortunate to win any of Ron Vines SPANK SPORTSWEAR spot prizes and you really had to be pretty unlucky to miss out. Lucky barrel draws are the rule of the week and they are numerous and generous to say the least. My 41:06 placed me 71st in a field of 146. (I put it down to the lack of oxygen at that altitude)

Another pack run of 30 mins from the golf course out towards Dead Horse Gap later that afternoon rounded off the physical activities (that I'm prepared to comment on) for Day 1. Happy Hour drinks in the Alpine Hotel Bistro in the early evening accompanied by Brian Lenton's "you-must-be-there" Barrel draws were followed later that evening with videos of prior memorable marathons. Col & Dot Browne and Yours Truly then entertained the assembled masses with reflections of their recent VII World Veterans Games administrative experiences. In the cool evening mountain air, we slept soundly on Night 1.

The morning of Day 2 brought us another of the magnificent visual rewards of attending Thredbo. Low cloud descended into the village and rose steadily to reveal Mt. Crackenback Chairlift Terminal, our starting point for the morning's run of 13k to the top of Mt. Kosciusco and back. Teeth and finger grip marks in the chairlift supports identified those of us on our maiden voyage (or those afraid of heights, a-la-Ron Vines, who prefer to remain nameless). The greater part of the outward run is uphill (what isn't at Thredbo !?!) on raised steel mesh grids designed to protect the very fragile alpine flora. Our run was easy as the Instamatic was constantly pressed into service to capture some of the splendour of this country. It pays to stop completely to admire the scenery. If you attempt to do so whilst still running you will soon become part of it. (See Tips for '89 - Gloves)

Once again, this run was at your own leisure and pace and was followed immediately after by the first of Geoff Moore's Aerobic lessons. For the majority of the stiff-backed distance runners, aerobics are tantamount to masochism, but in the spirit of NRW, most attended and came back for two latter sessions in the week.

A short rest and it was time for the family-orientated mixed seeded relays on the lawn in front of the Hotel. Scientifically selected (you, you and you, etc.) teams of 5 complete either 1k or 2k of the village for team trophies from the Godfather Pizza Shop. Coming first was a privilege for Mat Kaley's team but the 19th team home was equally rewarded. Pity Mike Hoare jogged the last 10m to get pipped on the line to be 20th team !! It was great to see so many of the ladies and young children take the opportunity to join in and run the shorter distance.

**NATIONAL RUNNING WEEK (cont.)**

The weather remained excellent for the following day's JINDABYNE PHARMACY 10km Dead Horse Gap Gallop. The run commences 5km from the village out along the Alpine Way, although some of the fitter ones chose to run to the start. At stake at this run are 100 Bum Packs complete this year with tubes of Sun Burn cream. An easy picturesque run uphill for 5km, or longer if you like, turn around and run back. The run back to the village is mostly downhill and we found it to be a good warm down prior to the afternoon's knockout doubles Tennis competition.

Happy Hour in the Bistro that evening was followed by an excellent NRW Pasta night, "Carbo Loading" for the next day's 30k Robinson Epic. Slides and talks, by attractive National Parks and Wildlife Service Rangers and by an equally ugly Brian Lenton, forewarned and forearmed those of us about to depart on our inaugural Alpine mountain and lakes spectacular run. Sponsor, Phil Robinson, is a very welcome sight at the top of the exceptionally steep 1km climb from the headwaters of the Snowy River to Charlotte Pass. Phil's fruit, drinks and Jelly Beans sustain you sufficiently for the last 10km. If you survive (and all of us did), the sponsors barrel draw of 25 bottles of wine for all finishers at the evening's NRW carvery dinner is well received. The aerobics that afternoon was a good loosener-up.

A relaxing nine holes of golf the next morning was followed by a hilarious day of canoe races on the lake organised by Dot Browne. To cool off afterwards, graded Biathlons were held. Short swims and 400m runs for the younger ones increasing to an easy 200m swim (you can touch the bottom in places) and 3km run for the Open section. The aquatic antics were again generously sponsored by Steve Hadlow and Sachas Apartment this time. We finished off the day with an unscheduled 10km run to Dead Horse Gap and return.

24 specialist runners started the Friday morning early with a game of quick golf. Starters are allowed 2 clubs and as many golf balls as they can carry and proceed to run 9 holes whilst keeping the shots to a minimum. A combination of time and strokes saw the old stager Col Browne take this event. Then it was up the chair lift to Crackenback for the 16km run to Charlotte's Pass, via the Snowy River, and return. As this run forms part of the earlier Robinson Epic, we chose the downhill track from Crackenback to Dead Horse Gap and home via the Alpine Way. Geoff Hook and Clive Davies went one better by running (crawling) from the village up to the Crackenback terminal.

At 2pm, the sensational, sexual discriminating 'Women Only' 5km was held. Prior efforts by imposters/impersonators to gate-crash this event prompted the introduction of the hilarious "Gender Testing Clinic" this year. Appropriately named Doctors & "Nurses" conducted spot checks on hairy-legged runners. The South Australian Road Runners Club presented all finishers with a totally inappropriate and unrelated Finishers Certificate. Again, plenty of spot prizes were available.

Later that afternoon the preliminary heats of DAVE CUNDY'S SPORTS MARKETING THREDBO GIFT SPRINT were held on the Village Green. The dark horses feigned strained hamstrings and pulled muscles in an effort to create greater odds and better handicaps prior to the finals conducted on the Saturday afternoon.

A brief rest for Happy Hour and it was time for NRW Bar-B Que and Tennis finals. The crowd on the hill got pretty vocal towards the end of the evening as pairs of previously unknowns start to reveal some hidden talents.

Regrettable we had to depart early from the 1988 National Running Week on the Saturday, although the attraction to compete in the Volley Ball competition delayed our departure until rain called a halt to proceedings. We missed the final of the Thredbo Gift, Col Browne's excellent Saturday Night Revue and, of course, the notorious Mt. Crackenback to Mt. Kosciusko race on Sunday. We were later to learn that a change in the weather had forced the postponement of the Mt. Kosciusko Classic. Actually a blizzard hit, approximately 30cm of snow fell and runners and spectators alike had to retreat down the chairlift. (See Tips for '89)

Our running diary logged 114km for the week while we were there and we can't think of a better way to get motivated for the year's running. We are going back next year and the 2 "garfields" are looking forward to returning with equal enthusiasm.

NATIONAL RUNNING WEEK THREDBO 1988 - COMMENTS AND TIPS (cont.)

