



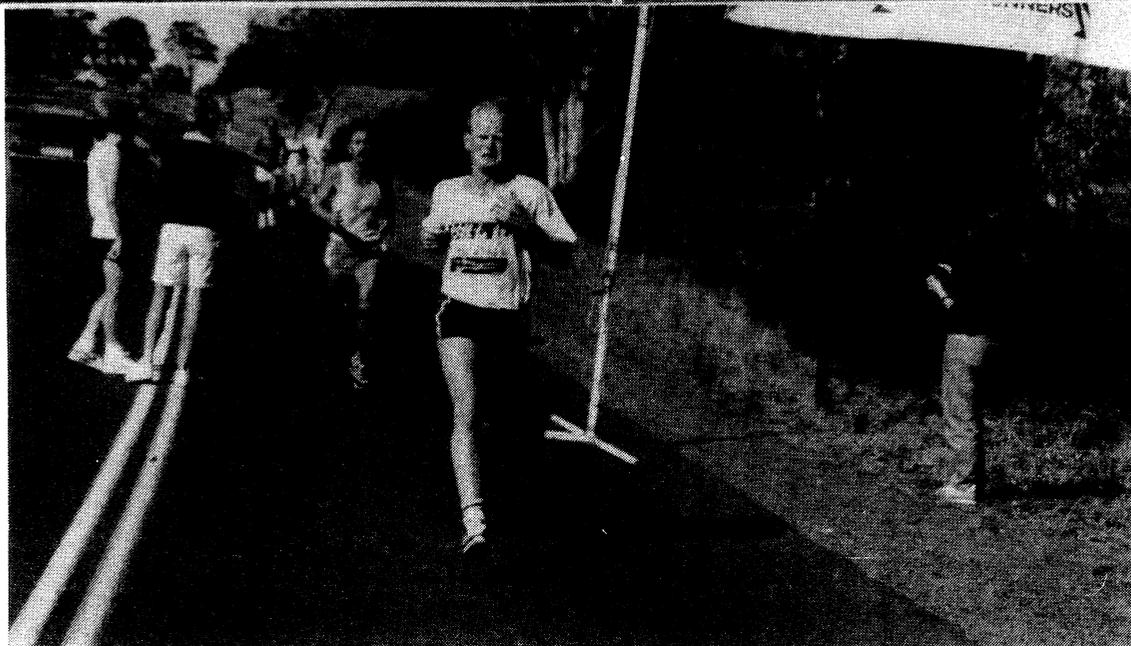
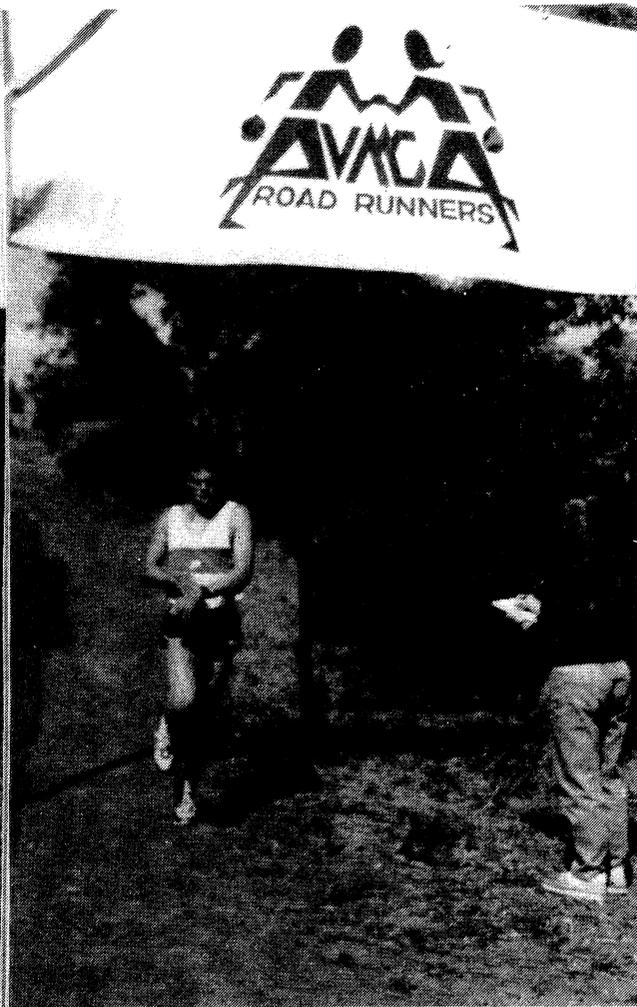
VICTORIAN MARATHON CLUB

NEWSLETTER

WINTER 1989  
VOL.21 No.2

JUNE 1989  
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1989 VMC 16. km (10 Miles) EASTER CHAMPIONSHIP.

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**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 :  
VMC 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 Tel (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 22 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 !!  
Below are the races requiring Pre-Entry: (Check for more details on Fixture List)

- JUN 11(Sun)VMC "DAVID WARD FINANCIAL SERVICES" HALF-MARATHON, BURNLEY, 9am.
- \*JUN 17(Sat)VMC "HI-TEC SPORTS" 50 MILES TRACK AUSTRALIAN CHAMPIONSHIP, BOX HILL.
- \*JUN 19(Sun)VMC "HI-TEC SPORTS" 50 MILES ROAD CHAMPIONSHIP, PRINCES PARK.
- JUL 16(Sun)VMC "SPORTSCRAFT QUEEN OF THE LAKE" WOMEN'S 10km, ALBERT PARK,9.am.
- AUG 27(Sun)VMC "COAST ROAD CHALLENGE" 32.2km BRIGHTON BATHS, 8am.
- SEP 9(Sat)VMC "KING & QUEEN OF THE MOUNTAIN" 30k & 15k,PT.LEO-ARTHURS SEAT,1.30pm.
- DEC 10(Sun)VMC EMIL ZATPEK 10km & 3km FUN RUN, PRINCES PARK, 9.00am.

PLEASE NOTE that most of the above events also have **Special Entry Forms**, when we have obtained sponsorships and use those when possible.

\* 50 MILES ENTRIES direct to GEOFF HOOK, 42 Swayfield Rd, MT.WAVERLEY 3149.

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 YOUR ONE PART-TIME OFFICIAL 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 FOLLOWING 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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D E C L A R A T I O N

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 any claim, right of 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 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 parent/guardian of .....  
and that he/she has my consent to participate in this event.

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

(\* complete if applicable)



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 1st 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 West, 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) 332-8022
AA-WA: Tony RICE, P.O.Box 208, WEMBLEY 6014	(09) 387-5599
AAA-TAS: Noel RUDDOCK, 10 Reynolds Court, DYNDRYNE 7005	(002) 23-1976
ACT AA:Bill BAILEY,P.O.Box 351, BELCONNEN 2616	(062) 47-4171 H
NT AA: Anne GENDERS,P.O.Box 41710, CASUARINA N.T. 5792	(089) 85-3260
VIC VETS: Peter COLTHUP, 14 Bakers Rd, N. DANDENONG 3175	(03) 795-1169
SYDNEY STRIDERS: Phil CALDWELL, P.O.Box 300, THORNLEIGH 2120	(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) 31-8422 H
A.I.S.: P.O.Box 176, BELCONNEN 2616	(062) 52-1111

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VICTORIAN VENUES

Melway Ref. Map

OLYMPIC PARK: Swan St & Batman Av, Trams Princes Bridge, Trains Richmond	44 B 11
TWO BRIDEGS: Alexandra Av, opp. Botanic Gardens, near Morell Bridge	44 B 12
ALBERT PARK: Robinson Hall (Walkers) rear Basketball Stad., facing lake	57 J 3
PRINCES PARK: Walker St. Pavilion, near Carlton FG, Royal Pde, trams pass	29 G 12
BURNLEY BOULEVARD: K.Bartlett Res.,rear Burnley Hort.Coll.,Swan St.R'MOND	45 B 12
POINT LEO: Red Hill Tennis Club,Red Hill-Pt.Leo Rd	190 J 4
FISHERMENS BEND COM. YOUTH CENTRE: Opp. Bus Terminus & Shops,GARDEN CITY	56 H 2
DOMAIN: Birdwood Av, rear Shrine of Remembrance, 1.5km up St.Kilda Rd	43 K 12
LATROBE UNIV: Car Park 6, off Ring Road, 500m east Waterdale Rd entrance	19 H 7
WERRIBEE Sth: Price Reserve Map 209 G 11 /South of St. Mary's RC School	201 H 10
WESTERFOLDS PARK:Porter St,T'STOWE <u>33 E 1/2</u> \\\ BUNDOORA PARK:Plenty Road	19 F 4
BRIMBANK PARK:South of Keilor Park, enter from Calder H'way/Cemetery Rd	15 B 8
DEVIL BEND RESERVOIR: Graydens Rd, MOORODUC	152 J 3
COBURG TRACK: Outlook Rd,off Murray Rd, rear Basketball Stadium	18 A 10
COLLINGWOOD TR:Heidelberg Rd,CLIFTON HILL; Crosscountry Course opposite	30 G 12
DONCASTER TR:George St. <u>33 J 11</u> \\\\ BOX HILL TR: Elgar Rd/Barwon St	47 C 7
CROYDON TR:Norton Rd <u>50 K 4</u> \\\\ NUNAWADING TR:Burwood H'way,E.B'WOOD	62 B 7
MURRUMBEENA TRACK:North & M'beena Rds <u>68 K 9</u> \\\ MENTONE TRACK: Second St	87 B 7
FRANKSTON TR:Ballam Park <u>103 B 4</u> \\\\ SANDRINGHAM TR:Thomas St,HAMPTON	76 K 6
SPRINGVALE TR:Ross Res.NOBLE PARK <u>80 E 12</u> \\\ KNOX TR:Rushdale St.SCOREBY	73 D 7
ABERFELDIE TR:Corio St.ESSSENDON <u>28 D 6</u> \\\ MELB.UNIV.TR: 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 10km TWO BRIDGES, 22-2-198, Fine,mild, 66 Starters.**

01.ANDREW EDWARDS 29	33:15	23.IAN SPOKES 35	39:39	45.DUNCAN H-RITCHIE 43	43:53
02.PETER TUTTY 23	34:23	24.DOUG PETROFF 47	39:42*	46.BRUCE KIRK 25	43:58
03.IAN GILL 40	34:35	25.TED DOWLAN 39	39:55	47.DAVE O'CALLAGHAN 30	44:02
04.TARQUIN OEHR 37	34:41	26.BRIAN JOHNSTON 49	40:28	48.COL HOCKLEY 44	44:41*
05.ROB SUTTON 27	35:08	27.PETER RAMSAY 28	40:50	49.DAVID NORTH 36	45:30
06.DAVID HINES 23	35:39	28.LYN DAVIS 35w	41:02	50.BRIAN MARCH 26	45:48
07.LEON HAUPTMAN 37	35:40	29.LUCIANO DiMARCO 34	41:14	51.KERRY WILLCOCK 27W	45:58
08.ANDREW HOLMES 33	36:07	30.TREVOS ABBOTT 38	41:32	52.KEVIN BROWNE 52	46:55
09.MARIO CORDEDDA 29	36:26	31.DEAN WALLACE 25	41:43	53.BOB WHITE 58	47:00
10.ELIAS SAHELY 34	36:54	32.GEOFF PARK 46	41:59	54.BOB ANKERLIN 48	47:22
11.ANDREW AITKEN 27	36:58	33.BRUCE GOODMAN 51	42:13	55.BRENDAN GULLIFER 29	47:24
12.BOB BIRRELL 51	37:01*	34.MICHAEL GRAYLING 32	42:17	56.ROD MARCHANT 31	48:34
13.MAX BALCHIN 45	37:10	35.RICK PEMBERTON 36	42:26	57.HONOR BEVERIDGE 28W	48:38
14.SIMON BENJAMIN 21	37:24	36.BARRY WATSON 53	42:34	58.ROY SUDHOLZ 57	48:39
15.PHIL WEBSDALE 31	37:43	37.TERRY CHEVERTON 41	42:41	59.KERRY LEE 28W	48:43
16.KEN EMERY 41	38:26	38.PAUL RICHARDSON 34	42:41	60.PAM WILLIAMS 32W	50:35
17.ALEX ILLES 24	38:31	39.PAUL HORSEY 29	43:00	61.LEANNE MARCH 29W	51:50
18.ROB MOORE 33	38:35	40.HOWARD GOLDENBERG 43	43:14	62.SHARON CLARKE 33W	51:50
19.CLIVE THOMSON 34	38:37	41.GEORGE TURNER 43	43:19	63.LEONIE WALTON 21W	54:55
20.MICK WHITEOAK 44	39:01	42.ROD OPIE 39	43:23	64.MAUREEN FALLON 33W	54:55
21.JOHN HOLMES 37	39:12	43.LAWRIE HALL 40	43:48	65.MICK BENNETT 31	55:48
22.JOHN NICHOLS 42	39:13	44.MARIA MEHMET 29W	43:49		

\* = Lucky Spot

**VMC 2km TWO BRIDGES, 22-2-1989, 11 Starters.**

1.LAURIE CLARKE 29	5:47	5.PETER SCOTT 17	6:52	9.LINA BIRRELL 13W	10:41
2.JOHN WILLIAMS 34	5:56	6.CHRISTINE GITZEN 14w	8:49	10.MICHELLE MALONE 25W	12:31
3.PAUL MARR 24	6:00	7.TREVOR McNAMARA 22	9:38	11.LAWRENCE MALONE 27	12:31
4.ANDREW OWEN 20	6:22	8.RUSSELL ROLLS 43	10:23		

Race Manager DOT BROWNE was assisted by JOAN & PETER LOGAN, JIM DUGGAN, FRED LESTER, BOB ROLLS and IAN RANDS.

**VMC 12km FALLEN COMRADES, 19-3-1989, DOMAIN. Overcast,still,humid. 76 Starters.**

01.ANDY COCHRANE 33	38:21	25.ROBERT ANDREW 29	47:38	49.COUG HUMPHREY 40	56:16
02.GRAEME McDONALD 30	38:28	26.TONY MORGAN 44	47:58	50.SPIRO MORAITIS 56	56:39
03.GEORGE EDMOND 36	39:36	27.BOB WALTON 36	48:17	51.DAVID JONES 51	56:56
04.LEW HARVEY 39	39:49	28.TERRY STOKES 34	48:49	52.GERRY CLARK 40	57:42
05.STEPHEN MILLER 27	39:55	29.JOHN MORRIS 47	48:58	53.GRAHAM McFERRAN 35	57:48
06.JOHN PHILPOTTS 40	40:12	30.JEREMY COLEBROOK 27	49:00	54.GEOFF BROWN 43	57:48
07.ROBERT MANDILE 36	42:00	31.VIN O'BRIEN 60	49:05	55.JOHN RUSSO 33	58:06
08.ANDREW OWEN 20	42:20	32.PETER MORRIS 45	50:02	56.BOB WHITE 59	58:07*
09.TARQUIN OEHR 38	42:31	33.COL JERRAM 44	50:05	57.PETER GOMOLKA 49	58:44
10.TONY MANDILE 32	43:13	34.JAMES STEWART 30	50:12	58.SCILLA DAY 30W	58:45
11.PETER LEBUSQUE 29	44:02	35.JOHN BUCKINGHAM 44	50:56	59.ADRIAN POWELL 37	58:47
12.ANDREW HOLMES 33	44:04	36.BARRY WATSON 53	51:09	60.JOHN KING 39	58:51
13.HAMILTON BARRY 44	44:08	37.KEITH CROWLE 49	51:44	61.HANS ZIERKE 43	59:00
14.BARRY CAIN 40	45:23	38.PETER RICHARDSON 30	51:45*	62.GRAEME BISHOP 44	59:02
15.ANDREW SMITH 29	45:41	39.DUNC HAM.-RITCHIE 43	52:03	63.HONOR BEVERIDGE 28W	60:01
16.ERIC MARIE-JEANNE 40	45:52	40.KIELEY NACRAD 26	52:19	64.SHAUN MAYERS 15	60:36
17.JOHN BARKER 27	46:16	41.LINDSAY JOHNSTONE 40	52:28	65.JOHN PATTEN 41	61:21
18.ALAN BEVERIDGE 34	46:48	42.DAVID WOOD 26	52:19	66.TINA DERU 45W	62:50
19.CHARLES SPOONER 32	46:59*	43.ROBERT BENNETT 50	52:49	67.LINDSAY HENRY 50	62:51
20.CLIVE THOMSON 34	47:10	44.JACK ROSENDALE 48	52:53	68.PETER JANNINGS 28	63:08
21.IAN PIGGIN 44	47:13	45.ALAN KILLEN 30	54:09	69.LAURIE BISHOP 42W	66:39
22.GERRY TRANFIELD 28	47:18	46.OZZIE GOULTER 36	55:00	70.RIKKI BEWLEY 42W	70:13
23.JOHN RASKAS 41	47:30	47.BERNIE GOGGIN 51	55:02	71.BARBARA WALTON 35W	71:58
24.KEN MUNRO 57	47:31	48.GARY QUINN 27	56:00	72.JOAN JERRAM 42W	72:41
				73.MERV BECKETT 57	80:10

\* = Lucky Spot

**VMC 4km, FALLEN COMRADES, 19-3-1989,DOMAIN. 23 Starters.**

1.GAVAN McMILLAN 23	13:35	9.ILSE SCHNEIDER 48W	18:34	17.JOSHUA IHLE 7	22:34
2.DAVID INNES 38	13:46	10.GRAEME FISHER 43	19:37	18.JACKIE VOS 32W	22:38
3.STEPHEN RUSSELL 29	13:47	11.MARTIN PHILLIPS 13	19:54	19.RACHEL WALTON 12W	23:34
4.PETER BOULTON 27	13:48	12.BILL McGLAULIN 36	20:29	20.KIRSTEN STANLEY 17W	24:18
5.GRANT MORGAN 14	15:48	13.LIZ KETTERICH 31W	20:36	21.DAWN WALTON 12W	24:22
6.KING LUMADILLA 17	16:28	14.JAMES MORRIS 10	20:44	22.SARAH WALTON 14W	26:28
7.DEAN MILRIVSKI 15 @	17:49@	15.DAVID WARD 46	21:18	23.NANCY PHILLIPS 46W	29:00
8.JAY PHILPOTTS 8	18:32	16.JENNIFER JONES 29W	21:32		

@ = Not on Entry List - WHY ?

Race Manager FRED LESTER was assisted by STEVE TELEKI, MARK HARVEY, PETER SHONE, BARRY MOORE, PETER RAMSAY and BARBARA O'BRIEN (substituting VIN !). Thank you all for making this great traditional Club event a success.

**VMC 16.1km EASTER CHAMPIONSHIP, 27-3-1989, LATROBE UNI, Mild, sunny, little wind. 77 Starters.**

01. PETER BOURKE 28	51:37	26. JOE PAGNOCCOLO 25	63:26	51. CHRIS HARRAP 28	72:17
02. ANDY COCHRANE 33	52:57	27. LAWRENCE GLOVER 34	63:31*	52. LEN HALLETT 39	72:32
03. GEORGE EDMOND 36	53:07	28. GABRIEL CARMONA 46	63:33	53. BOB BENNETT 50	72:51
04. SCOTT LAWRENCE 27	54:12	29. TONY DOYLE 45	63:53	54. TONY BOWMAN 35	73:14
05. JOHN PHILPOTTS 40	54:13	30. JIM GRODEN 49	63:54	55. CAM MARRARA 42	73:36
06. LAWRIE BRIMACOMBE 45	54:53	31. MARK HARVEY 32	64:05	56. JAN WILSON 43W	73:36
07. PAUL MARRD 25	55:22	32. JIM DONOGHUE 34	64:22	57. STEVEN SAKKIS 29	74:42
08. PAUL GIBNEY 30	55:45	33. ARCHIE DALLI 36	65:16	58. BRIAN REMEDIOS 24	75:21?
09. ROBERT MANDILE 36	55:56	34. JOHN KAPARELIS 21	65:37	59. DAVID STAVELY 29	75:31
10. TONY MANDILE 32	56:03	35. GRAEME SALTHOUSE 51	66:07	60. JOHN STAVELY 55	75:38
11. LAWRENCE MALONE 28	56:24	36. PHILLIP BOYLE 23	66:38	61. JOHN BARBARO 43	76:28
12. JOHN BRIMACOMBE 45	56:30	37. ROBERT ANDREW 29	67:06	62. RAY WALKER 65	77:04
13. MICHAEL McNAMARA 17	56:32?	38. GERRY RILEY 58	67:21	63. ROBYN TODD 39W	77:23
14. ROB SUTTON 27	57:14	39. NICK BUCKLEY 37	68:00	64. GERRY CLARKE 43	77:26
15. JASON BETHERAS 19	57:32	40. STUART LITTLER 21	68:08	65. DAVE JONES 51	78:09
16. KEVIN MARSH 41	59:06	41. JOHN MORRIS 47	68:18*	66. GRAEME BISHOP 44	79:38
17. PETER BETHERAS 49	59:25	42. JAN BRIMACOMBE 37W	68:22	67. MARG BURROUGHS 45W	80:03
18. RON RABONE 36	61:13	43. DAVID SKIPWORTH 48	68:34	68. KEVIN CASSIDY 28	81:44?
19. STEVE FAHEY 26	61:14	44. GEOFF WHITEHALL 40	68:46	69. VONDA SAUNDERS 51W	84:17
20. ROBIN BUCKLEY 39	62:07	45. RICHARD TODD 41	69:25	70. GORDON BURROWS 53	84:33
21. LES BRADD 37	62:13	46. MARGARET SMITH 49W	69:32	71. HEATHER JOHNSTONE 44W	84:36
22. RIOCHARD SIMON 27	62:21	47. BILL ROSS 43	69:35	72. Not checked in	87:16
23. RAY HEFFERNAN 26	62:28	48. PAULINE KEENAN 21W	70:34	73. LORRIE BISHOP 42W	90:45
24. JOE CHAWKE 24	62:30	49. JIM McGOVERN 36	70:55	74. VICKI THOMPSON 43W	92:37
25. DENY MARTIN 40	63:03	50. GERRY GIBNEY 59	71:50	75. LIZ COPPLEMAN 34W	94:14

\* = Lucky Spot /// ? = 3 runners not recorded on entry list. Why ??? Please explain !!

**VMC 3.1km PARENT & CHILD EASTER RUN, 27-3-1989. 50 Starters.**

01. DAVID OWEN 20 S	9:26	18. JAY PHILPOTTS 9 S	13:33	35. STEVEN MILLS 6 S	16:52
02. DEAN LEVITT 17	9:51	19. FIONA PETERS 19 D	13:52	36. MELBA BLACK 42 M	16:53
03. JOHN PHILPOTTS 40F	10:25	20. GAVIN BLACK 10 S	14:03	37. JULIE BONACCURSO 32M	17:39
04. MARK BONACCURSO ?F	10:34	21. PAM DAVIES 39	14:08	38. HANNA MILLS 7 D	17:50
05. JOHN STAFFORD 43	10:40	22. BELINDA BONACCURSO 12D	14:21	39. JENNY SUTTON 26	18:34
06. SELWYN GEORGE 34	10:48	23. JUDY PETERS 46 M	14:49	40. ANNA WHITEHALL 7D	19:17
07. BUZZ HALL 14 S	10:49	24. RICHARD BALLARD 13S	15:07	42. CLARE WHITEHALL 7	19:18
08. GREG HALL 37 F	10:55	25. TAMMIE SODOLI 12 D	15:13	43. KATHY MILLS 32 M	19:25
09. TONY MORGAN 45 F	11:11	26. JAMES MORRIS 10 S	15:24	44. KEVIN MILLS 34 F	19:25
10. GRANT MORGAN 14S	11:18	27. JOHN MORRIS 47F	15:24*	45. ANDREW MARTIN 7S	19:39
11. REBECCA FLYNN 15	11:21	28. JAMES COPPLEMAN 8S	15:32	46. VIN MARTIN 37F	19:40
12. ALAN BALLAARD 42F	11:23	29. KEN COPPLEMAN 40F	15:33	47. SUSAN BALLARD 11	19:54
13. RICHARD OWEN 43F	11:35	30. LUKE BONACCURSO 9S	15:45	48. JENNI BALLARD 7	22:27
14. SERENA PETERS 14	12:33	31. KARIN SODOLI 41M	16:04	49. MATTHEW McGOVERN 6S	23:02
15. SHELLEY BRIMACOMBE	12 12:57	32. RICHARD TODD 41F	16:23	50. JIM McGOVERN 36F	23:03
16. PETER BLACK 43	13:01	33. SHANNON TODD 12S	16:23		
17. JIM GOOK 50	13:02	34. NAOMI PETERS 18	16:36		

MOTHER & DAUGHTER: JUDY & SERENA PETERS 28:41; KARIN & TAMMIE SODOLI 31:17  
 MOTHER & SON: MELVA & GAVIN BLACK 30:56; JULIE & LUKE BONACCURSO 33:24  
 FATHER & DAUGHTER: MARK & BELINDA BONACCURSO 24:55; GEOFF & ANNA WHITEHALL 38:36  
 FATHER & SON: RICHARD & DAVID OWEN 21:01; GREG & BUZZ HALL 21:44

Race Manager FRED LESTER was assisted by DOUG MOSS, GAYE & SELWYN GEORGE, MERV LARTER, MELVA BLACK & FAMILY, JIM GOOK, JUDITH ROSS and a number of young volunteers who made sure that all the runners got enough water to keep them cool, once the sun got hot. All of them made sure that everyone had a most enjoyable Easter Monday at this traditional event.

xxx xxx xxx xxx xxx xxx xxx xxx xxx

Dear Fred, With regret, the three Taylor members (Matthew, Mandy and Roy) from the above address resign their membership for the moment.