If you are contemplating attending the 1989 Thredbo National Running Week, have never been before and don't know what to take, the following may be of assistance:

ACCOMMODATION: Get in early. Get together as a group and book a lodge or large unit where you can share meals, etc. The camaraderie generated will also help motivate you to enter all of the events. Contact Thredbo Village Information Centre for assistance.

CLOTHING: Normal warm weather running gear. A longsleeved running shirt is handy, it will stop your arms getting sunburnt on the Robinson Epic or conversely, keep you warm if the weather changes. A wet weather running suit or spray jacket particularly for the chairlift ride on adverse days. A hat/cap with a neck shade. a Bum Pack (in case you don't win one!). Minimum 2 pairs of running shoes (my Adidas Oregons degenerated rapidly on the steel mesh grid to Mt. Kosciusko) swimmers and swimming goggles, beach towel, Smart Casual for Happy Hours, include a cardigan. Aerobic tights (the lads up the back will explain why), a parka could be handy for the little ones.

FOOD: There is a supermarket and bakery at Thredbo. A Fresh Fish Van and Fruit & Vegetable Truck call on Wednesday. Prices and quality are competitive. NRW have 3 planned Evening Food Functions (Pasta \$10 EXCELLENT!!; Carvery Dinner \$20 and Tennis Bar B Que \$5) and an additional Curry Night at \$12 was held. They can get expensive if you have several ankle-biters in tow. Our group's (4) four Chinese Woks proved invaluable for preparing buffet style shared meals. You will eat heartily in the evening. Muesli or Mars Bars for Robinson Epic Bum Pack.

MISCELLANEOUS: A camera that will fit in your Bum Pack and several rolls of film. (We took 160 photos on our first visit), Fly Spray and sunburn cream. Small traveling clothes lines, pegs & washing powder. (Your room will smell with an accumulation of a week's running underwear) Full laundromat available in Village. If the boot is getting full, include a putter and say 5 iron for the Fast Golf competition only and hire a full set for a normal round. Bring plenty of your own golf balls. Dig out tennis rackets. Running Watch.

GLOVES: (a) To keep the pinkies warm and,

(b) if you trip over, particularly on the steel mesh grid, it will save you a major skin graft job.

Alka Seltzer, Aspro and /or Berocca Vitamen C Tablets for the last day particularly after the previous night's Piano Bar farewell songs and drinks,

and last, but not least, ENTER EVERYTHING. These are pressure free activities with the emphasis on participation.

SUMMARY OF NRW EVENTS: Organised by Canberra's BRIAN & LINDA LENTON and run with the full co-operation of all participants. Entry to all events is FREE (apart from purchasing the mandatory Chairlift tickets. Spot Prizes extraordinary in number and quality. Runs include GOLF COURSE Run (6k) on Day 1. SPANK SPORTSWEAR Round-The-Village (9k) on Day 2 (EVERYBODY DOES THIS ONE). Mt. Kosciusko Warm-up (13k) and Teams Relays (1k & 2k) on Day 3. JINDABYNE PHARMACY Dead Horse Gap Bum Pack Run(10K) -or 20k if you chose to run to and back from the start- on Day 4. The 30k ROBINSON BROS BUILDERS Mountain and Lakes Run on Day 5 (unbelievable !!). The graded Biathlon on Thursday includes a 3k run; Fast Golf of say 5k, Women Only 5k, Day 6. Sprints and 16k Snowy River Course Run on Day 7. Sprint Finals on the Saturday, Day 8, and, the week's highlight, THE KOSCIUSKO CLASSIC of 13km on Day 9. There is a 30 minute run on the departure day for the Finale.

Take all of that as we did, and total 114km for the week, include some extra unscheduled runs and other activities such as: Aerobics (3 sessions), Tennis Knock-out, Volleyball, Golf(normal & fast), Canoe races, Biathlon swim, etc.; you've got some good hilly mileage to start the year's running. Added in, as an extra bonus, is the fabulous scenery and clear mountain air.

We will be returning next year !

BARRY CALLANAN

Editor's Note: Thanks, Barry, for a great description of a truly National Runners event. It surely must whet the appetite of our readers, especially if it can involve the whole family.

**OTHER PEOPLE'S FIXTURES - Events of Interest to Members, notified to us.**

**V.A.A.:** JUN 4(Sat) All-Schools CCC, BUNDOORA / JUN 25(Sat) 12km CCC, BUNDOORA  
 JUL 23(Sat) 15km Rd Champs, FISHERMANS BEND  
 AUG 6(Sat) All-Schools Rd Relays, LATROBE UNI / AUG 14 Half-Mar, FRANKSTON(?)  
 AUG 20(Sat) CC Relays, BUNDOORA PARK / AUG 27/28 NATIONAL RD CHAMPS, CANBERRA  
 SEP 10(Sat) 16km CCC, BRIMBANK PARK  
 OLYMPIC DAY RUN: 10km around ALBERT PARK LAKE to raise funds for Olympic Team.

**COBURG: Fun Runs 1988:** Sundays 9.00am, \$2 p. person, Tea & Coffee provided, 4km laps, choose your own number of laps, all ages welcome. (Melway18 A9) Athletic Track.

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

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. / ENQUIRIES TO  
 OCT 2 7.00am 100km TRACK CHAMPIONSHIP OF AUSTRALIA / 55 Woodlands Ave  
 10.00am 12km Fun Run / PASCOE VALE SOUTH 3044  
 DEC 4 9.00am Coburg 'LAKE TO LAKE' Fun Run.

**TRARALGON MARATHON:** JUN 12 10am. M.DILLON, Wotan Crt 3844, Tel:(051) 74 41 50 (h)

**MELB. MARATHON INC.:** OCT 9 'BUDGET' MELBOURNE MARATHON. FRANKSTON 8.00am.  
 Enquiries to: Olympic Park No.1, Swan Street, MELBOURNE 3002; Tel: 428 7808.

**GLENROWAN HALF-MARATHON:** SEP 4(Sun): Starts 9.00am Glenrowan Primary School.  
 Enquiries and Entries to P.O.BOX 577, WANGARATTA 3677 or contact Russell Weavers  
 Tel: (057) 212 574 w. (057) 662 420.

**3 BAYS MARATHON:** NOV 20, PORTLAND, ROB MURPHY P.O.Box 815, 3350.Tel:(055)23 61 53

**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 for your assistance, as well as ensuring an earlier reply than otherwise and in the end make for more efficient organisation at either end.