Injuries, studies and other commitments are preventing much running now. We value the Club and greatly appreciate your efforts.

We intend to keep running to age 100, so will pick up our memberships in the next few years.

Yours sincerely Roy Taylor.

xxx xxx xxx xxx xxx xxx xxx xxx xxx

Also had a letter from Frieda Wilson appreciating the photo of George on last Newsletter cover and asking for more copies to send to friends. Frieda also sent her subscription to stay in touch and enjoys reading the various articles in it.

Further letter from Lindsay Neelands of Euroa, while catching up in his renewal of membership, informing us of his intention to go to Eugene, Oregon, for the WAVA World Championships. Have a good and enjoyable trip, Lindsay !

xxx xxx xxx xxx xxx xxx xxx xxx xxx

**VMC 20km ALBERT PARK, 9-4-1989.** Mild, overcast, little wind. 62 Starters.

01. TONY DIDONATO 31	66:25	21. TOM GRONERT 33	81:30	41. BERNIE GOGGIN 51	93:19
02. TONY RHODES 24	69:20	22. ROBERT ANDREW 29	81:31	42. MARKUS TRAYLEN 59	94:01
03. TERRY HARRISON 43	69:50	23. JEREMY COLEBROOK 27	81:57	43. SEAN JEMMESON 20	97:39
04. COLIN PAGE 35	72:54	24. DENIS WATSON 43	82:25	44. PETER HEHIR 49	97:56
05. PETER BETHERAS 49	73:29	25. PHILLIP BOYLE 23	83:34	45. JULIAN COLEBROOK 34	98:03
06. LEON HAUPTMAN 37	73:34	26. KEN DOWLAN 39	83:50	46. ROSLYN POWLEY 32W	98:03
07. CRAIG SULLIVAN 37	73:37	27. LAWRENCE GLOVER 34	83:53	47. HARRY ERGAS 38	98:26
08. NORM BECK 37	74:31	28. BILL ROSS 43	84:27	48. GRAEME BISHOP 44	99:25
09. HAMILTON BARRY 44	74:44	29. KEITH D'ROZARIO 48	84:37	49. BRYAN LEAF 38	100:07
10. ANDREW HOLMES 34	74:55	30. HARRY WATTS 43	84:42	50. SCILLA DAY 30W	100:46
11. CHARLIE DESIMIO 28	76:02	31. BILL FULTON 54	84:50	51. VICTOR MOSS 35	102:35
12. RAY POWLEY 32	76:18	32. JOHN BUCKINGHAM 44	85:41	52. RUTH PICKER 27W	102:49
13. MAX BALCHIN 45	77:22	33. BARRY MOORE 39	86:33	53. SHARRON WILSON 28W	103:20
14. CHARLES GILBERT 29	77:23	34. PETER NELSON 48	86:38	54. BELLA VALLESI 25W	107:03*
15. JOHN FAY 49	77:50	35. STUART NICOL 38	87:52	55. KEN WARD 63	107:03
16. MARK HARVEY 32	77:54	36. LYN DAVIS 33W	88:53*	56. GLENNIS FRASER 29W	107:03
17. DAVID BIRKS 43	88:02	37. DAVID SKIPWORTH 48	88:59	57. BRIAN ROOMEY 49	109:49
18. GARY TRANFIELD 28	79:50*	38. BARBARA FAY 47W	89:52	58. DON MURPHY 49	114:24
19. LES BRADD 37	80:00	39. JACK ROSENDALE 48	90:59	59. LORRIE BISHOP 42W	115:10
20. CLIVE THOMPSON 34	81:13	40. SPIRO MORAITIS 56	92:21	60. VICKI THOMPSON 43W	120:14

**VMC 5km ALBERT PARK 9-4-1989, 35 Starters.**

01. CRAIG WARE 20	15:26	13. MARK CRAMOND 23	20:52	27. RAY LELKES 35	24:45
02. FRANK MAHONY ??	15:27	14. ROB BROOKS 21	21:02	28. AKKI PATOSOKFALIDIS 30	24:48
03. NICK HARRISON 18	16:07	15. PETER LEVY 38	21:10	29. HARLEY MORTON 30	24:52
04. JOE CAMPISI 32	16:36	16. MIKE TAYLOR 11	21:22	30. MARY GANBLE 26W	25:12
05. ROB OLIPHANT 25	17:06	17. GREG HALL 30	21:27	31. C. PANTOZOPOULOS 29	25:30
06. CHARLES COPLAND 27	17:42	18. JEFF SCHNEIDER 38	21:28	32. MORRIS BEEL 66	25:37
07. STEVE RUSSELL 29	17:46	19. JOHN BOUG 15	21:30	33. KATRINA FRAZER 26W	29:30
08. MIKE BONACCI 33	18:04	20. BETT GUNNING 12	21:53	34. KATE SCHNEIDER 12W	29:58
09. PETER TRIANDOS 25	19:17	21. JEANNETTE HARRISON 39W	21:58	35. CHRIS BRADD 7	42:25
10. JOHN PANTAZOPOULOS	19:37	22. PAM DAVIES 39w	22:17		
11. JOHN MAHONY 49	19:59	23. REBECCA HARRISON 15W	21:58		
12. VIC CEPPI 26	20:24	24. PETER GAVIN 40	22:28		

\* = Lucky Spot

Rcae Manager MAL COTHER was assisted by TREVOR HAND, JOHN BROWN, FRED LESTER, SUZANNE GILBERT, GORDON LOUGHNAN, JEANNETTE & REBECCA HARRISON plus a couple of young helpers. Thanks to them we scraped by on organisation, but only just.

In view of the increasing traffic, the need for greater attention to members taking a serious view of ASSISTING IN THEIR OWN RACES has become a dire need. In the absence of enough bodies to guarantee effective safety and race processing the only alternative will become DROPPING RACES out of our program. The matter is entirely in your hands, particularly in the case of races on the roads !!

TONY BERRY writes from Cairns:

March 1989.

Dear Fred, Thanks for your recent note about the AGM. As you can see from the above address, I've made another move and I'll have to ask you to tender my apologies for non-attendance - a round trip of some 2000 miles is a bit too much !

I'd like to keep up my membership of the VMC and continue receiving the Newsletter which is a goos way to keeping in touch.

You might find it interesting that the Cairns Road Runners charges an annual subscription of \$20 (\$10 under 17 and \$30 for families) The usual race fee is \$3 with \$10 for the Marathon (June 11).

The attached clipping shows I've managed to cope with the heat and humidity. I haven't done any road work for six weeks but do all my training via the gym and aerobics - and I'm running faster than last year !

Good wishes for a successful AGM and the year ahead.

Cairns Post 14 MAR 89: STRONG FIELD FOR RUN

Despite the humid conditions on Saturday afternoon, 43 runners turned out for the Cairns Road Runners and Triathlon Club's 5.7km Freshwater handicap event.

The field was strong and race organisers were confident that both the men's and women's records for the events were under threat.

Newcomer, Tony Berry, on a handicap of 4 mins, out in a good effort to take the handicap in 20:38, with Phil Scott in second (19:57) and Noel Haslam jun. of Mossman third (18:59).

The fast time of the day belonged to Charlie Martel of Mackay who finished in 17:29, only 8 seconds outside the record set by David Todd.

Patrice Knott continued her domination of the women's section, shattering Louise Carver's record by 18 seconds to finish in a time of 20:23.

Good to get news from far North. Any races worth coming up for ???



**VMC 10km MARATHON TUNE-UP, 14-5-1989 PRINCES PARK, Cool, overcast, still. 43 Starters.**

01.GRAEME SMITH 33	33:23	15.KEN MUNRO 57	39:15	29.JOHN MAHONY 49	43:30
02.JOE CAMPISI 32	34:13	16.GEOFF PAYNE 45	39:26	30.GLEN JOHNSON 28	43:45
03.MARIO CORDEDDO 40	34:16	17.MICHAEL ENNIS 36	39:46	31.KEITH DEKOK 41	44:26
04.BRENDAN PEEL 21	34:18	18.PETER RE 41	40:00	32.PETER GAVIN 42	44:28
05.STEVE FAHEY 26	35:07	19.MICHAEL WALSH 38	40:09	33.BERNIE GOGGIN 51	44:59
06.DENNIS WATSON 43	37:35	20.BARRY WATSON 53	40:25	34.GORDON PROUDFOOT 45	45 24
07.JIM GLOVER 44	37:44	21. BANDIT not entered		35.ROBERT BENNETT 50	45:32
08.BARRY CAIN 40	37:45	22.JOHN BENNETTS 52	40:52	36.VICTOR MOSS 35	45:53
09.CHARLES AMBROSE 27	37:48	23.JOHN SMITH 53	40:59	37.JOHN BECROFT 48	47:07
10.RICHARD OWEN 43	38:31	24.CHRIS DENSHAM 45	41:24	38.HEATHER WATSON 24W	47:37
11.SCOTT BENNETT 25	38:40	25.BARRY SAWYER 55	41:45	39.PETER JENNINGS 28	51:47
12.ASHLEY DOOLETTE 38	38:50	26.KEN CHALMERS 36	41:46	40.LES CATIONS 31	56:15
13.ERIC MARIE-JEANNE 40	39:05	27.MICHAEL VITERVO 29	41:56	41.JUNE REED 40W	64:17
14.ROGER WEINSTEIN 39	39:07	28.WENDY-GRACE KANE 32	42:11	42.JULIE HOWSON 29W	64:17

**VMC 5km MARATHON TUNE-UP, 14-5-1989, PRINCES PARK, 13 Starters.**

1.GAVIN McMILLAN 23	20:11	6.DION MILES 10	23:30	11.RUSSELL ROLLS 14	28:57
2.RAOUL STEWARDSON 24	20:29	7.ANDREW BERGEMANN 27	23:42	12.JUDITH McDONALD 14W	30:03
3.MICHAEL BONACCI 33	20:58	8.JOHN ROLLS	24:31	13.HORACIO DIAZ 44	37:45
4.MICHAEL TAYLOR 11	23:20	9.ROB LINDSAY 49	28:50		
5.VICTOR LEPPI 26	23:21	10.MEREDITH GAMBLE 26W	28:54		

Due to busy traffic, the co-ordination of the simultaneous start for the two events went somewhat astray. The times for the 10k are given as 10 seconds faster than recorded to compensate for the delay that could have been almost 15 seconds. As for the so-called 5k, not having the map with the actual sectional distances within Princes Park, the course used is estimated as 700m - 800m over-distance. Race Manager FRED LESTER was assisted by MIKE HIGGINS, JOHN HASLAM, JEREMY COLEBROOK, ROBIN HAYTER, GRANT HARDY, JAN MORREY, JOHN BROWN and a couple of public spirited bodies who kept up the water supply to the runners. Thank you all for a job well done !

**Nanjing Experience (concluded) from Page 12**

I mentioned earlier there was a moral to this story. I have now realised what it is. Opportunities such as the one I have just experienced are not exclusive to what is commonly referred to as the "elite", whether it be in athletics or any other aspects of our life. I know from the people I have met through running that rewards, prizes, trophies, etc. are not then primary objective of participating in events. There are matters such as keeping fit and maintaining good health, personal satisfaction of accomplishment and the social interaction with people who have a very common interest and respect for each other.