**INTERSTATE:**

**SA.:** JUNE 12: STATE MARATHON (AASA 332 8022/ 26: S.A. 10km Rd Champ (332 8022)  
JUL 10: Glenelg 15/30km (213 0615) /- 17: Loxton 10k/Half Mar/ - Adel.Harriers 10k  
AUG 14: FESTIVAL CITY MARATHON (213 0615)/ 28: River Torrens Discovery Run  
SEP 18: City-Bay Fun Run (332 8022) / 25: Peterborough Half-Mar.

**ACT:** First Sunday of each Month - SPANK SPORTSWEAR Women's Jogalong.

JUN 4: Showgrounds 4/10k / 11: Mt.Ainslie 3/9k / 25: P'ton 16k/L'staff 8k  
 JUL 8: Gilbert 8k / 9: Rocky Horror / 17: W.Basin 10M / 31 ACT Rd Champs  
 AUG 13: Brown Trig 6/12k / 20: Carillon 3x3k CC Relay / 28: NAT. RD CHAMPS/8k FR  
 SEP 3: A.I.S. 5/10K RD / OCT 10: Forest Relay / DEC 3: Parliament House Relays

**Q'LD:** JUN 19:20M/10M,Uni Q/ JUL 3:QAA Half-Mar/10k FR/ 24:GOLD COAST & NAT. MARATHON  
 AUG 7: Bris Harriers Half-Mar/ 14: QMRRC 30km / 28: MORETON BAY MARATHON  
 SEP 10/11: Lamington Nat. Classic/ 18: Toowoomba Half-Mar/ 25: QMRRC 25km  
 OCT 2: QMRRC 50 Miles/10km 1.00am & 7.00am/ 23: TOOWOOMBA MARATHON

**NSW:** AUG 21: CITIES MARATHON, BLACKTOWN 6am.(Entries prior Aug 8 \$15; later \$20.

**STOP PRESS:** JULY 9(Sat) KEW-CAMBERWELL 10 Miles

NOV 20(Sun) SOUTH MELBOURNE MARATHON,S.Nicol,371 Danks St.,MID.PARK 3206

# Moneghetti on the Marathon

## Introduced by Len Johnson

I remember Steve Moneghetti when he was a scrawny little runt taking on some of the country's best distance runners.

Just last month it was, as a matter of fact, when the Ballarat YCW runner spreadeagled the field to win the Victorian 5000 metre title. Moneghetti ran 65 second laps from the gun until he ran out of company.

Moneghetti (or 'Mone', pronounced Monn-er) has never been the epitome of the classic distance runner's form. You know, lean and powerful, exuding strength with every bounding stride. Now most distance runners wouldn't exactly make Arnold Schwarzenegger quake in his aerobic boots. Deek might be built like a tree, but even he would be more likely to strike a sympathetic chord with David Bellamy than Charles Atlas.

Just lately, though, Moneghetti has belied his physical stature with some giant performances. For the purposes of this introduction, I should ignore all but his marathon performances. Since there have been only two of those — are many of you as inexperienced, I wonder — let us not forget his effort in finishing fifth in the final of the Commonwealth Games 10000 metres and 11th in last year's World Cross Country (by the time you read this he may well have done a lot better than that, too).

Steve Moneghetti's two marathons have been marked by qualities which we would all do well to emulate as we battle towards the finish line at the 42.195 kilometre-plus-safety-margin (I wish they'd think of our safety, not Dave Cundy's) mark.

First has been Moneghetti's ability to plan, set targets and achieve them. Three years ago he sat down with coach Chris Wardlaw and mapped out an ideal marathon program which would enable him to reach the Seoul Olympic Marathon in just his third race. It ran: qualify for the Commonwealth 10000 (he did), run the marathon as well (there was a vacant spot and he did), qualify for the Worlds in doing so (he did) and use the World Championship to qualify for the Olympics (ditto).

What was then revealed to the rest of us was Moneghetti's brilliant rhythm which enabled him to do far better than most of us imagined. Third in Edinburgh was good enough, but when Deek dropped off in Rome, who would have thought we would still have such a gallant medal challenger as Mone turned out to be? Sure he missed out in the end to a frenzied Gelindo Bordin, but I reckon Moneghetti's moves after 30k cost the come-from-behind Italian any chance at a gold medal and probably determined the other medals as well.

Having surpassed his coach as a marathoner, Moneghetti now joins Chris Wardlaw in offering Nike Canberra marathoners pre-race advice. How his advice will compare with Wardlaw's I don't know, but since he is a mathematics teacher you can be sure that if he says there are 14 points, there are. But if Mone tells you to do more upper-body work, take it with a grain of salt, won't you.

Having run the grand total of two marathons, none of which were in Australia, I seem hardly well qualified to be passing on advice (unlike my coach I don't know what GLEAN even means) to fellow marathoners, but anyway here goes.

1. Run a couple of shorter road races prior to the marathon so that the first 10 miles will feel comfortable. The remainder will be tough no matter what you do.
2. It's not so much the length of your runs, it's the time you have been on your feet that counts (the era of the watch is here).
3. Don't run well if you're a regular blood donor (the AAU bans blood dopers for life or two years, whichever comes first).
4. If in your debut spend the final week in Edinburgh with Deek. Well it worked for me!
5. Be realistic about your time and calculate your splits accordingly. No miracles will occur, either you have done the work or not. And there are no hiding places at 35kms.
6. It is imperative that you drink fluids at every opportunity. I prefer a glucose polymer but use whatever you have trialled and found satisfactory. I know that might be beer for some people but make that the 45km drink station because then you can sing "They said you'd never make it" while downing a Swan Lager.
7. Always try to run in a group and help each other. You will find the miles tick by a lot quicker and you can maintain a far better rhythm.
8. The secret to marathon running is rhythm. To obtain this takes months or even years of consistent running with a minimum of interruptions. Of special importance are your long runs which you should be doing at least once a fortnight.
9. Although a novice to marathons, I am an experienced distance racer who has developed that rhythm. Remember the purpose of your training is the marathon so gear all of your training to peak on that day. Do not leave it on the training track, especially in those last couple of weeks.
10. Remember, we all hurt the same during a race but afterwards the pain is different depending on whether you've given it your best shot. If so the pain will quickly be replaced with fond memories that will remain with you for the rest of your life.
11. A human being with two arms and two legs will win the Olympic Marathon in 1988.
12. The transition from a good 10km runner to a good marathoner to a good marathon coach is NOT certain, especially if the only marathon that person has ever won is the Pre-Games Marathon in Canberra!
13. Never include the Bacchus 12000 at Griffith as a lead-up event. You never know who you might bump into at 3am and what damage a flagon of sherry could do.
14. Finally, if you've ever finished a marathon in better than the bronze medal position then ignore all of the above and send your secret formula immediately to Ballarat (it's only six months to Seoul).