I must however concede that whenever, or if ever, a reward or opportunity such as the one presented to myself comes your way, it indeed makes life every pleasant. It was the experience of my life. Keep jogging, something similar may come your way !

xxx            xxx            xxx            xxx            xxx            xxx            xxx            xxx

**National Running Week (concluded) from Page 13**

At this time of the week, the seeded sprints were drawing to grand-final time and a scientifically handicapped start was arranged. The atmosphere was enhanced with minor wagers being taken on your chosen fancy. The finish was too close for me. I lost my money. Kerry Calderbank's backers were laughing.

Encouragingly, Col Browne's Revue skits, songs and acts drew a record number of artists this year. It was a very funny and entertaining night with instances of whole families putting on an act. Seven-year-old Rap Dancers, Stand-up Comedians, Comedy-Capers send-ups, you name it and it appeared. It must have been well received too as you couldn't get a seat in the auditorium.

The following night provided some more entertainment and in some instances proved even funnier. The week's activities were wound up with a grand old-style sing-song around the piano, complete with scrolled words for everyone to follow. A great night which kicked on until well into the early hours.

There were other events during the week which are as yet unmentioned. We had canoe races, a biathlon (in freezing water), kids' races, a village run and many 'happy hours'.

It's a big week. We logged up 156km for our 10 day stay and loved every meter of it.

So, be there next year to help set a record number of registrations for the 10th Anniversary of National Running Week. Ask Gerry & Maureen Riley if they are going back !

(Editors Comment: Thanks for another great description of NRW, Barry ! Apropos Women 5km and "Demonstration" - maybe the men are learning that obtrusiveness is not appreciated. Also a footnote of appreciation to Brian & Linda Lenton who are the main springs of this great event, their role in this cannot be praised highly enough !)

HIT AND RUN TO NANJING (CHINA)

Peter Gaffney

I have a unique story that may interest running enthusiasts. The problem is I don't know where to start, how much detail to include and how best to express my experiences. Anyhow, I best attempt to start somewhere. If I am too long winded, skip a few paragraphs, you will pick up the story. Here goes:

Some time in March. The phone rings at work. I get called to the phone not knowing who is at the other end. "Peter, Half-Marathon, sister city of Melbourne in China on Sunday 9th of April, you want to run?"

I immediately recognise the voice. It's Fred Lester. Yes, the Fred Lester. Running organiser supremo. My immediate reply was sophisticated: "What!?"

Fred(continues):"The Chinese Government has asked for two runners from Melbourne to participate in a Half Marathon, would you like to go?"

Peter "Um, ooh yeah. Do you know anything else about it, Fred, I mean, sure I am interested, but what will it cost and what else is required?"

Fred "I will find out more information. Do you have a passport?"

Peter "Yes."

Fred "Okay, I will get back to you. See you, Peter."

After hanging up, I simply scratched my head. What was all that about? I mean how many times does that sort of thing happen? About once in a 100 lifetimes.

The next day Phone rings ay work again (it rings more than once each day, I can assure you). It' Fred, back as he said.

Fred "Peter, it's all happening fast. Can you go?"

Peter "Yes, but ....."

Fred "No cost involved, it's part of our sister city relationship with Nanjing in China. It is sponsored by the Victorian Government and the Chinese Government."

You would have a pretty good idea what my immediate reaction was. This is unbelievable, but why me. I can sort of run, but to suddenly represent Melbourne in an event 7500 miles away is a mighty tall order.

Fred "Don't worry, you have been running consistently, you're an okay sort of bloke, so why not? Damien Cook is likely to go also."

Peter "What can I say, Fred. I really can't say anything!"

Fred "You will be contacted in the next few days by the Premier's Department with all the details. Do me a favour, write something for the Newsletter on the run."

Peter "Certainly Fred, I'll be in touch, thank you."

Well, it all happened as Fred said it would. The only unfortunate hick-cup was that Damien Cook was at the last minute unable to come. (Time off work problems due to poor flight connections, Ed.)

On the 6th of April I was on a plane destined to Hong Kong, then Nanjing the following day. It was only then that I realised that it was actually happening. Absolutely unbelievable. There is a moral to the story, but at this stage I am still not sure what it is!

My concentration for the remaining weeks before leaving was on this one event. But is this fair dinkum, I kept asking myself? I felt somewhat embarrassed. I hope they don't expect too much. What of they reckon I am a dud of a runner?

The Flight Just avoided the air controllers strike in Melbourne. A very smooth flight of around 9 hours to Hong Kong. The film on board was called "Cocktail" starring Tom Cruise. A word of advice, don't bother seeing it if it hits town. It's a real dive of a movie. The food - standard for planes, but wait a minute Peter, watch it, you have Sunday to think about. I also hit the jackpot, I had 3 seats to myself, just the right space to snooze off some time. The Qantas flight was superb.

HONG KONG      The People

Millions. polite and generally keep to themselves. Every one of them owns an umbrella.

The Traffic

Ever been on the Mad Mouse?

The City

A mire of tall concrete apartments covered in soot. I can relate the City to Surfers Paradise but certainly more populated.

Jogging Tracks

There are none. My morning jog was up and down pedestrian overpasses, along subways (ever tried doing fartlek in a subway?). It was frustrating as I needed a good hit out after the flight.

Other Hong Kong Trivia

- Seven Eleven stores, Kentucky Fried Chicken, McDonalds are all there.

- Would you believe they use bamboo sticks secured together with teflon tape as scaffolding to the skyscrapers. I wonder if they have building inspectors.

### Hong Kong - Nanjing

Here we go ! On Thursday evening it was on board Flight KA45 Dragonair Airlines for one heck of a plane ride. The pilot must have sort he was on a fighter bomber.

### Nanjing Airport

What an experience it was getting through customs. The Chinese are very excitable, so much so the people greeting the arrivals are locked behind glass doors to keep them from breaking through customs control.

Things weren't looking too flash at the airport for a while. I knew no Chinese and all I could see in front of me were people holding up signs 皮尔·彼得·盖夫尼. Did one of those say Peter Gaffney ? I was wearing a T-shirt with Melbourne on the front, but perhaps my T-shirt should have had 墨尔本 on it. By the way, that is Melbourne in Chinese.

Anyhow, before too long I hit the jackpot again. Mr Zhou was sent to greet me. Boy, was he a sight for sore eyes. I was rushed away into a waiting taxi and then it was a half hour drive into town to the hotel. I keep going on, but the drive into town was unforgettable, a sight very hard to describe. As you probably know, there are not many cars in China. For this reason there appear to be no rules of the road. One moment my left arm could touch the left side of the kerb and the next the right side of the kerb was just as close. They also have electric buses and thousands of bicycles, but all with no lights. The sight was eerie. The motto for the taxi driver was to keep one hand on the horn and one on the steering wheel.

### Saturday 8th of April

Breakfast at 7.30am, toast, jam, ham and eggs and coffee. Sounds familiar.

After breakfast the hosts organised a trip for myself and the Japanese entourage (8 runners and 5 officials) to the Nanjing sports stadium, where we could do some preparation for tomorrow's event. This was a very thoughtful gesture as the hosts were obviously very sensitive to having a hit-out after two days of travelling. I did not realise until later that they have little knowledge about preparing for a half-marathon. I simply ran 8 miles at a leisure pace. Some of the Japanese runners looked impressive - stop watches, bandages, flash outfits, stretching routines, you name it!

It was then back to the hotel for lunch, nine course of it. I restrained myself as best I could as I did not want to deny myself the opportunity of performing to my best the next day. At 2.30pm we were taken for a drive around the course.

Apparently there were to be a 21.1km, a 10km and a 5km race. The starting time would be 9.00am. The temperature forecast was around 10c but it begins to get warmer very quickly here. By the end of the event the heat will be quite noticeable. I was told there were about 800 runners in the 3 events, but only 96 in the Half Marathon. Canada and Japan were other countries that were participating. There were also other invited Chinese runners from other provinces. I was relieved to see the course as all of the Chinese were referring to the race as a marathon, not a half marathon.

It was becoming clear that these people were going to great lengths to ensure that aspects of the race were a success. During the trip around the course there were many more interesting sights. For example, there was a long truck packed full of school children. At least 100 were accommodated in the back of a 3 tonne truck.

Have you ever seen pool or billiards played out on the street ? This was a regular sight, so too was the sight of people cooking meals on the road side.

6.30pm The surprises keep rolling in. We assembled at the hotel foyer to catch a bus to the Nanjing Hotel where a Civic Reception was being held in our honour. We were welcomed by about 20 officials including the Vice-Governor of the province, the Mayor of Nanjing, the Director of the Nanjing Sports Commission, the race referee, etc. They were so pleased to welcome us all. We exchanged greetings for about 15 minutes, interpreters were on hand to translate dialects. It was a traditional Chinese welcome and a very big occasion for the Province. Immediately after the exchange, we were ushered and applauded by other guests into a dining room with other international competitors and officials.

Then, would you believe, they had a Chinese banquet awaiting everyone, twelve hours before the event. I thought of immediately running back to the hotel, but the hosts had their hearts set on fattening us up ! Oh well, I guess I just blew my chances of a PB tomorrow. But as the evening went on, I gathered that this was furthest from their minds. They were simply pleased for people to accept their invitation to be part of this occasion. What a night ! I lost count after 30 courses, and I am not exaggerating. It is customary in such circumstances to at least try each dish, so you can imagine how I was feeling two hours later. By the way, it was delicious.

### RACE DAY SUNDAY 9TH APRIL, 1989

Well, on awakening I have felt better but there was nothing I could do about it now. After a light breakfast at about 7.00am we boarded the bus at 7.30 to arrive at the stadium at 7.45. So we had over an hour and a quarter to prepare for the race, which is reasonably ample. It was only at this time that I fully realised what an occasion this meant to the people of the Province of Jiangsu. Officials in very clean uniforms, some white, some red, tables for all the guests in the upper deck of the stand and thousands of curious spectators. I began to feel very nervous. This was not the ordinary fun run, this was a special occasion, for them at least.

There were 3 events in all. The starts were staggered. That is, all the half marathons started at one point of the track. Likewise the 10km and 5km runners assembled in other locations on the track. Everything was synchronised for the 3 events to start at the one time.

Unfortunately they have a real problem with the quality of their water. Distilled water was available but, would you believe, it was boiling hot !

The race got off at 9.00am on the button, proceeding with a countdown in Chinese - 10, 9, 8, ..... bang !!

I had no idea of the standard of runners I was competing against, so I just applied myself best I could. After about 1km, I found myself with the leading group of ten. The field began to gradually spread out. At the 10km mark, reached in about 32:15, I was in third position, about 50m behind a Chinese and a Canadian. As the event progressed, the two leaders extended their lead on me, but I wanted desperately to hang onto third.

For the entire length of the race the street was absolutely full of people, hundreds of thousands, well it seemed that many ! It was the most inspiring and chilling sight I could have ever expected. (Little did the people know that my digestive system was on overload from the previous night). There was one stretch of road where high rise flats were built along the edge of the road. All the people were out on the balconies chanting "cheinzou, cheinzou" (come on, come on). The sound was deafening. They were enjoying the entertainment.

I finally managed to hang onto third in a time of a slow 69:30. the winner was Liu Wen Jun, the Chinese Champion and Seoul Olympian (PB 10k 29:45, Marathon 2:13) who finished in 67:30. Second place went to Ken Hamilton of Canada in 68:50, who had run a 45 minute 15km two weeks prior to the event. I am not sure how strong the field really was, although the better runners in China participated and the Japanese had some runners who were expected to take it out. I honestly feel that the actual strength of the field fell away after 15 runners.

It is worth mentioning that it got pretty hot out there. Too hot. perhaps this may have affected these runners, or was it the 30 course banquet. An 8.00am start and a banquet curfew would have enhanced performances.

For my troubles I was presented with a beautiful trophy in the form of a vase with Chinese inscription of the race. In summary, the Chinese people gave 120% to ensure that the race and the hospitality to their guests was nothing short of magnificent.

Some other worthwhile comments on the race:

1. The organisers had a complete program of the event to show to foreign entrants well BEFORE the day of the race. If anyone can read Chinese they are welcome to look at it.

2. I received a printed race result booklet giving time splits for the first 10 runners (men & women) within 7 hours of the finish. I imagine this was done to ensure the invited runners had race results before they returned to their countries.

3. Invited athletes had exclusive use of the stadium before the event. No other athletes assembled there until race time. There was an outside track for other competitors to limber up.

4. Light music was played up to the start of the race. It tended to make me lie down and listen to the soothing music rather than becoming psyched up for the race. I wonder if they have ever heard Rocky or Chariots of Fire ?

5. Invited runners all had a guide to attend to their needs - drinks, looking after our gear, communication, language, the works.

6. Drink stations. That was a problem. As the water is suspect in China, I took no water during the race which was a mistake, although I could have put my own recipe out at either of the 5km splits. Sponges were adequate.

7. Calling of time splits. This was done, but in Chinese ! I had no idea of times until after the race.

8. Drinks after the race. None were available except for getting cans of drink from the officials. I would strongly advise that this is remedied for future events as it is essential for participants to replenish fluids after the event.

9. First Aid. Yes it was there, but they had no Quick-eze.

10. There was no "pressure" as to how you performed. Naturally they were pleased if you did well, but I got the impression that organisers and officials were pleased with themselves that they were able to stage an event such as this to the highest standard, which in turn created an unsurpassed amount of interest and publicity for the entire province. It was to them a most special occasion. They expected international acknowledgment and were entitled to this.

After another 9 courses lunch, we were taken on a tour of the city sights. There were many things to see including the mausoleum and the great Yangtse Bridge. After the tour it was back to the hotel for dinner. Only 12 courses were served this time. Burp ! Then it was out for a short stroll and into bed.

Monday 10th of April

6.00am - I had organised an early morning run with the Canadians before they left for home. The other guests from Japan were leaving at the same time. My flight from China was not due until Tuesday evening. Well, I could still quite easily continue this story as I did not arrive home until the 16th of April. I spent a few days in Hong Kong before my return flight to Australia. but I suppose you are getting tired and so is the typist.

**NATIONAL RUNNING WEEK 1989 - THREDBO VILLAGE**

Barry Callanan.

The second highest registered number of participants took part in this year's 1989 National Running Week, held in Kosciusko National Park, Thredbo, NSW. And all of the 300 entrants thoroughly enjoyed the immense diversity of activities that Brian Lenton managed to orchestrate, as he has done for the past 8 years. The emphasis this year was placed upon safety and several of the traditional runs that may have encompassed part of the Alpine Way in previous years were suspended. So, many of the PB's set over the past years by the likes of Rob Spilling and Bob Prentice are now immortal. However, one can't always look to the past. Be there now and go like hell. They did just that on the first new course on the first day.

Merely to get to the start necessitated a 5km jog/walk or bog-hop across the button grass along the pole line to Snowy River Bridge after taking the chairlift to Crackenback. From the bridge it was a 10km run up the stony road to the top of Mt. Kosciusko, past the beautiful old Seaman's Hut and back again. It's a constant climb for the first 5km to the turnaround on the top of Kosci, where friends, relatives and the more intelligent had earlier made their way. It was not the run that hurt, it was the constant stopping to return the rocks back to their natural environment that slowed you down. First across the line was Rob Spilling, who got the record books going with his virgin PB of 33:04 for this new course. Then it was the 5km trek back to the Crackenback terminal for the descent to Thredbo down the chairlift.

After attending last year's Nat. Running Week, we made a commitment that, in 1989, our family would enter everything. We did and firmly believe it's the best guideline one could offer: My wife Thelma got through to the finals of the tennis, mixed seeded doubles, with a young Canberra charmer by the name of Peter Haines. She went one better and, together with my eldest son Paul, formed part of the winning Volleyball mixed team. The 'Round-the-Village' relays, featuring 5 mixed-age competitors, saw the emergence of the Middletons, from Victoria up for the first time. Ken and Sandra and their two sons, all finished up in separate teams, and the younger members of the family showed some early indication of their sporting abilities. Also running around the village for the first time were ultra-runners Gerry & Maureen Riley and Croydon Vets Rob Paul and Laraine Hartridge.

The spectacular Robinson Epic 30km, making the circuit of the highest lakes and peaks in Australia, was again generously sponsored by Phil Robinson. Ah, good wine that, Phil! In typical ever-changing weather, we started in a heavy, still mist to the possible disappointment for the novices who missed the opportunity to witness some of the beautiful scenery on the early part of the course. Our party of four had great views from Blue Lake onwards as the mist lifted. One of the advantages of the mist on the mountains though is that you can't see how far up you still have to climb. The Robinson Epic is till the most fulfilling and invigorating run of the week and was immediately followed by some 'low impact' stretch aerobics by the lovely Sonia Henderson, just to get the kinks out.

It was an early start one morning for the 'Nicklaus/deCastellas' of this world for the 9 hole fast golf competition. A combination of minutes taken to cover the course plus strokes off the stick determined the winner. It was hard to sink a one foot putt when you were gasping for Oxygen! And so it went on, day after glorious day. There was one shower late one afternoon as yours truly was halfway around the gold course (and quickly running out of round white disappearing orbs) but that was the worst of the weather.

The beauty of N.R.W. is that you don't have to be a brilliant runner. Just taking part qualifies you for numerous barrel draws, which are well-sponsored. The week rolled on splendidly with and Around-the-Village Fun Run and the memorable Dead Horse Gap Run which, this year, we'll never forget. With the encouragement and company of Col and Dot Browne, Thelma and I ran out to Cascade Hut as an extended run past Dead Horse Gap. The photograph of this lovingly restored and preserved stockman's hut now adorns our lounge room wall. It's a challenging 20km round trip but the reward is well worth it.

The 'Ladies Only Nominate-Your-Own-Time' 5km Run was surprisingly free of "demonstration" which has been a comical highlight of this event in the past. Have the protesters run out of things to protest about? The ladies, nevertheless, had a ball in brilliant sunshine and tried to run the pace they had nominated. The South Australian Roadrunners Club (SARC) sponsored and catered nicely for the 'femmes fatales'.

The previous year, we had only been able to stay for the first seven days and didn't realise what we had missed out in those final three days. This year, they had the inaugural Thredbo to Crackenback Classic, a short 2km sprint that rises 2,000ft (610m) vertically up the mountain, underneath and following the path of the chairlift and some of us had wisely had a practice 'run' earlier in the week and 39 minutes later knew exactly what was in store for us later on. A cut-off time of 90 minutes was set, yet they still managed to get a surprising and enthusiastic 120 runners to beat the cut-off time. There are no secrets to this run, just a stout heart and the determination to keep climbing ever upwards. If you stop or slow down, you are committed to allow participants behind you to pass. And it is very hard to get back in front again. My second attempt on race day resulted in a reduced PB of 34 minutes, just in front of Col & Dot Browne and half the field. We gathered at the finish for a cool drink among the huge boulders and chose to run back down the Snowy trail to Dead Horse Gap and home via the Alpine Way. A 2 1/2 hour round trip of hard exercise and a landscape of magnificent forests of twisted snow gums and abundant wildflowers.

**PORTLAND - 3 BAYS MARATHON - THE CHALLENGE**

Ken Chalmers.

Although hard on the heels of the Melbourne Marathon, it was decided to forego the loops of South Melbourne and head for Portland. The event is not easy so we chose to take our time and have a few holidays with it.

At Colac we lunched and watched Cliff Young and others churn around a 200m oval for their six day event. On reflection, even an out and back course for a marathon causes problems, but circling? Cliff, you are on your own!

We joined the Great Ocean Road at Princetown and took in the Twelve Apostles, Loch Ard Gorge and the coast line. The travel brochure recommended lunch at the Boggy Creek Pub, an English retreat with home made meals in the hamlet of Curdievale, but got there too late for it.

Next stop, Friday, was a visit to Flagstaff Hill Maritime Village at Warrnambool. The village was reconstructed with great detail of the original port in Warrnambool in the 1880's. Some of the tiling on the reconstructed buildings was part of the cargo of various shipwrecks of the period and the three hours visit was not long enough.

Next was Port Fairy, a place with feeling - the aura is felt as you walk around the town as we did - from township to the yacht pens to Griffiths Island. Also lunch and accommodation is recommended at the Commercial Hotel. A quick stop and afternoon tea (Dianne enjoyed the tea and I enjoyed the carbohydrate loading) we pushed on to Portland. We stayed at the Whalers Rest Motor Inn, about 5km from Portland, a small motel and except for the aboveground swimming pool is highly recommended.

Driving back to Portland that afternoon, we decided to stop at a very old hotel some 40km from Port Fairy. It appeared to be a magnificent building but as we drove into the carpark I saw the motorbikes and almost had second thoughts. A brief visit was made to view the premises and taste their wares, but it is an indication of what can occur to a once magnificent building.

The Portland 3 Bays Marathon commenced at 8 am with 96 entrants and 95 finishers. I had decided not to be the fifth person past the 10km post this year. It is a run to start at the back of the pack and take it easy in the initial stages.

They also had a record entry of teams for the 5km relay race. Various businesses and schools around the Portland area entered this run, including many young children who put in their all.

The morning was warm and humid and there was no real shade along the course. Spectators were sparse, apart from an occasional farmer who would ask why 42.2 km. Although the local paper described the course as Australia's hardest marathon, it was the friendliness of all runners, both the distance and relay people, the supporters and bystanders that made the Portland 3 Bays Marathon a special event. Drinks were provided at each 5k mark where spectators gathered in support and encouragement.

With knowledge of the warmth of the morning I had prearranged for extra water at 3km past the 20, 25, 30 and 35k marks and Dianne was welcome sight with the water, not only to me but to several runners with me in the group. Just prior to halfway is a sign - "Heartbreak Hill" - I agreed, but if you do not look behind nor ahead because you cannot see the bottom or top - but look to your left, it was a magnificent view of the Ocean. Yes, it was a double decker step climb.

At the 27k point the distance was catching, the road was virtually straight for about 7km. You could see ahead but it seemed you made no progress. With this view in front I made the mistake of pointing out a five foot brown snake on the road to Dianne. Her reaction left me afraid that my water supply had come to an end!

From about 37km to home there were about eight of us running together, each helping the other as one slowed down. This is what marathon running is all about. The end was in sight and we had a lap of the oval to complete with the Portland people giving encouragement. It was a family day and a pleasure to pass the line.

This year's event was won by first-timer Nick Bideau (reporter for Australian Runner) in a time of 2:38:34, an excellent effort on a warm day, although Maurice Hearn holds the record at 2:30. I would disagree that the easy part commences from the airport at 25km. Anyway Yours Truly came in 30th in 3:26:44, having lopped off 15 min from the previous year's effort.

After the run the Portland Runners Club provided tea, coffee, sandwiches, fruit cake, etc. and the Portland Football Club arranged a BBQ and other drinks which helped the aching muscles. The local swimming centre provided spa, swim & shower without charge. I always remember Portland as a friendly people's marathon.

Later we pushed on to Mt. Gambier. Although it was difficult to locate a fresh cray, the Flag Inn International is not recommended. The Jens Hotel in Watson Terrace is recommended with its old world charm for both pleasant afternoon refreshment and accommodation, particularly if one has walked to the crest of the Blue Lake.

Travelling home we stayed an evening at the Grange Burn Motor Inn in Hamilton. This Motel is highly recommended for its service, staff friendliness, pool, sauna and the spa in the bathroom.

This has been my second trip to Portland for their 3 Bays Marathon. Each time I say this is the last. Next year, I know I will be back again, perhaps not to break three hours but to join this special run. The Portland Runners Club are to be congratulated on organising such a special event.

**NEW PLYMOUTH, I CAN RECOMMEND THE PLACE !**

Claire Bowker.

Having the opportunity to visit New Zealand sent me searching the marathon calendar to find an event to slot into my already busy schedule. Unfortunately I didn't plan in being knocked off my bike and suffering a broken collarbone. Six months later my still ununited shoulder was giving me heaps of pain but I chose to run the Mountain to Surf Marathon at New Plymouth, about midway between Auckland and Wellington on the West coast of the North Island.

My doctor gave me a cortisone injection in the shoulder before I left to ensure it would not give me trouble while I was away. I landed in New Plymouth on the Wednesday morning and after a phonecall to the Taranaki Country Lodge, which was the race H.Q. I was picked up by minibus and taken to my accommodation in only a few minutes. The lodge is set in idyllic surroundings just 6km from New Plymouth, about 2km from the beach and is overlooked by the 8000ft (2400m) Mt. Egmont 20 miles away and start for the marathon. The race packages were picked up at H.Q. on Friday night prior to the pasta party which was attended by about 300 runners and friends.