Good running to all!

STEVE MONEGHETTI ■

A LETTER FROM QUEENSLAND. (End of April)

Tom Gorringe.

The Queensland Marathon and Road Runners Club Marathon Championship, held on April 24, attracted 66 starters for the 8 and a bit circuits of the Queensland University grounds. At the 6.00am start the weather was fine, which was a relief from the last couple of weeks, and cool but as the race progressed the humidity increased to the detriment of the runners.

Ian Kent, who had run 2:29 in Canberra two weeks previously, quickly made a break, running 16:56 for the first full 5k lap while Ted Wagner, who is in the 40-44 vet group, settled into second place.

Ian ran through the half in 71:50 but the effects of Canberra and the humidity started to tell, his 5k laps were now into the high 17 minutes. His second half took 1:20:29 and the final 5k circuit 21:33 for a winning time of 2:32:49. The gap established by Ian early in the race was too great for Ted to bridge and he finished second in 2:34:49, an age group course record.

Tony Gray finished third in the men's division with a time of 2:47:42.

In the women's division Jan Fedrick just failed by 49 seconds to break three hours but had a comfortable win of over 15 minutes from R. Wallace (3:15:32) and C. Stewart (3:46:29) third.

oooOOOooo

Pat Carroll has dominated the early rounds of the QAA winter program, winning all three races so far. This included the first of the major fun runs, the hilly "Down Town Dash".

Rita Bradshaw, recently selected in the World Junior team, has won the two cross-country outings in the senior women's division but struggled on the "Dash" course which was won by Jenny Lund.

Anyone wishing to escape from the Melbourne winter this year and is contemplating coming to Brisbane for Expo there is no shortage of races in the Brisbane and Gold Coast area. Two Marathons are programmed for June and July. The point to point "Sunny Queen International" on June 12th starts at the Ezpo site and finishes at Redcliffe. The popular "Gold Coast Marathon" is being held on the 24th of July and will also be the National title event this year as well as the World Expo 88 and Australian Bicentennial Marathon, whatever that all means.

xxxXXXxxx

LETTER TO VMC Dear President.

2-5-1988

I'm writing to you on behalf of all those many runners who can not compete on Sundays.

I think many of us would like to see more raves organised during the week.

Perhaps on a Wednesday or Thursday between 5.30 & 6.30pm - 10km will suit most everybody. Close to the city, like the Two Bridges or Tan course. At least once or twice a month.

There are too many people involved in running like myself who can not come on Saturdays or Sundays, as we have to work. People who work in: Hotels, Hospitals, Telecom, Police, Fire Brigade, Public Transport, Government Emergency Services, etc. etc., etc.

I love running, and like some of my workmates, we cannot participate in any race on the weekend.

Last Monday - Anzac Day, some of us ran 15km around Albert Park and it was great.

Being a member of the Club I would like to join you all more often, but unless we have some competition during the week or in the afternoon, it's just impossible.

I think that once people get to know about it, we should be able to get good crowds, as several hundred runners seem to be around the Yarra daily.

Let's hope for the best. Good Luck. Thank you. SCRATCH, SCRATCH.

REPLY: Dear Scratch, scratch, - We cannot make out your signature, but your plea is understandable. We do have the runs in the summer, but there is not enough daylight or street lighting during the winter months to continue. However, there are midweek races available at some of the Veterans' venues. Collingwood, the ground is in Heidelberg Rd, Clifton Hill, on the bank of Merri Creek, usually have a longer run on Tuesday nights and the Veterans welcome other runners to join in. The same applies at some of the other grounds on Wednesdays or Thursdays.

**MORE LETTERS:** Dear Sir/Madam, -Please find enclosed a cheque for \$32.00. This is made up of \$12 senior membership and \$20.00 donation. Living in the country, I don't get an opportunity to participate in many events. However, I appreciate the newsletters. I am not in a position to assist the Club on a practical basis, so I hope the donation is some help to the Club.

Yours sincerely

P.R. Meulen (Smeaton 3364)

The Editor thanks Peter on behalf of the Club for his sincere support.

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The Secretary, V.M.C.. I wish to discontinue my membership with your Club as work commitments prevent me taking an active part in the Club & in Fun Runs, etc.

I enjoyed your various runs & appreciate the role the Club plays and wish you all the best.

Thanking you, Yours faithfully K.A. D'ROSARIO.

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Dear Freddie, I just wish to thank you for all your advice and assistance on Sunday morning. It took me a long time to become involved in running as I felt I was too incompetent physically (or at least athletically) to train seriously. I was very tired on Monday but very pleased to have worked with you on Sunday. I hope I am able to be of some credit to your obvious coaching abilities. Thanks for taking me seriously.

Yours sincerely

Stella M. BARBER.

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Dear Fred, I hope you are all well and the VMC is running as smooth as ever.

I must apologise for not replying to your letter requesting me to provide information about the S.A. running scene for the MC Newsletter June 1988 edition.

Recently I have been studying for actuarial exams which were held at the end of April and I have also been involved in setting up a new Adelaide office for a subsidiary company during the first week of May.

As a result of these happenings I have been out of the SA running scene for some time and have only competed in two races since September last year. Therefore I don't really know what is going on here at the moment. However I have been running just about every day, mostly by myself, and would like to contribute in future to the magazine as my workload has lightened for the time being and I intend to compete for one of the clubs here this winter.

I also still like to keep in contact with the Victorian scene via your magazine.

Wishing you and the Club much success for the coming winter season

Yours faithfully

Ed. (Edward Darby)

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Dear Sir,

Black Spur Inn Hotel, Narbethong, Tel: (059) 63 7121

I am writing to your Club to advise that the above hotel is available 7 days per week, for excellent meals and comfortable accommodation.

We are a family hotel, who offer old fashioned country hospitality of friendliness. We are situated just past Healesville and through the picturesque Black Spur Forest.

We offer Sportsman's Bar, cosy Saloon Lounge, Games Room, Dining Room, Function Room (we cater for all functions), Beer Garden with Barbecue facilities, Trout Fishing, Bush Walks, etc.

We would like to welcome any members of the V.M.C. at any time in the future.

Thanking you

Yours faithfully

Vicki Hilder (Licensee)

Sounds like a great place to get away from the Rat Race.