Three buses turned up at 6.45am next morning to take us to the start. The weather was fine and the forecast good with a little crispness in the air at the start at the base of the mountain. As the name "Mountain to Surf" implies we had to run the 26 miles to the beach at Waitara which takes a lot of downhill running, some quite steep during the first 4km which allows you to "warm up" at quite a good pace. There are a few hills along the way but a runner in good shape could expect to run a fast time on the quiet winding country roads with good surface, apart from one short section of dirt road near the 9km mark.

The sun shone all the way to the finish and for those of us who needed more than 3hrs to cover the distance, the 24c did prove to be a bit of a hazard. Most of the 420 starters finished the course, the winner's time being 2:14. The computerised results were posted up as the runners were finishing and coloured photos of each competitor were taken just before the finish at a point where the majestic mountain can be seen in the back ground. In buses were in hand at the finish to ferry us back to the lodge where we cleaned ourselves up ready for the presentations where I was lucky enough to win a prize in my age group. This was followed by a BBQ in the evening which rounded off a memorable day. But that wasn't the end of the festivities. The next morning at 9am there was a recovery run in magnificent surroundings at Pakekura Park on the edge of town. A couple of the locals were good enough to drive me in and about 60 runners met and divided into 4 groups according to what pace they wanted to run at and we headed off in different directions for about an hour and ended back at the Pavilion for morning tea, compliments of New Plymouth Joggers Club.

In summary, it was an exceptionally well organised marathon on a good, fast course. The accommodation was first class with preferential rates for the runners and the local hospitality was overwhelming. I can strongly recommend this marathon to anyone contemplating a trip to New Zealand and I thank the VMC for enabling me to participate. Your faithfully & truly grateful C.J.B.

xxx	xxx	xxx	xxx	xxx
CANBERRA MARATHON RESULTS 1989:				
<u>MEN</u>	1.Gerard Ryan	Vic/ACT	2:24:05	<u>WOMEN</u>
	2.Peter burke	Vic	2:24:20	1. Trudy Fenton
	3.Graeme McDonald	Vic	2:25:26	2.Maryse Justin
	4.Garry Hand	ACT	2:26:41	3.Carrie Steffen
	5.Bruce Cook	ACT	2:28:28	4.Maryann Bustead
	6.Graeme Smith	Vic	2:29:09	5.Mary Silver
	7.Phil Garvin	ACT	2:29:12	6.Dale Thompson
	8.Andrew Thomas	Vic	2:32:58	7.Theresia Beard
	9.Paul Johanson	NSW	2:33:17	8.Jeanette Kristensen
	10.Alan Towill	ACT	2:34:42	9.Helen Stanger
				10.Karin Housmans
				NSW 3:25:35 Fastest Debut

VETS M40 Gary Hand ACT 2:26:41; M45 Rob Curtis Vic 2:44:48; M50 Bob Birrell 2:48:58; M55 Gerry Riley Vic 3:12:11; M60 John McIntosh NSW 3:36:12; M65 Theo Orr Vic 3:10:58  
W35 Carrie Steffen ACT 2:55:04; W40 Maryann Bustead ACT 3:00:53  
W45 Theresia Beard Vic 3:12:02 Rec; W50 Anne Young ACT 3:47:19;  
W60 Brenda Every NSW 4:18:28; M70 Norm Gulbransen Qld 4:33:41

Wheelchairs: 1.Peter Trotter 2:12:22; 2.Dennis Kennedy 2:12:26; 3.Ian Gainey 2:32:19

## 1989 VICTORIAN 24 HOUR TRACK CHAMPIONSHIP

Dot Browne

As Race Director I was totally overwhelmed: 70 entries arrived, but there was no way one could fit 70 on the track for 24 hours. I decided to accept 50 which worked out fine. The reason for this popularity is because it is the Victorian trial for the 1989 Westfield Run, the great event many ultra-runners see themselves as winning.

By the time the race was started by the Mayor of Coburg at the Harold Steven Athletic Track at 12noon on Saturday, the 50 runners had checked in, collected chest numbers, organised their lap-scorers and support crews and had their weight, pulse and blood-pressure checked by Dr.Spiro Moraitis, our Race Doctor. The venue looked a tent city: tent, campervan or caravan at the edge of the track for helpers, crews and lap-scorers, runners and officials, a complete community. By the end of the event a tremendous rapport had developed between neighbouring crews, lap-scorers and runners on the track, many of whom had never met previously. Teams had come from every state in Australia except Queensland - we even had John Lewis from New Zealand.

Harold Stevens and the Coburg Harriers had been incredible co-operative. Harold had had a special shelter built for the lap-scorers to protect them from the sun, wind and possible rain. The Nippards ran the canteen and did a roaring trade for the full 24 hours. Luck was with us as the weekend was sandwiched between two heat waves, 40oC either side of the race; Saturday was cooler, even threatening rain and a top of 23, Sunday much the same. Great !

Just before the start, runners lined up under the VVACI banner for a group photograph. But where was David Standeven ? He was still tying up his shoe-laces in the tent, wondering what all the fuss was about when the gun went. He still had his watch on South Australian time ! His disconcerting start did not stop him from running well though.

He and John Breit had an incredible battle for the first half of the race. There was still only two laps separating them after 100 miles ! John's handler, Raymond Carrol was a merciless motivator for the entire race and David Standeven had his ultra-running wife, Cheryl, to assist him. But by 6am in the morning the ultimate winner, Mike March from Tasmania, had passed them both and went through the 200km just 11 mins ahead of John Breit. Analysing Mike's lap-score sheets, we found that he had run this 24 hour race like a machine, consistent 2 m 10 s laps non-stop and hardly stopping to eat or drink at all ! Mike has totally stuffed up theories about running a good ultra race. We all thought that it was necessary to eat and drink consistently in such an endurance event, but Mike ate nothing for the final 12 hours ! Just drank water.

We had a special awards for the runner who could cover the most laps in the bleak hours from midnight to 6am. We called it the "graveyard Award". Well, Mike March annihilated Tony Dietachmayer's 127 laps record by running 160 laps, but as he was one of the major trophy winners, the coveted granite trophy in the shape of a tombstone went to Keith Fisher instead, who had covered 142 laps. While Mike was amassing these laps, many in the field were slinking away from the track to the warmth and comforts of the massage table, provided by two dedicated masseurs from the Society of Clinical Masseurs inside the clubrooms. These two were like a magnet to exhausted runners looking for a place to lie down. Many athletes who achieved PB distances in this race attributed their success to the efforts of these masseurs. They massaged and treated injuries tirelessly for the whole 24 hours.

Our Race Doctor, Spiro Moraitis, was keeping a constant eye on the athletes too. He stood track-side and every two hours pulled them off for "weighing in". He advised when a weight-loss was too great and told some runners they needed to eat and drink more. He was great value. He even stood smiling when we hauled him out of bed at 4am at a nearby motel to advise a suffering athlete. Amazing !

We had a minor panic at some ungodly hour before dawn when the light in the lap-scorers' tent suddenly went out and left them in total darkness. A fuse had blown due someone in a nearby caravan overloading the system. Fortunately, the digital clock switched over to automatic pilot (or batteries) and didn't miss a beat, so we were lucky. We hooked up the light to another source and were in business again.

We had great support from the Victorian Veteran athletes for this event. They turned up in droves to assist when we needed them most, mainly in the middle of the night. At one stage, Robin Anderson was holding the fort and was scoring 7 athletes at the one time.

The outcome of the race was spectacular. Mike March went on to smash the Australasian 24 Hour Track Record by 7km when he ran 260.099km (over 6 marathons in 24 hours), 10 athletes ran more than 200km, 24 athletes ran better than 100 miles. These results all created new performance records as far as 24hour events go in Australia. Of the 19 first-timers, 16 performed brilliantly and ran the full 24 hours. Twenty-year-old Kim Talbot ran a sensational race to cover well over 100 miles in her first 24 hours (168.493km) and in doing so pushed herself into 8th-best in the all-time Australian female 24 hour rankings.

Geoff Molloy presented awards and commemorative pottery coffee mugs to all finishers. Young Westfield hopefuls were pleased to meet two Westfield winners, Geoff Molloy and Cliff Young, two stars who had 'been there, done that', handing out advice.

Thank you to so many people for helping to make this event such a success. The Coburg Harriers, my many Vet friends who crewed and lap-scored, my husband Colin who kept the leader-board up-dated every hour and to Ray Callaghan who was "trouble-shooter" throughout the race.

**OTHER PEOPLE'S FIXTURES - Events of Interest to Members, notified to us.****V.A.A.: 1989 WINTER FIXTURES:**

JUN 3: Vic Schools CCC,BUNDOORA/ JUN 24: VAA Special 25km (with VMC)  
 JUL 8: 15km Road FISH BEND/JUL 22: VAA 12km M, 8km W CCC BUNDOORA  
 JUL 30: Half-Marathon, Frankston/ AUG 19: Vic School Road Relays LATROBE UNI  
 SEP 2: 16km CCC, Brimbank.

**A.A.U.: JUNE 24/25 NATIONAL 15km Road W.A.**

JULY 1/2 NATIONAL All-Schools CCC & Walks S.A.//JULY 23 MARATHON Q'LAND  
 AUG 19 NATIONAL CCC Q'LAND

**VIC VETS:** MAR 7/8 10km Track Champs / 18-19 T&F Champs / 24-27 Nat.Champs Perth  
 APR 23 10km CCC / MAY 14 Half-Mar Ballarat / AUG 20 MARATHON CHAMPS Princes Park  
 AUG 27 10km Rd Champs Devil Bend Reservoir / SEP 17 25km Rd Champs You Yangs

**ALSO:** JUN 4(Sun) KEW-CAMB 10 Miles,STUDLEY PARK, 2.00pm

JUN 10/11/12 OTWAY CLASSIC; JUN 18(Sun) VAA/VOC OLYMPIC DAY RUN, ALBERT PARK

JUL 30(Sun)MELBOURNE MARATHON INC:FRANKSTON HFMAR/ OCT 8 MELB MARATHON/VIC CH'SHIP

AUG 6 MALVERN MINI-MARATHON (20k?)

**CORPORATE CHALLENGE** Enquiries to ANDREA BRAMWELL GPO Box 1603M,3001; Tel: 658 9879.

**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.  
 Also a year-round program catering for all kinds of distances.  
Enquiries to 55 Woodlands Ave, PASCOE VALE SOUTH 3044

**VICTORIAN ROAD RUNNERS** have regular program. Contact JOHN GROVES 609 3424W, 439 2843H.  
 First Saturday of Month: 8km Runs around the Tan, 7.30 start.

**INTERSTATE:**

A.C.T.: First Sunday of each month - SPANK SPORTSWEAR Women's Jogalong.

MAY 21(Sun) AIS Drug Offensive Half-Marathon. ACT CCC P.O.Box 252, 2601

S.A.: AUG 13 FESTIVAL CITY MARATHON

Q'LD: JUL 23 NAT.MARATHON(Goldcoast); AUG 19 NAT.CCC,(Brisbane)

W.A.: JUN 24,25 NAT 15km Rd CH.

AUG 6 PEOPLES MARATHON (and Half-Mar)

NOV 5 ALBANY MARATHON

NSW: AUG 13 City to Surf,Sydney; DEC 2,3 (1990)COMMONWEALTH GAMES TRIALS

**INTERNATIONAL:** SEP 8-10 WORLD CUP,Barcelona(Spain)

NOV ? WORLD 15km WOMEN ROAD CHAMPS, ??

**LATE NOTIFICATIONS:**

NATIONAL RUNNING WEEK, Thredbo 12-22-January 1990. Contact BRIAN LENTON, P.O.BOX 5  
DUFFY, A.C.T.2611

AUGUST 20 ALICE SPRINGS MARATHON: NOEL HARRIS, P.O.BOX 987, Alice Springs 5750

JUNE 18 SYDNEY'S SUSSAN WOMEN'S 10km, Bicentennial Park, Homebush.

contact Sydney Striders, P.O.BOX 1000, Gladesville 2111 for entry forms.