Or at least most of it !! Ed.

**HARK WHO IS TALKING!** Top spot for arrogance and ignorance must surely go to Olympic Team Justification Committee spokesperson who referred to Weightlifting as a 'Token Sport'. Especially if such person has come from Athletics which owes a huge debt to Weightlifting in the raising of performances in the throwing and jumping events. The development of strength training in virtually every sporting event which relies on speed and explosiveness is based on pioneering, both in theory and practice, in the weight training gyms. It is also safe to say that the time and effort put in by our fellow athletes in the sport of Weightlifting would outstrip many other sports.

EMIL ZATOPEK SERIES 1987 REPORT.

The Emil Zatopek Series 1987 once again was a successful venture, although the quality of the events presented to the public still does not receive the advance publicity that it deserves if the rather lower attendance number is an indication. However, it would be foolish to solely lay the blame on the publicity as there was pre-coverage of the event no less than in previous years. Trying out a shift of the time slot in which the events are traditionally located merely led to complications in the established athletic calendar without any obvious benefits.

Although the argument had been advanced that placing the main night on a Saturday would make it easier for possible interstate and country competitors, the only increase of such participants was in the minor divisions which were held on earlier nights during the week. Actually it was more the metropolitan athletes who found it hard to fit in the major races in view of other commitments with their clubs or in chasing PB times earlier during the week.

One other factor which may have limited participation to a degree was the World Veterans Athletic Championships which had concluded just 5 days earlier and would have constituted a severe drain on the ability of some older competitors to come up fresh enough for a further distance race. Nevertheless, the Masters Mile attracted the cream of veterans and resulted in a race record.

Competitor figures for the last three years could give an indication:

<u>Year</u>	<u>EZ 10</u>	<u>VMCadd.</u>	<u>VMCtot.</u>	<u>VAAch</u>	<u>Inv.</u>	<u>VAAtot.</u>	<u>VAL</u>
1985	243	49	292	64	23	87	-
1986	224	45	269	48	--	48	-
1987	211	40	251	4	--	4	180
		M.Mile		sprints	800m		100m,1600m
Key: 10,000m		W 3000		1 Mile			400m,3200m
		JM 3000					

As the major sponsor of the past two years opted out, the organising committee was quite happy to seek smaller sponsors and lighten the load of commitments on helpers who are already much committed in time and make further savings in extra catering. We were pleased to include the VAL in view of the changes that had taken place to enable open competition and show their abilities on the same program as had been usually the preserve of the amateur athletes.

The co-operation between the three athletic bodies - VMC, VAA, VAL - was good, the bulk of race administration was carried by the VMC, the conduct of the events was executed by the officials of the VAL and VAA without major hitches, virtually every race on the program provided close competition and there was a great atmosphere of spectator participation. The athletes themselves benefitted greatly in achieving personal bests as well as qualifying times for major national and international meets.

If there is an area of concern, it is in the area of attitude on the part of competitors - partly engendered and encouraged by non-competitors - towards other events in the athletic program. This is not unconnected with the low level over the shorter distances in depth when compared to World and Olympic standards. No one would suggest that there is an easy solution but it is clear that such attitudes are inconsistent with our desire to provide an opportunity for top competition.

The Emil Zatopek series provides the most favourable conditions in the absence of any pressures beyond what the individual athletes are prepared to go to of their own accord, prior to the mid-season break. There is no way that they can go on squandering the time and effort and money put in to provide these opportunities, there are others who will take better advantage of them.

In conclusion, I wish to thank all who contributed as a team in the conduct of this great athletic event, from the Chairman of the Committee to the lap scorers and marshals on the ground, the sponsors - LUKE SIGNS, BROOKES SHOES, RUNNERS WORLD, AUSTRALIAN RUNNER MAG - who helped us to come out with a small profit to meet our constant expenses and the athletes who went at it with a will. That is what sport is all about !

FRED LESTER. EMIL ZATOPEK SERIES DIRECTOR

42nd ANNUAL GENERAL MEETING, ALBERT PK. APRIL 13, 1988.

Due to the crowded March period and early Easter, the AGM was held a little later than usual, but that was hardly a reason for a rather small attendance of some 19 people. There were however a few new faces and some discussion on the problem of having larger participation at important meetings that have a bearing on the future of the Club. It is of course possible that there is a mistaken idea that an AGM is the only time when this can be done and that it is possible for members to come forward with positive ideas any time throughout the year which will improve participation in both, running races and running the organisation.

The 42nd Annual Report, President's Report and Secretary's supplementary report had been circulated with the Autumn Newsletter and was adopted as showing a steady 12 months of performance. The Secretary elaborated on the present state of the running scene in general which has seen quite a few changes not generally to the advantage of active runners, such as fickle sponsorship, lack of positive support from governments, rising costs, etc.

The Treasurer presented a detailed Financial Report, Statement & Balance Sheet which indicated satisfactory management of financial affairs of the Club with a slight increase in funds due to another well conducted Emil Zatopek Series. Hopefully, we may be able to join with other interested bodies to obtain administrative and training facilities close to a central location.

In line with most similar sporting bodies which have become incorporated it was decided, after some discussion, to specify portfolios of responsibility under the guidance of key officers, Directors of such portfolios. Vice-Presidents similarly are expected to have specific responsibilities. Elections resulted as under:

Vice-Presidents: DOT BROWNE (Vets), GEOFF HOOK (Ultras), RAYDN NOLAN (Promotion)  
Gen.Sec. FRED LESTER. Directors: Finance - GEORGE THOMAS (Treasurer),  
Membership - JIM GOOK, Competition - JANET O'DELL, Sponsorship - RICHARD SIMON,  
Sales - MAL COTHER, Publicity - TERRY O'HALLORAN, E.Z.- BILL LUKE / NEIL RYAN,  
Committee - MARCUS TRAYLEN, TOM GRONERT Auditor - KEVIN SOLOMON  
Hon M.O.- PETER LARKINS; Hon.Council -TOM YUNCKEN; Tech. Officer: PETER NELSON

During General Business and over refreshments after the meeting, there was plenty of opportunity to voice more concerns and ideas and we appeal to our general membership to have a good look at where they may be able to contribute in a small way. There are several suggestions on the membership form which are just as important as key Committee responsibilities. You also may have some expertise in a particular area or have some contacts which can assist in one way or another.

VMC COMMITTEE MEETING - VMC OFFICE - MAY 4, 1988.