**NOTE TO ALL INTENDING COMPETITORS:** (Most Championships require up to 6 weeks pre-entry!!)  
 ! Because of the increased costs and time involved to satisfy all participants, it is IN  
 ! **YOUR INTEREST** to send all enquiries by mail, plus a Stamped Self Addressed Envelope  
 ! for a reply, entry form and any other information.

!  
 ! **YOUR ORGANISERS' TIME IS BETTER SPENT ON DEVELOPING YOUR SPORT THAN ROUTINE JOBS !!**

**FRUITFUL FIRST MEETING FOR THE SISTERS** From RUNNING Magazine June 88.  
New ideas to motivate women beginners dominated the first seminar  
held by the Reebok RUNNING Sisters Network.

Sent in by Susie Parker.

From its modest beginnings, 5 years ago, the Reebok RUNNING Sisters Network has grown into a national organisation with 88 active regions helping over 10,000 women to start running. Regional organisers from 49 areas throughout Britain met to discuss a packed program over the weekend, so packed that much business was conducted outside the conference hall. Problems were solved and ideas shared over lunch, on the social run round Regents Park and even the shower !

Alison Turnbull, founder of the Sisters, told the seminar that she had never realised, when she first put experienced women in touch with beginners, how the idea would "take off". The Sisters Network has helped to make running an acceptable form of exercise for women, she said, and has become "a recognised starting point for women runners".+ + Ann Ryan said the main problem facing regional organisers was "putting interest into action". Many women read about the Network and wrote off with enthusiasm but failed to make the first training session.+ + An idea for motivation came from Janet Jones who ran a beginners' course for women in her area, consisting of weekly training runs, careful monitoring and training advice. At the end of the six-week course the women were encouraged to take part in a specially organised 10km run and all finishers received certificates. The network is busy devising a course to help beginners at different levels of fitness to progress at their own speed.+

Another motivation idea was a simple fitness test. Lynn Evans demonstrated the Multi-stage Fitness Test, developed at Loughborough University to test aerobic fitness and monitor large groups at various fitness levels. The simple test involves running between two cones at an increasing pace until the runner tires.+ + Reebok director John Disley (British International Steeplechaser and Orienteer) suggested trying orienteering as a change from relentless road running. Fell and Crosscountry running were other suggestions.+ + Kathy Wade gave some sound advice on how to publicise activities locally.+

Running with other people is the safest way to avoid attack but if you must run alone, use your commonsense and avoid dangerous situations. Self-defence should only be used as a last resort. Burgette Stewart showed her self-defence video "Walksafe" and then leapt into action, using unsuspecting Sister Penny Moreton as her guinea pig. Penny was terrified as Burgette, about a foot (30cm) shorter and six months pregnant, locked her in a move that would have floored Big Daddy, let alone a Little Sister ! Burgette explained the "khai" - a deep throaty roar designed to psyche you up and transfer your fear to the assailant. It certainly worked on Penny - and the waiter serving coffee. Burgette stressed that her demonstration was just a taster of the techniques which should be practiced more thoroughly under expert supervision.

RUNNING nutritionist Jane Griffin had an answer for the "I haven't lost any weight running" complaint. "If you feel better, your clothes fit better, and people comment that you appear to have lost weight, you surely needn't worry about the scales. They will be registering your increased muscle mass which, despite occupying less space than the same percentage of fat tissue, is much heavier.+ + Physiotherapist and RUNNING advisor Vivian Grisogono stressed the need for rest and recovery as part of a balanced training schedule and warned, with the help of a bag of old bones, about the dangers of excessive running.

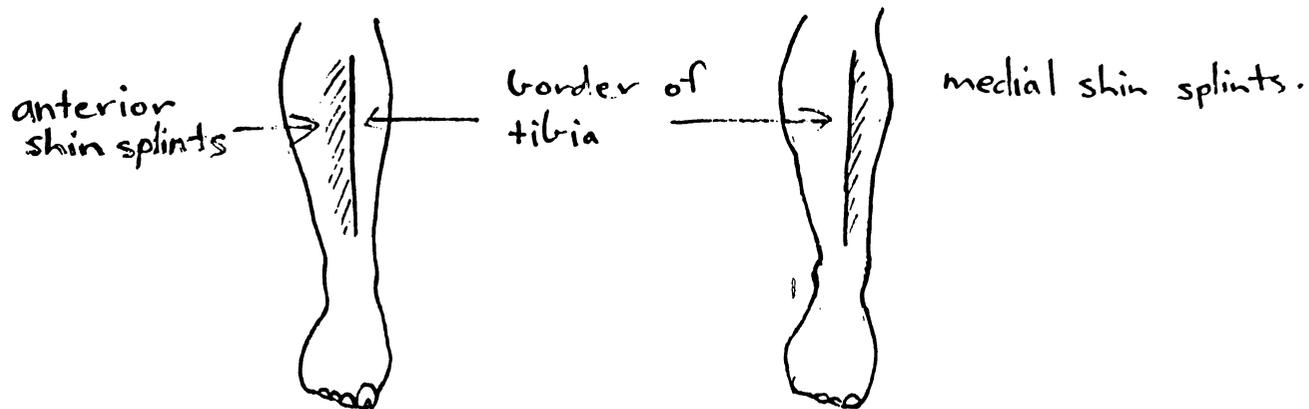
The seminar gave newcomer Penny Moreton the confidence to start up her own group while helping more experienced organiser Ann Ryan to publicise events with more precision.+ + Rosemary Arber was excited by the idea of the beginners' course and many RO's agreed with Loretta Sollers who "doesn't feel so alone now".+ + Doreen Willis summed up the feelings of many of those present. "I have learnt a lot from other RO's and feel I have moved a step up the ladder."  
(Slightly shortened and edited as the original would not have re-printed well. Ed.)

SHIN SPLINTS

by Jason Agosta.

Research has shown that 65% of athletes with shin splints were involved in running. Among many of the different injuries athletes experience, shin splints may be just as disabling as others. It is an overuse injury, so athletes most likely to suffer shin splints are runners who run many kilometres.

The most common sites of shin soreness are along the front of the leg (anterior shin splints) and along the inside of the Tibia bone (medial shin splints).



Anterior shin splints primarily involve the tibialis anterior muscle, while medial shin splints primarily involve the tibialis posterior muscle and soleus muscle.

PATHOLOGY OF SHIN SPLINTS.

- MUSCLE FATIGUE** - develops from overuse producing a spastic situation  
 - commonly causing anterior shin soreness due to weakness of tibialis anterior.
- COMPARTMENT SYNDROME** - the fascia surrounding the muscle is too tight and restricts muscle during exercise  
 - can cause anterior or medial shin soreness.
- PERIOSTITIS** - the muscle is pulled away from the bone, sometimes pulling outer covering of bone (periosteum) away, also  
 - commonly causing medial shin splints.

CAUSES OF SHIN SPLINTS

- Training techniques** - unconditioned athletes undertaking running  
 - sudden increase in training distance  
 - lack of muscle flexibility  
 - lack of muscle strength
- Footwear**  
 - inadequate support at rear of shoe  
 - poor shock absorption  
 - poor flexibility of sole at forefoot
- Surfaces**  
 - running on hard surfaces increases stress to muscles and bones  
 - uneven surface may cause abrupt and excessive movement of the legs and feet.
- Biomechanical factors** - abnormal pronation of the foot may cause anterior or posterior shin splints  
 - abnormal foot and lower limb function will strain the muscles from the arch of the foot to the leg.

TREATMENT

Initial treatment for shin splints should include a period of rest or modification of training. Anti-inflammatory drugs may help to reduce inflammation as will icing the area. Ultrasound treatment may be useful if used correctly.

- MODIFICATIONS OF TRAINING** - return to training should be gradual  
 - conditioned athletes should alternate easy and hard days of training.
- EXERCISERS**  
 - strengthening of the anterior leg muscles by actively lifting a weight system across the foot  
 - stretching of calf muscles for flexibility.
- SHOES**  
 - adequate support  
 - midsole of adequate thickness and shock absorbing qualities.  
 - flexible sole at forefoot  
 - regularly replaced.
- SURFACES**  
 - change from running on surfaces such as concrete to natural surfaces such as dirt and grass tracks.
- ORTHOTICS**  
 - orthotics prevent the occurrence of injuries by significantly modifying the function of feet and lower limbs to prevent abnormal movements that strain the shin musculature.

Shin splints may resist treatment and prevent participation in running or other activities. When considering the time that an athlete may be sidelined or have to compromise training, prevention may prove to be more valuable particularly with sufficient stretching and strengthening.

(JASON AGOSTA is a PODIATRIST, practicing at 10 Prospect St, BOX HILL. Tel 890 2212)

WORKING UP TOWARDS TACKLING THE MARATHONS

Fred Lester

One question I get constantly put to me is how to prepare for a Marathon and only rarely am asked what are the pre-conditions that need to be met. The second version indicates that the questioner has already realised that going into a Marathon is not a matter to be treated as a novelty but requires planning and preparation.

One of the facts of life that runners mostly find out for themselves is that when you have been moving on your feet constantly at more than walking pace a certain feeling of fatigue sets in somewhere between 75 and 90 minutes, you arrive at the stage where it becomes a matter of will power to maintain pace. The Marathon distance will take two to three times as long to cover and the athlete will experience highs and lows all along the way. Just as with most things in life that require effort and application a sudden rush will rarely bring the expected results, gradual increase in effort over a period is a surer way of reaching your goal.

All runs with a definite aim are races, whether you want to be ahead of someone else or improve your fitness by reaching a set target does not alter that fact. So, speed is one of the ingredients as well as the stamina building long runs. Both, stamina and speed are limited by the amount of strength available, two different types of strength but interacting. Which means that all-round strength is a good basis to begin with, which can be obtained by playing all kinds of supplementary sports, in the gymnasium, regular home exercises, etc. We also need specific strength such as the legs which work very hard to propel us and the chest and lungs which have to take up huge amounts of air for oxygen supply to use the energy within us. One of the axioms in regard to the strength of any body or machine is that the whole is no stronger than its weakest part.

Therefore it is advisable to be aware of your weaknesses and pay most of your attention to bringing your weakest part up to par with the rest of your body for a better support for the other parts. Simply just running, while that is an essential part of your preparation, is not enough if your midriff is weak, if your arms become leaden, if your back gets sore, etc.

Depending on your maturity, that is age and years of being involved in running or other sports, you need to practice running at different pace, starting with the shorter distances and gradually moving up to longer runs. The most common trap for the beginner is to push on too fast which, apart from possibly leading to over-use injury due to lack of local strength, will not allow you to develop relaxation and a sense of rhythm and engrain bad habits as you get tired.

Let us assume that you have started off with some steady running, regular runs 5 days a week, at a pace somewhere between 4:30 and 6:00 minutes per km for 25 to 30 minutes. That will give you between 20 and 35 km for the week. Take at least 3 weeks and if you feel good with it extend it on day 2 and 4 each week by 2km for another 2 weeks. Follow a similar pattern until you build up to 50 minutes at a time and you will be ready to start running in some short 5 to 10km races to get the feel of pushing at a quicker rhythm. For an adult, a gradual build-up over 4 years towards 80km per week can lay a good foundation if nothing happens to set you back.

For younger people, and even most adults, a steady and regular participation in all kinds of track, road and crosscountry events over some 6 years is probably a better way to lay down a foundation for a reasonable Marathon effort. The vital ingredient is to learn to pace yourself and not get carried away by early successes in putting too many long races too close together. Every training session should contain some changes of pace, preferably toward the end of your training run. On and off between trees or lamp posts, repeating short hills along your favourite circuit, running games on the beach or in the park, etc. are all essential to build up your leg speed and liven up your muscles and organs.

Specific strength of legs is probably best obtained through running hills, but again caution is advised against jumping into such strength sessions over-enthusiastically. A run through hilly terrain is okay but watch the downhill bits, they can shake you up badly if you come down too hard and can cause joint injuries. I have always favoured a hill of a 1 in 13 to 20 incline for longer repetitions up to 250m, steeper hills for short up to 60m bursts or shorter. The best way is to follow a pattern of building up the repetitions from 2 to 4 or 5 depending on the length of the hill and the pace desired, jogging very slowly back from the top for each repetition. Put in 2 or 3 sets as you get stronger, but have an easy recovery jog between each set. If you have sore or stiff calves, running hills is not a good idea as you may strain your Achilles.

You do need lead-up races with probably a 25 or 30k about 5 to 6 weeks prior to your Marathon effort. The closer you are to the date of the Marathon the less chance you have of overcoming any niggles or colds you may have picked up on a long run. The last couple of weeks anything up to a 10km is ample and will act almost like a bit of speed practice. In the last week you taper off your preparation with some relaxed running interspersed with some light fartlek. And then you need good luck !

AROUND THE COMMITTEE (and other) TABLES.

As we go into another winter it is probably a good idea to take stock of our present capabilities and the forces available to put any of our plans into action. If we don't we will be in for lots of unfulfilled expectations.

Take the last VMC Annual General Meeting on April 19, the summing up of 1988 and the projection for 1989, designed for an input from our membership of just under 600 for your Committee to carry out your wishes. Total turn-out was 12, YES, TWELVE ! and 5 saw fit to send an apology for non-attendance.

Three persons who had been Vice-Presidents had indicated not nominating for any Committee positions and the subject of how to maintain a viable organisation was discussed and recommended to receive top priority by the incoming Committee. The Annual Report was adopted and the Finance Report indicated a stable position, to be verified by audit.

Elections resulted in Vice-President: NEIL RYAN; Gen Sec: FRED LESTER; Directors: Finance: GEORGE THOMAS; Directors - Membership: JIM GOOK; Competition: JANET O'DELL; Sponsorship: RICHARD SIMON; Sales: MAL COTHER; Publicity: TERRY O'HALLORAN; Committee: MARCU TRAYLEN, TOM GRONERT; Technical Officer: PETER NELSON; Auditor: KEVIN SOLOMON; Hon. Med. Officer: PETER LARKINS; Hon. Legal Consultant: TOM YUNCKEN.

At the first new Committee Meeting on May 17, we had received a resignation from JIM GOOK, on medical advice, which was received with great regret, as Jim had done a very valuable job for the Club, particularly in developing a roster system. We welcomed SHARON DESAILLY, who had been already very active in promoting women participation in healthy outdoor activities, and who is keen on developing neighbourhood groups for mutual support.

The main discussion centered on a rationalisation of the Club's running program and administrative efficiency. To relieve the pressure on rostering members for duty on race days, several runs were eliminated: 1) Pre-Marathon Tune-up, 2) The 16km/6km November and January/February Two Bridges runs. See new fixture list.

In regard to office efficiency, VMC MEMBERS THEMSELVES will have to eliminate the habit of ignoring routine procedures - CORRECT COMPLETION OF MEMBERSHIP FORMS AND ADDRESS LABELS - as well as ALL RACE ENTRIES AND ENQUIRIES WILL NOT BE DEALT WITH unless accompanied by a STAMPED SELF ADDRESSED ENVELOPE. It is a physical impossibility for your part-time administrator to carry out the important organisational work of a well-functioning Club efficiently when swamped by routine tasks.

Major races committed to by the VMC are not affected and progress on these is satisfactory. The EZ Series has sponsorship and organisation is in hand. The VAL will not be involved this year, but there will be other events for the main night.

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FROM THE MINUTES OF AND REPORTS TO THE VAA SUMMER GENERAL MEETING, APRIL 16.

In the President's Report we find that administrative problems loom at least as large as in the VMC, to quote: "... The staff is called upon to perform a lot of detail and have to spend an inordinate amount of time on basic administration as answering telephones and the front counter." ... We also do not allow much, if any, time for staff development to take advantage of modern methods of Administration and Management." (and on the parochial attitudes by the A.A.U.Board) ... The composition of the AAU Board does not reflect adequately the range of interests of the Athletic community in Australia. At the last Annual Meeting of the Union (1988) both NSW members were voted off the Board and a plan concocted to ensure that no Victorian nomination be elected in 1989, so that after the next elections there would be no AAU Board member from either NSW or Vic... NSW & Vic combined contribute 60% of the funds any controversial issue starts off with 3 votes out of 8 and therefore dominates the debates.

In the Championship Committee Report, Manpower problems loomed large. In spite of 1500 handouts, visits to venues and Phone calls to larger clubs only a quarter of the numbers of (helpers) required were obtained.

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

Fred Lester

GOOD TO SEE SOME PROGRESS, even if rather belated. A.A.U. is asking for tenders to have the National T & F Champs at least for 3 years in the one place. However, the way the votes on the Board favour the States away from the major population centres we can only hope that it won't be Brisbane or Perth, or we'll all be broke quicker.

Incidentally, the AAU wishes to be known as ATHLETICS AUSTRALIA. This was announced at the same time as the appointment of a Public Relations Company, in March. Looks like a prelude to a take-over bid ! You better watch out, Bondy !

IMPROVEMENTS ARE CONTINUING as the new VAA Winter handbook lay-out shows the map of the course to be used on the opposite page to the race information on the day. Having the season's summary near the front is also good. For what it is worth, seeing that there are new people coming into the game occasionally, a further improvement would be giving the names of people underneath their photos, whether athlete or official or whatever. Just a minor point: the VMC stands for VICTORIAN MARATHON CLUB Melbourne INC since we became incorporated. We did notify the VAA of the change, among others.

CONGRATULATIONS TO NATIONAL DECATHLON CHAMPION, CHRIS BRADSHAW, a former member of the VMC. I have known Chris since his schooldays when he regularly turned out for his school in the APS/AGS Crosscountry races and was a mainstay for his team. Chris relied on the same characteristics as successful Marathoners - determined application with a study of the various components that make up the successful combination.

HAD QUITE A BIT OF FEEDBACK ON DESCRIPTION OF THE TRIP TO CZECHOSLOVAKIA. One of the comment was to the effect that it must have been very interesting, but was there anything of particular interest to Australia. That made me stop and think again.

Sure, the thing that hit home most was the tremendous problem of pollution in that part of Europe. Just imagine, Switzerland, the country of high mountains and green meadows, had to issue smog warnings and advise people with breathing problems to stay indoors last summer. They used to send people there for their health !! Prague had clear days above the smog while we were there, except it was well after lunch before we saw any sun below. Just like Melbourne can get occasionally. Trouble is every country in Europe, from Britain in the west to Poland in the east, burns fossil fuel in factories and on the roads and blames every other country for the mess.

People in general are very unhappy with the stifling bureaucracy, which merely holds back any serious attempt at change while the life deteriorates around them at a faster rate. The entrepreneurs, and some have the "right" connections with the bureaucracy and politicians, only care about amassing wealth and power and escape overseas, away from the mess. The poor vent their frustrations on the terraces at sporting venues. The main difference between them is that some places are worse than others.

LOOKS AS IF THE 1996 OLYMPIC GAMES BID was a good hook to hang the development of Victoria Dock and Port Melbourne foreshore on. There seems to have been a very determined push by the investment and property people for quite some time, practically confirmed by Lord Mayor Cr McCaughey in an article published in the Herald on April 11. The particular article says "Regardless of whether Melbourne actually wins the Olympic Games, the inner city is about to undergo a dramatic transformation as a direct result of the Olympic bid."

The article goes on to describe the probable sequence of development of 32ha at Victoria Dock with 4 star hotels, residential units, shops, offices, etc. Further it talks about the next step of establishing rail links with the airport and further commercial and industrial development. They should have included the Tennis Centre !

NATIONAL TENNIS CENTRE - GAME, SET AND POSSIBLE MATCH as Peter Stephens put it in the Age (May 19). "Financial Flop - For two weeks a year, it is packed; for the other 50, it struggles to make ends meet - Loses about \$12,000 a day - Has to finance a \$104.5 M loan from the State Bank at an interest rate of 14%." Well that's just the NTC's problem, but what about the chain reaction down the road ?!

Athletics has never been a money spinner for Olympic Park Track, but is even less so now with the incredible traffic congestion not only on weekends but also on two or three week nights. Paying spectators for athletic events is the lowest it has ever been. Soccer is preferring other venues for major fixtures. Car parking has been heavily reduced, the alienated parkland simply has disappeared at a time when every bit of grassy surface is an asset in the polluted city. Every other venue in the area has suffered by the overcrowding, makes you wonder what makes our city planners tick !



**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.

- JUN 11(Sun)"DAVID WARD"**HALF-MARATHON**,BURNLEY,9am(Map45 B12)Entries by MAY 28.  
 \$4 Members,\$6 Non-Members. **After MAY 28 late fee \$12!** Refreshments.  
 17(Sat)50 Miles AUSTRALIAN TRACK CHAMPIONSHIP, BOX HILL(Map 47 C7)Early entry!!  
 18(Sun)50 Miles ROAD CHAMPIONSHIP, PRINCES PARK(Map29 G12)Early Entry! 288 9739  
 24(Sat)VMC 25k OPEN ROAD CHAMPIONSHIP,Werribee S.(209 G11)\$5 & \$7;5k-\$2.
- JUL 16(Sun)"SPORTSCRAFT QUEEN OF THE LAKE" WOMEN 10km, 9.00am,ALBERT PARK(Map57 J3)  
Entries by July 2.\$3 members,\$5 Non-members. **After JULY 2nd, Late Fee \$8.**
- AUG 27(Sun)32/1km COAST ROAD CHALLENGE,BRIGHTON BATHS 8.00am(Map67 C10)\$3 & \$5;4k-\$2.
- \*SEP 9(Sat)"BP BITUMEN"'30k "K & Q OF THE MOUNTAIN" & 15k PT.LEO-ARTHUR'S SEAT,1.30pm  
 Red Hill Tennis Club.(Map190 J4) \$3 & \$5. Refreshment.Perpetual Trophy for  
 Men and Women. Trophy Orders for 1,2,3, M & W. Special Award.
- OCT 22(Sun)"VARRA HILLS 10km",WESTERFOLDS PARK,8.00am(Map33 E3)3 & \$5;2km-\$1.
- \*NOV 7/21(Wed) 12-4k / 8-2k TWO BRIDGES 6.30pm(Map 67 C10) \$2 & \$4;SR-\$1.
- \*DEC 4,5,6(Mon,Tue,Wed) EMIL ZATOPEK TROPHY 10,000m Track Series,OLYMPIC PARK.  
 7(Thu)EMIL ZATOPEK SERIES FINAL NIGHT & COMMONWEALTH GAMES SELECTION TRIALS  
 EZ Entries close November 20. Membership and Time Qualifications apply.  
 10 EMIL ZATOPEK 10km & 3km OPEN FUN RUNS, PRINCES PARK 9.00am;10km-\$5; 3km-\$3.  
 31(Sun)"RUNNERS WORLD" MIDNITE RUN 8km & 2km,TWO BRIDGES,Stroke of Midnite.  
 1990 Projected likely dates:  
 JAN 21(Sun)4 laps (13km)PRINCES PARK, 8.00am(Melway Map 29 G 12) \$2 all. 1 lap-\$1.  
 FEB 4(Sun)6 laps (19km)PRINCES PARK,8.00am(Map29 G12) \$2 Mem,\$4 Non-Mem; 1 lap-\$1.  
 18(Sun)RICHMOND AC "CUBITT CLASSIC 10M,Bartlett Res,BURNLEY,8.00am (Map45 B12).  
 MAR 18(Sun)12k & 4k "FALLEN COMRADES",DOMAIN 8.00am(Map43 K10)\$2 & \$4; 4k-\$1.  
 APR 1(Sun)20k & 5k,ALBERT PARK, 9.00am (Map57 J3) \$3 & \$5;5k-\$2.Refreshment.  
 16(Mon)VMC 16km EASTER CHAMPIONSHIP Latrobe Uni. 9.00am(Map19 H7) \$4 & \$6.  
 3.1km Parent & Child 11.00am, \$1 each.  
 25(Wed)15k & 5k ALBERT PARK,9am,(Map57 3) \$3 & \$5;5k-\$2. Refreshment.  
 MAY 27(Sun)"RUNNERS WORLD" MARATHON,FISH'BEND,10am.(Map56 H2)Entries by May 13.

**NOTE: Use Race Entry Forms below ONLY IF Early Entries advised above!**  
**All other Entries taken on Day,30 mins prior to listed Starting Time!**

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**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.....  
 To assist the Club rostering on Race Days throughout the year,  
 I PREFER TO 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 to assist rostering.

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.....

Make out Cheques or Money Orders to V.M.C. and post to 598 High St, E.KEW 3102.  
 Include STAMPED SELF ADDRESSED ENVELOPE if you wish to receive return information.  
 No S.S.A.E. - NO REPLY