Main points to arise at the meeting were:

The Treasurer reported that accounts for the 1987 EZ Series had been finalised and a surplus of \$1642 accrued to the VMC and the VAA. Some dissatisfaction was expressed at the meeting with the lack of recognition given to the major role played by the VMC in ensuring the viability and high standard of the series. The Director of Publicity was asked to raise this matter with the VAA.

The Secretary reported on progress in regard to the Marathon, Half-Marathon and Women 10km, all of which had obtained sponsorship, and preparations were well on the way. Membership figures were near the same level as in previous years, close to 450 as of that date, and reminders had gone out to 1987 members who had missed.

Race Managers were nominated as follows> Marathon: F. Lester; 1/2 Mar: R.Nolan/ N.Ryan/ M.Cother; 50 Miles: G.Hook/D.Browne; 25km: G.Hart/P.Nelson.

An appeal is made for members to assist in the major runs, the 50 Miler in particular will need scorers, hopefully enough to work shifts. Geoff Hook is the man to contact.

A thorough discussion on the 1988 Emil Zatopek Series took place with the report on the 1987 series and a projection of possible shape for the 1988 event tabled. It was of some concern that VAA events had flopped badly, in fact a deterioration over the past years. It was suggested that a change in events by the VAA could lead to a more positive participation, particularly if a more business-like and disciplined procedure was adopted similar to the VAL. The conduct of events by the officials had been good out on the arena, the weaknesses seem to exist in the back-up, but that is a matter for the VAA organisation to resolve.

ROSEBUD 12 HOUR RUN , 7-5-1988.

Barry Callanan.

"Next time", I thought "I'll take it a bit slower in the first 4 hours, eat smaller amounts earlier and drink more regularly...".

Hold the phone!! Stop the Ferris wheel!! Hold everything!! What "next time"?

After a rather restless night's sleep and some painful strolling down to Sorento Back Beach, I was, within 12 hours, allowing my miniscule subconscious mind to drift off and contemplate the next available 12hr Ultra. The self-inflicted slap marks are still visible on my ample jowls.

As a novice (some would say virgin) entrant in the 2nd Percy Cerutti Memorial 12 hour Ultra on Rosebud's Olympic Oval I had just experienced the "delights" of this novelty event. With an insatiable appetite to endure and undergo the expected, the other 30 masochists on the Start Line were despatched by none other than Herb Elliott himself. 8 am, fine, cool and a very slight breeze. Anti-clockwise around the accurately measured 393m grass track with its slight rise and fall along both straights. - - - Mid-life crisis and male menopause on a collision course with advanced senility and dementia. Make that 31 starters.

Uneventful Oval revolutions until 4 hr 15 min, coincidentally the Marathon mark had just been passed when dissension and lethargy set in. Post race discussions with other participants confirmed that I was not alone in this particular mental disposition/time zone. A change of food, change of hat and a very brief misty shower took my train of thought elsewhere and I settled down to listen to the Football previews for the next hour or so. (We were going to win, I was curious to hear by how much).

Conditions good, some overcast, mostly fine, dry grass track flattening out nicely. My "Claytons" crew had done a marvellous job so far - Dot Browne heavily seconded into Race Organiser, Col Browne drafted onto Leader Board actuary and Geoff Hook delegated to a verbal Seiko position. My beloved child-bride Thelma was lap scoring and 2 ankle-biters were slowly moving closer to my vast array of goodies. Not looking good.

A massage by Mike Hoare at 5 1/2hrs, coupled with a change of clothes put one in a better frame of mind until the 6 hour reversal-of-direction. As a novice at this meeting, the 'unwinding' clockwise movement took a little getting accustomed to. But the undulations on both straights seemed to be easier this way.

Hallucinations setting in ?? - Do those other blokes have to keep passing me with such regular monotony ? The Leader Board confirms that I am actually maintaining my position in the field - they must all be deteriorating at the same rate.

At 8 hours realisation sets in. There is no aggro here, no pressure, lots of encouragement from both on and off the track and, dare I say it, it is an enjoyable atmosphere. My first cup of warm coffee, taken on one of my frequent walk-laps, gives me a huge lift. Walking had become a necessity from about 7 1/2hr as I had started to have cramps in my left quad and quite frankly didn't know how to handle it. So it was run 2/3/4/ laps until it eased, then go again.

Time, strangely, is passing quickly in the second half of the run.

Passing the 50 mile mark in just over 10hr (nothing to worry you there if you're competing on 18th June in the 50 mile ch'ship) I calculate that I am on target to complete my minimum distance objective of 90k. Mild panic however as I recalled the 7m short of 400m per lap. Fresh calculations necessary.

A free icy-pole from the Cranbourne panel-beater Tony Dietachmayer, shot me around 7 laps non-stop, halfway through the 11th hour. Goerge Perdon strolls past and avails ofmour W.C's - long way off the track weren't they George ? And aren't those steps getting hogher and higher ??

My "Claytons" crew make a Cameo appearance track-side to combine with fellow Croydon Veterans in offering encouragement. I'm running better now than 7 hours earlier and start to consider how easy I had been on myself. Still it is really a no-pressure run and, I'll admit, much easier to approach than a Marathon.

Overhead lights are on, getting colder but still fine.

I pass 90k at 11hr 48min and am silently elated but can't let up as the "Quiet Achiever" Sandra Kerr is no more than 1 lap behind. I still had my pride. The old stager Stan Miskin is running a couple in front of me and is looking over his shoulder. He still has his pride too. 12 Hours !! 91.199kms !!

This typewriter could never express accurately the elation, glee, satisfaction, sadness, tiredness nor deflation at the completion of the last 10 second count-down. It's mine to remember and savour and remmnisce, and nobody can take it away.

Now, if I pay my \$12 membership to AURA now, I get an early entry discount to the next 12 hour ULTRA ?

What ?

TRAINING NOTESTHE BODY TAKES ITS TIME

Fred Lester.

Periodically we get queries in regard to all kinds of physical problems which seem to have come on very suddenly at some stage in a runner's career. Medicos, because of their scientific training, and Coaches, because of their experience, seem to largely agree that in the overwhelming number of cases such disabilities can be led back to a period of stress through over-use. That could be a very short or a lengthy period, it could be directly connected with running or indirectly with stress at work, at school, through unfulfilled expectations imposed from self or outside, etc. The indirect stresses seem to affect physical co-ordination and relaxation and then become translated into altering established movement. However, it would be more useful here to discuss how to minimise over-use.

We all had the experience of steady improvement in our ability as runners from when we first took it up. Almost every time we went out it was another PB due to the muscles involved tuning into the new activity, becoming stronger and more efficient. From time to time, probably after the first hard race anyway, there would be muscle soreness and/or stiffness. That was the first sign of activity induced stress which the body rebelled against in a mild way. We probably eased off a little then and the soreness disappeared and we continued our progress.

Very few can resist the temptation to keep on building up by constantly increasing either speed or distance - or both - while we keep improving, the competitive urge tends to take over. Depending on the individual, and no two runners are alike in every aspect of training and racing, and the rate of increased effort, there comes a stage when more serious symptoms can arise. Shin splints, Achilles soreness, painful joints, some runners can probably name dozens more. Things have been going along well for months, sometimes even for years, and then the roof seems to fall in. There is no ready made solution and no predictions can be made of how much is too much in each case, but we do have some general principles in training which help the body to cope better.

ALL-ROUND STRENGTH Although legs are the most important tools for running, virtually all other parts of the body - and its muscles - are also involved, either for aiding the legs directly like the leg muscles, or indirectly like the arms and shoulders for counter balance, the stomach muscles for breathing and keeping the body aligned, the neck muscles to govern the head for maintaining posture, etc. Unless all these auxiliary systems are strong enough to fully back up the leg muscles, whichever is the weakest will not be able to withstand the strain. That also applies to the different muscles and ligaments in the legs themselves. Running by itself is not sufficient, we also need to use specific exercises for the support groups.

Another problem is the amount of force being transmitted through the skeletal system as the body lands on each stride, which increases as the speed of running increases. The hard artificial surfaces on tracks and roads accentuate the effect and runners are well advised to use natural soil and grass surfaces as much as possible, or at least keep changing surfaces. People carrying more than average weight for their size, as well as growing teenagers and children, need to be especially careful; the former landing harder and the latter needing to protect the growth plates in the joints. Disabilities can occur in knee and spinal joints.

REST AND VARIETY While in use, muscles are excited to perform, while resting they build strength. Depending on age and state of fitness there is an optimum to which extent your muscles will respond, beyond that point fatigue sets in and, to phrase a rather complex process in simple terms, muscles tend to break down. The runner has two options when that occurs, one is to stop and rest, the other is to vary the motion and so relieve the hard worked muscles and bring others more into action. Experience can help such a decision. As a 'Rule of Thumb' inter-space long and/or hard sessions and races with easy work-outs even to the extent of just shaking loose with a short jog or not doing anything physical at all, especially after exhausting efforts such as a Half-Marathon or longer race.

One of the traps is to go out regardless when you are on a 'high' after a good performance, you think you can go on running for ever. Wrong ! You need a break even more than when you've had a bad run. You are more likely to be down mentally rather than physically after a poor effort and getting back into training will get you out of the slump.

ZOLA BUDD'S DISAPPEARANCE from the running scene internationally is the tragic outcome of the 'Flag of Convenience' attitude in the top circles of International Shama-teurism. Some may remember the unholy rush to declare Zola 'British' at the expense of British athletes possibly in line for team selection. In a way, Zola was not to be blamed for jumping at the opportunity, but it led to dishonest manoeuvring.

Patently, she had to make up her mind and become a 'de facto' British athlete, without tripping back and forth to segregated South Africa, to be also in line with the Olympic Charter. In this she failed miserably and it ill behoves the various media spokes persons and politicians to place the blame elsewhere but on the unprincipled drive for winning at all costs. I am afraid it produces rather tarnished Gold !!

I NEVER CEASE TO BE AMAZED at the resistance toward serious reading in the field of sport on the part of its players and athletes. There are book reviews in most journals, we also have some in our own Newsletter from time to time, but I can hardly remember a single feed-back from active sports people. We are lucky to have some literate and acute observers of our sport, some write for general media, others for specialist magazines, yet few of the letters which they elicit indicate that their writers have had a wide enough study or reading on the subject. The overwhelming bulk of written material is shallow and opinionated.

It must be galling to experienced coaches and sports scientists to receive so little feed-back from the active participants as it seriously hampers research and development of new approaches in an ever changing environment. Is it the bowing before a kind of authoritarianism, a blind acceptance of the written word or the aura of a coach, that stops questioning and discussion ?

A CUTTING OF THE MELBOURNE SUN, the back page of January 31, 1985, is in front of me with half of it taken up by a photo showing Calvin Smith cruising into the finish of the Australia Games 100m, a clear 2 meters ahead of the best Australia had to offer and looking over his shoulder. To add insult to injury the winning time a mere 10.53 !!

The gap to top world standard has widened, if anything, in the past 3 years and the selectors of our Olympic squad cannot be blamed for absence of realistic times competitive with the world's best at the Olympics. They were generous to select a 4 x 400m team, even if Darren Clark is fit. Admittedly, being out of season has its problems when most major Games are held in the Northern hemisphere, but a selection 5 1/2 months ahead merely compounds the problem.

Realising that a tough year was ahead, many of Australia's top athletes delayed their build-up during the 1987-88 Track & Field season. This was of little help when the Nationals (and main selection trials) took place before the end of March posing a difficult problem for coaches and athletes to time the right periods for recovery, build-up and 'lead-up' competitions. Northern hemisphere athletes have the advantage of a longer build-up during the period when Australian athletes have to prove their mettle to the National selectors.

BIDDING FOR THE OLYMPIC GAMES to come to Melbourne seems to have gone over like a lead balloon with many athletics followers. Most of them seem to regard it as just another exercise in 'big noting' and self-promotion by politicians and their camp followers. Another temporary track at the MCG, alienation of more parkland for velodrome and swimming pools, quite apart from the extra expense of building them, plus a village in 'Smog Valley'.

First reaction by most appears to be: Athens started the ball rolling, fair enough to let them have the Jubilee Games.

PIRATES HAVE MOVED IN on the Soeul Olympics according to a newspaper report on a large-scale hotel building program in the city. They have made it almost impossible to get a room at anything less than extortionate prices.

The pirates have block booked virtually every good class hotel room in the Korean capital that is not required by the Olympic committee for its own official use and the 10,000 media representatives expected there.

The 'kill' will come when rooms are released at premium prices just before the "harmony and progress" Games get under way on September 17th.

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

- \* Indicates changes from previous listings. Tel:(03) 817 1033 Tue,Wed,Thu 12 - 2pm.
- MAY 29(Sun)VMC "RUNNERS WORLD"MARATHON,FISH.BEND 10am(Map 56 H2) Entries by MAY 16!  
\$6 Members,\$8 Non-Members.After MAY 16 late fee \$15! 10km \$2,enter on day.
- JUN 12(Sun)VMC"DAVID WARD"HALF-MARATHON Burnley 9.00am(Map45 B12)Entries by MAY 30.  
\$4 Members,\$5 Non-Members.After May 30 late fee \$12!Refreshments.  
18(Sat)VMC 50 Miles AUSTRALIAN CHAMPIONSHIP(track),BOX HILL(Map47 C7)  
19(Sun)VMC 50 Miles Road Championship,PRINCES PARK(Map29 G12)Tel:288 9739(H)
- \*JUL 2(Sat)VMC 25k & 5k,WERRIBEE SOUTH FG.12noon(Map209 G11)\$3 & \$4;5k-\$2. Refrmts.  
\* 3(Sun)VMC WOMEN Combined Pack Run,O'Donohue's Pic.Grd.SHERBROOKE 9am.(Map75 G3)  
\* 17(Sun)VMC"SPORTSCRAFT"WOMEN 10K CH'SHIP.ALB.PK.9am(Map57 J3)Entries by JUL 4.  
\$3 Members,\$4 Non-Members.After July 4 late fee \$6!
- AUG 28(Sun)VMC 32k COAST ROAD CHALLENGE & 4K,B'TON BATHS.8am(Map 67 C10)\$3 & \$4;4k-\$1
- \*SEP 4(Sun)VMC WOMEN Combined Pack Run,Fernbrook Restaurant,Monbulk Rd,Belgrave 9am.  
17(Sat)VMC 30k & 15k KING & QUEEN o.t.MOUNTAIN.Point Leo 1.30pm(Map196 G2)\$3,\$4.
- OCT 23(Sun)VMC"DAYLIGHT SAVING 10M" New Venue to be notified  
\* 30(Sun)NUNAWADING AC is holding special 10,000m track series.
- NOV 2(Wed)VMC 16km & 6km TWO BRIDGES.ALEXANDRA AVE 6.30pm(Map44 B12)\$2 & \$3. 6k-\$1.  
\* 6(Sun)VMC WOMEN Combined Pack Run.WALKERS CLUB ROOMS ALIBERT PK.9am(Map57 J3)\$1.  
16(Wed)VMC 12km & 4km TWO BRIDGES.ALEXANDRA AVE 6.60pm(Map44 B12)\$2 & \$3. 4k-\$1.  
30(Wed)VMC 8km & 2km TWO BRIDGES.ALEXANDRA AVE 6.30pm(Map44 B12) \$2 & \$3. 2k-\$1.
- DEC 12-15(Mon-Thu)EMIL ZATOPEK Track Series.Membership & Special conditions apply.  
18(Sun)VMC"DAVID WARD"10k & 3k EMIL ZATOPEK FUN RUNS,PRINCES PARK,9am.\$5;3k-\$3  
31(Sat)"RUNNERS WORLD" MIDNITE RUN 8K & 2K,TWO BRIDGES,Zero 1989.\$4.
- 1989 JAN 22(Sun) 4 laps (13km) PRINCES PARK, 8.00am (Melway Map29 G12) \$2. 1 lap-\$1.  
JAN 25(Wed) 10km TWO BRIDGES, 6.30pm Alexandra Ave BBQ's (Map44 B12) \$2; 2k-\$1.  
FEB 5(Sun) 6 laps (19km) PRINCES PARK, 8.00am (Map29 G12) \$2 & \$3; 1 lap-\$1.  
8(Wed) 10km TWO BRIDGES, 6.30pm Alexandra Ave BBQ's (Map44 B12) \$2 & \$3; 2k-\$1.  
19(Sun) RICHMOND AC "CUBITT CLASSIC" 10M, Bartlett Res, BURNLEY,8.00am(Map45 B12)  
22(Wed) 10km TWO BRIDGES, 6.30pm Alexandra Ave BBQ's (Map44 B12) \$2 & \$3; 2k-\$1.  
MAR 19(Sun) 12k & 4k "FALLEN COMRADES",DOMAIN 8.00am (Map43 K10) \$2 & \$3; 4k-\$1.  
27(Mon) VMC 16km EASTER CHAMPIONSHIP Latrobe Uni 9am;Family 3.1k run 11am.

**NOTE: Use Race Entry Forms ONLY for Early Entries listed above!**  
**All other race fixturesEntries on Day,30 mins prior listed Starting Time!**  
**WOMEN PACK RUNS: July 3rd B'fast avail.at Corroboree Cafe,others BYO B'fast/Brunch.**

-----cut here-----cut here-----cut here-----

**VICTORIAN MARATHON CLUB MELBOURNE INC. - 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..../..../..... OCCUPATION/INDUSTRY.....  
 MALE/FEMALE(delete inapplicable) I CAN HELP THE CLUB WITH.....  
 I CAN GO ON CLUB DUTY ROSTER 1)..... 2)..... 3).....  
 Check with dates on fixture list & give in order of preference to fit in with own  
 competition,work or family commitments.  
 CONTRIBUTE TO/DISTRIBUTE NEWSLETTERS.....DISTRIBUTE CLUB NOTICES AT OTHER RUNS.....  
 BILLET VISITOR(S).....HAVE ENDORSED DRIVERS LICENCE(Truck/Bus).....  
 HEREWITH \$12.....(Senior), \$6.....(Junior u.20) and SSAE for return of information.  
 Dated:..../..../..... SIGNATURE.....



WHAT IS THE V.M.C. ABOUT !?!

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

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

The VICTORIAN MARATHON CLUB is a unique Road Runners 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 likes 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 satisfactory conclusion.

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 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 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 10,000M, 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 VICTORIAN MARATHON CLUB aims to keep organisational and technical details to the minimum essential to conducting its 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 covering the CALENDAR YEAR (JAN 1 - DEC 31). 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 (overleaf), together with correct fee, to the SECRETARY, V.M.C., 598 High St., E.KEW 3102.

All Enquiries must be accompanied by S.S.A.E. (Stamped Self Addressed Envelope) of maximum standard size (235mm x 120mm) for a reply and/or 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, Swan Street, MELBOURNE 3002, 428-8195.  
RUNNERS WORLD, 600 High St, E.KEW 3102, 817-3503 & 340 Glenhuntly Rd, E'WICK 3185, 523-8585  
ROCKY'S SPORTSPOWER, Cnr Warrigal Rd & Burwood H'way, BURWOOD 3125, 288-8916.